

Emmitsburg NEWS-JOURNAL

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As summer comes to an end, this crisp, fresh air gets me thinking about new beginnings. **Page 26**

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Whole grain recipes. Do it for your heart, your health, and most importantly, your happiness. These recipes will not disappoint. **Page 36**

Complementary Corner

Words shape our external and internal environment, and subsequent actions. **Page 42**

Briggs wins mayoral election

Incumbent Emmitsburg Mayor James E. Hoover was defeated September 27 by challenger and local realtor Donald N. Briggs in a town election that attracted participation by hundreds of local voters.

The threat of thunderstorms appeared to have little affect on the voter turnout, with 386 ballots cast (out of approximately 1,500 registered voters).

Briggs secured his win as mayor with a vote of 209 against 176 votes cast for Hoover. Councilman and council President Christopher V. Staiger, who ran unopposed for re-election, garnered 325 votes.

Hoover learned of his loss while gathered with friends and supporters at the Palms Restaurant, where cohorts subsequently consoled him over the defeat and thanked him for his years of service. The Palms had remained open to offer a gathering place for Hoover's supporters as the votes were being tallied.

Briggs attributed his victory to his promised campaign commitments to "finishing the west side of town (west end development), making the town more commercially friendly, and finishing out

the Brookfield and South Gate developments."

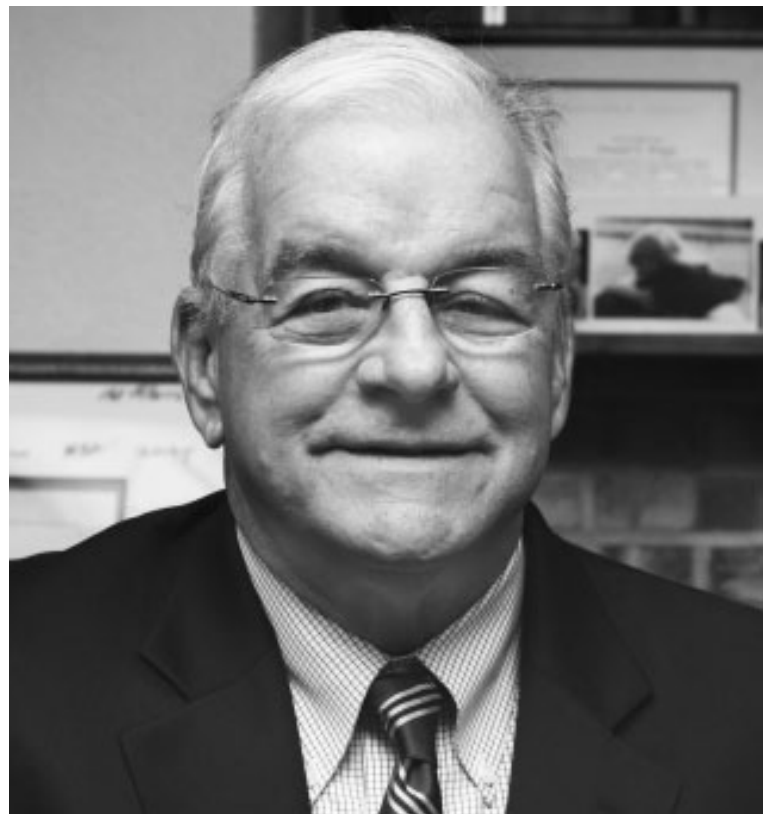
Other objectives he promulgated during the campaign which he credited with winning the victory included establishing "more youth civilities" and "taking back the Town Square (finding a means to make it more "than just an intersection)."

Regarding Hoover's loss in his bid for re-election, Staiger said, the contest between mayoral candidates represented "a battle of styles...(Hoover's) managerial efficiency versus (Briggs's) transitional leadership."

"I am surprised," the council president said of the upset, but "Don came in with today's (topical) issues. It's going to be a dramatic change (in governance). It's going to be an exciting three years."

Hoover, who is employed in management with the Maryland Department of Transportation, has served as mayor for Emmitsburg for the past nine and a half years after having served as an initially appointed, then elected, councilman.

One of the priorities of his terms as mayor had been to keep the



government functional by "establishing a \$700,000 reserve fund, tackling and improving upon the long-degraded wastewater collection system, and securing grants for much-needed improvements."

Briggs, a local realtor and owner of Briggs Associates, Inc., is a

member and former president of the Emmitsburg Business and Professional Association (EBPA) and has served on various commissions and committees in town and in Frederick County, although he had not previously held a position of mayor.

Fairfield to host Commissioner candidates debate

Four candidates for vying for three positions on the Adams County Board of Commissioners will be debating October 19 at the Fairfield Fire & EMS firehouse.

Sponsored by the Emmitsburg News-Journal, the debate will be held at 7 p.m. at the Fairfield firehouse and is expected to conclude around 9:30 p.m.

Scheduled to participate will be county commissioner candidate Republicans Jim Martin and Randy Phiel, and Democrats Paul Kellet and Marty Qually.

For the past five months the four candidates have afforded themselves of the opportunity presented to them by this paper to systematically layout their positions on topics they believe are importance to county. We hope our readers have found their efforts worthwhile. Copies of their position papers will be available at the debate.

Candidates will be provided with two minutes each in which they may introduce themselves and address what they believe are key issues. A Each candidate will then have five

minutes each to address several questions to be posed, including one from the public attending.

Carroll Valley Borough Mayor Ronald Harris and Fairfield Borough Mayor Robert Stanley will serve as moderators during the debate and with input from the public, draw up the questions to be asked.

Martin has served as a Farmers Home Administration County supervisor, wherein he administered credit programs and financial analysis for rural businesses and county economic development, and has had supervisory experience working in the local food processing industry. For the past ten years, he has been employed as a real estate agent.

Phiel has served as a co-coordinator of the Gettysburg National Military Park's Volunteer Park Watch Patrol, and as the park's tort officer, acting safety officer, and law enforcement training coordinator. Phiel presently serves on three Main Street Gettysburg Sesquicentennial committees preparing for

the 150th commemoration of the Battle of Gettysburg.

Kellet, a member of the Adams/Gettysburg Chamber of Commerce, has served as a realtor since 1999, founded the Community Benefits Real Estate, and has served on the board of Adams County Children's Advocacy Center. He is also a Freedom Township supervisor, and serves on the Adams County Water Resources Advisory Committee, the Southwest Joint Comprehensive Plan Committee, the Adams County Council of Governments, and the Critical Area Resource Planning Committee for the Marsh and Rock Creek Basins.

Qually has served previously as acting assistant director for the City of Frederick's Community Action Agency, and has served on the Bor-

ough of Gettysburg Zoning Hearing Board and the Gettysburg Borough Council. Qually is currently one of three county auditors and is a member of Adams/Gettysburg Chamber of Commerce, and serves on the Adams County Affordable Housing Committee.

Adams County voters will be electing three commissioners from the four candidates on November 8. Voters will be allowed to vote for no more than two candidates. Of these candidates, the three that receive the highest number of votes will win the three commissioner seats for four-year terms.

By law, a county commission must have one member of a minority party represented, with no more than two members representing the prevailing party, in accordance with the 1873-74 amendments to the Pennsylvania constitution.

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NEWS

Car show continues raising funds

Days of hurricane-generated rainfall of deluge proportions adversely impact numerous area activities, including the Second Annual Emmitsburg Maryland Charity Car Show held September 10 at the Mother Seton School in Emmitsburg.

The show is organized and held annually by Bill Kuhn, of His Place, Inc., a "full service automotive facility" located at 20 Creamery Way, Emmitsburg. The company also offers car restoration services.

Kuhn said this year's show had actually been scheduled for May. "This (September 10) was the rain date" that was implemented when the May show was cancelled due to weather conditions.

At last year's event, more than 120 antique, vintage and custom vehicles were displayed at the show. That number was reduced to several dozen participants this year, which Kuhn said is what happens when "Mother Nature fails to cooperate."

In spite of inclement weather still threatening the area during the event, several hundred individuals still attended to see the array of classic vehicles which had registered to participate.

One hundred percent of the show's proceeds go toward providing funds to help support the Emmitsburg Osteopathic Primary Care Center (EOPCC), 121 West Main Street, and the Mother Seton School, 100



Bruce Tomas of Fairfield, stands beside his 1929 Four touring version of the Model A, which he displayed at the the Second Annual His Place Charity Car Show

Creamery Road, Kuhn stated.

Kuhn said he had been thinking about having a car show in the area for "a couple of years" before actually creating one. "I had to figure out where and how to hold it. It would have been too much to do it up at our site (His Place.)"

The auto show concept took off, he said, after meeting with EOPCC founder/owner Bonita J Portier.

More than 20 sponsors began to kick-in to help make the show a reality, including individually sponsoring trophies bearing the donor's name. "Everything we have is donated," Kuhn stated. Any uncovered expense is paid for out-of-pocket by Kuhn, including

the event insurance.

Last year's car show raised between \$3,000 and \$4,000 for the EOPCC and Mother Seton School. This year, he said, "We didn't touch those numbers (due to weather)."

The show, he said, "benefits everyone involved" by providing commercial enterprises with a means to advertise their participation, and providing funds to the health clinic and school.

One of the major backers of the event is Rocko Meats, 12623 Catocin Furnace Road, which Kuhn referred to as "a very big sponsor."

Rocko Meats was founded in the early 1900s by Frank William Fraley. Current co-owners, Vicky



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Emmitsburg ponders weeds regulation

The Emmitsburg Town Council asked town staff at their September 19 meeting to generate potential regulations creating a waiver that would permit exemptions to allowable weed heights.

The issues were spawned by concerns expressed by some Brookfield development residents that weeds growing on undeveloped lots within the development were being sprayed with an unknown agent.

In addition, some residents of the development stated they pre-

ferred the "meadow"-like appearance the overgrowth reportedly presented, as opposed to the short, cropped grass look.

According to the town's Removal of Grass and Weeds regulations, vegetative growth is not permitted to exceed eight inches in height on developed (including platted) and improved lots, the word "and" apparently having worked its way into the rules instead of the intended word "or."

Brookfield development resident Mitchell A. Greger disclosed

that someone "has been spraying a lot on my street" and that he was concerned "of the affect of these chemicals." Greger described the vacant tracts sprayed as "open meadows that had developed naturally."

Council President Christopher V. Staiger said, "The owner of the property (involved) has the right to apply these procedures on his property, and that the spraying had likely been applied by a contractor hired by the developer.

Allowing the growth in excess

of permitted heights to continue did not meet with unanimous approval from development residents.

Rick Olesek and Jeffrey Little told the council that they had to confront snakes that had made their way into their garages from the overgrown undeveloped lots or designated open space. Olesek stated, "We would like to see the grass cut."

When developer Richard Demmit was asked by Staiger what maximum height he would consider fea-

sible to maintain, Demmit said, "I'd prefer not to do anything (in the way of cutting)," but added that "18 inches wouldn't be a problem."

The council then decided to consider the creation of a possible waiver that would allow for owners of undeveloped lots, if such a waiver was approved, to exceed the current height limits.

Town staff was directed to prepare a sample waiver and set of criteria for granting approvals for consideration at an upcoming council meeting.

Rainbow Lake trails progress

Work on Emmitsburg's "multi-user" trails continue to advance, thanks to the help received from area volunteers.

Emmitsburg Councilman Timothy O'Donnell told the council at their September 6 meeting that work on the proposed trail in the area of Rainbow Lake is 85 percent complete as the result of the latest volunteer work day at the site held August 27.

He said more than 35 volunteers from the area participated, which included "a large turnout" of members of the Mount Saint Mary's

University's men's rugby club and women's varsity cross-country team.

O'Donnell reported that the work session "was a very productive day," in spite of one "non-trail related" emergency that required that medical attention be provided to one of the volunteers.

The councilman stated that area residents have provided "200 hours of volunteer labor so far" in working on the developing trail system. He said that amount of labor equated around "\$3,200 worth of value through donated labor. That's pretty significant."



"Some people (participants) want to come back and bring friends (to help)," he said.

Work that remains in the immediate future includes finishing clearing the trail corridor, which he stated had slowed due to thistles. The growth has been cleared back around 87 percent.

When that is completed, O'Donnell stated, "We will declare the trail open." The first trail that will open will be the "beginner trail," with intermediate and advanced trails planned to open at a later date.

The end result will be some 20 to 25 miles worth of trails that will be accessible to mountain bikers

and pedestrian trail users.

After the trail is officially open, signage and blazing (marking the trail paths) will be tackled. He said, "We will be applying for some grants" to help finance the remaining work.

The next volunteer work day has not been determined, but may be scheduled to occur during the first half of October. Potential volunteers may contact O'Donnell at todonnell@emmitsburgmd.gov.

Work on the Rainbow Lake trail system was initially proposed seven years ago, the commissioner said, and construction began in August. Grants monies have thus far financed the project.

Carroll Valley to explore regionalization

Shrinking budgets, less bang for the municipal buck, and collective interests have inspired at least one local mayor to consider testing the regional waters for interest in establishing more cost-sharing, inter-municipal agreements.

Carroll Valley Mayor Ronald J. Harris was granted approval at the council meeting September 13 to continue with his proposed survey of adjacent and other nearby municipalities to determine if there might be interest in regionalizing resources over and above any

agreements that may already exist.

Existing examples of resource and bargaining-sharing include inter-municipal police arrangements, joint recreation plans, and multiple municipality purchasing of road maintenance supplies, such as collectively buying roadway repair materials and supplies needed to address winter snow removal.

In particular, Harris said he would like to perform a survey especially among the boroughs of Carroll Valley and Fairfield, and the townships of Hamiltonban,

Freedom, Liberty and Highland.

He suggested that some of the categories that could be subject to regionalization might include fire and emergency medical services, road maintenance, snow removal, fuel services, police services, recreational resources, zoning and building inspections.

These are some of the common concerns (among municipalities), he said, "I see over a period of time. Is there a way to improve (service) quality or reduce the costs (through regionalization)?"

"I want to make up a little table of potential resource categories and approach the (area) municipalities and mark those the municipalities are interested in," Harris said. "We're all hurting for money. Sharing might be the way to deal with it."

"If it looks (via the survey) there is interest in a particular (resource) area," he said, "then we would have a meeting" with the interested municipalities.

Storm damage this year plunged Carroll Valley into the red when

they failed to be reimbursed through state and federal funding sources for damage repairs executed by the borough. As part of dealing with the death blow to their 2011 budget, the council approved more cuts to the budget in the amount of some \$133,000 at the September 13 meeting.

The regionalization plan the mayor is proposing to explore would involve a handful of municipalities in the borough's immediate area, and would not be duplicative of the work of the Adams County Council of Governments (COG), which deals with resource sharing county-wide.

Fairfield considers storm water plan

The Fairfield Borough Planning Commission continued to review a county-recommended plan to address storm water management at their September 12 meeting.

Robert Thaeler, Adams County Office of Planning and Development (ACOPD), stated that the county has developed a "bare bones" storm water management plan option for the county's 34 municipalities to consider, which would supersede previous regional plans, such as the Monocacy Watershed Plan.

Thaeler stated that state Act 167, enacted in 1978, requires all counties in Pennsylvania to de-

velop a storm water management plan for each watershed in their jurisdiction, but, he said, "The state had never fully funded the program."

As a result of the lack of funding, counties across the state had done very little in producing the mandated plans.

The purpose of a storm water management plan is to regulate pollution and silt runoff from properties into tributaries that ultimately impact larger water bodies, including rivers such as the Monocacy and the Chesapeake Bay.

"A couple of years ago," Thaeler said, "the state decided it want-

ed to move away from watershed-based plans," and now wanted the counties to do county-wide storm water management plans that addressed runoff issues in general. Then came more state budget cuts.

Development is presently subject to two, sometimes conflicting, sets of runoff regulations, those imposed by the Monocacy Watershed Plan and those imposed by the National Pollutant Discharge Elimination System (NPDES) regulations.

Thaeler stated that those sets of rules require developers to have to execute two different engineering studies, one to satisfy the Mono-

cacy rules and one to satisfy those set by the NPDES, and can require small property owners to conduct an engineering study if they wanted to erect something as simple as a garage.

Thaeler categorized those legislative aberrations as "unattended consequences" of the two sets of regulations.

The planner said the county developed its proposed runoff management plan to "hopefully be less of a burden to small property owners" and resolve the issue of developers having to create two sets of engineering studies for one project, and the proposed plan was distributed to

the municipalities in August.

The municipalities have until October 14 to file comments on the county proposal. Thaeler stated that once the comments had been addressed, the plan would go before the county commissioners for their approval, and then to the state Department of Environmental Protection for their sign-off.

Municipalities can opt to amend their existing storm water runoff regulations to reflect the proposed rules, or they can adopt a model ordinance developed by the county, once the state has approved the county's proposal.

The borough Planning Commission took no formal action on the proposal at their September meeting.

Liberty Mountain celebrates Fall

Liberty Mountain Resort will be holding its annual Fall Festival and Customer Appreciation Picnic on October 16, with related events also scheduled to take place on October 15.

Liberty Mountain Resort & Conference Center and Carroll Valley Golf Course Events Coordinator Kara Klunk said more than 1,000 individuals attended last year's event held at the resort site at 78 Country Club Trail, Carroll Valley Borough.

All activities, most geared to all ages, will be held outside, Klunk stated, with most of the events being organized at and around the resort's Alpine Deck.

Related activities being held on October 15, the day before the main event, will include a Fall Swap where participants

can sell ski, snowboard and golf equipment, as well as winter apparel.

The Fall Swap will be held on the site at the Children's Learning Center from 11 a.m. to 3 p.m. on October 15, and from 9 a.m. to 4 p.m. on October 16. Klunk said, "Sellers will keep 80 percent of their sales, while the remaining 20 percent will be donated to a non-profit."

Activities slated for October 16 will take place from noon to 4 p.m. Admission is free, although there will be some activities which will require a charge in order to participate.

Free activities will include trailer and hay rides, a golf competition (equipment will be provided) and the Fourth Annual Gettysburg Cannonball Chili Cook-off (participants provide their own supplies).

Klunk said that free entertainment provided in the Alpine Deck area will include Times Two (X2), an acoustic duo, who will play from opening until 1:30 p.m. The Kelly Bell Band, a locally popular blues band, will then provide entertainment from 1:30 to 4 p.m.

Activities involving a charge or donation will include chili tasting (following the cook-off) at \$5, microbrewery beer tasting (\$10 donation) in which participants will also get a Liberty Mountain tasting glass, scarecrow building (supplies are provided and participants can take their creation home), pumpkin painting, a challenge, walk-through obstacle course (to demonstrate team building), and a climbing wall.

Klunk stated that "a pic-

nic-style" lunch menu will be served at a barbeque tent located near the deck, along with a beverage tent. This will be a change from the buffet style lunch of previous years, she said. There will be a charge for

the food and drink.

Resort pass-holders will also be able to purchase their winter season and Advantage passes at the event "to jump-start the winter season," she said.

For additional information, visit the resort's web site at skiliberty.com.

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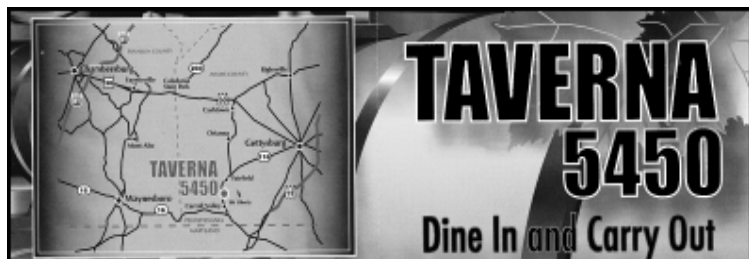
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NEWS

Bikers ride for terminally ill children

Richard D. L. Fulton

More than 160 motorcyclists rallied September 24 in Emmitsburg and surrounding area as part of an annual effort to raise funds for children suffering from terminal illnesses, and their families.

The motorcycle ride, known as Scotty's Ride, was established in 2006 through the efforts of Kerry and Valerie Shorb, Harney Road, Frederick County, who initially created the event to raise funds to help cover for medical expenses incurred by their great nephew, 4-year-old Scott Harbaugh.

Harbaugh, the son of Shawn and Stephanie Harbaugh, Fairfield, had been diagnosed with an "inoperable brain tumor which was labeled as a Grade 11 Astrocytoma."

Scotty's Ride was envisioned as a one-time event that would take riders on a poker run through 100 scenic miles of travel, launching from



Shawn and Stephanie Harbaugh (left), parents of Scott Harbaugh, pose with Scotty's Ride organizers Kerry and Valerie Shorb (right) at the September 24 fundraiser held for terminally ill children.

the parking lot of the Jubilee Foods on East Main Street in Emmitsburg, and ending at the Shorbs' home on Harney Road.

The event was so successful that it became an annual affair, even retaining the original launch site at Jubilee and ending at the Shorbs' with

a barbecue dinner.

Unfortunately, Scott Harbaugh died August 29, 2007, and was interred in the Emmitsburg Memorial Cemetery. Kerry Shorb served as a pallbearer at the funeral.

In spite of the loss, the Shorbs continued to hold the event to raise

money to help other terminally ill children and their families.

Valerie Shorb said during this year's event that Scotty's Ride has amassed "between \$50,000 and \$60,000" since its initial run, after recovering expenses, of which "more than \$30,000 has been donated" to help pay for medical expenses incurred by seriously ill children, or to assist their families.

She stated that the balance "remains in reserve" to help others who might come forward in need of support.

Kerry Shorb said organization of the annual event may be turned over to Scott Harbaugh's parents. However, he did not indicate when that transition might occur.

For additional information, visit the Scotty's Ride web site at scottysride.org.



Richard Fleagle, Thurmont, Mark George, Emmitsburg, and Thomas Houck, Harrisburg, prepare barbecue chicken for lunch held at Kerry and Valerie Shorb's Harney Road home in conjunction with Scotty's Ride, held September 24 in Frederick County.

Apples rule in Adams County

Thousands attended the 25th Annual Pippenfest Festival held in Fairfield September 24 and 25, as organizers prepare for the annual National Apple Harvest Festival to be held October 1 and 2 and October 8 and 9 in Arendtsville.

Pippenfest, named after the pippen (also spelled pippin) apple, is held annually by Fairfield Borough during the last weekend of September, and is organized by the Fairfield Borough Pippenfest Committee.

This year's event represented the first rain-free weekend the event has experienced for several years, although those attending the event on Sunday, September 25, had to deal with a sweltering humidity level as potential rain skirted the area.

Although current economics may have somewhat diminished anticipated attendee numbers and vendor sales expectations, Fairfield Borough Mayor Robert Stanley said he was very pleased with the end result.

"It looks like it's a good event," Stanley stated on Sunday. "We got lucky with



Pippenfest attendees explore some of the several dozen arts and craft vendors displaying their wares at the September 24 and 25 event in Fairfield

weather." He also noted that the Pippenfest Committee and volunteers "worked hard" to make the event a success.

Featured during Pippenfest weekend this year were yard sales, arts, crafts and antiques, music, automobile and tractor shows, raffles and numerous food vendors offering a wide array of treats and meals.

Not all of the participating vendors experienced a profitable weekend. Sleeping Beauties owners Michael J. And Susan Colella stated they had few sales during the weekend.

However, the Colellas noted their products "were meant more for an art show than a craft show," although they noted the event attendees did like seeing their artwork.

But as some may not have fared as well as expected, others were "scoping out" the event for possible participation in the future, including Adam and Michelle Yalch, co-owners of the recently founded Admirellas, Gettysburg, who specialize in decorated gift bags, picture frames, baskets and other craft-related products.

Final statistics involved in this year's event, including attendance and participants, are generally not available until compiled by the Pippenfest Committee.

National Apple Harvest Festival, established in the 1940s, will be held October 1 and 2 and October 8 and 9 at the South Mountain Fairgrounds, 615 Narrows Road, Arendtsville, located ten miles northwest of Gettysburg on Route 234.

Event coordinators expect hundreds of arts and crafts dealers, along with arts and crafts demonstrations, contests, food stands, and entertainment.

Pippinfest Apple Baking Contest

The Pippinfest Apple Baking Contest award winners were: Rachel Smith, Ann Welty, Jessica Kraft, Tiffany Johnson, and Donna Armstrong. The sumptuous pies, muffins, and breads which were submitted were all judged on appearance, texture, taste, and level of creativity. And, of course, all of the entries were made with apples! Congratulations to all of you ladies!

For additional information regarding this event, visit the National Apple Harvest Festival web site at appleharvest.com.

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One hundred years ago this month

Editor's Note; In the Sept. 1st, 1911 issue of the Emmitsburg Chronicle, the paper from which we draw the *100 Years Ago this Month* material, the Editor, Sterling Galt, announced that as he was going to seek the position of State Senator in the upcoming state election, he was handing the reigns of the paper over to his deputy, E. Higbee, to ensure the paper's neutrality. Unfortunately, from a Historical Society perspective, Mr. Higbee was a tad bit lacking in his coverage of local affairs, leaving us with little to draw upon for the column this month. He did, however, manage to fill the paper's pages with some interesting tidbits on world affairs that caught our eye, and hopefully yours as well.

October 6

Large Surprise Party

A surprise party was given in the honor of Mr. and Mrs. Asbury Fuss at their home near the Toms Creek Bridge at Four Points. The guests assembled much to the surprise of the Fuss' and with them came the Emmitsburg band, which rendered some fine selections during the evening. All those present expressed themselves as having spent a very pleasant evening. The guests numbered about 88 and all.

New Piano for School

The Literary Society of the high school has bought a new piano and presented it to the school. It is their intention to pay for it by means of festivals and plays during the next year. On Oct. 21st the ninth grade will give a chicken supper for this purpose. The patrons and friends of the school are asked to help the cause along by not only attending the same, but also lend whatever support they can.

Hampton Valley Telephone Company

The Hampton Valley Mutual Telephone Company is in process of formation. The projectors and subscribers intend to build a line from Emmitsburg up Hampton Valley at least as far as Mr. Walter Hess' place.

William Curtis Dead

William Curtis, one of the most widely known newspapermen in America, died last week. One of his earliest "scoops" was getting an interview with Jesse James and his gang in the midst of his war with the authorities. While detectives were endeavoring to locate the desperados, Curtis, then a reporter for a Chicago paper, went out to Missouri, found their hiding place, and calmly announced that he had come for an interview.

The first thing the gang wanted to do was kill him, but Curtis talked his way out of a quick death

and into one of most vivid interviews anybody ever had with Jesse James. Having accomplished his purpose the reporter returned to the nearest telegraph station and wired his "scoop" to the paper. While he was pressed heavily by the Pinkerton railroad detectives to reveal the location of their hiding place, he kept his word to the gang and kept their location secret.

Italy Declares War on Turkey

Italy, exasperated by Turkish misrule and treatment of Italian citizens by Mohammedans, declared war and opened it up last week by sinking a Turkish vessel. On Tuesday, Italy began a bombardment of Tripoli. The Italians spared all hospitals, churches and convents, aiming only at the city's fornications.

Discrimination was made with relative ease, as the range of the Turkish cannon was so short that the ships were able to approach the city closely and take accurate aim. The bombardment was protracted out of concern to avoid useless bloodshed and to respect the homes of non-combatants.

October 13

First Wireless Communication Across the Pacific

The first wireless communications between San Francisco and Japan, a distance of 6,000 miles, was established last week. This is the first time that a wireless message has been received across the Pacific Ocean. When the operator at Hillcrest station caught the signals he made them out to be the call for the Chive Maru, a steamer that is due today at Honolulu. He answered the signal and learned that the call came from the Japanese wireless station on Hokusha Island in the northern part of Japan. The operators exchange messages for some time.

This Year's Garden Results Best Yet

The largest specimens of chestnuts we've ever seen were brought to this office by Mr. Knott. The burr held three nuts, each larger than the \$.50 piece. Mr. George Ohler and George Springer each sent pears to this office that weighed 15 ounces. Mr. George Warren of Liberty Township presented us a pumpkin that looks like a monster peanut. It was a pie pumpkin 19 inches long; now it's a pumpkin pie 36 inches in diameter.

A squash raised by Mr. McKissick measured 10 1/2 inches in diameter and 5 1/2 inches thick. Mr. Moser brought us a radish, which was easily the largest ever seen here about. It was 39 inches in circumference and weighed, well we won't say what it weighed for it may hurt our reputation, but it had to be the largest radish in

the world. Mr. Maxwell brought in a sweet potato that weighed six pounds.

When it comes to Turnips, we go to Mr. Frank Felix. He showed us one that weighed 5 pounds.

October 20

Temperance Reform Criticized
President Andreas of the Brewers Congress has criticized temperance advocates in this way: "In this country the so-called temperance movement has fallen into the hands of the most intemperate people in the nation - individuals suffering from what I can only describe as chronic moral inebriation, individuals utterly devoid of reasoning powers, largely lacking in the most elementary knowledge and education, and, worse than all, in only too many cases prompted solely by the commercial benefits they derived from the cause they make a profession of championing."

October 27

The Airplane's 100th victim
Aviator Level died at Rheims, France from the effects of this fall on the previous Tuesday. On that same day at Berne, Switzerland, Hans Schmidt fell 150 feet, the gasoline exploded, and he was burned to death. With these two deaths, aviation now claims 100 victims since Thomas Selfridge was the first to die in a plane in 1908.

Affairs of the County

The commissioners of this County have made their annual public statement of the funds received and expended during the fiscal year. Your statement shows that \$275,489 was collected for the maintenance of the County government. The county spent about \$25,000 for approving and erecting bridges. In addition to this the sum, \$22,000 was spent upon the old roads of the County and about \$8,000


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on new roads. The Sheriff's Office expenses cost the County \$8,000 and the Board of Education \$95,000. Excess revenue was used to retire outstanding debt, reducing the county's indebtedness to just \$350,000.

The State Comptroller has made public the results of the quarterly distribution of the State School Tax. Frederick's share is \$16,789 for schools and \$1,771 for the book fund.

Horse & Auto Accidents

A team belonging to Bishop Murry came to grieve yesterday morning in front of Gelwicks' store. One of the horses, drawing a load of corn, became unmanageable and before he quieted down kicked in the end of the wagon.

A horse driven by Mr. Long stumbled over a stone on West Main Street and fell, breaking the shafts and runabout to which he was hitched.

Dr. Jamison's absent-mindedly cranked up his new "mechanical horse" while it was still in

gear and it ran into a tree, breaking one of the headlights before he could jump in and bring "the beast" to heal.

Rebellion in China Grows

The rebellion in China grows in magnitude each day. Three cities have fallen under their attacks and some of the largest centers of the population in the empire are threatened, including Peking in Shanghai.

The revolutionary spirit is now manifesting itself in the north as well as in the South. Those who heretofore have believed that the Northern provinces might rally around the government are now at the opinion that successions will follow in rapid succession.

The precautionary measures taken in Manchuria, where the government does not permit mention of the revolution, shows that the antigovernment spirit also exists in the far North. It is also reported that the rebels are anxious to overthrow the Manchurians, now the ruling race, and build up a republic.

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GOVERNMENT—SOUTH OF THE MASON-DIXON LINE

From the Desk of County Commissioner Kirby Delauter

When I think about Governor Martin O'Malley's new PlanMaryland, I am reminded of the old horror story opening – Be Afraid – Be VERY Afraid!

The new planning document that has been dumped onto Maryland's local governments, called PlanMaryland is a horror story! Instead of being crushed by the Jaws of the Great White Shark, we are being thrown into the Jaws of a bureaucratic Hell.

In the Governor's never ending zeal to show his bona fides for the environment above all else, he has crafted a truly disturbing document in which he claims will help preserve Maryland's environment and countryside, but will in fact take away the autonomy of Maryland's citizens. The new environmental "Green" movement including PlanMaryland is nothing more than socialism with lipstick.

PlanMaryland unfortunately is not a piece of legislation that we can simply mobilize against to defeat, but is instead a regulatory document, one already that can be simply implemented by un-elected state employees. More precisely, it is an enhanced power and land grab by the overreaching bureaucrats

in Annapolis! This document would relegate local land use planning to the back of the bus in favor of statewide planning and central control.

The Maryland Department of Planning believes a need exists for take control of our local right to self government. The U.S. Census lists Maryland as the 5th densest state in the nation and projections figure that one million people will be added by the year 2035. Governor Martin O'Malley unveiled a master plan in April to curb the suburban sprawl that comes with such population explosion, called PlanMaryland. The state proposes to reward communities that embrace efficient and responsible growth while withholding funding from those that don't control development. Local leaders have cried foul, complaining that the plan is akin to a state take-over of what should be local domain. A revised plan was released on September 9, in effort to address the concerns. Maryland makes another push for smart growth.

Among the topics that received deepest attention in the first draft of PlanMaryland was the notion of "GrowthPrint" and the underlying concept of setting areas appropri-

ate for growth. Local government officials have historically argued that a public, community-based process of comprehensive planning – with true accountability to the local decision-makers for their actions – was the best model for this determination.

Under current Maryland law, the main vehicle for state/local partnership on growth areas is the Priority Funding Area (or PFA) concept, arising from "Smart Growth" legislation in 1996. Through a lengthy negotiation and a series of compromises, the PFA system essentially allows the State to determine (by statute) certain criteria for PFA selection, the county and municipal governments to designate PFAs within their boundaries, and the State (through the Maryland Department of Planning) to comment on local designations where there may be debate about the qualifications for a certain area being thus named. Ultimately the PFAs – the areas where numerous state programs are to target their resources and attention – are a local creation, based on state guidance. In other words, do as we say, or you will get none of YOUR tax money returned from the State. PFA in my opinion could also

stand for (Paying For Aristocracy), where the elitists in Annapolis try their best to keep us beholden to their socialist regulations.

The first draft of PlanMaryland established the GrowthPrint concept, creating a starting point based on a series of existing state programs. From that point, the local governments were invited to apply for additional areas to be included within the GrowthPrint designation, but the final designation was again a state designation. If the State, presumably the Department of Planning, did not agree with Frederick County's judgment on the appropriate places for targeted growth in the county, it could simply deny the GrowthPrint designation, with uncertain but potentially significant results in terms of state funding, permit approvals, and the like. In many ways, this decision – who sets growth areas – is the core of the ongoing debate over intrusion into land use decision-making.

In the end, the local governments may "nominate," but they are then beholden to a state decision to "approve." Under PlanMaryland, even in the revised draft, it remains the state's appointed officials who

make the determination what areas are suitable for growth, while the local elected officials participate only in an advisory and informational capacity.

There has been one good thing to come out of this entire mess though. The conservative, rural counties have started to work together to push back on this big state governmental intrusion.

I am pleased to report that the Frederick County Commissioners have joined the fight. We have been working with our sister counties in Western Maryland, Garrett, Allegany, Washington and Carroll Counties, in meeting and planning jointly to oppose this effort.

In closing I will add a quote from one of my favorite politicians, Senator "Bluto" Blutaskey when he stated "Was it over when the Germans bombed Pearl Harbor"? It wasn't over then, and it's not over now as long as we stand up and let our State officials know that we intend to keep our property rights and our right to encompass our growth plans on a local level with local elected officials making these choices, not un-elected bureaucrats from Annapolis that have no skin in the game as to the local issues that effect how we grow and base our economy.

From the Desk of Town Council President Chris Staiger

Well, by the time this is published, the battle between 'managerial efficiency' and 'transformational leadership' will have been resolved. Regardless of who was victorious, the reality is that all of your elected officials could do better on both

fronts. We should continuously try to communicate better with one another as well as with the larger community of residents and business owners. We must also work better as a group to drive town government toward positive changes that benefit our

whole community.

When we are described as being unresponsive, I often find that the real issue is a lack of effective communication within town government. When individuals have an issue of particular concern, I recommend that they contact all of the elected officials instead of just town staff, the mayor, or one commissioner. I will be proposing that we establish a contact e-mail, town-council@emmitsburgmd.gov, so that you can reach all elected officials at one go. It is the Board of Commissioners that passes town ordinances and reviews town policies. We are here to address your concerns and be your advocates. We are all residents of town with homes and families – just like you!

At recent meetings, the board has attempted to address numerous community issues that may not affect a large number of people but are definitely a quality of life concern for some – including relaxing restrictions on where homeowners can park their trailers, modifying setback requirements so that homes on smaller lots can build carports or garages, finding a way to address competing concerns over grass height requirements, or loosening restrictions on where businesses can place signs. None of these are momentous actions in and

of themselves, but I think they show a small town government trying to accommodate the day to day concerns of members of the community.

We will soon review the fees that are charged for town office services with an eye to eliminate those that currently apply when employees are just doing their normal jobs. We might collect \$8,000 a year - charging \$15 for this service, \$25 for another, or \$125 for that service. I don't think we need to bother residents with these kinds of fees just to evaluate an application for a shed or a deck or to put a new roof on your house... It doesn't affect the bottom line and we are already paying the town employees to do the job anyway. Charging these fees just winds up aggravating people.


What about the future of our community??? Much of the required (but unglamorous) background work necessary to chart a general direction has been completed over the last three years: a Comprehensive (master) Plan for our community, a Water & Sewer Capacity Management Plan that identifies our infrastructure resources (and limitations) as well as where we would like to expand them, an Adequate Public Facilities Ordinance to define the conditions necessary to accommodate growth, a com-

prehensive rezoning to lay out a template for infill and expansion, and revisions to zoning ordinances to promote business growth. But these accomplishments don't usually inspire hurrahs – more often than not there is just a sigh of relief!

The real area for improvement is a change in attitude from simply holding on to what we have to taking that bigger step into the future. So let's have a "summit" to get the players together! As President of the Board of Commissioners, I'll extend an invitation to the business community to hold a special meeting and discuss their concerns. We can then develop an action plan to address them. Once we have our own house in order, we will be in a better position to lobby for resources. Another key step is to resolve the 'old' Emmitsburg versus 'new' Emmitsburg tension. People who have lived here their whole lives need to recognize that they themselves allowed for the residential development that exploded in the 1990s on the east side and spread to the west side a decade later. "New" residents need to realize that the value of property doesn't trump one person one vote. Let's work together to build a better Emmitsburg. Wow, I can't wait to serve another three years!!! Sincerely, Chris Staiger

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GOVERNMENT—SOUTH OF THE MASON-DIXON LINE

From the Desk of County Commissioner Blaine Young

Smart Growth or Partisan Planning? That is the question an increasing number of county and municipal officials throughout the State of Maryland are asking themselves. The issue which spurred this debate is the new PlanMaryland idea presented by Governor O'Malley at the recent MACO conference in Ocean City.

The Governor and his minions went to great lengths to assure us all that PlanMaryland is merely a logical extension of our existing Smart Growth legislation. As many will recall, Smart Growth was enacted in the 90's and has as its core the stated purpose of directing new development to areas with existing infrastructure. Of course, to accomplish this much ballyhooed goal the state injected itself and its regulatory muscle into many land use issues that forever had been the province of county and municipal governments.

Many of us said at the time it was enacted into law that Smart Growth

was just the first step toward ultimate state control, or at least "veto power" over local land use decisions. PlanMaryland makes me think we were right.

What I find extremely interesting about PlanMaryland is not necessarily the content, but the process. Unlike Smart Growth, which was debated in the legislature for at least two full sessions, the O'Malley administration has presented PlanMaryland as an executive branch regulatory initiative. No legislation has been proposed, and thus there will be little opportunity for our delegates and senators in Annapolis to debate the plan. I find this troubling. We should ask ourselves why the Governor is intent on bypassing the legislature on this extremely important issue. If you don't yet think that PlanMaryland is a significant power grab by the state over local control of county and municipal growth and economic development,

I urge you to read it. It is such a giant step toward the ultimate takeover by Annapolis of all land use decisions throughout Maryland that at a minimum it should be debated fully, openly and vigorously in the General Assembly.

Certainly, the Governor is not avoiding the legislative debate because he doesn't think he has the votes. PlanMaryland is skewed toward the large metropolitan jurisdictions in, around and between Baltimore City and the Washington, D.C. suburbs. Those of us in the western, northern, eastern and southern counties are outnumbered and outvoted by the predominantly liberal Democrat jurisdictions in the metropolitan areas. The Governor knows this, and has used this demographic to his advantage many times.

Unfortunately I think it is clear that PlanMaryland is merely the latest in a series of initiatives aimed squarely at the non-urban counties. Last year the Governor offered a septic system bill, which would effectively stop all new housing to be served by well and septic development. Of course, that only impacts the more rural parts of the state. Combine that propos-

al with Smart Growth and the new PlanMaryland, it is clear what the impact would be on the less densely populated areas of the state, like my home of Frederick County. We would have little or no development or economic growth whatsoever.

So there must be another reason Governor O'Malley has chosen not to implement PlanMaryland through legislation. I believe he simply is not interested in hearing our views, as expressed by our representatives in Annapolis. We are a nuisance to him. And the fewer of us who live in these "rural" areas, the better for him and his liberal friends, as it seems to be an electoral fact that the more densely populated a jurisdiction the more it votes liberal Democrats into office.

With public water and sewer unavailable to the rural and many suburban areas of the state, and with the new limits being imposed to protect the Chesapeake Bay, all new development would be driven into metropolitan and urban areas, and our children and grandchildren would be forced to live on top of each other. Cities and congested areas suit the liberals just fine. After all, cities tend to vote for liberal Democrats. The Governor told

us in Ocean City that a house on an individual septic system pollutes the Chesapeake Bay ten times more than a house on public sewer. Of course, there is no real science to back this up. But it is his justification to keep our children and grandchildren from building a home with a nice green yard near where their parents live and work.

Urban living, though preferred by many, is not for everyone. Those of us in the outer counties enjoy our lifestyle just as much as our counterparts down the road, and we have as much right to protect our way of living as they do theirs. And we need to let the Governor and the rest of the state government in Annapolis know that we will not stand for being steamrolled once again in the interest of another regulatory scheme which is being enacted "for our own good."

It is time for all of our senators and delegates, Republican and Democrat, to stand up for us in Annapolis and tell the Governor and his cohorts that even though we do not live in one of their populous pet jurisdictions, we are Marylanders too. After all, if you are going to have One Maryland you cannot have two classes of citizens.

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Community watch program

Crime has been a major issue in Emmitsburg lately. The crime wave last fall/winter raised awareness throughout our community. Also, recently, the Town Council and Mayor decided to reduce our Town Deputies from three to two. The Sheriff's office assures us that we will have more than adequate police coverage even with this reduction. However, people are worried.

Therefore, the Town is looking into bringing the Neighborhood Community Watch Program to Emmitsburg. The Community Watch program emphasizes neighbors looking out for neighbors. As a close-knit community this should be right up our alley. If we train our citizens to look out for the unusual, we should have better coverage than if we have a Deputy driving around Town. The Deputy can only be in one location at a time during his shift, while Neighborhood Watch participants can be throughout the Town 24 hours a day. By participating in the Neighborhood Watch Program, we can have even more eyes on the street than if we had full time police coverage.

The Neighborhood watch principle is "we look out for each other" and as a small Town isn't that what we should be doing anyway. Under the Neighborhood Watch Program, the Sheriff's office will teach participants what to look for and how to report that information to the police. We will also get Neighborhood Watch signs and decals that tell criminals that we are not an easy target and they should move on to another location.

In order to bring the Neighborhood Watch Program to Emmitsburg, we need a number of homes to participate. [Additionally, for every 1-15 homes, we will need block Captains. The role of the Block Captain is to disseminate information to their neighbors. This information will be supplied by the Sheriff's office and may entail such things as suspicious vehicles or door to door scams.]

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If you are interested in participating, please send me an email at pjoy@emmitsburg.com or leave a message on my town Office phone (301) 600-6307. Working together we can make Emmitsburg a safer community.

GOVERNMENT—NORTH OF THE MASON-DIXON LINE

From the Desk of Commissioner Candidate Marty Qually

Adams County is no stranger to making tough financial decisions; increased demands for services and the economic downturn have forced local government to re-examine the way it spends the taxpayers' money. Next month we will elect three new County Commissioners: I want to talk about a few financial successes and how with educated, insightful and forward thinking leadership we can turn this County around. This election should not be about what has gone wrong in the past, but about how strong we can become in the future. The next Board of Commissioners will inherit the challenges of the previous Board, but the building blocks have been set in place and this County is poised to do great things. With leaders that look forward and not backward, have a strong work ethic, and have the fortitude to make tough decisions we will succeed.

We not only need Commissioners

who understand the needs, not wants, of our growing County, but also who have the strength to face challenges head on. Equally important is having Directors and staff willing to rise to the challenge of saving taxpayers' money by making wise spending choices. We need people like George Groft and his team in the Building and Maintenance Department. They are easy to overlook. When most of us think of county employees, we don't think about either tile installers or carpenters. They are as much a part of County government as a tax assessor or a court reporter.

With budgets getting tighter and tighter, County staff have been asked, as I believe they should be every time they make a purchase, to find ways to save money. Mr. Groft and his crew have risen to this task. In recent years they have completed two major projects which saved County tax payers \$443,000. Between choosing to use

his staff to replace the carpeting in County buildings and in renovating the 3rd and 4th floors of the Courthouse with little outside help Mr. Groft changed \$640,000 of expenses to only \$207,000. These jobs had to be done out of necessity, but instead of raising taxes to pay outside contractors to do the work, George and his team rose to the challenge of saving money.

The decision to purchase the St Francis properties has already been made, but the leadership to spend wisely and save money starts with the new Commissioners. The next challenge is, how do we channel this work ethic that saved \$443,000 to what could be the multimillion dollar renovation of Saint Francis Xavier. Last month I had an opportunity to tour the old school and after I stopped reliving my grade school days as a student there, I was able to learn how we can use this property to start

saving money immediately. Some interim ideas have already been put forward; such as storing voting machines, maintenance equipment, and records. While these are necessary, we need to start thinking about relocating office space and stop paying rents for space we no longer need. In order to move offices, we first need to have a discussion of what renovations we can do for ourselves. George Groft has proven that we can do some of this on our own. If the next Board of Commissioners follow his lead, I know we will save money and be able to hold the line on taxes.

Over the next month there will be many opportunities to learn about the candidates for County Commissioner and where we stand on the issues and challenges facing Adams County. I encourage you to attend the debates and ask questions, but not just about where we stand on yesterday's issues or what we would

have done differently, but instead about what we will do in the future. How will the next Board work to save your money? Which ones will make the tough decisions and fight for you to keep your dollars in your wallet? Who will have the insights to complete the projects at hand efficiently and at the lowest costs, then move on to the next challenge? I will take a page from George Groft's playbook, I will work hard from my first day to my last and before I spend a dime on an outside consultant or contractor, I'll ask if we can do this for ourselves.

In order for me to serve you and lead County employees in saving tax dollars, I need and am asking for your vote on November 8th for County Commissioner. With your support and a strong team of volunteers I will win this election and be proud to work to build a better County for our citizens and children.

From the Desk of Commissioner Candidate Randy Phiel

Since beginning this series of articles for the Emmitsburg News Journal in June, I have reported on candidate dynamics in the Spring primary election; the legacy that we will leave by how we balance the rural quality of life that we embrace and economic stimulus we need in Adams County; the pending Adams County Radio Project; and last month I focused on several subjects including the need for Clean & Green oversight and fairness.

On Election Day November 8, each Adams County voter will have the opportunity to vote for two of the four remaining candidates for Adams County Commissioner. The Republican candidates are myself, (Randy Phiel), and Jim Martin. The Democratic candidates are Marty Qually and Paul Kellet. The three candidates obtaining the most votes will be seated January 1st as the new board of Adams County Commissioners. In the primary election, I was honored to receive the most votes of all ten primary candidates from both parties. After three candidates are chosen this November, there will be a completely new Board of County Commissioners for the first time since 1967. There is also a new appointed County Manager position as of last January, and for the first time, an elected County Controller will take office with the new Board of Commissioners in January.

What do these changes mean

for Adams County from a practical standpoint? As previously stated, it has been almost 50 years since there were no sitting commissioners remaining in a transition to all new board members. Although Adams County residents indicated by their vote that they desired new leadership, the new board must be smart enough to understand what they don't know - and when they don't know it! I believe I have a diverse background of government experience, business experience, experience as a local elected official and education credentials; but also realize that every day is a learning experience. To counteract the negatives of not having on-the-job "commissioner experience", I believe there are certain initiatives that need to be undertaken before and after the newly-elected candidates take office.

Following the November 8 election, the new Board of Commissioners - utilizing their expertise, knowledge, experience and views while also taking advantage of other resources and input - should develop some Fundamental Operating Principles for managing and operating the County. These Fundamental Operating Principles should include primary goals, objectives and operating guidelines that incorporate past and present knowledge while planning for the future. Input for these basic guidelines should be generated from the Commissioners and by consulting with other sources prior

to January 1st to get ahead of the administrative curve. I would advocate that the Commissioners, the County Manager, the new County Controller, Department Managers and a cross section of selected community representatives examine and refine the plan after January 1st. The plan should then be vetted to various focus groups and community forums for feedback. This three-step process would hopefully produce a practical and public operating document that reflects the viewpoint of the majority of our community. Within less than 90 days of being seated, this operating document should be completed and made available and communicated to the public.

The transition of the new Board will also hopefully be eased by County Manager Al Penska and the staff in the commissioner's office. Penska, a former Cambria County Controller and township manager, was hired last January after an intense selection process and will have one year of experience under his belt. It is my firm belief and practical experience that an effective and experienced county manager will provide both financial and operational dividends in a Class 5 county with more than 500 employees and a budget of approximately \$50 million. Among many other oversight and policy tasks, it will be the responsibility of the new Board of Commissioners to assure that the County Manager position results in the intended benefits.

On a related note, I was surprised and somewhat taken back to learn from previous and current county commissioners that even before the onslaught of reassessment appeals and a county manager, more than 50% of the commissioners time was spent dealing with personnel issues. In my opinion, our county commissioners need to make better use of their time in numerous ways as county leaders. It is easy to fall into a fortress mentality - but you cannot

keep your finger on the pulse of the County by spending all your time inside the walls of the courthouse.

Another key transition resource will be the new County Controller, Steve Renner. Renner will run uncontested in November because the Adams County Democratic Committee did not submit a name to the Elections & Voter Registration office by the deadline of September 19. According to Adams County Democratic Chairman Rodger Lund, "The Democratic Committee had interviewed a number of qualified candidates, but it was not the right time for them to run." Steve Renner is a life-long county resident from Littlestown with significant management experience, financial experience and professional resources. Steve has already begun to study and learn the county financial landscape in relation to the Controller position. After eight years as a CPA in private practice, Steve worked at Gettysburg Hospital for 25 years as the President, CFO and CEO. After guiding Gettysburg Hospital's merger with Wellspan, Steve Renner became President of Adams County Economic Development where he enjoyed success for four years before taking a step back and some time off. Generally, the Adams County Controller will be the financial watchdog for the county. It is my belief that with Steve Renner on board, the Adams County Commissioners, staff and residents are getting not only solid financial oversight, but also will get an excellent managerial and financial adviser with many professional resources and attributes. If elected, I look forward to working with Steve for the benefit of our community.

It is my view that both the development and execution of the Fundamental Operating Principles should be communicated to the residents in a straightforward and understandable manner. That

standard should be the precursor to continuous reasoning, disclosure and communication during this Board of Commissioners' entire tenure. I do not expect that every resident will agree with every decision that the new Board of Commissioners makes, but their reasoning and the facts involved in making a decision should be made available to every resident. Good communication is a cure for many ills. There is no doubt that a learning curve of some degree will take place with three new commissioners. I believe it is the new commissioner's responsibility, as well as the rest of the county staff, to reduce that curve as much as possible!

I would like to conclude by commending and thanking our emergency responders for their service during this especially volatile September in Adams County. Flooding, closed roadways, water rescues, providing shelter and pumping basements were the order of the day. As a former thirty-year professional emergency responder, I am especially proud of these folks and honored to be the only endorsed candidate by the Adams County Fire Chiefs, Police Chiefs and Adams County Volunteer Emergency Services Association. With discussions involving emergency service funding in Adams County guaranteed to escalate, let's remember the September 2011 flooding as part of that discussion.

Please feel free to view my website at www.JoinRandyForCommissioner.com or email me at joinrandyforcommissioner@gmail.com. You may call me at 717-334-7097. Don't forget to mark November 8th on your calendar and exercise your right and privilege to vote for the person or party of your choice.

Fall is a great time of year in Adams County. Get out there and enjoy it. See you both weekends at the National Apple Harvest Festival!

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GOVERNMENT—NORTH OF THE MASON-DIXON LINE

From the Desk of Commissioner Candidate Paul Kellett

The \$87,500 question for this month's article is: why does the county need consultants for just about every decision? At the September 14th commissioners' meeting, a vote was taken to hire Susquehanna Group advisors to determine the financial software needs of the county. The cost was not to exceed \$87,500. The software to be purchased would be utilized by the new comptroller as well as the treasurer. It seems strange that the consultants would be hired (for such a high price) before gaining the input of the elected official who will be utilizing the software day in and day out.

I "googled" municipal financial software and learned that there are companies that will "help municipalities select financial software to meet both their needs and their budget." The cost of this service? FREE! Now, of course there is no such thing as free, but the company probably gets a commission from the software company if the

product is purchased. My guess is that commission would be in the neighborhood of 5%. Doing the math, the software would have to cost (and be worth) \$1.7 million for the Susquehanna Group's fee to be competitive. The big advantage to the "free" company is that they only get paid if you take their advice. Which brings me to my major concern: what do you do when your consultant gives you bad advice?

When commissioners hire consultants to buy software or conduct a reassessment, they place themselves in a very awkward situation. If the software suggested does not fit the need or the budget or the \$2.2 million reassessment is fatally flawed what do you do? Do you say that "yes, we just paid a lot of money for an expert opinion, but we are voting in opposition to that opinion"? The fear by the commissioners—if they have the courage to take such a vote—is that they will be asked "why did you pay the con-

sultant such a princely sum if you are not going to heed their advice?" The other option—and one that is worse—is that the commissioners suspend their common sense and blindly take the advice of the experts—then we get a situation like the reassessment. It is my belief that the commissioners took the word of 21st Century Appraisers over the thousands of taxpayers screaming that there was in fact a huge problem.

Unfortunately, the examples are not limited to these two. The consultant for the digital emergency radio project charged \$777,894 to tell the commissioners which radios to buy. The selection of Motorola does not seem to be worth three quarters of a million dollars to me. Before committing to buy St. Francis School, the commissioners paid \$75,000 to see if the purchase met the expansion needs of the county government. In this instance, it is worth noting that the Catholic Church had done a study to determine

the costs of renovating the building and determined it would be cost prohibitive.

I am also concerned that even if the advice is sound, is it the best advice when viewed in the larger context? The electronic salesman certainly knows his televisions and gives excellent advice as to picture and sound, but is he really able to tell me the best TV given the fact that I also need to buy a sofa and a new pair of shoes? His advice cannot be expected to incorporate the overall budget picture. In these troubled economic times, it is important to keep the budget picture first and foremost in our minds.

The consultant culture is an easy trap to fall into. It allows politician to never be responsible; instead they can just say they followed the advice of the experts. If it continues, pretty soon the county will be employing consultants to choose "the right consultant" to consult. Taxpayers need leaders who will actually take the

time to study the issues, consider the advice of the citizens and the employees whom the decisions will impact, and then decide.

The new county manager should take the lead on this as well. Instead of recommending a consultant, he should determine what the new software needs to do and inquire of the software companies' representatives whether their product will meet the need AND why their competitors' product will not. It is amazing what you will learn from competition. He should also get references of other municipalities using the software being considered and call them to see if they are satisfied with how the software actually operates. (Just think how it would have been different if they had done this for the reassessment!)

If I am elected on November 8th, I promise to work hard to kick the consultants out and actually do the job myself. The voters of this county deserve nothing less.

From the Desk of Commissioner Candidate Jim Martin

The 2011 Adams County Commissioners' race has drawn considerably more attention than past elections as evidenced by the number of forums. During the primary campaign I faithfully participated in all seven forums organized by community leaders. For the fall campaign interest remains high; there will be at least three forums and interviews by Alex Hayes of GT Live. In addition to all of these opportunities I have made nearly 4000 door to door contacts to date. Why? It is because I believe in what I am doing and because I have the citizens' best interests at heart.

This election is not about my personal benefit or that of any special interest group; it is about accepting a responsibility that I felt was set before me. This was a bold move for me, but the confidence of my supporters showed me that it was the right decision. I am truly grateful for that support and to have the opportunity to be in the race for an Adams County Commissioner.

The interview I had with Alex Hayes of GT Live has shown me

it is a good communication tool. Community Media also serves as a good tool for public communication. These media venues would be a cost effective means of informing the community what is happening in county government. Hopefully, hearing and seeing reports directly from elected officials would increase public interest. I definitely want to create greater public interest. Government needs to take a servant leadership position and the appropriate use of the above media is an opportunity to be open and responsive to the citizens of Adams County.

As a county commissioner one has the duty and responsibility for the safety and welfare of the citizens. Regarding safety, the subject of the countywide emergency radio system comes to the stage. As many are aware, our countywide radio system is antiquated resulting in reliability issues that jeopardize the safety of first responders and police. To replace our aging system will likely require a new digital system with a price tag which is beyond our tax payers' ability

to pay. Furthermore, incurring more county debt is not an option.

Nevertheless we need to move forward seeking funding to finance the new system through various sources: grants, foundation gifts, non-profit groups, public/private sector partnerships, and perhaps proposals incorporating leasing options. In approximately two months the present commissioners will receive proposals for new radio systems. These proposals may not necessarily be the best and should be thoroughly reviewed along with alternative vendors and options for pricing and performance.

There are cases where emergency agencies have rushed to go digital and received systems that were not reliable and had critical issues. In one case \$34 million was required to correct the problems. We must not be caught in that situation; caution and professional due diligence must be part of the process plus requiring vendors to be fully bonded to guarantee performance and to protect the county's financial position.

What I have discussed thus far are measures of future planning. I believe a vital element of good leadership is a conscious awareness of the future needs of the county and I embrace that vision. Without a vision of future needs, we put ourselves on a faltering path. To avoid faltering it is essential that we be strong economically and manage our resources wisely.

We cannot escape the fact that business activity, producers of goods and services, is necessary to generate the revenues we need to live and operate. We are fortunate to have tourism and agriculture as our leading industries which complement our rural fabric. However, these industries alone cannot carry the economic demands of our county. To generate the necessary revenues we need to attract new business and retain our existing ones. An attractive business environment will be a benefit to all of us. The availability of sufficient broadband service to conduct business is extremely important to this environment. One community leader has expressed that

in his township several businesses have moved to another county as a result of the lack of broadband service.

The good news is that a local partnership is moving forward and assessing what we need to develop a network. The bad news is that the major providers are not interested in competing for the business in Adams County as they are in the Hanover business community. If provider interest cannot be developed, there is an alternative that should be considered. It is a public/private sector wireless network that can provide first class network service for both county and private sector. The cost of the system would be shared by the private sector partnership. In my opinion, the benefits of this option should be investigated along with the assessment of our current broadband situation.

The above scenario is an excellent example of a future vision mindset that will be one of my goals as a commissioner. I would appreciate your support on November 8th to put this type of vision to work for Adams County.

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COMMENTARY

Words from Winterbilt

Poor people are taking us broke...

Shannon Bohrer

I read with interest a recent article published in a local paper about cutting entitlements, written by a local elected official. The article stated that cutting entitlements will have “a great impact on the few people whose entitlement benefits are cut. But it will have only a negligible impact on local tax payers.” When I finished the article I had the impression that the writer believed that it was the entitlements that are making us broke and that the recipients of the entitlements were poor people. I also had the impression that the writer believed it was the Republicans that will make the tough choices and the Democrats that will not. I think he believes what he says; however there were a few facts that I believed were omitted. Personally, I don’t believe either party is without problems and/or faults, nor do I believe that either party has the answers to the problems we face. This is an easy conclusion since both parties make promises and then when they are in power- they develop “promise amnesia.”

As to poor people, they do receive entitlements in various forms and I do understand that there is a cost to tax payers. The purpose is generally agreed upon that poor people are in need and a civilized soci-

ety takes care of the poor. When talking about entitlements for poor people it is a logical assumption that poor people don’t have any money, so they don’t pay taxes and everyone else (the non poor) do pay taxes. However, this is where the article is lacking a few facts. It is well known and documented that entitlements go to many individuals, businesses and corporations – many of which are not poor - at least I don’t think they are poor.

“If we just eliminate the entitlements to poor people our budget problems will be solved – and - the solution will not affect the rest of us.”

It has been reported that less than 50 percent of the people pay taxes. If the people not paying taxes are poor, then cutting the entitlements will affect a lot of people (over 50 percent). Of course if the people not paying taxes are not poor, then why are they not paying taxes? This is where the facts can be a little confusing. You see, entitlements do not just go to the poor - they also go to significant numbers of non-poor individuals, businesses, industries and even rich people. I wonder if the local elected official (who wrote the article) believes that eliminating the entitlements that go to the poor people will solve our economic problems! Maybe he means

we should also eliminate the entitlements that also go to non poor and businesses. Of course if the non poor and business entitlements are eliminated the elected official’s prediction that only a few people would be affected - would be wrong.

If we take a moment to step back, we often hear the word “entitlement” as if it’s a bad word! An entitlement is money that people, and also businesses, receive from the government, like poor people receiving assistance. An entitlement is also unemployment insurance, which is normally paid for from funds that employers pay. Since there are so many unemployed I think the funds are all gone. An entitlement can also be tax breaks for oil companies and reduced tax breaks for hedge fund managers. A very large entitlement is social security, which is reportedly going broke. Of course social security has 2.6 billion in IOUs from the government and if the government pays then social security would be solvent for another 25 years. Have you ever noticed that when a politician talks about the deficit and debt problems and reform of entitlements, one of the first thing mentioned is social security? Since social security is a government program that works and would be solvent if Congress had not borrowed the surplus funds, I wonder why it is used

so often as a program in trouble.

In one government survey of businesses, 40 percent of the business examined did not pay any taxes. (Remember GE). Are these businesses poor? In another recent examination of businesses that received stimulus funds, it was discovered that a significant number did not pay any income taxes. The report went on to say that the problem could be larger than what was reported, because they only examined business that had previously paid taxes. Which means that some businesses that received stimulus funds may not have been paying taxes before the stimulus package. Are these businesses poor? Maybe the stimulus package was for the purpose of stimulating the business that received the funds, not unlike the banking bailouts. Even with the constant talk of deregulation I believe it would be nice to have a law that prohibits individuals, groups and or businesses from receiving any federal, state and/or local funds if the individual and/or business are delinquent in current and/or former taxes.

If this sometimes sounds confusing it could be because both political parties are trying to sell you something. Both major political parties want to be in office and just like any advertising they are always trying to sell their product by telling you how bad the other

side is. Of course after telling you how bad the other side is, they tell you how they will solve the problem. As in the case of the article I mentioned at the beginning. If we just eliminate the entitlements to poor people our budget problems will be solved – and – the solution will not affect the rest of us. Sounds good, except that entitlements seem to go to everyone. Of course if we eliminate all entitlements, our budget problems will be solved but it will also affect all of us, and not in a pleasant way. Remember Social Security?

The economic problems we face are significant and it is easy for one side to claim that the problems relate to the policy of the other side, and in fact they are both right. The poor are taking us broke, the poor people, the poor businesses, the poor hedge fund managers and even the poor solutions created by our elected officials. As Will Rogers said **“The more you read and observe about this Politics thing, you got to admit that each party is worse than the other. The one that’s out always looks the best”**

Maybe we could add another line on voting ballots **NONE OF THE ABOVE**. If “none of the above” was elected we could save a lot of money. Of course we would have to create a law that says that if a person running for office changes their name to none of the above, their former name would be required to appear on the ballot.

View from the Track

Kip Hamilton

So who knows what was special about the week of September 17-23? No, it was not National Back to School Week or National New Fall TV Series Week... Believe it or not, it was *National Constitution Week*; a chance to commemorate the adoption of the United States Constitution. So, in observance of said week, I’d like to take a few minutes of your precious time to consider if we really do have a Constitution anymore.

As we’ve said before, the 13 original States were actually considered at the time prior to the adoption of the Constitution as 13 sovereign states...like 13 little, independent countries. They each had their own laws and governments and leaders but what they didn’t have was size and strength. So, these 13 states decided to unite together for their own protection and became the *United States of America*. Protection of the lives and property of individual citizens was the common characteristic of the Constitution of 1787.

We *The People* created the federal government. It is our “creature” and has no powers other than those We granted to it in The Constitution. The reality is, Congress is NOT authorized to pass any law on any subject just because a ma-

majority in Congress thinks the law is a good idea! It may be, but that is constitutionally irrelevant. Instead, the areas in which Congress is authorized to act are *strictly* limited and defined (“enumerated”) in the very first Article. Article I, Section 8, grants to Congress the powers:

1. To lay certain taxes;
2. To pay the debts of the United States;
3. To declare war and make rules of warfare, to raise and support armies and a navy and to make rules governing the military forces; to call forth the militia for certain purposes, and to make rules governing the militia;
4. To regulate commerce with foreign Nations, and among the States, and with the Indian Tribes;
5. To establish uniform Rules of Naturalization;
6. To establish uniform Laws on Bankruptcies;
7. To coin money and regulate the value thereof;
8. To fix the standard of Weights and Measures;
9. To provide for the punishment of counterfeiting;
10. To establish post offices and post roads;
11. To issue patents and copyrights;
12. To create courts inferior to

the supreme court; and
13. To define and punish piracies and felonies committed on the high seas, and offenses against the Laws of Nations.

Well, that’s it, folks. Do you see anywhere in that list any mention of Education, Environmental Protection, Agriculture, Energy or any of the other alphabet soup agencies that roam the bureaucratic landscape of today? Any mention of free healthcare, housing or food being the purview of the Federal Government in there? Of course not. The founders had just gotten away from the tyrannical control of a monarchy and they realized that in a free society, control and representation must be exercised at the local level.

Remember last month we talked about how the Federal Government was created to be a support mechanism for the State Governments? Go back and read down that list again. See how these things the Federal Government is authorized to do by the states are mostly for the benefit of the entire group?

There are those who would attempt to marginalize the Constitution calling it 200 years old or out of step with today’s society and other terms which are intended to make us think that it’s just an old, outdated, yellow piece of paper with no correlation to today’s

modern times. Why would they do this?

Because, in fact, the Constitution is not just a quaint collection of thoughts written down by our great-grandfathers’ great-grandfathers.... It is the *Law of the Land* in America. I imagine those who are trying to transform this country would be greatly inconvenienced if more of our fellow citizens realized the truth.

The truth being that congress has no authority to bail out financial institutions, businesses, and homeowners who don’t pay their mortgages; no authority to take control of our health care; no authority to pass laws denying secret ballots to employees who are solicited for membership by labor unions; no authority to take away your IRAs and other retirement accounts, no authority to pass laws respecting energy consumption or “emissions”, education, housing or anything of the sort.

Therefore, all the laws which Congress has passed on such topics are *unconstitutional* as they are outside the scope of the legislative powers the people granted to Congress in The Constitution.

So how have they been able to pass these illegal laws and get away with it, you ask? That’s a good question. Some would say that it has been by design that for many years our children have not been taught about the power and authority that the

Constitution holds, but rather they have been indoctrinated by the government schools to believe that the power resides in the *government*, not in the Constitution. So, much like the story of how to boil a frog, over the years, people just didn’t realize what was happening to them and their liberties and have just grown to believe that this is how it’s supposed to be.

But what about education and the other things? Aren’t they important? Shouldn’t the government be involved to keep the children safe? Of course they are important. But they SHOULD NOT be dealt with on a NATIONAL level! Do you think the same educational measures that are taken in New York City schools will be appropriate for use in Wyoming? Or do you think that New York should take care of New York and Wyoming ought to take care of itself? The same goes for food, energy, housing and any other alphabet-controlled area you can think of. According to the Constitution, these are things which are reserved to the States or to the people.

Our Constriction is an inspired document. We really should be using it!

To read past editions of *View From the Track*, visit the Authors section of Emmitsburg.net.

Pure Onsense

A Wasted Decade

Scott Zuke

No Child Left Behind (NCLB) will be ten years old this January. Like the nation's struggling students, it has been pushed along, year after year, by politicians unwilling to face its glaring flaws until they became impossible to ignore. Unlike the children, though, this policy never had potential.

The basic goals of NCLB sounded reasonable enough, at least to those outside of the teaching profession: higher performance standards and greater accountability for improvements. Schools that fall short of achieving "Adequate Yearly Progress" (AYP) for two or more consecutive years face a variety of penalties, including funding cuts, staff shake-ups, and having to provide students with after-school tutoring or transportation to a better school nearby. The program's ultimate goal: 100% of students on grade level in reading and math by 2014.

In practice the program suffered from poor implementation and a number of predictable consequences. Let's start at the end. After ten years and many billions of dollars in NCLB investment, America continues to spend more money per pupil on education than any other country, but is lagging far be-

hind in results. According to the Program for International Student Assessment (PISA), in 2009 the US ranked 17th in reading scores, 23rd in science, and 31st in mathematics.

Shanghai, China, holds first place in all three, and the majority of the other top ranking countries are in the Eastern hemisphere. Why does this matter? With US job growth lagging since the 2008 recession, we've been struggling to define our role among global markets. While manufacturing and other low-wage jobs have moved overseas, economists keep predicting that America's comparative advantage will be in producing advanced technology and high-end services. But if workers in China and other developing nations are not only working for far lower wages, but are also exceeding US education achievements, it's going to be that much harder getting our economy back on solid footing.

Where did things go wrong with NCLB? I'll focus on two issues here: 1) the misapplication of a business model to schools, and 2) the program's poor understanding of incentives, which resulted in unintended, but predictable consequences, particularly cheating.

No Child Left Behind was a

business-style program developed by the businesslike Bush administration. Its methods were intended to be pragmatic: set high standards, reward what works, and eliminate what doesn't. However, whereas a business is a straight-down hierarchy with a single set of quality standards for its products (outputs), no such unified set of standards was implemented nationwide for schools. Each state designed its own standards, including its own methods of assessment. Maryland has the Maryland School Assessment (MSA), Virginia has the Standards of Learning (SOL), and so on. Since economics and business are concerned with the effects of "incentives," shouldn't we question what incentive one state would have for setting tougher standards of achievement than its neighbor? What incentive would a state have for continuing to administer an exam that fails to get the desired number of proficient students?

The idea of rewarding what works continues to be popular even into the Obama administration. The Race to the Top Fund, a \$4 billion program to get states to compete for extra federal dollars, ended up rewarding states that implemented performance-based pay, among other things. Linking a teacher's benefits to his or her students' standardized test scores is another idea that makes sense from a business perspective, but there's a classic dilemma when trying to balance objective assessment with

subjective observations. Anyone who has spent time in a classroom knows there is far from a 1:1 correspondance between teacher skill and student performance. Unlike businesses, schools and teachers have no control over the quality of their inputs. If a teacher is assigned to a poor quality group of students, she does not have the option to trade them in for a better crop with greater potential for growth. It may be possible to subjectively identify those teachers who do a relatively outstanding job with the students they are given, but how to capture such things objectively through standardized tests remains elusive.

This takes us to the second point. When schools are put under intense pressure to show continuous improvement, but are not fully in control over whether such improvement is possible, what is the expected consequence? Think steroid abuse. The tragically underreported bombshell story of the summer was a massive cheating scandal uncovered in Georgia's Atlanta Public School system. According to a major report, 44 of 56 schools that were investigated were found to have committed various kinds of cheating, including "changing parties," where teachers would get together on weekends to erase students' incorrect answers on tests. Some reportedly opened plastic-wrapped exams, made corrections, then resealed them using cigarette lighters. The report named 178 educators, including 38 principals, who participated in the cheat-

ing, and as of July, more than 80 had confessed. Even the school system's superintendent, Beverly Hall, was implicated in the scandal for suppressing whistleblowers and rewarding those who produced favorable results, however suspicious. Hall won the 2009 National Superintendent of the Year award from the American Association of School Administrators for accomplishing "significant gains in student achievement." Please step forward to receive your asterisk.

Cheating is likely far more widespread than the public will ever know. It's not nearly as overt in most places, but school systems are undoubtedly gaming the system in all kinds of ways to squeak by the unattainable standards they are required to meet. We've given ourselves an education system where achieving "success" and "improvement" in the data sets all too often indicates just the opposite reality for students.

Before we can find real solutions, we have to fully acknowledge that everything we've tried is failing. The Obama administration has recently begun to grant waivers to states that are unable to meet AYP, on the condition that they implement various other accountability measures. Unfortunately, this only shows that NCLB is finally collapsing under its own weight, not that anyone has grasped why it was doomed from the start and come up with a better alternative.

Down Under

How smart are our politicians?

Lindsay Coker

Politician, n: An eel in the fundamental mud upon which the superstructure of organised society is reared. When he wriggles he mistakes the agitation of his tail for the trembling of the edifice. As compared with the statesman, he suffers the disadvantage of being alive. (Ambrose Bierce, *The Devil's Dictionary*)

I suspect that most of us sometimes wonder why our government seems to be as stupid as it is. We elect the candidates of our choice, they make their mark, or not, support the party line or not, and one of them may even become our glorious leader for a time. We go through times of boom and bust, see foreign policy made on the run, (when so often they set up the leaders they wish to support, but who become our future enemies), and, in truly democratic style, we expect them to listen to us, the people, with our great lack of comprehension and understanding of policy, which brings them down to our level so they can be in tune with us, the people, who we like to think know what is best for us.

Well, that's what we console ourselves with, but it's not really true. We're not, by and large, that knowledgeable or clever. We're happy to let our elected officials seem smart, and

they have drive, goals and ideals, and put a great deal of thought and time into how to honourably discharge their responsibilities. I do not know a politician who has consciously gone into politics with the aim of defrauding or hoodwinking the people, even if this sometimes later comes about, but are they smart enough for today's world?

Regretfully, no.

I'd like to refer you to one of the most remarkable books of recent times, 'Voltaire's Bastards' by John Ralston Saul. Subtitled 'The dictatorship of Reason in the West', it gives great insight into the plight of western governments and the unbreakable rule of reason that colours every place of learning, every think tank, and therefore every political decision. In one remarkable section, he examines the rule and cult of the hero and the rise of this in American politics. He traces it back to Marie Antoinette, the first known person to rule without any reason or credentials to do so. She was glamorous, selfish, a figure of wealth and consumption whom the population initially viewed with awe; after all, she was the wife of the king, Louis the sixteenth - but it was her opposition to reform during the revolution that eventually sealed her fate.

Other foolish figureheads followed, until the stage was set for a



second-rate actor to strut the boards of world leadership - Ronald Reagan. Without going into who really had the power in that government, the result was a sort of laissez faire capitalism that set the scene for the really clever operators - who have not tarnished their hands by standing for parliament in the past 100 years or so.

These are the clever guys who manipulate markets, ensure that policy will benefit them, and who, not being elected, take no responsibility for the results of their machinations. They have circumvented the democratic process, and they get away with it because they have a vision. Not the vision of a Luther-King, but the vision of power for themselves. And more than vision, they have the key ingredients of ability, knowledge, and reason. They have led your great

country by the nose for such a long time that they are accepted as the ones who know, which is all too true, and the ones who hold the future in safe hands. Which is all too false, as they are the modern counterparts of Machiavelli - cunning, amoral, and opportunistic.

The crazy thing is that they have had enormous success at hoodwinking many of the people into believing them to be the saviours of the nation, the only ones who can bring it out of the mess they have brought about. Enough of the people equals enough of the elected representatives to ensure they can continue in their rapacious ways, and enough of these means they have enough of the ubiquitous media barons and commentators to brush away any concerted opposition.

So, enter Barak Obama. I have no way of knowing if he fully comprehends the powers he is up against, but I suspect he does. Do his colleagues? Not many of them, but far more of them than are on the other side. Of course he appears lame, unable to resolve the problems or make headway, because there are so many others who think they know what's best, or at least better. And that is, I fancy, the way things are all the way to local elections.

Very few of us are able to grasp the whole picture, especially not in this rapidly changing world, so we take a shot at what is local, manageable, and realistically expect to make a difference. By definition, the President is atop of all this, he's the head of state, the big cheese as we used to say - but really, how can he be? How can anyone facing the task of seeing the whole and resolving the mess that embraces everyone be on top? And just in case you believe that your party, your man can do better, remember the challenge: Whoever is in power has to cope with a system that has been let go to hell, and can only start to be fixed by someone with the will, strength, nous, charisma and sheer intelligence to become truly a leader for all people.

Marie Antoinette refused to listen to the cries for reform, and look what happened to her. Things are not so different now, except that the powerful are not in power, they're in the lead.

With all good hopes for success,
Lindsay

GOVERNMENT—NORTH OF THE MASON-DIXON LINE

From the Desk of Carroll Valley Mayor Harris

It is October. The leaves will start to change into brilliant colors – a last “hoorah” before they fall. The farmers in the area will finish harvesting their crops. The birds will migrate south. We honor Columbus’ arrival in America on Oct 12, 1492 and celebrate this event on Monday, October 10th. And then, on October 31st children and adults will dress up in “strange looking” costumes to celebrate Halloween and go around the community proclaiming “Trick or Treat”.

What is going on in our community? Adams County is still dealing with the 2010 county wide reassessment. It has been reported that over 8,000 residents appealed their reassessment bills in 2010 and approximately 700 appeals have been submitted this year. As a property owner, you have the right each year to file an

appeal of the assessed property value. The deadline for submitting an assessment appeal is October 31st. If you have any questions, you should call the Adams County Tax Assessment Department at (717) 337-9837.

The downturn in the economy has had an impact on our 2011 budget. The Borough’s Real Property Taxes are down by approximately \$72,000, the Earned Income Taxes by \$60,000 and building permits down by \$5,000. What this all means is that revenues the Borough expected to receive to provide services to our Carroll Valley residents is down by a total of \$137,000. Under the direction of our Council and watchful eye of our Treasurer and Borough Manager, we will make it through the rest of the year. My concern is the 2012 budget. Why bring this up?

In October, there will be three meetings in which the topic of “Borough Finances” will be discussed. You may want to mark your calendar to attend these financial meetings. The meeting dates are: Finance Committee on October 10th, Finance Committee and Borough Council Workshop on October 18th and October 25th. Remember, when the Borough discusses the budget, it only represents 12% of your tax dollar at work for you. There are two other taxing authorities, namely: the school district and the county.

The Carroll Valley Citizens Association (CVCA) will be holding two events in October. On Saturday, October 15th in the Ski Liberty lower parking lot will be holding their annual Fall Yard sale. On Friday, October 21st CVCA will be holding a din-

ner meeting in the Carroll Valley Pavilion at 6:30 pm. While not required, come dressed in a Halloween costume and have a chance to win a prize for “Best Costume”. Charles Dalton, CVCA President, said the meeting is opened to everyone in the community. He also mentioned that the Carroll Valley Phone Directory Committee has started working on a new updated phone directory that will be ready for distribution in 2012. If you have any questions or need additional information call (717) 642-5844.

On Sunday, October 23rd in the Carroll Valley Commons from 9:00 am to 5:00 pm the Disaster Preparedness and Emergency Response Association and the Survivors Inc. of Gettysburg will be holding an event called “Community Break the Silence”

community yard sale. Domestic Violence is one of the most deadly and costly hazards a community can face. Each year there are over 600,000 victims, many are murdered or severely injured, some survive. At the event there will be domestic violence awareness brochures, local police and fire will be on hand to answer questions, and there will be a legal action table for those with an interest in changing the laws to better help victims and survivors. Also featured will be a kid’s safe activity area available to kids of all ages. Food (hot dogs, hamburgers, chips) and drinks (coffee, soda, and water) will be available for a small donation of \$5 for adults and \$3 for kids 10 and under. If you interested in more information, call (240) 385-2733 or email breakthesilence2011@gmail.com.

It always gives me pleasure to share good news about the achievements of our young citizens. I have learned that Cadet Austin T. Stroup who is attending Middle School at Fork Union Military Academy has been promoted to the rank of 1st Lieutenant with an assignment as Company Commander of “Bravo” Company. Cadet Stroup, the son of Jay and Meghan Stroup, is an 8th grader and is in his second year at the Academy. Stroup earned Excellent Conduct and Academic Honors each grading period last year and received an award for having the highest academic average in the 7th grade. He also received an award for his achievement in Computer Applications. As a 7th grader, Stroup excelled athletically on the wrestling, lacrosse, and orienteering teams. He is continuing on the orienteering team this year. Selected for his outstanding leadership and communication skills, Cadet 1st Lieutenant Stroup leads his company of middle school cadets who are attending sixth through eighth grade. Congratulations Lieutenant!

Borough meetings to be held in October are: Planning Commission (Oct 3rd), Finance Committee (Oct 10th), Council Borough (Oct 11th), Finance Committee and Council Borough Workshop (Oct 18th), Finance Committee and Council Borough Workshop (Oct 25th), Sewer/Water Authority (Oct 24th) and Parks/Recreation (Oct 26th). Support our Fairfield Fire & EMS Department by playing bingo. Bingo is played the first Friday of every month and every Thursday at the Fire Hall with the doors opening at 5:30 pm. The Bingo Hotline number is (717) 642-8105. Please reduce your driving speed when you are in the Valley. Remember, Halloween night there will be young people walking the trails – be careful. If you have any questions call me at (301) 606-2021 or email at mayor@carrollvalley.org.



Marty Qually for Adams County Commissioner

The people of Adams County have spoken. They want County Commissioners who are strong enough to put the people first, will listen to their concerns, and have the courage to work with others and get the job done.

- **Improve County Finances:** I pledge to make every effort to reduce the County’s debt and improve its long term financial strength. In these tough economic times, we need to balance the services we need with what we can afford.
- **Refocus County Government:** It is time for Commissioners who get out of the Courthouse and hear the concerns of the citizens first hand. We need to evaluate our County priorities based upon citizen input and not just that of elected officials.
- **Economic development:** Creating a stronger local economy requires county commissioners who work with municipal leaders and local experts then create a unified plan for the future.
- **County Radio System:** I fully support our first responders and believe a modern County-wide radio system is necessary. They protect us and need modern tools, it is up to our elected officials to follow their lead!

If you would like more information about this election or discuss any of your concerns, do not hesitate to contact me at 717-339-6514, marty@martyqually.com, or visit www.martyqually.com.

Thank you for considering me as one of your two votes for County Commissioner.

Respectfully, *Marty Karsteter Qually*

★ ★ VOTE QUALLY ★ NOVEMBER 8TH ★ ★

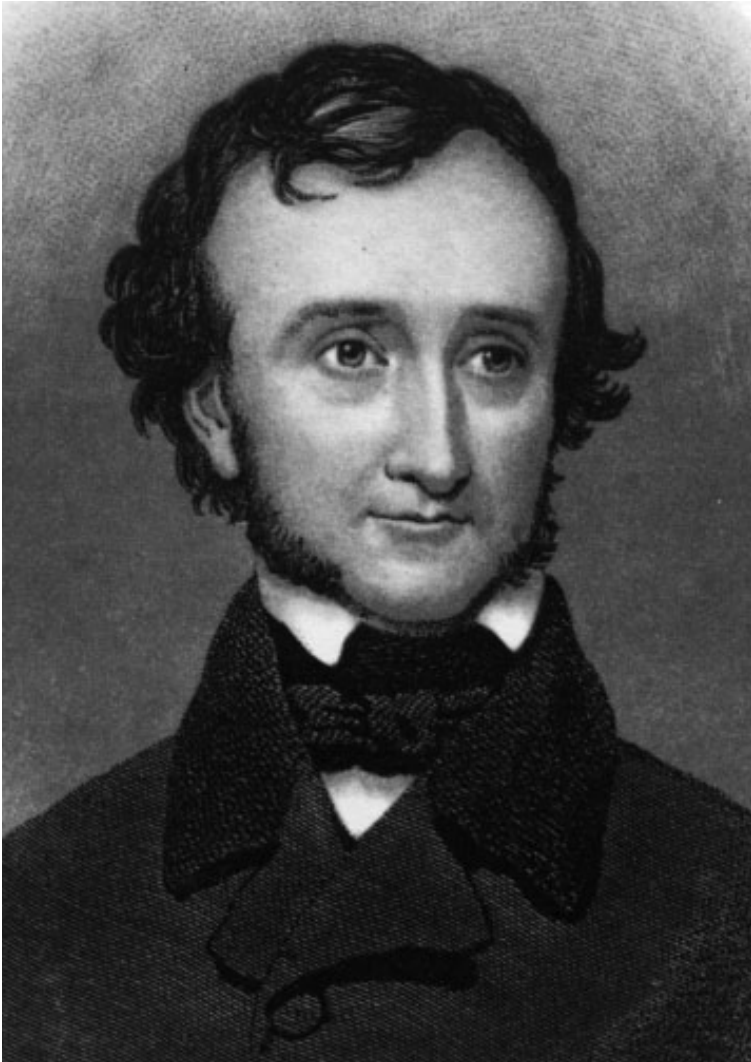
Marty Qually for Adams County Commissioner

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THE BOOK OF DAYS

Edgar Allan Poe



Robert Chambers

On Oct 7, 1849, Edgar Allan Poe, an eccentric American poet died. It may seem absurd to say that he belonged by birth to the aristocracy, in a country where no aristocracy is recognised. Still, it is a fact that Poe was an aristocrat, and it is also true, that no people are more proud of the advantages of birth and breeding, than citizens of the United States, especially those who belong to the southern division of those states.

Poe was a Southerner in manners and feelings, as well as by birth; and there is little doubt, that the greater part of the infamy which was heaped upon him after his death, was owing to the fact that as a man of taste he despised, and as an aristocrat, treated with contempt, a tradesman in literature, who lived by making books of biographies, generally laudatory of living literary persons. This man took his revenge when the opportunity came, as any one may kick a dead lion with impunity. Many have echoed, no doubt honestly, the evil fame which was made for the poor poet by this man, whom he had despised and insulted during his life.

Poe's grandfather was a soldier in the war of the American revolution, and a friend of Lafayette. His father was a student at law. He fell in love with an English actress, named Arnold, and married her. They both died young, and at nearly the same time, leaving three orphan children. Edgar was adopted and educated by John Allan, a wealthy merchant of Virginia. At the early age of five years he was brought to England, and was sent to school near London, till he was ten years old.

Poe's life was a series of eccentric adventures. The reason of this

is to be found in his temperament, or physical constitution. He lived, from the cradle to the grave, on the verge of madness, when he was not absolutely mad. A half-glass of wine intoxicated him to insanity. His brain was large, almost to deformity, in the region where phrenologists place the imaginative faculties. Under the influence of slight stimulus, such as would have been inappreciable by a person otherwise constituted, Poe was led on to commit acts, the consequences of which were often distressing, and might at any moment have been fatal, as was finally the case.

At an early age he entered college at Charlottesville, Virginia, but he was expelled for dissipation. He also entered the military school at West Point, New York, but he left in a year. During the excitement in favour of the independence of Greece, he started for that country; but he was next found at St. Petersburg, where he fell into distress, as was his fortune almost everywhere, and some friends sent him home.

Soon after his return, he published a volume of poems, entitled *At Aaraaf, Tamerlane*, and *Minor Poems*. These were written from the age of sixteen to eighteen years.

At one time he enlisted as a soldier, but he soon deserted. He had much partiality for active exercise, and very little for discipline, though he was exceedingly methodical and orderly in all the details of life. He was remarkable for aquatic and gymnastic performances. He was able to leap further than most men, and he once swam seven miles and a half against the tide.

In 1835, Poe was employed to write for the *Southern Literary Messenger*, and about this time he married his cousin, Virginia Clemm, who, at

the time of their union, was about fourteen years old. After this, we find him engaged on *Benton's Gentleman's Magazine*, at two pounds a week. This engagement was of brief continuance, and he next was connected with *Graham's Magazine*, and wrote *Some Strange Stories*, nearly all of which seem tinged with a sort of semi-insanity. We next find him engaged with Mr. Briggs, in establishing the *Broadway Journal*. This was soon discontinued. About 1844, he wrote *The Raven*, which has enjoyed a more extended reputation than any other production of his pen.

After the appearance of the *Raven* in trans-atlantic periodicals, Elizabeth Barrett Browning wrote to Poe, that 'The Raven had excited a fit horror in England.' He was delighted with the compliment. Indeed this sort of impression appeared to be an object of ambition with him. Poe always seemed to consider *The Raven* as his masterpiece, and he was fond of reciting it in company, in a sort of sing song tone, which was very unpleasant to some.

It would be difficult to calculate the amount of fame that Poe might have earned, if he could have lived, and written one year in undisturbed sanity. After the fame of *The Raven* had brought his name upon every lip, he was invited to lecture before the Boston Athenaeum—the highest honour the Athenians of America could bestow on the poet. He went before an elegant and most intellectual Boston audience, and instead of giving a lecture, he repeated a juvenile poem that had been published! His friends had no doubt of the cause, or occasion of this strange proceeding, but the audience were indignant. Poe declared that 'it was an intentional insult to the genius of the frog pond, a small pond on Boston Common 'a further evidence of the madness that he often induced, by taking stimulants, though he knew his fearful liability. After this, his irregularities became so much the rule of his life, that Mrs. Clemm, who acted the part of a good genius to the poet and his young wife, her daughter, took a cottage at Fordham, near New York.

Here she devoted herself to the care of both with tender and unceasing assiduity. Mrs. Poe

was dying of consumption. Poe was plunged in a deep melancholy, which did not admit of his writing anything. They were in a state of almost utter destitution, and the malady of the poet was constantly aggravated by witnessing the suffering of his fading, lily-like wife, to whom he was tenderly attached. Friends came to their help the moment their condition was known, and it was subsequently brought against Poe, that he took a bribe at this time for a favourable review, which he afterwards wrote of a miserable book of poems. In speaking of this violation of his literary conscience, after he had somewhat recovered the tone of his mind, he said, 'The author gave me a hundred dollars, when my poor Virginia was dying, and we were starving, and required me to write a review of that book. What could I do?'

Let those who have judged him harshly for this, and other sins of his life, place themselves in his condition. When sober and sane, Poe was a gentleman of pure taste and elegant manners, whose conversation was always interesting, and often instructive. He had great personal beauty, and the aristocratic manner and bearing of a southern gentleman, and a descendant of the Cavaliers. In 1848, Poe published *Eureka*, which he first gave as a lecture. It is impossible to give a characteristic description of this

and other literary performances by Poe. The same sort of extravagance pervades all, and those who knew him most intimately, and were best qualified to judge, believed that he lived and wrote with a shade of madness in all that he did—and yet few men were more methodical and orderly in their habits than Poe. His handwriting was delicately beautiful, and at the same time clear and plain. His study was the perfection of order and neatness. But his fearful proclivities might change all this in a moment. The world cannot believe that half a glass of wine could make a man lose all self-control, and hurry him on to madness, and its fearful consequences. But there is abundant proof that this was true of Poe.

After the death of his wife, Poe gradually recovered from the deep melancholy which had palsied all his mental power during the last portion of her life, and engaged again in literary occupation. Subsequently, he entered into correspondence with a lady of fine genius and high position, with a view to marriage. But here, again, his destiny was against him. The marriage was broken off, and soon after Poe died of delirium tremens, at the age of thirty-eight; that critical period at which it seems natural for an irregular life, combined with excessive brain-work, to bring its victims to an end.



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THE (retired) ECOLOGIST

Signs and Smells of Autumn

Bill Meredith

"Don't waste time worrying that insects will inherit the earth. They already own it."

—Tom Eisner.

According to the calendar on my desk, fall began on September 23 this year. There was a time when this would have bothered me greatly, because when I was five or six years old someone... probably my grandmother... had told me fall always started on the 21st. It was a hard lesson to learn that, as the Apostle Paul might have said under different circumstances, when I was a child I understood as a child, but when I became a man I had to realize that a lot of what I had learned earlier was wrong. In that particular case, I didn't have to wait until I was a man; it was probably in 4th grade that my teacher, Mr. Jefferson, taught us there are two times each year, one in March and one in September, when the sun is directly over the equator. These dates, he said, are called Equinoxes, and because it takes 365 ¼ days for the earth to go around the sun, they may occur as early as the 20th or as late as the 23rd of the month. He also told us that on the date of the equinox the day and night are the same length, which, several years later, I also had to learn is not exactly correct, because... well, take my word for it. It gets complicated.



The U. S. Naval Observatory assures me that, whether I understand it or not, Fall arrived on schedule. I knew it was coming. Katydid's started singing several weeks ago to warn us that it was only six weeks until frost would come, and along the roadsides things started turning yellow in spite of all the rain. Soybeans began to ripen, and Spanish needles and goldenrod came into bloom. Seeing the goldenrod always reminds me of another factoid that I had to re-learn. As a child I was told it

got to college and studied botany I learned that goldenrod has large pollen grains which are too heavy to float in the air; most hay fever symptoms in the fall are caused by ragweed, which produces wind-borne pollen in inconspicuous green flowers that bloom at the same time as ragweed.

Although I knew fall was coming, I wasn't ready for it. I planted two rows of potatoes in the garden last spring, and most of the vines were still living when September began. Then, after a hot summer, it suddenly got cooler, and the vines died. After Hurricane Irene went by and the soil dried out a bit, I got one row of the potatoes out of the ground; but we had nearly a week of rain before I could dig the other row. The result was that about one out of four of the remaining potatoes rotted.

That brought back memories. During the Depression years when I was growing up, potatoes were a staple in our diet; it was a rare supper that did not include them. We always planted several long rows of them along the edge of the cornfield. When September came, we had a horse-drawn plow

with a wide, flat blade which brought them out of the ground, and the whole family then picked them up and loaded them into burlap feed-sacks. My sister, my two brothers and I each had the experience of poking a finger into a rotten potato, and we each had the same expression on our faces when it happened... extreme and utter disgust.

The nose is connected to the part of the brain that controls memory more firmly than any of the other senses, and it brings back scenes from childhood. Some of them are pleasant; when I smell chocolate milk, I can still see Miss Hill passing out half-pint boxes of it in the first grade. The oil they used to use on the floors of public buildings is rarely encountered nowadays, but in the days when it was used it always recalled the two-room schoolhouse where I got the first eight years of my formal education. Apple blossoms, new-mown hay, freshly plowed soil, shavings from a solid walnut board, and a thousand other scents bring their unique bouts of nostalgia. But then there is the other end of the scale of smell, where you find things like skunks, rotten eggs, roadkill, or soured milk... odors that should be listed on a scale of disgustingness. Unfortunately, I was not able to find "disgustingness" in my dictionary; apparently it is not a legitimate word in English. That is a shame, for if there were such a word, the smell of rotten potatoes would be at the top of the list of examples of it.

In recent years fall has added a new odor to the disgustingness category. Not long ago, the marmolated stink bug, a native of Asia, moved into the Emmitsburg area, where it found things to its liking. Its population exploded a couple of years back, and it decimated local orchards; then, according to my wife, last fall the entire lot of them crawled into our house through unimaginably small crevices and spent the winter with us. Most of them



slept during the day, but at night they would try to entertain us by performing aerobic stunts, flying exuberantly around every light in the house and occasionally crash landing in our plates at dinner. They seemed to lead a hazardous lifestyle. I heard my wife tell a friend that for a while in the late winter she was sweeping up a gallon or more of dead carcasses each morning. I have to admit that she has been known to exaggerate, but in truth there were a lot of them. The late Tom Eisner, who used to teach animal behavior at Cornell University, must have been thinking of stink bugs when he quipped that insects have already taken over the world.

When spring came the survivors moved back outside and disappeared, but they did not neglect their reproductive responsibilities; last week when I was mowing the lawn I brushed against a branch of shrubbery and a cloud of stink bugs fell out of it. They were of all sizes, from barely visible nymphs to fully developed adults. Their scent glands were fully loaded, and they are out there, waiting. I didn't have the heart to tell my wife, but I think she knows. Yesterday when I went out to play golf, a stink bug had crawled into my hat and hid under the inner sweat band, and it got crushed when I put the hat on. By the time I got it out of there both the hat and my hair were fairly saturated with its assorted body fluids, and the smell was still there four hours later when I got home. Maybe it's just that I'm getting old, but fall doesn't seem as pleasant as it used to be.

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



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IN THE COUNTRY

The Little Horned Owl whooo could

Ranger Jen Miller
Cunningham Falls State Park

If beauty pageants and talent shows were something birds of prey were into, the Eastern Screech owl would be the chubby cheeked, gapped toothed cutie pie that would melt the judges' hearts and steal the show. They are adorably diminutive and fluffy and are the most likely to incite pleas from small children begging for one as a pet. It is because of this common reaction that I often start any Scales & Tales program with the screech owl. There is no better opportunity to teach the difference between a pet and a wild animal and how to respect wildlife in their natural environments. The look of yearning quickly turns to shock on children's (and some adults') faces, as I relate that I have been bitten more times by this little owl than by any of the other birds at the aviary combined. Because underneath all that fuzz are a pair of quick feet equipped with needle like talons, an astute beak, and a keen mind bent on survival.

Adult Eastern Screech owls weigh about as much as a hot dog, without the bun. Carl Linnaeus gave them the scientific name, *Otus asio*, meaning little horned owl. Screech owls have ear tufts similar to that of Great Horned owls which are used for camouflage and communication. Eastern Screech owls also come in two different color phases – grey or reddish orange. Sometimes individual owls will be an intermediate chocolate brown color. The coloring is not sex-linked, determined by diet or region of habitation. Most likely coloring is influenced by genetic chance although data reveals that rufous owls are most common in the eastern portion of the U.S., while grey Eastern Screech owls may comprise as much as 85% of the population further west. The owls use behavior in addition to their color-



ing to hide from predators such as the Barred owl. The rufous ones have a talent for puffing out their feathers and perching closest to leaves as their coloring is amazingly like fall foliage. The mottled grey coloring looks just like tree bark and screech owls with this affect use it to their advantage by standing tall and skinny next to the trunk of a tree.

The Eastern Screech Owl is the most abundant owl in the eastern United States. Because of their small size and camouflage skills it is hard to know where screech owls are living, that is until they open their mouths! Screech owls do not actually screech but they are (considering their size) incredibly loud. Their call consists of two parts – a horse-like down-

ward whiney and a rapid trill similar to a tree frog. Calls are used to communicate between family members, find potential mates, and to sound the alarm against intruders and predators. Eastern Screech owls occupy almost every possible habitat from city to swamp and do not discriminate between man-

made structures or natural cavities. One may also be alerted to the presence of a screech owl after they have received a surprise bop on the head by a tiny feathered fury. I had park visitor relate to me once about her close encounter with screech owls in her garden in Cape May, New Jersey. She was happily bent over pulling weeds in her plant beds when she felt repeated strikes to her backside. Thinking it was neighborhood children or her husband up to no good she began to look around, only to catch her assailant approaching for a third time! It was screech owl who had set up shop in a large tree in the middle of her garden.

Screech owls eat a wide variety of prey items including insects, small rodents, and birds. This species' lack of pickiness expands their niche and increases their chances of survival in a changing world. Unfortunately, the effects of development and littering greatly reduce those chances. Most of the Eastern Screech owls in the Scales & Tales program have been hit by cars. The impact of a vehicle often causes varying degrees of damage to an owl's optic nerve, which connects to the back of the eye, leading to distorted vision or total blindness. Because screech owls are compact, like a softball, most of the harm is done internally. The grey phase screech owl at the Cunningham Falls State Park Aviary was hit by a car and is partially blind. Her cage mate,

a red phase screech owl, flew into a glass window and now has lasting neurological issues. One way to reduce the risk of birds flying into windows and sliding glass doors is to place silhouettes or decals of birds on the glass so the wild birds realize that they can't fly straight through. Decals can be handmade or purchased online at sites like www.window-alert.com.

The owls have adjusted well to captive life and are usually the stars of our educational programming. The red phase owl is prone to diva-like fits and will wait with a tense patience for warm water to be placed in her trough in the wintertime. As soon as the coast is clear, she jumps in resembling the Japanese snow monkeys that soak in steamy hot springs! Many of their wild brethren are around Cunningham Falls too. I hear and see them often in the lake area of the park in the summer as I'm cleaning up after the day's festivities. Are they around more during this time because all the leftover garbage brings rodents and then the owls? I'm not sure. What I do know is that litter alters the landscape and its inhabitants in negative ways. Please keep public lands clean and safe for all by taking your trash with you. A positive action is kind of like a screech owl. It may be small or seem insignificant but can leave a lasting impact.

To read other articles by Ranger Jen Miller visit the Authors section of Emmitsburg.net.



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As a Freedom Township supervisor, Paul Kellett challenged the unfair county-wide reassessment. The legal challenge continues as he looks to bring fairness in taxation for all residents of Adams County.

Kellett has never raised taxes in the almost six years he has been in office. He has shown leadership in making hard decisions.

Kellett has never taken a paycheck from Freedom Township - choosing to donate every penny to the Greenmount Fire Company.

As a Supervisor - Kellett serves on the Adams County Council of Governments, The Adams County Water Resources Advisory Board, The South West Joint Comprehensive Plan planning committee, The Marsh And Rock Creek Critical Area Resource Planning Committee.

As a citizen - Kellett serves on the boards of: Adams County Collaborating For Youth, Collaborating For Youth Gettysburg Team, The Center For Youth And Community Development. He has served on the boards of: The Adams County Advocacy Center, The Center/EI Centro.

In 2009, the Adams County Chamber of Commerce voted Paul Kellett Adams County's Citizen of the Year. In 2008, he received The Community Support Award from Supervisors, Inc. In 2007, he received both The Heart In Hand Award (family) from The United Way and The Community Spirit Award from the Adams County Democratic Committee.

As a Businessman and Realtor, Paul Kellett has negotiated multimillion dollar deals and pinched pennies. He has helped found Community Benefits Real Estate, which donates 7.5% of it's gross earnings to local charities. He owns and manages rental properties in both Adams and York counties.

Vote Paul Kellett

For Commissioner

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IN THE COUNTRY

Camp Eder

Sitting quietly on Mount Hope Rd., just outside of Fairfield is Camp Eder, a small Christian camp and retreat center serving our community and beyond as an agency of the Southern Pennsylvania District Church of the Brethren.

Established in 1958, Camp Eder sits on over 400 acres of beautifully wooded and orchard property that makes for a perfect and peaceful outdoor experience for all.

Hosting a variety of programs throughout the year, Camp Eder offers Summer Camp programs for children of all ages, Senior Citizen's Days for our wise friends, Scrapbooking Retreats for the creative, and many other activities for folks from a variety of backgrounds. Three main lodges serve as the primary retreat facilities; wagons, cabins, and camp sites are also utilized for groups seeking to get away from the busyness of life. The nearly 40-foot climbing wall, challenge course, swimming pool, hiking trails, and many other facilities offer plenty of recreational opportunity.

In the spring, Camp Eder and Strawberry Hill Nature Preserve join together to offer a wonderful Outdoor Education experience to the students from Waynesboro Elementary Schools. For four weeks in the spring, over 250 fifth graders get the invaluable experience of taking the classroom outside for a time of intense learning and activities.

From early June thru early August, the Camp Eder Summer Camp experience is underway, averaging over 40 campers each week of camp. Camp weeks are generally divided by age group, but many specialty camp experiences are also offered such as; rock climbing, kayaking, biking the C&O towpath, horseback riding at local stables, and many more. In addition to these exciting activities, campers also get to experience basic Bible studies, nature classes, cooking over a fire, arts and crafts, hiking, wall climbing, daily swim time, and plenty of relationship building; forming many friendships which will last a lifetime. During the summer months, Camp



Eder also becomes home to a group of Adams County 4H campers and to the annual Pennsylvania Tourette Syndrome Alliance Conference.

In the winter, Camp Eder continues to be an exciting place with weekend camping programs offered to children of all ages. Mother/daughter retreats and father/son retreats are returning to the program schedule and are expected to be popular ways to help grow families closer together. The twice-a-year women's scrapbooking retreats continue to be popular and exciting for all who attend. For this event, there is a Creative Memories Consultant on hand, with tools and supplies, to offer advice and to share creative ideas.

Senior Citizen Days are held throughout the year, generally on the last Wednesday of every other month (contact Camp

Eder for dates), and often bringing more than 50 individuals for this great time of fellowship and activity, proving that camp is not just for the children among us. The Senior Citizen Days offer a morning program and an afternoon program, one of which is educational in nature, the other is a "hands-on" activity. A light breakfast and lunch are also served to those who attend these enjoyable events.

Although Christian based and Church of the Brethren affiliated, Camp Eder programs and events are offered and welcome to all. Lodges and facilities also offer accessibility to individuals with specific needs.

As a not-for-profit organization, Camp Eder relies heavily upon volunteers and donations to manage the high cost of these events and programs. There are a number

of fundraising events that happen throughout the year to help offset these management costs.

Fall Festival is one of the largest and most exciting fundraising events of the year for Camp Eder. This October 15th will be the 33rd Annual Fall Festival for the Camp, complete with a live auction, craft vendors, live bluegrass music, pioneer/heritage demonstrations, children's activities, and the ever-popular pit-roasted pork and turkey meal with fixings. Everyone is invited and welcome to attend this exciting community event.

Each spring, Camp Eder hosts an annual Golf Tournament at Mountain View Golf Course and an Open House with a 5k run on Camp Eder property. Many players and runners helped to make these two days very successful and memorable. The Open House is a great time to visit Camp Eder to see what it's all about. Keep an eye open for dates for these events in 2012.

New and exciting activities are being added to the Camp Eder schedule daily. This December, the Camp Eder Staff are excited to invite the community to our 1st Annual Christmas Tree Celebration in celebration of the birth of Jesus Christ. Come this December 16th, 17th, or 18th to see Christmas lights, enjoy cookies, music, and the candlelight services held each night at the live Nativity. You'll also be able to cast your vote for your favorite Christmas trees, each decorated by different organizations or individuals from within our community.

It's clear that no matter the age, background, ability, or interest, Camp Eder has something for everyone. Whether spending a week in the summer camp program, or simply spending an afternoon with friends and family at a wedding in the historical chapel atop the mountain, Camp Eder is sure to make an impact on your life.

Consider Camp Eder as you look for activities for you and your family. The camp office is open Monday – Friday, 8am–4pm. Call ahead (642-8256) if you'd like more information, or to stop by anytime.

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CAMP EDER'S 33rd Annual Fall Festival **October 15th, 2011**

This event is free to attend. The meal is served from 11:00 am to 4:00 pm and costs \$11.00 for Adults (12 years old and over), \$7.00 for Kids (ages 6-12), and Free for Children under 6. There is also a Food Court where food can be purchased. Camp Eder is a ministry of the Southern Pennsylvania District Church of the Brethren and is a non-profit organization.

- § Live Auction (9 am)
- § Pit Roasted Pork/Turkey Meal
- § Kid's Activities (Climbing Wall, Candle Dipping, Spin Art, Etc.)
- § Craft Vendors
- § Demonstrations

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www.campeder.org

THE VILLAGE IDIOT

Recording the garden

Jack Deatherage, Jr.

Mother Earth News (once upon a time, our family's favorite gardening magazine) offers on-line garden software allowing detailed garden planning and record keeping. I've mostly resisted the insane urge to keep even hodge-podge records of anything I've planted other than last year's. I'm thinking this program might be just what I need as I get farther along with a market garden.

The Texas homesteader is so disgusted by the idea of spending money on a computer "game" she didn't bother to chide me when I mentioned I might give it a try. She has an analytical mind, the discipline to take notes, compile records and organize them. She can go back over the years and tell me what variety of veggie she planted where and when on her farm. How it grew, produced (or not), what it tasted like, how much she harvested, whether she canned or dried it, how much she put away and on and on. I don't do any of that and the few times I have started a garden record, well, I can't find it two weeks later. I am not analytical and the only things I've ever bothered to compile were beer cans and wine bottles.

The garden software seems ideal for me. For \$25 a year (\$20 a year if I buy two years' service at the same time), it allows me to lay out the garden before I plant it. I can set rows, or blocks of plants wherever I want them and the program will tell me how many square feet of space I'm working with. When I add a vegetable it will calculate the number of plants that would work best in that space. The software has built in stats on most vegetables and a feature allows the user to add plants that aren't on the list.

Telling the program where on this rock I'm gardening allows it to tell me when the best time is to start seedlings indoors, or to sow directly in the garden. It also suggests a harvest date, useful for planning a succession planting. As the program would have my e-mail address, it would send me reminders as to when to start seeds indoors. (What it doesn't do, yet, is predict the weather, or which insect pest will turn up in any particular year.)

Which reminds me, there is a "note" section that allows the gardener to add detail to the record. If I were to use the "free for 30 days" trial program and lay out this year's garden as best I can recall, I'd note that European cantaloupes burst open (like misbegotten flowers vomiting seed onto the soil) when it rains while they are maturing. A new (to me) squash bug showed up this year, a "leaf-footed" bug. I found a tomato hornworm on a pepper plant. The crucifers Wanda so carefully planted were devoured within two days by flea beetles.

Flea beetles? I haven't seen a flea

beetle in a decade! There must have been a gazillion of the little black leapers! (The Mother has a debatable sense of humor, but I knew that the first day She offered the acre to us. As the Texan pointed out, I wasn't willing to prepare for the realities of gardening. Sometimes pesticides, organic or not, have to be used!)

Scattered among the "notes" would be our successes. The European cantaloupe was a big hit, those few that didn't split. One of the two cultivars of watermelon we grew was highly praised. We have demands for more melons next season. The green bush beans I sowed, with no intention of harvesting at all (they were a cover/green manure crop), ended up producing so many tasty, tender beans we couldn't help but sell them, trade them, dry, freeze and eat them ourselves. And the peppers! I'm intoxicated by the fragrance of bell peppers piled in the living room waiting to be blanched, frozen or dried. I've pickled 14 quarts of mildly hot peppers and probably have at least as many more standing in the garden. Wanda's lima beans, after a long fruitless July, are finally setting and filling pods with thick, tender, creamy seeds. I doubt any of them will make it to the dry

stage this late in the year. There are too many two legged bean eaters devouring them as green shellies!

Other notes would remind me to plant early maturing varieties of everything to avoid the swarm of Brown marmorated stink bugs next year. While I seemed to have had some success controlling them with a mix of Dawn dish detergent and water it takes some time and a bit of looking to squirt each of the little buggers. I imagined myself as an ungainly tall, bearded Hoggle (the real Hoggle is a handsome fellow, not nearly as grizzled and cranky as I) from the movie Labyrinth as I slowly stalked along the row of lima beans spraying each bug I spotted. Wanda thought I was avoiding picking green beans, I thought I was saving her lima beans from predation. Whatever I was doing, she decided it seemed to be too much like fun while she was working. (Some people don't know how to make a game out of work.)

Looking over the notes I'm making of this year's garlic stash, and this fall's planting stock, I see I have 13 cultivars saved from July's harvest. 169 bulbs and hopefully 850 cloves among them worth planting. That will more than fill last year's garlic bed. Then



I have nine cultivars, ten bulbs of each, I bought from Hacienda Shiloh (717) 642-9161. Coupled with the 4 pounds of seed bulbs I bought from a grower in Ohio, I figure I'm close to the 2,000 plus cloves I wanted to plant this year. Now, if I can figure out where to dry/cure next summer's harvest I should have enough garlic to satisfy me, a couple of buyers and those friends I share the superb gourmet garlic with. Actually, I've been cussed at by more than one friend for getting them addicted to "good" garlic. After we've eaten all of my garlic, and whatever Hacienda Shiloh has, we suffer withdrawals as we wait on July's harvest and the miserable two weeks it takes to dry and cure the bulbs! Supermarket garlic, whether it's grown in California, Florida, Argentina or China is all

sad, sad garlic compared to the hundreds of cultivars available outside run-of-the-mill retail outlets.

I'm jazzed about the approaching winter. As soon as the ground is dry enough we'll work it up and plant the garlic. A bit of snow that lingers on the beds would be nice, but I'll be happy with a couple of months of below freezing temperatures to flavor the garlic and get it to set cloves.

It's time to get serious about record keeping. I guess the software program is my best bet. Unless the Texan wants to move here and take that part of the garden over. As close as the wildfires got to her place this year she might consider the offer.

To read past editions of the Village Idiot visit the Authors section of Emmitsburg.net.

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PETS LARGE AND SMALL

Saving just one makes it all worth while

Jennifer Vanderau
Cumberland Valley Animal Shelter

She's tired. So incredibly tired. She's reminded of a line from St. Elmo's Fire – for all the fans of the 80s brat pack movies – “I never thought I'd be so tired at 22.”

She laughs, knowing she's got 16 years on Demi Moore's character, but she understands the sentiment just the same.

Some days are tougher than others, but there are happy moments. Times when she sees the beauty of life and the goodness that is out there. She notices when people are decent and it gives her some hope for the future.

She loves to make people laugh and “leave on a high note,” ala George Costanza of Seinfeld fame. She clearly watches too much television, but the avenue of escape is a good one for her. And sometimes, a movie or TV reference provides a connection, a moment of shared understanding, with others.

But the dark times, the ones where all hope seems lost, are difficult. So she struggles.

She knows that part of it is because she's too involved. She wor-

ries too much, becomes too attached, but she really doesn't know how to be anything else. She's never been very good at forgetting her feelings or ignoring what her instincts tell her.

She's too sensitive and she recognizes this, and she thinks of yet another television character, Spock, and the purity of Vulcan logic and lack of emotions. She wonders at the freedom in that, in approaching life in a calm, rational manner and how different she would be if her blood ran green and her ears came to a point.

But she's not Vulcan, she's human, and the feelings that come with that can be staggering.

The issue really lies with them. The four-legged furry ones who come in and out of her life with somewhat alarming regularity and her ability to truly see them and what they bring to the world.

The faces and the eyes and the stories all start to loop together, blend into “we had a cat come in who....” or “one dog was dropped off because....”

If she could see them as some people do – as commodities, as “just a dog,” as creatures incapable of feeling – it would all probably be better. But there's simply no



Dixon is a 3-year-old, handsome buff-and-white chap looking for a place to call his own. He has a pleasant personality and likes to hang out with the other cats in his cage. He's been with us since November 13, 2010. Dixon enjoys napping, sun bathing, and bird watching. If this laid-back guy is the one for you, stop by to get him out of a cage and into your life.

way she can look into the eyes of a forgotten dog or discarded cat and see anything but a soul who can feel pain and love and anger, in need of help and a second chance.

Such is her way. But it hurts. It hurts to know they have to live in kennels because sometimes people just don't have enough stamina to keep going, keep trying. It hurts to know that some of them came from situations where they bare-

ly had enough food to survive. It hurts to know that some of them came from places where they had to live in their own feces because no one cared enough to clean. It hurts to know that some of them have experienced an angry kick or punch and had to live in fear and she knows, deep in her gut, that no one – human or animal – should ever have to live like that. Ever.

And there are so many animals

who need help and homes. So, so many. Each year the numbers increase and she has to wonder if anything she does has any impact at all. Are people even listening? Do they even care? Are her efforts making any kind of difference? The numbers say no.

Thus, she's tired.

Continuous battle weighs anyone down and eventually, when the hits keep coming and coming and it feels like there's no end in sight, it gets a little harder each time to get back up again.

So, is that a reason to give up? Find something else? Walk out the doors to another chapter in her life? Stock shelves some place where she can't get emotionally invested? Process data in a job where it's all about numbers and not feelings? Is giving up really an option?

She walks by a cage and a sleepy kitten wakes up slightly, blinks his eyes at her and gives a soft meow. His little paws stretch and separate and his claws extend and his tongue curls in a yawn -- a picture of drowsy contentment.

She wonders what he's trying to say.

Maybe I need a home.

Or I wish the person who brought me here would have given me just a little more time.

Or, life on the streets was tough, but at least I'm warm and fed and loved here.

Or, quite possibly, just maybe, his little noise really means, Thank you for trying to help me.

A warm sensation spreads through her chest and in a moment of clarity, she has her answer.

Giving up is not an option.

So, she goes to sleep that night with the furry faces in her mind, giving kisses to her own feline four-legged kids who share her pillow and her comforter, knowing that it's all going to start over again the next day. She also knows that saving just one of them will make the exhaustion and tired feelings worth it because it's not about her. She knows her work at the Cumberland Valley Animal Shelter has never been about her.

It's about them.

And she is me.

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

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PETS LARGE AND SMALL

Hunting season

Kimberly J Brokaw DVM
Walkersville Veterinary Clinic

It's that time of year again when the weather gets colder, the leaves change color, and I find myself digging through the closet to find my blaze orange vest as well as the blaze orange accessories I adorn the horse with for trail rides. While my rides have thus far been uneventful with no close calls with hunters, I have certainly heard many stories from clients that were not so pleasant. One of the barn managers at a facility I provide care for complains that every year he gets new bullet holes in the side of his barn. He says it is nothing malicious, just stray bullets coming off the mountain. Luckily a horse or person has never been hit.

Weather changes also trigger colic in some horses. I was recently called out to treat a colicing horse late one evening. Franziskaner is a middle aged event horse. (Eventing is an Equestrian sport which the Editor of this paper and I are passionate about.) As he is getting older, his owner has been doing fewer competitions and more fox hunting with him. She has owned him for years and laughed as she told me that Franz has been in her life longer than her husband. The husband even commented that the not only had she and Franz been together longer, the horse was probably loved more too. The cou-

ple continued their playful teasing with the husband adding how Franz was always groomed, and fed before his wife started preparing his dinner, and that Franz has never missed a meal.

On the day I was called out, the horse had been fine early in the day, but had then become extremely uncomfortable and was trying to roll. The owner was doing a good job keeping him up and walking. After a physical exam I determined that he had an impaction colic. I gave him some Banamine pain medication. I then passed a naso-gastric tube and pumped electrolyte solution and water into his stomach. Franz seemed much more comfortable so I instructed the owner to monitor him throughout the night and call me back if she had concerns.

The next morning the owner called back. Franziskaner had seemed normal all night long but was now in pain again. I drove back to the farm. As I pulled into the driveway, I was greeted by two guinea hens. I parked as the husband started trying to shoo the guineas away from my car. They were happily tapping their beaks on my bumper. I told him that I love guineas and not to worry that they wouldn't hurt anything. He laughed and said "I'm glad someone knows what type of bird they are." This seemed like a curious comment.

As I worked on the horse, the husband explained that last year, two turkey hunters were hunting on his property. The hunters excitedly came up to him telling him they had a very successful hunt and shot several turkeys. Unfortunately what the hunters thought were turkeys, were actually the husband's flock of guineas. Enough time had passed since the birds had been shot that the husband was able to joke about it. He even commented that his guineas were far too ugly of birds to have been mistaken for turkeys. While he admitted that turkeys aren't the most attractive birds, there are hardly any animals more ugly than a guinea (although I have to admit that I love my guineas and find them so ugly that they are adorable). The husband explained that the hunters lost their privilege to hunt on his property.

Unfortunately this story was not the first time I had heard of pets being mistaken for game. Recently I performed a necropsy on a family alpaca that was found dead in the field. While the cause of death was determined to be a gunshot wound, it was unclear if the animal's death was simply a tragic hunting accident or something malicious. In the case of the guineas, it was obviously a case of mistaken identity. After all, no hunter would excitedly come up to the land owner, offering to share some



Symptoms that a horse is experiencing colic may include laying down, stretching out while standing (a stance similar stance to the posture to urinate), flank-watching or biting, and lifting the upper lip.

of the product of his great day of hunting if he was aware that he had just shot the farm owner's flock of pet birds.

As the husband continued talking about the hunters, I re-examined the horse. Franz was still not comfortable after the second set of treatments. I told the owner I thought it would be best to take the horse to the Marion duPont Scott Equine Medical Center in Leesburg. While I didn't think that he needed surgery, I wanted him to receive IV fluids, as well as be somewhere where surgery could be performed immediately if needed. The owner agreed and immediately hooked up her trailer.

Due to his extensive eventing and fox hunting career, Franz was a pro at trailering and calmly walked right on the trailer despite being in significant pain. I gave Franz some

sedative medication so he would be comfortable for the ride, and then wished them well as they went to Leesburg. The horse spent a couple days at Leesburg, receiving fluids and pain medications, before his impaction resolved. Franz was then able to return home fully recovered from his colic episode. Surgery was not needed.

It has been a while since I was at the farm taking care of Franz. I'm hopeful that the remaining guinea fowl are still healthy and doing well. This story does make me wonder if perhaps my horses shouldn't be the only pets clad in blaze orange. Maybe I should get little orange vests for my guineas too.

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

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THE MASTER GARDENER

Fall gardening: it's not over yet!

Phil Peters and Kay Hinkle
Adams County Master Gardeners

Once again we come to that time of year when we have to say good-bye to the beauties of this year's garden and get ready to re-create again next year. Fall cleanup is best done in three stages: evaluate the year's successes & failures, physically clean up the garden plots, and plan for next year. Notice that two-thirds of our work is more cerebral than physical and results from close observation of what we see in the garden. Only one third of the work is physical - raking leaves, removing dead plants, mulching, etc.

The *first step* should be a relaxing,

but critical, walk through our property, carefully observing the various plants and how they fared this summer. Most of the rain this summer has come in quick bursts, if at all, that didn't really soak the soil. Unless we watered regularly, our plants have been stressed by hot, dry days. Keep an eye out for those plants that performed best. Of course, the fall rains/flooding also had a tremendous effect on the plants, so stress has been a big factor on both ends of the spectrum.

It is particularly important to evaluate the various annuals that we use for extended seasonal color. Some probably performed beautifully; others, less so, or, disappoint-



ingly. Making careful notes of the successes and failures will help us in Step Three where we will decide what to plant next year. Your garden notes may be mental ones or written. I carry a clipboard around with me, making quick maps of the plantings in a given garden and then referencing it with notes on the performance of each plant, or just notes about unusual situations.

This is also the time to take a good close look at our perennials, trees and shrubs. How did they fare? Did they grow evenly? Are they stressed? Look for signs of insect damage or disease in the leaves and branches. Make sure there are no sunken areas (cankers) or bleeding scars and broken branches. Remove any plants or parts of plants

that show damage. Dispose of the affected material separately. Do not put it in with your compost or allow it to remain in the garden.

This leads us to *Step Two*: cleanup and maintenance. This is the physical part and the one that taxes our muscle power. Take the advice of the garden book writers and stretch the muscles before indulging in unaccustomed physical activity. And, don't overdo it. When you get tired, rest. The work will still be there tomorrow.

First, we need to remove all the dead annuals and fallen flower heads, dead branches, garden debris and dead leaves. Prune plants that need it in the fall. Clean up thoroughly, as dead material will only harbor disease and pests if left in the

garden over the winter.

If you see signs of insect pests, i.e., bagworms, remove them now. For bagworms, don't just pull the bag off the branch. Take a sharp knife or razor blade and cut through the silken strands that are wrapped around the branch. Left on they will strangle the branch as it grows. Tear open or remove fall webworm nests. Don't kill the spiders; they are on your side.

Fall cleanup is not only about removing. It also involves planting. Now is the time to plant bulbs, perennials and shrubs so their roots have a chance to establish before winter.

Speaking of planting, let's not overlook your lawn. This is the time to dethatch it and fill in the spots where the grass didn't make it. A good quality seed, bred for the wear it will get, is well worth the expense.

After the ground freezes is the time to put down a new covering of mulch. It not only makes the garden look nicer, but it will help maintain an even moisture and temperature level in the soil. Two or three inches are all you need. Remember to make a donut around the crowns of perennials and trunks of shrubs and trees. If the mulch comes all the way up around the plant, moisture will accumulate around the bark and soften it. In addition, disease, insects and small mammals like mice & voles will be able to get into the trunk and harm the plant.

With the physical part of our fall cleanup and planting behind us, we can move on to *Step Three*. Relying on the observations we have made as we walked around the property and cleaned up the gardens, we can now set up a strategy for next year's garden. Write down what worked and what didn't for each section of the garden. Make notes about what you want to improve. Look at each garden area and imagine what shapes, colors and textures you want in that area. Jot these ideas down on a rough garden sketch of the plot. Fall is not only the time of year for garden reflection, but also a time to enjoy the many colors of the season. Fall foliage tours are big business; hitting the right time for a visit is a bit of a challenge since Mother Na-



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THE MASTER GARDENER

The Small Town Gardener Things aren't always as they seem

Marianne Willburn

Nearly ten years ago, my husband and I arrived on the shores of the Potomac having spent a good amount of time in England. We rented a house, started a garden, made some friends, and when those friends would come over for dinner or a glass of wine – the conversation would inevitably turn to the fact that I needed to close the French doors, or the front door or indeed the back door and stop letting the bugs in.

It was a habit I was loathe to give up – the freedom of leaving a door open to the garden and allowing an unfettered, unscreened breeze to pass through one's house and out the other side. I refused to acknowledge the moths flitting around the chandelier, the mosquitoes making holes in my legs and the June bugs opening the refrigerator to find something to eat. I refused to acknowledge it for the simple reason that I was sure I had found all of the simple joys of England right here in America, and I wanted to perpetuate the myth as long as possible. My friends began to make other arrangements for dinner.

Who could blame me? On the face of it, the Mid-Atlantic looks a great deal like England. There are rolling hills, green valleys, the occasional stone church – there are hunt scenes on bright weekend mornings and hedgerows that offer wild berries to intrepid souls willing to collect them. Rain is abundant and therefore gardens are ubiquitous – there is even such thing as a stately home or two rising up from well-manicured acres, complete with well dressed octogenarian docents named Mrs. Finch-Hatton or something equally grand. In the winter, great swaths of deciduous foliage falls to the ground and green becomes a faded memory, only to be resurrected in the glory of a beautiful, rejuvenating spring. It's all a lie.

Unsuspecting gardeners like myself, wishing to experience the glorious green of Old Blighty while still paying American gas prices and chomping a decent cheeseburger, are lured into the Mid-Atlantic by clever young Chamber of Commerce employees who deal in naughty full color pictures of Monticello and eye-raising centerfolds of Longwood or Winterthur. Friends invite you out to “visit the East Coast” in May or September, and are strangely unavailable when your vacation time falls in January or August. As a West Coast native, I was particularly vulnerable to this marketing assault, having grown up with foxtails firmly embedded between my toes and a knowledge of seventeen ways to get water out of a

stone. I fell for it, hook line and sinker. My husband secured a job, we bought our tickets, and we moved.

The transition from England to Maryland that early spring day ten years ago was extremely smooth. Looking around at those green hills and valleys, I hardly knew I'd left. There were a few obvious clues. We had a BBQ party, and it wasn't rained out. The waiters at restaurants didn't scoff loudly when we asked for water. As far as I could see, this was a total win-win situation. Not only could we enjoy filling our gas tank without taking out a small business loan, but I could start planning my horticultural adventure in the back garden secure that water was everywhere, and every plant could drink.

And then I began to garden.

At first, things went well. It was spring. The rain fell. The trees bloomed. My heart sang. God was in his heaven and all was right with the world.

Spring ended.

It began to get hot. Too hot. Way too hot for a respectable pseudo English garden complete with a respectable pseudo English gardener. Yet the heat was the least of my worries as the new girl in town. There was another player yet to deal with – the humidity.

A few drier days with elevated humidity levels and voilà – powdery mildew, spider mite, and Japanese beetles hit the front lines aiming squarely for my sanity. It started to occur to me that I'd been sold bill of goods. Where were the temperate days that obviously accompanied the deep forest greens around me? I buried my head in the Royal Horticultural Society's Encyclopedia of Plants and Flowers and pretended it wasn't happening.

But it was happening, and pretty soon I started to shut the doors at dinner time and reluctantly research plants that had the words “tolerant” and “reliable” in their job descriptions. I hid my bitterness and tried to focus on the gas prices and those smiling waiters.

Ten years later I believe that the very act of successfully gardening in a climate where extreme conditions make a pig's breakfast of your best intentions marks one as a recipient for commendations on the horticultural field of valor. Let's face it, if you can garden here, you can garden anywhere.

Don't let anybody tell you differently – least of all the English.

ture doesn't work on calendar days. As daylight hours lessen and the nights grow cold, a glorious show of colors begins to unfold. This transformation occurs when conditions are just right, and as conditions vary from year to year, so does the peak season for viewing fall foliage.

What is it that causes the leaves to turn colors? As we get into shorter days and longer nights, a number of hormonal changes take place in the leaves. The connection between the leaf and stem changes, choking the movement of nutrients and moisture to the leaves. The green color fades and exposes yellow underneath.

The rest of the hues in the palette of colors we see in fall foliage are encouraged by the production of sugars. These sugars are not in the leaf when it forms, but are generated in the late summer into fall. Shades of brilliant orange and deep reds result.

Showers, hot days and dry spells during the summer determine how long a leaf will remain green. We saw many leaves dry up and turn brown long before autumn locally. Many of those that remained on the tree have turned to brilliant color, however.

You may have notice as the season progresses that the color red may be prevalent in our woodland palette this year. That is probably the result of the stresses of drought in our area. A research plant physiologist with the U.S. Department of Agriculture's Forest Service has studied the impact of stresses like lack of rain on red leaf pigment for several years. His studies indicate that in drought-stricken years, “leaf peep-

ers” will see more red, and the color will show earlier. All in all, the color of fall foliage tends to be more brilliant as the result of dry summer months.

Red makes an interesting study because it varies from year to year. Green and yellow pigments are always present in leaves and don't change dramatically from year to year. Essentially, trees create red as the weather warrants.

In choosing trees to enhance your autumn landscape, consider the magnificent fall color of maples that range from reds to yellows: Silver maples show yellow in the fall, sugar maples show great variability, and the maple cultivar ‘Autumn Flame’ or ‘Red Sunset’ consistently tend to show a good red color. Choose a member of the birch family for yellow hues, flowering dogwoods for reds, and a member of the oak family for russet to yellow-brown.

Whether you are an avid “leaf peeper” or just one who enjoys watching the change of seasons, another of Mother Nature's miracles has just unfolded before your very eyes.

A few last tips to fall gardening: - Cover your garden tools with a light coating of oil. - Continue to plant bulbs as long as the ground isn't frozen. - Mulch your perennial bed after the ground is frozen. - Water the birds in winter. Use a durable plastic flowerpot saucer to hold water. So enjoy the season by cleaning up, planting, planning, resting and enjoying the season of color.

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

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CIVIL WAR HISTORY

Confederate Lt. Col. Daniel Beltzhoover

John A. Miller
Emmitsburg Civil War Historian

During the siege of Vicksburg, Mississippi, Lt. Colonel Beltzhoover was attached to Colonel Edward Higgins' Water Batteries that served as a portion of the Vicksburg defenses. Lieutenant General John C. Pemberton wrote on January 31, 1863, describing the layout of the area where Lt. Colonel Beltzhoover and the rest of Colonel Higgins' Brigade were stationed. The upper batteries, or those immediately on the city front, were under the command of Major F. N. Ogden, Eighth Louisiana Artillery Battalion, to whose command was attached Captain S. C. Bain's company of Vaiden Light Artillery. The low batteries were under the command Lt. Colonel Daniel Beltzhoover of the First Louisiana Artillery with a portion of the Twenty-Third Louisiana Volunteers.

Beltzhoover's command served on 26 cannon, mostly heavy guns, in the "Lower Batteries," of Vicksburg. His command included the famed "Whistling Dick" and the "Widow Blakely." The "Whistling Dick" was a model 1839 smoothbore cannon that fired an 18 pound projectile and was later rifled. The muzzle of which was damaged by a premature ex-

losion. The tube was cut short which gave its projectiles a unique whistle when fired, thus, the nickname "Whistling Dick." The gun was credited with the sinking of the Union gunboat Cincinnati. "Whistling Dick" disappeared after the surrender of Vicksburg and remains unaccounted for today.

The "Widow Blakely" was a 7.44 inch Blakely rifle that was called the "Widow" as it was the only Blakely in the city's defenses. On May 22, 1863, The "Widow Blakely" exploded as a shell in the tube burst while it was firing at a Union gunboat. The explosion took a portion of the end of the muzzle off, leaving the remainder of the tube intact. The ragged ends were then cut and the rifle was used as a mortar during the rest of the siege. After the trimming of the muzzle the overall length of the gun was about 100 inches. Originally, the tube would have been about 124 inches long.

During the siege of Vicksburg, a bullet had struck a sword that was given to Beltzhoover by a wounded member of his artillery command. This sword had been used during the battle of Waterloo against the French. When Beltzhoover was riding his horse, giving commands, the bullet struck

the sword and cracked it while the same bullet forced his horse to fall to the ground.

On July 4th, 1863, the 1st Louisiana Artillery surrendered and was paroled several months later at Camp Enterprise, Mississippi. On November 20, 1863, Major General John H. Forney made his report of parole and exchange of troops at Enterprise, Mississippi. The Confederate troops involved during the parole and exchange for the Department of Mississippi and East Louisiana under General Joseph E. Johnston listed Beltzhoover in command of the heavy artillery brigade. The brigade consisted of the following units: 1st Louisiana commanded by Lieutenant Colonel D. Beltzhoover, 8th Louisiana Battalion commanded by Captain Toby Hart, 22nd Louisiana commanded by Lieutenant Colonel Samuel Jones, Vaiden Mississippi Artillery commanded by Captain Samuel C. Bains, Watson Louisiana Battery which was unassigned, 1st Mississippi commanded by Colonel John M. Simonton, and the 1st Mississippi Light Artillery commanded by Captain James J. Cowan.

At Demopolis, Alabama on August 29, 1863, Lt. Colonel Beltzhoover reported "I cannot give any idea of the ordnance stores lost, because I have none of the reports of returns. During the siege the commanders of garrisons had nothing to do with the ordnance stores further than to see that they were taken care of. Ammunition was sent to the batteries and re-



moved from them without our knowledge. Colonel Higgins and all his staff are absent, and I get no better information than given above."

Lt. Colonel Beltzhoover also assessed the losses of heavy artillery from his brigade during the surrender of Vicksburg. The losses were: eight 10-inch Columbiads, one 9-inch navies, one 8-inch Columbiad, one 10-inch mortar, three 42-pounders, five 32-pound rifles, five 32-pound smoothbores, two Brooks', one Blakely, and two 6-pound field guns. In all, twenty-nine guns were lost.

During the events leading up to the siege of Vicksburg, where Beltzhoover was stationed, Watson's Artillery, Beltzhoover's old command was assigned to Moaxey's and Beall's Brigade, Department of Mississippi and East Lou-

isiana. After serving in Mississippi, Watson's Artillery became part of the garrison at Port Hudson, Louisiana and surrendered on July 9, 1863. The soldiers of Watson's Artillery were paroled and exchanged, but many of its members joined the 1st Louisiana Regular Artillery Regiment under the command of Lt. Colonel Beltzhoover. Watson's Artillery had ceased to exist.

After being paroled, Lt. Colonel Beltzhoover took over his former brigade and reorganized it. Beltzhoover's Brigade included the 27th Louisiana, 1st Louisiana Heavy Artillery, 8th Louisiana Heavy Artillery Battalion, 1st Tennessee Heavy Artillery, Anderson's Artillery, Bains' Artillery company, Wade's Missouri Battery, and one company of Sappers and Miners.

On January 1st, 1864, Beltzhoover's command consisted of the 1st Louisiana Artillery, 8th Louisiana Battalion, 22nd Louisiana, 14th Mississippi Artillery Battalion, J. S. Smyth's cavalry battalion, Trans-Mississippi Battalion, Vaiden (Mississippi) Artillery, 1st Mississippi Light Artillery, and a Signal Corps Detachment.

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VETERAN'S PROFILE

Sergeant Major Bernard J. Hobbs

I was born in 1957 in Gettysburg Pa and I was raised in and around the Fairfield and Emmitsburg areas. As a young man, I spent time at my Aunt Helen and Uncle Mark Sanders farm in Taneytown Md. On 7 May 1976, I joined the Army Reserves in Gettysburg PA. I departed for basic training at Ft Sill, OK in June 1976 where I spent 8 weeks doing basic combat training and then 10 weeks of advance infantry training as a field radio repairman. I completed this training in October 1976. After returning home, I performed my one weekend a month drills and two weeks of annual training. In 1978, I transferred to the Maryland Army National Guard in Frederick MD. I spent the next 5 1/2 years from 1980 to 1985 on active duty with the National Guard where I was stationed at Highfield Armory with the 558th Signal Detachment. In 1985, the 29th Division was reactivated replacing the 558th Signal Detachment. The 29th Division has a lot of history with the invasion of Normandy on D-Day during WWII. I left active duty and returned to doing my weekend drills and two weeks in the summer. During this time I did construction work eventually becoming a project manager. I re-

mained a member of the Maryland Army National Guard for the next 20 plus years. I had achieved the rank of First Sergeant. In summer of 2001, after 25 years of service, I felt I had had enough. I decided to put in my retirement papers. As you might not know when you retire from the reserve you can not draw any money or benefits until the age of 60.

Then Sept 11 happened. My retirement papers had not been processed, so I felt that I needed to withdraw them. In 2002, my unit deployed in support of Noble Eagle and was assigned to Ft. Belvoir VA in support of homeland security. At the end of 2002, I was promoted to the highest enlisted grade in the Army - Sergeant Major. As a lowly country boy with only a high school education, I never thought that I would achieve an honor with such prestige. After returning home in 2003 and going back to working construction, I felt lost and out of place. The 14 months on active duty gave me a taste of what I feel is my true calling. Returning to civilian life was hard. In the army I was and am respected and looked to for guidance. I am the old man of the unit. It was a hard time for me, my wife and my family. Everyone thinks that it is hard to leave

and be away from your family, which it is, but it is even harder to return. Time goes by and each person changes and adapts to the role that they must perform. Deployments not only change you but cause you to miss important events like my wife graduating from college and the births of my grandchildren. Missing Christmas, holidays and time away from your family make you realize what is truly important.

In January 2006 I was deployed to Guantanamo Bay Cuba (GTMO) where I served as the operations SGM of the Joint Forces Headquarters over the detention facility for 15 months. After returning in 2007, I tried civilian life again for a year. I felt lost. I made a decision and after talking it over with my wife I did something that everyone has told me I was crazy for doing. I did something that I was told never to do when I first joined the military some 30 plus years before. I volunteered to go to Afghanistan. I left in April 2008 and was assigned with the Army Corp of Engineers overseeing construction projects and teaching Afghan contractors. In September of that year my daughter gave birth to a premature baby weighing only 2lb 3oz. My father passed away at the end



of September. I was able to come home for my father's funeral so I was able to see my granddaughter. I returned to Afghanistan. In November I suffered a heart attack. With the grace of God, I have fully recovered.

I am currently a member of the West Virginia National Guard. My full time job is an active duty position with the National Guard Bureau in Washington, DC. My current position involves overseeing individual and unit awards for all 54 states and territories. It is something I enjoy. After serving at present time for 35 years I am looking forward to retiring in two years. This time for good! This will make my wife and family very happy as you can imagine.

As member of the National Guard I happily embrace the responsibility of promoting service to one's country. The camaraderie and fellowship I have shared in the military helped define me and profoundly changed my character and

redirected my path in life. I can honestly say the time I've spent as a member of the United States Army National Guard will stay with me and define me till the day I die. It changed me from a young man angry about my childhood and not having the material things, to an old soldier thankful to God and grateful for the things my family and the Lord has given me spiritually and mentally. I now know God has a plan for me.

I have been married to my wife, Dawn, for 32 years living in Rocky Ridge, MD. We have 4 children, 7 grandchildren and another on the way. My son, SPC Michael J. Hobbs just returned from a one year tour in Afghanistan and is stationed at Ft. Eustis, VA. I am on the board of directors and a life member of VFW Post 6658 and a member of American Legion Post 121 in Emmitsburg Md. I am a member and deacon of Monocacy Church of the Brethren in Rocky Ridge, MD.

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HISTORY

Memories of the old Emmitsburg High School

Mary Catherine Shields

Welcome to the world of the Emmitsburg High School on South Seton Avenue which was built in 1922 and is now known as the Emmitsburg Community Center. The three-story building once housed first through 11th grades. The basement consisted of the cafeteria, where dishes were washed by hand and upper grade students helped serve meals and did clean up each day in exchange for a free lunch; a music room; the furnace room, which had a coal bin, steam-producing furnace and the janitor's quarters occupied by 'Pappy' Kugler, who cleaned the whole school by himself; the Industrial Arts room, which was a shop where only the men could learn about woodworking, etc.; and a room that served as the biology/lab and physics area.

There was one bathroom for the boys and one for the girls and two storage areas. On the first floor, where the main entrances were located, a library was to the left of the front door and the principal's office and storage area for the teachers' supplies were to the right. There were classrooms for first, second, third, fourth and sixth grades with stairwells at either end. On the second floor (the top) was the fifth grade, the algebra/math, Latin/English, and History classrooms plus the gym/ auditorium and the Home Economics room with two storage rooms (one Storage room served as a Sick Room sometimes).

My class (1954) embarked on our educational journey in 1942 with Ms. Sarah White Kerr as our first teacher and protector from all those BIG kids. We arrived at

school on one of the many buses or walked the streets and alleys through Emmitsburg to our daily destination in the rain, snow, sleet, wind and boiling hot sun. There were no parents driving the children to school. The children who lived on Waynesboro Road had no bus service and therefore walked the greatest distance to school.

Bus service in that area began in the late 1940's or 1950. We heard bells ringing during the day which told the high school students when to change class. The only bell we listened for was the little hand bell that rang to end recess period. We learned about fire drills, which required us to leave our room and move quickly outside. There were also lessons on what to do during an air raid, in which we had to crawl under desks or tables and wait for an all-clear signal to return to normal duties of the day (remember this was during World War II).

We survived the first year of tears, skinned knees and playground scuffles to move on to Ms. Sarah Edwards' second grade (Ms. Edwards was Dr. Cadle's sister-in-law). By second grade, we could count and became aware that we boarded the buses at 3:30 pm by the number of bell rings for each bus (each bus lined the driveway in front of the school and was assigned a number).

Next, we encountered the domain of Ms. Edna Stull's third grade (by the way her room was the closest room to the Principal's office). Ms. Stull laid down the law the first day you entered her room: no talking unless she called on you; no chewing gum or cough drops; go to the bathroom during

recess break or lunch period; and do not leave your seat until you have permission.

Like many classes before us, and without too many mental impairments, we made it to Mrs. Helen Walters' fourth grade. Mrs. Walters was the motherly type and a very capable teacher who made learning an entertaining experience. We moved on to Ms. Helen Martin's fifth grade (a familiar face to us since Ms. Martin graduated the year we started school and some of us rode the bus with her in 1942). The boys were very well-behaved in her class since she was the prettiest and youngest teacher to-date in their school years and they did not want to make a bad impression.

One of our favorite past times when the weather was bad and we could not go outside for recess was to walk the main hallway and try to identify all the past graduates that we knew or were our relatives. It was a custom of EHS to hang the class picture of each graduating class in the main hall-



way, which became quite a gallery dating from 1922.

Then came sixth grade with Mrs. Mary Smith Scott, another graduate of EHS. Mrs. Scott was a talented teacher who played the piano, sang and knew when to be serious and when to be jovial. She had a full classroom that year since she had the full sixth grade and part of another class; the classes had to be divided due to the large

number of students enrolled in the late 1940s.

At recess time in the spring, Mrs. Scott would give us paper grocery bags (in those days, you got paper bags at the store, no plastic) and we would go out on the lawn and pick dandelion blossoms. The blossoms were used to make wine. (There were no chemicals used on the lawns during those days.) A real treat for our class in both the first and sixth grades was that the classroom windows faced South Seton Avenue, looking out to the railroad station and Lester Fox's gas station. Mr. Guy Baker, Sr. was freight master.

As we grew older, approaching our teen years, we moved to seventh grade with Mrs. Mary Higbee Hoke as our homeroom teacher. Mrs. Hoke was a graduate of EHS and married Harold Hoke, also a graduate of EHS and owner of the local hardware store on Main Street.

This was the first year that we changed classrooms for various subjects, which meant those ringing bells become a major item in our daily lives and not just a signal to board the bus for home. Mrs. Hoke taught Algebra and was the girls' coach for sports. Seventh grade was our first year for Latin with Mrs. Hazel Kellogg Caldwell; Industrial Arts [Shop] for the boys; Home Economics for the girls; tryouts for all school plays and sports teams; Glee Club; Safety Patrol; Future Farmers of America (FFA); Future Teachers of America (FTA); Student Council; Senior Orchestra; a position with the high school paper staff (EHS Times), among other activities in our school career.

Also, this year, we learned what it was to hustle from the basement floor to the top floor in five minutes for class and then, in fifty minutes, go down three flights of stairs to the basement for the next class. We never did figure how many trips we made on those stairs. Many changes came with seventh grade: changing classes in five minutes, no recess, bathroom stops were premium since there was only one bathroom for each gender located on the basement floor....wow!

By this time it is 1949 for our class; the year the high school realm faced a big change. The school



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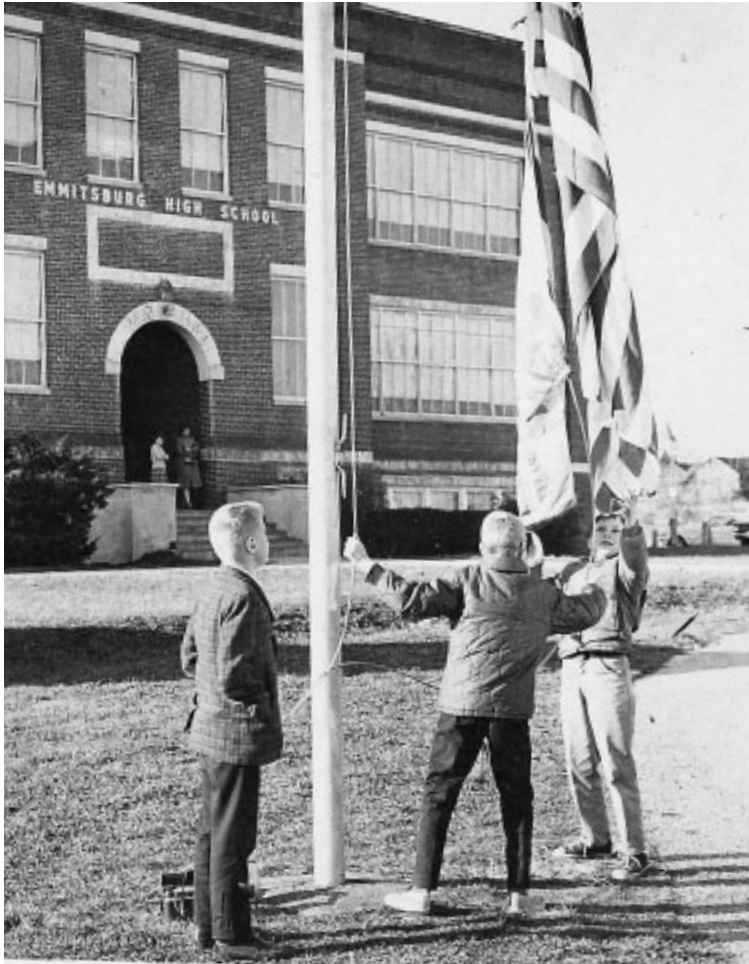
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HISTORY



The building was finished for the 1952 graduating class and for our moving up to fill the junior year seats. Mr. Carlos Englar, the boys coach and biology/physics teacher was our homeroom advisor. The subjects became more difficult, but we managed to balance our studies, extracurricular activities and after-school jobs. This was a super special year for us because we got our class rings. Our class rings were a set design used for many years – yellow gold with black onyx and an insignia representing the wings of knowledge. There was no choice available but the standard as shown by the Balfour Company. The basic ring was about \$15.00. You could add your initials or name inside the ring for an additional charge – some of our rings cost \$18.00 plus change depending on the length of your name. Some of our class received their rings as Christmas gifts that year.

Speaking of Christmas, it was a custom of the high school to place a large tree in the main hallway facing the front entrance. It was the responsibility of the juniors and seniors to get the tree and decorate and care for the tree during the holiday season. Every morning a different class would gather around the tree and sing one or two carols, which was the beginning of the day's activities. The tree had to be dismantled the day before holiday vacation. When we returned to school after holiday vacation, there was one big event on our minds: the Junior-Senior Prom.

Proms were held in the gym and expenses were shared by the two classes. So much planning was involved – get an orchestra (yes, we had live music - no records or DJ), select a theme for the affair, get chaperones, refreshments, have programs printed, decorate, and most important ...get a gown, order a tux and remember the flowers (what color, wristlet or pin-on type). The big night arrived - there were no limos. Everyone double-dated so you had a ride (sometimes it was a pick-up truck with four occupants), but a great time was had by all. After the prom, everyone loaded in the available vehicles and headed to Rouzerville to the Big Dipper or maybe the Varsity (the two best known teen hangouts in the area).

grades were first through 11, but the Board of Education and the State of Maryland decided another grade should be added to make the school period first through 12 years to earn a diploma. Emmitsburg High School awarded three types of diplomas – academic, agricultural and general (not much variety at that time). Needless to say, there was no graduating class in 1949. That class completed another year of study and graduated in 1950.

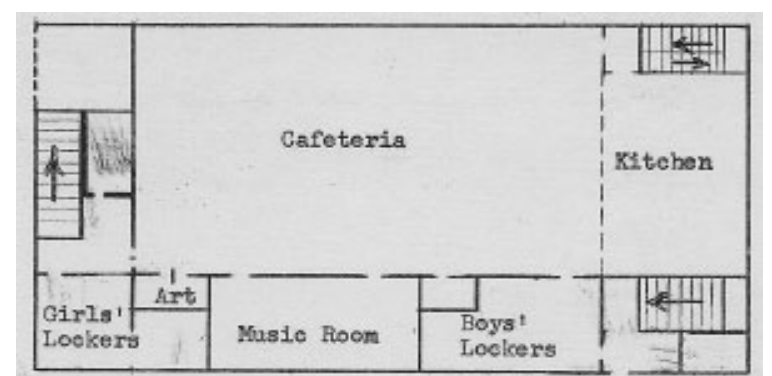
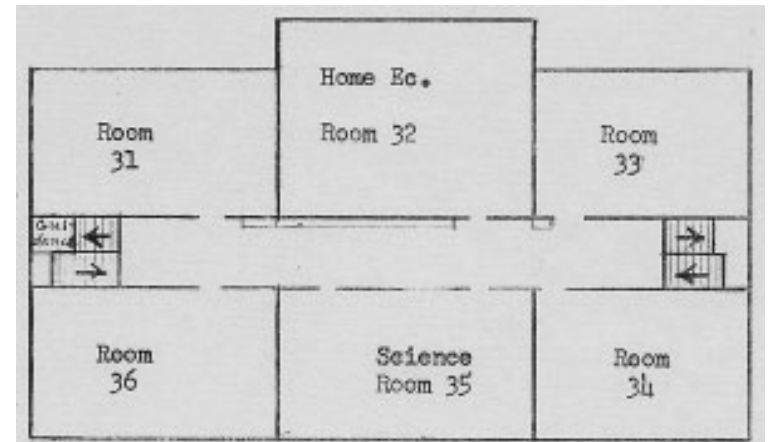
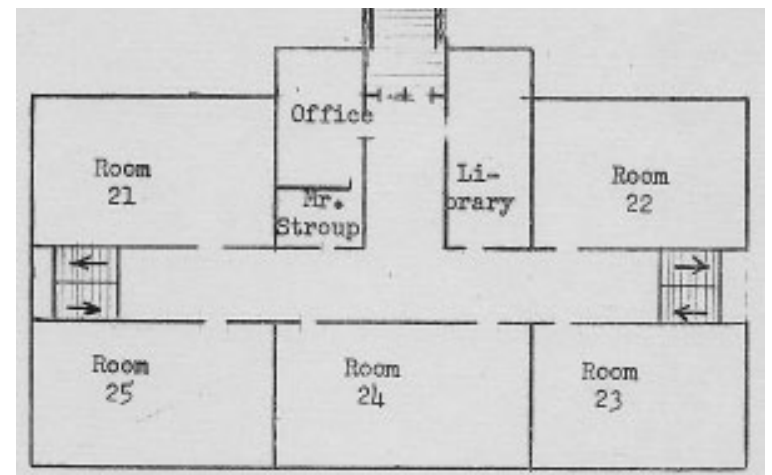
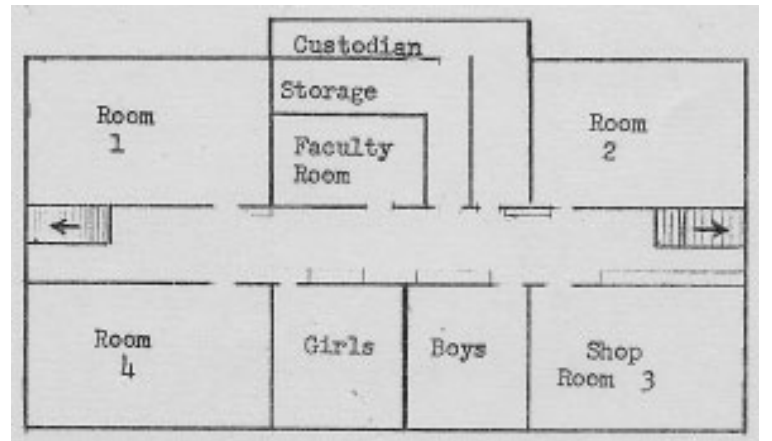
We moved on to eighth grade and Mrs. Alma S. Jones was our homeroom teacher who taught us American History. Mrs. Alma Jones was our homeroom teacher and taught us American History. We had many more activities to participate in, such as basketball, soccer, baseball, volleyball, track and field events; all-county chorus; sock-hops; Halloween, Christmas, and Spring dances; maybe even an invitation to the school prom by an upper class member.

The first of May was a very special day of activities for the entire school to participate in. There was the crowning of the May Queen and her court (all senior girls) usually escorted by the FFA boys; the May Pole with all elementary classes dancing around the pole. Then the Home Economics' girls put on a fashion show wearing their creations sewn over the year. The shop boys displayed of

their woodworking projects and the FFA had their project display as well. The school orchestra and Glee Club performed. Our parents and families were the guests of the day. Tea was usually served to the mothers.

We survived freshman year and during the moving-up assembly in June we moved to sophomore seats and pushed forward to the second year of high school. Our homeroom was now in the cafeteria with Mr. William Baker (Agriculture teacher) as our guiding light in 1951. Rumors were flying about that an addition was in the process for our school.

The addition would consist of an auditorium-gymnasium, one classroom, a kitchen and cafeteria, showers and dressing rooms for each gender, and storage rooms for the sum of \$185,740. The contractor was Allen Feeser of Taneytown, MD. This addition was added to the south end of the existing building. As we look back over the years, there was an oversight during the construction - the original 1922 cornerstone of the high school was not removed and was covered by the new construction. We lost some history by that action. Of course, we went about our studies and activities throughout the year but made daily checks on the progress of the new addition, plus we were fighting the dust and noise.



Floor layout of the Emmitsburg Highschool

Finally June 1953 arrived and the class of 1954 moved to the senior Seats. Mr. Eugene Woods, shop teacher, was our homeroom teacher. This year we saw several students get full-time jobs and quit school and move to the outside world. There were only twelve students remaining from the starting class of 1942, but fortune smiled on us with Wilhelm May, a German exchange student joining our family, making us 13, a bakers' dozen. We were busy studying, trying to keep the grades high, applying for scholarships and trying to decide where to go after graduation.

Our activities were much like our junior year – sports, extracurricular activities, such as Glee Club, orchestra, FTA, FFA, patrol, duties of publishing the senior edition of the E-HI Times. Some of the class members mastered the Maryland drivers test and were trying to get their parents to ease their hold on the family car keys. Finally, June

1954 came around, the entrance march began (Pomp and Circumstance) and seven girls in white gowns and six boys in blue gowns entered the gym, went on stage and persevered through the speeches of the educational gurus. They finally got their hands on that most important document, the diploma.

And now, each year we look forward to the annual alumni meeting to continue some of the best friendships we have ever made. One of the interesting facts about Emmitsburg High School is the first graduation was held in the Chronicle Building on South Seton Avenue with one graduate and the last graduating class from the 1922/1952 building was 38 graduates.

Have your own memories of going to school at Emmitsburg High? If so, send them to us at history@emmitsburg.net

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COLD WAR WARRIORS

1980s - Exodus of Soviet Jews from the USSR

Commander John Murphy,
USN Ret.

Leonid Brezhnev was the second longest-serving leader of the Soviet Union – after Josef Stalin. Brezhnev ruled supreme from 1964 to 1982. During his reign the Soviets spent 20% of the USSR's Gross National Product (GNP) on their Cold War machine. During the same period – the U.S. was devoting about 5% GNP. The U.S. was literally pricing the Soviets out of the Cold War arms race – especially with its new and grandiose Star Wars program – the SDI (Strategic Defense Initiative).

After the Six Day War in Israel in 1967, Soviet Jews inundated their government with requests to emigrate to Israel. The majority of these requests were refused and these would-be emigres became known worldwide as the “refuseniks”.

By the late '60s there was a trickle of requests being approved. The spigot was opened a bit wider in the early 70s. By the mid 70s the Soviets were hurting for cash and sought “most favored nation status” from the U.S. The U.S. Congress tied relaxed emigration policies to its Trade Reform Act of 1975 (the Jackson Amendment). The Soviets relented and relaxed their emigration policies and got their most favored nation status. By the late 70s and throughout the '80s the flood gates were open – particularly for Soviet Jews. They emigrated by the thousands to Israel and the West (France, Germany and the U.S.). I cannot find accurate statistics on the actual numbers involved, but believe they were somewhere between 50 to 100,000 per year by the mid to late '80s. They were overwhelming both the U.S. government and

Jewish – American, social service agencies. Particularly in larger cities such as New York, Detroit and Philadelphia.

The ‘word on the street’ in Washington - was that CIA's Domestic Collection Division was looking for Russian linguists to assist in interviewing this flood of Soviet Jewish emigres. I submitted an application and by 1981 was working as a “Contract Russian Language Officer” in such cities as Detroit, Boston, Cleveland and Philadelphia. I was doing this work on a part time basis – on weekends, at night and on vacation days since I had a full time job as Director of the Booz•Allen & Hamilton Inc. Russian Studies Center. The Russian Studies Center was giving me a deeper understanding of the Soviet economy and internal politics. The émigré interviewing was giving me a crash course in the modern Russian language as it was being spoken in the Soviet Union.

Interview of Soviet Jews (1981- 1989)

I conducted about 150 interviews with Soviet Jewish immigrants during the 1980s. Most interviews lasted from one to three hours and were usually conducted at the person's residence. The CIA would give me a list of new arrivals that they thought might be of interest. For me, the most difficult part of this work was a long distance, phone call that I had to make “in the blind” to the person ... usually at night on their home phone. These calls were difficult in the sense that part of my job was to get the person to relax and trust me – as much as you could over the phone. Some were obviously nervous or scared. I had to admit, up front, that I worked for CIA. To them I suppose I was the Amer-



“Refuseniks” led by Natan Sharanskiy (front row in center) in Moscow in the mid 1970s.

ican KGB. And yet, most admitted that they expected to be contacted sooner or later. Kind of a right of passage in becoming an American. Something they had to go through. It made my day when I could line up three or more interviews in a single city – on a given day or weekend.

I preferred to work alone during my interviews, but on occasion was required to take a CIA Field Officer with me. Most interviews were conducted in private – with no relatives – particularly children present. This was done to avoid distractions and to try and get the contact focused and relaxed. On occasion I would interview a husband and wife together because both were of interest to the government. On rare occasions a follow up interview would be scheduled at the person's home or in the Washington D.C. area.

Every interview required many hours of language preparation. The Soviet Russian language was a complex world of specialized vocabularies. My interviews required that I become expert in technical terminology and Soviet government acronyms. You could see a contact watch you when they threw out complex technical or or-

ganizational terms. If you showed familiarity with them ... then you had credibility. I also found it reassuring when a contact said “You speak without accent” or, “Your grammar is good” or even better - “Do you have Russian ancestors?”

“I'm not really Jewish”

It was not uncommon for a contact to say “I am not really Jewish. I became Jewish to emigrate,” or, “I am not Jewish, but my wife is.” They were admitting that, in the 1980s, being Jewish was a quick way to get out of the USSR. Or others explained that they had Jewish ancestors, but the Soviets denied them the right to practice their religion – especially by attending services in a synagogue. If they did try to attend services during High Holy Days such as Passover – the KGB would be sure to document such “nationalistic” tendencies.

“We don't have maps”

When you found that a contact had worked in a key city or organization “of high interest” – you tried to get a detailed appreciation for the place's physical layout. A typical response would be “We weren't allowed to have maps you know.

They were considered classified. This made it harder for us to defect!” To build a map or graphic of their work place you began by asking “Where is North?” And went from there.

“Jews are second class citizens”

During many of my interviews, I sensed that, as Jews, they were considered second class citizens. They may have been world class scientists, but they had their place in society. I felt the pain when a contact with a doctorate in aerospace engineering or nuclear physics admitted that he was not allowed to work with colleagues at more prestigious universities or institutes – simply because he was Jewish.

“We pretend to work and they pretend to pay us”

This was standard catchphrase that was heard around Soviet factories. It sounded amusing, but I was to learn that it was not an idea that was easily discarded when a Soviet Jew emigrated to the west. There seemed to be a “screw the system” or “screw the boss” attitude in the very fiber of Soviet citizens. It was about disrespect for authority.



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COLD WAR WARRIORS

“We have no real motivation to work harder ...”

An issue which was becoming well known in the West in the early '80s had to do with “Motivation in a State Planned Society”. That is “You can take Ivan Ivanovich to the factory, but how do you get him to do REAL work? Especially high quality work?” This was a fundamental dilemma in a large, bureaucratic world of goals and deadlines. The Soviets had “Five Year plans” for everything. They faked achieving their unrealistic goals each year and their bosses were given great praise for their achievements. Then the next year's goals would be set even higher. The entire system was about “faking it”.

Their economy was in a rut and they did not know how to get out of it. My father worked his entire life at the Gleason Works in Rochester, N.Y. A part of the very high tech, WWII machine-tool industry. They produced the machines that cut bevel and hypoid gears – large and small. A critical defense industry in the 1940s. Gleasons made huge gears that drove battleships such as the USS Missouri or tiny gears that were critical to the Norden bomb site being used in B-17 bombers. The Soviets asked the Gleason Works to establish factories in the Soviet Union at the time of the NEP (New Economic Policy in the 1920s). They agreed and have been there ever since ... throughout WWII and the Cold War. But from the beginning ... Gleason engineers were reporting a problem – which was critical in their business – quality control. That is, making sure that their gears were perfect. No faults or imperfections of any kind. The problem was – the Soviet assembly lines were incapable of meeting such high quality standards. Why? Because the workers just didn't care. There was nothing in it for them. Gleasons would bring senior Sovi-

et engineers and managers back to Rochester for training on a regular basis. When they returned to the USSR ... things would improve for a while and then it was back to the same shoddy, old ways.

“American Jews support you – the Israelis don't trust you”

According to many of my contacts in the '80s – the word was floating through Soviet Jewish society that American Jews made you feel at home. They really helped you settle into American society. The Israelis wanted you, but once you got there ... you were treated as a second class citizen. Unless you converted to the Orthodox Jewish faith. Then you might be accepted. True or not – this is what future emigres were hearing from relatives and friends who had successfully made it to Israel. Also, by the late 80s – the Israeli had been known to recruit entire project teams of Soviet scientists if they brought some valuable military technology with them. Given a choice – the word in Minsk, Pinsk or Chelyabinsk was to immigrate to the USA – if you possibly could.

New York City rally in support of Soviet Jewish emigration – 1967

“I didn't have a ‘clearance’, but it didn't matter”

Some of my contacts were scientists with advanced degrees. Their “nationality” (i.e. Jewish) meant they could not be given access to top level, classified programs. These programs required a “1st Clearance” – or the Soviet equivalent of Top Secret. That did not stop program managers who needed their knowledge and expertise from finding a way to use them.” They simply brought me in ‘blindfolded’ or brought the problem out to me in my regular, unclassified work area. But, such “sensitive” work was also a poten-

tial problem for would-be emigres. When Soviet immigration officials asked “Did you work on classified projects?” You had better reply “Me, of course not! I was a low level technocrat. A nobody.” The stamp went down “APPROVED FOR EMIGRATION”!

First case in Detroit. My first real interview with a Soviet scientist in the early '80s was in a sprawling, suburban Detroit apartment complex. I knew that “Vladimir” had a doctorate in radio engineering and had worked at a top research institute near Moscow. I arrived at Vladimir's apartment right on schedule – in the company of a CIA Field Officer who wanted to observe. All was going well until I asked Vladimir for the full, formal name of his institute. He opened his mouth and I heard “vsesoyuzniy issledovatel'skiy institut radioelektroniki imeni akademika Mikhaila aleksandrovich Broncha Bruevicha – NII 9”.

I was stunned. My CIA companion could see I was in over my head and chuckled. I said “Could you repeat that please?” Vladimir laughed and repeated his reply ... In very small pieces over the next 30 minutes. I had just been introduced to the wonderful world of Soviet government acronyms. By the time the interview was over I knew that Vladimir had worked at the “All Union Research Institute for Radio Electronics in the name of Professor Mikhail Aleksandrovich Bronch Bruevich – NII-9”. I would later learn that the name of almost every major Soviet research Institute began with “vsesoyuzniy issledovatel'skiy institut” (All Union Scientific Research Institute...) of something or other. Fortunately, Vladimir was a nice guy and he sensed my misery. Also, he really wanted me to know that he was adjusting well to his new life in America and that he had a girl friend and life was looking most promising.

Stalin's niece in Cleveland - I interviewed a middle aged woman in Cleveland who at first had refused to be interviewed. On my 3rd phone call she finally said “Oh, all right ... come on by. I might as well get it out of the way. You obviously are not going to give up.” Her preliminary screening in Europe indicated little of interest. No technical background or work experience. However, she had lived in the “closed city” of Akademgorodok. A well known “research and development” city that had been set up especially for research on classified defense and military issues. A “closed city” for elite Soviet scientists housing over 40 research institutes along the Ob river.

Akademgorodok was a resort by Soviet standards. Also, Westerners were not welcome. I had just begun my interview on a miserable snowy, Cleveland evening - and had gone through the obligatory questions as to her life and experiences when she volunteered “I am Stalin's niece.” I was shocked. Nowhere had this appeared in any of the background I had been given. She went on to say “Of course, this is not something I talk about anymore. It is a bother. I am not proud of it.” That was about as good as it got. She had no real tie to any of the more interesting Soviet institutes in Akademgorodok. The Soviet system had simply

stashed her there as a comfortable place for the “fringe elite” of Soviet society – away from the meddling eyes and ears of Western observers.

As I look back on the 1980s and the massive Soviet Jewish emigration of this period ... I realize two things: that it was an important first, up close look at Soviet science and industry and it was excellent preparation for what was about to come in the 1990s - the collapse of the Soviet Union and the “opening up” of the closed world of Soviet military science and research to the West. A post Cold War bonus similar to that of the flood of Nazi scientists (e.g. Werner von Braun and the Peenemunde rocket designers) after WWII.

The '80s gave us some access to minor functionaries and technocrats. The '90s would give us access to the upper levels of Soviet management and science. The people with no names or addresses - who would suddenly be reaching out to their western counterparts for support and partnerships. A time of tremendous opportunity for the West. And a chance to help Russia in its transition from Communism to a more democratic state – hopefully.

To read past editions of Cold War Warriors, visit the Historical Society section of Emmitsburg.net.



Akademgorodok, Novosibirsk - Elite “closed” Soviet Research city



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STAGES OF LIFE

Mom's time out

Isn't technology wonderful? Well isn't it?

Mary Angle

Wonderful technology, well isn't it? When I want to remind my husband to pick up milk on his way home, or not to forget he promised to stop by his moms on his way home, then I just text him and all is taken care of. What a technological dream, whether he is available or not, I have reminded him. I can remove so many things from my imaginary plate by texting and from the plates of my friends. While having lunch with a friend the other day she asked me to please text her to remind her to text someone else a question that has been looming over her head, and the third friend at the table asked that while I had my phone out could I please text her to remind her to ask her husband a question she has been forgetting for days. What a wonderful gift of technology.

Then their is the smart phone... wow a phone that is smart, who would have thought. You can surf the web, download learning games for the kids, shop for apps from a "market" that will help you do anything from balancing your checkbook to

counting calories. The smartphones are just that - smart. This is not to mention netbooks, I-pads, all-in-one printers, wireless internet, DVR's, and on-line banking. What an amazing change in technology from just 10 years ago. But is technology all it is cracked up to be?

Lets see, there happens to be something weird with my internet that I can only hook up to the wireless modem if my computer sits in one specific spot on the kitchen island. I have a friend whose satellite goes out with every storm no matter how small. As a matter of fact I missed submitting my August article because I couldn't get my email to work at all. And lets not forget that every time the "keepers" of the technology decide to make a change they up the cost of said technology. And of course the more technical the technology the more costly it is to fix when it breaks and the easier it is to break.

But I do not mean to be pointing a finger at our phones and home computers, I would be remiss if I left out the fact that most of the automobiles today are computerized and it can seem that they simply decide to stop running because of a glitch in

their wonderful computer brains. So imagine a mom with four kids at a park and unable to drive home because her vans computer brain has decided to go in strike. Automobiles aren't the only technologically "advanced" big ticket items we have in our possession now a days. Even our appliance have a larger brain than some of the guys I knew in college and they work about as often.

All of these super computers that are placed into our vehicles and our appliances are there to make our lives easier. Which in fact they do, when they are working properly. But they also make it easier for us to be just a bit lazier and when they stop working, even for a short period of time, nine times out of ten we have forgotten that we used to do things the old fashioned way. With a little thought and some hard work. This is a lot like an episode of The Cosby Show we watched recently, where Cliff couldn't find the remote and when it was suggested he get up and walk over to the television to turn it on he simply replied, "then I will have to get back up every time I want to change the channel". This is the epitome of what technology has encouraged in the human race.

"Work smarter not harder!" I can hear myself saying this to my children when I am explaining how to create an assembly line to get a chore done. This is great advice in this instance but sometimes it is the hard work we need to do. And technology has a tendency to find a way around the hard work. Some times I feel like my family relies so much on technology that when they don't have it they are lost. We have lost power at our house quite a bit recently, with all of the storms, and it has left my kids and husband bored and without purpose. "Mom why won't the tele-



vision work?" my youngest son asked bewildered. "Don't worry we can just go downstairs and play video games", his sister helpfully chimed in after I point out the power outage.

At this point an all out political style debate broke loose as my oldest started to explain the circumstances and the youngest three became annoyed, flabbergasted, and confused (not necessarily in that order). I jumped in with candles and flashlights, since it was starting to get dark, old fashioned board games, and cards. When it was finally time for bed no one could go to sleep since it was so dark and quiet. I can't believe I am saying this but, I caved and turned on Pandora radio on , you guessed it, my smartphone. They were out in minutes!!

Please do not misunderstand, I love my smartphone (when I can figure out how to use it and it is working properly), and I love my internet (when my email containing my attached article goes through to my editor properly), but when they aren't working I am more frustrated than if I didn't have this wonderful technology at all. I think maybe, just like everything else it is all about moderation and making good choices. Always remember there was a way to get things done before the "wonderful technology" that we rely so heavily on. So write a letter this month instead of email, make a phone call instead of text, and read a book instead of video games or instant streaming.

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Merlot can produce a medium bodied wine that usually has undertones of cherries, plums and currants. Its plump and large berries provide a sweet juice that can make a dark, low tannin wine, that is moderate to high in alcohol. It can make a lovely varietal or be used for blending, especially to soften Cabernet Sauvignon which tends to be higher in tannin.

Merlot makes a perfect companion to many foods. Steak, rack of lamb, hamburgers are a few foods that make a great match. Merlot, thanks to its soft tannins and notes of berries, works well with dishes that are accompanied by rich sauces made of cranberries, cherries and plums. Cheeses also pair nice with Merlot, hard or a semi-soft.

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A TEEN'S VIEW

What are your dreams?



Kat Dart

At one point, everyone is guilty of turning away from someone that needs their help, and it doesn't matter whether it is a human or animal.

If everyone cared a little more, there wouldn't be abuse. There wouldn't be harm to beings. There wouldn't be a need for shelters and foster homes and for hopelessness. If everyone took a little more notice, everyone would get themselves a second chance.

Over ten years ago, my sister Elizabeth, my parents and I were at the SPCA to donate some cat supplies. One of the volunteers working there offered to let us in the back and meet some cats. To this day, Mom still doesn't understand why she said yes.

We met a beautiful gray cat, who we later learned was thrown out of a moving car window outside the SPCA. Unfortunately, our Dad wasn't looking to adopt a cat at the time, so we met the cat, pet him, then left and went home.

As we pulled into the driveway of our house, Dad turned around in his seat, asked us and our mom if we really, really, loved the cat, and received replies in the positive.

He actually turned the car

around, drove all the way back to the SPCA, went inside and adopted the cat.

My sister and I named it Snuggles. As of today, Snuggles is seventeen years old, adores Elizabeth, and is a happy cat.

Six years ago, my mother's beloved dog, Panda, had died. We went looking for a companion for her and the family, and ended up at a Petsmart.

At the Petsmart, we met Jackson, a friendly black cat who was abandoned in an apartment. The landlord had found him, and brought Jackson to the shelter.

My three sisters and I ended up turning teary eyes to Mom and Dad.

Jackson remains a social family cat, and believes he's in charge of the house.

About four years ago, we were at the SPCA yet again. This time, we met a group of three little oriental black cats, each with six toes on their back paws. I was ready to adopt one with a little white "sock" on his foot, but he was too scared to live in a family of six humans and two cats.

We ended up adopting one of the other cats, after one of my younger sisters, Miriam, turned on the tears.

His name is Othello; he's a high-strung little cat who adores jumping from place to place.

A few short months after that, Mom and Dad were out spending time together in town. She came back to the house with a blanket of yellow, black and brown tabby cat in her arms. The new cat was an elder female named "Bellowing Belinda", shortened to Belinda. Belinda was a cranky old cat, but she was sweet and loving if you didn't bother her. She passed on November 2010.

About three years ago, we were at the SPCA yet again. And again, the tears were turned on, by my other younger sister, Olivia, this time. She saw a fat, white and grey striped cat named Hollis. He was very sick, and was badly abused by a man - it took a year before he would stay in the same room as Dad. Other than that, he's the sweetest cat ever, puts up with being dressed up and carried around upside down, up and down the staircase.

Hollis now stays in the same room with Dad, and has let Dad pick him up occasionally.

Finally, about a week ago, two neighbor girls brought a kitten over to our house. They had found it outside, but they were not going to be able to have a cat in their home. Their mom sent them over to our house, and Olivia, Miriam, and I went outside. Mom joined us shortly after. Upon being faced with five sets of tears, Mom turned and asked Dad what he thought. Dad decided that 9:00 at night was a perfect time for refilling his motorcycle gas tank. So the kitten was brought inside, given some food and litter, and taken to the vet. She's fairly healthy, but is infected with worms. She's on the meds now. Her name is Misty.

Misty, Hollis, Belinda, Othello, Jackson and Snuggles all managed to get a second chance. They are happy and living healthily. If everyone gave a second chance, the world would be so much better.

Everyone can start somewhere, whether it is as simple as helping someone who's down, or adopting a cat, dog, or even a child. You don't have to be extravagant to help someone out.

You just have to be human, and care.

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

Lizzy Bizzy



Liz Ryan

So much has happened to me since I wrote my last article! At my school, St. Francis, we had try-outs for our eighth grade Shakespeare play, *Romeo and Juliet*. Our teacher wrote all the characters' names on the board and we had to choose three characters we wanted to play. If you are familiar with *Romeo and Juliet*, there is the part of the nurse - who is like Juliet's second mother - and that's the part I was hoping to get. My second choice was the part of Juliet's mother, and my third choice was the part of Romeo's friend, Benvolio.

I would have chosen Juliet as one of my choices if she did not have so many lines. I thought I would have trouble memorizing all the lines. Our main directors, Mrs. Smith and Mrs. Mattson, let us try out for the part we wanted. Then they chose parts for us to try. They brought me up about three times to try out for Juliet. After three days of agonizing from the wait, they finally told us who got which parts.

I got the part of Juliet. I was very excited yet very worried about having to memorize all of those lines. I would study every night to get these lines memorized, and eventually I did. I knew them so well I wouldn't be surprised if I happened to recite them in my sleep. Then the night of the play came. I thought I did pretty well when it was over. At the end, I thought it was one of the most fun things I have ever done during all my years at St. Francis.

Another thing that happened to me

was graduating from St. Francis Xavier School. Our school goes from pre-school to eighth grade and we have pre-school, kindergarten and eighth grade graduations. So it has been about eight years since I have had a graduation. The graduation ceremony is a church service, awards and then a reception. I cantered in the church service and had two solos. Then we had the reception with really yummy cake. I am going to miss all of the teachers and some of my classmates from St. Francis. I am also going to miss our school because we are building a new school. I really hope that our old school will not be torn down.

I have also gotten a new goat. His name is Winston and he is a pygora. This is a breed that is a cross between a wool-bearing angora and a very small breed of goat called a pygmy. Winston is black in color and he had a white belly. I got him when I went with my fiber club to the Maryland Sheep and Wool festival. I had been talking about getting another goat for a long time. My friend and I went to a vendor that had these goats and it all happened so fast! I bought him and my friend took him to her house. Later my mom and I picked him up. Like I had said earlier, I had been thinking about getting another goat for a long time because Oscar (my other goat) was starting to become very lonely and he also started to get mean. No one thought that getting another goat was going to make a difference. Some said he would kill this other goat, but I knew that Oscar was going to change. He did. He is now one of the friendliest goats around. Oscar and Winston are best friends. In fact, they are inseparable. Winston never goes anywhere without Oscar and Oscar never goes anywhere without Winston. They follow each other around all the time. Oscar is now a changed animal.

I'm looking forward to a great summer with my new goat! Keep your fingers crossed that the summer goes by SLOWLY!

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SCHOOL NEWS

Emmitsburg Elementary

Kathryn Golightly

It is hard to believe that school has been in session for one month. The EES staff and students are in teaching and learning mode. Routines and expectations have been established and we are well on our way to another successful year.

October brings chilly weather as well as some great events for EES. It is a busy month with Parent/Teacher Conferences, a Scholastic Book Fair, Character Counts! Week, and author Kevin O'Malley visiting our school.

This year's Parent/Teacher Conferences will occur on October 20th – 22nd.

Conferences are scheduled with all parents or guardians. This is a great opportunity for parents and staff to discuss the students' progress, interests, and concerns; as well as ask and answer questions. Par-

ents can better prepare for conferences by considering a few tips. Before the conference, write down some topics that you would like to discuss with your child's teacher. Also, ask your child if there is anything that he/she would like for you to discuss with the teacher. Ask the teacher if there are ways that you can support your child's learning at home. Please keep in mind that conferences are scheduled for 15 minutes to allow all parents to meet with the teachers.

During the week of Parent/Teacher Conferences, Emmitsburg Elementary will be hosting a Scholastic Book Fair. Mrs. Reed, Media Specialist, is graciously organizing this event. The Book Fair will be open on Friday, October 14 to allow students to preview and purchase the available merchandise. The Book Fair will be open to students in the mornings and

it will be open during conference hours each day. This is a great time to purchase holiday gifts and also help Emmitsburg Elementary raise money to provide quality programs for our students.

Events such as the Scholastic Book Fair allow EES to provide programs and presentations for our students. Funds raised from the 2011 Spring Book Fair and the 2011 Fall Book Fair will be used to host dynamic author Kevin O'Malley. Mr. O'Malley will be at our school on Friday, October 28th in the morning. His first children's book, *Froggy Went A-Courting*, was published in 1992. Since then, he has written and/or illustrated numerous books. He has a wild sense of humor that is evident in his books and in his presentations. Before his arrival, our teachers will be sharing his books with the stu-

dents. He is a local author who lives in Baltimore with his family. We are very excited to have a celebrated author visit our school. If you would like more information about Kevin O'Malley, please view his web site at www.books-byomalley.com.

Another important event in October is the celebration of Character Counts! week at Emmitsburg Elementary. Character Counts! is a philosophy and practice that began in 1993 by the Josephson Institute. Frederick County Public Schools adopted this practice to develop character and ethics in our students. During October 17th – October 25th, our students will be wearing different colors each day to represent the pillars of character: caring, fairness, responsibility, trustworthiness, respect, and citizenship. Please contact our school for more information about Character Counts!

Good things happen at Emmitsburg Elementary every day!

EES PTA News and Notes

What does the PTA do with our fundraising money you ask? Good question! While not completed, the following list highlights some of the PTA more significant yearly expenditures:

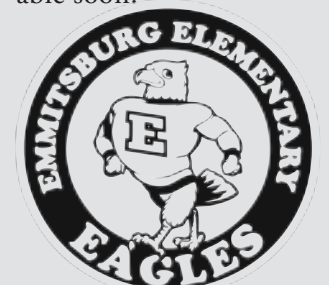
- Grade level field trips (Field trips are planned by school staff and PTA funds are used to cover transportation cost and either cover or reduced admission prices.)
- Cultural Arts programs which provides quality performances for students.
- Play Day contributions for stations
- Family Movie Nights and movie licensing
- Students Blue Folders and Agendas for 3-5th grade
- Scholarship for a CHS senior that has attended EES
- Grandparents & Granola, Dads & Donuts and Moms & Muffins
- 5th grade send off
- Student Directory by grade
- Talent Show

The first movie night is scheduled for October 14th at 6:30 p.m. in the EES Gym to see *Gnomeo & Juliet*

Next fundraiser will be coming out in the middle of October with a Catalog for early Christmas shopping.

Volunteers are needed for the Teacher conferences on October 18, 19, 20th. We are in need of dinner and lunch food items for our wonderful teachers. If anyone would like to donate baked goods are prepared meals please contact Sharon Hamilton, sharon.hamilton@feps.org.

We are going to have EES car magnets available soon.



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SCHOOL NEWS

Mother Seton

Lynn Tayler

Greetings, readers! I'm Lynn Tayler, a freelance writer, Air Force veteran and wife, and a mother to four busy children. I'm originally a Connecticut Yankee, but made Frederick County my home ten years ago, where I made the change from a career in government service to writing and parenting. I am excited to be bringing you the latest news and information from Mother Seton School, one of this area's best-kept secrets.

For families seeking excellent academics and strong values, Mother Seton School is an affordable option that is easily accessible by bus from many locations in the area. For detailed admissions information, please visit www.mothersetonschool.org. MSS is an independent faith- and family- focused school, sponsored by the Daughters of Charity, approved by the Archdiocese of Baltimore, accredited by the Middle States Association commission of Elementary Schools, and certified as a Maryland Green School.

At Mother Seton, we want the community to be as much a

part of our school as our school is a part of the community. We would love to invite you to take part in our upcoming events:

On October 4th, our annual Blessing of the Animals is held at 1:30pm. A parade of dogs, cats, lizards, bunnies, snakes, horses, fish and more crowd the circle, and along with their owners, are blessed in honor of St. Francis. Join us and bring your special pet to be honored at this one-of-a-kind event.

Private tours of the school are offered by appointment or you can stop in at our next Open House on October 18th, from 10 a.m. to 1 p.m. and 7 p.m. to 8 p.m. Take a peek at what the school has to offer and admire the creativity and hard work our students put into the art projects adorning the walls. This is a great time to stop by and check out all of the special features that make Mother Seton a certified Maryland Green School. For more information, visit the website or call 301-447-3165.

Do you love Vera Bradley as much as I do? Then join us for our Vera Bradley BINGO on Oct 22nd. Doors open at 5:30 p.m. Bingo starts at 7 p.m. Tickets are \$15 in advance or \$20 at

the door. Raffles, tip jars, door prizes, and concessions will be offered. For more information, including any donations of Vera Bradley or other merchandise for raffles, please contact Lena Laug at 301-717-8860. (Remember: your gift is tax deductible!)

Love to run? Looking for an enjoyable way to experience the crisp autumn air? Why not register now for our Fall 5K Run/Walk on Nov 12th! This fun family activity will be held at Mount St. Mary's Athletic Fields and includes a kid-friendly Dash. T-shirts are available for early bird registrants, as well as goodie bags and great food. For more information and to register, email bridgemccarthy@hotmail.com. Businesses or individuals looking for an opportunity to reach a local audience and lend support to our school are invited to Step Up and Sponsor. With a range of sponsorship levels, from product donations to gifts over \$1,000, there is an affordable option to satisfy anyone's philanthropic side.

The First Annual Bull Roast will take place Nov. 19th and will be a feast to behold. The public is encouraged to attend—just be sure to come with an empty stomach—there will be an amazing spread of pit beef, tur-

key breast, honey ham, sausage, and so much more! We're not messing around when it comes to the grub! Keep an eye out for more details or contact ambmr-ab04@msn.com.

Did you realize there are fewer than three months left until Christmas? Don't panic! We have just the thing for your shopping needs—our annual Breakfast with Santa and Holiday Craft Bazaar. Why bring it up now? Vendors are being recruited. If you're interested in selling your wares, we still have a few spaces remaining for interested crafters. For a \$25 vendor fee, we will provide the 8ft table for your display. Please contact Laura Imes at imesla@yahoo.com or (301) 788-6458. Everyone else – Save the date to join us on Dec. 3rd from 8 a.m. to 12 p.m. to meet Santa and shop.

Finally, we have just kicked off our MSS Home and School Association Raffle! Along with the Bull Roast, this is H.S.A.'s biggest fundraiser of the year. Buy a ticket and help the H.S.A. provide equipment & supplies for classrooms, field trip incentives, playground upgrades and much, much more. Tickets are just \$10. Six tickets will be drawn for prizes ranging from \$100 up to \$3,000. To purchase, stop by the school office or ask any

MSS family. Winners need not be present to win.

We look forward to enjoying your company at our events this fall!

Recently at Mother Seton School



The Peace Tree was unveiled at a celebration on September 21st at Mother Seton School and will be touring local businesses to celebrate World Peace Day. The tree was envisioned by Art Teacher Karolyne Myers and created by the Art Angels Club. Students throughout the school participated by adding recycling and conservation tips to the leaves. Look for it soon around Emmitsburg.

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FOUR YEARS AT THE MOUNT

Freshman Year

Aesop's Fables, and a Side of Chips

Kyle Ott

I suppose it's indicative of the fact that I'm a young, male college student, but I seem to fit that stereotype of constantly eating, and, if I'm not, I'm thinking about what I'll eat next or who will sit with me as I enjoy whatever succulent dish happens to lie on my plate at the moment. As most of my friends (and many Mount alums) can attest, our college happens to have a fantastic sandwich bar that's more akin to a personal Subway restaurant than a college eatery. All I heard about for a week was how great this magical place was and how the wraps there were the best thing since sliced bread (forgive the sandwich pun). With those simple words I began a journey

to create the ultimate sandwich. It was my goal to reach lunch time nirvana where sauce, meat, tortilla, and cheese would come together in perfect harmony and meet their ultimate end in my stomach.

To make a long story short, and to avoid making our good readership hungry, I nailed it on the fifth try. However as I was enjoying my grilled tube of deliciousness it occurred to me that somewhere between the honey mustard and the lettuce I had learned a valuable lesson about why I had come to Mount St. Mary's in the first place. You see, the thing that intrigued me the most about the sandwich bar wasn't that I was going to be able to eat my Frankenstein-esque creation, but that it was going to be a completely original idea, conceived and born inside my brain. It was the pleth-

ora of choices that made it such an experience for me. I was able to see everything laid out before me and watch as the creation in my head turned into the reality on my plate. That was the moment when I realized that I wanted my life to be like the cafeteria. I wanted to see all the twists, turns and changes that my life could make and know exactly what I would get out of it.

However, by coming to the Mount I laughed in the face of that foolish wish made at the lunch table. Mount St. Mary's was not my first choice, but if I had known then what I know now, it certainly would have been. In the few short weeks I've been here I've gone from living to being alive. I rode in a hot air balloon, debated the foundations of human existence with my roommate whom I'd never met before, and opened my heart to new experiences and people. And, to my great surprise, I found inspiration in a place that was not only close to my home but close to my heart. Within the confines of this campus I found

myself free to write about feelings with a brand new perspective.

And that's the lesson that eating sandwiches five days in a row taught me. That it truly is the journey and not the destination that matters most. If I had known then what the result of my culinary experiences would be (chipotle wrap, provolone cheese, ham, bacon, chipotle sauce and spinach greens in case you were wondering) I would never have done so much experimenting. If I had simply skipped to the end then my "epic quest" wouldn't have become an inside joke with all my friends. To this extent Mount St. Mary's and even my entire college career isn't a destination but a stepping stone to bigger things, better adventures, and with a little luck a thousand more laughs. Here at this college I'm offered the same variety of choices, from club sports, philosophy clubs, and of course writing. The one thing I've always wanted to be is a writer. From a young age I've wanted to make my living off the written word and paint pictures in peo-

ple's minds the way that an artist would on a canvas. I'm happy to say that Mount St. Mary's has given me the opportunity to do just that, and to reach the people of Emmitsburg and my fellow students in the process. Just as that one simple lunch wound up resulting in a journey, our English department has given me an all-new adventure.

Which leads me to the final point about the lesson that a humble piece of food taught me, to take all the joy you can out of every little thing. And so as a columnist my promise to you good reader is to always make the mundane seem funny and to open your eyes to the wonders and joys that every tiny thing holds. I have decided to wring every single experience of my college life out and pour it onto the page, and it is my hope that you'll join me in the adventure. Allow me to introduce myself; my name is Kyle Lawrence Ott, freshman at Mount St. University, and your new columnist; won't you sit down and read for a while?

Sophomore Year

We are once in a lifetime

Carolyn Shields

I leaned back in my airplane chair after a cruddy nap as the lights of Dublin stood out in the 4 a.m. sky. "Okay, I can do this. Ha-ha, holy cow, I can do this..." A few hours earlier, somewhere over the Atlantic, I paused in reading the money section of Rick Steves' European travel book for the hundredth time and could half feel all the prayers from back home accompanying me. Hours before that I was kissing my parents goodbye in the airport, giddy with excitement. The night before I felt ridiculous-

ly nauseated. One week before I was being splattered by my friend's car, stuck in mud. A month ago? Booking hotels like no other. This past summer? Working for those euros. Last year trying not to fall asleep in my class...

Isn't it funny how every moment of our lives adds up to something? I'm lying here on my bunk bed in my apartment in Dublin, and I'm thinking I've worked so hard to get here. It's all added up to this. But what will THIS add up to? Becoming the woman God made me to be? Finding true love in the Scottish highlands? Navigating a Parisian train station without a chaperone? Or simply being able to feed myself? (Added next day: I ate an apple with peanut butter for dinner).

So we have right now. We have choices. Mine brought me to Dublin, to this beautiful city with its parks where flowers are still in full bloom and where children take their

first careful steps in Merrion Square. Where Celtic music is heard all down Grafton Street and where hair dryers have a tendency to blow fuses. And these next three articles will take you here too...

It was about 6 a.m. when Emily and I got to our apartment. It's right off Grafton Street, and anyone who knows anything about Dublin knows that Grafton is Ireland's busiest high-fashion street. We stood on our terrace and squealed like girls, jumping up and down. "We're in Ireland! We're in Ireland!"

Fast forward three hours when Emily was zonked out on the bed and I was sprawled like a noodle on the couch. That afternoon we walked through Grafton Street, avoiding the throngs of people the best we could, trying to absorb everything...the mannequins displaying European fashions behind sheets of glass, the street vendors selling bouquets of flowers, the crazy rush of a city in general...The last 48 hours was a blurred whirlwind of action.

David, Emily, and I sighed in relief while walking through

St. Stephen's Park. Crisp yellow leaves were on the ground, and resting on a park bench we watched two swans duck beneath the clear surface of the lake. The Irish "walk fast, talk fast, and drink fast" but every other aspect of their life is slower paced, like the couples strolling beneath the hundred-year-old trees at St. Stephen's or the three old men drinking Guinness at the Duke's, the first pub we went to.

It's crazy to think we can conquer Dublin in just three months. Add Ireland on to that. Oh, and Edinburgh, London, Vienna, Brussels, and, you know, Paris...But already my horizons are broadening with only 48 hours on Carolyn's Becoming Culturally and Financially Aware of Her Milieus Timetable. Such as? Grocery shopping for myself for the first time in a place where the dollar sign isn't on any no recognizable brand of chips, excuse me, "crisps." It's "grand," as in fine, but not "savage" (or great) like I thought it would be. I still want to shop for a "jumper" though (I mean sweater). This slang isn't much "crack," as in fun, when we can barely handle the accents.

But conquer it we will! First the slang, then this city with its crazy streets and drivers, then Europe. Also the world. Might as well think big.

But reality is kicking us already. Ha-ha, that grocery trip really got to us I guess. So David, Emily, and I got together this afternoon to talk money.

"Looks like peanut butter and jelly for the next three months," Emily said.

"After O'Neills tonight," I said from the couch, computer on my lap and our Excel

budget sheet pulled up. "Gotta have a Guinness."

"And are we still on for the opera in Vienna?" David asked.

Ha-ha, so. This life is grand, and I mean "grand" in the non-Irish sense. I still go through each day wondering why God gave it to me. Kind of like how Michael says "Why me?" in "Princess Diaries," but he says it because he found a princess. My goal in life is to pray like it's a drug. God's three answers to our prayers are, "Yes," "Not yet," and "I have something better in mind." And, yes, I stole that off of the internet, but it's worth sharing. I can easily find myself awed by God's beauty, but I don't always thank him for sharing it, so I really do not know why I have been given this life. Two hours ago I was in a pub drinking Guinness (ok, ok...more like sipping it), sheltered by wooden walls with stained glass windows. It's hard to imagine that life gets any more beautiful.

Before I left, I was telling my friend how I'm worried about leaving because my life can't really get any more beautiful, and I felt like leaving for Ireland would only keep my life the same or make it less great. And look! Here I am, sitting on my bunk bed, still laughing with Emily about that random Irish man we met on the street who talked to us for AN HOUR AND A HALF. They weren't kidding about the Irish telling stories. Talk about details. Down to the euro his cousin paid for a lampshade.

Switchfoot sings, "Breathe it in. The highs and lows. We call it living...There are miracles there in your eyes. It's no accident we're here tonight. We are once in a lifetime."

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FOUR YEARS AT THE MOUNT

Junior Year

Growing pains

Samantha Strub

Remember when we were little boys and girls, and we couldn't wait to grow up and do those things that we were not allowed to do? We started off by wanting to go to school and get on the T-ball and soccer teams. Then we wanted to move on to middle and high school, drive a car like Mom and Dad, and have our own house and job. No kids ever listen to their parents when they say, "Just enjoy what you have now because as soon as you blink it's gone." We are always concerned about what's next in life, and we never seem to take time to just sit back and enjoy it. It's so much easier to do that when you're younger and don't have the responsibilities that adults have in this world.

I have gotten a crash course on adult responsibilities since starting my junior year. It came as a total surprise to me because I had always thought of myself as responsible. I knew what I was doing and what was coming next. I have always worked hard on everything that I do, and I thought I was pretty prepared for what life would throw at me. Well, once again, I

learned that my way of thinking was all wrong.

As most of you know, juniors at Mount St. Mary's can live in the campus apartments. I was very excited about this style of living because you get to live with your closest friends and cook for yourself. It was a change from the highly esteemed dorm life that I had gotten used to over the past two years, and I was ready to move on and up in the world. It was exciting moving in and seeing how much space my roommates and I had, even though the kitchen was kind of small. Right away, the conversation focused on what theme we should use to decorate the common room, how we should organize the furniture and so on. There was a flutter of excitement, but that was all going to have to wait because we had to unload and unpack, which got interrupted because of the hurricane, but, hey, it wasn't the end of the world.

Things became a confusing pain when they didn't go the way we planned. It always seems to take longer than expected to unpack, which honestly took me about five days. I wasn't too concerned, however, because I had bigger things to worry about—like food. I wasn't going to

have a meal plan, and I needed to get groceries; otherwise I would starve.

My roommates and I went shopping because we forgot to bring some things and we all needed at least some food. One of my roommates, Kristyn, also doesn't have a meal plan so we decided to share the food bill. It's so much cheaper to divide the cost in half. This only works because we eat most of the same things, and the things that we eat individually even out. It worked out really well because by sharing we greatly reduced the monthly cost. Still, the first two times we went through the line the bill gave me sticker shock! I never completely understood just how much it costs to eat! I took it for granted that my parents always had food on the table, and I never worried about the costs. When Kristyn and I went shopping, I knew that buying the cheaper or the store brand could cut the price. With cheese, however, we found out the hard way why there was such a big difference between the price of the store brand and the brand name. Never again will we buy store-brand cheese. With most other items, however, we can get the cheapest brand so long as we aren't sacrificing taste. Now, I fully understand the running joke about broke college students eating Ramen Noodles and finding many different ways to use them;

they are cheap! It is a challenge to eat well in college while staying under budget.

If college students don't have a food budget I think they will have a harder time adjusting to life after college. They will end up in debt or their parents will have to bail them out, and if that happens they will not learn how to grow up and be responsible. Your parents will not let you fall flat on your face; they will help you out and teach valuable life lessons in the process.

My way of life is different now that I'm in an apartment. I hardly ever go to Patriot Hall to eat. Sometimes I'll go for lunch if I'm running late, or if I need a coffee in-between classes (that is always a must), or if I don't have time to cook when classes and work are close together. As a general rule, however, I make time to cook my own food; for lunch it's quick easy meal like a sandwich, leftovers, eggs, wraps, etc. I always seem to eat lunch at a normal time, but I usually don't eat dinner until seven, eight, or even nine because I have field hockey practice and evening meetings to go to. Once I get back to my room, I have to shower and cook my dinner before I can actually eat it. Honestly, though, I don't mind eating later at night. It's more work, yes, because it takes time to cook your dinner, eat it and clean up, but I wouldn't go back to a meal

plan. I like having the flexibility of eating according to my schedule.

Many college students are concerned that you aren't going to have time to cook and so should just stay on a meal plan, but you will make the time because you're hungry, and if you don't cook you will stay that way. It all really comes down to time management. You have to plan your meals around how much time you have, for example my later nights I eat leftovers or meals that don't require a lot of prep time. The nights that Kristyn and I don't have night class, get back earlier from practice and work, or there is a show on we have more time to make a meal like Tortellini with mushrooms, and alfredo sauce. We always have fun cooking and trying to work with an oven that burns everything, including the brownies I was making the other night, and one out of our four burners is broken. Sometimes it can be very frustrating when things come out burnt to a black crisp, like the heart brownies I made, but it is very rewarding to cook for yourself. I also believe that learning to cook is one of those growing pains that teach us to be responsible adults without crashing and burning. Don't you wish you could go back to those carefree days of playing outside in the sunshine when you see the total on a grocery bill, knowing that you're going to have to pay it in order to eat?

Senior Year
Conquering LDAC

This summer was arguably the most important summer of my life. For the past three years, the focus of my ROTC career has been on something called Leader Development and Assessment Course, or LDAC for short. This course is a culmination of everything that a cadet has learned during his or her time in ROTC. It is a way for the Army to determine whether or not the cadet is ready to receive a commission as an officer in the United States Army. LDAC, along with graduation from college, are the two mandatory requirements cadets must pass in order to enter the Army as officers. Cadets attend LDAC during the summer between their junior and senior years of college.

This summer, it was finally my turn to fly out to Ft. Lewis, Washington to attend LDAC. Naturally, one can imagine the great deal of stress that accompanied the weeks, days, and hours preceding my departure. I am sure I was quite a sight! The entire week before I left, I packed and repacked my two Army-issue duffel bags according to the packing list I had received. I wanted to make sure I had everything, because any item that was on the packing list but not in a cadet's luggage would result in a negative spot report. This would mean that the cadet incurred negative marks for the course. It also meant that the cadet would begin LDAC by making a lousy first impression on the cadre there. And so for that entire week before LDAC I could be found cross-legged on my floor for hours, simply taking inventory of the

gear in front of me. I checked and rechecked. I packed and then packed again.

The night before I flew out, when I was finally completely and totally satisfied that I had forgotten nothing on the packing list, I placed all of my gear into those two green duffel bags of mine. I nestled each item into the duffel bags just so. When I had finished packing, I carefully, albeit with shaky hand, wrote MULQUEEN in big, kindergarten-style block letters on the two bags.

Exhausted not just from the packing but also from the very thought that I was about to begin my summer assessment, I set my alarm for 4:30 in the morning. I settled into my covers and began the slow process of unwinding my mind so that I could rest. What a difficult process it was! I counted sheep. I made myself a cup of warm milk. I even sang myself a lullaby! As soon as I felt that I would never fall asleep, I remembered a trick that my brother had told me a few months before. He said that whenever he had difficulty falling asleep in Afghanistan he would start to

pray the rosary, and then he would finally feel calm enough to sleep. I took his advice, and he was right. My soul was finally peaceful enough to allow me to fall into a deep slumber.

Soon enough, however, it was "0 dark 30," and I shot out of the folds of my sheets with such ferocity that I actually startled myself. Every nerve in my body was tinged with readiness. Every fiber of every muscle was prepared to engage this beast called LDAC and come out victorious. I barred my teeth in the mirror while I brushed them. I ambushed my dog on the staircase. I feasted on a piece of toast for breakfast the way a lion would feast on his zebra prey. Outwardly, I was ready. Inwardly, I was utterly terrified. I was nervous that I would fail. I was worried that my performance would be substandard. My father, ever-calm and always wise, looked at me and sensed that fear of failure that I had tried to bury so deep inside. He hugged me and said simply, "I love you. Stop worrying. You're going to do fine. I just know it."

With those words, I piled into the car along with my entire family. It was a short drive to the local airport, and soon enough the airline had checked me in. My family and I stood wordlessly before the security checkpoint for a few moments. My brother extend-

ed his arms, and then my father followed. My mother stood smiling in front of me. She embraced me lovingly and then gave me a little nudge toward the metal detectors. I walked haltingly toward the gate, glancing back a few times to make sure my family had not abandoned me. They stood steadfast, waving and smiling.

Once I made it through security and found my gate, I realized that I was actually a little excited to go to LDAC. I dreaded the evaluations and the tests, but I knew that I would have plenty of great experiences there. I mean, who wouldn't want to spend a month in the woods, sleeping under the stars? On top of the awesome things I would get

to do at Ft. Lewis, I knew that I would get paid to be there. So ultimately, it was a win-win situation. I just had to stay positive. With a smile on my face and trust in my heart, I boarded the plane.

Indeed, LDAC was an amazing experience for me. I liken it to my birth as an officer, because it was the place that my future career actually became real to me. I finally took ownership of my choice to enter the Army, and I realized without a doubt that the Army is the place I belong.

Next month, I will continue the story of my LDAC experience, so stay-tuned for tales of triumph and tears.

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THE GRADUATE

My life as a first-year teacher

Katie Phelan
MSM Class of 2011

My life as a first-year teacher has been nothing short of hectic. In the past month I have: learned 61 student names, 79 faculty and staff names, taught 45 different lessons, driven 2,000 miles, received 2 paychecks, and graded huge stacks of papers. So, how many months are there until summer?

Just kidding, I don't need summer to come...yet. I am actually enjoying myself a great deal. Delone is a wonderful community with enthusiastic students. I like my students very much and am so far very happy with the effort they put into their lessons and homework. The other teachers are also wonderful. They've helped me so much already by giving me suggestions or helping me to solve different problems.

Honestly though, I don't even think about whether I like what I'm doing or not. Most times I'm running around like a chicken without a head trying to get papers photocopied, messages sent, or papers graded. The alternative mode is exhaustion where all I have the energy to think about is what I'm going to do the next day. Though I knew teaching was going to be a lot of work, I hadn't realized how absolutely exhausting it is. When I'm actually standing in front of the class talking I don't feel tired; there's a sort of adrenaline that keeps me focused on presenting material. It's after the class is over when I get a moment to myself that I realize how tired I am.

Teaching of course isn't physically exhausting. I'm not mining coal or lifting boxes all day. It is emotionally and mentally exhausting, though, especially when it takes extra effort to get the kids focused on doing work. For example, Monday morning classes are actually much less tiring than Friday afternoon classes. Delone has a rotating schedule so each day students come to my room at different times depending on the cycle day. While this has taken me a while to get used to it is very interesting to see how different kids behave at different times of the day and week.

Sometimes just thinking about my school day makes me tired, pathetically enough. One day I was fine when I got into the car to drive to school. You know, a little tired, but pretty normal for waking up when it's still dark outside. On the way I thought about one of my classes and the challenges they were posing. One hour later when I arrived at school I was exhausted. "Well," I thought, "this is a great start."

One thing that consumes a lot of my time at the moment is deciding what I want to teach. This includes looking at what I want to do each



day and also how the course as a whole should be organized. For two of my classes—Speech and Creative Writing—this is quite difficult because I don't have a textbook. While it can be nice to decide how I would like to run things it also means that on days where I'm not sure what to do it means I can't fall back on a textbook for ideas. It means I decide what I teach, how to teach it, and make handouts to supplement what I say. This is a lot of work now, but I'm sure that as I get more used to it I'll love the flexibility and freedom that I have within what general goals there are for the course.

I've already learned a bunch of important things in my first month. I'll share some of them with you.

Lesson 1: If you wear high heels to school, do NOT take them off no matter what if you have to put them back on at any other point in the day. My first day I wore a pair (probably not the wisest decision) but about half-way through the day I took them off during my free period, walked around flat-footed and then tried to put them back on. The pain doubled and by the end of the day I was literally hobbling to my car. Heels do seem to be something you can develop resistance to because I'm doing much better with them now.

Lesson 2: Freshmen know much less and much more simultaneously than you think they do. Sometimes they have trouble with tasks like passing papers forward, and other times they make such insightful comments that you just have to stop and say, "well, yeah, I think you've got that right."

Lesson 3: Sometimes morning trips to McDonalds for sweet tea and apple pies are necessary to

make it through the day.

Lesson 4: The days of staying up until 3 in the morning are over. Go to bed early or you're not making it through the week. This is especially important at the beginning of the week. If you don't get enough sleep on Monday, Friday will be a nightmare.

Lesson 5: Think about what you want to wear the night before you go to bed. Otherwise you'll spend 10 minutes staring at your closet and then ironing your outfit at 6:30 in the morning when you should have already been dressed and out the door.

Lesson 6: Phone calls and books on tape make the hour drive to school and home much more enjoyable.

Lesson 7: College is so much easier than teaching. Even my most tiring semester was easier than teaching this year. Mount students, be grateful for your "early mornings" of 9 am classes, your "mounds" of homework, and the "exhausting" task of sitting in class learning from someone who has prepared a lesson for you.

Lesson 8: Use at least one day of the weekend to catch up on sleep and attempt to plan out the week. Naturally though, you won't be able to grade, update grades online, plan 3 lessons for every day and run all of the errands that have built up over the week, so you'll get about half done.

Lesson 9: You'll experience at least one "I'm supposed to do what?" moment a day for the first few weeks.

Lesson 10: Other teachers are a wonderful and unbelievably valuable resource. The internet is another. Use every suggestion, plan, and piece of advice you can get. Without the help I've gleaned

from other sources I probably wouldn't have made it this far.

Despite all the challenges and general exhaustion, I can already feel my job getting easier. I've also found myself looking for ways to make next year more productive. I'm spending time now organizing my notes and calendar so that when next year rolls around I'll be able to use my notes, handouts, and lessons again. Next year I'll also know what things I need to spend more time on and what things I might be able to skip over. With every day that I teach I see what things are working and realize how to improve things in the future.

My students are champs for

putting up with our sometimes crazy classes and for helping me and learning with me. I have one class of juniors and seniors and they've been a help at times with showing me some of the quirks of different days. Delone has more different and weird schedules than I ever remember when I was in high school.

I think our year is off to a great start—with lots of learning, growing, laughing, and craziness on all sides. I think my students are learning a lot and having fun. I know that I am!

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

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MOUNT CREATIVE WRITERS

Pumpkin love

Chelsea Baranoski
MSM Class of 2010

It was that time of year again. The air was crisp and the mountains were a wash of reds, oranges, and golds. It was time for corn mazes, hot cider, and the South Mountain Fair. Joanne looked forward to the fair every year. She loved the sky-high Ferris wheel, the colorful bumper cars, and the sticky sweetness of the cotton candy. This year, 10-year-old Joanne had still wanted to enjoy the exciting rides and the delicious food, but she had also wanted to try something different. She had decided to grow a pumpkin and enter it in the 4-H contest, just like her grandmother had when she was a little girl.

Joanne remembered sitting on the edge of her grandmother's bed not long before her grandmother joined the angels. "Look at these, Joanne," her grandmother had said, pointing to the wood-paneled wall next to her bedside.

"What are they?" Joanne asked, staring up at the seven faded and frayed blue ribbons that hung in a row along the wall.

"I won those when I was around your age. Seven years of growing pumpkins. Seven years of winning the prize for the biggest pumpkin."

"Wow, Nana! That's great! I wish I could win something, but I never win anything"

"It's not about winning," Gram said. "It's about doing something you love. I loved caring for those pumpkins. I cared for them every day, making sure that they had enough water and sunlight. While everyone else was playing tag in the yard, I was out in the field, sitting with my pumpkin. I thought that if I sat with the pumpkin and paid a lot of attention to it, it would grow big and healthy like Popeye the Sailor Man."

"Did all the attention work?" Joanne asked.

Gram reached out with her bony fingers and touched the ribbons. "It sure did."

* * * * *

Joanne set out to grow the biggest pumpkin at the fair. She sprinkled pumpkin seeds throughout her family's field in early June and watched as one pumpkin grew at a rate much faster than the others. Joanne paid particular attention to this pumpkin; she watered the pumpkin every day, pulled out all of the "enemy" weeds, and ensured that no cucumber beetles and squash bugs attacked the vines. Joanne even inspected the pumpkin's leaves, making sure that they did not have a speck of powdery mildew.

July and August were excessively dry months and Joanne was afraid that her beloved pumpkin would not survive. Mother Nature did not seem to be on

her side. Each day was drier than the next. 85 degrees. 90 degrees. 96 degrees. She wandered to the pumpkin patch morning, noon, and night to check on the pumpkin. If the ground felt as dry as sand, she would give the pumpkin a long drink of water to quench its thirst. Just like her grandmother many years before her, Joanne would sit next to her pumpkin to keep it company. She would pat the hard rind, breathe in the country air, and offer up a prayer that the pumpkin would continue to grow and prosper.

* * * * *

After months of preparation, it was finally fair time. Joanne hoped her prayers would be answered. The pumpkin was a deep solid orange and weighed over 100 pounds. Her father and grandfather struggled to lift it out of the bed of her parents' sky blue truck. Joanne looked around at her competition. Most of the pumpkins were huge. She was especially worried about Scotty Masterson's pumpkin. He had won the 4-H pumpkin contest three years in a row. But did his pumpkin receive as much loving care as Joanne's pumpkin? Some of the pumpkins were a little bruised and dented, but Joanne's pumpkin was smooth and gleaming in the October sun. All Joanne could do now was wait. She hated waiting. Her mother had told her that she got her impatience from her grandmother. She patted her pumpkin and went for a walk around the fairgrounds. Her stomach was twisting like a pretzel. She passed the shiny green John Deere tractors, the towering rides, and the hungry cattle chewing their hay in unison. She stopped at the concessions for some funnel cake and cotton candy before returning to the pumpkin contest.

"Welcome to the 4-H pumpkin contest," a man with a booming voice exclaimed. He hardly needed the microphone.

"We have studied each pumpkin very closely. There were a lot of great entries this year. Surprising, given the dry summer we had. These pumpkins must have received a lot of love. And now it all comes down to this...."

A lady in a pink flannel shirt handed the man a long white envelope.

Joanne held her breath and crossed her fingers.

"Third place goes to Miss Teresa Jones! Congratulations, Teresa!" the man boomed.

Applause erupted, traveling through the maze of bright orange pumpkins.

"Second place goes to Mr. Tommy Talbot! Congratulations, Tommy!"

Another round of applause bounced from plump pumpkin to plump pumpkin, leafy stem to leafy stem.

And finally, what we've all been waiting for....the winner of the

4-H pumpkin contest is....drum roll please." Everyone in the crowd patted their knees as a makeshift drum roll.

"Well, what do you know...we have a new winner this year! Congratulations, Miss Joanne Preston!"

Joanne was so nervous that she tuned out the announcer, and did not realize that she had won until her mother elbowed her and tried to wipe some of powdered sugar from the funnel cake off her cheek. When Joanne walked toward the booming voice, she felt like she was walking in a dream. When the man presented her with the blue ribbon and shook her hand, she imagined that her grandmother was smiling down on her. She ran over to her grandfather and showed him the ribbon.

"You earned it, kiddo," her grandfather said, a tear running down his lined cheek.

* * * * *

On the walk back to the truck, Joanne felt a pang of sadness overshadowing the excitement of winning the contest. Her pumpkin had been auctioned off before she had a chance to rescue it. The pumpkin that she had watered and nurtured everyday was now in someone else's hands. She could only hope that the person who bought the pumpkin would realize how much love it had received.

As Joanne neared the truck, she thought she saw something orange sticking out of it. Could it be? Joanne bolted toward the truck. Sure enough, Joanne's pumpkin sat in the bed of the truck, ready to go home. "But how? When?" Joanne wondered aloud.

"Surprised?" Joanne's grandfather asked her, patting her shoulder. "I know how much you love that pumpkin and I couldn't bear to see you part ways. Your grandmother always told me her Grandfather always bought her pumpkins after the contest and I figured you would want the same."

"Thanks, Grandpa," Joanne said, wrapping him in a bear hug.

"And this way, your mother can teach you how to make your grandmother's pumpkin spice pie...." Joanne's grandfather trailed off

"I'd love to learn the recipe," Joanne said. "I've never baked anything before. I hope it turns out like Nana's."

* * * * *

As soon as Joanne arrived home, she begged her mother to teach her how to make her grandmother's pie. The pumpkin was so big that Joanne's father had to use a saw to cut it open. Joanne helped her mother wash the pumpkin and scoop out all of the seeds into a dozen plastic sandwich bags. She would save the seeds for next year's pumpkin patch. She molded the dough for the pie crust and helped her mother fill it with pureed pumpkin.



While Joanne was waiting for the pumpkin pie to finish baking, Joanne's mother told her stories about her grandmother. The time when her grandmother went on a baking binge and baked 25 pumpkin pies in one day. The year her grandmother visited a dozen county fairs in Pennsylvania. The yearly trips to the pumpkin patch to pick out the perfect plump pumpkin for Halloween. Joanne's favorite story was the story of how her grandmother met her grandfather. They were both at the county fair. Both had entered their pumpkins in the 4-H contest. Both had wanted a blue ribbon more than funnel cake. When Joanne's grandmother won the contest, Joanne's grandfather had expected to be disappointed and even a little jealous. However, when he saw the brilliant shine in her grandmother's blue eyes and the pearly smile that spread across her face like an angel spreading its wings, he smiled. He walked over to her to congratulate her, and the rest was history. True pumpkin love.

"Ding! Ding! Ding!" The oven

timer begged attention.

Joanne's mother took the giant pie out of the oven. It was the biggest pumpkin pie that Joanne had even seen. She thought it would surely qualify for the Guinness Book of World Records. And there was still enough pumpkin left to make dozens of pies! After the pumpkin cooled, Joanne took a slice of pie and carved a smiley face into the top of it with a toothpick. She walked into the living room and snuck up behind her grandfather, who was sitting in an armchair watching a game show.

"Grandpa, this is my gift for you," Joanne said softly, pressing the plate into his hands, calloused from years of farm work.

Joanne's grandfather looked down at the smiley face pumpkin pie in his hand. Joanne did not think that she had ever seen her grandfather smile so big before. He pulled Joanne in for a hug and kissed her forehead. Now that was pumpkin love.

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SIMPLE SERVINGS

Whole grains: the real deal

Sharon Racine

Back in August, I decided to sign up for a half marathon on a whim. To date, I have not run more than 6 miles in one go, so my decision to do this half marathon was a pretty big one. I found a great training schedule, and it wasn't long before I realized that if I wanted to do semi-well in this race, I would have to make some dietary changes. Running at least 13 miles a week to start wasn't too hard (I was already used to running at least twice a week), but I needed to start eating healthier to make sure I got all the vitamins I needed to maintain my energy.

Dried cranberries replaced gummy candies, and I started eating more salads and all-natural foods. Quinoa became a quick new favorite that has come in very handy for quick, healthy meals that I can feel okay about. Bread is another staple that I find myself craving on the regular; despite today's anti-carb revolution, I know that eating breads with whole grains helps boost my energy which, in turn, improves my running performance. The occasional ice cold beer after a long run doesn't hurt, either - I

love carbs in all forms.

A term that I've been hearing a lot of lately, though, involves whole grains. Whole grain pasta is actually good for you, rather than that enriched kind that has become synonymous with empty carbs. Whole wheat bread contains plenty of vitamins and nutritious supplements, whereas white bread is a cheap alternative that doesn't offer much in the realm of healthy perks. All of the foods that we already love can be made instantly healthier by swapping the refined versions for the whole grain versions.

According to WHFoods.com, wheat in its whole, unrefined form boasts a wide range of important nutrients. Unfortunately, most wheat products in the United States (i.e. bread, pasta, cookies and other baked goods) are subject to 60% extraction, which means that 40% of the original wheat grain is removed before consumption. That 40% involves the most nutritious portions of the wheat grain, including the bran and the germ, along with over half of vitamins B1, B2, B3, E, folic acid, calcium, phosphorus, zinc, copper, iron and fiber. I mean, who needs all

those nutrients anyway?

I kid. Why consume "enriched" wheat products when you can have the real deal with whole wheat products? Calories are typically lower in whole grain foods, and the benefits from fiber, protein, and vitamins are exponentially greater than in enriched foods. As long as I'm running, I will be consuming whole grains, and I can't recommend whole grain-rich diets enough. Do it for your heart, your health, and most importantly, your happiness. These delicious whole grain recipes will not disappoint.

Whole Wheat Pizza Dough From AllRecipes.com**Ingredients**

- 1 teaspoon white sugar
- 1 1/2 cups warm water (110 degrees F/45 degrees C)
- 1 tablespoon active dry yeast
- 1 tablespoon olive oil
- 1 teaspoon salt
- 2 cups whole wheat flour
- 1 1/2 cups all-purpose flour

Instructions

1. In a large bowl, dissolve sugar in warm water. Sprinkle yeast over the top, and let stand for about 10 minutes, until foamy.
2. Stir the olive oil and salt into the yeast mixture, then mix in the whole wheat flour and 1 cup of the all-purpose flour until dough starts to come together. Tip dough out onto a surface floured with the remaining all-purpose flour, and knead until all of the flour has been absorbed, and the ball of dough becomes smooth, about 10 minutes. Place dough in an oiled bowl, and turn to coat the surface. Cover loosely with a towel, and let stand in a warm place until doubled in size, about 1 hour.
3. When the dough is doubled, tip the dough out onto a lightly floured surface, and divide into 2 pieces for 2 thin crust, or leave whole to make one thick crust. Form into a tight ball. Let rise for about 45 minutes, until doubled.
4. Preheat the oven to 425 degrees F (220 degrees C). Roll a ball of dough with a rolling pin until it will not stretch any further. Then, drape it over both of your fists, and gently pull the edges outward, while rotating the crust. When the circle has reached the desired size, place on a well oiled pizza pan. Top pizza with your favorite toppings, such as sauce, cheese, meats, or vegetables.
5. Bake for 16 to 20 minutes (depending on thickness) in the preheated oven, until

the crust is crisp and golden at the edges, and cheese is melted on the top.

Homemade Whole Wheat Bread From AllRecipes.com**Ingredients**

- 3 cups warm water (110 degrees F/45 degrees C)
- 2 (.25 ounce) packages active dry yeast
- 1/3 cup honey
- 5 cups bread flour
- 3 tablespoons butter, melted
- 1/3 cup honey
- 1 tablespoon salt
- 3 1/2 cups whole wheat flour
- 2 tablespoons butter, melted

Instructions

1. In a large bowl, mix warm water, yeast, and 1/3 cup honey. Add 5 cups white bread flour, and stir to combine. Let set for 30 minutes, or until big and bubbly.
2. Mix in 3 tablespoons melted butter, 1/3 cup honey, and salt. Stir in 2 cups whole wheat flour. Flour a flat surface and knead with whole wheat flour until not real sticky - just pulling away from the counter, but still sticky to touch. This may take an additional 2 to 4 cups of whole wheat flour. Place in a greased bowl, turning once to coat the surface of the dough. Cover with a dishtowel. Let rise in a warm place until doubled.
3. Punch down, and divide into 3 loaves. Place in greased 9 x 5 inch loaf pans, and allow to rise until dough has topped the pans by one inch.
4. Bake at 350 degrees F (175 degrees C) for 25 to 30 minutes; do not overbake. Lightly brush the tops of loaves with 2 tablespoons melted butter or margarine when done to prevent crust from getting hard. Cool completely

Healthy Oatmeal Cookies From WholeGrainGourmet.com**Ingredients****Dry ingredients**

- 1 cup whole wheat flour (a pinch more depending on the moisture of the mix)
- 1 1/2 cups of Large Flake Rolled Oats (smaller flake is ok too)
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 Tbsp Cinnamon (I actually use about 3 Tbsp--got to love cinnamon)
- 1/2 tsp Nutmeg (optional)

Wet ingredients

- 1/2 cup honey
- 1/2 cup oil (corn, grapeseed or olive) * you can also use some applesauce to replace some of the oil if you wish*

- 1 Tablespoon Molasses
- 1 egg (beat with 1 Tbsp Water)
- 1 tsp Vanilla

Other ingredients

- 1/2 cup raisins (1 cup for my Dad's batch)
- 1/2 cup walnuts (more for my Dad's!!)

Instructions

1. In a large bowl, mix all the dry ingredients together.
2. In a medium bowl, mix all the wet ingredients together. Hint: when measuring out the honey, spray the measuring cup with oil or baking spray--your honey won't stick).
3. Mix the wet stuff with the dry stuff. Add the raisins and walnuts and mix. If the mixture seems too wet, add a bit of flour. If it isn't binding together very well, you may wish to add an egg white.
4. COOL the mix for 20 minutes in the fridge.
5. Preheat the oven to 335 degrees (lower temperature due to the honey in the recipe which will burn more easily).
6. Drop by teaspoonfuls onto your baking sheet (I recommend lining the baking sheet with parchment paper). Press down with a fork to ensure even cooking.
7. Bake for about 15 - 20 minutes or until golden on the bottom of the cookie. The cookies freeze very well and make a great snack! Enjoy.

Quinoa Salad with Dried Fruit and Nuts From AllRecipes.com**Ingredients**

- 1 1/2 cups quinoa
- 1/4 teaspoon salt
- 3 1/2 cups water
- 1 bunch green onions, chopped
- 3/4 cup chopped celery
- 1/2 cup raisins
- 1 pinch cayenne pepper
- 1 tablespoon vegetable oil
- 1 tablespoon distilled white vinegar
- 2 tablespoons lemon juice
- 2 tablespoons sesame oil
- 1/3 cup chopped fresh cilantro
- 3/4 cup chopped pecans

Instructions

Bring the quinoa, salt, and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, 20 to 25 minutes. Once done, scrape into a large bowl, and allow to cool for 20 minutes. Stir in the green onions, celery, raisins, cayenne pepper, vegetable oil, vinegar, lemon juice, and sesame oil. Allow to stand at room temperature for 1 hour to allow the flavors to blend. Stir in the cilantro and pecans before serving.



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Music, anyone!

Kathryn Franke
MSM Class of 2013

It's that time of the year again. The time when summer has come to an end and we begin to welcome autumn. As the trees begin to change colors and the temperature starts to drop, don't let those end-of-summer blues hold you back from having some fun with some great entertainment!

There are plenty of things to do in the area this month, but perhaps one of the biggest attractions is Music, Gettysburg!, which is a premier concert series that features international, regional and local musical artists. The concerts are directed at the greater southern Pennsylvania region, and the concerts are free and open to the public. No reservations or tickets are required for these concerts. It is a great opportunity to enrich your musical exposure and be introduced to artists from many different genres and regions.

The concert series has been made possible by the Lutheran Theological Seminary at Gettysburg along with businesses and individuals from the surrounding area. Through their dedication and commitment to the arts, they have collectively brought us a musical experience that we will not soon forget. Unless otherwise stated, all of the concerts in the series will all take place in the Church of the Abiding Presence, the chapel of the Gettysburg Seminary, which is located at 147 Seminary Ridge, Gettysburg, Pennsylvania.

Seminary professor Gerald Christianson founded the Music, Gettysburg! organization in 1980, and since then it has been putting forth a musical series of at least 15 concerts every year. According to Mark Oldenburg,

the Chair of the concert series, musicians and musical ensembles come from all around the country to participate in the venue for the concert series. They love the chapel's extraordinary acoustics and the appreciative audiences, which make the concerts an unforgettable experience for all those who participate and attend.

Music can do amazing things. It has the power to capture feeling, emotion, and even history. It is one of our most powerful means of communication, and it can convey a message from an individual, a group, and even a country. So what better way to open up the Music, Gettysburg! series than to honor our country by memorializing the anniversary of the September 11th attacks?

This is just what the Gettysburg Chamber Orchestra (GCO) did. The GCO has been operating for almost fifteen years now. Norman and Carolyn Nunamaker founded the ensemble in 1997, and the organization's first concert took place in May of 1998. The ensemble is fully professional, and it consists of members from the Gettysburg area in addition to Harrisburg, Washington, Baltimore and York. Its goal is to include as many Adams County musicians as possible, both as members and soloists. This goal gives the group a very authentic and local feel, which enhances their performance as a whole.

Using the music of John Rutter, Gustav Mahler, and Tchaikovsky, the GCO brought the concert series to life on September 11th in the Gettysburg Seminary Chapel. Karen Botterbusch, a long time resident of Gettysburg, was the featured soloist on the flute. Botterbusch's accomplishments are quite impressive. She plays flute and piccolo with the Harrisburg and York Sym-



Gettysburg Chamber Orchestra

phony Orchestras as well as the Shippensburg Festival Orchestra. She is involved with the Pennsylvania Regional Ballet Orchestra, and she is the Principal Flute in the Gettysburg Chamber Orchestra. As you can see, her musical career has been very successful so far, and she brought her skill and experience to the concert to make it an unforgettable beginning to a remarkable series.

The concert honored the anniversary of the 2001 attacks, and it was a powerful orchestral program filled with passion and patriotism. The Director of the GCO, Dr. Norman Nunamaker, decided to dedicate the performance of Mahler's Adagietto to the victims and first responders of the attacks. He says that "the Adagietto is one of the most expressive compositions ever written and it is fitting to perform this work at this time. Plus, this year marks the 100th anniversary of Mahler's untimely death in 1911."

This month, the concert that will take place is a benefit for

the Chapel makeover. It is entitled "Our Favorite Things" and it will take place on Sunday, October 9th at 4:00pm. As for the rest of the year, there are many other chances to see some of the great musical talent the area has to offer. On Friday, November 11th at 7:00pm, organist Christian Mark Lane will perform. On Sunday, November 20th at 4:00pm, the Pavlish Stokes LaNasa Trio will take the stage. The following Sunday on November 27th at 7:30pm, the concert is the Festival Choral Vespers for Advent with the Schola Cantorum of Gettysburg. Rounding up 2011 is A Christmas Offering on Sunday, December 18th at 7:00pm.

The schedule for the concert series continues into the New Year and goes on until late May. The first concert of the New Year will take place on Friday, January 27th at 7:30pm. Organist Felix Hell and guest pianist Grace Kim will give us a musical performance like no other. The next concert is on Sunday, March 4th

at 4:00pm with the New Amsterdam Trip and Mary Hammann. On Sunday, April 1st at 3:00pm, Copland's Appalachian Spring will perform at the chapel. We will have a whole new type of performance on Sunday, April 22nd at 4:00pm as we witness the up-and-coming talent of the next generation through a performance by the Gettysburg Children's Choir. Nearing the end of the series, the Gettysburg Chamber Orchestra will perform on Sunday, May 13th at 4:00pm. Finally, bringing the concert series to a wonderful end on Sunday, May 20th at 4:00pm is the Boston Shawm and Sackbut Ensemble with the Schola Cantorum of Gettysburg.

This is a series that you do not want to miss. Even a decade ago in 2001, Central PA Magazine, the magazine of WITF-FM (the public radio station of Central Pennsylvania) named Music, Gettysburg! one of its "50 Fabulous Finds" in its listening area. So don't let the music end with the summer. Pick a concert that interests you in particular, or come to them all! But don't miss out on this great experience as the Gettysburg area exhibits such amazing musical talent. They are all performances that will bring you to your feet, chanting for an encore.

For more information about the concerts remaining in the Music, Gettysburg! schedule, please call 717-334-6286 ext. 2197 or email info@musicgettysburg.org or visit the website at www.musicgettysburg.org

For further information about the Gettysburg Chamber Orchestra concert please call 717-334-5508. More information is also available at the Seminary's website: www.ltsj.edu/

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MOUNT SPORTS

Women's field hockey

Megan Kinsella
MSM Class of 2013

Growing up, I was the resident tomboy in my house. I was the only girl at St. Thomas More middle school who played football and Red Rover with the boys at recess. In fifth grade, I vehemently refused to wear the uniform skirt that girls traditionally wear in Catholic schools, and instead donned the male equivalent: straight-legged, baggy khaki pants. When my older sister Caitlin requested that her room be painted an obnoxious shade of pink, my parents decided to throw my room into the mix. Coming home from school and discovering the monstrosity that had occurred, I refused to sleep in a room that looked like it had bubble gum smeared on the walls. The only way that my poor mother was able to coax me into bed that night was by making an oath to go out and buy the newly released Star Wars action figures the next day, as a peace offering to atone for the atrocious crime.

With all this being said, there came a time in my young life that I was faced with a very difficult situation. In sixth grade,

I joined the local lacrosse team and fell in love with the game. Practices went really well, I soon proved myself to be one of the better players on the field, and I was able to thrive in my ultimate tomboy abilities. The day before our very first game, Coach pulled a big box out of her car and started handing out uniforms. A rush of excitement welled up inside me as I got closer and closer to the front of the line. However, I stopped dead in my tracks when I saw what she pulled out of the box. To my horror, I was handed a white jersey and... gasp! A short, navy blue SKIRT! I couldn't believe my eyes. Is this a joke? I have got to be dreaming. Is it even humanly possible to play a sport in something as girly as that thing?? Needless to say, I was able to get over my initial shock. I soon discovered that I could just as easily check someone into the mud and trample my opponents while wearing a skirt as I could in any other uniform style. To be honest and just a little bit vain, I soon became the toughest skirt-wearing ten year old in all of Pennsylvania—and I looked pretty darn good, too.



So what the heck do my childhood antics have to do with sports here at the Mount? This month I'm covering a skirted Mount team that looks just as fashionable and is one hundred times tougher than I was in middle school: the Women's Field Hockey team. Established in 2008, this club team has made huge strides over that past few years, developing into a competitive force that is not to be messed with. Junior Samantha Strub commented: "Our team is pretty new, and still developing. We have slowly been growing and becoming more competitive every year. We are more competitive this season than we were last Spring. Yet the main purpose is to stay active, play the sport we love, and have fun!"

The girls welcomed 12 new players to their team this year, and the squad is stronger than ever. They are led by fearless senior captains Amy Zatt and Sarah Platt (yes, I'm sure the rhyme was quite intentional), and coached by the Mount's Head of Public Safety, the one and only Barry Titler. Over the summer, the women worked hard in preparation for this year. "We all were running and doing some lifting

in order to be ready to continue conditioning and practicing our stick skills," said Strub. "We have team runs during practice, as well as drills for our stick skills, and scrimmaging in order to apply what we practiced in the drills."

The Field Hockey team started off their season with an exciting win over American University on September 10th. Freshman Maggie Metress came through for the Mounties in the second half, scoring off of an assist from junior Shelby Servais. A week later, the women held a tournament here at the Mount, where they hosted Navy and Towson. After losing to Navy 3-0, the girls fought back to beat Towson 1-0, putting their record at 2 and 1. On October 1st, the women will travel to Messiah College to face Messiah and Temple University, then to University of Virginia to play UVA, Christopher Newport, and George Washington on the 23rd. The women end their Fall season on October 30th against Drexel and The College of New Jersey at Drexel.

Soon after Fall ball ends, the women will start training again for their indoor season. During the winter, the Mountain-

eers play games at the All Sports Complex off of Route 15 in Frederick. Be sure to come on out and support our stylish, skirted schoolgirls (please pardon the alliteration) this winter, and then again second semester during their spring season!

"It is so awesome that we are becoming more competitive and winning more games," says Strub. However, her favorite part of being on the Mount's Field Hockey team is the joy that comes from being able to do what she loves: "It is such a blessing that I'm able to continue playing the sport I love while in college. I always have a lot of fun—I enjoy taking a break from schoolwork to come play some hockey. It helps me relieve stress, stay in shape, and make friends." Let me speak on behalf of all my fellow students here at the Mount when I agree with her whole-heartedly: we all could use a little fun, healthy stress-relief every now and then.

Well, that's all for this week, Emmitsburg. Enjoy the fall weather and I'll see you in November!

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



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PASTOR'S DESK

A prayer for us this Autumn

Pastor Tiffany Kromer
Trinity United Methodist Church

*"When despair for the world grows in me,
 and I wake in the night at the least sound in fear of what my life and my children's lives may be -- I go and lie down where the wood drake rests in his beauty on the water, and the great heron feeds.
 I come into the peace of wild things who do not tax their lives with forethought or grief.
 I come into the presence of still water.
 And I feel above me the day-blind stars waiting with their light.
 For a time I rest in the grace of the world, and am free." --Wendell Berry*

I wake to the sound of my alarm. I hit the snooze button. 15 more minutes. Just 15 more minutes.

I am not a morning person. And, it's Monday. Monday.

My husband gently nudges me to get up. With a groan, I do my best zombie-like walk to the kitchen. I eat. I get dressed. My dog and husband say goodbye with kisses and I'm on my way. Another full week of work ahead. So much to do. Will I get it all done? What should I do first today? What phone calls should I make? What meetings do I have? What will I preach next Sunday. These are the questions I ask myself as I drive to work. These questions evoke that familiar feeling, that familiar inclination within me to always rush-rush-rush, go-go-go, do-do-do. If I am not careful, life quickly becomes a race, instead of a journey; a burden, instead of a gift; a fast food drive-thru, instead of a delectable feast where every morsel is

savored and there is always more than enough to share with others.

How quickly I forget this. In Monday moments like these, the most helpful thing for me to do is breathe, deeply and slowly, and pray, deeply and slowly. In Monday moments like these, words can be hard to find. Usually the words from my mouth organize themselves in a prayer like this: "God, grant me strength, grant me wisdom, grant me courage. Clear my mind of my frenzied thoughts and reveal to me your miracles. Guide my feet. Steady my pace. Hold my hand and lead me to do your work in the world."

Last year, my husband and I moved from Atlanta, Georgia, to the Catoctin Mountains of Maryland to begin a great adventure in ministry in the United Methodist Church.. Living in the south most of our collective life, we knew that much awaited us as we settled in our new home.

It has now been a little over a year since making the big move, and my husband and I cannot imagine living anywhere else. With each change of season, we find ourselves in awe of the emergent beauty blooming around us. I remember the first change of season we witnessed, summer to fall.

The vivid, brilliant colors that burst forth from the mountains took our breath away.

Anticipating many more zombified-frenzied-go-go-go Mondays ahead, I recently decide that I must write myself a note, to read during these busy days of autumn, as a way to gently nudge me back to the "Jesus Way", instead of following the "Tiffany way" (which always brings me to an abrupt, dead end). The leaves will soon be falling, apples are ripening, the art of picking perfect pumpkins will commence, and so I write a note to self. I'll put it on my bedside table to read on those manic Mondays (or terrible Tuesdays, or wacky Wednesdays, thirsty Thursdays, and frenzied Fridays).

Hello familiar friend,

Life can get hectic. Life can get messy. Life can get stressful. But, there is more to life than all of that. When was the last time you stopped, I mean really stopped, and looked around at the world around you? When was the last time you stood in the sanctuary of your backyard and let the birds and bugs serenade you? When was the last time you sat in the silence and listened to your soul, I mean really listen?

forts that you so often take for granted. The work of ministry lies before you, but the weight is no longer on you. Realizing that you are not the center of the universe, that there is a symphony of precious living things proclaiming praise to God alongside and beyond you, you feel as light as a feather. And as you approach the door, a simple prayer pours out of your mouth--"Thank you God." Opening the door, walking inside, your heart is full and overflowing, saying, "Here I am, Lord."

All things will happen in their own time, with God walking by your side. Now, go, take a walk---Tiff

My prayer for us this autumn is that we will be in constant awe of God's glorious creation, the beauty that is the change of seasons. May we receive and open God's gift of creation every day, seeing God's presence and guidance through the beauty surrounding us. In doing so, may we be revived by Christ's peace and feel free to be all God has called us to be.

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IN MY OWN WORDS

Just a spoonful of sugar

Jackie Fennington
MSM Class of 2010

As summer comes to an end, this crisp, fresh air gets me thinking about new beginnings. Spring is typically known for being the season of new beginnings, but I beg to differ.

Fall kicks off the beginning of a new school year, a new sports season and the start of the new fiscal year. People return from summer vacation to a fresh start at work. It may be the start of a new job or a new role, like becoming a parent, a sibling, or maybe an aunt or uncle. If you are not a student or a parent, you may be reminded that it's that time of year again by the school bus you got stuck behind on the way to work, which ended up making you late for work with its many stops on one road. Why can't all the children who live along that road gather at one stop to make things easier? Now you have to leave five minutes earlier just to beat the bus! As traffic patterns change with buses and minivans taking over the roads in the mornings and afternoons, street corners become crowded with either children waiting for the bus or crossing guards waiting for children walking to school.

In my mind, Fall is the beginning of new routines, which define our every movement of every day. Students dive into another school year with a new sched-

ule, which means parents adjust to a new schedule as well to accommodate getting their kids to and from school, sports practices, group projects, etc. We usually hold off on making resolutions until Jan. 1, when we should really be making these resolutions in the Fall, in the heart of change. By January we are already in the middle of our routines. We are more likely to stick with the resolution if we make it when we begin a new experience, not when we are halfway through it. I can't remember when I ever kept a new year's resolution I made in January, which is sad to admit, but how many people can say the same thing?

Who wants to start a running schedule in the dead of winter? Wouldn't you rather hibernate in sweats and eat warm, yummy food! I find it easier to make excuses to skip out on my resolution when I have been in the habit of not doing whatever the resolution was for the past few months. Start an exercise schedule in the Fall when the weather is crisp and fresh, try to push through the tough winter months and then finish up strong in the Spring time. Getting in a good few months of exercise would probably make us feel better about ourselves by the time winter rolls around and we begin slacking on the exercise and indulging more in the food, especially around the holidays. Start-

ing in the Fall would also make it easier to pick up again in the Spring when the weather is nice. Rather than Spring being a new beginning, Spring is the time we should kick it back into gear and follow through with the resolutions we made in the Fall.

After all this talk about making resolutions and how to stick to them, I have not actually made a resolution for myself. Maybe I should practice what I preach! I have very high expectations of myself to exercise this Fall in hopes of losing all that baby weight. Seeing that I have never stuck to an exercise plan, I fear the excuses I will make for myself to not exercise. I can just see it now – I will start telling myself things like, *Well, I should really take a nap rather than go for a run because I have missed so much sleep with the baby,* and *Of course you can have dessert – you just had a baby!* I will become my own worst enemy.

This Fall is a significant new beginning for me because I will become a parent any day now. My non-parent years are over, forever! No matter how you word this concept – You're going to be a mother, you're never going to be a non-parent again, you have a baby coming, etc. – it still sends chills down my spine (in a good way). Every time someone says this to me, as if I don't already know, it feels almost exactly like the time I first found out I was expecting. Even now, at the end of my preg-



Lucy Anne made her appearance on the first day of fall. Oh how the winds have changed.

nancy when I know the only next step is the baby, it still feels like a surprise. I don't think I will ever fully understand the concept until I am holding our baby in my arms. Even then it may still feel surreal.

The day before my due date, Thursday, Sept. 15, was a unique day that got me thinking about Fall and new beginnings. I woke up about 30 minutes before my alarm, which was perfect. It was enough time for me to enjoy the morning in bed without falling back asleep and feeling even more sluggish when the alarm would sound. There was even a

nice breeze coming through the window that made me fall in love with the day already. By the time my alarm went off, I was ready to shower and did not have to rely on the snooze button to save me...twice. I enjoyed my breakfast without rushing and took off for work ready to seize the day.

Knowing that my due date was the next day, I worked with a sense of urgency to finish-up projects just in case I would not be there the next day. I came to a good stopping point on all of my projects, which felt incredibly productive. At the same time, my phone was ringing off the hook with family and friends wondering if I had gone into labor and if not, whether I was ready or not. How can you truly be ready for that event? Regardless, everyone remembered the baby's due date and let me know they were thinking about us. It was an incredible feeling to know how loved our baby is already.

Throughout the day I was unstoppable and full of energy. The winds had changed that day, literally and figuratively, and were fresh and crisp with Autumn air. Even the radio host commented on the winds changing. When I heard that, it reminded me of Mary Poppins, floating in the air ever so gracefully with her umbrella, and how she says she moves on to another family when the winds change and her work with the Banks children was done.

As the winds change, let it remind us that this Fall is another new beginning, a fresh start to something new, anything we choose. Let us set new goals at home, at work, in our personal lives, wherever we may need to see change. And when the road gets bumpy, remember that just a spoonful of sugar helps the medicine go down!

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



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CONTRACTOR'S CORNER

Which came first...the builder or the plans?

Much like the old riddle about the chicken and the egg, it sometimes can be difficult to determine the first steps in designing your custom building project. Should you find an architect and get plans drawn up first or should you find a reputable builder to walk you through the process? My experience has shown that selecting your builder first leads to a smoother, quicker and more cost effective building process. Here is a guide to help develop your plan:

Step 1 in the process is to establish a budget. If a lender is involved, you can start by deciding on a comfortable monthly payment. Your lender can take this information, factor in the length of the loan, settlement costs, and appropriate interest rate (based on your credit score) to determine the amount that the loan will contribute toward your construction project. Add in other sources of funds (savings, family gifts, or sweat equity), and you arrive at your total construction budget.

Step 2 in the process is to find a Builder to guide you through the designing and building process. Prequalify a Builder(s) that you think you may want to work with on your project through friends,

family, a realtor, church, school, sports, etc. There are 3 main things you can check with little effort -License, Insurance, and Experience.

1. License - Companies doing home improvement work in Maryland are required to maintain a valid Home Improvement Commission License Number (MHIC#). This number, by law, must be displayed on any company vehicles and in any public advertising. You may call the Maryland Home Improvement Commission at 410-230-6309 to confirm that a specific license # is valid and also to check to see if the License Holder has had any complaints filed against them in the past. You may also do this online at <http://www.dllr.state.md.us/license/mhic/>. The Home Improvement Commission has the duty to adjudicate any complaints between Contractor and Homeowner, and has the authority to suspend or revoke licenses. Do not automatically disqualify a Contractor with a complaint against them. Hear their side of the story. Sometimes, Contractors find themselves in impossible situations with clients with un-

realistic expectations.

2. Insurance - Most Builders doing business as full time Remodelers will already have sufficient General Liability, Workman's Compensation, and Automobile Insurance. Do your diligence and ask for a copy of their policy. If you have any doubts about the Builder's policy, I suggest showing a copy of the policy to the insurance agent that handles your personal home, auto, etc.
3. Experience - This item is not as easily quantified as #1 or #2 above. We could spend a lot of time trying to answer the question of when exactly a person is considered "qualified". Here is the short answer. Get references, call them, and ask lots of questions! Here are some questions that need to be asked of references. Was the Builder and his/her subcontractor's polite and courteous? Did the project begin and end as promised? What kind of problems arose and were they handled to your satisfaction? Were the Subcontractors respectful of your property? Were there unexpected costs out of your control? Would you hire this Builder again? The references should be for projects that are similar in size and scope to the home improvement that you are considering.

Once you have pre-qualified the Builder, schedule an appointment and meet to discuss your project. Ideally, this meeting will be at the site of the home improvement, but may also be at the Builder's place of business. Communicate your ideas and be receptive to new ones. Remember this is essentially an interview process for both the Builder and the Homeowner. This is a two-way street! Not only does the homeowner need to feel comfortable with the builder, but the builder also has to have room in his/her schedule

and be comfortable with the homeowner and the scope of the project. Things can change rapidly in this industry. I may have a first meeting with you, have room in my schedule, and be very interested. The next day I may get 2 or 3 verbal commitments on other projects that I had been working on for months.

One of the most important things to do at your appointment is to SHARE YOUR BUDGET! Many people are reluctant to do this because they think that the bid will come back at this same number. The truth is, my price will not change whether I know your budget or not. I break my estimates down into 50 different categories to determine my costs for the job. My costs will not increase or decrease based on your target budget. So, why is it so important that I know your budget, you ask? Knowing your budget will help define a scope of work that is realistic. Typically, a Builder can pretty quickly define a price range for a specified home improvement or custom home project based on experience. If your budget is not within this price range, then now is the time to either re-define the scope of work or change the budget before you and the Builder spend a lot of time on a project that is not feasible with the established budget.

I know many of you are thinking right now how do you know if you are getting a fair price if you are only working with one Builder. The best solution is to breakdown the Builder/Homeowner relationship into a two-stage process. The first stage is a design agreement where the scope of work includes everything necessary to produce a set of working blueprints. The contractor, architect, and engineer are compensated for all of their time. At this point, the Homeowner is free to obtain bids on the completed blueprints.

The second stage is the actual construction. The obvious ben-

efit for the Homeowner is that they should have design that fits their budget and can obtain multiple bids. The benefit to the Builder is that they have developed a relationship with the Homeowner and have been compensated for their expertise. The best approach is to be open during your interview meeting and make sure both you and the Builder agree to a financial compensation package.

Step 3 is to hire the Architect and have drawings prepared. My experience has shown it is usually better to use an architect or designer with whom the Builder is comfortable or has recommended. The main reason is that there is a lot of communication between the architect and Builder during the design process. Even if you hire your own Architect and you share your budget, they may still design something that is over your budget. Architects, by nature, are artistic people and usually have a desire to design "unique" or interesting features into the project. This is usually a good thing. But, these elements will add to the cost. Involving the Builder during the process to help "steer" the size and design should avoid the disappointment of not being able to build something to which you've become emotionally attached.

A good set of drawings or blueprints are an invaluable tool for communicating the scope of the project between Homeowner, Builder, and Subcontractors. If the project requires a building permit, you will need a set of drawings to submit with your permit application anyway. Your Builder can also help the Architect with respect to local code issues and common building practices. Typically, an Architect will design projects for many jurisdictions. Building codes can change from county to county and township to township. A Builder will usually be more knowledgeable on local codes than an Architect because the contractor is dealing with local building inspectors on other projects frequently. When I am involved at the design stage, I also involve my engineer for critical design conditions. This helps to avoid making significant design changes later when the engineer wants to change structural elements.

Step 4 is to commence construction of your project. Whether you continue the project with your original Builder or select another Builder for the construction phase, all the hard work and detailed preparation you went through in the first 3 steps should pay off for you as the actual construction begins. By involving a Builder from the beginning, there should be minimal surprises and you should feel confident that your vision will become a reality.

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COMPLEMENTARY CORNER

Words... creating our world and health

Renee Lehman

Part 2

As I wrote in Part 1 of Words last month: what you say matters! Words have power! Words can teach, guide, encourage, inspire, reassure and unite. Words can also destroy visions and dreams, and tear relationships apart. With words, we both create life and destroy life.

Did you pay attention to your inner voice over the past month? What types of words did you tend to use when speaking to yourself or to others? Were they effective in generating possibilities for yourself and others? Or, did they tend to create “shut down” and “stuckness?”

What strategies can you develop to be a better listener of the words that you use to converse with yourself and others? What steps can you take to help make your word choices more beneficial for you and the world? Continue reading this article for some suggestions.

Listening

We all tend to hear at least two voices in our head. The inner voice that speaks with wisdom tends to be a peaceful voice. Let's call it “Buddy.” We can hear Buddy's voice saying, “Great job” or “Wow, that was easier than I thought.” It can make you feel open, freed-up, and like smiling.

In contrast, the other inner voice may speak with greater authority about our life. Let us call this inner voice “Bully.” It shouts, shrieks, and is based in fear. We hear the Bully's voice coming from inside of

us saying things like, “Don't screw this up” or “I'm not very good at...” Sometimes we hear the Bully's voice speaking through others around us: “You can't do that” or “You'll probably mess up.” Finally, sometimes we are the voice of the Bully for others: “That's not how I would do it” or “That won't do any good.” Recognize the Bully's voice! It shouts! It makes you feel constricted, contracted, and even paranoid.

Practices to Minimize the INNER Bully

Call the Bully by name when it is yelling at you. Ask yourself, “Really?” “Is this true for me?” Thank the Bully for sharing, and send it on its way. Take the Bully's words, twist them, and turn them upside down. The Bully will not appreciate this. There will be more shouting. You will gain more wisdom, and the Buddy will give you more peace. As you do this, the Bully will often recede to the shadows.

Also, you could try the following:

1. Take a minute and write down the areas of your personal life that the Bully speaks most loudly.
2. Take a minute and write down where in your life you mistake the voice of the Bully for the truth? Build a list of the Bully's favorite sayings.
3. Then take five minutes and write down a description of your life. Don't lift your pen; just write without editing yourself and without self-judgment.
4. Then look over your description, looking for each word



The Bully	Turning it Upside Down
“You can't do that”	“I can do that and I might even be good at it”
“That's too risky”	“Yes, it may be risky, but maybe it's time that I take a risk”
“You're not good at _____”	“I am willing to be a beginner at _____”
“You didn't do it perfectly”	“You're right, I am only human”
“You'll probably mess it up”	“I am willing to make a mess”
“You don't deserve this, you'll fail”	“You're wrong. I do deserve this, and even if I do fail, it won't be the end of the world”

that carries fear-provoking or painful associations.

These words have power! Use your Buddy voice to then change every stressful word in your description to something more freeing, exciting, or calming. For example, if you wrote “I'm nervous,” see if it could be replaced by “I'm excited.” As you become aware of the Bully's favorite sayings, and change your words, its voice will begin to fade. The Buddy's voice of wisdom will become more prominent, and you will begin to have more peaceful thoughts. (Exercise from Martha Beck, Finding Your Inner Voice in the July 2011 issue of O, the Oprah Magazine.)

Practices to Minimize the OUTER Bully It will take practice to have more healing conversations with “others.” To work on decreasing the chances

of you being the voice of the Bully to someone else, try the following tips:

1. Make no assumptions! Do not even begin to think that you know what another person is thinking!
2. Simply listen! Is it possible to listen newly to another as if you have never heard this person speak before?
3. Make no comparisons! Listen without comparing what one person says to what another has said.
4. Again, simply listen! Can you listen without thinking about what you are going to say in response?

Other things that you can practice include observing over a set period of time what your tendencies are when you are in conversation with someone. For example, rather than just listening, do

you have a tendency to give advice, to fix, to correct, to teach, etc.? Then after observing yourself, change your tendency and just listen. How is the conversation then different? Also, when having a conversation with someone, practice staying silent and attentive (just listen) for an extra second longer than usual before you respond. Notice how often the other person will have more to say.

Finally, practice asking more skillful questions that reveal how much you care and are concerned. Questions that begin with “WHY” tend to make people feel like they have to explain or defend themselves. Reflect on how you might respond to someone asking you, “Why did you do that?” “WHAT and HOW” questions tend to be more open-ended and keep the conversation moving. Now, observe how you feel when you are asked, “What made you decide to do that?” This may create a different feeling inside of you.

“Whatever words we utter should be chosen with care for people will hear them and be influenced by them for good or ill.”
(Buddha)

How do you want to be a healing presence in the world today?

If this topic interests you and you would like to read more I would recommend the resource discussed in this article and the book Dancing with the Ten Thousand Things (2004) by Tom Balles.

Renee Lehman is a licensed acupuncturist and physical therapist with over 20 years of health care experience. Her office is located at 249B York Street in Gettysburg, PA. She can be reached at 717-752-5728.

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Inga Olsen
Anytime Fitness
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Question: I've been having a tough time with my energy levels for my 6am workouts. I was thinking coffee might help with this, but it seems like it's always getting mixed reviews. Any cause for concern before a workout?

Answer: First things first. If you're experiencing low energy levels, and you're not necessarily focused on fat loss, try having a small breakfast, or even a bar or a shake, before you go workout. This will definitely provide the much-needed energy you're looking for. However, if you're trying to drop body fat and you'd

like to avoid calories that early in the morning, coffee is an excellent alternative. The caffeine in coffee is considered a central nervous system stimulant and will provide a boost of energy, though the effect varies greatly among individuals. Caffeine is actually considered an ergogenic aid, meaning it enhances physical performance. In the right amounts, caffeine has been shown to reduce the perception of effort during a workout, which means your workout will seem easier than it actually is. Not bad for a little cup o' joe, huh? Keep in mind, coffee does increase heart rate, respiratory rate and blood pressure, and it can make you a bit jittery if you're a newbie. Luckily, these

effects are relatively mild, especially for healthy folks. In fact, much of the research these days is focused on the potential health benefits of coffee, rather than any health risks.

Question: I was in the gym the other day and I overheard a guy talking about his "No Pain, No Gain" weightlifting philosophy. Do I need to adopt this attitude for my own workouts to see results?

Answer: No, not necessarily. It is true that weight training sessions can be intense, resulting in micro-tears and subsequent muscle soreness for a day or two afterward. This is completely normal, and as the body heals itself, the muscle fibers gradually become larger and stronger. This is the essence of strength training. However, if he was implying that a workout is only effective if pain is involved, he is flat wrong. Mild discomfort is common at the end of a hard set, as fatigue starts to set in, but actual pain is never a good sign during a workout. If you're experiencing this, it usually means you're severely overworking a muscle or you've suffered an injury.

Question: Do I really need to sweat profusely to get in a good workout, or is this another fitness myth?

Answer: Myth all the way! Sweating and the overall quality of your workout do not go hand in hand. Workout quality depends on the type of activity, the intensity and the duration. Sweating is simply a way for your overheated body to cool itself...that's it. Some people sweat from the very beginning of physical activity and others end up doing 30

minutes before the first bead hits the floor. Your environment, specifically the temperature and humidity, certainly plays a role, but the amount you sweat is very individualized as well. When you're physically active, your core body temperature rises and the body looks for an easy way to dissipate heat. So, the next time you're sweating and someone mentions that you look hot, just tell them,

"Really, I was just starting to get cool."

About the author: Inga Olsen is the Club Manager and NSPA Certified Conditioning Specialist and Nutrition and Weight Management Specialist at Anytime Fitness in Thurmont. To submit a question for future articles, please contact the author at ThurmontMD@anytimefitness.com.

Moderation is the Healthy way to Weight Loss

Linda Stultz
Certified Fitness Trainer/
Therapist

Moderation is the way to maintaining the good health God gave us. The reason we become overweight is not from eating well, getting enough exercise and taking care of ourselves. For whatever reason, we get so wrapped up in our busy lives that, before we know it, we are 5 or 10 pounds overweight, or even more. Sometimes we even see the weight creeping up on us, but we think we can take care of it later. By the time later comes around, we are so overwhelmed and confused about how to get the weight off and, of course, we want it off NOW, that we give up on even trying. This just leads to gaining more weight. Get a handle on the problem when you see that first 5 pounds.

It is true that, in order to lose weight you need to lower or maintain your present calorie intake while increasing your daily activities to burn more calories. The trap most people fall into is lowering their caloric intake too much while not increasing their exercise level at all. In doing this, they confuse their body into thinking that it is being starved and therefore it holds on to every bite of food consumed. Weight loss is different for each person, but in most cases starting out slowly and developing healthy eating habits is the key to steady, permanent weight loss.

When I decided to write this article about moderation, a very wise friend of mine told me that "We can't handle doing things in moderation". I realized she was so right. Peo-

ple either go overboard with strict diets that are completely unlivable or they don't watch what they eat at all. As I stated above, when trying to lose weight you do need to keep track of what you are eating and make some changes. No one likes to journal their food intake but it is a successful tool with weight loss. Most people could just modify their eating habits, add a little exercise and watch the pounds slowly disappear. What we need to realize is that the weight did not accumulate over night and it is certainly not going to disappear over night. Small changes in your life and especially patience will bring you the results you are looking for. Moderation and motivation are the two great words in my vocabulary. Remembering these words and using them will bring you the weight loss success you are looking for.

Check with your doctor, nutritionist, support group or a trainer if you are not sure where to begin. Everyone needs a little help sometimes. The successful people are the ones that ask for it. Join the people that are improving their health for the future and their quality of life in the present. Moderation is so much easier to live with than strict, unhealthy diets. Moderation in everything in our lives will help with blood pressure, joint pain, stress and our relationships in general. I know how life can get in high gear and we have trouble hitting the breaks to slow down. Let's just try to run in neutral and see if things glide along a little smoother.

If you have any questions, please call 717-334-6009. Keep Moving! You'll be glad you did.

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ASTRONOMY

The night sky of October

Professor Wayne Wooten

For October 2011, the moon is first quarter on October 4th. The moon will be full on October 12th; this full moon is the Hunter's Moon. The waning gibbous moon, just past full, passes five degrees north of Jupiter on October 13th. The last quarter moon rises at midnight on October 20th. The waning crescent moon passes six degrees below Mars on the morning of September 21st, the same morning as the peak for the Orionid Meteor Shower. New Moon is on October 26th, and the slender crescent moon lies just east of Mercury and Venus in the SW twilight on October 28th. Halloween will see a slender crescent moon in the SW evening twilight, while Jupiter at its brightest dominates the eastern sky for trick or treaters, rising in the east at sunset.

Venus returns to the evening sky at the end of this month, having past behind the sun in the last few weeks. It is briefly joined by Mercury for a few days in late October and early November. While Mercury quickly passes between us and the Sun in mid November, Venus will be pulling away from the Sun, appearing higher and brighter in the evening sky for the next six months. But Venus reaches the edge of her orbit as seen from Earth next May, and then quickly retrogrades between us and the Sun, to transit the sun as a black dot in front of our star. This will next happen on the late evening of June 5, 2012, which is what got all the Mayan 2012 hype started as their Venus based calendar resets, very similar and just as ominous as our own Y2K a decade ago.

Jupiter dominates the eastern



M-31, the Andromeda Galaxy, is the most distant object visible with the naked eye, lying about 2.5 million light years distant.

sky just below the triangle of Aries and south of Andromeda. Any small scope will reveal what Galileo marveled at 400 years ago; four large moons, all bigger or similar to ours in size, orbit it in a line along Jupiter's equator. So get out the old scope, and focus on Jupiter for a constantly changing dance of the moons around the giant world. Bigger scopes reveal much detail in its clouds, which have now returned to their familiar two racing stripes. For over a year, the south equatorial belt faded, but has now returned to its normal prominence. Its famed Great Red Spot is still its most distinctive cloudmark.

Mars lies in Gemini in the morning sky, far from the earth and quite faint. Saturn is totally invisible, passing behind the Sun on October 13th, but returning to the morning dawn sky in November.

The Big Dipper falls lower each

evening. By the end of October, it will be only the three stars in the handle of Dipper still visible in the northwestern twilight. By contrast, the Little Dipper, while much fainter, is always above our northern horizon here along the Gulf Coast.

To the southwest, Antares and Scorpius also set soon after twilight, and will be gone by month's end. East of the Scorpion's tail is the teapot shape of Sagittarius, which marks the heart of our Milky Way galaxy. Looking like a cloud of steam coming out of the teapot's spout is the fine Lagoon Nebula, M-8, easily visible with the naked eye. This stellar nursery is ablaze with new stars and steamers of gas and dust blown about in their energetic births. In the same binocular field just north of the Lagoon is M-20, the Trifid Nebula. Many other clusters visible in binoculars as you sweep northward along the Milky Way, and are plotted on

the sky map for the month.

The brightest star of the northern hemisphere, Vega dominates the sky overhead. To the northeast of Vega is Deneb, the brightest star of Cygnus the Swan. To the south is Altair, the brightest star of Aquila the Eagle, the third member of the three bright stars that make the Summer Triangle so obvious in the NE these clear autumn evenings.

To the east, the square of Pegasus is a beacon of fall. South of it lies the only bright star of Fall, Fomalhaut. If the southern skies of Fall look sparse, it is because we are looking away from our Galaxy into the depths of intergalactic space. The constellation Cassiopeia makes a striking W, rising in the NE as the Big Dipper sets in the NW. Polaris lies about midway between them. She contains many nice star clusters for binocular users in her outer arm of our Milky Way, extending to the NE now.

Her daughter, Andromeda, starts with the NE corner star of Pegasus' Square, and goes NE with two more bright stars in a row. It is from the middle star, beta Andromeda, that we proceed about a quarter the way to the top star in the W of Cassiopeia, and look for a faint blur with the naked eye. M-31, the Andromeda Galaxy, is the most distant object visible with the naked eye, lying about 2.5 million light years distant. It is a bigger version of our own Galaxy, which it may collide with about three billion years from now. Our fine image this month is of the closest galaxy comparable to our own Milky Way. Note its two smaller companions, M-32 and M-110.

Below Andromeda is her hero, Perseus. In his hand is a star most appropriate for Halloween, Algol. This star "winks" at us for six out of every 70 hours, which Arabic astronomers centuries ago found spooky, hence naming it "the ghoul". We know today it is an eclipsing binary system, with the larger, cooler orange star covering 80% of its smaller, hotter neighbor during the "wink". At the foot of Perseus, the hero of "Clash of the Titans" is the fine Pleiades star cluster, the "seven sisters" that reveal hundreds of cluster members in large binoculars. This might be the best object in the sky for binocular users.

Winter will be coming soon, and in the NE we see yellow Capella rising. It is the brightest star of Auriga the Charioteer, and a giant star the same temperature as our sun, but at least 100X more luminous. A little farther south, below the Pleiades, orange Aldebaran rises. It is the eye of Taurus the bull, with the V shaped Hyades star cluster around it making the head of the bull.

Almanac

Mid-Atlantic Regional Weather Watch: Cloudy, warm (1,2,3,4) with showers in the southern part of the region (5,6,7). Fair and warm (8,9,10,11,12,13) with showers and storms, mainly in the south (14,15,16). Fair and warm again (17,18,19,20); showers in the north and storms in the south (21,22,23). Fair but rather warm temperatures (24,25,26,27 with more showers, again, mainly in the south (28,29). The month ends much cooler with showers in the south and storms in the north (30,31).

Tornado Watch: No tornado activity is forecasted this month for the Mid-Atlantic Region.

Full Moon: the Full Moon in October will occur on October 11th at 9:06PM and is the Hunter's Moon for 2011. The Cree Indian Tribe called it Moon of Falling Leaves because so many trees finally lose the last of their leaves in October. Other tribes referred to it as Yellow Leaf Moon because

of bright foliage of the Fall season.

Holidays: Columbus Day falls on Monday, October 10th and United Nations Day is celebrated on Monday, the 24th. Children's favorite holiday (second only to Christmas!) is Halloween, which falls this year on Monday, October 31st. Plan your little one's "T or T" activities early and fin-

ish by dusk. Have older children carry flashlights and wear reflective clothing or costumes if they plan to be out after dark. And above all, make sure to check all of their "goodies" when they return home.

The Garden: Start raking those leaves now! Shredding leaves, along with lawn clippings, make a fine addition

to your compost heap. Mix 1 can of cola (not diet), 1 cup of dish soap, and ¼ cup of ammonia and add to 20-gallon sprayer and fill to top. Saturate the

layer of mulch that's left on top of your vegetable garden's soil and then say, "Good Night" until the next growing season!



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COMPUTER Q&A

What is that? Tech-talk: learn the lingo

Aysë Jester-Stenabaugh

Some of us have had more experience with computers and can walk right into a store and know what we are looking for when it comes to how much space we want and how fast the computer is. Others find themselves overwhelmed with technical terms and unable to follow the technician or salesman. The following guide will shed some light on the technical terms in a way everyone can understand!

A little bit about capacity

So by now most of us have heard the terms bit, byte, kilobyte, megabyte, gigabyte and/or, terabyte. Although we may have heard of them and we may have a general idea of what it means. To get a better understanding, let's take a closer look at the technical meanings of each.

There are 8 bits (b) in a byte. (B)

There are 1,024 bytes in a Kilo-byte.(KB)

There are 1,048,576 bytes in a Megabyte (MB)

There are 1,073,741,824 bytes in a Gigabyte (GB)

There are 1,099,511,627,776 bytes in a Terabyte (TB)

So now I am sure you are wondering exactly how much that equates to

when it comes to the data that you are storing. It is impossible to give an accurate estimate of how much media you can fit in a certain space because the quality and length of the media can vary. To give you an idea of how much data you can store the following chart will give you an estimate of the size of each media.

Storage Space

There are many different ways store your data, let's take a look at a few different types of storage devices available and their capacity.

Internal Hard-Drive: Just as the name suggests this is the storage media that you find inside your computer. There are generally two sizes used today for personal computers a 3.5" hard drive for standard desktop computers and a 2.5" hard drive which is smaller and fits into laptop computers. These hard drives generally range from 160GB of space to 4TB of space.

External Hard-Drive: These hard drives generally plug into a computer through a USB cable or Firewire cable. The size of external hard drives remain close to the size of internal hard drives

since they contain either a 3.5" or 2.5" standard hard drive with the exception of having a case built around it which also provides power to the drive.

Flash Drive: These are sometimes called jump drives, thumb drives, or USB drives and can hold anywhere from 256 MB (or less) of data up to a maximum of 256 GB (if you are willing to put a thousand down on the portable device). The majority of consumer flash drives range from 2GB to 16GB.

CD's/DVD's – While the two appear identical in size the capacity of a CD is only 700 MB while a DVD can hold 4.7GB. Dual Layer DVD's can hold up to 9.4GB of data and pricey Blue Ray Discs can hold 25GB (Single Layer) to 50GB (Dual Layer). Dual layer DVD's allow the user to write data on both layers of the disc which does require a Dual Layer DVD drive. Also note that DVD's require a DVD burner and not just a DVD player or CD burner.

Floppy Disks: This form of media contained 1.4MB of data which is minute compared to any other storage media available today. If you are

still using Floppy disks it's recommended that you convert the media to another form. There are many reasons why hanging on to your floppies may be a really bad idea. The first reason is that they are just plain phased out, no one uses them anymore. You may find that when you do try to get the data off the floppy that it will not read on another device. Floppy drives can get off center after continued use and when you try to write to a floppy disk with a drive that is off center, you may only be able to retrieve your data using the same drive that was used to save the data onto the disk. If you don't have a floppy disk drive you can purchase an external one or visit your local computer repair shop to see if you can borrow or rent one.

There are many other storage devices that can be used but the above devices include the most commonly used today.

Memory (RAM- Random Access Memory)

Contrary to many beliefs, memory is not a permanent storage device for data. If you think of your long term memory as storage space, your short term memory would be the equivalent of a computer's memory. The data that is stored in memory is temporary and is used as a very fast medium in which the data can move through. If you were to use your hard drive as memory, your computer would be extremely slow because the data would have much further to travel and it would take much more time to read and write. Memory is calculated similar to the way storage is calculated. Today the most common memory modules come in the below sizes.

- 128 MB
- 256 MB
- 512 MB
- 1 GB
- 2 GB
- 4 GB

There are different types of memory that a computer can take. Laptops and small devices take what is called SO-DIMM or Small Outline Dual In-Line Memory Module. They are about half of the size of desktop memory. Your computer could take one of three types of memory DDR (Double Data Rate), DDR2, or DDR3. For the sake of keeping it simple the most you need to know is that they are not cross compatible so it is important to make sure you are getting the right type as well as the correct speed of memory. Memory is determined by your motherboard and using the incorrect speed will cause your computer to lower the speed to the fastest speed that the motherboard can handle.

Well folks that's all this segment of Tech Talk, keep an eye out for next month's article which will go more in-depth about the various computer components offering some insight on the various connections your computer has including USB. As always for affordable, professional, and friendly computer repair or question please contact Jester's Computer Services at (717) 642-6611 conveniently located at 5135 Fairfield Road (route 116), Fairfield, PA.

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Average File Size	4 KB	4MB	175KB	1.5GB

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COMMUNITY NOTES

Notes from the loft Salsa on the square

Dr. Elizabeth A. Krouse
Organist, Seton Heritage Ministries

I'd like to introduce myself. If you have visited the basilica at the Shrine of Elizabeth Ann Seton (Seton Heritage Ministries) in Emmitsburg, there's a good possibility that you've heard some music coming from the choir loft. If you look up, you may see me on the organ bench, or you may not (I'm short)! I am the organist for Seton Shrine ministries, and I am preparing for a concert, to be given on November 20 at 3:30 p.m. The concert is entitled "All About Him: Music From Bach to Distler).

I've been working on the music for this concert since January. Actually, I learned the music years ago, but like anything involving a skill that requires constant maintenance, it needs to be reworked and even relearned. It's a matter of "use it or lose it."

I learned some of the music on another organ. Did you know that no two organs are alike? Organs come in all sizes.

The organist may have a wealth of sounds from which to choose, or just a few. Each scenario presents its own challenges. The final choice of sounds for each piece of music is determined by a variety of factors: The time at which a piece was written, and the instruments that were available at that time period are important considerations. The size of the

room is another consideration as is, of course, the instrument upon which the concert is to be played.

The choice of music for this and (every concert) was influenced by the awareness that my musical ability is a gift (from God), and does not really belong to me. *The program is entitled All About Him: Music from Bach to Distler.* Each piece has a special significance for me. The first piece on the program, Fantasie and Fugue in G Minor by J.S. Bach is a special favorite. It is technically challenging and it has an energy and spirituality that are indescribable. (I often think that God said to Bach "take up your quill and write what I tell you, and Bach did)! Two of the pieces are original compositions, based on Chorales (I dearly love hymns); I am including a short piece (with a formidably difficult pedal part) by Sigfrid Karg-Elert. Karg-Elert was a late nineteenth century German composer (sometimes termed the German impressionist) who (anecdotally) had a rather cranky personality, but his music is wonderful, and fun to play. The closing piece, by Hugo Distler, is a very dramatic, powerful set of variations based on an Advent hymn.

Once the program is determined the music must be practiced until it is "second nature."

With all that "said," I would like to invite you to come to the concert and bring your friends and family.

The fifth annual Salsa on the Square will take place from 5:30 to 10 p.m. Friday, October 7, in Gettysburg. Sponsored by Project Gettysburg-León (PGL), the event will celebrate more than 25 years of Gettysburg's Sister City relationship with León, Nicaragua.

The Dance and fiesta will take place on the first block of Carlisle Street, which will be closed from Lincoln Square to the railroad tracks. Featured will be the Latin music of Hector Rosado and his orchestra "Ache", returning for a second year. The overall fiesta will celebrate the contributions of Hispanic people to Adams County, and will include a salsa demonstration as well as food prepared and served by more than a half dozen local restaurants and caterers.

The extravagantly costumed dancers of Folklorico San Jose will perform at the 8 p.m. intermission. Gettysburg College students will organize children's games. Exquisite Nicaraguan pottery and other Nicaraguan items will be raffled off.

The Salsa Dance is the local centerpiece of Hispanic Heritage Month, which honors not only Latino contributions to American culture, but the independence of Central American countries including Nicaragua. In honor of the occasion, Gettysburg Mayor William Troxell is presenting a special proclamation proclaiming Hispanic Heritage Day.

The event is partially funded by



the Adams County Fruit Growers Board and several individual growers to honor the Hispanic contributions to their industry. The Center for Public Service at Gettysburg College is also a major contributor. The event is produced in association with the Gettysburg Area Retail Merchants Association working together with PGL for the greater good of Gettysburg.

Food concessionaires will be open for business at 5:30 p.m. The dancing starts at 6:30 p.m., and will begin with a salsa demonstration.

To learn more about Project Gettysburg-León, its projects in Nicaragua, and its student and community delegations to that country, see <http://www.gettysburg-leon.org/pgl/index.cfm>.

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UPCOMING EVENTS

October 1
 Keysville Lutheran Church Annual Yard Sale, 7301 Keysville Road, Keymar. For location and more information, please go to www.emmitsburg.net/kc or email np_roop@msn.com

October 1 & 2, 8 & 9
 47th Annual National Apple Harvest Festival - see ad on page 14.

October 4
 Fairfield's Fellowship Baptist Church Community Blood Drive. Call the Church office at 717-642-6767 to schedule your life saving donation or visit www.fellowshipbaptistpa.org

October 6 & 7
 St. Anthony Shrine Yard & Bake Sale beginning at 8 am under the SAS pavilion.

October 7
 The YWCA Gettysburg & Adams County's fourth annual Unity Walk at the McAllister's Mill historic site, located just off Baltimore Pike, south of Gettysburg. The event is free and the public is invited to participate. Please register at 717-334-9171, ext. 113, or e-mail aa-hayes@ywcagettsburg.org.

October 8
 Strawberry Hill - Basic Flint Knapping - This class will cover the basic theory and application of turning silica rock into useful tools, such as knives and arrowheads. Participants can expect to leave the class with a functional arrowhead. For more information visit www.strawberryhill.org

St. John's Lutheran church Fall Fest dinner. 8619 Blacks Mill Rd. Creagerstown. Chicken pot pie and country ham. For information please call 301-271-7851

St. Joseph's High School Reunion RSVP - Mary Topper - 301-447-6615 - mltopper@msn.com, or Sam Wivell - 301-447-2082

October 8 & 9
 Mt. Tabor Church of Rocky Ridge's Ridgefest at Mt. Tabor Park. There will be an Apple Butter Boiling demonstration and of course, the Rocky Ridge Fire Company will be making their famous Fried Ham Sandwiches.

October 10
 Annual Monthly meeting of the South Mountain Audubon Society. The Natural History of the Galapagos Islands Meetings are held at 7:30pm at the Adams County Agricultural and Natural Resources Building located at 670 Old Harrisburg Road in Gettysburg. Meetings are free and open to the public

October 12
 Adams County Master Gardener Garden Chats at the Ag Center in Gettysburg

October 15
 13th Annual Adams County Land Conservancy Road Rally - The Road Rally is not a race, but it's a beautiful drive through the less-traveled roads of Adams County, with sports and other fun stops along the way. More information available at www.lcancet.org

Camp Eder's 33rd Annual Fall Festival - See ad and related article on page 16.
 Delegate Kathy Afzali constituent "chat" forum at the Emmitsburg Library. if you have any question please contact Susan Bittle, Legislative Assistant for Delegate Kathy Afzali @ 240-469-4850 or e-mail susan.bittle@yahoo.com

The Emmitsburg High School 86th annual alumni banquet at the Emmitsburg Ambulance Center. Honored classes are 1936, 1941, 1946, 1951, 1956, 1961, and 1966. Stan Hartle has prepared Emmitsburg High School Memories DVDs that will be sold for \$10 to benefit the scholarship fund. Banquet information may be obtained by contacting Becky Kile at 410-775-2783 or at kilefarm@aol.com.

October 19
 Adams County Commissioner Candidates Forum to be held at the Fairfield Fire & EMS Hall.

October 21
 Taneytown's St. Joseph's Church Parish's All You Can Eat Italian style spaghetti dinner fund raiser. Parish Center, 44 Frederick Street, Taneytown.

October 22
 Strawberry Hill's Twenty-fifth Anniversary Auction Dinner - bidders will find great items to purchase with a donation to Strawberry Hill as well as the opportunity to meet and socialize with community members and supporters of the Preserve. If you are interested in attending the Auction Dinner please contact joe@strawberryhill.org or (717) 642-5840 for more details.

October 23
 German Service at St. John's Chapel, 8619A Blacks Mill Rd., Creagerstown, with guest speaker, Bishop

Herz-Lane, music by ladies quartet, "Just Because". Buffet at 4:00 p.m. in the Parish House.

October 29
 New Oxford's Harvest Day and Parade - Come and enjoy our Farmer's Market, Craft Show, 5k Race and Parade, New Oxford Circle 30 East of Gettysburg, for more information call 717-624-2800

Grand opening of the Adams County Arts Council's Arts Education Center at 125 S. Washington St., Gettysburg. Event sponsor is CenturyLink. Performances, members' exhibit, demonstrations, tours, food. For information, visit www.adamsarts.org or call (717) 334-5006.

October 31
 Emmitsburg Halloween Parade - Tagging begins at East Main & Federal in parking lot. Parade Route: Federal & DePaul, to North Seton, to Lincoln Ave. to back of VHC for party!

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ELIZABETH DINUNZIO MEMORIAL 5K FUN RUN/WALK October 15, 2011, 8:30 a.m.

Mount St. Mary's senior Elizabeth DiNunzio was just weeks away from graduating in 2009 when she was struck and killed by a vehicle while jogging on Old Emmitsburg Road just a few hundred yards from campus. She was an honor student, avid runner, and was looking forward to becoming a Spanish teacher. In response, the Mount is creating the Elizabeth DiNunzio Memorial Trail - a 2-mile

ecologically friendly running path located on the Mount's East Campus.

Lace up your shoes and join us to raise funds for a safe place for all local runners!

T-shirts for the first 100 registrants! Participant Ribbons will be given to all who complete the Fun Run/Walk! Post-race refreshments! We hope to see you there!!

Start and Finish:
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Registration Fee:
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www.msmary.edu/race



THE MOUNT IS RATED ONE OF THE BEST IN THE REGION

Mount St. Mary's University ranks in the top 25 in the *U.S. News & World Report's* 2011-12 rankings of the best universities in the country, Regional Division "North". The Mount ranks 21st, jumping a notch higher than in 2011.

"Mount St. Mary's University is pleased to be named among the top 25 best Universities in the region in the latest *U.S. News and World Report* rankings," says President Thomas H. Powell. "Over the past several years our star has continued to rise and as a result, our Catholic university being named one of the best in the region puts us in a very select group of our peers."

The Mount also makes the A-Plus Schools for B Students list of Regional Universities, North. According to *U.S. News*, this list is created from its top ranking schools that "admit a meaningful proportion of applicants whose test scores and class standing put them in non-A territory."



BASKETBALL SEASON IS ALMOST HERE!

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Season tickets go on sale this month for Mountaineers Men's Basketball. Tickets for individual games go on sale in November.

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JUNIOR MOUNTAINEERS - DON'T MISS OUT ON THE FUN!

The Mount invites all kids 13 and under to join our Junior Mountaineer Club! The Junior Mountaineer Club is a fun and interactive all-sports fan club for young Mountaineer fans. The club offers Mountaineer enthusiasts ages 13 and under the opportunity to experience the excitement of Mount St. Mary's University sporting events. The Junior Mountaineer Club is your ticket to Mount athletics, so don't miss out!

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When you're at the home games, don't miss your chance to win a new 2012 Honda Civic LX! The Mount's Athletic Department has teamed up with Shockley Honda of Frederick to hold a car raffle throughout the 2011-2012 academic year. **Tickets are \$20 each**



and will be available at most home games. The drawing will take place during the

Mount's Reunion Weekend Celebration on June 2, 2012. Proceeds go to each of the Mount's 19 Division I intercollegiate sports teams.

CALENDAR OF EVENTS OCTOBER

- 1&2** Men's and Women's Tennis
MSM Invitational at Mount St. Mary's
- 2** Women's Soccer vs. Wagner, 12 p.m.
Men's Soccer vs. St. Francis (NY), 3 p.m.
- 4&5** Master of Health Administration
Information Session, 5 p.m.
Center for Professional and Continuing
Studies, Frederick
- 6** Ensemble Gaudior, 7:30 p.m.
Chapel of the Immaculate Conception
- 9** Men's Tennis vs. Long Island, 1 p.m.
- 16** Men's Tennis vs. St. Francis (PA), 1 p.m.
- 17** Meet Author Laura Resau, 6:30 p.m.
Knott Auditorium
- 19** Mid Term Music Ensemble Concert, 7:30 p.m.
Horning Theater, Delaplaine Fine Arts
Center
- 21** Men's Tennis vs. Central Conn. St., 4 p.m.
- 23** Men's Tennis vs. Wagner, 10 a.m.
Men's Tennis vs. Quinnipiac, 3 p.m.
- 27** Paintings by W.C. Richardson
Williams Art Gallery, Delaplaine Fine Arts
Center
Through December 15, 2011
For hours visit www.msmary.edu/gallery.
- 28** Men's Tennis vs. St. Francis (PA), 7 p.m.
- 28** Dagilelis Boys Choir, 7:30 p.m.
Chapel of the Immaculate Conception

For more information on upcoming events, visit www.msmary.edu or contact the Office of University Communications at 301-447-5366.