

Emmitsburg NEWS-JOURNAL

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

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NEWS

Baseball Field Fees Increased
Residents and non-residents will now pay different amount to use fields. **Page 2**

Liberty Re-allocates Funds
Re-allocation designed to accommodate, more fairly, fire departments that make calls to the Township. **Page 3**

Needle Exchange Program Considered
Thurmont considers allowing drug users to exchange used needles for clean ones. **Page 4**

Fountaindale Fire Company Banquet
Fountaindale honors those who serve our communities. **Page 22**

Frederick YMCA's Sports Hall Of Fame
Seven standout athletes were inducted, including former Catocin track coach Zack Johnson. **Page 25**

COMMENTARY

Words From Winterbilt
Is the President a racist, or simply using freedom of speech? **Page 12**

Down Under
Can a tragedy finally force Congress into action on gun control? **Page 13**

ARTICLES

The Book Of Days
Tradition and truth – the tale of Norie's Law. **Page 11**

The Retired Ecologist
An ecological look at American's attachment to guns may offer a logical solution. **Page 14**

In The Country
After years of decline, the Florida Panther population is finally showing promise of growth. **Page 15**

Real Science
A look at some recent developments in space science. **Page 16**

Pets
Abandoning pets happens too often. **Page 18**

World War I
March 1918 – With Russia out of the war, Germany gambles all on the Western Front. **Page 26**

Cooking
Tips and recipes for making delicious homemade bread. **Page 31**

Four Years At The Mount
Our writers reflect on historical events that happened in March. **Page 34**

Sports
Recap of Catocin High's track and field run in the state championships. **Page 40**

Candidates lined up for primary

Campaign signs are beginning to spring up around the county – a sure sign that the primary for County Executive, County Council and all the elected offices are right around the corner.

In 2012 the voters in Frederick County approved the proposed change of governance from a Board of Commissioners to a charter form of government. Jan Gardner easily defeated Blaine Young for the County Executive position, but a belief that the Republican majority on the County Council should embrace Young's goals, in spite of their rejection by the voters, led to a split in the Republican majority resulting in discord that has hampered the Council's effectiveness. The need to improve the civility on, and the effectiveness of, the County Council is an underlying theme for almost all running for the Council this year.

In the County Executive race, Jan Gardner will be running unopposed on the Democratic ticket, so all eyes will be on the three-way race on the Republican ticket between Regina Williams, Kathy Afzali, and current County Councilman Kirby Delauter.

The seven-member County Council consists of two At-large members and five district members. Candidates who have filed for the At-large seats on the Republican ticket include Emmitsburg News-Journal columnist Justin Kiska, Philip Dacey, Danny Farrar and Jason Miller. On the Democratic side, former County Commissioner and Thurmont resident Kai Hagen, Emmitsburg resident Mark Long, Susan Reeder Jessee, Kavonet Duckett and Galen Clagett have tossed their hats into the ring. Current Council President Bud Otis has chosen to retain his independent stance and will be announcing his election intentions mid-March.

Council District Five seat, which includes all of northern Frederick County, will be an open seat, as Delauter has given the seat up to run for County Executive. Emmitsburg native Will Valentine will contest Walkersville native Michael Blue for the Republican slot, while Shannon Bohrer, Emmitsburg News-Journal's "Words From Winterbilt" commentary columnist, is running uncontested on the Democratic ticket.

For state representatives, Northern Frederick County is repre-

sented by three Delegates, each serving four-year terms. Candidates who have filed for these seats include Republicans Jesse Pippy, Barrie Ciliberti and Dan Cox, and Democrats Ysela Bravo, Lois Jarman, and Ryan Smith. Democrat Jessica Douglass will be seeking to unseat the Michael Hough for State Senate.

In addition, there is a full suite of candidates running for the Board of Education, including Edison Hatter, a Catocin High School Senior and the Emmitsburg News-Journal's Sports Editor. Edison is an impressive young candidate and definitely deserves a look. Voters will also be asked to choose candidates for Sheriff, State Attorney, Clerk of Circuit Court, Judge of the Orphans' Court, and Register of Wills.

As we have done in past elections, the Emmitsburg News-Journal will



Catocin High Senior, Edison Hatter, is an impressive young man and definitely deserves your vote for a slot on the Frederick County School Board.

be offering all candidates the opportunity to submit articles allowing them to introduce themselves to the voters in the northern part of the county.

This year's primary will occur on June 26th, with early voting beginning June 21st.

Adams County embraces youth fire fighters

Fire department junior programs are taking off in Adams County in hopes of engendering an appreciation for volunteerism in the community at a young age. The success of these programs was highlighted in February when Colleen Rudisill and Lida Fitz proudly graduated from the Fountaindale Fire Department's Junior Program to become adult members of the Fire Department.

Both Rudisill and Fitz joined as junior members in 2014. With family ties to volunteerism in the Fountaindale Fire Department, Rudisill became involved as a junior member as soon as she turned fourteen. Her parents are both administrative officers with the Fire Department; in fact, her father served as the Company's Captain for many years. Fitz learned about becoming a member of the junior program through friends already involved in the Department. Understanding the importance of volunteerism, both Fitz and Rudisill joined with a desire to help their community.

It is very important now, more than ever, to have young men and women become active volunteers in their local fire departments.

The future of the fire service is in their hands and it is important to capture the love for helping others while being actively involved in the community at an early age. As members of Junior Programs, young men and women are taught many valuable skills that they can use for the rest of their lives. Teamwork, volunteerism, camaraderie and commitment to a greater cause are just a few of the things that can impact their lives in a positive way. Additionally, many friendships are created when young men and women join volunteer fire departments. The skills and life lessons learned as junior members will stick with them as they begin building lives of their own.

Many fire departments across both Adams and Frederick Counties currently have growing Junior Programs. As a junior member there are numerous opportunities to obtain certified fire and EMS training classes, as well as helping at various department functions. All junior members are encouraged to attend monthly Department meetings, station work details and fundraisers. As noted by Fountaindale Fire Department volunteer Sarah Ginn, "We pride

ourselves at Fountaindale on a 'family' atmosphere. It has been my extreme honor to mentor the juniors in our department and we look forward to having some new younger members 'fill the boots' of those juniors who have now turned 18."

Additionally, Adams and Franklin Counties now offer Junior Firefighter Cadet Academies where a junior member spends a week in the summer learning fire and EMS skills, team building exercises, discipline and respect. The first Junior Firefighter Cadet Academy in Adams County was a huge success last August and volunteers look forward to the next academy this summer.



Colleen Rudisill and Lida Fitz graduated from the Fountaindale Fire Department's Junior Program in February. Junior programs are a vital aspect to keeping volunteer fire departments viable.

Whether you live in Pennsylvania or Maryland, if you're interested in becoming a junior firefighter, drop by your local fire station to learn more.

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EMMITSBURG NEWS

Baseball field fees increased

Last year, the Emmitsburg Board of Commissioners voted to begin charging a fee, for residents of town as well as non-residents, to use the town's pavilions. Then, during last month's February town meeting, the Board discussed increasing the fee to use the baseball fields.

The intent, by increasing the fees of renting the pavilions and baseball fields, is to address the cost of maintaining the parks in order to be able to provide the best parks available. Town staff prepared a policy to be voted upon, which in turn would also affect the current Streets, Sidewalks and Public Places Code. Some changes to the existing Code included: changing the location to submit all applications, which is now the Town office, one week prior to the desired use or activity start date; and the same field can't be reserved for seven consecutive days (one day must remain open for public use).

The original policy had a flat rate charge of \$25 to use of any of the ball fields. The new policy breaks down the fees further, separating charges dependent upon their specified use and resident versus non-resident status. As proposed, single day use for a non-profit organization is \$10 per hour. The fee is 100% refundable if the field and surrounding areas are left in good condition. Single day use for residents from the Emmitsburg voting district is \$10 per hour, with 50% of the fee being refunded if left in good condition. Non-residents will be charged \$20 per hour. League

use for a league with an address based in the Emmitsburg voting district is \$50 per team per field per season. A non-resident league will be charged \$100 per team per field per season. Tournament use for a youth team, ages seventeen and under, is \$50 per day, and an adult team is \$75 per day. Additionally, proof of non-profit status and liability insurance may be required upon application submission.

Emmitsburg has six fields available for use, and interested persons are given permission on a first come first serve basis, with first priority given to residents living in the voting district of Emmitsburg.

Both the ordinance and the policy were adopted. Some concern was voiced about raising the fees and the chance that interested users may be turned off from the increase. Commissioner President Tim O'Donnell noted that the policy could be modified in the future if people seem to be driven away from using the fields.

During the same meeting, Town Manager Cathy Willets also briefed the Board on ball field requests already received from two interested organizations: Thurmont Little League and Mid Maryland United Baseball.

In January Town staff received an email from Emmitsburg Baseball and Softball concerning their merger with Thurmont Little League. However, regardless of the merger, Thurmont Little League still expressed an interest in using three of Emmitsburg's fields for prac-

tice, games and potentially tournaments. All children are invited and welcome to be a part of Thurmont Little League, as their goal is to get more children actively involved in the sport of baseball while harnessing a community spirit of togetherness. Thurmont Little League also noted a level of commitment to starting a softball team for Emmitsburg children. This is an important factor to some Board members.

The other interested organization is Mid Maryland United Baseball, which is the largest growing organization in Maryland. They are interested in using three fields three days a week. A representative from Mid Maryland United noted that the organization is about the kids, getting more kids involved in baseball, while giving back to the community. They noted a desire to revitalize the Emmitsburg home team by re-building a baseball team in Emmitsburg, as it was before. Mid Maryland would also be interested in hosting at least two yearly baseball clinics in town, which could potentially get more kids interested and involved in baseball.

After discussing both requests O'Donnell asked if both organizations' schedules could be managed by town staff. Willets suggested the Board approve the application for Mid Maryland United, which committed to three specific fields. Then, at a later time, the Board can assess any further requests, including Thurmont Little League. The Board

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P.O. Box 543
Emmitsburg, Maryland 21727

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Senior Advisors:

Eric Glass, Taney Corporation
Dan Reaver, Emmitsburg Glass
Bo and Jean Cadle, Former Publishers of the Emmitsburg Dispatch
Kathryn Franke, MSMU Class of 2013, MBA Class of 2015

Executive Editor: Michael Hillman, editor@emmitsburg.com

Managing Editor: Sarah Muir, MSMU Class of 2018

English Editor: Julianna Mastromatteo, MSMU Class of 2016, MAT Class of 2018

News Reporter: Danielle Ryan, PSU Class of 2015

Sports Editor: Edison Hatter

Advertising: Sharon Graham, advertising@emmitsburg.com

Graphic Design and layout: Brian Barth, timebombstudios.com

Photographer: John Zuke

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

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made a motion to accept Mid Maryland United's request to utilize their specified baseball fields, and made a second motion to allow Thurmont

Little League to use the remaining three fields in the complex. All voted in favor of both motions with Commissioner Joe Ritz abstaining.

Emmitsburg news-briefs...

Emmitsburg multi-user trail receives extension

During the February town meeting Commissioner President Tim O'Donnell briefed the Emmitsburg Board of Commissioners on the progress of the upcoming trail expansion of the Emmitsburg multi-user trail.

A year and a half ago, in May of 2016, Emmitsburg received a \$30,000 state grant, which was originally accepted to fund additional signage throughout the town's multi-user trail system, additional parking, as well as the construction of another trail. However, the trail grant was later modified through the Trail Conservancy and State Highway Administration and the monies will now be entirely used for the construction of an expansion upon one of the existing trails.

O'Donnell noted that they are looking to modify one of the existing trails by adding to it in order to, hopefully, make the trail easier to access from one end to the other. The trail being modified is the orange trail (on the trail map), which leads from the closest point in town at Annadale Road, crosses Crystal Fountain Road, and comes out close to Rainbow Lake. The current trail is hard to manage and more difficult, which may turn some hikers off from using it, so the hope would be to allow it to be more accessible to a larger range of people.

The current trail system consists of five trails of varying degrees of difficulty for both hikers and bikers. A number of these trails were paid for with the help of the Trail Conservancy, and dedicated volunteers help maintain

these trails during trail cleaning days throughout the year.

In order to proceed with the trail expansion, the Trail Conservancy asked for permission to flag the potential route. The Board unanimously accepted the trail flagging. More information regarding trail construction will come in the future, closer to the spring.

Transportation initiatives update

Kendall Tiffany, the Community Relations Manager for TransIT, provided an update on the public transportation services available for all Emmitsburg residents.

Currently, Emmitsburg residents have the ability to take advantage of the many services offered by Frederick County TransIT. Public trans-

portation (buses), Para transit (for seniors and/or disabled residents), and commuter services are all available. There is an abundance of connector routes that run throughout Frederick County that are accessible to residents using TransIT.

As part of this public transport system, TransIT recently started piloting a midday trip, as requested by the public and town of Thurmont. So far, Kendall noted that there is a lack of participation from Emmitsburg residents for the midday trip, and in or-

der to keep this trip and potentially add additional afternoon trips, more people need to begin showing interest. The Emmitsburg shuttle that runs through Thurmont into Frederick city also runs once in the morning and then returns in the evening.

For any residents interested in learning more about what transportation services are available to them, information can be accessed at the town office, on the town's website or online at www.FrederickCountyMD.gov/TransIT.

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FAIRFIELD/CARROLL VALLEY NEWS

Liberty Township looks to re-allocate funds

Over the past two months, Liberty Township Supervisors have been looking at the distribution of the fire tax monies and may be looking to re-allocate these funds next year to accommodate, more fairly, the appropriate fire departments that make calls to the Township.

Liberty Township has a budget line item for fire tax monies in the amount of \$30,000 that is split evenly between Fairfield Fire Department, Fountaindale Fire Department, and the Vigilant Hose Company (VHC) in Emmitsburg. However, Supervisor Mickey Barlow dug a little deeper this year and found that Fairfield makes the most calls, by far, to the township. Last

year Fairfield responded to fifteen fire calls and 798 EMS calls in Liberty Township. They cover approximately 78% of the EMS calls and 82% of the fire calls in the township. On the other hand, the VHC only made five fire calls to the Township and Fountaindale only made eleven calls. Blue Ridge Summit also responds to emergencies in Liberty, and covers approximately 30% of the EMS calls, but does not currently receive any tax monies from Liberty.

The fire tax has already been set for this year, at an equal distribution of \$10,000 for Fairfield, Fountaindale and the VHC, but all Supervisors agreed that these monies should be re-evaluated for next year's budget. Liberty may look to

distribute the tax monies differently in the future.

During the same meeting, Supervisors voted to allocate funds for additional hours to the Township's three Auditors. 50 additional hours at ten dollars per hour are being given to each auditor. This adds another \$1,500 to this year's budget. This could be viewed as money well spent in the township, because it was revealed that the Township's Auditors discovered seven checks written to the township that were never deposited. These checks have been in the township's possession for over a year, and Supervisor Barlow questioned fellow Supervisors Bob Jackson and John Bostek as to why he just now learned of their existence.

According to Secretary Wendy Peck, these checks were found over a year ago and were submitted along with other documents to Karen Frey, Ph.D at Gettysburg College, who conducted a forensic investigation on the Township's financial improprieties. However, questions arose as to why these undeposited checks were never mentioned in the report released last fall.

In other Liberty Township news, Supervisor Barlow discussed the possibility of creating a part time position in order to assist Peck. One of the recommendations that came out of the forensic investigation was to separate the Treasurer and Secretary positions, but Supervisors have chosen not to follow through. Bar-

low noted that Peck's combined role as Secretary and Treasurer is very stressful and is a lot of work for one person to handle single-handedly. Peck has been organizing the Township's files, which is a huge job in itself on top of her normal duties as Secretary and Treasurer. Barlow even discussed hiring someone temporarily to a part time position, until some of the catch-up work in the Township has been completed. Supervisor Jackson stated that hiring another employee is a financial issue. "The Township really can't afford it this year," stated Jackson. Both Jackson and Bostek decided against discussing this topic further during the meeting, and mentioned that they would need to look further into the finances to make a decision.

Fairfield area news-briefs. . .

Hamiltonban Township raises taxes

Hamiltonban Township's \$779,635.00 budget included a tax increase by one quarter of one percent (0.25 mills) for a general millage rate of 1.4859. The tax increase would mean approximately \$50 additionally each resident would pay every year. As Supervisor Chairman Bob Gordon noted, Hamiltonban Township hasn't increased taxes in twelve years. This increase would provide approximately \$61,000 more to the Township's budget, which would be used to help pay for some of the projects this year.

Projects in the works for this year include the Hickory Bridge Road Bridge repair, of which Hamiltonban Township will pay half (approximately \$50,000) towards the construction; radio upgrades for all trucks to be compatible with the County 911 system at an approximate cost of \$12,000 and the refurbishment of the township John Deere tractor which has a new Tiger mower attachment, costing approximately \$17,000 for both.

Additionally, Hamiltonban Township also approved a two percent pay raise for its four full-time employees. This motion is retroactive to the first payroll in January of this year.

Petition sought for Orchard Rd. intersection changes

The intersection of Orchard Rd. and Route 16 has been a major source of vehicular accidents for the past several years. More recently, on February 9, just three weeks after a fatal accident on January 19, which took the life of an eleven-year-old girl, a young man was seriously injured in a car accident involving himself and a tractor-trailer. Residents of Liberty Township are tired of seeing accidents occur at the same location without any intervention from the state to make safety changes.

In 2014, the Township petitioned PennDOT to do something that would help decrease the number of accidents at this intersection. The only outcome was a decrease in the speed limit along Route 16 from 55 mph to 50 mph. After the more recent accidents, residents and Township officials decided to once again petition the state to construct a turning lane on Route 16. After being run through the gambit of state road officials, including the traffic division of PennDOT, Liberty Township Supervisor Mickey Barlow was told that PennDOT "can't help you with that situation, that's a township road issue," and there isn't much more to be

done on their end. Seeing this as an unacceptable answer, petitions and information were sent to State Senators and Representatives in hopes of raising more awareness for this issue.

Carroll Valley considers Tree City USA status

The Carroll Valley Borough Council voted to advertise an ordinance that would establish a tree board and amend their current tree ordinance during their February meeting. The unofficial tree board, headed by Carroll Valley resident Lori Kolenda, has been researching the requirements and benefits of becoming a Tree City USA community. Four requirements must be met in order to do become certified: the establishment of a Tree Board or Department, the establishment and implementation of a Tree Care Ordinance, the establishment of a Community Forestry Program with an Annual Budget of at least two dollars Per Capita, and an Arbor Day Observance and Proclamation. During the meeting, Council voted to make a move on two of these requirements: establishing an official tree board and making amendments to an already existing ordinance regarding tree care in the Borough.

Kolenda noted that having the

Tree City USA status could provide the borough more opportunities to receive funding for future projects and it is also a great way to get more residents actively involved in the community. The Tree Board, as proposed, would consist of five members appointed by the Council. The tree ordinance amendments outline appropriate distances and clearances for planting trees, public tree care,

and tree species allowable.

Council seemed on board with the idea of becoming a Tree City USA community, but asked staff to amend the tree ordinance to specify which sections apply to home owners and which apply to the borough. This should provide more clarity to the ordinance, which will be advertised for official vote during the March meeting.



On February 10th, the Boy Scout Eagle Badge was awarded to Bradford Glen Shughart of Fairfield, at the Fairfield Boy Scout Troop 76 Court of Honor Ceremony.



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THURMONT NEWS

Capital project budget amendments approved

Thurmont Commissioners were given a presentation of the town's budget halfway through the fiscal year, and while on track overall, there are some over-budget items and amendments that needed to be addressed.

So far Thurmont has used approximately 47% of their budget, but town staff notified the Board of Commissioners that there are some capital projects coming due that need to be funded. Additionally, there are some unexpected expenses that have occurred thus far that will need to be addressed. An unexpected cost that may need to be re-visited in the future as a budget amendment is the repair of

a backhoe in the Waste Water Department that cost \$4,951. This repair bumped the originally budgeted \$4,300 to \$7,755. Also, new pedestrian and traffic control signs were installed recently that cost a combined total of \$8,652. This was \$3,152 over the budgeted amount. The signs were installed as part of an overall sign upgrade in order to remain in compliance with the state.

Furthermore, the telephone expense in general is over-budget. Verizon Wireless made some upgrades related to the GIS programs and AT&T fees across the board increased. Chief Financial Officer Linda

Joyce also mentioned that she would be conducting an audit on all phone services currently utilized by the town. Last year, Joyce conducted an audit on Verizon Wireless and as a result found hotspots that weren't being used, but the town was being charged for. She was able to save \$250 overall and hopes conducting a related audit will have similar results.

Aside from some over-budget items, the Board of Commissioners approved four budget amendments related to capital items during the January 23 town meeting. The first amendment covered the purchase of the 2017 RAVO Street Sweep-

er, which was purchased earlier in 2017. \$228,003 was moved from the FY18 General Fund to the Streets Capital Expenditure in order to cover this purchase. The second amendment simply involved moving the \$163,985 Highway User One Time Grant into the budget, so it could be used for a project at a later time. The third amendment allowed the transfer of \$10,000 from the unrestricted fund balance to the Waste Water Capital budget in order to upgrade the GIS programs.

The final amendment will help cover the cost of a larger infrastructure project in town. Chief Admin-

istrative Officer Jim Humerick stated that there are infrastructure deficiencies being found all around town. "We don't see anything that will need to happen this fiscal year, but we'll need to keep these projects in the back of our minds to plan for the future." However, the Rouzer/Mantle Court Capital Project needs to be taken care of immediately. This project will address compaction issues in the sewer lines that were poorly constructed a few years ago. The project is expected to cost \$257,000, which was broken down to: \$167,000 for construction costs, \$72,000 for the cost of paving, and \$25,000 for engineering costs.

Thurmont considers syringe service program

Jessica Ellis, representing the Behavioral Health Services division of the Frederick County Health Department, proposed a syringe service program, which would allow drug users to exchange used/dirty needles for new, clean ones free of charge, to the Thurmont Board of Commissioners in February. Thurmont, which already has an Addiction Commission actively set in place, has been battling the opioid crisis in the community, and this program may provide another avenue to help combat the issue.

Last year, Frederick County was awarded a \$23,000 grant from the Maryland Department of Health to explore a harm reduction feasibility study, specifically a syringe service program in the county, and Ellis hopes to bring this pro-

gram to Thurmont. As presented, the syringe service program would provide an avenue for drug users to exchange needles, but also provide information, resources and overdose trainings. The overdose response training has already been successfully implemented in the County, and is a free service to anyone in the community. The next step is to provide the syringe exchange portion of the program.

Ellis has conducted comparative research in other areas of Maryland, including Baltimore, and noted that by utilizing a needle exchange program, other localities have seen an increase in people seeking drug treatment, have seen a reduction in crime, and also a decrease in new diagnoses of HIV and hepatitis C. The syringe service pro-

gram would allow drug users the opportunity to access information on recovery and detox services available to them. It provides an avenue for those suffering from addiction to build trust and hopefully, gain valuable resources to assist in a future recovery.

The program would be run by trained Health Department professionals, but permission would need to be granted by the town to use a space in a town building or parking space for a mobile unit. The syringe exchange service would be held once a week for approximately two or three hours.

Commissioners Wes Hamrick and Martin Burns seemed on board with the program but Commissioner Buehrer was completely opposed, citing this

program as an "oxymoron." In 2012, an ordinance was passed which placed a ban on synthetic drugs, including their possession, use or sale. Buehrer believes it's contradictory to now provide syringes to drug users; free of charge nonetheless. When Buehrer questioned Ellis about the possibility of elderly or non-users of illegal drugs having access to these syringes, he was disappointed with their response delegating a screening process. An individual who would participate in the program would be screened to see if they had the financial means to purchase or dispose of syringes.

Members of the public, Police Department, and members of the Thurmont Addiction Commission were also present during the meeting. Some residents spoke up in favor of the program, noting that it could be a start to helping those struggling with addiction in the community. In accompaniment with the Addiction Commission, it may be a good way to provide resources to anyone who may need them.

No official decision was made during the meeting, but the Addiction Commission will be meeting, discussing and providing a recommendation to the Board during a future meeting.



Thurmont Business Showcase

Saturday, April 28
11 a.m. - 2 p.m.

Thurmont Ambulance Event Complex
13716 Stratford Drive, Thurmont

The Thurmont Business Showcase is a one-day "Pop-Up Business Community" event showcasing the Thurmont businesses skills, products, services & innovations all under one roof! The Thurmont Business Showcase will feature businesses & non-profit organizations from the Thurmont area. Invite your friends, family, co-workers & neighbors to this free event! Explore what the businesses of Thurmont have to offer!



Thurmont Ambulance Company will be selling their delicious food during the Business Showcase!

If you are a business in the 21778, 21788 & 21780 zip code or Lewistown you may download an application at thurmontmainstreet.com or contact Vickie Grinder at vgrinder@thurmontstaff.com

\$40,000 grant awarded for building improvements

The Town of Thurmont was awarded a \$40,000 grant from the Maryland Department of Housing and Community Development Community Legacy Program for external façade improvements to qualifying commercial properties located within the Designated Main Street area. This is a matching grant and DHCD will match every dollar invested by the business. Commercial businesses within the Designated Main Street area may apply for funding for improvements made to the exterior of the building. A small example of what types of projects are eligible would be painting, replacement of architectural details, windows, roof repair, aw-

nings, or new signage. Façade improvements have a direct impact on any business, but especially those within the Main Street area in any town according to the National Trust for Historic Preservation. Thurmont is a Designated Maryland Main Street Community and has endured a complete makeover with a Main Street Beautification program, which included new sidewalks, a new gazebo in Mechanicstown Park, benches, picnic tables, trash receptacles, planters, and the addition of lampposts adorning the Main Street area. The town of Thurmont also received \$20,000 in grant funding for the Railroad Bridge Beautification project.

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March 1918

March 1

The Hikers Hiked

On Sunday, February 21, at exactly 1:30 p.m. (in spite of the remonstrations of their friends), lawyer Blackstone of New York, and Count Victor Reback Piccard left the gay life of psychiatry in Emmitsburg and took a sixteen-mile hike. Both members of the Siberian ancient order of Globetrotters number 871,518,96.25, they swiftly passed by the National Board of Censors under the Pure Food and Drug Act of 1906. Telegraph and telephone lines were on the go constantly. At one time, rumors were afloat that the pedestrians were hung up on Painesville with a flat tire, a broken front axle and the Johnson hey brake good as new; the statement was shortly afterwards declared unofficial. A well-filled knapsack of good, substantial food was carried along, the contents consisted of seventeen soup beans, one onion, a bottle of Baker's liniment, some Alice Foot Ease, a can opener, three horse radishes, a spool of thread number 60, three balls of yarn, a toothpick, a pair of buttonhole scissors and many other articles too numerous to mention. The pair completed the perilous journey promptly at 6 p.m. amid wild applause, a little tired but highly elated over est modus in rebus of the dum vivimus viamus.

Income Tax Information

The consensus of opinion of those in the Emmitsburg district subject to the income tax is that they were very fortunate to have been assigned by the government a man as efficient and so uniformly courteous as Mr. John Popp. On Monday, the private office of the Chronicle was turned over to the deputy tax collector, who by the way is also an income tax inspector, for his exclusive

use. From the hour of Mr. Popp's arrival until his allotted time there was almost a constant stream of information seekers and taxpayers waiting for a conference with him. It is conceded that tact, diplomacy and knowledge of human nature are as essential as capability in the government service. Mr. Popp proved that he possesses a high degree thereof. The impression he made upon Emmitsburgians is one that reflects credit on government workers and Mr. Popp.

March 8

Creamery Sites Surveyed

The lot on Frederick Street recently bought by the Hanover Creamery Co. has been surveyed and it is expected that building on that site will soon begin. Former Mayor Stokes of Hanover was in Emmitsburg last week completing plans for the erection of a creamery at this point.

Unusual Northern Lights Display

About 10 o'clock last night the sky was resplendent with fiery reflections from one of the most unusual northern lights displays ever seen in Emmitsburg. Towards Gettysburg, the clouds seemed entirely ablaze. Intermittently, intense streaks of reddish hue made their appearances interspersed with scintillating flashes of white, followed by bursts of grotesque light formations resembling furling and unfurling flags, exploding shells and pinwheels. Many were interested. In addition to those who watched the phenomena from their houses, groups of people took in the beautiful spectacle from places of vantage along the streets.

Mrs. Slagle Buys Two Farms

Mrs. Slagle has acquired the Lewis Overholser Farm, adjoining her farm

in Liberty Township, from the Pax Riely heirs. The property is known as the Dixon Farm. With these additions, Mrs. Slagle now has a farm of 100 acres. The fact that the land will be cultivated to the fullest extent and made highly productive goes without saying, as Mrs. Slagle is a splendid manager and succeeds in everything she undertakes.

March 15

Hen House Enlarged

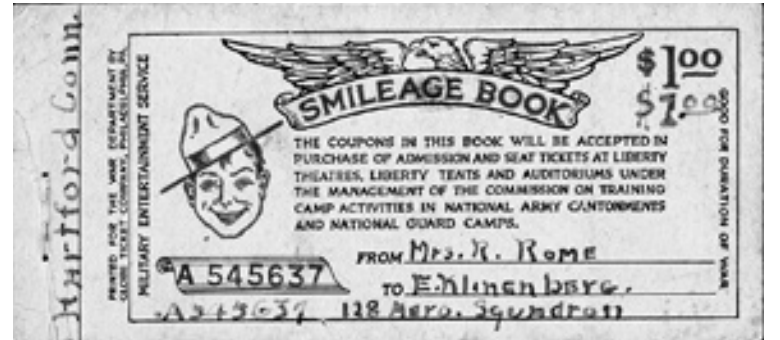
On the afternoon of March 11, at 2 p.m., with simple but impressive exercises, the recent addition to the hen-coop of Francis Gelwicks poultry farm on Frederick Street was thrown open for service. A large number of delegates were present. In a few well-chosen remarks in chicken dialect, Dr. Gellwicks explained to the fourteen feathered occupants the importance of laying more frequently and has offered a gold medal at the end of three months to the one who has the largest number of eggs to her credit. This speech was met with hearty approval and enthusiasm. So far all have expressed their desire to enter the contest.

Going Up The Ladder

Some years ago R. A. La Grinder, of Emmitsburg, enlisted in the United States Army. After some time he was promoted to Second Lieutenant, then to First Lieutenant, and on his last furlough here he was Captain. His many friends in this vicinity will be glad to hear of his latest promotion to the rank of Major. Major La Grinder is now stationed in Newport News and is in the readiness for the call to go over.

Severe Storm Sweeps Over Emmitsburg

A storm with hurricane-like intensity swept over Emmitsburg and the vicinity on Sunday, un-roofing barns, blowing over outbuildings, leveling fences and uprooting trees. The large chimney on the Zimmerman building on the square was torn to pieces, sending the bricks to the street below. Windowpanes were broken by slamming shutters. Shingles were ripped from roofs, fodder left standing in the field were scattered for miles along the Pike. Telephone and electric wires were damaged by falling limbs. During the



storm on Tuesday afternoon the tin roof of the Rottering clothing store on W. Main St. was carried from the building.

Rifle Shot Proves Fatal

John Polley, of Thurmont, was accidentally shot and fatally wounded on Sunday morning between 9 and 10 o'clock by Chester Brenaman, the sixteen-year-old son of William Brenaman of Thurmont. Polley died Tuesday in the Frederick city hospital with a bullet wound in the stomach. The two boys were playmates, and on Sunday morning the Polley youth was at the Brenaman home. Young Brenaman had a 22-caliber rifle that he was cleaning and had just placed a cartridge in the chamber when the Polley boy passed in front of him. In some unknown manner the rifle discharged, the bullet entering the stomach of the youth. At the inquest held in Thurmont on Wednesday, the coroner's jury returned a verdict that the youth was accidentally killed.

March 22

Buy Smileage Books For Troops

The Committee of War Training Activities has made arrangements with the Brute Counsel, Knights of Columbus in Emmitsburg, to place Smileage books on sale in every business place in Emmitsburg. "Smileage" is the catchy word used to designate the books issued by the United States government - the coupons of which will admit soldiers to the great national theaters erected in each of the cantonments of the War Department. It is expected to raise, by this means, the sum of two million dollars. Every cent of the money derived from the sale of books will accrue to the government. The idea is that people purchase the Smileage books and mail them to their friends in the various Army camps. There is every reason to believe that

Emmitsburg, always in the forefront of things - well in this instant, now that the opportunity will be afforded its citizens - again will do itself proud.

Death Of George Frailey

Last Friday this community lost one of its most useful citizens when George Frailey, a member of the firm of Frailey Brothers, died. Mr. Frailey had been ill for several years but his sturdy constitution and intemperate habits at length were overcome by his affliction. Mr. Frailey's place in this community will be hard to fill and his loss keenly felt. As an ironworker and builder, his mechanical skills were appreciated by a wide patronage. A quiet, unobtrusive citizen of high principle, industrious habits, skilled in his trade and gentle in his disposition, his loss makes a vacancy that will be hard to fill. The community can, and does, sympathize with his family.

March 29

Explosive Licenser Named

Mr. A. A. Horner, Notary Public, has been appointed the Explosive Licensor for the Emmitsburg District. Parties desiring to handle explosives—excepting manufacturers, importers and exporters—must first secure the necessary government license. No person is allowed to handle explosives without first obtaining the license. The penalty for violation of the act is severe and the law will be rigidly enforced.

Some Sucker

While fishing in Tom's Creek near Emmitsburg on Thursday, Mr. Robert Topper caught a Sucker that weighed 3 1/2 pounds and measured 21 inches in length. This is the most remarkable catch reported so far this season.

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

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FROM THE DESK OF . . .

County Council Candidate - District 5, Will Valentine

On January 3rd, I filed my Republican candidacy for Frederick County Council District 5. I am a life-long Maryland resident and have resided in northern Frederick County for approximately thirty-five years. The goal of my candidacy is to ensure Frederick County continues to be a great place to live, work, raise a fami-

ly and retire. If elected, I will work to ensure District 5 receives the appropriate funding for its schools and other county services.

I will work collaboratively with the other members of the County Council in a professional manner to be a true "checks and balances" with the County Executive to develop and

implement fiscally responsible budgets that are intended to spend each tax dollar efficiently, while providing the highest level of service to the citizens of Frederick County.

I will work to preserve our natural resources, agriculture industries and family farms, while supporting responsible residential growth. Because of its geographical location and close proximity to highways and interstates, Frederick County has been an attractive place to build, live and commute for many years. I support planned development near existing communities and municipalities capable of handling the required service needs of our citizens. Planned residential growth with adequate roads, water, sewer, schools and other infrastructure will allow others to enjoy this wonderful County while protecting and

preserving our agricultural heritage.

I am a strong supporter of property owner's rights when they are in compliance with approved zoning ordinances and regulations. Resolutions and legislation that impact property owners and private land should be clear and definitive in its intent and purpose when written and prior to its approval. I will not support legislation containing ambiguous language that diminishes the property rights of our citizens and could lead to the loss of their private land through its conversion to public use without overwhelming justification and fair market compensation.


I support the various components of public safety within the County; this includes the Sheriff's Office, Detention Center, Fire and Rescue Services, Emergency Medical Services and the Office of Emergency Com-

munications. I will seek to provide necessary resources for these agencies through fiscally responsible funding. As an active and career law enforcement officer with over twenty-years of service, I recognize and understand the challenges these men and women face every day. Frederick County is home to many hardworking and wonderful people and I believe our public safety professionals are focused on maintaining safe communities while providing efficient and quality first responder services. Adequate public safety coverage throughout District 5 will be a priority of my candidacy.

I will support a business friendly environment where existing businesses choose to remain and new businesses look to relocate to Frederick County. This can be accomplished through lower taxes and reduced fees. Regulations are a necessity in any industry, however, they should not be so cumbersome whereby they discourage new business ideas or an existing business' choice to expand and grow.

My family and I have been fortunate to call northern Frederick County home for well over 200 years. Frederick County is rich in tradition and history and I am proud to call it home. I look forward to meeting and speaking with neighbors and as many of my fellow citizens throughout District 5 during the next several months as possible and hope to earn your trust, confidence, support and vote!

For more information about my candidacy please visit my website: www.votewilliamvalentine.com, or my Facebook page www.facebook.com/WilliamValentine2018/.



VOTE *"Committed to Our Community"*

WILLIAM VALENTINE

DISTRICT 5

FREDERICK COUNTY COUNCIL

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www.votewilliamvalentine.com

www.facebook.com/WilliamValentine2018

AUTHORITY: FRIENDS OF WILLIAM VALENTINE; LISA VALENTINE, TREASURER

EBPA survey of economic development initiatives

The Emmitsburg Business and Professional Association is reaching out to residents and businesses in the Northern Frederick County Region to solicit their opinions on future community and economic development initiatives. To better understand your needs, we developed a brief survey that we have posted on the Town of Emmitsburg website. We are asking businesses and residents to complete the survey and submit it to us by March 15th in one of three drop off boxes. The boxes are located at the Jubilee customer service desk, the Emmitsburg Library, or the Emmitsburg Post Office.

In order to access the survey, please go to emmitsburgmd.gov and click 'Our Community' then click 'EBPA Survey.' Remember to download and print the survey to complete it. To show our appreciation, we are offering dinner at the Carriage House and tickets to the Frederick Keys to two survey respondents. Please make sure you provide your name and contact information on the survey in order to be eligible for these prizes.

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PUBLIC NOTICE
Frederick County Board of Appeals

The Frederick County Council is soliciting letters of interest from individuals to fill two seats (full-time members) on the five-member Frederick County Board of Appeals. The individuals appointed to fill these two seats will begin three-year terms on July 1, 2018.

The Board of Appeals hears requests for special exceptions and variances, applying existing law to the facts presented with guidance from the County Attorney and Planning and Permitting Division staff. The Board also hears appeals from certain decisions of the Zoning Administrator, Frederick County Planning Commission, and other administrative staff.

The Board of Appeals meets the fourth Thursday of each month at 7 p.m. in the first floor hearing room of Winchester Hall, 12 East Church Street, Frederick, Maryland. The alternative day is the Monday following the Thursday evening meeting.

The Board of Appeals members are required to attend a field trip on the Wednesday the week before the Thursday night meeting to visit all the sites that will be considered at the monthly meeting.

Other Qualifications and Requirements include: Ability to effectively read and interpret maps and plans; Ability to analyze reports and applicant data; Perform field inspections and review of applicants submitted material; and Ability to follow and apply codes and ordinances governing development and zoning regulations.

Persons must be residents and registered voters of Frederick County. To apply please send a letter of interest and a current resume by regular mail or e-mail (no facsimiles) to the attention of:

Nancy Luna
12 East Church Street - Frederick, Maryland 21701
301-600-1135 - boardofappealsfcg@FrederickCountyMD.gov

Remember to include current contact information in the documentation submitted, i.e. home, work, and cell telephone numbers, home mailing address, and e-mail address. The deadline date to apply for the Frederick County Board of Appeals is 4 p.m. on Friday, March 30, 2018.

Frederick County Government does not discriminate on the basis of race, color, national origin, sex, religion, age, or disability in employment or the provision of services.

GOVERNMENT—SOUTH OF THE MASON-DIXON LINE

County Executive Jan Gardner

Mobile Community Health

I am excited to announce the launch of the new Mobile Community Healthcare Program, which will take care of people, ensure better health outcomes, and save the county money in the process.

Frederick County's Division of Fire and Rescue Services, the Frederick County Health Department, and the Frederick Regional Health System have been working in partnership for more than a year to stand up the program to help frequent utilizers of Emergency Medical Services (EMS). The service began in late February. Truly a win-win for everyone!

In recent years, a growing number of 9-1-1 calls have shifted from what we traditionally think of as emergencies, such as an acute medical or traumatic condition, to more non-emergency calls for assistance, such as for chronic, recurring health problems. Many of the health issues our EMS system encounters cannot be resolved by a single visit or transport to the hospital. Instead, many of these individuals need help from a variety of health care providers, social service agencies, and community resources that can work together to solve their needs.

A great example involves a veteran who lived in a second-floor apartment in a building with no elevator and who had health issues that prevented him from using the stairs. Any time he had a doctor's appointment, he needed assistance just to get down the steps from the second floor. This man called for an ambulance 28 times in one year. EMS staff worked with the veteran's landlord to find him a first-floor apartment in the same building. Since moving downstairs, the man has not placed a single call for an ambulance. The result is a better outcome for the individual resident and savings to taxpayers by avoiding and reducing calls for an ambulance.

Last year, there were 105 people who called the county's 9-1-1 center five or more times. These 105 people made a combined 1,200 calls for EMS service, which cost taxpayers almost \$800,000.

The Mobile Community Health team consists of a paramedic and a nurse or nurse practitioner provided by FMH. The team will make home visits to help participants better manage their health care needs so they don't need to visit the hospital's Emergency Department as often. A typical

home visit might include checking vital signs, assessing home safety and the risk of falls, and checking smoke detectors. Medications might be reviewed with participants, and physical and mental health assessments conducted. Other services or resources that may be needed will be identified and could be provided by the hospital, the health department, social services or a non-profit agency. The team will not take the place of the participant's primary care physician but will coordinate with them to ensure better health outcomes.

The Mobile Community Health Program is another example of partner agencies working together to make life better for others, and at the same time saving taxpayers money. We are blessed to live in such a caring community. By looking out for each other, everyone has an opportunity for a bright future in Frederick County!

Roddy Road Bridge

A warning system built to protect the historic Roddy Road Bridge is working! The covered bridge escaped damage in February when a truck struck an overhead warning

system designed to alert drivers when their vehicles are too tall to drive through the bridge. Roddy Road was closed for two days so the warning portal south of the bridge could be rebuilt by the county's Office of Highway Operations. The County expects to recover any costs from the vehicle owner's insurance company. Two years ago, the bridge closed for repairs two different times after vehicles that were too tall drove through the structure and damaged it. The county then installed the warning system to prevent similar incidents, and the system clearly did its job!

Saving Taxpayers Money

For the third time in a row, Frederick County earned a AAA bond rating from all three New York rating agencies. Citizens can be proud that Frederick County is well-managed, has strong financials, has a thriving and diverse economy, and that we deliver what we promise.

This is good news for taxpayers. The trifecta of AAA ratings means that the county can take advantage of low interest rates. For instance, we saved taxpayers \$2.6 million by refinancing some outstanding debt to a much lower interest rate. That's real money! It also means that the same amount of money will go much further toward

building new schools, roads, libraries and parks to ensure our long-term high quality of life. Frederick County is part of an elite group of fewer than 50 of the nation's 3,100 counties with three AAA stable ratings.

Livable Frederick

Frederick County is a great place to live, work, and raise a family. And, that's what Livable Frederick is all about.

As I mentioned last month, Livable Frederick is a new initiative and a new approach to developing a master plan or strategic plan for the future of Frederick County. Unlike past comprehensive plans, zoning is not part of this plan. This allows us to plan and shape our future without some of the contention of past plans that often got lost in debates about specific parcels of property and specific requests for rezoning. Livable Frederick is a policy driven plan. You can read it at www.livablefrederick.org.

We will host a town hall meeting about Livable Frederick at Winchester Hall at 7 p.m. on Wednesday, March 14th. You can watch it on FCG TV or streaming live from my Facebook page, www.facebook.com/JanGardnerExec. We want your input. You can make a difference and help to shape the future of Frederick County!

County Council Candidate At-Large Justin Kiska

Property Rights Vs. Government Regulations

In today's world, with so much going on and people involved in many different activities, not everyone can keep up with all of the issues being discussed in their community. This is especially true if an issue doesn't appear to affect them directly. As I've been talking to people over the last several weeks, I realize one such issue is that of the Monocacy River Plan.

Citizens impacted by the River Plan are actively involved with its review. But if you don't live near the Monocacy River, there's a very good chance you may have heard about the plan in passing and never gave it a second thought.

At the heart of the matter is a vital principle that affects everyone - individual property rights versus government overreach through unnecessary regulations. This is no small matter because if

the government unnecessarily reduces the property rights of some citizens, it reduces the rights of all citizens.

The update of the longstanding Monocacy River Plan has created significant opposition from citizens who've called it a "government land grab." What makes it a "land grab?" The plan proposes unnecessary regulatory action that directly impacts private property, causing harm to landowners without compensation or their consent. Those opposed to the proposed 2017 River Plan and who want to see it reformed, include landowners along the river, The Farm Bureau, and The Association of Realtors.

Let me provide some background. In Maryland, there are nine rivers designated as "scenic rivers." Along with the Monocacy, some other scenic rivers include the Anacostia, Deer Creek, and the Potomac. By law, a "scenic" riv-

er must have a river management plan established by a local River Advisory Board and adopted by the counties along the river. The plan provides recommendations used by the counties to develop regulations impacting the river and surrounding land. Currently, Frederick and Carroll County are reviewing the Monocacy River Board's updates to the 25 year old Monocacy River Plan.

Preservation of our natural resources is important, as are the quality of water and a clean river. Should the government overstep its authority in the name of conservation to take control of private land without sound justification, causing harm to citizens, then it becomes a serious issue.

Numerous governmental regulations are already in place to protect the Monocacy, including existing county buffer ordinances that restrict land use on property located within a certain

distance of the water. Buffers like this are not uncommon. They're often established to help control pollutants that can flow into the river like run off from urban areas and agricultural land.

However, should the buffer zones exceed reasonable boundaries it results in reduced property values and land utility (which can hurt the livelihoods of farmers who lose acres of usable land). Landowners still own their land and pay taxes on it, but they are forced to give up its control.

One would think there would be scientific research specific to the Monocacy confirming that increased river buffers and zoning changes would reduce pollution by a certain percentage or something along those lines - if that's the argument. However, no such studies exist.

These excessive buffers were inserted into the plan by county planning staff but after public outrage, the 8,000 acres of (over)regulated land was removed from the plan. However, the rejected buffer idea was reinserted into the plan nonetheless in other ways, as it still pushes for wider buffers and unnecessary zoning changes to private.

Even more disconcerting is that if you

look at other Frederick County plans and tri-state initiatives, you will see proposed bike paths through these buffers. The owners of these properties won't be able to do with them what they would like, yet the government would be able to put bike paths on private property without having to compensate anyone.

It's no longer about cleaning up the Monocacy River or the quality of the water with reasonable measures. It's about the government trying to take more control and trampling on private property rights. Now can you see why this is an issue that should be important to EVERYONE.

I'm not saying there shouldn't be some amount of oversight when it comes to land bordering a major waterway. But the regulations must be reasonable and justifiable. As a member of the County Council, I would never let the county overstep and infringe on the rights of property owners. Individual rights must be protected. The government works for the people. Not the other way around.

To learn more about Justin Kiska visit his campaign website at www.justinkiska.com.



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FROM THE DESK OF...

Carroll Valley Mayor Ron Harris

It is March and with any luck we will be over this nasty winter weather. A year ago, on March 1st the Adams County Library at Carroll Valley along with the Carroll Valley Borough office opened for service in our new building. Time flies. Don't forget that March 2nd is Employee Appreciation Day. It is a day to celebrate and recognize employees. Remember to turn your clock forward one hour to mark the beginning of Daylight Saving Time on March 11th at 2 a.m.. On March 12th, we celebrate the creation of the Girl Scouts. The "Ides of March" is March 15th. It is the day back in 44 B.C. that Julius Caesar was stabbed by Marcus Brutus and other members of the Roman Senate. We celebrate St. Patrick's Day on March 17th. Watch out for that green beer. If you get a green glow about you, do not drive. The NCAA March Madness begins on March 13th and ends on Monday, April 2. The Vernal Equinox is Tuesday, March 20th at 12:15 p.m.. Spring starts. Equinox means "equal night". The day and night are approximately equal (12 hours each).

On February 10th I had the opportunity to attend Fairfield Boy Scout Troop 76 Court of Honor Ceremony held to award the Eagle Badge to Bradford Glen Shughart. Brad is the

son of Bruce and Dee Shughart of Fairfield and a 2017 graduate from Fairfield High School. Brad is attending Shippensburg University majoring in Public Administration with a minor in music. He is a member of the Red Raider Marching Band and concert band. He is a volunteer firefighter at the Fairfield Fire and EMS Company 6, Vigilant Hose Company 6, Emmitsburg, and Cumberland Valley Hose Company 53 Shippensburg. For this Eagle project, he refurbished the shed at the Fairfield Union Cemetery. With the help of his volunteers, they removed the old paint, power washed, repainted and replaced 2 broken windows. To see the pictures of the ceremony, go to ronspictures.net. Congratulations Eagle Scout Bradford G. Shughart on your achievement.

Congratulations to Gayle Marthers, Jeni Jarrell, Amanda Bell and the Carroll Valley Recreation Committee for planning and hosting such a wonderful and successful event – the 4th Annual Daddy Daughter Dance. The theme was "Love You to the Moon and Back". There were over 235 people in attendance. Everyone had a blast! The young ladies were overjoyed to have their Dad to themselves on the dance floor. The Dads had a great time "cutting a rug" alongside

their daughters. An event of this size could not have been accomplished without people who were willing to give up their time for others. The volunteers involved were: Amanda Bell, Lori Borden, Kathy Beard, Kylee Borden, Deana Duvall, Pat Feeser, C.J. Jarrell, Jeni Jarrell, Jim Jarrell, Morgan Jarrell, Jamie Kidd, Camden Kidd, Caroline Kraft, Jacoby Kraft, Jesse Kraft, Jessica Kraft, Councilor Dave Lillard, Gayle Marthers, Charlie Marthers, Kate Nagy, Hunter Paulus, Kelci Roath, Councilor Sara Skoczen, Tim Skoczen, Diane Stevens, Randy Stevens, Angie Wallace, Ben Wallace, Emily Weller, Cheri Wojcik, and Holly Wolfgang. The event donors were Jarrell Studios, Charlee Marthers, Charlie Lambert, Councilor Dave Lillard, and Nick Kalathas. A special shout-out goes to Commissioner Marty Qually who was the only cook in the kitchen. Thanks, Comish! To see the pictures, go to ronspictures.net and click on the appropriate gallery. I would like to personally thank everyone involved.

On Friday, March 16th, from 8:30 a.m. to 2:30 p.m., the Harrisburg Community College (HACC) is holding a Community Education Day at the Gettysburg Campus. The Education Day events features

coffee and donuts, a bagged lunch and three class selections. The class offerings are: (1) Retirement; (2) Introduction to Creative Writing; (3) Identity Theft: What You Need to Know; (4) The History of First Ladies Teas; (5) When Character and Integrity Count: Lessons from George Marshall; (6) History Behind Adams County Road Names; (7) Eugenics: How to Build a "Better" Race; and the (8) 50th Anniversary of the Battle of Gettysburg. If interest, visit hacc.edu/Gettysburg-Community for details. I will be offering a 1½ hour, hands-on tutorial on Microsoft Word software application on Wednesday, March 21st starting at 1 p.m. in the Borough Conference Room. To register contact the Library at 642-6009.

As a reminder, do you have proper house number lettering on their mailboxes, so the fire company, ambulance, and/or the police department can find you. In an emergency, seconds count. It is so important that it is addressed in the Borough of Carroll Valley Ordinance §27-706. The ordinance states all improved property within the borough is required to post the official street address in three (3) inch numbers which are luminous (reflective). The number shall be easily read from 20 feet day or night. If there is no mail box at a res-

idence or if it does not clearly identify the house, the reflective street address numbers shall be placed on the front of the house. If the residence sits back off the road or is not visible due to trees or bushes, a sign shall be erected displaying the proper address. Does your house meet code? If not, you can buy a reflective mailbox sign for just \$8.00 from the Police Department. These signs are 6" x 18" aluminum and covered in green reflective vinyl with white reflective vinyl numbers attached on both sides. They have the same highly visible qualities of PennDot directional signs. If you are interested in one of these signs, visit the Borough Police Department and ask about ordering one. You can also contact the Police Department Administrative Assistant at pdadmin@carrollvalley.org.

The Borough will be holding the following meetings in March: Planning Commission (Monday – Mar 5th), Borough Council (Tuesday – Mar 13th), Sewer/Water Authority (Mar 19th), Finance Committee (Monday – Mar 26th) and Parks/Recreation Committee (Wednesday – Mar 28th). If you have any questions, please do not hesitate to contact me by email at Mayor-RonHarris@comcast.net or by cell at 301-606-2021. Watch the speed while driving on the trails.

State Representative candidate Marty Qually

Judge John Dillon of the Iowa Supreme Court in 1868 ruled in a case pitting local government against state government. His ruling held that municipal governments only have the powers expressly granted to them by the state legislature: those powers necessarily implied by the express powers, and those that are essential and indispensable to the municipality's existence and functioning. Judge Dillon lived in a time when many city and local governments were saturated with corruption.

He didn't trust local government, going so far as to write that "those best fitted by their intelligence, business experience, capacity and moral charac-

ter," do not serve in local government. In my short time as an elected official I must protest that this over-generalization continues. Judge Dillon's characterization brings to mind lawless frontier towns or TV characters like Boss Hog from "The Dukes of Hazard." I have met local elected officials who have been retired U.S. military officers (one being a retired admiral), successful business owners, bankers, accountants, teachers, the list is endless. Needless to say, Judge Dillon and I would have had to respectfully disagree on this point.

I believe that times have changed and local government can be the most efficient and accountable level of gov-

ernment in Pennsylvania. Perhaps we now hold local officials to a higher standard. Or perhaps we are better at reacting to corruption locally, so we are attracting officials more willing to follow the rules. Regardless of the reason, I believe that strong municipal governments help Pennsylvania become a stronger state.

Recently, I had the opportunity to attend an Adams County Boroughs Association meeting and against was impressed by the caliber of our local boards. One of the items we discussed was the Pennsylvania State Association of Boroughs legislative priorities. Two things really struck me about the list of priorities: first that I agreed with almost all of them, and second, how closely they mirrored the County Commissioners Association of Pennsylvania legislative priorities.

In a general sense the three associations representing municipal and county government have three concerns: 1) State created unfunded mandates; 2) Increase in local control, and 3)- Improvements to various forms of infrastructure.

Unfunded Mandates

In the State Legislature every bill has listed its fiscal impact. That is a great idea. We should know how much any piece of legislation will cost. The challenge is that the fiscal impact is based upon its impact on the state budget, not county or local budgets. A recent example of how this process affected county government was a group of laws specifically aimed at reducing child abuse. These laws were a result of the Sandusky case from Penn State. I have never met anyone who did not support the changes to mandatory reporting of abuse, the improvement of the definitions of abuse, or any the increased penalties for those who abuse children.

In my humble opinion, we could use a few stricter laws focused on child abuse and sexual abuse against any age group. So here we have a batch of laws clearly supported by the people of Pennsylvania and overwhelmingly supported by our elected officials. After the Sandusky case and the subsequent laws, a list of new

mandates were passed down to counties. Mandates to which no increased state funding was attached, thus an unfunded mandate. In the case of Adams County, we hired an attorney and a few caseworkers to deal with the increased need for investigations. Local tax dollars paid for those employees, their desks, computers, health care, etc... I agree 100 percent with the rules put into place, but when the state expects local government to do more work, they should help to pay the bills.

Increase in Local Control

The Boroughs Association has a simple request, which some of us aren't going to like, but they should have this authority. Local police would like to be able to use radar to enforce the speed limit. Pennsylvania is the only state in the country whose local police cannot use this technology to ensure safety on our roadways. The National Highway Traffic Safety Administration recently indicates that Pennsylvania has the worst record for speed-related fatalities. It is absurd that the state allows local law enforcement to use firearms, but not a radar gun. In a county where only have a few state troopers patrolling at any given time, we really do need to give our local law enforcement the tools to do their job. Not to belabor the local corruption dichotomy, but our local Police Chiefs are not Sheriff Rosco P. Coltraine from Hazzard County. They and their professional law enforcement officers are responsible for the safety of over 110,000 residents in Adams County.

I can be reached at 717-339-6514, martyqually@gmail.com and on my campaign facebook page www.facebook.com/martyqually.

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GOVERNMENT—NORTH OF THE MASON-DIXON LINE

County Commissioner Randy Phiel

Pennsylvania Congressional Redistricting has significant implications for Adams County. The Pennsylvania Supreme Court has handed down a new Congressional District map. Charges of gerrymandering against Republicans by Democrats, and counter charges of less than objective mapping decisions made by the State Democratic Executive Branch and Democratic majority Supreme Court have and continue to reverberate. On February 22, PA Republican Legislative Leaders entered an emergency appeal contesting the State Supreme Court decision to the US Supreme Court, who earlier this month rejected an emergency appeal on the matter. Until Monday, February 19, many Congressmen including our Congressman Scott Perry, did not know who their constituents would be as other candidates circulated petitions. At the time of writing this article, a decision had not been rendered by the U.S. Supreme Court.

For Adams County the change is significant and possibly very detrimental. Most of Adams County would be on the far eastern end of Congressman Bill Shuster's 9th District. The District goes clear out to western PA and is probably 150-200 miles long. Adams County also loses its historic relationship with York County and is partnered with three very rural counties. Perry retains only a small sliver of

Adams County. Adams County is losing a veteran and dedicated congressman in Scott Perry, who knows Adams County and is on several influential committees. With Shuster retiring, Adams County will thus have a freshman congressman with no seniority.

According to the PA Department of State, nomination petition packets became available for congressional candidates by February 22. Congressional candidates will then follow a revised circulating and filing schedule ordered by the court. The revised petition filing schedule, which applies only to congressional candidates, allows for circulating and filing petitions from February 27 through March 20. There are 54 counties that lie entirely within a single district, so candidates for those congressional districts will be able to identify significant numbers of voters even before the updated lists are ready.

Having legislators whom we know, and who know us and our issues, has been extremely important during this Adams County Board of Commissioner's tenure. We pride ourselves on those relationships. We admittedly have some concerns about the situation that has developed for Adams County and await the US Supreme Court decision.

I am honored to serve on the County Commissioners of Pennsylvania Board of Directors, represent-

ing District 3 for the past 5 years. District 3 is comprised of Adams County and nine other counties to our west. As the new year begins, Pennsylvania's counties have chosen seven legislative priorities for 2018, each of which showcases the important services they provide to commonwealth residents and emphasizes the critical need to maintain the state-county partnership in service delivery. The counties' priorities include: Human Services Funding and System Reform; Preventing Substance Abuse and Drug Overdose; Maintaining the Shale Gas Impact Fee; Increasing Forensic Bed Access for County Inmates with Mental Illness; Supporting Veterans Services; Funding for Voting Systems; and Mandate Reform. CCAP will be working tirelessly with our legislators to promote these significant issues that are important to Pennsylvania counties and their residents.

The Spotted Lantern Fly is a significant threat to Adams County and this region's important fruit industry. This Asian pest has had a devastating impact in Berks County and has been identified as close as Lancaster County. Some positive news is that U.S. Department of Agriculture Secretary Sonny Perdue recently committed \$17.5 million in new emergency funding for Pennsylvania to combat the spotted lanternfly. This invasive species has spread to 13 southeast Penn-

sylvan counties and could have a significant negative impact on the state's agriculture industry. The Pennsylvania Department of Agriculture has been working in collaboration with the U.S. Department of Agriculture, other state agencies and partners to prevent the spreading of the spotted lanternfly. In a related move, Gov. Wolf proposed nearly \$1.6 million in funding specifically for spotted lanternfly surveillance and response as part of his FY 2018-2019 budget plan. In Adams County, we hope and will strive to advocate that some of that funding be funneled to Penn State Fruit Research & Extension Center located in Biglerville.

Speaking of the importance of Adams County agriculture, congratulations to Adam McClain for being selected as the Adams County Conservation District Manager. Adams began his new duties on February 5th. Adam had served the Adams County Conservation District since 2009 as the Watershed Specialist. We are sure Adam will continue to advocate for promoting best natural resource practices and enhancing the relationships at the Ag Center, which include the Adams County Conservation District, Adams County Planning, Rural Resources, GIS Mapping, Penn State Extension, USDA & Land Conservancy of Adams County.

For those of you who are into

numbers, here are some staggering facts related to Pennsylvania agriculture I learned at the PA Farm Show. In Pennsylvania agriculture comes in at \$1135.7 Billion or about 18% of Gross State Product. Agriculture creates 580,000 jobs in Pennsylvania. Ag results in \$27 billion in wages. We grow and produce 577 billion lbs. of mushrooms, 117 billion ft. of hardwood timber, 91,000 tons of grapes, 8.2 billion eggs, and 439 million lbs. of apples, 139,000 gallons of maple syrup and 10.8 billion gallons of milk.

With spring just around the corner, the prospect of totally completing the Adams County Law Enforcement Firearms Training Range beside the 911 Center grows even closer. Actual firing range construction, overall footprint, berms and lanes were completed late last fall; but too late to use the range. This spring the memorial flag plaza, shoot/storage building and pavilion will be completed using volunteer labor and some donated materials. The community stepped forward to make this long anticipated and needed training facility happen at no taxpayer cost. The Adams County Law Enforcement Association is still seeking funds to complete the structures this spring. Donations can be mailed to the Adams County Law Enforcement Association, 1935 Mummasburg Road, Gettysburg, PA. 17325. For more information contact Sheriff Jim Muller at 717-337-9828 or Commissioner Randy Phiel at 717-337-9820.

State Representative Dan Moul

It is the mid-point in the 2017-18 Legislative Session, and the General Assembly has already tackled pension reform and performance-based budgeting, and sent several budget reform bills to the Senate for consideration. We are making forward progress, but we must remain diligent - particularly when it comes to the state budget.

In February, Gov. Tom Wolf unveiled his annual budget proposal to a joint session of the General Assembly. The governor's plan for fiscal year 2018-19 would spend more than \$33 billion or about \$1 billion more than the current year. Yet, revenue estimates from the Independent Fiscal Office and increases in the Consumer Price Index indicate that our next state budget should not exceed \$32.1 billion. Just as working families cannot spend more money than they bring in, neither should the Commonwealth.

Annual budget hearings began on Feb. 20, with state departments, agencies and various other stakeholders. These public hearings will last three weeks and will be followed by budget negotiations with an eye toward the June 30 budget deadline. To follow the budget process, including live access to public hearings and floor debate, visit www.PaHouseGOP.com.

The unfunded liability in the state pension systems had posed the greatest threat to Pennsylvania's fiscal sol-

lucency. Legislation passed last summer aims to slow the growth of pension liabilities, shifting some risk away from taxpayers and helping to ensure the Commonwealth can meet its future pension obligations. Act 5 of 2017 establishes three new public pension plans from which state employees and teachers hired in 2019 or later can choose. The plans provide future employees with retirement security and portability while also protecting taxpayers. Current employees may choose to opt in to a new plan or keep the one they have. Retiree plans remain unchanged.

The House has passed a number of budget reform bills, which are now awaiting action in the state Senate. They would close a loophole that has allowed out-of-balance budgets to become law; limit the time agencies are allowed to hold onto unused funds before they must be returned to the State Treasury; require the Secretary of the Budget to determine in December if revenues will fall short of the official estimate, and set that amount in reserve to avoid a year-end deficit; improve transparency of special funds; require annual reports that show the cost of state and federal mandates; require the administration to justify the need for any supplemental appropriations; and propose a state constitutional amendment to allow spending caps based on the CPI and state population growth.

I produce a weekly email in

which I highlight major events at the Capitol and news in our district. I invite you to sign up on my website at www.RepMoul.com. You can also join me on Face-

book at [Facebook.com/RepMoul](https://www.facebook.com/RepMoul). As always, you can contact my district office at 717-334-3010 or email me at RepMoul@pahouse.gov.

You may be receiving my emails now, but during the 60-day blackout period before every even-year

election, I am prohibited from sending mailings to constituents unless they have specifically authorized them. To do so, visit my website www.RepMoul.com and enter your email address in the space provided in the upper right hand side of my home page.



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THE PASTOR'S DESK

No shortcuts

Pastor John Talcott
Christ's Community Church

I will be the first to admit that I love finding a good shortcut, but I think that most people would agree that there have been times when taking a shortcut proved not to be the best decision. However, in spite of our past experiences, we often find that a good shortcut is just too much to resist. For many, the New Year brings dreams and resolutions of getting healthy, losing weight, etc. and when we hear about a shortcut our ears tend to perk up.

Advertisers know this and so we're bombarded with promises, "Here's a way to lose weight fast," "Here's how to get rich quick," or "Here's a way to own your own home and do it with no money down." Meanwhile, deep inside, in our hearts, we know that there are no shortcuts for the best things in life; the things that matter the most. And now that the hope and excitement of the New Year is past, we need to settle down for the long haul, because just as you can't microwave a gourmet meal, there are no shortcuts to success, a healthy

marriage, or a happy family. And in the same way, our spiritual journey offers no shortcuts, and yet it's easy to be drawn into a form of religion that lacks the depth of true discipleship. The fellowship, meals, and various activities all fall short of bringing us to that place of discipline, training, service, and self-denial.

Today, we're well on our way in this season of Lent, these 40 days leading up to the passion of Christ, Good Friday, and the Glory of Resurrection Sunday, but we must be mindful that Lent is more than just a time of year when you give up Facebook, Netflix, ice cream, or something like that. This season is really an opportunity to open our hearts a little wider, understanding the work of Christ a little deeper, so that as Resurrection Sunday comes around we'll embrace the grace of God in a deeper and more profound manner. But it won't happen overnight, because there are no shortcuts to becoming a fully devoted follower of Jesus Christ. If we're going to get serious about making a difference in our community, in the lives around us, and for eternity, we must reflect the love and compassion of Jesus Christ, being committed to a deeper walk with him,

and eager to share his message of hope to a broken and hurting world.

We see an example of what the disciple's life should be like in the life of Christ. As a matter of fact, Jesus said it this way, "A student is not above his teacher, but everyone who is fully trained will be like his teacher" (Luke 6:40). And so, in a very real sense we must all walk the same path that Jesus walked. In a sense, our journey will mirror his journey, but his journey included a crucifixion and ours most likely won't. However, our journey will include following a path of self-denial, obedience, and humble submission to the will of God in everything we do. Therefore, the season of Lent is a season of preparation like spring training to the athlete or boot camp for new recruits in which we prepare ourselves to live a life that honors God even beyond the season. You could say in a very real sense that its choosing the path less traveled.

Over a century ago, American poet Robert Frost wrote these words, "Two roads diverged in a wood, and I — I took the one less traveled by, and that has made all the difference." You could say, choosing the path less traveled, is a defining characteristic of a believer's life, not just in these 40 days leading to Easter, but day by day, mo-

Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

- Psalm 139:23-24 -

ment by moment, choosing for ourselves "Will I do this the easy way or will I do it the right way? Will I do it my way or will I do it God's way?"

You see, our culture may attempt to sway us to take the path of least resistance, to look for the shortcut, but the fully devoted follower of Christ will be committed to taking that less traveled road. As Jesus said, "Wide is the gate and broad is the road that leads to destruction and many enter through it; but small is the gate and narrow the road that leads to life and only a few find it" (Matthew 7:13-14). And so, our goal is to be committed to a deeper walk in Christ, finding that narrow way and preparing ourselves to live a God honoring life, so that when those two roads diverge that we would be bold enough and brave enough to take the one less traveled.

You see, we want to be growing spiritually, we want to be maturing on this journey called life, and yet many of us would have to admit that there was a time when we were closer to God than we are today. Maybe it was many years ago, when you had that passion for God's Word, when you wanted to serve, when you wanted to get to church early, when you were excited, because you were praying and seeking God. In those days, you were leaning in, expecting to hear something from God, but somehow over time, life just kind of happened and you lost that passion for Jesus.

Well, I'd like to encourage you to seize every opportunity this Lenten season offers you to stir up that passion again. If there was a time in your life that you were closer to God than you are today,

might I suggest that God isn't the one who moved. Could it be as we struggle through the day-to-day routine of life that many of us don't even recognize how far we've drifted from the presence and the goodness of our God? And that's why the Bible tells us, "We must pay more careful attention, therefore, to what we have heard, so that we do not drift away" (Hebrews 2:1).

It's for this reason, that at Christ's Community Church we began this Lenten season with a message series reflecting on those sins that we find to be more acceptable, easier to rationalize, and even necessary. Together we're joining in prayer with David who said, "Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting" (Psalms 139:23-24).

Would you join us in this season of preparation paying careful attention to what we've heard so that we don't drift away, but that we draw closer being faithful in the little things? I pray that together we may seek God, seeking holiness and purity, so that on the last day we may hear those coveted words, "Well done, good and faithful servant!" (Matthew 25:23). Let's press on, pressing in, being willing to settle down for the long haul, and taking the road less traveled, because there's no shortcut to becoming a committed follower of Christ; and there's no shortcut to spiritual maturity.

To learn more about Christ's Community Church visit them online at www.cce-emmitsburg.org or better yet, join them for Sunday service at 303 W. Lincoln Ave., Emmitsburg.

PALM SUNDAY - MARCH 25
 8 a.m. Worship with Hosanna Choir
 9 a.m. - Sunday School
 10:30 a.m. - Worship with Bells of Grace Handbell Choir
 Holy Week Services nightly - 7 p.m.
 Palm Sunday - March 25 ~ Good Friday - March 30

EASTER SUNDAY - APRIL 1
 Sunrise Service - 6:30 a.m.
 Moravian Lovefeast with Bells of Grace Handbell Choir - 7:30 a.m.
 Celebration Worship - 10:30 a.m.

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 Saturday, March 24
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THE BOOK OF DAYS

Tradition and Truth



Silver plaque from the Norrie's Law hoard, with double disc and the uniquely Pict Z-rod symbol.

March 6

The value of popular tradition as evidence in antiquarian inquiries cannot be disputed, though in every instance it should be received with the greatest caution. A few instances of traditions, existing from a very remote period and verified in our own days, are worthy of notice.

On the northern coast of the Firth of Forth, near the town of Largo, in Fifeshire, there has existed, from time immemorial, an eminence known by the name of Norrie's Law. The popular tradition respecting this spot has ever been that a great warrior, the leader of a mighty army, was buried there, clad in the silver armour he wore during his lifetime. Norrie's Law is evidently artificial, and there can be no wonder that the neighbouring country people should suppose that a great chief had been buried underneath it, for the interment of warrior chieftains under artificial mounds, near the sea, is as ancient as Homer. Hector, speaking of one whom he intended to slay in single combat, says:

*The long-haired Greeks
To him, upon the shores of
Hellespont,
A mound shall heap; that those in
after times,
Who sail along the darksome sea,
shall say
This is the monument of one long
since
Borne to his grave, by mighty
Hector slain.'*

Our Anglo-Saxon ancestors buried their warrior leaders in the same manner. The foregoing quotation seems almost parodied in the dying words of the Saxon Beowulf:

*Command the famous in war
To make a mound,
Bright after the funeral fire,
Upon the nose of the promontory;
Which shall, for a memorial
To my people, rise high aloft,
On Heonesness;
That the sea-sailors
May afterwards call it*

*Beowulf's Barrow,
When the Brentings,
Over the darkness of the flood,
Shall sail afar.'*

So it was only natural for the rustic population to say that a chief was buried under Norrie's Law. Agricultural progress has, in late years, thrown over hundreds of burial barrows, exposing mortuary remains, and there are few labourers in England or Scotland who would not say, on being pointed out a barrow, that a great man, at some distant period, had been interred beneath it. But silver armour, with one single exception, has never been found in barrows; and as Norrie's Law is actually the barrow in which silver accoutrements were found, the tradition of the people was fully verified. For only by tradition, and that from a very distant period, could they have known that the person interred at Norrie's Law was buried with silver armour.

It appears that, about the year 1819, a man in humble life and very moderate circumstances, residing near Largo, was - greatly to the surprise of his neighbours - observed to have suddenly become passing rich for one of his position and opportunities. A silversmith, in the adjacent town of Cupar, had about the same time been offered a considerable quantity of curious antique silver for sale; part of which he purchased, but a larger part was taken to Edinburgh, and disposed of there.

Contemporary with these events, a modern excavation was discovered in Norrie's Law, so it did not require a witch to surmise that a case of treasure-trove had recently occurred. The late General Durham, then owner of the estate, was thus led to make inquiries, and soon discovered that the individual alluded to, induced by the ancient tradition, had made an excavation in the Law, and found a considerable quantity of silver, which he had disposed of as previously noticed.

But influenced, as some say, by a feeling of conscientiousness, others of a superstitious character, he did not take all the silver he discovered, but left a large quantity in the Law. Besides, as this ingenious individual conducted his explorations at night, it was supposed that he might have overlooked part of the original deposit.

Acting in accordance with this intelligence, General Durham caused the Law to be carefully explored, and found in it several lozenge-shaped plates of silver, that undoubtedly had been the scales of a coat of mail, besides a silver shield and sword ornaments, and the mounting of a helmet in the same metal. Affording indisputable evidence of the very long perseverance and consistency, which may characterize popular tradition.

At Ballyshannon were two pieces of gold discovered by a method very remarkable. The Bishop of Derry, being at dinner, there came

more. In all probability they were not the first inquisitive persons whom the Harper's song had sent to the same spot. Since the ancient poetry of Ireland has become an object of learned research, the very song of the harper has been identified and printed, though it was simply traditional when sung before the Bishop. It is called Moira Borb; and the verse, which more particularly suggested the remarkable discovery, has been translated thus:

*In earth, beside the loud cascade,
The son of Sorra's king we laid;
And on each finger placed a ring
Of gold, by mandate of our King.'*

Another instance of a similar description occurred in Wales. Near Mold there had existed from time immemorial a burial mound or barrow, named by the Welsh peasantry Bryn-yr-ellylon, the Hill of the Fairies.

In 1827, a woman returning late from market one night, was

extremely frightened by seeing, as she solemnly averred, a spectral skeleton standing on this mound and clothed in a vestment of gold, which shone like the noon-day sun. Six years afterwards, the barrow, being cleared away for agricultural purposes, was found to contain urns and burnt bones, the usual contents of such places. But besides these, there was a most unusual object found, namely, a complete skeleton, round the breast of which was a corselet of pure gold, embossed with ornaments representing nail heads and lines.

If we are to confine ourselves to a natural explanation, it seems but reasonable to surmise that the vision was the consequence of a lingering remembrance of a tradition, which the woman had heard in early life, of golden ornaments buried in the Goblin Hill.

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

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COMMENTARY

Words From Winterbilt

Free speech and racism...

Shannon Bohrer

Early this year, the president was discussing immigration issues and he was accused of using language that would indicate that he is a racist. He implied that we should not be in favor of allowing individuals from countries that are predominately minority (black) countries to immigrate into the United States. The words and context of his language was reported on news networks, and I found it interesting to watch the different networks and their reporting. The pro-president network avoided the specific words and spoke of the president's accomplishments and his desire to create a comprehensive immigration policy. The networks on the other end of the political spectrum used the president's offensive language in the news reports and repeatedly asked, "Is the president a racist?"

Both sides had a lot to say about the incident but were not in agreement about the words the president actually used, or the meaning of the words he did use. A few of the individuals who were in the room with the president during the speech

sometimes reported they did not remember the words the president used, but later denied that the president used the offensive terms at all. Following this, both sides accused the other of reporting false information. Even the Homeland Security Secretary, Kirstjen Neilson, who was in the meeting when the president used the offensive language, testified under oath that she did not hear the words. While the exact words may be in dispute (s*** house or s*** hole) the language along with the context imply racism. When questioned, the White House did not refute the language.

Is the president a racist? His language and actions are and have been consistent with racism. The president called out minorities during his campaign, he criticized a judge just for his heritage and he failed to disavow the Ku Klux Klan following the Charlottesville protest. Being a racist, however, is not illegal in the United States. This is a free country and we have the right to our beliefs and the right to express them, even when the beliefs are distasteful and disgusting. What we don't have a right to do is to discriminate because of our beliefs. In the government or positions

of commerce, such as renting housing, serving meals, or selling products, no one can legally deny service to someone of a different race. Despite this, it is not illegal to be a racist.

"Hating people because of their color is wrong. And it doesn't matter which color does the hating. It's just plain wrong." —Muhammad Ali

Americans have a right to free speech and a right to their own beliefs, even if those beliefs cause controversy or offense. Defenders of the president have said that the president is not a racist. These individuals also have a right to their own beliefs — again, even if others disagree with them.

An argument in defense of the words spoken by the president is that he does not attempt to be "politically correct," he speaks his mind directly. Being direct and speaking one's mind could reflect a lack of political correctness (in a pejorative sense indicating dishonesty), but it can also reflect intolerance and bigotry.

"Political correctness is a label the privileged often use to distract from their privilege and hate." —DaShanne Stokes

Even the most conservative media outlets did not want to let go of this incident and without questioning the president's racial prejudice, or lack thereof. The president answered that he was the "...most non-racist person they will ever know." We know the president does not acknowledge that he is a racist, or perhaps he does not believe he is a racist.

I think most people, if they were honest, would admit that they know some bigoted people. Many people have racist friends, associates, co-workers, and even family members. Knowing or associating with a racist does not make one a racist. When racist language is used, however, and the non-racist persons say nothing, are there consequences? Is silence in the face of racist ideals a form of inadvertent support of the racism itself?

Racism is not illegal, but that does not mean it is an acceptable personal belief. How do people react when racist language is used? What would you do if a friend or family member used racial slurs around you? Does it depend on how offensive, or how racist the comment was? Would your response vary if the racist person was your boss, your sibling, or your friend? Disagreeing with someone over racist behavior or language does not have to be argumentative or confrontational. Disagreeing with someone does not require you to be dis-

agreeable — well, most of the time.

Many people that were present when the president used the offensive language deny that he said those words at all. One member of the Republican party that was in the room, however, denounced the words and context in which the president spoke them. How can people in the same room hear different words, or fail to remember the words at all? Are some of these people lying?

Is it possible that some of the people that refute the president's use of offensive language have ulterior motives to hide the truth? Contradictory facts seem to be normal in political circles today. If you repeat a lie often enough, people begin to believe it. Is it worse to deny that the president said anything offensive at all, or to lie about the words he did use?

"When lying is combined with secrecy, there is usually a pretty good road map in front of us... Yes, follow the money, but follow also the lies." — Carl Bernstein

The party in charge of the government tells us not to trust the government and that the government lies. The conspiracy theorists that are in charge are correct — they do lie.

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Common Cents

War and poverty: a compromise with hell

Robert C. Koehler

It's so easy to paper over the real American security void with verbiage about strength vs. weakness and the endless need to upgrade the military.

Here's Secretary of Defense Jim Mattis, for instance, quoted the other day in *The Guardian*: "It is incumbent upon us to field a more lethal force if our nation is to retain the ability to defend ourselves and what we stand for."

This is the cornerstone of The Great Lie, the foundation of global suffering and disorder: that all the glorious abstractions for which we stand — freedom, democracy, etc. — are maintained by violence and the threat of violence. The strength of evil, see, is almost infinite, and it lurks uncontained beyond our borders, but it stays away from us as long as it fears us. Therefore, do not, under any circumstances, question the size of our military budget.

This is the directive followed by much of the U.S. media, even as that budget continues to swell and the wars we wage grow ever more intractable. Indeed, the Trump administration's recently released 2019 budget proposal includes \$716 billion for the military. Think of it as a quiet hemorrhage. Mattis, this time referenced by the Associated Press, says it's needed "to pull the military out of a slump in combat readi-

ness at a time of renewed focus on the stalemated conflict in Afghanistan and the threat of war on the Korean peninsula."

Don't ask any further questions. Blame domestic spending — on schools, healthcare, highways, food stamps, environmental cleanup — for the national deficit. And above all, don't look too closely at the dying empire the U.S. military continues to "defend." If you do, you might conclude it's not doing such a great job ensuring the nation's security.

"The United States is one of the world's richest and most powerful and technologically innovative countries; but neither its wealth nor its power nor its technology is being harnessed to address the situation in which 40 million people continue to live in poverty."

So Philip Alston, the United Nations special rapporteur on extreme poverty and human rights, wrote in December after a 10-day tour of poverty zones across a wide swath of the United States, from California to Puerto Rico. The points he makes in his U.N. report are excruciating to read, illuminating, as they do, the Fourth World poverty in this nation that is hidden in plain sight. To wit:

"US healthcare expenditures per capita are double the OECD (Organization for Economic Cooperation and Development) average and much higher than in all other countries. But there are

many fewer doctors and hospital beds per person than the OECD average.

"US infant mortality rates in 2013 were the highest in the developed world.

"America has the highest incarceration rate in the world, ahead of Turkmenistan, El Salvador, Cuba, Thailand and the Russian Federation. Its rate is nearly five times the OECD average."

This is just a small portion of Alston's observations, which included such horrors as unsafe drinking water, inadequate sanitation facilities ("I saw sewage-filled yards in states where governments don't consider sanitation facilities to be their responsibility") and broke, desperate municipal governments meeting their budgets by trapping poor people in endless debt through the doubling and redoubling of fines for minor infractions.

In America, the horrors of poverty go on and on. The solution for some — especially those in positions of power — is simply to close their eyes to it. How quickly it goes away when it doesn't affect you.

"When our nation can't manage to turn the lights on for the people of Puerto Rico, when we can't help those suffering from opioid addiction get treatment, and when we can't ensure education and healthcare to all of our citizens, how is it possible we can justify spend-



ing billions more on weapons that don't work to fight enemies that don't exist?" asked Stephen Miles of *Win Without War*.

The questions raised by America's Fourth World poverty should never, ever be separated from the discussion of war and the military budget. And high-ranking politicians should never be permitted by the free press to wallow in abstract rhetoric about "our values" as they seek to justify war — especially the current, endless wars, which, as they steal resources from the home front, keep worsening the quagmires they've created across the planet.

In our fear of facing what we've created, oh Lord, we continue to make things worse. It's called bipartisanship. In the current state of American politics, the best we can get from our allegedly democratic government is a compromise with hell: social bandages plus nuclear weapons.

I blame the media for this, because the only way to move beyond illusion and fear is to em-

bark on a journey of complex awareness. Instead, Americans get simplistic analyses that fail to penetrate the Great Lie, that evil is somehow un-American, a force wielded by foreigners. For instance, in another recent AP story that addressed the Trump budget proposal, the framing, of course, was that deficit-spending was its biggest problem, appalling some Republicans but not all of them.

"But many other Republicans pointed to money they have long sought for the Pentagon, which they say needs huge sums for readiness, training and weapons modernization," the story tells us.

Then Paul Ryan is quoted: "It provides what the Pentagon needs to restore our military's edge for years to come."

So relax. Even if we're dying as a nation, we're still tougher than anybody else.

Robert Koehler, syndicated by *PeaceVoice*, is a Chicago award-winning journalist and editor.

The American Mind

Never let a good crisis go to waste

William Hillman

This month I had planned on a column about the Super Bowl, The Eagles win, and the fun of taking the family into Philadelphia to celebrate with the city. Maybe next month.

On Valentine's Day, seventeen students and faculty members were murdered by a former classmate at Marjory Stoneman Douglas High School in Parkland, Fl., a small community west of Boca Raton.

Another school shooting. I cannot think of a more tragic and sad experience for a parent than losing a child. As a parent, I'm not sure how I would survive what these parents are going through. Tragedies like this are the result of actions by a mentally damaged person. There is no understanding the actions of people who commit acts like this, which is why I don't have much to say about it. We will grieve as a community and cry for the children and the parents. Political activists will elbow to make money from selling snake-oil solutions.

Last month I wrote about the current sex scandals - #metoo movement - and how Hollywood shares much of the blame for this culture yet refuses to take responsibility for any. Much the same can be said for the glorification of violence kids are exposed to.

My friend Raynard Jackson, in his

column this month in "Black Press USA" said it best:

In American society today, many people have bought into the notion that man, not God, is the measure of all things. There are no rules. No restraints. American society has cast the traditional nuclear family by the wayside. For liberals, normal is whatever you feel like doing at any given moment.

Liberal Hollywood elites, the most vociferous advocates for gun control, refuse to take responsibility for the violence and lack of morals that are constant themes in their movies and TV shows; most of them won't even acknowledge the negative effects that their industry has on the minds of young people.

The result is generations of children who become desensitized to violence and mayhem, who then lash out in real life, without ever considering the repercussions of their actions.

These kids don't wake up one day and decide to go on murderous rampages at their schools, simply because someone picked on them during lunch or they experienced a bad breakup. We have all gone through that as teenagers and young adults and we got through it without killing and maiming dozens of our classmates.

What is different now? Today, it's very hard to get teenagers and young

adults to think critically about the world they live in. No one wants to accept personal responsibility for anything that happens in their lives; everyone gets a trophy; everything bad that happens to them is always someone else's fault.

The state of Florida and the F.B.I. are going to spend millions of dollars trying to figure out why this kid killed students and faculty members at that school in Parkland. In reality, there are no simple solutions to most problems that we wrestle with as a society.

Unfortunately, sometimes bad things happen to good people and banning guns won't change that.

The left has jumped into full Saul Alinsky mode and has seized on the shooting to push their own fascist political ends. Less guns and more control over the people.

CNN starts spreading the false information that there have been eighteen school shootings since the start of this year. What they did not tell their audience is their count included events such as a man who committed suicide in a school parking lot while the school was closed, and misfires at police academies, etc. CNN then went on to hold a town hall with the students of Parkland, in which their questions and comments were scripted by CNN. Comments that did not follow the narrative were disallowed.

ing America great again was always just that - a hollow catchphrase. He is for the rich, who have jumped on the bandwagon with glee, because they always want more power and loot. Mr. Putin and his oligarchs are in there, and whether deliberately or accidentally, these two power-grabbing tyrants would like to be able to shape the world to their views.

The stock exchange has welcomed the tax cuts, which sees more money for its members. It trotted out its obfuscating mantras again, trickle down, jobs, prosperity and so on, but big business still rules, haves to get more, have nots to get less.

Foreign policy would be a laugh if it wasn't so gobsmacking. The biggest undertaking Mr. Trump has is to build a needless wall to keep out Mexicans, the most idiotic idea of all time; unbelievably, he has elected to not go ahead with a trans-pacific partnership - which would help you and hurt us - and to divert attention from his dark side with rants about the bad guys.

Other major problems are, one hopes, being dealt with by people who have some idea of reality. How does he stack up against corruption? America has slipped down the scale, according to the latest report, as Russia is now in the mix, and they are open purveyors of it. Cyber security? The war is alive and well on that front, Russia, China, and you fighting the most pernicious and invisible conflict ever devised.

Humanitarian aid? Inhuman. Democracy? Down the drain in America, good in Scandinavia and parts of Europe. Amazing, isn't it that these regions spend over 50% of their tax rev-

The story first ran on Real Clear Politics then was picked up by other outlets. The MSM has done everything it can to kill the story.

Marjory Stoneman Douglas High School shooting survivor, Colton Haab, appeared on FOX News' Tucker Carlson Tonight to talk about his saga with CNN and how they "scripted" a question for him to use at Wednesday night's town hall event hosted by the network and moderated by CNN's Jake Tapper.

Haab, a JROTC member who helped shepherd students to safety, was approached by the network to ask a question at the town hall. Haab showed CNN what he wanted to say but said Carrie Stevenson, an executive producer at CNN, ultimately rejected it and instead after several conversations "scripted" a question for him.

"CNN had originally asked me to write a speech and questions and it ended up being all scripted," Haab said to a local news outlet Wednesday night.

"Originally I had thought that it was going to be more of my own question and my own say and then it turned out to be more of just a script. And she had actually said that over the phone that I needed to stick to the script."

In just nine days these "kids" raised nine million dollars for student anti-gun actions. They have organized massive social media and MSM events that normally take professionals weeks to organize. I find this very hard to believe. The left's handbook, as written by Saul

Alinsky, suggests that this reaction was scripted and planned. They create the environment for these events to incubate, (See Raynard Jackson quote above) then take advantage of the tragedy for their own political ends.

Let me make this clear. If we want to make schools safe, we can. And it can be done without taking away the rights that this country was founded on. Funny how the ruling class has no problem securing banks, government officials and offices, and Hollywood elites, but when it comes to schools their answer is to hang a sign that says, "gun free zone."

The left's motive is clear. The first and second amendments stand in the way of the left's solution to all the world's problems through centralized planning. Any event that gives them traction to chip away at those rights will be exploited.

In order to achieve their ends, the planners must create power - power over men wielded by other men - of a magnitude never before known. Their success will depend on the extent to which they achieve power. Democracy is an obstacle to this suppression of freedom, which the centralized direction of economic activity requires. Hence arises the clash between planning and democracy. - Friedrich A. Hayek

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Down Under Truth

Submitted by Lindsay Melbourne, Australia

All power is trust...from the people, and for the people, all springs and all must exist. -Benjamin Disraeli, 1825

The Miami massacre has sent waves of distress throughout our communities here. We have watched horror as the previous ones have occurred, but this one has been so terrible that any of us have been openly weeping. There's distress and anger over the inability that seems to hang over your attempts to tighten and change the gun laws, and are astounded that the churches seem to have remained silent and thus are pro gun.

Mainstream media too have fallen silent, and we simply do not understand why a country that has been a beacon of freedom has become one of random death and terror. Not only are the foundations of society weakened, but the trust on which society relies is watered down; antagonism spreads, frustration and the spectre of suicide rises, and when no reform is produced, then trust, so necessary for progress, is diminished with open rebellion rising from underground to mainstream.

Unable to rely on the hierarchy, the established political parties or the church, young aware people are more

likely to turn to anarchy for solutions. Anything is better than this, and they may well follow the example of their parents and other frustrated people and vote for the only person who seems to be different. A form of revolution, long overdue, a way that the stresses produced by past politics can be released. That is exactly what was supposed to happen when Mr. Trump was elected.

His voters did not see, they did not reckon with the reality - that he was not in it for them, but for himself. His flamboyant ways were - and are - smoke and mirrors, his speech and actions all part of the three pea trick he used to dupe. He does not use argument, reason, or restraint, he uses 'I'. No report goes without "I passed this", "I signed this" or some such. It is the size of his ego that dumbfounds and scares us, and I suspect that many of his supporters are beginning to feel the same.

Certainly the high school students who recently witnessing this massacre feel this, the relatives are aghast, and the world shakes its head in disbelief. 'Just another massacre' is something no one on earth should ever hear; yet this was his initial reaction. Hardly unexpected, seeing the NRA are major supporters, and his reluctant talk of tightening ways of preventing mad people getting guns is sickening.

So, after 12 months in office, how is he doing in other areas? The slogan of mak-



enue on government services such as education, social service and health, yet are prosperous and resistant to corruption. Meaning that their citizens are cared for properly, private ownership of infrastructure is minimal, business is healthy, and relations with their neighbours as good as it gets.

Race relations? A race to the bottom. Poverty? Alive and well, a big growth industry. Psychiatric care? A hospital case. Social service? Hanging in there thanks to morally responsible Trump antagonists. The economy? Well now, let's print some more money, the magic that just keeps on giving. Manufacturing? Great - for armaments. Unemployment? More armies please.

We hope that the latest protests over the Florida shooting will bear fruit, which in view of Mr. Trump's dismissive comments and the lack of previous success in getting legislation passed to reign it in does not auger well. We

do not know how you live with such things hanging over your heads, nor do we understand the hatred and prejudice that seems to flow around the nation. Three Billboards Outside Ebbing, Missouri is a sad and disturbing portrait of this, yet is hardly enough to show the depths of the anger that is in the hearts of so many actions and the hate messages that spread across social media. When the gun lobby, the repressive and unjust system of justice, and the running down of infrastructure is added to this, it seems that there is still not enough anger to make congress do anything substantial.

Maybe the Miami massacre will produce enough shame to prod congress into action. I cannot see anything else working. In the meantime, we'll still visit. We really do love you guys.

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

THE (retired) ECOLOGIST

Of words and manners

Bill Meredith

"To solve a problem, follow the money."

My oldest grand-daughter has been living in China for the past several years, and just this month she married a very nice Chinese man. They want to start a family. I love children, and have no great grand-children yet, so I have hopes that I may live to experience it. There are so many things to watch and wonder about as they grow through childhood. For example, I have a friend whose daughter married a French student a few years ago, and they now have a little boy who is about three years old. He is energetic, inquisitive and happy... just like any other three-year-old, except for one thing: he speaks French to his father and English to his mother. He is becoming aware of this, and is not bothered by it; to him, at the age of three, his world seems perfectly normal.

My parents told me that I began talking early, and was fascinated by words. They read nursery rhymes to me at bedtime before I could talk; later there were stories such as Aesop's fables and the Bible, which were simplified for children but still used adult language. My vocabulary grew faster than my body, so by the time I was four or five, I was using a lot of big words whose meaning I didn't really comprehend. That led to a lot of conversations that were funny at the time, and occasionally became embarrassing as I grew older. Now, as my memory grows erratic, it still happens now and then.

Incidents stick in my mind a long time. One day in the late 1960s I was talking to a friend who said he was "not sanguine" about the progress of the war in Viet Nam. I knew that word, and had used it myself occasionally, but it dawned on me that I wasn't sure what it real-

ly meant. I thought it was a medical term that came from the Latin word for "blood," so I had assumed that when applied to a mental attitude it should express something like "bloody-minded." But when I looked it up I found it was the opposite. It was Greek, not Latin; and in Galen's time, it indicated a ruddy complexion, which in those days was thought to indicate good humor and cheerfulness. "Not sanguine," then, would mean not cheerful... i.e., gloomy. And my friend was right. Not long after that conversation, the whole country was rocked by news of the killing of four students by National Guard troops at Kent State University.

This is on my mind now because of the school shooting in Florida. Of course the two incidents are different both in size and cause; one was an unplanned incident during a legal protest to a war, and the other was a deliberate massacre planned by a deranged mind. But as I listened to the range of actions proposed in response to the Florida killings, it seemed that the remedy supported most loudly was to arm teachers and other school personnel and train them to respond to such attacks. History seems to have been forgotten: the National Guard troops at Kent State were armed and, presumably, trained, and they were there to prevent violence. And look what happened.

There are no simple solutions. The politicians who support arming school personnel slyly wink at the NRA lobbyists who funded their campaigns, while the lobbyists rub their hands in anticipation of the millions of dollars they will receive for the guns the public will have to buy. On the other hand are gun-control groups who point to the drop in murders in Scotland after gun ownership was banned there in the 1990s. The latter group either disregard or are unaware of the problem of scaling, which has shown repeatedly that policies which

work in small populations usually don't work in large ones. Scotland has a population of about 9.2 million; the U. S. has over 326 million. Dismantling 9 million people in an area of 30,000 square miles is possible; dismantling 325 million in an area of 2.9 million square miles is not. And whether guns are legal or not, there will always be mentally deranged individuals in our population. I have no idea what fraction of the population this includes, but to imagine a simple example, suppose one person in 1,000 is demented enough to open fire on a crowd of people, as happened last year in Las Vegas. That would mean our population of 326 million would include 326,000 potential mass murderers. Even if guns were not for sale in stores, some of those people would find them.

I am not a pessimist by nature, but I am an ecologist, and this is becoming an ecological problem. Both in theory and in practice, in every population that has ever been studied, unrestricted growth has been found to be impossible. Even if a species is as dominant as we humans are on earth, conflicts between individuals increase as density increases and resources become more scarce. Historically, this has resulted in plagues, famines and wars; and if you thought that was bad when the people had swords or six-guns, picture it with AR-15s. They should not be available.

Fossil records indicate that agriculture began to appear among human populations about 10,000 years ago. Before that, humans lived in family groups, or sometimes in tribes of related individuals. They fed themselves by hunting and gathering. Especially in times of bad weather there was not enough food to go around, so every family or tribe had to defend its foraging area. Individuals going out to forage were taking their lives in their hands; if they met a stranger, they could not tell whether he was invading their territory or just pass-



In 1970, 77 national guardsmen with rifles and bayonets attacked students at Kent State protesting the war in Vietnam – resulting in the death of four students.

ing through. So in every culture signs were developed to reduce the chance of conflict. For example, raising a spear into position but not throwing it immediately might mean "This is MY territory; you'd better get out," while placing the point of your spear on the ground and raising an empty hand, palm forward, might mean "I come in peace."

As centuries passed and agriculture developed, more people stopped wandering and settled into villages, and new customs became necessary. Language had to be developed for tending and trading livestock and crops, tools had to be invented and manufactured, and shops were needed to sell them. Again, when some people had things that others did not, customs were developed to reduce conflict. Various forms of commerce developed... bits of metal were hammered into coins, rules for borrowing and lending developed, writing records on clay tablets, agreements on punishment for those who broke accepted rules... in other words, civilization came into being.

It was a slow process and different places progressed at different rates; in fact there are a few cultures in places like the jungles of the Amazon that are still in the hunting/gathering stage. As time passed, some of these things were written down as codes of behavior and laws for organizing a kingdom. Some of them were detailed and complex, like the Code of Hammurabi, and others were rules

of morality, like the Ten Commandments. All of these are things you have learned in history classes, and they have evolved in various forms and cultures over the past 4,000 years. Beyond these, every culture developed a system of unwritten rituals and rules that were taught in the family and in churches. They are called "manners," and in reducing conflict between individuals I think they are just as important as written laws.

It would be silliness at a criminal level if I were to suggest that good manners could solve the conflict about gun control in our country. My point is that without manners that show respect for others, negotiation to reduce conflict is not possible. Likewise, it would be equally naïve to believe that if we would all just "Do Unto Others," our problems would go away. And it is also impossible to go back to the Good Old Days when life was simpler and the world was cleaner. The problems we face are not just American problems; they are world-wide in scope, and we can only deal with them by civil conduct in a world-wide effort. I am too old to do much more than think and write about them; but within the life-spans of my children we will know whether solutions are possible.

This is important. These are MY great-grand children we're talking about!

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Help the mountain lion population

Tim Iverson, Naturalist

March comes in like a lion and out like a lamb as the old folk saying goes. Lions don't generally call Maryland home, but it wasn't in the too distant past that we did in fact have a resident lion population – Puma concolor, or the mountain lion. Mountain lions can go by many names: cougar, puma, panther, or catamount. It's a game of semantics because they're all genetically identical, but in North America they all refer to the same big cat. In January, the Eastern Puma was officially declared extinct and removed from the Endangered Species List. Historically speaking these cats did roam Maryland and much of the rest of the country as well. While relatively common, even as recently as mid 1800's, they are virtually non-existent anywhere east of the Rocky Mountains with the exception of Florida.

Mountain lions were extirpated (locally extinct) from Maryland sometime in 19th century. When the Eastern portion of North America was settled by colonists these big cats roamed free and were pretty common. If they were so common then you might be asking yourself where they all disappeared to. These cats suffered from a double blow – hunting and habitat loss. Early colonists saw cougars as both a nuisance and a threat. They also preyed on livestock farmed by the colonists, which in turn caused a number of problems in terms of financial and basic survival needs. They turned their rifles on the cats and began to clear the land. However, they didn't just stop at clearing the land of the cats themselves. Logging was a major industry throughout much of the northeast and Appalachia, and as a result the mountain lions lost much of their habitat. This is a common story throughout much of the eastern United States, and the only known population of cougars remaining in the east is located in Florida.

The Florida panther is the only known population of cougars in eastern North America, and it is regarded as critically endangered. By 1995 it was estimated that only a total of 20 to 30 remained in the wild. As a result, eight cougars from west Texas were introduced. By bolstering the population and introducing genetic diversity a much healthier

panther population has rebounded and continues to grow. Today there are an estimated 150 panthers in southern Florida. While still critically low, the population remains stable. The Florida Panther still faces threats mainly from habitat loss via land development and vehicular strikes.

As a top predator in the food chain in most areas they serve a valuable role in the ecosystem. Much like in the American political system (ideally at any rate) there are checks and balances, and the same is true in nature. Prey species keep their numbers up to ensure survival, while predators keep their numbers in check which ensures things like overpopulation, overgrazing, and more don't occur. Without a keystone species like mountain lions in the area anymore we can see a marked difference in the ecology of the area. Species like deer, which would be prey for cougars, have and continue to explode though the population is managed through measures such as hunting. Inevitably though wherever a vacuum occurs it will be filled, and coyotes have found a niche here. Coyotes traditionally occupied territory west of the Mississippi, but have migrated since and can be found in much of the northeast. With the elimination of competing predators coyotes now function as the top predator in many places.

The whole checks and balances thing can be tricky, but once something is set in motion it can be hard to predict the end result. When colonists were exterminating those pesky mountain lions just 200 years ago they set into motion a line of dominoes that is persisting even to this day. Despite their extermination in the east more than a century ago there are still reported sightings here.

From time to time people will call local police departments or the Department of Natural Resources (DNR) and say they have either seen a cougar or have video or photographic evidence of one in the area. Most of these are a case of mistaken identity and there have been no confirmed cases of a wild mountain lion in Maryland since their extirpation. Most often people describe seeing a brownish cat the size of a German shepherd jump across the road or dart across the trail. While there have been a few instances of

escaped pet cougars caught over the years what people usually see are either deer, coyotes, or bobcats.

On January 22, 2017 US Fish and Wildlife Service officially removed the Eastern Puma from the the Endangered Species List and was declared extinct. However, the puma was likely long extinct even before it was added to the list in 1973. The last confirmed wild sighting was 80 years ago, in 1938. Many biologists and taxonomists urged the revision years ago, arguing that they had been listed in error. Their argument has consistently been that there aren't two separate species of cougars, an eastern and western. Regional differences in size and color exist due to localized conditions, not because of a difference in subspecies. Initial DNA evidence seems to verify this claim. Expansion of the western puma has seen their range press into the midwest and areas along the US and Canadian border. The forests of Appalachia and New England would be suitable habitats for these large cats if they eventually make their way here. An expansion to the east



While there is evidence to suggest that mountain lions are gradually pushing their way back into the middle and eastern portions of the country they still face threats in their remaining home ranges. The largest key to their survival is habitat protection.

coast is possible, however it's likely decades away.

While there is some evidence to suggest that mountain lions are gradually pushing their way back into the middle and eastern portions of the country they still face threats in their remaining home ranges. The largest key to their survival and any possible expansion into old territory is habitat protection. Repercussions from the elimination or introduction of a species, new or old, can have ecosystem altering effects, and the impact of their absence is still reverberating to this day. What

we're experiencing now is a centuries old experiment that we're still grappling with. The checks and balances not only apply to the natural world, but applies to us as well. It's unlikely that cougars will reappear in Maryland anytime soon, if ever, but if people take a balanced approach to development and conservation then a healthy and stable mountain lion population can continue to exist elsewhere.

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REAL SCIENCE

Space science

Michael Rosenthal

All of a sudden the newspapers and magazines seem to be filled with stories about space science. Here are some of these fascinating developments in the field.

In 2001 Elon Musk conceptualized "Mars Oasis," a project to land a miniature experimental greenhouse on the planet Mars. His goal was to regenerate public interest in space exploration. In October of that year he traveled to Moscow to buy Intercontinental Ballistic Missiles (ICBMs) that could send his payloads into space. When this and a later effort failed, Musk decided he would start his own company to build a rocket. This resulted in the founding of SpaceX with a long-term goal of creating a "true spacefaring civilization." In May 2002, utilizing \$100 million of his own fortune, Musk founded Space Exploration Technologies (SpaceX) in Hawthorne, California, of which he serves as Chief Executive Officer and Chief Technology Officer.

SpaceX develops and manufactures space launch vehicles with a focus on the advancement of the state of rocket technology. The company developed Falcon 1 and Falcon 9 rockets and the spacecraft Dragon. In September 2008, Falcon 1 became the first privately funded liquid-fueled space-

craft to put a satellite into Earth orbit, and first to berth at the International Space Station. In 2006 SpaceX was awarded a contract from NASA to develop and test Falcon 9, to transport cargo to the International Space Station, followed by a 1.6 Billion dollar NASA contract in 2008 for 12 flights to replace the US Space Shuttle, due for retirement in 2011. On December 22, 2015, SpaceX successfully landed the first stage of its Falcon rocket back at the launch pad. SpaceX eventually landed and recovered 14 attempts in 2017.

SpaceX is the largest private producer of rocket engines in the world. Musk, a fan of the science fiction writer Isaac Asimov, views space exploration as an important step in preserving and expanding the consciousness of human life, in support of the survival of the human species, to counter all the dangers to extinction of human life on Earth. Musk's goal is to establish a Mars human colony by 2040 with a population of 80,000. He plans an unmanned flight to Mars in 2022 and a manned Mars flight in 2024.

On Tuesday February 6, Musk launched his biggest rocket yet from the same Launchpad that sent Neil Armstrong, Buzz Aldrin, and Michael Collins to the Moon in 1969. This rocket, the 27 engine Falcon Heavy, is



On February 6, Space-X launched his biggest rocket yet from the same launch pad that sent Neil Armstrong, Buzz Aldrin, and Michael Collins to the Moon in 1969. This rocket, the 27 engine Falcon Heavy, is the most powerful in the world.

the most powerful in the world. In the rocket was a red Tesla (Musk owns the Tesla company) Roadster. After the boosters were ejected and returned to earth, the nose cone opened and there was the Tesla, with a mannequin named Starman wearing a spacesuit in the driver's seat. The vehicle had three cameras beaming back images of the blackness of space. Musk said that this flight was designed to excite people all over the world about space travel. The trajectory of the flight was designed to travel on a path around the sun that would reach out to Mars.

This flight indeed received excitement and congratulations from all, including President Trump and Vice President Pence, and even from rivals including the CEO of Boeing, a competitor of SpaceX. Jeff Bezos, the

founder of Amazon, who owns the rocket company Blue Origin and also owns The Washington Post, was overjoyed at the accomplishment.

Here is another space science story. Only a very small number of star systems have been discovered that have more than a single planet. The Kepler telescope has gazed into space since 2009, and it has brought in data from some 150,000 stars. It was recently announced that a star has been detected that has eight planets circling it, named the Kepler90 system. This is the same number of planets as in our own system, an uncommonly large number. The Kepler telescope trails behind earth, and it has been in space since 2009, during which time it has brought in data from 150,000 stars.

The newly discovered planet, say scientists, has a surface temperature as high as 800 degrees F, and it circles its star every two weeks. This star system has small rocky planets closest to its sun and gas giants farther away, but the planets in our system are more spread out. However, the star system may have more planets that we have not detected. The universe is indeed huge. The Kepler and its revised system, K2, have confirmed the locations of 2,500 exoplanets and some 5,000 possible candidates. The K2 will run out of fuel sometime this year.

If you are a reader of science fiction (and even if you are not), you cannot help but wonder whether the vast universe has life other than ours. How can such a huge ensemble have life limited only to our earth? Some people take solace in religion to justify that we are the only human habitat. Others are convinced that we just haven't discovered extraterrestrial life yet. And of course, as we've written before, some believe that aliens have been here on Earth and still are hanging around!

Fourteen hundred light-years separate earth from a strange sight. It is a star that flickers, dimming for days or weeks, and then brightening again. Recently a 200 person team of scientists has arrived at an explanation. In 2015 astrophysicist Tabettha Boyajian published a paper describing this phenomenon, using data from the Kepler Space Telescope. The star has been named Tabby's Star. For a while, it was postulated by an astronomer at Pennsylvania State University, Jason Wright, that extraterrestrials on the planet may have constructed a huge array of solar panels! But the SETI Institute radio telescopes detected no signs of alien life. A detailed and lengthy study, using funds from a public campaign, was undertaken at a private observatory in California. It was determined that something between Tabby's Star and us blocks blue light more than red light, ruling out alien activity and pointing to a giant dust cloud as the culprit. The study continues.

To close, here is one more current space science story. NASA's Cassini spacecraft, the robotic explorer of Saturn, ended its journey of 20 years in December 2017, as unmanned Cassini slipped into Saturn's atmosphere and disintegrated. This was one billion miles from earth! The Cassini journey circled Saturn for 13 years, far beyond the original 4-year plan, sending back multitudes of photographs with many discoveries. One of the most striking discoveries was an ocean of water on the icy exterior of Enceladus, a moon of Saturn 310 miles in diameter, the sixth largest moon of Saturn, discovered in 1789.

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The Mother Seton School Science (STEM) Fair is coming! This exciting event, about which I have written in the past, will be open to the public on Wednesday, March 7, between 6 - 7 p.m. The projects developed by the students are highly professional in nature, consisting of a hypothesis, materials used, procedures undertaken, observations, data obtained, and the conclusions drawn from the experiment. I strongly encourage you to attend this impressive event.

The price of idiocy (about \$9.00)

Jack Deatherage, Jr.

As is not unexpected, Farch (February/March) finds me wallowing in indecisiveness as the longest month of the year flips back and forth between winter and spring, with occasional sideways runs at outright summer! And that was just February! The gods alone know what March is going to do to me! At least I hope they know. I like to believe some intelligence in the universe has a clue as to what is going on here. Homo sapiens don't seem to know. Which reminds me - I think I've evolved, or de-evolved into a new subspecies: Homo hibernatum. (Where's my blankie? I feel a nap fast approaching!)

Most people, at least in the USA, now walk around with a device in their hands that can potentially access nearly all the knowledge accumulated by Homo sapiens. Sadly, they tend to use the device to watch cat videos and start arguments with strangers on Internet social media sites. So someone on a social media site claims. I'd have argued the point, but I was busy watching a cat video - via my desktop computer. None of those cyborg phones for me!

Of late, my online social media interest has been bread building. I know that's about as predictable as a politician lying to get elected, but definitely more interesting, and potentially useful and/or tasty. (I suspect even politicians can be made tasty with a good seasoning rub and proper cooking method, but that's another column.) Having either read, or at least thumbed through most of the bread building books the county and state library systems have, and not being particularly impressed with the more common bread building websites I've looked at, I joined a couple of bread groups on Facebook. I unjoined them almost as quickly. All but one. I stuck with that group because they included pizza building!

Between naps, which range from 20 minutes to several hours most days, I've taken to building pizzas inspired by that Facebook group. Most group members are sourdough enthusiasts so I've had to reactivate my starter, which proved much easier than I'd been led to believe. Turns out that most of what I've read about sourdough was hype and bull stuff. But I guess building a starter the way I did doesn't fill a book worth selling for \$25.95.

My first pizza breakthrough was actually a stromboli of the kind Mr. Stavros made when he still owned the restaurant bearing his name today. Stavros' stromboli was actually a calzone, but I didn't know that when I was gobbling his delicious creations down most Friday afternoons. My version was made with a sourdough that I'd added 25% Caputo "00" flour to.

(I got that clue from the master pizzaiolo at Pizza Leone. Mr. Stavros guarded his recipe too carefully to give me such a hint.) The "00" flour allows the dough to stretch more easily than any previous pizza dough I'd built from recipes I'd gleaned outta variety of books that never mentioned "00" flour.

The veil lifted as I folded the dough over the sauce, cheeses and meats. The clouds parted, and the angels sang, "Swing low sweet chariot" as the DW and I took our first bites of a treat we've missed since Stavros sold the restaurant!

"This is it!" The DW announces. "No more pizzas. Just make these!"

Me, being me, I set about building pan pizzas, which she declared - "These are fantastic! Make pizza this way from now on!"

So I requested "The Pizza Bible: The World's Favorite Pizza Styles, from Neapolitan, Deep-Dish, Wood-Fired, Sicilian, Calzones and Focaccia to New York, New Haven, Detroit, and more" from the library. So it goes.

Somewhere, between naps and pizzas, I manage to order the garden seeds I plan to trial this coming warm season. With the seeds safely in the seed fridge I wander down the hill to the Emmitsburg Tattoo Company and irritate the tattooers until they tell me, "Get the heck out Jack!" (Actually, the language is a wee bit stronger than that. It is a tattoo shop after all.)

Being one to catch such a subtle hint, I wander further along Main Street to Cantori's shop where I toddle around the room occasionally skimming a book or five, and if I have any paper money trying to escape my wallet I buy a couple of books I know will make my head hurt when I finally try to read them. If Cantori isn't overly busy I sit and we talk about much of everything - gardens to guitars, magic to musicians, actors to anarchy, and then he tells me to get out. So it goes.

Somewhere between Cantori's and the tattoo shop, gardening became the focus of much of the conversations, at least as I recall them. Tattoo Don, Pillar of the Community suggested I talk to the town government about building a community garden on the farm the town owns between Scott and Annandale Roads. While I'm not keen on dealing with government of any kind, the idea dug into the deteriorating brain matter well enough that I searched for a satellite map of the property to see what it looks like these days. (Google Map: 39.698045, -77.346000) I haven't been on that farm since the late 1970s/early '80s so I was surprised to see (based on the photo) that there may be ground near the buildings suitable for decent sized gardens. There are open fields that could be planted in crops as well,

but chasing the idea any farther leads to madness. I've been down that "let's build a community garden" path! I know how it goes.

Still, Tattoo Don urges me to talk to Mayor Don (Is there a coincidence here? A budding cabal of Dons?), and Cantori strategically places an "I Ching" (Book of Changes) kit where I can't help but see it each time I wander through his shop. "I Ching" flows from the *Tao Te Ching*, which can mean: "The Book of the Way and its Virtue". I feel the universe pushing me, or a tattooer is. I'm not sure about the magician, but the Pagans convinced me there are no coincidences.

I buy the "I Ching" for \$9.00. So it goes.

I'm currently reading, or skimming three cookbooks, "Slaughterhouse Five" by Kurt Vonnegut Jr., a book on an alternative history of mankind, a sniper novel, several lasagna gardening books, and one on language and the evolution of the human mind. I bought the "I Ching" because it has been used for thousands of years to focus the mind, to bring clarity of thought, and provide insights as to where one is, was, and could be if one had the mental



Once again, some photos just don't need captions ...

capacity and ability to understand the freaking introduction. Which I seem unable to grasp- possibly because I keep falling into naps as I try to read it? Though I'm thinking I'm more worried it's going to point me toward talking to the

mayor about a garden. So it goes, though I struggle to sleep through the worst of it.

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



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A second chance

Jennifer Vanderau
Cumberland Valley Animal Shelter

Things have been kind of funny around here recently. Mom's been putting a lot of stuff in boxes and dad's been moving the furniture – not to another room, either, he's taking it out of the house.

I don't really understand, but since I've been living with mom and dad – almost six years now – I realize that sometimes humans can be a funny species.

Just as I'm getting ready to have a little nap, mom comes along for a cuddle. I don't argue too much 'cause it's been a while since mom or dad has had a chance to snuggle with me. I rub my nose along mom's chin, automatically start to purr and sort of settle in.

Then another weird thing happens. Mom apologizes. Says she's sorry. I'm not really sure what for, but her voice sounds funny and she sniffs a little like she's crying.

She stands up with me in her arms, but this isn't unusual. It's been a while, but she used to carry me through the house when I first arrived. Sometimes she'd even call me her "little baby" back then.

By the time we make it to the front door, I can feel a tiny knot of worry grab a hold of my belly. I'm not a fan of what's on the other side. I've never really liked the outdoors. It's creepy and smells funny and isn't comfortable like the house. Plus, there are those animals I've seen. Some of them are just downright scary.

When mom opens the door, I feel a jolt up my spine. I don't want to go outside. It's hot; the air hits my face and fur like the draft from an open oven door. I don't even want to be here even if mom's holding me. I start to squirm a little in her arms.

She whispers in my ear, "Be safe" and the next thing I know, I'm on the porch and the front door shuts behind me. I think I hear the lock click, but it's hard to tell over the panic that has taken over my heart.

I jump at the unexpected sound of a truck door slamming in the driveway. I can see the words U-Haul painted on the side, but have no idea what that means, so I turn to the door, and start to scratch.

Mom and dad took me to the vet when I was about six months old and when I came back, my paws hurt every time I'd take a step and

I didn't have my claws anymore. It took me a while to recover from that and my toes felt weird even when the pain went away, but I got used to it. I wish I could claw up the door to get mom's attention now. I want back inside the house.

Doors close inside and I swear for a second I hear my mom sob a little. She only does that when she's really upset about something. Now I need to get inside. I know how to comfort her. I sit in her lap and let her rub my fur. That always helps. I cry a little bit myself, hoping mom will hear and come get me.

There's a noise behind the house and I realize it's the sound of the sliding glass door. Mom must be on the porch. I go as fast as I can around back, sticking close to the house, only to see mom get into the big red and white truck I'd heard earlier.

She must not have seen me. I get a little closer to the vehicle, but it pulls forward in the driveway and I can see dad behind the wheel. Where are they going? Why would they leave with me still outside?

I cry again, but the echo gets lost in the rumble of the engine. I try to follow, but the truck's so big and I'm awfully scared and the hot pavement of the driveway burns my paws. I step into the grass just as the truck turns down the road and speeds away.

And that's when it hits me. The truth of what has just happened crystallizes in my mind like a sharp piece of glass. They're gone. They cleaned out the house. Took the furniture. Packed up their valuables. But left without me.

I can feel myself start to shake. I have no idea what to do. I've never been on my own before. Mom and dad have been my whole life from the time I was really little. I turn back to the house and stop dead in my tracks.

There, not two feet in front of me, is the animal I've seen out the window for the past few months. He's gray and covered in scabs and scars. His eyes, I swear, are almost black. He's a cat, like me, but it's clear he's never known a home.

Centuries-old instincts kick in and I hiss and puff out my hair. I try to make myself look bigger. More intimidating.

My adversary doesn't move.

I figure if he comes too close, I'll scratch him – and in the same

thought I realize I can't. I don't have my claws. Mom and dad left me alone, outside and basically defenseless.

The awareness of how much trouble I'm actually in makes my insides go cold. I really don't stand a chance out here and I know it.

Somehow, I think the cat across from me knows it too. When he moves, surprisingly, it's not to attack. He simply steps forward, almost hesitantly and stretches his nose out to mine. I let him introduce himself and get a few sniffs in of my own.

I wonder if maybe he feels bad for me. Maybe he knows what's happened to me. Maybe his scars aren't actually from fights he started. Maybe I've misjudged him.

I'm very nervous and don't warm up right away, but amazingly enough, the old timer's nice. He tells me stories of his life – he's been everywhere and apparently, sometimes humans aren't that nice. He warns me that other animals can be worse – territorial, he calls it – and I should be careful.

I'm not sure what he saw in me that makes him sort of take me under his wing, but he does. Shows me a good place to sleep, watches out for me, helps me get food, but it never tastes nearly as good as what mom fixes for me. I mean used to fix for me. What mom used to fix for me.

Eventually, the perils of living outside take their toll and I just can't do it anymore. I don't want this life. So I ask my friend for an answer. Somewhere we could go.

That's when he tells me of a place where homeless animals are taken to get better, to get medicine, to get shelter, to get love and to get a home. He takes me to a building just down the street and tells me if I wait on the porch, by morning, someone will arrive and take me in. He says this is the place that helps homeless pets.

The sign reads Cumberland Valley Animal Shelter.

Eventually, he wishes me luck and says he hopes I make it. I thank him for his kindness and as he moves away from me, down the street, I can't help but wonder if I'm meant to lose everyone who's important to me. If love and happiness are only fleeting, never enduring.

I know my future isn't what I thought it would be. Mom and dad are long gone and they've left me own my own to live their life without me.

As I wait by the doors, I can't help but wonder if this place, this animal shelter, after everything, might be what I need. As night falls around me, I send out a silent prayer that maybe, just maybe, this place will be my second chance.

Jennifer Vanderau is the Director of Communications for the Cumberland Valley Animal Shelter. 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.



Hurley is an 8-month-old Shepherd/Doberman mix, near as we can tell. He came into us as a stray and is just a goofy, adorable boy who will need some training. Hurley absolutely loves attention and food. If you think you've got the right spot for this fellow, stop on out!



Kennah is a 5-year-old gray-and-white girl who has been at the shelter since December. She is a super sweet baby with gorgeous green eyes who's looking for a forever home.

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



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Cold weather brings its challenges. Standing out in the cold with a pitch fork and trying to chip away at frozen horse poop is no one's idea of fun. Most horses need extra hay in the winter and keeping water troughs from freezing can also be difficult. Add to that the constant changing of the horses' blankets as the temperatures fluctuate between 60°F and 15°F and it's enough to make someone move to Florida.

While changing blankets, feeding, and cleaning up after horses is labor intensive, maintaining non frozen water doesn't have to be. The old fashioned way of smashing ice every morning is not only labor intensive, but can lead to periods of time when the horses go without water and put them at risk for colic. While I have seen claims that putting salt water in a plastic bottle and having it float in a water trough will keep it from freezing in cold temperatures, it doesn't work. While it seems obvious, antifreeze should not be poured into a water trough to keep it from freezing. If the horse drinks antifreeze it can lead to kidney failure and death. While I'm sure there are other methods to keep water troughs from freezing, electrical heaters are very convenient.

The easiest way to maintain an ice-free water trough is to use an electric water trough heater. Most of the farms that I go to have water trough heaters that are plugged into GFI outlets. Occasionally I'll go to farms with extension cords running to the trough heaters. While less than ideal, I understand that it sometimes isn't possible to have

an outlet near the water trough. Especially if using an extension cord, or other less than desirable electric, it is important to check the water trough for stray voltage.

In the last cold snap, it wasn't until I was back at a client's farm for the second time in a week that we discovered there was stray voltage in the water causing the horse to not want to drink. The first time I was called to the farm, I diagnosed the horse with a small impaction colic. I tubed her with water and she was back to normal. Then a few days later she coliced again. I went back out to the farm and found that again she was dehydrated with a small impaction colic. We tubed her again and she returned to normal. At that point I figured there was something going on with the water. I asked the owner if she was having trouble keeping the water troughs from freezing. She happily told me that she had purchased new water trough heaters and hadn't had any problems with ice in the trough. The other horses were drinking and hadn't had any problems. However this mare was a thoroughbred and was more sensitive that the other horses and there was something about the water she didn't like.

I had the client check to see if the horse was getting shocked when she tried to drink out of the trough. While the client couldn't feel an electrical shock herself, when she checked with a voltmeter she had 8 volts in the water trough. She added a ground wire running directly into the trough which eliminated the problem and the horse has been drinking and not colicing. When I talked with her a few days later she told me that she

had to correct for stray voltage in all of her troughs and not just the one in the colicing mare's field. She had gotten readings ranging from 6-9 in her troughs even though she had thought they were properly plugged in and had never felt a shock when she'd put her hand in the troughs.

Her electrical set up actually looked fine to me. Her heater was plugged into a properly grounded GFI outlet. Since I have a similar setup for my horses, I decided I would check mine for stray voltage too. I had hired an electrician several years ago to install the ground fault circuit interruptor (GFCI) outlet for the plastic waterer so I figured mine would be at 0. My automatic waterer had 2.4 volts in the water. While it hadn't been enough to stop my horses from drinking, I still fixed the problem.

While fixing my trough, I actually read the instructions on the trough

heater. The electrician had done everything correctly. Apparently it's not enough to plug the heater into a properly grounded outlet. The instructions say that you should also drive an 8 foot ground rod in near the tank and run a copper wire from the ground rod directly into the water inside the tank.

I visit a lot of farms. While I don't look at everyone's water troughs and de-icers, I do look at them if it is convenient. I have only been to one farm where I noticed that they had ground wire running directly into the trough. They had wrapped copper wire around a horse shoe and put that in the trough and had the wire connected to a ground rod. The set-up was unusual to me which is why I asked them about it. Apparently the farm manager keeps a voltmeter in her pocket and checks all the troughs everyday as part of her daily chores. She said that her grounding method consistently kept her water

from carrying current.

While I'll admit that I still don't check my water trough everyday, I have added checking for voltage to my list of once per week chores. The voltmeter or multimeter are actually inexpensive. I ordered one from Amazon for less than \$15. It was easy to use in that I just stuck one end in the water and the other end to the ground rod and it displayed a voltage reading. Having read the trough de-icer instructions, I also have properly grounded my waterer by having an extra ground wire run directly into the water. I would encourage everyone who owns and cares for horses to get a voltmeter, read the instructions for their water trough de-icer, and make sure that they are providing their horses with electricity-free water.

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THE MASTER GARDENER

Water gardening

Mary Ann Ryan, Consumer Horticulture, Penn State Extension

What do you think of when you hear “water gardening?” As it turns out, many folks have different visions of what a water garden is, or looks like. Water gardens can be something as simple as a birdbath, as challenging as a fish pond, as big as a farm pond, or as structural as a fountain.

When considering a water garden, first it must be determined what the purpose of the garden is. For instance, maybe a focal point is needed; or possibly someone just wants the serenity of the water trickling over rocks. Maybe the excitement of growing plants that like it wet is the reason for a water feature. The reason will direct what kind and size of garden you choose.

When choosing the direction of the water garden, size and scale must also be a consideration, as well as the maintenance involved in the finished project. All water features need winterizing; either dumping water out of a birdbath and turning the bowl upside down, or putting a heater in the bowl to keep it from freezing. Most water features re-

quire electricity and access to water. If neither of those is available at the selected location, then adaptations will need to be made. Garden ponds require full sun. Plants are necessary for a balanced water pond, and most water plants are sun loving.

Let’s start from the beginning. Assuming your water feature is a garden pond, there’s lots of options. Garden ponds can be constructed with flexible liners or pre-formed liners. Either requires a flat surface, and sand or quarry waste that goes under the liner. (There are many resources available that speak to the depth of the foundation and sides of garden ponds.) It’s very important that no shortcuts are taken in the construction of the pond. Rocks can puncture any liner. After the hole is dug, the sand/quarry waste is installed.

The depth of the pond will be determined based upon on whether the pond will hold fish or plants, or both. For fish to winter over in our area, the recommendation is a minimum depth of 2.5 feet, 3 feet ideally. When digging the pond or choosing a pre-formed liner, consider shelving along the edges. This will allow for a variety of plants that like shallow water, but not submersion.

After a pond is installed, the fun part begins – choosing plants! For a pond to function correctly, a good balance of plant and fish life is important. In order for fish to flourish, the surface of the water must be shaded. However, the plants themselves mostly need full sun to grow, although there are some exceptions.

When growing plants in the pond, the best choice is to plant them in pots and submerge the potted plant in the water. This becomes much easier to maintain and control the size and location of the plants within the water pond. The soil used is just regular garden soil; no need for anything special. The container can be any nursery pot that will hold the root system. There are products that are made just for water plants, containers and soil, but these are unnecessary.

Provided below is a list of shallow-loving plants. These plants are good choices to place along the shelves that are constructed within the pond.

Cardinal Flower – *Lobelia cardinalis*. This fantastic plant is native to our area. Found naturally along stream banks and boggy areas, this plant gets red flower spikes that can reach to 4 feet high. It typically blooms in mid-summer and the hummingbirds love it.

Cannas, although tender, work great in a water garden. These plants can be found with red, yellow, pink or peach flowers, blooming in August – September. The foliage can be quite striking as there are variegated varieties available in addition to green leafed varieties. These plants would need to come out of the pond and the tubers stored in a cool, dry location through the winter until the water warms up in the spring. Reaching about 5’ in height with flowers, this is a plant worth considering on the shelves



Lotus is a great plant to use in a water garden. Its flower rises above the water on a sturdy stem, in shades of pink, white and red, and its leaves provide surface shade for fish.

of your garden.

Pickereel weed, *Pontederia cordata*, is another native plant that grows in shallow, mucky areas. Next to the cardinal flower, this is probably one of my favorite wetland plants. Grow in a container, as you would all other water plants. It gets a blue flower spike in June, reaching about 2’ – 3’. It has nice foliage spring through fall.

A group of plants that may be at the top of our list is the water iris. There are two species that are typically associated with water gardens. One is *Iris versicolor*. This is a blue iris, blooming typically in May. *Iris versicolor* is a native perennial, found in wet sites along ponds and streams. This plant is a great addition to any water garden. It doesn’t spread very quickly, so dividing it is probably an every two or three year chore. However, *Iris pseudacorus* is a yellow iris, and spreads quite rapidly, some may even call it invasive. This is not one to ever plant directly in the soil, but in a container that can be managed on a yearly basis. It will grow quickly. Both irises will grow as much as 2’ tall, sometimes reaching 3 feet.

Sweet flag, *Acorus calamus*, resembles the iris in foliage. Sword-like leaves will

often be mistaken for the iris. However, when in flower, there is no mistake. This plant’s flowers are inconspicuous by many standards, growing a hidden green colored spike in among the foliage. Some may say that this plant has a sweet fragrance as you brush against the foliage, although I have never happened upon this pleasant fragrance.

Other types of plants needed for a water garden include the water lily type plants. These are plants that should be planted in pots and sunk down to the bottom of your garden pond. Water needs to at the very minimum, cover the container.

Many types of lilies are available for the home water garden. The tropical water lilies are those that must be treated as you would a canna. Lift the tubers in the fall, cut off any foliage that is left, and store it in a cool, dry location. Or treat it as an annual plant – one season. Tropical lilies come in many shades of pinks, purples, and other colors.

The hardy water lilies, however, are exclusively white or yellow. But the good thing about these plants is that they can be cut back and wintered right in the pond, provided it’s at least 2.5 feet deep.

Lotus, *Nelumbo nucifera*, is a beautiful plant, although aggressive. This big guy needs to be grown in a large container and divided yearly to keep it under control. The flower arises above the water on a sturdy stem, in shades of pink, white, red and others. It is a very colorful flower and majestic plant in the water garden. Any of these lilies provide water surface shade for the fish in the pond. They keep the water cool, and are great for color in the garden.

Floater often refers to those plants that hang out on the surface of the water. These roots do not need soil in order for the plant to survive. Some such plants are the water lettuce and water hyacinth. Both of these plants are annuals in this part of the county, however, in warmer climates where there is no freezing temperatures, they will survive from season to season.

The water hyacinth has a purple flower in the summer and rounded leaves. It will add some texture to the surface and provide quick shade as they multiply quite quickly. The water hyacinth is invasive in warmer climates, so if moving south, don’t ask to buy a water hyacinth!

The water lettuce does not produce flowers, but has rosettes of green leaves that float, adding texture to the garden.

Some things to remember: water gardens work well when there is a balance of fish and plant life. Bubblers, fountains and falls will add oxygen to your garden, keeping it healthy as well.

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THE MASTER GARDENER

Small Town Gardener

Making the seed packet chaos easier

Marianne Willburn

If you prefer to grow much of your garden from seed, the process of starting it can be a chaotic mess that will plague you from February till the growing season finally comes to an end in autumn. You'll have two months off and then before you know it, you'll be starting the process all over again.

Or, you can get organized.

Signs that you might need to include:

1. Seed packets lying all over the house, garage and potting shed, in various stages of being acquired (still in bags), read (on your nightstand), sorted (on the dining room table) and opened (by your toddler).
2. A nagging feeling that there's something you need to do with those numerous packets and a general knowledge that you're probably behind and you don't know how badly.

One warm sunny day you'll wake up and realize that you're not only behind, you are WAY behind, and all those seedlings you've been ignoring from the local garden center "because you were going to start seeds," are gone and your only hope for fresh local veg is by begging for a share in a local CSA.

Organize now, benefit later

Getting these packets integrated into a workable system helps you to plant what you want, when you want, stops you having to think about the timing all the time, and best of all removes the guilt that hovers over us this time of year.

There is of course more than one way to skin a cat, or in this case, plant a pea, but the following method for getting your seed packets organized, and more importantly, keeping them organized, has really worked well for me over the years.

My aim is to do almost all the thinking at one time and then allow myself to go on autopilot for the season – grabbing the seeds I need on the date I need them and planting them the way I've already told myself I should.

Gather up your seeds

First, you'll need a container to hold and organize your existing seed collection. As my collection has grown over the years, I have moved up from an old tupperware ice cream container to a wooden desk letter box covered by a garbage bag and kept in a cool place during the off season.

Create some 3 x 6 dividing cards out of an old manila folder (so they stand up above the seeds) and on their short edge, categorize them with a sharpie mark-

er. Categories can be as simple as Vegetables, Flowers and Herbs, but if you have a large collection you might want to be more specific: Tomatoes, Greens, Perennials, Annuals etc. . . Now, file your seeds appropriately and keep your 'seed bank' somewhere you can access it the minute new seeds come in the door.

Decide upon the seeds you're using this year

Once all your seeds have arrived and been filed, take a pleasant hour on a weekend to go through the divisions and decide if you are growing them this year. If the time has already passed to plant them, don't dwell on it – you're fixing this problem for next year. Put the ones you're using into a large bowl.

Choose the best day of the week for you to plant

I use rectangular plastic containers to make my actual working files – one for veg and one for flowers. Decide which day of the week is free for you to plant every week; for instance, Saturday. You'll be using that day when you make dividers out of standard 3x5 inch cards. Put this Saturday's date on the short edge of each, and continue writing dates of all the successive Saturdays until you know you will no longer be planting (don't forget about mid-summer planting dates for fall crops).

Based on your last frost date (for me, May 1st), put a number in parentheses on the corner of the first card that designates how many weeks before frost that date represents (April 24th would be 1 week before frost, etc.). Once you've made these cards, you'll have them for next year too.

Make decisions about timing

Now to sort your seeds. Read the info on the packet and keep a good seed book handy for extra information (I recommend Silber's Herbs and Vegetables From Seed to Harvest). Decide if you are planting directly (in the ground) or indirectly (in seed flats or pots). Put a big "D" or "I" on the top of the packet with your marker and then file them by the week they need to be planted using your frost date chart. Do the next packet. And the next.

When you have finished, you'll have a file of seeds that instantly tells you what you're planting this week and how you're doing it. Each Saturday, you can look at your file in the morning, plant your seeds and put the half empty packet in a bowl for recording and re-filing in the seed bank when all seeds are planted. If you wish to make succession sowings, you can simply re-file the packet two weeks on.

Move your divider card to the back of the pile and rest easy each week knowing that there is nothing you need to do until the next Saturday. And the next.

Less time thinking, more time planting

Of course, less time doesn't mean 'no time.' Sometimes unseasonable weather changes dates, so I'll have to move those packets back a week in readiness for better weather. But all in all, my attention and brain power can be moved to those little seedlings already started, and building this habit means that July planting dates don't pass me by.

Organization is the key to a better garden and a better state of mind over the season. There's so much going on; why not make it easier for yourself from the beginning?

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

When maintaining a water garden, be sure to manage plants properly. Keeping them in containers and dividing them regularly will help keep the liner from weakening due to the roots of plants and maintain a healthy balance in the pond.

Don't take shortcuts when installing any pond or water feature. Level

ground and a proper base is important in the longevity of the water feature.

When deciding on a project like a water feature, do the research. These can be the most beautiful part of a garden when managed properly.

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

Garden Patch through the Seasons

These classes will be held Thursday evenings, March 15 through April 5, 6:30 p.m. - 8 p.m. at the Agricultural and Natural Resources Center, 670 Old Harrisburg Road, Gettysburg.

This four week series will enable you to have a successful vegetable garden. Each class will focus on specific gardening practices, and after attending you will be prepared to garden for a great harvest. There will be special giveaways at each class to help you be successful!

March 15: For the Starter Gardeners

This class focuses on how to start a new vegetable garden, from soil to planting. You'll walk away with an understanding of what it takes to grow a vegetable garden.

March 22: Plant Rotation and Companion Planting

This class focuses on nutritional needs of vegetable plants and natural ways to manage fertilization and insect management. After attending this session, you'll have a better understanding of soils, compost, and plant management.

March 29: Early Spring Crops

Gardening can begin as early as March, if the weather permits. This class will cover the spring crops: leafy greens, peas, potatoes, and brassicas. After this class you'll want to start digging! We will also talk about how to manage these same crops in the fall.

April 5: Summer Crops

Warm season vegetables bring a different set of issues than any other season of veggies. Tomatoes, peppers, cucumbers, and melons can be the most difficult plants to grow. The temperatures and moisture play a huge role in these crops and what diseases and insects attack them. This class focuses on best practices for growing these widely used and grown summer crops.

Registration Fee is \$75, and the deadline is March 5. To register online visit <https://extension.psu.edu/master-gardener-vegetable-patch-through-the-seasons>

To register by phone, call toll-free at 1-877-345-0691. Payment methods include check or credit card. Refund if registration cancelled before March 5. No refunds will be issued after that date.



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The 2017 Chief's Award was given to the members of Fountaindale VFD who helped in anyway to make the first Adams County Junior Firefighter Academy a success. The 3 cadets in the front row graduated from the inaugural Adams County Junior Firefighter Academy in August of 2017.



2017 Member of the Year Award was given to Dave Martin in recognition for his 40 years of dedication to the fire company.



Chief Dave Martin and granddaughters and future junior firefighters Emma & Adeline.



Fountaindale VFC Vice-President Dale Buffington & wife Becky.



2017 Community Service Award winners, the John George Family.



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HEALTH NOTES

Women and heart disease

Did you know an estimated 44 million women in the U.S. are affected by heart disease each year, according to the American Heart Association (AHA)? Heart disease is the No. 1 killer of women, causing 1 in 3 deaths per year—that's nearly one death every minute.

There are a number of misconceptions about heart disease in women—for example, many heart attack symptoms in women are not the same as those in men. By educating yourself on the symptoms, prevention, and treatment of heart disease, and taking action to educate and raise awareness of the disease, you can help more women live healthier lives.

Know the Symptoms of Heart Disease

Heart disease is a lifelong disorder that affects the blood vessels and cardiovascular system. Plaque

buildup thickens and stiffens artery walls, which can inhibit the flow of blood from the arteries to organs and tissues. When buildup narrows the arteries making it harder for blood to flow, a blood clot can form. That's when a heart attack or stroke can occur.

Symptoms of a heart attack in women include:

- Breaking out in a cold sweat, nausea, or lightheadedness
- Pain or discomfort in one or both arms, the back, neck, jaw, or stomach
- Severe pressure, squeezing, fullness, or pain in the center of the chest that lasts more than a few minutes or goes away and comes back
- Shortness of breath
- Unusual fatigue
- Vomiting

Chest pain or discomfort is not always as severe or even prominent a heart attack symptom in women.

Sometimes, women may even have a heart attack without chest pain. Rather, women experience symptoms that are less obvious and women sometimes blame these symptoms on stress, acid reflux, or other health conditions.

Heart disease can cause other issues and symptoms, like heart failure or congestive heart failure. This means the heart is still working, but it's not pumping enough blood through the body or not delivering enough oxygen. Arrhythmias or abnormal heart rhythms can occur, where the heart is beating too fast, too slow, or irregularly. This can affect the heart's functionality and whether or not blood flows properly to other parts of the body.

Sometimes because of heart disease, the heart valves don't close or blood leaks through, causing blood to flow backward instead. Other times, women may experience a stroke, or sudden weakness, paralysis, or numbness of the face, arms, and legs, especially on

one side of the body.

If you're experiencing any of the symptoms of heart disease or think you may be experiencing a heart attack or stroke, call for emergency medical help immediately.

Factors That Increase the Risk of Heart Disease in Women

Whether they're 19 or 90, women of all ages can be affected by heart disease. For younger women, the combination of smoking and taking birth control pills can increase the risk for heart disease by 20 percent. For others, overeating that leads to obesity and high cholesterol in combination with a sedentary lifestyle can result in heart disease later in life.

Ninety percent of women have one or more risk factors for developing heart disease. Those risk factors include:

- Smoking
- Diabetes
- Obesity

- High blood pressure
- High blood sugar
- High BMI (body mass index)
- High cholesterol
- Family history of heart disease
- History of inflammatory diseases, including rheumatoid arthritis or lupus
- Lack of physical activity
- Low levels of estrogen after menopause
- Pregnancy complications like high blood pressure or diabetes during pregnancy
- Mental stress and depression
- Broken heart syndrome, which is caused by stressful situations that can cause severe (but often temporary) heart muscle failure

How to Prevent or Reduce the Risk of Heart Disease

The good news is you're never too young or too old to take care of your heart. There are a number of heart-healthy choices you can start making today to prevent heart disease and reduce your risk for the disease now and later in life.

- Eat a healthy diet of fruits and vegetables, lean proteins, whole grains, and low-fat or fat-free dairy products.
- Follow a regular exercise routine.
- Know the warning signs and symptoms of a heart attack, heart disease, and stroke.
- Know your family history.
- Lower or manage your blood sugar, blood pressure, and cholesterol.
- Maintain a healthy weight.
- Practice stress management techniques.
- Quit—or don't start—smoking.
- Schedule regular wellness visits with your primary care provider to learn about your personal risk for heart disease.

Living with Heart Disease

If you've recently been diagnosed with heart disease, you're not alone. While there's no cure for the disease, there are things you can do each day to live the healthiest life possible. Treatment for heart disease may include lifestyle changes, medications, medical and surgical procedures, and cardiac rehabilitation.

The goals with all treatment are to:

- Lower the risk of blood clots
- Prevent complications
- Reduce risk factors to slow, stop, or reverse plaque buildup
- Relieve the symptoms of heart disease
- Widen or bypass plaque-covered arteries

Some women need a procedure or surgery—like an angioplasty or coronary artery bypass grafting—to treat their heart disease. Others may benefit from cardiac rehab under medical supervision. This includes exercise training to strengthen the muscles and improve stamina, and education, counseling, and training to understand heart disease and develop ways to lower risk for future heart problems.

To learn more about heart disease in women, including what you can do to reduce your risk for heart disease, visit FMH.org/GoRed.

Dr. Greg Gagnon is a radiation oncologist and medical director of the CyberKnife and radiation oncology program at Frederick Regional Health System.

I've been working in oncology for 27 years.

Dr. Gagnon led the way to bring CyberKnife—the first and only robotic radiosurgery system designed to treat tumors—to the Frederick community. With this advanced technology and Frederick Regional Health System's affiliation with MD Anderson Cancer Network®, a program of MD Anderson Cancer Center, Dr. Gagnon and the oncology team are one step closer to reaching their goal: ending cancer.

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YMCA Sports Hall of Fame

On February 3, the YMCA of Frederick County held their 42nd annual memorial banquet to honor and induct former standout athletes from the Frederick County area. This year's class included seven new inductees: Kelby Conley, Megan Gebbia, Sheri Huckleberry, Zach Jackson, Terence Morris, Evan Routzahn and Kelli Summers.

Only one of this year's inductees, Jackson, has ties to the local area. Jackson attended Governor Thomas Johnson High School where he excelled as a three-sport athlete. He was a three-year starter in varsity football, a four-year starter in varsity basketball, and a state champion track runner who broke the state 3A record in the 100-yard dash. While he was the captain of the 1975 state championship basketball team, football was his best sport and he eventually earned a scholarship to Syracuse University. After playing football at Syracuse, Jackson enlisted in the Army. Upon returning to the area, Jackson became the head track coach at Catoctin High School and the Silver Oak Academy.

While Jackson's résumé is quite impressive, the rest of his fellow inductees have quite a list of accomplishments as well. Kelby Conley was a swimmer who attended Governor Thomas Johnson High School. While at Thomas Johnson, she broke six school records and was a three-time Frederick County Swimmer of the Year. Ultimately, she attended West Virginia University on a sports scholarship before returning to the area to coach. Megan Gebbia was a member of the 1989 Middletown girls' basketball team that won a state title. After playing college basketball at Towson, Gebbia stayed at the college level and coached at numerous schools, including American University, the University of Maryland-Baltimore, Wright State, and Marist College. Sheri Huckleberry attended Middletown High School where she was a standout soccer player and discus thrower. She was a three-time state champion in the discus and a two-time Frederick County Soccer Player of the Year. After high school, Huckleberry played soccer at the University of Connecticut before playing professional soccer overseas. Eventually she returned to the states to coach at the college level at Ohio University, Ball State, Iowa and Marist.

Terence Morris was a basketball star at Governor Thomas Johnson High School before starring at the University of Maryland. He was drafted by the Atlanta Hawks and played professional basketball for the Hawks, Houston Rockets and Orlando Magic. Evan Routzahn was a star of the Middletown High School football program, but also ran track and field. After high school, he attended the University of Virginia to play football on a full scholarship. Upon returning to Frederick County, Routzahn has spent his time advocating for individuals with Downs Syndrome. Finally, Kelli Summers was a standout three-sport athlete at Frederick High School, where she played soccer, basketball and softball. After high school, she attended Shepherd College

where she starred on the softball team, earning USA Today honors in 1991 and leading the program to their first league title. Eventually, she returned to the area to coach softball and soccer at Frederick.

While only one inductee came from the Catoctin area this year, many other standout athletes from the local area have been inducted over the years. The first, Jim Phelan, was a basketball coach at Mount St. Mary's University who was inducted in 1981. Phelan coached for 49 years at the Mount and recorded 830 wins. Currently, he has the 16th-most wins of any coach in college basketball history. John J. Grim, a coach at both Linganore High School and Catoctin, was inducted in 1999. He coached for over 25 years and won 14 state titles. In 1984, he served as an Olympic Official during the Los Angeles Olympics. While Grim is most remembered for his coaching career, he was also a standout athlete himself. During his time in high school, he was an all-conference football player and track runner before heading to Indiana University of Pennsylvania to play football.

In 2002, the Catoctin area had two inductees: Thomas M. Sherald and Charles E. "Jack" Davis. Sherald excelled during his time playing baseball at Frostburg State, leading the college to the 1972 NAIA World Series. After his playing career ended, he coached at both Catoctin High School and Mount St. Mary's University. He currently holds the record for the most wins at the Mount with 111. Sherald was instrumental in bringing playoffs to high school baseball in the state of Maryland and is currently the owner and director of the Cal Ripken Baseball School. Davis attended Governor Thomas Johnson High School and was a champion track sprinter. He holds a personal best 9.5 seconds in the 100-meter dash and competed for Frederick Community College and Penn State University on the collegiate level. At Penn State, Davis was a part of an American record sprint medley relay and a school record 4x100 meter relay team. Currently, he is a cross-country and track and field coach at Catoctin High School.

In 2004, Jesse Ketterman, a prolific running back and track star from Catoctin, was inducted. He was the 1988 Frederick County Offensive Player of the Year in football and was a state champion in the 1A shot put and discus in 1989.

In 2009, George Kuhn, a soccer coach at Emmitsburg High School and Catoctin, was inducted into the Hall of Fame. Over his 30 years of coaching, he compiled seven district titles, one regional championship, and led a team to the state finals in 1973. He helped to initiate the first live radio coverage for high school soccer and was a member of the Blue Ridge Soccer Officials' Association.

Bobby Jo Delphey-Barber was a graduate of Catoctin High School and was inducted in 2011. While at Catoctin, she was a three-sport athlete in basketball, cross country, and

track and field. She won four unprecedented state titles in the high jump and was selected as a two-time Frederick County field athlete of the year. Kathy Messner Stevens was another standout cross-country and track athlete from Catoctin High School who was inducted in 2012. She was a first team all-area cross-country and track and field athlete for all four years in high school. Stevens was a 12-time state champion in the high jump, long jump, and triple jump. At one point, she held the 1A state record in the 300-meter dash, high jump, and triple jump. She was prepared to compete collegiately at Penn State before a tragic accident put her career on hold for a while. Ultimately, she bounced back to compete at the collegiate level and now assists with the track and field program at Catoctin.

Paul Nolan, a former Catoctin athletic director, was inducted into the Hall of Fame in 2013. Nolan was a teacher and coach for 32 years in the Catoctin area. As the athletic director at Catoctin, he was instrumental in starting the football program and helped to "unify students, parents, and athletes as a sports community." Kim Wivell Gerrie, a softball star at Catoctin, was inducted in 2015. While at Catoctin, she also played varsity soccer and bas-

ketball for four years, in addition to four years of varsity softball. She later became a standout at Shepherd University where she still holds five pitching records for the college. In 2016, Kate Robinson was inducted as a three-sport standout from Catoctin. She was an all-conference star in soccer, basketball, and lacrosse. She led the basketball team to a state title in 2006 and played basketball and lacrosse in college at Catholic University. She is currently the all-time leading scorer at Catholic University.

Most recently, in 2017, Jerome Nolan, son of Paul Nolan, was inducted. Nolan participated in sports from a young age and fell in love with the game of football. He attended Catoctin High School and became a placekicker on JV during his freshman year. Over the next three years, he earned many honors on the varsity level team, setting school records and being named a first-team all-area linebacker and kicker. As a senior, he was named the Frederick County Defensive Player of the Year before he moved on to Towson University where he continued his foot-



Former Catoctin High School track coach Zack Johnson was one of seven Frederick County residents inducted into the YMCA's Sports Hall of Fame at this year's annual memorial banquet honoring standout athletes from the Frederick County area.

ball career, setting kicking and punting team records that still stand today.

All candidates for the Frederick County Sports Hall of Fame must be at least 21 years old, have brought honor to his- or herself and to Frederick County by his or her accomplishments, have been a resident of Frederick County for five years prior to accomplishments, and must be retired for three years from active participation in his or her field of endeavor. To nominate someone for the Hall of Fame, visit Frederick-hof.org and click on the nominate tab.

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WWI NEWS REPORTS FROM THE FRONT

Germany gambles all on the Western Front



By the time the Bolsheviks agreed to sign the peace terms with the Central Powers, they had nothing left to barter – for all intents and purposes, Russia surrendered unconditionally, and in doing so, set the stage for what would be a four year civil war.

Editor's Note: Try as we might, we were unable to condense the events of March 1918 into two pages - simply too much happened. So we felt it only right to dedicate 4 pages this month as in many ways it laid the foundations for World War Two.

March 1

Germans Move Deeper into Russia Unopposed

Following the collapse of the peace negotiations at Brest-Litovsk, the Germans have declared that the armistice that has been in place between the Central Powers and Russia is null and void. As a result, the Germans have resumed their advance into Russia, for the most part unopposed.

German forces are now within 90 miles of Riga, and Austrian and Ukrainian troops are nearing Kiev, the Ukrainian capital, now held by the Bolsheviks. Polish legionnaires aided the Germans in occupying Minsk. The Germans are taking no prisoners, merely disarming the Russians and liberating them. In the last two days the Germans have not been met with a single case of resistance.

The Bolshevik commander says that if the people succeed in throwing against the enemy concentrated masses of revolutionary citizens, who will struggle for every town, village, street and house, then there is no force the Germans can successfully bring against them. He says that all available able-bodied men must be ordered to work on fortifications and in the construction of obstacles along all the routes of the German advance. "Any bourgeois who resist must be tried, forcibly compelled to work, and if unwilling to work, shot. Revolutionary discipline," the commander said, "must be brought to the highest degree of efficiency by the handing over to the revolutionary tribunals all who do not obey the order."

However, a dispatch from Petrograd indicates that the majority of Russians would welcome the arrival of the Germans, fearing an outbreak of uncontrolled anarchism, with riots and murders. The bulk of the Russian population is tired of revolution, hunger, disorder and the uncertainty perpetually overhanging them, declaring that they are experiencing all the disadvantages of the Czar's regime without any of the benefits.

If the dispatches from Petrograd gauge the situation accurately, the Germans are likely to find little difficulty in occupying the city. Russian soldiers quite frankly refuse to fight and say that they have had enough of the fighting.

German airplanes, meanwhile, are distributing proclamations calling on the Russian people to remain calm and keep order, as the Germans are coming to suppress anarchy and bring food as soon as possible.

Germany Issues New Peace Terms to Russia

Germany says it will conclude peace with Russia on the following conditions: 1) both sides will declare the war ended; 2) all regions west of the line indicated at Brest-Litovsk to the Russian delegation, which formerly belonged to Russia, will no longer be under the territorial protection of Russia; 3) Russia renounces claim to intervention in the eternal fates of these regions; 4) Germany and Austria are to define the fate of these regions in agreement with their populations; 5) after the completion of Russian demobilization, Germany will evacuate the regions which are east of the above line; 6) Livonia and Estonia must be immediately cleared of Russian troops and Red Guards. Livonia and Estonia will be occupied by German police until the date when a constitution of the respective countries shall guarantee their security; 7) Russia will conclude peace with Ukrainian People's Republic and recognize its independence; 8) Finland will be immediately evacuated by Russian troops and Red Guards; 9) Russia will do all in its power to secure for Turkey the orderly return of its Anatolian frontiers; 10) Russia will recognize the annulations of the Turkish capitulation of 1905; and 10) Russia will completely demobilize the Russian army immediately.

In addition, the Germans have demanded that Russian warships in the Black Sea, the Baltic Sea, and the Arctic Ocean immediately return to their homeports and be disarmed. Warships of the Allies, which are in the sphere of Russian authority, must be interned and not allowed to return to sea.

Bolsheviks Accept German Peace Terms

At a stormy meeting of the Council of Workmen's and Soldiers Delegates on Tuesday, Premier Lenine urged acceptance of the German terms. "Our enemies' knees are on our chest and our position is hopeless," declared Lenine in the course of his long speech to the Central Executive Committee, in which he insistently urged the acceptance of the peace conditions, however oppressive and unfortunate they may appear. "This peace must be accepted as a respite," he continued, "enabling us to prepare a decisive resistance to the bourgeois and imperialist. The proletariat of the whole world will come to our aid. Then we shall renew the fight."

Opponents to the peace treaty countered that the proposed peace meant the end of Russia, so far as her

political independence was concerned, and that the day after the signing of the peace the Russian government would be in bondage to Germany. The Bolshevik delegation voted practically as a unit in support of the treaty while the Social Revolutionary members fought against acceptance of the terms and insisted upon the immediate assembly of the new Constitutional Assembly and to allow it to decide the acceptance of Germany's peace terms.

Acceptance by the Bolshevik government of the German peace terms came without the support of Leon Trotsky, the Bolshevik Foreign Minister, who had made it clear he was opposed to the treaty.

March 8

Russia and Romania Sign German Peace Terms

On Tuesday the Bolsheviks formally signed the German peace terms at Brest-Litovsk. Germans have reacted to the peace treaty with Russia with joy. Flags are flying everywhere and the schools have been given a holiday. Meanwhile, a new Siberi-

an Council of Workmen's and Soldiers Delegates has determined not to recognize any imperialistic German peace and has organized its own army to continue the fight.

In spite of the peace treaty, the German advance into the interior of Russia continued in full swing. Troops are reported to be moving along the railway from Minsk with the object of cutting off Moscow. In the south, the Germans have secured their immediate objective in Ukraine in occupying Kiev, the capital of the Republic, after a little more than a ten-day march through the country - 200 miles east from the former fighting front.

Russia has broken down just as Turkey broke down two centuries ago, just as Poland broke down a century and a half ago, and the consequences of the breakdown are again found in the actions of adjoining nations. Russia is the biggest single stretch of European territory that has been open to invasion and partition since the Roman Empire fell. Today Russia is in the same position as the Roman Empire when at last it was no longer able to defend itself.

Germany and Austria have already occupied Poland and the Baltic prov-



The harsh terms imposed upon Russians were a stark warning to pacifist elements in other Allied powers, and helped stiffen the resolve of those elements determined to fight the Germans to the bitter end.

inces and are now cutting more deeply into what was Russia before the first partition of Poland. Turkey is demanding the Caucasus and all Russian territory on the Black Sea.

A peace treaty between Germany and Finland has been signed. By the conditions of the treaty, Finland agrees to cede no territory nor grant any territorial rights to any foreign power without the consent of Germany. All former Russian fortifications on the Baltic will be removed. The Finnish government has asked the German Emperor to appoint Prince Oscar, the fifth son of the Emperor, to be King of Finland.

Meanwhile, a preliminary peace treaty has been signed between the Central Powers and Romania. Under the terms of the treaty Romania will allow the transport of German troops through Moldavia to Odessa. The Romanians also agreed to evacuate all the remaining fortifications along the Austrian-Hungarian border. The Romanian government also agreed to immediately demobilize the Romanian

army. The demobilization will take place under the supervision of the German army.

Japan Invades Siberia

Japanese policy during the world war has been simple, if not entirely to the liking of the Allied nations. The Japanese were ready and willing to join with the British to eject the Germans from China.

Every European nation removed from the Chinese field represents a step in the direction of the realization of Japanese ambition to dominate the Far East and eliminate all European rivals. But when the question became one of sending Japanese troops to Europe to aid the Allies, Japan did not stir and will not stir unless the compensation is sufficient: surrender by European nations, notably by Britain, all bases in the Far East.

Today, the Russian collapse offers Japan the chance to continue the work, which it was compelled to lay aside in the 1905 Manchurian War because she

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Leon Trotsky, one of the three founders of the Russian Bolshevik Party, fervently opposed the German peace terms and called for continued resistance to the Germans. Lenin, however, recognized that the Bolsheviks were losing their grip on power, and their only hope to retaining power was obtaining peace at any cost. In what would soon become an example of how disputes would be settled, Lenin removed Trotsky as Foreign Minister, and assuming dictatorial powers, ordered the peace terms signed. In 1925 Trotsky fled Russia for Mexico after trying to stop the rise of Stalin. In 1940, Stalin had Trotsky assassinated.

lacked the financial strength to push that war and faced both bankruptcy and defeat had she continued. Now, with little real fighting and with no serious opposition from the great powers, she can resume the work of occupying Russian territory in the Far East and pushing her own frontiers back from the Pacific to Lake Baikal. That she will surrender what she takes now, under pressure too great for her to resist, is unbelievable.

By occupying eastern lands, Japan will arrive at a place where her natural interest becomes the same as the Germans and the Austrians. If Germany and Austria are able to annex much of western Russia at the close of the war, then they will fight any effort towards the rehabilitation of Russia. Japan, holding eastern Siberia and parts of the Baltic provinces and Poland with Germany, will be opposed to anything that would contribute to the restoration of the Russian state to prevent the return of Russian pressure on all her frontiers.

It is time to face the facts. A new Eastern question has been borne out of the Russian Revolution. Russia has, through the Bolsheviks, been reduced to the condition of Poland in the latter half of the 18th century. Once Poland had become helpless, partitions began, which ended in Poland being erased from the map of Europe. It was the common policy of all three of her despoilers: Germany, Russia and Austria, to prevent any stirring of Polish national spirit and to suppress all Polish aspirations.

Now Japan, as she occupies eastern Siberia, will inevitably come to have a common policy with the Central Powers. The addition of Japan to the German alliance, not only in the present war, but in future wars, will mean one of the most profound changes in international relations imaginable. This is a change which German writers and statesmen have long forecast and openly sought, notably in the Zimmerman proposal before the United States entered the war.

March 15

Trotsky Resigns Leaving Lenin in Full Control

On Saturday, Leon Trotsky announced that he has resigned as Foreign Minister. Trotsky was the most important

member of the revolutionary government formed after the overthrow of Kerensky last November, although Nikolai Lenine, as Premier, was the nominal head of the Russian government. Trotsky virtually controlled Russia's destiny up to the second peace conference at Brest-Litovsk.

It was Trotsky who publicized the text of secret documents exchanged between Russia and foreign governments, and it was he who proposed the armistice to the Central Powers early in December, which eventually led to the abortive conference at Brest-Litovsk. The negotiations were disrupted in mid-February and hostilities were renewed. The Germans then submitted partial peace terms, but Trotsky took no part in the conference.

Trotsky's resignation is the second among the Russian leaders. On February 25 Ensign Krylenko, Commander of the Russian armies, also resigned owing to differences with the Council of People's Commissaries and their acceptance of the peace terms. The withdrawal of Trotsky and Krylenko leaves Lenine as the only survivor of the Bolshevik ruling triumvirate.

It is reported that Trotsky was dismissed by Lenine, owing to a quarrel over the German peace terms. Trotsky held that the piece had been extorted by force. Therefore, he is reported to have said it was Russia's duty to fight, if only guerrilla warfare, and the German treaty should not be ratified. Lenine, on the other hand, held that the treaty must be ratified and carried out on the theory that disastrous treaties do not necessarily annihilate nations as history has proved several times.

Lenine, in an article against the Bolsheviks who refused to ratify the peace treaty, declared that "the terms Napoleon imposed upon Prussia and Germany were tenfold heavier than Germany is imposing on Russia. We have concluded another Tilsit peace," he said. "We shall yet arise to victory, even as Germany, after Tilsit, rose and delivered itself from Napoleon."

German Turns Focus to Invading India

Tardily, the world is beginning to recognize the real meaning of the German partitions of Russia. As a result of the peace treaty, Germany has acquired a railroad to the Indian front independent from the Baghdad railroad.

A generation ago, when Anglo-Russian rivalry in Asia seemed the only menace to world peace, Russian engineers were pushing a railroad line straight down to the frontier of Afghanistan for a possible attempt by the Czar to invade India through the Khyber Pass. The British at Kandahar watched the Russians approach with ever-growing anxiety. The 1905 Sino-Japanese War changed all this, and the arrangements between Britain and Russia that same year, which divided Persia, ended the Anglo-Russian rivalry. The railroads that Russia had constructed, however, remained. One of them, leaving the Black Sea at the great oil port of Batum, passes over the Trans-Caucasus region along the Persian frontier and then east towards Afghanistan.

At the onset of the present war, Germany hoped to make use of the Baghdad railroad to reach the Persian Gulf below Baghdad, and from there, head to Basra and some of the greatest oil districts of the world. This was the prize for which both Britain and Germany gambled in the first year of the conflict. But despite numerous setbacks, the oil-fields remained in British hands. As the war progressed, British forces from India and Egypt took the offensive in Mesopotamia, and as a result, Baghdad and Jerusalem are now in British hands.

After failing in their original intentions, the Germans have turned the British flank by one of the most daring adventures. With the creation of the independent Ukraine and the fall of Romania, the Black Sea has become a German lake. The great European terminal of rail lines coming from central Europe into that sea is all in German hands.

Possessing all the railroad lines, dominating the Black Sea, and holding the entrance through the Dardanelles, Germany is free to transport troops and war materials across the sea without fear of interference by her enemies. From Batrum she has the railroads toward the Caspian Sea, and beyond the Caspian, the old railroad going straight down to the frontier of Afghanistan available to her.

The German scheme does not simply call for the seizure of the railroads. The Germans, with the assistance of the Turks, hope to organize the Mohammedan population in a common league against the British to the south, and to use this league as the basis of a vengeful German advance through the Hindu-Kush to Kabul and Kandahar. But more than all else, Germany hopes to arouse the millions of Mohammedans in this region and spread unrest and rebellion, which will precede her armies on the march to India.

Unless German power over Turkey and German control of the Black Sea is broken, any peace on the Western Front will be but a prelude to a new war between Great Britain and Germany, for Germany has now laid hold of a deadly weapon that threatens the safety of the British rule in India.

Try as we might, we were unable to condense the events of March 1918 into two pages - simply too much happened that month. We felt it only right to dedicate four pages to the war this month, as in many ways these events

laid the foundation for World War II.

March 22

Allies Prepare for German Offensive on the Western Front

The first stage of the great German offensive on the Western Front has passed and is to be scored as a German failure, the enemy having fallen short of realizing his aims in the first great smash. After attacking all day Monday and until a late hour Tuesday night, the Germans ceased their operations along 50 miles of the British front and had not resumed their heavy assault at the latest reports. However, British Field Marshall Haig predicted further hard fighting was ahead.

The German attack followed a heavy bombardment by the enemy on the Western Front, which began Saturday morning and continued all day Sunday. At the same time the Germans began a display of artillery activity in the Messines sector, which included bombardment with gas shells.

The artillery action on the Western Front could be distinctly heard at Dover and other towns on the east coast of England. The doors and windows of homes in Dover, for instance, were continuously shaken by the heavy concussions. The firing, which was the heaviest heard in this district for such a distance, began at three o'clock this Saturday morning and lasted until 7 a.m..

The German attacks have been delivered in large masses and have been extremely costly to the hostile troops engaged, whose losses have been exceptionally heavy. Large numbers of German troops have been observed during the day, moving forward behind enemy lines. Captured maps depicting the enemy's intention show that he has not obtained his objective on any part of the lack attack front.

The last report mentioned that the enemy was still being held in British battle positions, which means that the British line is still intact, although admittedly it has been bent backward at points under the terrific Teutonic assault. The battle line has not moved in only one direction, however, the British army struck back spiritedly at the German masses and regained some of their positions which

they had reportedly abandoned.

Reports indicate that the Central Powers have massed all possible forces at their disposal on the Western Front for their present drive. The prospect seems, however, that they will need every man if they are to keep up their attack long enough with anything like its initial force, as all reports indicate that the German losses have been terrible under withering fire of the British artillery and machine guns.

The land behind the British lines is a devastated area over which the Germans retreated last March. Field Marshal von Hindenburg declared at the time that the devastation was carried out not only to hamper the Allied armies, but also to provide a battlefield for the future.

March 29

Germans Pierce British Lines

After two days of terrific battling in their greatest offensive on the Western Front, the Germans have finally succeeded in bringing the action at one point on the front somewhat more into the open.

The British defensive system at St. Quentin has been pierced on a 50-mile front. It was broken through by the great weight of the enemy infantry and artillery. The British are falling back in good order. Berlin claims to have captured 25,000 British forces.

Assaulting the British lines, the Germans have forced their way forward over the British front approximately twenty-one miles in length, and had penetrated to a depth of four or five miles. The great German offensive has developed a salient feature as a result of an apparently desperate effort to drive a wedge between the British and the French and push on across the Somme Canal in the general direction of Paris. A supreme effort by the Germans to cut the line in this region is forecast. The German advances are accompanied by terrible slaughter, as Germans in their mass formations are being cut to pieces by British guns of all calibers. It is estimated that 50 German divisions are already involved, with probably 25 or more additional divisions in close reserve.

No reports have been received from

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WWI NEWS REPORTS FROM THE FRONT



Confident of victory, the Germans threw hundreds of thousands of troops against the Allied lines in the belief that sheer numbers would eventually cause the Allied lines to break. While the Allied lines did bend, they never broke. However, the cost to the Germans was staggering, with tens of thousands of men being mowed down daily.

Paris as to whether the French forces have become involved in the battle. The point on the British line that the Germans penetrated, however, is so close to Paris that it seems probable that the French will soon take part in the struggle.

For the first time on the Western Front since the opposing armies established themselves in their trench systems, the defensive zone has been broken through. In other great attacks, the British, French and Germans have been able to bend back the line, but not strike through the zone of defense. Many military critics have reached the opinion that on account of the strength of the line it would be impossible to break through them until one side or the other has been worn down to such a point that it could no longer supply enough troops.

The extent of the British defenses has been the subject of months of speculation, but it is known they had vastly improved during the last winter. Earlier in the war, when the offensive rest-

ed with the French and British, less attention was paid to positions of the rear. The British in particular were said to scorn the defensive zones Germany constructed. After the defeat of Russia and the increase of German strength in the West, however, it became necessary for the Allies to consider defensive measures, which were carried out during the winter.

The British withdrawal might leave the German forces in an embarrassing position, possibly holding a salient projecting into the British lines, assailable by counterattack from three sides. Unless the breach is wide and the Germans are able to pour vast reserve forces into it to keep going ahead, there is always a chance that the head of the salient can be cut off by counter assaults on both flanks and the more advanced German units would be captured.

All accounts agree that Germany is paying heavily for every foot of ground she has wrested from the Allied armies. Her casualties are shown by the British official statements to be mounted

so high that she has had to draw upon every part of the Western Front to provide badly-needed reinforcements for the battle area.

Field Marshall Haig's report reveals that more than 70 divisions, or between 800 and 900,000 men, have already been engaged in the battle on the German side. The widespread call for fresh troops makes it plain that the German fighting forces are being rapidly used up in the terrible and costly onslaught. 40 divisions of the German reserve were reportedly thrown into the line as early as the second day of the battle.

The rearward movement in the face of the German attack has now brought the Allied armies towards the edge of their former battle lines in the Somme. The German troops had been reported to be rapidly tiring from their breathless plunge into the Allied lines, and they were evidently forced to take a breathing spell opposite the British front. Fresh forces, however, have been brought up and the attack has been resumed south of the Somme.

The British, in their retreat, are defending every hill, ridge and fortification with the greatest stubbornness. British artillery splendidly sacrificed itself in covering the retreat, the batteries only breaking up when the German stormy troops arrived within a few hundred yards of the positions. The British gunners fired their last ammunition and retreated.

In the first attack, German soldiers swarmed no man's land in such great numbers that it was impossible for the British gunners to miss them. Two batteries fired steadily with open sights for four hours, killing thousands of Germans. One British officer stated, "as the Germans rose out of their trenches we killed them." Assuming German losses to be at least 150,000, the enemy has sustained a reverse, for he has not obtained a strategic success, and has lost eight to ten percent of his effective fighting force.

The events of the past week demonstrate clearly that the German attack is



Whereas on the Russian Front, the German people were used to receiving reports of troop advances in the tens of miles per day, the staggering losses for mere yards on the Western Front quickly began to erode German public support for the continuation of the war.

the great offensive that has been waiting. The Germans are plainly seeking a solution to the problem of the world war upon the battlefield and are endeavoring to ensure the permanence of their militaristic government by a military victory. Since Napoleon sent out for Moscow, there has been no campaign equal in magnitude to the present effort. Germany is fighting for world power or downfall.

Within the next 48 hours, the Germans will either win a great victory and break through the British armies, or they will be compelled to pause while their heavy guns and munitions are brought up.

The northern wing of the German army has entered upon the old battlefield of the Somme and is advancing towards the crest of the famous bridge, which was the scene of all the great fighting in the Battle of the Somme, from July to September 1916.

Further to the south, the situation is more secure, but it is clear that the French have entered into the line and are holding the high ground towards the Somme. Here there has been a very marked withdrawal of the Allied line, which sooner or later must affect the French position on the other side of the river and compel the withdrawal of the French.

In sum, the British army, with its French support to the south, is still

swinging back. The tremendous impact of the first assaults have not yet been exhausted, and German troops are still advancing in tactically important regions, except at the center. But the Germans are not likely to drive the Allies out of this position by frontal attack, their advances both in the north and the south threatened to turn the British center and force the British to retreat from the strongest natural obstacle along the whole front.

The crisis has not yet been weathered, and there is still the possibility of the great German success. On the other hand, it is equally essential to recognize that up to the present moment, the British, with French support, have kept the line in front of the Germans, and have retreated in orderly fashion after inflicting very heavy casualties. The ground on which they now fight is advantageous for the Allies.

It seems clear now that the British were overwhelmed by the opening bombardment of the Germans, which surpassed anything known in the history of this war. The German bombardment seems to have destroyed three or more systems of British defenses, and to have covered the back communications for twenty miles. The use of gas appears also to have reduced British resistance.

If the retreat continues for many more miles, the Germans will be able to enter still-devastated French territo-

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MARCH 1918



More than a year after America's declaration of war against Germany, U.S. troops were still sitting on the sidelines. Unwilling to sit the war out any longer, General Pershing, for the last time in U.S. History, put the American Army under the command of a foreign military.

ry and threaten the communications between the British and the French. So far, the evacuated territory has no value, thanks to German vandalism a year ago, and therefore its surrender means nothing.

The British have retired almost to the frontiers of this desert now.

At present a great deal of speculation is going forward as to the possibility of an advance upon Paris or of the British roll-

ing back upon the coasts, but these must be preceded by the defeat and even the route of the larger part of the British Army.

While it is not the time for over-confidence, it is certainly not the time for extreme pessimism either. The Germans cannot keep on at their present rate for many more days. They must break through or pause. If they pause, the greatest peril will be over, and they will have not broken through; there is nothing in the British, French or even German official statements to suggest a collapse of the Allied armies. There is no excuse for pad-dock behind the lines that are bending but not breaking.

Paris Under Bombardment

A long-distance cannon bombarded Paris from approximately 75 miles away. Pieces of the shells, upon examination, bore rifling marks, which prove that they had not been dropped, but were fired from a gun. This apparently left a great mystery as to the nature of the gun and by what method it was operated.

The long-range bombardment of Paris has dumbfounded American ordnance officers. The 22-mile bombardment of Dunkirk by the Germans more than a year ago had set a record, and ordnance officers of the American, British, and French

armies freely concede that they have never dreamed of a monster gun with a range of more than 30 miles.

Some officers frankly question that shells from rifled cannon actually have fallen in Paris. Others sought explanation that the new devices were secret on em-placements in the vicinity of Paris. None wanted to believe that any gun had been invented by the Germans or anyone else which could throw a 9 1/2 inch projectile 60 miles. Some officers conceive the possibility that there might be a hidden gun in the outskirts of Paris. It could only be a weapon of terror and the discovery would be certain.

If the German experts have involved a wholly new type of gun not dependent upon the same mathematical factors that govern ordnance everywhere, officers think it highly unlikely that they would employ it for an isolated and meaningless attack on Paris. It may be, some officers think, the Germans' attempt to break France's spirit by continuously dropping medium caliber shells on the city.

Pershing Offers American Troops

Gen. Pershing called on Gen. Foch at the French headquarters and placed the American Army at his disposal for employment in the battle now in progress.

Gen. Pershing said, "The American people would hold it a great honor if our troops were being engaged in the present battle. I ask it of you, in my name and that of the American people. There is at this moment no other question than that of fighting. Infantry, artillery, and aviation - all that we have - are yours to dispose of them as you will. Others are coming which are as numerous as will be necessary. I have come to say to you that the American people would be proud to be engaged in the greatest battle in history."

The presence of American auxiliary troops on the fighting line in the great battle was the subject of much favorable comment, and when it became generally known that wounded American officers and men were being brought back with the French wounded, the American stock rose high. The morale effect was considerable, even though the supposition was that the number of American troops in the line was not considerable. The French take comfort in the Americans' willingness to take part, even a small part, in the fighting.

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



Former Thurmont Mayor and County Commissioner Donald Lee Lewis, 99, of Thurmont, passed away on February 15.

Born in Thurmont, Don was the son of the late Edgar Russell and Glenna (Weller) Lewis. He grew up working on his grandparents' farm, and graduated from Thurmont High School in 1935. After graduation, Don enlisted in the Civilian Conservation Corps where he planted trees, built roads, strung telephone wire, and met his future wife. He was inducted in the U.S. Army in May 1941.

In the Army, Don volunteered for the elite Army Rangers and quickly rose in the enlisted ranks. He participated in combat operations in France, including the Normandy invasion. Staff Sergeant Lewis received the Purple Heart for wounds suffered on 6 July 1944, and later as Provost Sergeant was in charge of

military prisoners and placing guards around military installations.

After the War, Mr. Lewis returned to Grantsville, MD and Freda, where he worked as a mortician at Winterberg Funeral Home. Don and Freda began their entrepreneurial careers in 1952 when they purchased Wisotzkey General Store in Thurmont and opened Lewis Confectionary, which housed Toyland upstairs. They later expanded into the pharmacy building next door, which became Lewis Sporting Goods Store, and the confectionary store became Lewis Card & Gift Shop. Mr. Lewis was an avid fisherman and hunter, and he was often consulted about which lures to use in local streams. He also enjoyed deep-sea fishing and moose hunting in Newfoundland. He was active in the Brotherhood of the Jungle Cock for many years, serving as president and on the executive board. The BOJC provided recreational activities for youth, such as fishing and camping, and Mr. Lewis was extremely generous with his time, tools, and resources.

Mr. Lewis served two terms as Mayor of Thurmont, and was one of Thurmont's most progressive mayors. As Mayor, he helped local businesses expand while also developing Thurmont's first planning and zoning ordinances, master plan, and subdivision regulations. He secured federal grant funding, and brought

the state economic development commission to Thurmont. Mayor Lewis was also instrumental in getting the Board of Education and Emmitsburg officials to begin the building of Catocin High School within five years of its inception. He improved town water & sewage service and established policies for underground electric in new growth areas, and helped establish Thurmont Community Park. Mayor Lewis also represented Maryland at the World's Fair in New York in 1964-65 and was a charter member of the Francis Scott Key Memorial Foundation. He also served on the Thurmont Bank Board.

Mr. Lewis also served two terms as Frederick County Commissioner. He was the legislative liaison from Frederick County to Annapolis and helped get Citizens Nursing and Rehabilitation Center built. He continued to be a major donor to the Citizens Nursing Home Endowment Fund, and the physical and occupational thera-

py wing is named in honor of his wife Freda. Working through the Community Foundation of Frederick County, Mr. Lewis helped establish an education fund for the employees of Citizens and Montevue for medical education. Along with the Thurmont High School Alumni Association, Mr. Lewis helped found a scholarship fund for graduates of Catocin High School,

and he often helped many in the community with medical or other needs directly without expectation of repayment. He was a long-time member of the Thurmont Lions Club, AMVETS Post 7, and American Legion Post 168. A quiet but friendly man, Mr. Lewis always meant what he said and was universally respected.



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MOM'S TIME OUT

Taking care of yourself

Mary Angel

March 2018 and I want to remind you all to take care of yourselves. So many times I see mom friends of mine completely run ragged and not taking care of themselves. They are always doing for others and forgetting that it will catch up to them. When you don't take care of yourself you cannot take care of your family. So this month I encourage you to take care of yourself mind, body, and spirit.

Sometimes, as moms, we spend so much time tending to our family, friends, and work that we forget to take time for ourselves. I often get so busy that there just aren't enough hours in a day. This is when I start penciling my own down time into my calendar. I would encourage you to do the same, even if it is just once a week. Take time to read a book, have a cup of coffee (in silence or with a friend), take a walk, or whatever else floats your boat. This little bit of time to recharge could be all that stands between you and insanity. My husband sometimes comes home to find me sitting in the living room, alone, with the television turned off. He would always ask, "Do you want me to turn the T.V. on?" Much to his confusion I would emphatically

say no. He eventually came to understand that when I managed to get 10 minutes all to myself I enjoyed the silence. So, whether it is silence or music running through your headphones, just enjoy a little "Me" time.

Taking care of your body can be a little more involved. How many of you will take off work or cancel whatever you have going on to take a sick child to the doctor? How many of you put off your own illness because of lack of time? As moms we are very good at caring for our families but not always the best at caring for ourselves. Please understand I am preaching to myself. I had half of a root canal done 4 years ago and haven't managed to find the time or money to finish it. When it comes to your body I would encourage you to get to the doctor for yourself when needed and not just when you can make the time. For some of my friends that includes mammograms (and you know who you are!!). Heading to the doctor isn't the only part of taking care of your body, there is more.

How many times a week do you make dinner for the family but are running children, switching over laundry or paying bills and end up eating a cold meal when everyone is finished? How many times a

week do you skip a meal because you just don't have the time? How many times a week to grab something unhealthy because you are so busy and it is quicker and easier? Might I encourage you to eat a little healthier this month, add some fruit to your on-the-go life style, and maybe (just maybe) sit down and have a family meal together (this will also go a long way in rejuvenating your mind and spirit). Along the same lines as eating well is exercising.

Exercising is probably my biggest struggle. By the time I think to exercise during the day it is close to bed time. The few times when I have decided to exercise late in the evening it ends we me not being able to fall asleep. Now I try to find creative ways to squeeze in extra exercise during the day. Sometimes that means getting a little creative. When I need to run to the basement for something, I run the steps 4 or 5 times before I actually get the item I needed. In the middle of our homeschool day I might announce that it is dance party time and we blast the music and get our groove on (my daughters would be mortified at the thought of any one seeing me get my groove on). Maybe we park at the back of the parking lot for all of our errands or go for a bike ride or a walk. Sometimes we break out the Simply Fit Boards and do schoolwork while twisting. Whatever it is you like to do to get active, just do it.

Finally don't forget your spirit. This can mean something different for each of us. For me it involves a few things, the first of which would be time with the Lord. When I am praying or involved in a Bible study or even simply attending church, I always have a feeling of peace. All of these things give me a bright outlook, a feeling that everything will work out when I am having a bad day. I can also rejuvenate my spirit by spending time with ladies who build me up. I believe if every mom could have, no matter how small, another woman or women in their lives that they meet with on a regular basis



It is important to remember to take time for yourself. You can't take care of others if you, yourself, aren't taken care of too.

(even if it is once a month or every other month) then their spirit would be built back up from all of the things in this world that tear us down. Don't get me wrong our husband can do a great job at this, but sometimes it is helpful to interact with women who have a better understanding of our own perspective. To have women in your life, both older and younger, who can understand your struggles, help with your problems, not judge your insecurities, and just go through life with you, is a

blessing and a necessary medicine for the well-being of our spirits.

My hope and prayer for each of you is that this month I have encouraged you to take better care of yourselves. I hope that you see the irony that if you don't take care of yourself then you won't be able to take care of your loved ones. I also hope I take some of my own advice!

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



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Baking bread

Kay Hollabaugh
Hollabaugh Brothers

The smell of baking bread. Is there a better smell? These days you can google absolutely anything. As I started to write this article, I decided to google the scent of smell and learned a few interesting statistics.

- Some of the most favorite odors are vanilla, cinnamon and cookies. (I'm going to extend that list to include bread!!!)
- Women have a better sense of smell than do men.
- The sense of smell is highly emotive. Think back to your childhood and try to hone in on a scent. Is it a good memory? Or is it bad? It can go either way!
- Dogs have nearly 44 more scent cells than humans! (I wish I could be a dog for a day!)
- Loss of sense of smell can mean an impending illness; early onset of Anosmia (absence of sense of smell) can be a precursor to Parkinson's or Alzheimer's and can be diagnosed (and perhaps treated) long before other symptoms arise!

These are just a few of the things I learned as I read, but I still like to think that bread is right up there at the top of the list – coming in as number one! In addition – for me at least – would be some of the smells of spring. A gentle rain, daffodils and hyacinth, apple blossoms – to name a few. Likely you are pining for spring as you even imagine those springtime smells!

On the farm right now, we are ordering seeds and will be laying off ground very soon for spring plantings. Along with the smells listed above, I happen to love the smell of newly turned over soil – ripe and ready for planting. Sadly – the smell of newly mowed grass is not far behind when we hit this time of year! Our crew continues to prune our 100,000 trees – moving from apples very soon into peach and nectarine and apricots. We will burn off our asparagus fields during the month of March – and there is yet another smell! The asparagus is left to go to seed in the fall and remains a sad-looking, tangled mess all winter. We burn it off each March to serve as an organic means by which to cleanse the soil. The rapid burn rids the soil of insects that might have overwintered allowing us to use less (or no) pesticides as we wait for the tender little green shoots to arrive. This is one fire that I enjoy the smell – knowing the end result. I love asparagus, and it is the first crop we harvest every year – a sign of what is to come!

As we head into the month of March, I am hopeful it will come in as a lamb AND go out as a lamb! Regardless - we're not going to change the weather, but we can control some of the smells that we enjoy. I've provided some bread recipes – ranging from time-consuming and a bit tedious – to super simple, super good! I hope you enjoy the recipes AND the smells that will undoubtedly accompany them!

Everything Bread

I tried this bread on a whim years ago, and now it's an annual tradition to make it every year for New Year's Dinner! -Ellie

Ingredients:

- 1 pkg. (1/4 oz.) active dry yeast
- 3/4 warm water (110-115 degrees)
- 1 cup warm milk (110-115 degrees)
- 1/4 cup butter, softened
- 2 tbs. sugar
- 1 egg yolk
- 1 1/2 tsp salt
- 4 to 4 1/2 cup. all-purpose flour
- 1 egg white
- 2 tsp. water
- 1 tsp. coarse sea salt or kosher salt
- 1 tsp. dried minced onion
- 1 tsp each: sesame, caraway, and poppy seeds

Instructions:

In a measuring cup, dissolve yeast in warm water. Set aside. Next, in large bowl, mix milk, butter, sugar, egg yolk, salt, and 2 cups flour until well combined. Carefully stir in yeast liquid until fully incorporated. Stir in enough remaining flour to form a firm dough. Turn onto a floured surface. Knead until smooth and elastic, 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise until doubled, about 1 hour. Punch dough down. Turn onto a floured surface and divide dough into thirds. Shape each third into a 20-in. rope. Place ropes on a large, greased baking sheet and braid. Pinch ends to seal and tuck under. Cover and let rise until doubled, about 45 minutes. Combine egg white and water; brush over dough. Combine salt, onion, and seeds; sprinkle over bread. Bake at 375 for 22-28 minutes or until golden brown. Remove from pan to a wire rack to cool.

Applesauce Oatmeal Bread

Ingredients:

- 1 1/2 cup all-purpose flour
- 1/2 cup old-fashioned rolled oats or quick oats
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 tsp. ground cinnamon
- 2 large eggs
- 1 cup packed light brown sugar
- 3/4 cup smooth applesauce
- 1/2 cup vegetable oil
- 1/4 cup sour cream, buttermilk, or plain yogurt
- 1 tsp. vanilla extract (1/2 tsp)
- 1 1/4 cup peeled and finely diced apple
- 1 cup raisins or dried cranberries

Instructions:

Grease a 9 x 5-in loaf pan. Combine the flour, oats, baking powder, baking soda, salt, and cinnamon in a large bowl. Mix well by hand or with a whisk. Next combine the eggs, brown sugar, applesauce, oil, sour cream, and vanilla in a separate bowl. Beat wet ingredients by hand or with a mixer until well mixed. Make a well in the dry mixture and add the liquid mixture. Stir well by hand until everything is dampened. Let the batter rest



The smell of fresh baked bread is undoubtedly one of the most comforting and delicious smells, and the process of baking bread can actually be really fun!

for 3 or 4 minutes. Add the diced apple and raisins, folding them into the batter until it's evenly mixed. Scrape the batter into the pan and smooth the top with a spoon. Bake for 1 hour, until a tester inserted into the middle of the loaf comes out clean. Allow to cool and serve!

Amazingly Easy Irish Soda Bread

Soda bread is a variety of quick bread traditionally made in a variety of cuisines that uses sodium bicarbonate (baking soda) instead of yeast. Traditional ingredients of soda bread are flour, baking soda, salt, and butter-milk.

Ingredients:

- 4 cup all-purpose flour
- 4 tbs white sugar
- 1 tsp. baking soda
- 1 tbs. baking powder
- 1/2 tsp. salt
- 1/2 cup margarine, softened
- 1 cup buttermilk
- 1 egg
- 1/4 cup butter, melted
- 1/4 cup buttermilk

Instructions:

Preheat oven to 375 degrees. Lightly grease a large baking sheet. In a large bowl, mix together flour, sugar, baking soda, baking powder, salt, and margarine. Stir in 1 c. buttermilk and egg. Turn dough onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet. In a small bowl, combine melted butter w/ 1/4 c. buttermilk; brush loaf w/ this mixture. Use a sharp knife to cut an "X" into the top of the loaf. Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean, 45-50 minutes. Check for

doneness after 30 minutes. Optional: you may continue to brush the loaf w/ the butter mixture while it bakes.

Kay Hollabaugh is a 2nd generation owner of the family business Hollabaugh Bros., in Biglerville, PA.

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LIBRARY NEWS & EVENTS

Blue Ridge Library

Standing Events

Monday - Lego and Wee Build Creation night!!! Let your imagination show its genius! All ages welcome. From 4 - 5:30 p.m.

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

Wednesday - VITT (very important teens and 'twens) night. The community room is reserved for teen use from 6:00-7:30 p.m.. Just hang out or play Wii, play board games, do puzzles, eat snacks, watch movies, make movies, etc.!

Saturday - Join us at 11 a.m. for Story and Craft Hour and all of its festivities! What could be better than a great book, a good snack, and a fun craft?

Upcoming Special Events

On Mar. 5th please join us for the start of Teen Tech Week! Digital Graphics Club meets at 6:30 p.m.. We will be creating new graphics, animated and static, for our digital sign.

Join us at the library on Mar. 7th from 6 - 7:30 p.m. for a Homemade Bots workshop as Teen Tech Week continues. Please register at the library by Mar. 1st by calling 717-794-2240.

Teen Tech week free movie at the Library will be Thor: Ragnarok, rated PG-13, on Mar. 8th. Come view the wonders of advanced civilizations and an epic struggle for survival. Movie will start at 6 p.m..

Family Game Night at the Blue Ridge Summit Free Library is on Mar. 12th from 6 - 7:30 p.m.. Board games, puzzles, jenga, Wii, etc. Fun for everyone!

On Mar 13th we will have our scherenschnitte get together with Bill Ham-

mann at 6 p.m.. New members are welcome, old members are appreciated. Please bring your knives and boards if previous students. Younger children must be accompanied by an adult. Makes a great family project!

Our brand new cooking club will start on March 15th. We will be concentrating on beautiful, stomach pleasing, healthful recipes. To celebrate the ides of March, we will be going Italian. Club starts at 6:30 p.m..

The Fabulous Fables and Films club is meeting at 6 p.m. at the library on Mar. 19th. Movies, graphic novels, books, and cool crafts will be showcased. This Club is geared for tweens, teens, and adults. Wear your green, we are traveling to Ireland this month!

Summit Stitchers Quilt Club is meeting on Mar. 20th at 5:30 p.m. New members and new projects always welcome! Any skill level may attend.

Join us for great books and good conversation at the Adult Reading Group at the Library. We will be meeting on Mar 29th at 6 p.m.. New members welcome.

Frederick County Public Library

Emmitsburg Branch

Yoga (Adults) - March 1 and March 15, 6 - 7:45 p.m. Beginning yoga classes presented by Jon Phebus of Yoga to You.

STEAM Explorers (Grades 2-5) - March 7, 2 - 3 p.m., 3/07: Printmaking; 3/21: Playing Chess; 4/04: Technology; 4/18: Kitchen Science; 5/02: Watercolor Flowers; 5/16: Sewing Felt Wallets.

R.E.A.D with Wags for Hope (Grades K-5) - March 15, 5 - 6 p.m., Children read to Reading Education Assistance Dogs.

Women's History Month: March 10, 1 - 2 p.m., Learn about women in science with Ada Twist, Scientist. Listen to the book and put your own scientific skills to work!

Women's History Month: Women's Empowerment Panel (Grades 6-Adult) - March 12, 5 - 6 p.m., Panel discussion with Mount St. Mary's University Women's Empowerment Group about education, careers, and success.

Family Storytime (Ages 0+) - March 27, 6:30 - 7 p.m., Songs, stories, and fun for the whole family. Designed for ages 0 and up with a caregiver.

Preschool Explorers (Ages 3-5) - March 28, 11 - 11:30 am, Hands-on enrichment activities based on the preschool storytime theme.

I Spy: Peeps (Ages 2-10) - March 31, 10 - noon. Our colorful cut-out peeps are on the loose! See if you can help us find them all.

Thurmont Regional Library

Pringles Can Bird Feeder (Grades 5-12) - March 1, 6-7 p.m.. Look what you can make from a Pringles can! All supplies provided.

Tabletop Gaming (Grades K-12) - March 3, 2:30 - 4 p.m.. Games with friends! We'll be on the deck, weather permitting.

Community Art (Ages 2-18) - March 4, 1 - 4 p.m.. Drop in anytime to make your mark on a mural that will hang in the library throughout Youth Art Month.

Author Event: Brett Busang, I Shot Bruce (Adult) - March 5, 7 - 8:30 p.m.. The author of "I Shot Bruce" and other books shares his outlook on a life lived through writing and art.

Smartphones 101 (Adult) - March 7, 6:30 - 8:30 p.m.. Basic instruction for Android and Apple phones, including cloud storage, Google backup and data usage. BYO smartphone.

Chess Club (Grades K - Adult) - March 10, 11- 12:30 p.m.. For beginners to advanced players. Learn, play and sharpen your skills.

Reception for Youth Art Month - March 11, 2- 4 p.m.. We're celebrat-

ing the artistic talents of local students. See their original artwork on display throughout the library.

Thurmont Middle School Band Ensemble - March 11, 2 - 2:30 p.m.. A performance to celebrate Youth Art Month at the library with Suzanne Buxbaum, band instructor.

Math Skills for Preschoolers (Ages 3-5) - March 12, 11 - 11:45 a.m.. Have fun practicing number recognition and important math skills using books, active play and games.

Thurmont Friends Book Club (Adult) - March 12, 7 - 8:30 p.m.. Hosted by the Friends of the Thurmont Regional Library and open to adult readers in the community who are interested in discussing books.

Drama Club (Grades 6-12) - March 15 & 29, 5 - 6 p.m.. Are you interested in acting, costumes, or helping with props? Bring your talents to a new community drama club.

The Lost Pot of Gold Puppet Show (Ages 0-10) - March 16, 10:30 - 11:30 a.m.. Celebrate St. Patrick's Day with a puppet show and craft.

R.E.A.D. with Wags for Hope (Grades K-5) - March 17, 11 - noon. Children read to Reading Education Assistance Dogs.

Women's History Month: Suffrag-

ette Film and Discussion (Grades 9-Adult) - March 20, 5:30 - 8:30 p.m.. Screening of "Suffragette and discussion facilitated by Mount St. Mary's University Women's Empowerment Group.

Women's History Month: American Girl Crafternoon (Grades 1-6) - March 21, 4 - 5 p.m.. Celebrate your favorite American Girl dolls with a variety of fun crafts that you can take home, use, and wear!

Up the Creek: Brook Trout in the Streams of Catocin Mountain (Grades 10-Adult) - March 22, 7 - 9 p.m.. National Park Service Biologist Lindsey Donaldson discusses current status of native brook trout in area streams. This Preservation Program is being presented as a partnership between The Catocin Forest Alliance and the Thurmont Regional Library.

Curious Minds: Introduction to the Memory Lab (Adult) - March 26, 2 - 3:30 p.m.. The library can help you learn how to digitize family memories, record family histories, and remix them into a personal narrative using our Memory Lab equipment.

Historic Route 40 - Part 2 (Adult) - March 27, 7 - 9: p.m.. Photographer/author Russell Poole presents the second part of his photographic tour based on his book "America's Road: Across The Historic National Road."

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The year of the apprentice

Ken Kerr
Frederick County
Board of Education

Colleges, today, are frequently criticized for allowing students to linger without completing a degree, for too many students not completing a degree, for students taking on too much debt, and for students not being able to find work in their field once they graduate.

As a Member of the Frederick County Board of Education and an English Professor at Frederick Community College, I see the main obstacle to student success and completion is a lack of relevance. The students who struggle and flounder are most often the students who cannot make a real connection between what they are learning in the classroom and what they will be doing in the workplace. Those who are most successful are those who have guidance at home, a realistic goal, and a clear plan of how to get there.

Apprenticeship programs in the community college can go a long way

in meeting the State's goal of having 55% of Maryland residents having some post-high school credential by 2025. Ideally, the apprentice is hired, full-time, by the sponsor. The apprentice is paid apprentice wages and is paid to go to class as well as being paid for his or her time working under an experienced professional in the workplace. This reinforces the idea that a college education is work, and the apprentice shows up on time, prepared to work, just like a job. After class, the apprentice goes to the job and works under an experienced practitioner, whether that profession is a school teacher, an accountant, a systems administrator, a bio-medical lab manager, or any one of the middle-to-high skilled jobs that are currently vacant in Maryland for lack of qualified applicants.

Here is why we need to do something different than we have been doing. In Maryland, 60% of employers have positions that take 12 weeks or more to fill for lack of qualified applicants, cost-

ing the company \$800,000 a year according to a Career Builder survey. National Bureau of Labor Statistics show that 85% of all jobs in Maryland are mid-or high-skilled. In fact, 41% of Maryland's jobs are mid-level skilled and only 38% of Marylanders have the required skills for those jobs. In total, the Washington Metropolitan area has 6,400 more job openings than qualified workers. Additionally, 15% of mid-skilled workers are over age 55, and 22% are between the ages of 45 and 54. It is time to make plans for how those positions will be filled with qualified workers once current workers retire.

There are several bills in Annapolis this year that will help bring together eager apprentice workers, Maryland businesses needing qualified workers, public school career and technology education, and community college certificate and degree programs to identify, mentor, and support apprentices. Apprenticeships will decrease student debt, increase college degree and certifi-

cate completion, help close the achievement gap, and provide debt-free college to much needed mid-to-high skilled workers in the State of Maryland and move us closer to the goal of 55 by 2025. The first bill SB261, sponsored by Senator Ron Young, will cover the cost of community college tuition for students who are in Apprenticeships recognized by the Department of Labor, Licensing and Regulation. The incentive of tuition assistance, that either reduces or eliminates the cost of college to the apprentice sponsor, makes the idea of hiring an apprentice more attractive. A second bill, the Career Apprentice Investment Act SB517, sponsored by Senator Jim Rosapepe representing Anne Arundel and Prince George's County, offers a \$3000 tax credit to any employer who will risk taking a chance on an apprentice.

Providing a tax credit for the first year of an apprenticeship lessens the employers' risk when taking on an apprentice. During this first year is when the apprentice can get an understanding of the job, the nature of

the work, the working environment and culture, and see if he or she is a good fit. Equally, the employer/sponsor can give the apprentice a try out, see if he or she fits well with the culture, has a passion for the work, show up on time, is able to progress and develop the skills and acquire the knowledge needed to do the job well.

At the end of the first year, both apprentice and sponsor have a better understanding of each other and are able to see if they have a future together. With a tested apprentice who has a year of experience, there is greater certainty that continuing the relationship through the remaining years of the apprenticeship is a good investment for both parties.

It is a lot to ask an employer with a history of only hiring workers who already have the required skills and training to embrace the concept of growing its own workforce through apprenticeships. I am convinced that, in the long run, it is more cost-effective to apprentice a workforce that has a commitment to remain and a loyalty to the company that trained them. Hiring "qualified" employees is a greater risk, as they still must be trained and retained.

School safety

Edison Hatter
Candidate for Frederick County
School Board

This month, we witnessed yet another tragedy, this time in Florida as a lone gunman killed seventeen innocent people at Stoneman Douglas High School. This shooting marked the eighteenth gun incident in schools around the country this year and many may be unaware that local schools in Clarksburg and Oxon Hill have been part of that statistic. School safety has to be improved. It is unacceptable that American students are afraid to go to school and have to worry about the unthinkable every day. State delegate Barrie Ciliberti recently sent a letter to the Frederick County Board of Education, prior to the events in Florida this month, asking for their opinion on a plan to arm specific school personnel to increase school safety.

This letter was brought for discussion in front of the Board of Education at their most recent meeting in the middle of February. The board declined to officially support or object to the bill that evening, but their conversation made it clear that they likely will not end up supporting the bill. I struggle to comprehend how the board is unwilling to consider this idea. Properly training and arming specific school personnel will provide a strong layer of security to deter or stop any potential threats to the school. Consider the story of football coach Aaron Feis. He was a teacher and coach at Stoneman who died last month as a result of injuries sustained in the attack. Feis was a security guard as well and rushed towards the sound of gunfire and sacrificed his life to shield other students. He is being hailed as a hero and rightly so, but imagine how differently the situation could have ended if he was armed and could

have provided more than just his body to defend himself and others.

Metal detectors are another safety measure we should consider putting in our schools. At the most basic level, most would agree that metal detectors would add an additional layer of security at our schools. Some would be skeptical of the potential cost, but I believe it is a necessary cost that we must be willing to take on to ensure the safety of our schools. There are plenty of advocacy groups and concerned parents and citizens out there that would be willing to financially support this in any way they can. Cheaper alternatives that are exceedingly simple to implement are out there as well. Currently, students are

allowed to carry their backpacks around the school from class to class. This creates a safety hazard, but one that is easily avoidable. Students need to start using lockers again and carry books from class to class, not backpacks that could conceal a weapon. Additionally, schools should also install simple signs that say something to the effect of "School protected and deadly force will be used if necessary."

We have experienced too many mass shooting events in schools. We can't continue to ignore the problem. Politicians are only willing to work on the problem in the immediate aftermath of a tragedy and in election years. This is not an issue that we can afford to play political games with. It is time for elected officials and citizens to take a stand and solve this problem once and for all.



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FOUR YEARS AT THE MOUNT

This month we asked our writers to research a historical event that happened in the month of March. From the National Education Association to Founding Fathers, our writers ruminate on the slices of history they chose and why it is important.

Freshman Year

Cultivating magic

Kaitlin Marks
MSMU class of 2021

When brainstorming and researching ideas for a significant historical event which occurred in March, something often forgotten but incredibly impactful came immediately to my mind. As a child, reading was both a way for me to escape and to grow. Many children, however, do not experience the joy of reading or have an educational or family background that cultivates a love of reading. The National Education Association works hard to combat the achievement gaps and disparities in the education system, especially for special needs, low-income and minority students.

In 1997, an innovative reading task force group at the NEA came up with a brilliant idea: to create a special holiday across the nation devoted to celebrating reading. While many educators work tirelessly every day to inspire children and help them become lifelong learners, it is difficult to encourage children to love reading and

to inspire them to seek out books, especially when kids may not be able to prioritize reading over daily responsibilities. Many children in the public school system read below grade level, and this can be accounted for by not reading often. On March 2, 1998, over 500,000 educators and millions of children became a part of the very first Read Across America Day, celebrating books with festivities, creating a sense of unity among communities, and hoping to provide every child with a book to spend time with: ultimately fostering a love of reading.

In order to nourish children's development into successful adolescents, adults, and working professionals, it is immensely important to create a passion for reading at an early age. During my senior year of high school, I completed an internship in the public school system with an occupational therapist, where we worked with special needs students in a variety of programs and schools. Regardless of the children's backgrounds, abilities, limitations or struggles, I directly observed the light that blossomed inside of them

when I pulled out a book.

I saw the way a child from a disadvantaged, neglectful home life could escape and believe in a world other than that which they experienced every day. Moreover, I saw the power of reading transforming the child's confidence, expanding his or her self-esteem and assurance of his or her capabilities. As I watched a middle schooler with a variety of medical conditions struggle through reading a sentence, I never anticipated the joy that would erupt in the room as she finished. Her frail fingers pressing against each letter and syllable, painstakingly sounding out the words and attempting to make sense of what seemed impossible, she made it to the end and beamed, realizing that even though it was hard, she could do it.

Since its establishment in 1998, Read Across America Day has become a nationwide community event, bringing together diverse groups of people to help kids understand how amazing and powerful reading can be. While many of the historical events that occurred in March changed the world in huge ways, the creation of a day devoted to fostering literacy and cultivating a motivation to read has transformed the lives and educations of millions

of children across the country, and to me, nothing could be more magical than unlocking a lifelong tool and passion in children.

Additionally, the organization provides resources and activities to boost learning and reading motivation throughout the year. During my research, I discovered the NEA's newest campaign in partnership with United Through Reading, the "40 Million Stories Campaign." For children, a bedtime story is not only a comforting, loving event; bedtime stories represent a curation of books and a love of reading, and can inspire children to love reading even from early ages. Unfortunately, for military families, there are millions of bedtime stories missed while on active deployment.

Their newest campaign works to alleviate this by allowing deployed family members to record and send home bedtime stories that their kids can read and cherish, fostering a love of learning, creating a stable routine and promoting psychological well-being, and increasing literacy. The NEA's continued devotion to promoting literacy, especially since the turning point of creating Read Across America Day, explicates the American values of community and passion, bringing to light in education

the nature of reading as a whole.

When children walk into a library or a classroom, their eyes light up with wonder. Contained inside the seemingly endless shelves is an infinite number of worlds, an infinite sea of possibility, and the potential for magic. Like Willy Wonka's chocolate factory or Alice's wonderland, there is magic humming in the air wherever books are present. Unlocking the ability to access that magic is the greatest gift that children can receive.

No matter where a child is in his or her life, no matter the struggles they face, or how tumultuous life may be, cracking open a book and peeking into a whole new world can transform the way he or she feels about the world. Moreover, they are able to experience the joy of learning, the spark of curiosity, and the warmth of coming home to familiar words. Whether discovering the wonders of the ocean in a huge nonfiction book or experiencing the adventures of a favorite character in the series they can't get enough of, children need reading. Read Across America Day helps bring that magic and passion to every child in America.

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

Sophomore Year

An American migration

Morgan Rooney
MSMU Class of 2020

When told to reflect on an event that took place in March, I knew I would have to do some research. In history classes, we remember the years and decades of prominent historical events as significant details, but rarely have I considered the time of year important enough to retain. When searching through all sorts of different historical events, I came across an event that stood out to me because it affected me personally, along with a high percentage of Americans: the publication of The Book of Mormon. A majority of people in the United States, and elsewhere, know about the Church of Jesus Christ of Latter-Day Saints, or the LDS Church, and many know members personally. A lot of people, however, don't know much about the history of the church and the impact it had on so many American families and individuals. Although I am not and have never been a member of the LDS church myself, I am a direct descendant of many Mormon pioneers who embarked on their journey westward, giving me a bit of insight into how great of an impact it has had on many Americans' lives, including those who are not members of the church themselves.

The publication of the Book of Mormon occurred on March 26, 1830. It soon sparked one of the greatest migration movements in American history. The story goes that after a vision from God, an angel led a man named Joseph Smith to a hill where in-

scribed gold plates were buried. After years of education, Smith was permitted to take the gold plates home where the Holy Spirit helped him translate the words into English. This translation came to be what is now The Book of Mormon.

This event prompted the establishment of the Church of Jesus Christ of Latter-Day Saints the following month in Fayette, NY. In the following year, after gaining a number of followers, the church relocated to Kirtland, OH with the intention to settle in Independence, MO. Because of violent persecution and the lack of support for the new church, the members were driven out of Missouri. This furthered the journey westward to Nauvoo, IL, where the church gained many more followers. Several years later, Joseph Smith, as the leader of the church, and his successor, Joseph Smith's older brother, were murdered. Violence and lack of tolerance between the church members and other Illinois residents escalated, once again driving the LDS members out of Nauvoo. The members of the church responded by following their new leader, Brigham Young, to begin their migration west into the Rocky Mountains in 1846.

The trail was long and treacherous. Iowa winters were bitter and hard, and the people were exhausted. Many travelled with covered wagons, others with hand carts, and some even on foot. Premature death and illness were not uncommon hardships, and unfortunately, the migrants knew it far too well. By the end of 1847, more than 2,000 Mormons had completed the migration and established themselves in the mountainous desert of what is now

Utah. Utah was made into a US territory in 1850.

The migration of the Mormon pioneers led to modern day Salt Lake City, UT, which at the time was a territory of Mexico, beyond the boundaries of the United States. Although, during the first few years of the migration, most emigrants were those driven out of Nauvoo, IL, eventually there was an increase of emigrants from the British Isles and other parts of Europe. The Mormon Trail, as it is called, was used for over twenty years until the first transcontinental railroad was completed in 1869, making emigration into the Rocky Mountains a much safer journey.

The Mormon trail is 1,300 miles, and runs westward through modern day Illinois, Iowa, Nebraska, Wyoming, and Utah. The starting point is Nauvoo, IL, and it ends in Salt Lake City, UT. This is one of the most famous emigration trails in American history, along with the Oregon Trail and the California Trail. Somewhere around 70,000 Mormons traveled along it from 1846 to 1869 to escape the religious persecution they face in the East.

Migration movements as such affect not only those who endured the journey, but also all their descendants. The religious demographics of the United States would be very different today if it hadn't been for the migration trail established over 150 years ago. This migration is not often discussed or even recognized outside of the region. In Utah, however, the LDS members celebrate a holiday called Pioneer Day every July 24th to commemorate the arrival of the first group of Mormon pioneers into the Salt Lake Valley on that day in 1847. This holiday is celebrated with parades, fireworks, and other

festivities. From personal experience, it seems to be like a second 4th of July exclusively for Utahns. It is impossible to escape the fireworks while spending a July in the state of Utah.

Millions of people today have been at least somewhat impacted by establishment of the LDS church, and the

migration of thousands of Mormon pioneers and others, all directly result from the publication of The Book of Mormon in March 1830, an event that changed American history.

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

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BLAST FROM THE PAST

Junior Year

The march in March that changed the world

Shea Rowell
MSMU Class of 2019

On March 4, 1913, Woodrow Wilson was inaugurated president of the United States. On March 3rd of the same year, approximately 8,000 women filled the streets of Washington DC on their march for women's suffrage. The National American Woman Suffrage Association (NAWSA), led by suffragette Alice Paul, organized the march on Washington. This would be the first of many public demonstrations in the capital demanding the right to vote for American women.

The march of looked very different than the protest marches we know today. The NAWSA march of 1913 was more similar to our concept of a parade than a protest. For example, the women at the head of the parade rode horses and wore costumes. There were, in fact, four different brigades of suffragists on horseback throughout the parade. In addition, there were approximately 20 different floats, and a skit-like performance on the steps of the US Treasury building.

The march brought 8,000 women from all over the nation in a time when transportation was much harder to come by, but many suffragists were up to the challenge. Many rode in on horse-

back or in horse-drawn carriages. Some rode in cars, and some travelled on foot. Suffrage hikes started about a month before the parade, similar in nature to the Freedom Rides of the Civil Rights Movement. Most "hiked" from New York City all the way to Washington DC (many of them in heels!). Many prominent female figures were in attendance, including the aforementioned Alice Paul, Jeanette Rankin, who would soon become first female to be elected to the House of Representatives become a prominent pacifist during World War II, and even Helen Keller, who delivered a speech.

Despite its seemingly tame protest methods by today's standards, the march was violently opposed. As the women progressed up Pennsylvania Avenue, crowds of men who were in town for the inauguration blocked their passage. As the marchers struggled to push through the suffocating crowd, the men taunted and ridiculed them. Some marchers were even shoved to the ground by the male spectators. Dozens of suffragists required emergency medical treatment as a result.

Nevertheless, the march persisted that day and beyond. The government passed the 19th Amendment in at the end of President Wilson's second term in

1920, finally realizing the suffragist's goal of attaining the right to vote. This, as we know, was a part of the first wave of feminism starting with the Seneca Falls Convention in 1848, which focused on female political rights such as running for office, owning property, and voting. The second wave, starting in the 1960s, worked toward equality between men and women in the family, and reproductive rights. The third wave, starting in the 1990s, focused on de-stereotyping femininity and increasing female independence, and the fourth wave, which we are in now, combats the long ignored plagues of sexual harassment and domestic violence.

Feminism then, as now, was not perfect or noncontroversial. During the first two waves, minority women were largely excluded from public demonstrations, just as the National Association for Colored Women was segregated, although not left out entirely, from the 1913 march. It wasn't until third wave feminism that minority women in America could approach the issue as equals and introduce the idea of feminist intersectionality, which thanks to their efforts is widely accepted in feminism today.

Due to the progresses and regresses of the twentieth century, feminism has evolved immensely since the suffragists marched through the streets of Washington 105 years ago. From a twenty-first century perspective, it is hard to imagine a world in which women

could not live freely, build careers, or run for political office. I can't imagine the struggle it must have been to establish the female voice as one to which the world should listen, and to enact the changes the first wave feminists demanded.

Today, feminist dialogues present a new array of issues. Feminists have not yet finished the race, and still find opposition as they propose changes that would lead to equal pay for equal work, subsidized (private or public) maternity leave, and the overturn of a culture of sexual harassment and rape. Unfortunately, today, "feminism" is widely considered a pejorative term indicating loose morality and radicalism, and thus taboo in political conversations. Even feminists, however, frequently disagree with each other about what true equality should look like.

These disagreements, while important to discuss and understand, must not blind us to the true gift that feminism has given each person – male and female alike – in America today. Because of suffragists marching in Washington right before inauguration day in 1913, I can now cast a vote in American elections. These inspiring women have led me to cherish that democratic right, not only as an American citizen but as a woman; I cast my vote knowing that many before me could not do so. Because of the first-wave feminists, I can earn money by writing at this paper (or any other occupation I choose to pursue), own the computer I use to write and research, and manage

my finances and belongings independent from my male relatives. Because of feminism, I can vote for a political candidate based on merit instead of gender. Because of feminism, I can pursue family life, career life, or both, and be considered as an equal to male coworkers and family members alike. Because of feminism, women no longer have to silently bear the pain of sexual violence in their schools, workplaces, and homes.

I am proud to be an American woman, and proud to call myself a feminist. I owe the quality of my life, my freedom, and the open possibilities of my future to the efforts of the ladies who marched through Washington over 100 years ago, and who kept on marching even when the path to the capital was blocked. Today, it is easy to take the rights American women enjoy for granted, but it is important to remember the struggles of the women who made them possible, and to be grateful each day for the progress they facilitated.

To access my source, and to see authentic Library of Congress photos of the March 3rd, 1913 march, see The Atlantic's March 1, 2013 article entitled "The 1913 Women's Suffrage Parade" by Alan Taylor, or visit this link <https://www.theatlantic.com/photo/2013/03/100-years-ago-the-1913-womens-suffrage-parade/100465/>.

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

Senior Year

Give me liberty...

Sarah Muir
MSMU Class of 2018

I promise this article is about an historical event that took place in March. However, to get to that specific day in March some 243 years ago, I have to begin on May 29, 1736. On this day a Scottish immigrant named John Henry and his wife, a wealthy English widow named Sarah Winston Syme, brought a little boy into the world named Patrick Henry. To those of you that can't recall some bits and pieces of American History, Patrick Henry would grow to be many things, the most important of which would be a Founding Father of the United States of America.

He was born in the Colony of Virginia on a farm in Hanover County and educated by his father from age ten. He grew up in the knowledge that a majority of the family inheritance would pass to, John Syme Jr, his older half-brother and that he would have to find his fortune more or less by himself. At age fifteen he was a clerk for a local merchant and not much time later he open an unsuccessful shop with his brother, William. His formative

years took place during the Great Awakening, a period of religious revival centered on protestant ministers and the way the revitalize the power of oration. It is believed that some part of his skill at speech making was a product of the preachers in this era.

In 1754, Henry married Sarah Shelton and eventually worked for her father at Hanover Tavern where he began his self-study. After a surprisingly short time, he applied for his lawyer's license in 1760, and while his knowledge of law left much to be desired his mind impressed the examiners so that in April of that year he became a licensed lawyer. Thus he began his career in law, serving in courts all throughout Hanover County.

Three years later, after obtaining his license, Patrick Henry became a part of the Parson's Cause speaking on behalf of Hanover County. The case was filed by Reverend James Maury who sought to sue the Burgesses for back pay on behalf of the clergy the passing of the Two Penny Acts (which was later vetoed by King George III). Instead of addressing the matter of the economic damages, Henry focused on the un-

constitutionality that existed in the Crown's vetoing the law in the first place. He saw the action as a tyrannical infringement on the legislative rights of the Colonies. After his impassioned speech on the subject and the jury's deliberation it was decided that damages should be paid to the tune of one penny. After the case, Patrick Henry's popularity increased.

In May 1765, Henry won the seat of the burgess for Louisa County after it was vacated by William Johnson and made his way to Williamsburg. Later that year, the Stamp Act was passed and in response Henry proposed the Virginia Stamp Act Resolves. The first four out of the five were kept, with the fifth being struck due to the fact that it was too radical. However, after the newspapers published the Stamp Act Resolves, growing discontentment began to surface within the Colony toward the Stamp Act, the opposition of which would result in the American Revolution.

The Burgess was dissolved later that June in the hopes of flushing out the radicals in the new election, a hope which was unfulfilled as the election merely usurped the conservatives that held seats. For a short time Henry, while still heavily involved in the political sphere shifted his concentration to his personal affairs. In the ear-

ly 1770s his involvement became more pronounced eventually leading to him be one of the seven delegates to go to Philadelphia for the Continental Congress.

During the Congress, and the Virginia Conventions he was praised for his skill at rhetoric and spoke as a proponent for the Colonies taking up arms against the British, for he saw that revolution was imminent.

Now, just as I promised 648 words ago, we arrive at March 20, 1775. Patrick Henry was in attendance at the Second Virginia Convention. It was here Henry proposed amendments to create an independent militia, separate from those with royal authority since war with Britain was a looming inevitability. To debate his case and quiet his opponents he gave this famous speech:

"It is in vain, sir, to extenuate the matter. Gentlemen may cry, Peace, Peace but there is no peace. The war is actually begun! The next gale that sweeps from the north will bring to our ears the clash of resounding arms! Our brethren are already in the field! Why stand we here idle? What is it that gentlemen wish? What would they have? Is life so dear, or peace so sweet, as to be purchased at the price of chains and slavery? Forbid it, Almighty God! I know not what course others may take;

but as for me, give me liberty or give me death!"

The last seven words of this speech appear in nearly every history book that mentions Henry. They define one of the pivotal points of not only his career, but of the country. A month after they were spoken, war was declared on Britain.

Apparently, I am related--in some way--to Patrick Henry. However, the only proof I have is the word of my father who once saw the lineage explained in an extensive family tree when he was younger. Unfortunately, that helpful piece of paper has been lost to the years. However, even if I find out that it isn't anything other than a piece of family fiction that does not diminish the connection. The America we have today is under debate, and the voices on either side are so loud and divisive I think there are times can't even hear themselves. However, the United States, in the short while it has existed, has undergone so much history not all of it good, but it managed due to an invincible spirit. One that lives on in every person that advocates for liberty.

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

FASHION

Political impact on fashion

Valerie McPhail
MSMU Class of 2015

A spirit of parade rally and outcry continues to be released among the fashion industry in response to politics and societal injustice as it is exposed through governmental dialogue. Labels, designs and creators are joining the bureaucratic conversation. As a result, fashion moves into its most omnipresent expression yet; proclaiming their fight — the change they believe in as a declared reality, not just their own.

Stirring social engagement while demanding governmental response, 2017 was a year of fashionable protest. From February's Missoni's Fall 2017 Collection, through Prabal Gurung's Spring 2018 Collection, the runway received politically charged designs declaring comments over newsworthy topics in the land of political and social spheres. Shortly after Trump's Inauguration, Italian fashion designer, Missoni, accessorized the pink pussycat knit beanies as the strongest statement of the collection, which was shown across the world during Milan Fashion Week. The season after, Prabal Gurung launched a collection during New York Fashion Week that included graphic t-shirts worn by fashion bloggers Bryanboy while models Bella Hadid and Ashley Graham point blankly stated Hilary Clinton's in-

famous "The Future is Female" campaign slogan, DACA exclamations "I am an Immigrant," and the protest for same sex marriage "Love is Love." The political runway action of 2017 has built a platform for people to see fashion as a stronger outlet of expression. Through these bold statements fashion has proved its most influential statement: empowering not just one person, but many with communities gathering in identity and expression.

With the Ides of March in mind, there is no better time to honor the March fashion leaders in a time of political and social unrest. Unlike the Ides of March, a date that marks the assassination and death of Julius Caesar, the country has gathered with a strong sense of respect for identity and community. Between media buzz and chatter of opinions, society may relate to the confusion that comes with a change in politics. The people's response has been widespread and diverse. One tactic, fashion has found, is to seize the opportunity as an outlet of protest and a platform of expression.

Women in black

The 75th Annual Golden Globes set the tone for a politically charged 2018 New Year. With solidarity in the "I'm with Her" women's movement, influencers bridged borders across various industries. Fashion's Edi-

tor-in-chief of InStyle Magazine, Laura Brown, Hollywood's leading actress in the HBO series Big Little Lies, Reese Witherspoon, and media proprietor, television host and published author Oprah Winfrey led the defense with advocacy for gender equality and awareness for the reality of sexual harassment.

The initiative called for all women to dress in black at a publicized award ceremony, that gathered fellow colleagues — members of the Hollywood Foreign Press Associate, equal actors of television and film joined to award the achievements and impact in the arts — to exclaim a need for change within the way harassment is handled and gender postured within their business affairs.

Many of the supportive celebrities wore black as a symbol of mourning. Women wore custom Versace gowns, Dior jumpsuits while the supporting gentlemen fashioned black shirts, as opposed to white, with a "Time's up" lapel pin. Whether it was Tracee Ellis Ross in Marc Jacobs or host Seth Meyers in a black and white Valentino tux, fashion played a role in activating a night of advocating for social and political revolution.

Call to Arms: Pyer Moss

Pyer Moss's Kerby Jean-Raymond is revolutionizing the way fashion is conceptualized, created and received. Styling collaborations with Erykah Badu, outfitting Colin Kaepernick, has gained the designer a reputation around political fashion statements.

At the tail end of these actions came his recent fashion show during New York Fashion Week just last month. For Fall 2018 the Brooklyn-made designer presented a show casted of all black models. Icons of Americana were references — a western cowboy modernized when outfitted with a slick bomber jacket, the stars of the country's flag blue and white



Missoni Autumn 2017 Collection featuring the Pink Pussycat Knit beanies.

lining in a long flowing overcoat, and the print later reoccurring when paired with red and white stripes on a blanket scarf.

As a result of all elements of fashion — design, casting, models — Pyer Moss has become a rising powerhouse within the fashion industry and beyond. Kerby Jean-Raymond has a pure, unadulterated voice among his industry's contemporaries. His perspective, a proclamation that Black lives matters, is powerful and beautiful in its form of expression. With such a case, it is clear that fashion is more than just clothes.

A Visit from Queen Elizabeth II

Perhaps the most political and fashionable statement made during the February fashion season was Queen Elizabeth's attendance to a London Fashion Week. Joining American Vogue's Editor-in-Chief, Anna Wintour, the Queen of England sat front row at Richard Quinn's showing of his Autumn 2018 Collection during London Fashion Week.

The fashion week appearance

was her first to date. Dressed in Swarovski crystals and a baby blue tweed jacket and skirt combination made by the Queen's dressmaker Angela Kelly, she attended Quinn's show with the opportunity to award the young designer with the Queen Elizabeth II Award for British Design.

The 28-year old designer grew a garden out of his Autumn 2018 Collection. Concealing the identity of some of the model subjects, by masking the face with mixed floral prints and motorcycle helmets, Quinn gave his designs the platform to speak for themselves. Floral puffers trumped the runway transformed by mismatched floral wallpaper, as designs such as capes and a mock tunic supported the feminine self-assurance and ease found in the collection. The award, handpicked by Kelly and the British Fashion Council, intends to cultivate the career of new talent in the context of sharing fashion's influence on society and its politics. There was no better time for Quinn's feminist statements than now.

The loudest statement in the fashion industry has been its political comments. As fashion utilizes clothing design as a platform to stand up in the fight against inequality within society, the world will start to see a bolder and fresher perspective on style and design. Fashion is not just clothing, it is much more and is disputably a form of expression with artistic impact to resonate with the soul, as art has a way of doing, and to build an industry and business — let alone a community — that sees its value more so than the material. The world may find that New York City takes fashion a little more seriously, but at this time of year all seriousness pays off. For it reveals itself as a form of political position and protest. This is what fashion needs, let alone the world.

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

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COMMUNITY NOTES

Peak Benefits Group establishes initiative to help non-profits

Eric Vinos CLTC, Thurmont business owner and proprietor of Vinos Financial Services and Peak Benefits Group, is working on an initiative to help local non-profits. He started the charity program, "Planning with Purpose," at the end of last year and intends on keeping the program running well into the future.

Vinos noted that the idea of starting this program, which is run through Peak Benefits Group, started while working with a few local groups with regular donation campaigns. The desire to create a program that would reach a broader group of people in order to spark a larger donation effort grew from there. Through years of working within communities Vinos noticed that local communities thrive when the whole group works together to put forth effort. "Not everyone in the community has the means of financial contributions, but by holding their families up to the traditions and pride of the local community it allows those local donations to go much further to benefiting the whole society," said Vinos. With this thought in mind, the "Planning with Purpose" charity program was created to encourage local members of the

community to plan for their family needs and future, and in turn, these efforts are amplified through a charitable donation for their efforts. "Citizens planning and preparing for themselves with the financial support of local business allows all local programs to thrive," Vinos mentioned.

Every three months, Peak Benefits Group donates to a different charity: one locally and one nationally. In their first quarter, local food banks were chosen, to help provide families with warm food during the cold winter months. For the upcoming quarter, March – May, the charity of choice is Thurmont Safe and Sane Program, locally, or American Red Cross, nationally. Additionally, each client is also given the option to choose another charity to donate to. The promotions and charities are selected based upon a specific need for a selected time of the year. Thurmont Safe and Sane was selected in the second quarter to prepare as schools begin to have year-end functions, and as children are out for the summer this would provide funds to help programs they participate in.

In order to qualify for a One Time Contribution to Charity, cli-

ents simply need to review one aspect of their family and insurance plans. This upcoming quarter the promotion selected is to review family Long Term Care Planning for the aging generations. Additionally, clients can choose to qualify for a progressive valued contribution to charity by following a four-step program (G-I-V-E Family Protection and Prosperity) to insuring their family and future. This four-step program entails gathering details for current family plans, goals and policies to review with a professional; investigating the benefits of each policy owned and how they impact family goals; valuing the priority level of each goal and how meaningful current policies are to achieving purpose and determine adjustments to make to improve plans; and finally, executing a plan for long-term success. For exact program details please contact the office in Thurmont and any associate can provide complete details to the program.

Vinos noted that by initiating this program he can hopefully encourage the community to become involved in their own planning and family needs but also, encourage more people to realize the need for these charity efforts



What is often missed is the fact that when Fire Companies have their award banquets, someone needs to cover for them! In the case of the recent Fountaindale award banquet - Greg Sterner, Frank Davis, Cliff Shriner and Dave Stonesifer of the Vigilant Hose Company kept watch.

And while we're at it, in last month's edition we mistakenly said that Bob Rosensteel Sr. & Jr. were the first father/son recipients of the VHC Hall of Fame Award. Boy were way wrong on that! John J. Hollinger, his son John S. Hollinger and his sons, Gregory and Steve are all in the Hall of Fame! Then you have the Davis Family - Frank Davis' father and mother - Allen and Dot Davis as well as Frank are all in the Hall of Fame! Further, Hub White and his son Carl and Jimmy Glass and his son John are in the Hall of fame!

in order to help the local communities and get more people out as a whole group effort.

"Planning with Purpose" is still in the beginning stages and community interest is a necessity to allow the program to grow and thrive. For those interested in learning more, please visit peakbenefitsgroup.com or stop by the office located at 18 Frederick Road, Thurmont to speak to

an agent. The Vinos Financial Services, registered through Nationwide Securities LLC, and Peak Benefits Group team's consists of three insurance licensed agents for life & health insurance as well as a Financial Planner and certified long term care consultant with Vinos Financial Services for investment services who are eager to help members of the community plan for their futures.

Monastery construction to begin this summer

The Carmel of Jesus, Mary & Joseph, a thriving religious order of contemplative nuns, are set to build a new Monastery at 465 Water Street in Fairfield.

In June 2016, the nuns officially broke ground on the site of the future monastery, and a year later, in August 2017, the site was cleared, the driveway and chapel parking lots paved, and drainage systems were installed. The design of the new building is inspired by the monasteries of St. Teresa of Avila and will allow the nuns to raise farm animals, grow vegetable and flower gardens, and praise God in nature.

The current monastery located in Elysburg, PA is overcrowded. Rooms meant for recreation or work are being used as living quarters to accommodate an abundance of vocations. The construction of a new monastery would allow the nuns to make another foundation and both properties would be able to continue accepting new vocations into their folds. "We call it 'making a new foundation,'" Mother Stella-Marie of Jesus, Prioress of the community said. "Our Communities are supposed to be small, family groups of no more than twenty-one Nuns."

Their building project, like their vocation, is unique but inspiring. While the Sisters rely entirely upon the generosity of friends and benefactors, they are

determined to draw as completely as possible on genuine materials and skilled workmanship in the construction process, raising up a building that is authentically American yet calls to mind a simple, long-lasting, European convent from times past.

"Amongst the anxieties and concern for the future, so prevalent in today's society, it's always a sign of hope when you build something that will last," said the Prioress. "We are delight-

ed to see resources available that promote beautiful, long-lasting buildings. The concept of 'ethical, sustainable living' has always existed in the Carmelite life – in our life it's called 'the Virtue of Poverty!' Our life is based on joyful poverty and simplicity, avoiding all selfish wastefulness. It is our hope that, in planning a beautiful, simple building for the glory of God, we will also be supporting a very healthy movement in the building industry.

Our humble Monastery will become a focal point and a lesson in stone and timber for the many people who come to seek God in our Chapel."

Mid February, the nuns received approval for the construction of the barn and the basement was finished on the caretaker's residence. Work will continue moving along with construction on the monastery beginning this summer. The

nuns hope to finish it within five years, pending necessary funds raised within this time. They have already raised enough to begin Phase 1, which consists of the construction of four small structures that are part of the cluster of small buildings within the monastery's complex. These will form the basis for an even larger construction operation in 2019, as the main monastery living areas are built.

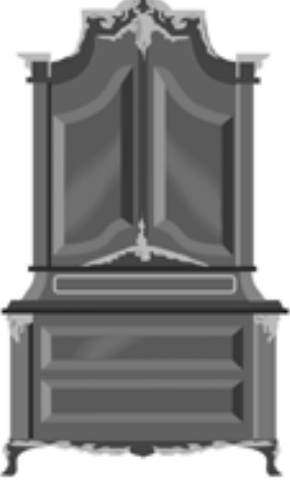
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ARTS

Majestic Theater presents Dublin Irish Dance

Direct from Dublin, Ireland, Dublin Irish Dance is a story of love & loss, trepidation and triumph. Presented at the Gettysburg College's Majestic Theater on Sunday, March 18 at 3 p.m., Dublin Irish Dance tells the story, through Irish music, song, dance, of the immigrant Irish who traveled to America in search of a new life. "On St. Patrick's weekend, everyone has a bit of The Blarney Stone in them," observed Jeffrey Gabel, the Majestic's Founding Executive Director. "This music is so infectious that by the end of the show, everyone will be dancing the Irish jig."

The performance comprises a blend of classic contempo-

rary tunes with traditional Irish rhythms alongside stirring & emotive vocal tracks. Experience the dazzling dance performances, the incredible emotion of the pure Celtic voice and the sensational multi-instrumentalists on fiddle, flute, uilleann pipes, accordion, banjo, mandolin, whistle, bodhrán, guitar, piano, drums & bass.

Dublin Irish Dance features word champion dancers, all Ireland champion instrumentalists, and principal performers from Riverdance, Michael Flatley's Lord of the Dance and Celtic Woman. Dublin Irish Dance is a captivating portrayal of the Irish and its culture that will leave you with heartfelt tears and dancing in

the aisles...and wanting to book the next flight to Ireland!

Tickets starting at \$35, can be purchased by calling 717-337-8200, visiting gettysburgmajestic.org or stopping by the Box Office, 25 Carlisle Street, Gettysburg. The Box Office is open Monday through Saturday from noon until 7:30 p.m. and on Sunday from 1- 5 p.m.

Free parking and roundtrip shuttle service is available from Gettysburg College's Constitution Avenue Parking Lot. Shuttle starts one hour before the performance and is ADA accessible. Metered parking is available at the Gettysburg Borough Parking Garage in Race Horse Alley as well as along Carlisle Street.



Day By Day... Godspell is still a hit!

Gettysburg Community Theatre (GCT) the not-for-profit 501c3 community theatre located at 49 York Street in historic downtown Gettysburg, will present the international hit musical Godspell 8 p.m. Fridays and Saturdays and 2 p.m. Sundays March 2-18.

GCT's Executive/Artistic Director Chad-Alan Carr is directing and choreographing and this production marks the 7th time he has done Godspell in his career and the sec-

ond time at GCT. This being the 10th year of GCT, Carr has selected productions from GCT's history to revive. The last time Godspell was produced at GCT was 2012. One member of GCT's original 2012 cast, Kevin Foster, is again in this 2018 revival production at GCT. "This cast has really bonded as a community", says Carr, "and that is exactly what the show is all about...a community that shares."

Having originally opened off-broadway in 1971, Godspell

shows a community being formed to help Jesus Christ tell different parables by using a wide variety of games and storytelling techniques and a hefty dose of great singing. This masterful retelling of the original sensation is injected with contemporary references and dazzling new band arrangements. Godspell, based on the Gospel According to Matthew, was the first major musical from three-time Grammy and Academy Award winner. Led by the international hit, "Day by

Day," Godspell features a parade of beloved songs such as "O Bless The Lord", "Light Of The World", "Turn Back O Man", and "All Good Gifts".

A live band will be on stage under the direction of music director Jane. The show is stage managed by Sue McCleaf Nespeca from Cashtown and the cast includes from Gettysburg: Linda Fink, Lori Francesconi, Lindsey Ringquest, Betty Brownley, and Shane Miller; from Hanover:

Drew Derreth, Amanda Wetzel, Mathew Barninger, April Howard, Sara Bollinger, and Andrew Adcock; from Littlestown: Debbie Williams; and from Mechanicsburg: Kevin Foster.

Tickets are \$18+ tax/fees are still available for Godspell online at www.GettysburgCommunityTheatre.org or at the door one hour before each show time if seats are still available in GCT's very intimate, and almost always sold out, 80 seat theatre. GCT is located at 49 York Street within the first block of Lincoln Square in historic downtown Gettysburg

Irish and Jazz comes to Frederick

This month the plays host to both an award-winning Irish quartet and New Orleans's Jazz.

Among the most celebrated

young musicians in Ireland today, award-winning quartet We Banjo 3 is set to perform as a part of the Weinberg Center for the Arts' Live! Series on Wednes-

day March 7. Back by popular demand, the group infuses traditional tunes with a modern Americana sound, featuring banjo, fiddle, mandolin, guitar, and vocals.

Brothers Enda and Fergal Scahlh and Martin and David Howley are among the most celebrated young musicians in Ireland today. This award-winning quartet from Galway delivers a groundbreaking mixture of Irish music and old-time American and bluegrass influences. Featuring banjo, fiddle, mandolin, guitar, vocals, and percussion, We Banjo 3 makes a bold and extraordinary musical statement. Collectively, We Banjo 3 has been at the forefront of Irish banjo and fiddle for two decades. They have released four award-winning, groundbreaking albums, including "Gather the Good" (2014), which received four Album of the Year awards

in the U.S. and Ireland.

On March 17 the Weinberg Center for the Arts' Live! Series continues with the Grammy nominated drummer Sammy Miller and his five-piece ensemble The Congregation. Branded by The SF Weekly as "brassy, stomp your feet and dance music... [with] the raw uplifting vibe of a New Orleans street parade," the group is on a mission to put the generosity and joy back into jazz.

A native of Los Angeles, Grammy nominated drummer and bandleader Sammy Miller is known for his unique maturity and relentless focus on making feel-good music. Upon completing his Master's at The Juilliard School, Sammy formed The Congregation. The band is focused on sharing the power of community through their music, aptly nicknamed "joyful jazz." Independently, the band

members have performed/recorded with a variety of notable artists, including Wynton Marsalis, O.A.R, Iron and Wine, Joshua Redman, Lee Fields, and Jason Moran. They have graced a number of prominent venues, including the White House, Lincoln Center, and the Hollywood Bowl.

In spite of their individual accolades, the band members have opted to stick together to create globally conscious music with the intention to spread joy throughout the world. Miller, along with trumpet player Alphonso Horne, were nominated for a Grammy Award for Best Instrumental Jazz Album on the record "My Favorite Things" under the leadership of pianist Joey Alexander. "Vanity Fair" featured The Congregation in The Jazz Youth-Quake: Others on the Upswing. The Bluegrass Situation named The Congregation's rendition of "Mahogany Hall Stomp" their Song of The Week and premiered their "Tennessee Waltz" music video.

Tickets may be purchased online at WeinbergCenter.org, by calling the Box Office at 301-600-2828, or in person at 20 West Patrick St. A complete listing of artists and performers scheduled for the 2018 season can be found at WeinbergCenter.org.

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MOUNT ARTS

Arts this spring

Hannah Opehnaker
MSMU Class of 2018

Springtime at the Mount has finally arrived in the Visual and Performing Arts Department. The snow has (mostly) melted, the sun is shining and the atmosphere has everyone in the mood to enjoy great music, theater and visual art. February saw so many great things in the Music and Theater departments it seems appropriate to take a minute to review.

February was an exciting month for music. One of the first music events of February was held off campus on February 11, in Hagerstown. A concert entitled "An evening at the Opera", was hosted by the Mount St. Mary's University Chorale, the Frederick Symphony Orchestra and the Hub Opera ensemble. The ensembles presented Puccini's musical masterpiece, "Tosca", which tells the story of political treachery at the beginning of the Napoleonic Wars.

This year, Mardi Gras, or "Fat Tuesday" fell on February 13. For those that don't observe this day of revelry, in the Catholic tradition Mardi Gras is the day before Ash Wednesday (the first day of the holy season of Lent). It is customary for Catholics to celebrate by enjoying candies, cakes, sweets, drinks and many other novelties that they may be sacrificing during the Lenten Season. Around the Mount, Mardi Gras was celebrated by all in Patriot Hall, where the Lab Bands played music, beads were handed out and king cake was passed around to everyone's enjoyment. There was much dancing, singing and laughter as the Catholic population at the Mount prepared for the Lenten season.

The day after Valentine's Day, February 15, Mount Music Society presented an event called "Mostly Mozart at the Mount Café". This fun and exciting concert featured the Mount String Ensemble who performed familiar pieces such as Mozart Enine Kleine Nachtmusik, Vivaldi Concerto Grosso and other popu-

lar arrangements of classical themes. The community was invited to enjoy some coffee or a cup of hot chocolate as the Mount's String Ensemble played beautiful melodies that filled the Café.

The Mount Music Society also hosted a "Café Night" on February 17 in the campus café. Students were invited to sing, play music, or perform in the relaxed coffee house setting. This has always been a popular event amongst students, as they have an opportunity to show off music that they have been working on either as a group or as a solo artist. There is no major requirement to perform and everyone is invited take the stage or just to enjoy the music while studying or enjoying a cup of coffee.

Also in February was the Mount's Mainstage Theater Production of "Almost, Maine". The show was presented February 15 thru the 17. It certainly did not disappoint, and proved to be a heartwarming crowd pleaser. The play presented as a series of nine short, somewhat absurdist, vignettes that all revolve around the theme of love. The show saw some familiar Mount Theater faces as well as many new ones. Senior John Beisidecki enjoyed being a part of such a tight-knit cast, "I really loved this experience. The last Mount Theater production I was a part of was a short one act with only one other actress. We had fun but being a part of an ensemble was really something else." You could tell that the cast was excited to bring such a warm show to the Mount during a time of the year that many of us can get a little down in the dumps. Sophomore theater major, Emma Fiore, who attended the Friday night performance, was amazed by the story, "Almost, Maine is kind of like Emmitsburg. A small town filled with a lot of crazy people and even more fuzzy warm feelings. It makes a lot of sense to me why this show is so popular among high school and college campuses - it just makes everyone feel good."

Technical Director Ben Buhman as well as Theater Professor Dr.

Kurt Blaughter made the decision to change the seating configuration for this semester's productions. The original configuration was set as a proscenium, or the typical stage with curtains on either side, and a "fourth wall" that separates the audience from the players. This new configuration, however, allows the audience to get a little more up close and personal with the actors. The thrust configuration, or a theater style in which there is seating on three sides of the stage. The stage arrangement provided an interesting experience not only for the actors, but for the audience as well, "Thrust configurations are made so that the audience members can experience one another, as well as what is happening on stage" says Dr. Blaughter on the new configuration. "I definitely felt that," says Fiore, "it was so funny to see some of my friends or professors in the other section of seats laughing and reacting to the actors on stage. It really set the intimate mood that I think Dr. Blaughter was going for." The seating configuration will stay as is up through the senior directing projects "Light" and "Lysistrata".

In March, there are many exciting shows scheduled to be performed, as well as some experience that the Emmitsburg community is encouraged to attend. Two events will take place on March 10. First, Mount Theatre will be presenting a contemporary dance class for students to enjoy. The master class will be taught by Kelsy Rupp, a faculty member at the Mid Maryland Performing Arts Center in Frederick. Students will get the opportunity to spend two hours working on modern dance techniques as well as choreography and a segment in which Kelsy will talk



The cast and crew of "Almost Maine" pose for a group photo before opening night.

about college dance, and graduating as an artist and what it is like to work as an artist in the community. Also on March 10 is senior music major Kieran Damitz's senior music concert, "Spring Swing". Damitz promises a fun evening of classic swing music that will make you want to dance the night away. His concert will be open to the public, and will be held in the Cardinal Keeler Dining Room in Patriot hall from 4:00 to 5:00 in the evening.

In March is Nicole Heilos' senior theater directing project "Light: Songs to Stop Stigma". This concert featuring music from shows like Dear Evan Hansen, Next to Normal and

Sweeny Todd will provide an evening that opens up a discussion on the stigma that surrounds mental illness. "I think it's awful how many people are suffering from some type of mental illness, and there is not much effort being made to help them," says Heilos, "given the current political climate, I think that this show is important. How many mental illness patients are we going to villainize after a mass shooting before someone says enough is enough?" Her production of "Light" will be open to the public March 22 thru the 24.

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



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- CIRQUE ELOIZE -

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Sunday, March 18th - 3:00 p.m.

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SPORTS

Cougars run in state championships

Edison Hatter

The Catoctin High School indoor track and field team has been training hard since November in preparation for the state meet held on Presidents Day, at the Prince George's Sportsplex in Landover, Maryland. Over the course of the season, the team ran through all sorts of adverse conditions, including the extreme cold and snow. Their hard work paid off at the regional meet as twelve athletes from Catoctin were able to qualify for states. All three boys relay teams, the 4x200, the 4x400, and the 4x800 qualified. These teams included Cameron Baumgardner, Brendan Bozick, Jack Malachowski, and Nick Reaver on the 4x200; Malachowski, Bozick, Corbin Deviney, and Kyle Gasior on the 4x400; and Deviney, Gasior, RJ Mellor, and Eamonn Law-Knotts on the 4x800. Malachowski and Bozick both qualified in the 55-meter dash and the 300-meter dash, while Baumgardner qualified in the 55-meter dash and the high jump. In addition to two relays, Gasior also qualified in the 500-meter dash. Elijah Moser qualified for the 55-meter hurdles and freshman Colton Clingerman qualified for the 800-meter run. In field events, Ben Seiss and Tristan Rice both qualified for the shot put. On the girls' side, Rachel Waldron qualified for states in the 1600-meter run and 3200-meter run, while Emma Strickland qualified for states in the 500-meter run, 800-meter run, and 1600-meter run.

The meet began with the pre-

liminary rounds of the 55-meter hurdles and the 55-meter dash. In the hurdles, Elijah Moser finished in twelfth place with a time of 8.90 seconds. In the 55-meter dash, Jack Malachowski finished in 6.99 seconds, with Brendan Bozick and Cameron Baumgardner close behind in 7.03 seconds and 7.10 seconds respectively. Unfortunately, none of the four boys were able to qualify for the finals in their event.

In the 4x800 meter relay, there was one change from the regional meet as Colton Clingerman ran for Eamonn Law-Knotts. Corbin Deviney led off for the Cougars and started fast, running in second most of the way before ultimately slipping to third. Deviney handed the baton off to Clingerman after a 2:10 split and Clingerman battled with Boonsboro and Bohemia Manor for second place. Ultimately, he split a 2:12 and put the Cougars into third place behind Douglass and Bohemia Manor as Mellor started his leg. Mellor split a 2:19, but Catoctin slipped back to sixth place entering the last leg. Gasior was able to move up with a phenomenal 2:05 last leg and a strong finishing kick to catch Douglass at the end for third place, behind Boonsboro and Bohemia Manor. The relay team finished in 8:46.60, nearly twenty seconds faster than their previous season best.

In the boys 300-meter dash, Brendan Bozick was in the first heat against two upperclassmen from Pikesville. Bozick started strong but faded towards the end, ultimately landing a third place finish in 39.74 seconds. Jack Mal-

achowski was in the final heat, starting out of lane five. He started out fast, settling into third place early, before dropping to fifth in the final fifty meters. His time of 37.98 seconds put him in ninth place, just .04 seconds short of a ribbon. In the 500-meter dash, Catoctin would have had two competitors as Emma Strickland qualified on the girls' side and Kyle Gasior qualified on the boys' side. However, both ended up scratching the event choosing not to compete.

Next, Rachel Waldron and Emma Strickland competed in the 1600-meter run. Waldron was seated first in the state in the event by nearly seven seconds and used that confidence early in the race as she quickly moved to the front with Strickland following closely behind in second. After an opening 400 of 77, Waldron continued to lead with a pack of three, including Strickland, following closely behind. At the halfway point of the race, Waldron continued to lead in 2:40 and opened up her lead a little over the chase pack. The gap from Strickland in fourth to the rest of the field was nearly half a lap. With two laps to go, the lead pack was down to three as Strickland fell solidly into fourth place. Ultimately, Kelsey Hall of Snow Hill and Elly McGillivray of Brunswick passed Waldron on the final lap, but she finished in 5:33.63 for a solid third place finish. Strickland finished closely behind in 5:42.20 for fourth place.

In the 3200-meter run, Waldron had revenge on her mind as she had another chance to race against Hall and McGillivray. She went out in a fast first 400, settling in second place behind McGillivray. Waldron kept a consistent gap to McGillivray and came through the first 800 in 2:56, trailing by just a couple seconds. Over the next couple of laps, McGillivray opened up a larger lead, while two others



The Catoctin track and field team with their medals and ribbons after competing in the state championship.

caught Waldron to form a chase group of three. Waldron came through the mile in 6:10 with Logan Bierer of Pikesville and Macy Gerbes of Sparrows Point close behind. With six laps left in the race, the group caught up with McGillivray and Gerbes pushed for the lead, while Waldron struggled to hold on in fourth. As the race entered the last laps, Waldron slipped down three more places, but finished strong in 13:00.46 to secure a seventh place finish and her second ribbon of the day.

Cameron Baumgardner led off the boys 4x200 meter relay for Catoctin and got the Cougars off to a solid start, splitting a 24.2 and putting the Cougars into third place. Brendan Bozick and Jack Malachowski kept the team in third place with 24.4 seconds and a 24.9 second split respectively. Nick Reaver brought the team home in a 24.2 second split to secure the third place finish for the Cougars in the heat. Their final time of 1:38.26 was good for a fifth place finish overall in the event.

Catoctin had two qualifiers in the 800-meter relay: Emma Strickland on the girls' side and

Colton Clingerman on the boys' side. In the girls' race, Strickland joined a group of three that opened up a sizeable lead on the rest of the field on the first two laps. She sat in third for most of the first two laps, but made her move on the third lap, taking over first place from Camryn Harper of Boonsboro. Strickland's lead continued to widen on the final lap and she secured the state title in the race in a final time of 2:27.22. In the boys' race, Clingerman appeared to struggle from the beginning and finished twelfth in a time of 2:18.77.

Finally, Jack Malachowski led off for the boys 4x400 meter relay as they attempted to claim their second top three relay finish of the day. He settled into fourth place in the heat and split a 53.5 400 before handing the baton off to Corbin Deviney. Deviney found himself in a pack of four, fighting for second place. Ultimately, the group settled and Deviney came out in fourth place and a 54.2 split. Brendan Bozick was able to fight off Boonsboro and handed the baton to Kyle Gasior after a 57.2 split, still in fourth place. Gasior was passed by Boonsboro and fell back to fifth place, splitting a 54.0. The relay finished in 3:39.45, good for seventh place overall.

In the field events, Cameron Baumgardner finished in eleventh place in the high jump, with a final height of 5'4". His first attempted jumps were at the 5'4" height, which he cleared on his second attempt. Baumgardner was unable to clear 5'6" on all three attempts. In the shotput, team captain Ben Seiss threw 47 feet and 4 inches on his final throw to set a new personal record and secure a second place finish in the state meet. Meanwhile, teammate Tristan Rice threw 42 feet and 11.5 inches to finish eighth in the event.

Editor's Note: After writing this article, we were notified that Colton Clingerman tragically passed away. Our deepest condolences go out to the Clingerman family and the entire Catoctin High School community.



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March Madness at the Mount

Samantha Barbato
MSMU class of 2018

As the weather warms up, we're seeing more rain and less snow on the mountain. Spring is coming to Mount St. Mary's University. As we begin to switch gears toward the spring sports season at the Mount, it is important to reflect on our winter sports season and the excitement the New Year has brought us so far!

In their second season, The Mount St. Mary's University men's swimming and diving team, won their first three meets resulting in a 3-6 record, and even snagged a seventh place finish at the Coastal Collegiate Sports Association Championships (CCSAs). Meanwhile, the women's swimming and diving team went 6-2 during their season of dual meets. The women, in their Northeast Conference Championships, ended the season strong with the exciting performance from junior Maddie McGraw who broke her own Mount St. Mary's program record in the 100 backstroke with a time of 56.51 (the previous record being 57.16).

Both men's and women's indoor track and field had a strong finish to their season in mid-February. At the 2018 Northeast Conference Indoor Track and Field Championships, the men's team finished in third place, and the women's team finished in fourth. Highlighting the championship included gold medal winners senior, Brenden Chavis in weight throw; senior, DJ Workcuff, in the long jump and sophomore, Justin Kimble, in the 60m. The women's team had their fair share of gold as well with first year Kayla Barnes for the 4x400m along with fellow teammates junior Mariah McLane, sophomore Chardane Logan, first year Chalys Caruth and junior Clarke Hooper. In addition, Kimble was named the Men's NEC Most Outstanding Track Performer (Sprints) while Barnes earned the title of Women's Most Outstanding Rookie Performer. Other notable moments from the championship included the men's 4x400m relay team of senior Brady Atland, senior Chris Gabor, first year Sean Fahey and Workcuff finishing third. Barnes placed second in the women's 200m dash, and first year Najae Nickerson placed second in 200m hurdles. The track and field season will continue outdoor in the spring.

The Mount women's basketball team will look to end their season on a high note as they finish with their last two games of the regular season and head into the Northeast Conference Tournament. The first game will be on Friday, March 2 at home against Saint Francis University for the team's Senior Day. The game will honor the team's four seniors, Katrice Dickson, Stacey Kourtris, Kaitlyn Eisenhard and Caroline Hummell. The last regular season game will lead the girls on the road where they will face Robert Morris on Sunday, March 4. The women

will then head into the conference tournament, beginning Wednesday, March 7.

As for the spring season, the Mount is set to have a jam-packed sports lineup. Whether it is Waldron Stadium, the turf, the track, or the courts there is set to be constant excitement throughout the whole month of March.

The new Mount men's soccer team has a short spring season ahead of them as they prepare for their inaugural season since their reinstatement in Fall 2018. The Mount men will have their second home game on Friday, March 16 against Montgomery Community College before hitting the road to travel to Washington D.C. to play American on Saturday, March 24. The men will have two matches in May to close out their spring.

The baseball team will begin their month of March in sunny, Florida to wrap up their spring break trip and kick off their season. On Thursday, March 1, the team will play St. Bonaventure in Port Charlotte, Fla. before heading to Punta Gorda for the Snowbird Classic, where they will play Presbyterian on Friday, March 2, and Georgetown on Saturday, March 3. The team will waste no time once they are back as they have a game against Bucknell at home on Wednesday, March 7 before heading away for the weekend to UMBC where they will play the host on Friday, March 9 followed by Hofstra on Saturday, March 10. The men will then hit the road to play Penn State on Wednesday, March 14, and Davidson on March 16, 17 and 18.

They will return home to play UMBC on Tuesday, March 20 as well as a series of games against Sacred Heart from March 23-25. The month will end for the men's team on the road once more, playing a double header against University of Maryland-Eastern Shore on Tuesday, March 27 followed by a three game series against Bryant from Thursday, March 29 to Saturday, March 31.

The softball team will also still be in the midst of their spring break travels at the start of March. The team will start March in Spartanburg, South Carolina with the Buffalo Wild Wings Classic, playing Delaware State and USC Upstate on Friday, March 2. Continuing with the same tournament, the team will play Furman on Saturday, March 3 for a double header. The season does not stop there for these women! When they return from their spring break trip, they will begin play at the Towson Tournament on Saturday, March 10 with a double header against Fairfield and then Towson. To round out the tournament, they will play Fairfield once again on Sunday, March 11. The women will then play Morgan State, away, on Wednesday March 14, before returning home for a string of games. The Mount women are set to host Coppin State for a double



The Mount St. Mary's University women's tennis team join for their pre-match huddle at Navy.

header on Tuesday, March 20, before hosting the Mount St. Mary's Tournament. The home tournament will begin on Saturday, March 24 with games against Albany and Siena. The tournament will continue the next day, Sunday, March 25, where the Mount will face Siena once more, and Morgan State. The team will round out the month of March on the road with two games against Saint Francis University on Saturday, March 31.

The Mount men's lacrosse team will have five games in the month, starting with two at home. The men will host VMI on Saturday, March 3 as well as Mercer on Saturday, March 10. The team will travel to Bryant University for the first of three conference games, on Saturday, March 17 before returning home for a game on Saturday, March 24 against Robert Morris. They will round out the month by traveling to face Sacred Heart University on Saturday, March 31.

The women's lacrosse team will have their own slate of games for the month of March; half of them will be home. The women will begin their month on Saturday, March 3 on the road against Longwood. They will return home the following week on Friday, March 9 for a game against Lehigh, and then Monday, March 12 hosting Fresno State. The women will then head to George Washington on Saturday, March 17 and stay on the road to face Radford a week later, on March 24. The women will finish March at home, facing San Diego State on Friday, March 30.

The Mount men's and women's tennis teams will be rounding out their spring break trip in Orlando, Florida at the beginning of the month. They will face Keiser University on Thursday, March 1, Norfolk State on Saturday, March 3, and Duquesne on Sunday, March 4. The first match out of the warm weather will be at James Madison for a match on Sunday, March 18. The next four matches will be

home for the team beginning with the home opener against Bucknell on Wednesday, March 21. The team will host a long weekend next, starting with Sacred Heart on Saturday, March 24, followed by a double-header against Morgan State and Hampton on Sunday, March 25. The men will then travel North to St. Francis Brooklyn for a match on Wednesday, March 28 and Wagner on Thursday, March 29.

Mount St. Mary's University's sports spring season will continue to grow with excitement as the school waits for the release of the men's and women's track and field schedule. No matter where you are on the opposite side of campus, you will be sure to have plenty of entertainment. So, bring your family and friends to come support the Mount spring sports teams as they battle for the wins and the rings this season!

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COMPLIMENTARY CORNER

Dress for the season

Renee Lehman

Here is an important thing to remember as we move from the end of winter into the beginning of spring: Dress for the season, not the weather.

Do you remember the week of February 18th when we had temperatures that ranged from lows in the 30s to highs in the mid 70s? It was unbelievable! Were you tempted to throw off your winter sweaters and heavy clothes, and wear something lighter, like a short sleeve shirt? Maybe you were tempted to go without a jacket. I hope that you did not do this, though. Why?

You may be anticipating the arrival of spring, and may even see the flowers such as, winter aconite, cro-

cuses, and daffodils thrusting upward through the ground. The daylight is lasting longer each day, the birds begin a new song, and some days have temperatures hitting 70°F (just like in February). However, even with all of this change and the warmer days, winter is not over! Those warmer days, even though they felt like spring, are still a part of winter. Even though the temperature reads 70°F, the essence follows the season. What is the energetic essence of winter? Cold. Also, the energetic essence of early spring is cool.

Our body responds to the cold essence, not the temperature. So, wearing lighter clothing, short sleeves, shoes without socks, or not wearing a coat requires our bodies to use extra Qi (energy) to stay warm. In other words, we make our bodies work harder if

we wear lighter clothing, than if we wore warmer, winter clothing. Thus, we waste some of the Qi that we have stored up by resting during winter.

Another way of thinking about this is just as new vegetation needs protection of a greenhouse in the early spring, our body's Qi is a little too weak to resist the coldness of the external environment. Staying clothed and warm is necessary so that our Qi will be strong enough to help us move through spring into summer.

We also open ourselves up to catch a cold when we dress for the weather and not the season (as we move from winter into spring). What can you do when you feel a cold sneaking up on you?

Since Traditional Chinese Medicine uses food as medicine, ginger is a food that can help fight a cold. The following is a recipe for a hot ginger cinnamon tea. Ginger and cinnamon both warm your body. Ginger supports your Lung Qi, and its pungent taste helps to push your Qi to the surface of the skin, thus improving the immune system. The raw honey also strengthens your Lung Qi.

Hot Ginger Cinnamon Tea

Ingredients:

- 3 quarts water
- ¾ cup fresh ginger, peeled and chopped
- 2-3 cinnamon sticks
- Raw honey, to taste

Directions: Bring water to a boil with cinnamon sticks and ginger. Cover and simmer for 1 hour. Using a sieve, strain into cups and sweeten with raw honey, if desired.

After drinking this hot tea, consider taking a hot bath in which you generate a mild sweat. Then dress warmly, and go to sleep. When you wake up the next day, the cold could be gone!

Here are some tips to remember as we move from winter into spring:

Traditional Chinese Medicine recommends that you take care of yourself to prevent colds in the first place. Get plenty of sleep, eat warming foods, and move gently from winter



into spring. By supporting the body naturally, you help to create an environment that will not allow a "cold/flu bug" to enter your body.

A Chinese Proverb, "Chun wu qiu dong" means "Bundle up in the spring and stay cool in the autumn." Dress for the season and not the temperature. Stay bundled up. Stay warm until spring has fully arrived and there are no major fluctuations in temperature.

If you begin to feel a mild headache, chills, scratchy throat, and/or runny nose, consider drinking the Ginger Cinnamon Tea.

Consider eating foods that are warming and can help you deal with the transition from winter into spring; such as, fennel, scallions, broccoli rabe,

garlic, and dandelion.

"When you break a man-made law, you may go to jail.

When you break a natural law, you may go to a different type of jail — it's called a hospital." —Nan Lu, OMD

"No winter lasts forever; no spring skips its turn."

—Hal Borland

Renee Lehman is a licensed acupuncturist and physical therapist with 30 years of health care experience. Her office is located at 249B York Street in Gettysburg. She can be reached at 717-752-5728.

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Have you kept that New Year's Resolution? Usually by this time you know if you have made the lifestyle change that will enable you to stick to the resolution you made. Many people say they want to lose weight or get healthy but really don't decide just how they will do it. I realize that putting this into practice is not always easy. I believe there are three steps needed to achieve your goal. Food, cardio and weightlifting are the components needed to lose weight and maintain it for a lifetime.

We all know eating the right kind of food in the correct portion size is a key to losing weight. The problem comes in when peo-

ple think of the word diet as a problem. The word diet should be thought of as what we eat to stay alive not as a word only associated with losing weight. Fresh foods such as vegetables, fruits, grains and meats are the way to enjoy foods at their best. Processed and pre-packaged foods are adding so much to our diet that causes weight gain. You can usually have larger amounts of fresh foods because they do not contain added salt, sugar and other ingredients that convert into fat and is stored in your body. Portion size is another part of the food control. You do need to be strict with the type and portions of food while trying to lose weight but after you reach your goal you can enjoy a fun food every now and then.

Cardio exercise is the second component of losing weight and keeping it off. Find an exercise you like and will have fun doing. I have written many suggestions in past articles but I will mention a few again. Play with your kids or animals, find a friend to walk with, take a dance class or something you enjoy. Movement is the important part. Cardio is also the things we need to do like cleaning the house, washing the car and mowing the grass. Doing these things get the necessities and the exercise completed at the same time.

Cardio is also important to keep the heart, lungs and our whole body healthy. It not only burns calories, it improves our body's condition and helps to prevent illness and disease. Cardio helps

build energy and endurance to help us through our day.

Weightlifting is the third component in my prescription for losing weight and maintaining it throughout your life. Strong muscles not only help with balance as we get older but they help with fractures, energy and possibly the ability to keep our independence longer. Strong, lean muscles also burn calories and help maintain a healthy weight. You can burn more calories for a longer period of time after lifting weights than you do after a cardio workout.

Just imagine the calorie burn if you warm up with a half hour of cardio then do a half hour of weightlifting. That would give you maximum calorie burn to get you closer to your weight loss goal.

Utilizing the three things I mentioned in this article can promote and help you achieve the lifestyle most people want. Good food and physical activity not only keeps our body in shape but our mind as well. Taking care of ourselves gives us the satisfaction we need to feel better about ourselves because we know we are doing something to live a longer and healthier life.

Taking care of ourselves also gives us the energy and hopefully the assurance that we will be there to take care of family and friends when they need our help. Do some research and talk to your doctor before jumping into any exercise and weight loss program. Call me at 717-334-6009 with questions and remember Keep Moving!

2nd Annual Anytime Fitness 5K

Last year Anytime Fitness Thurmont held its first Annual Inaugural Anytime Fitness 5K race. The day began with foreboding weather, but as soon as the runners were ready to take off, the skies cleared up. 110 runners attended last year's 5K, and all went smoothly, minus one small mishap with a malfunctioning air horn, said Anytime Fitness owner, George Puvell. "We got the crowd all hyped up and ready to go, pressed the button on the air horn, but instead of a grand alarm as expected, the horn simply fizzed." The crowd couldn't help but laugh though, and the rest of the event continued on smoothly.

Puvell noted that the air horn mishap was laughable and in a sense meaningful to him, because it reminded him of the type of prank his late daughter, Samantha would have played. In 2011 the Puvell family lost their nine-year-old daughter to the fight against cancer. The journey that the Puvell family went through during the nine-year battle inspired them to host an event to benefit the Ronald McDonald House of Greater Washington.

The Puvells spent a lot of time at the Ronald McDonald house while their daughter was fighting cancer, and during that time they met many of these struggling families. "The Ronald McDonald House provides families with the comfort and peace of mind and allows them to unburden themselves with some stress while allowing them to focus on the care of the child," said George Puvell. It was he, and his families' intent to do something to continue supporting this charity, further helping other families receive the comfort that they, themselves, received.

"When we were going through the fight for cancer, we were so

blessed by the community. Friends and members of the community were so supportive. We knew that we wanted to find a way to give back in any way that we could." Anytime Fitness was able to raise \$1,600 during last year's 5K. Those funds were able to cover the cost of over 100 nights for families fighting children's cancer.

This year the event will be held at the certified 5K course at Eyer Park. Once again, Steeplechasers Running Club will be managing the race, which will take place on April 28 at 9 a.m. Last year, Puvell noted the generosity of the sponsors and participants who made the event possible. Everyone involved at Any-

time Fitness Thurmont hopes this year's event will be just as successful, if not more successful! Anyone interested in participating this year,

or giving back to the Ronald McDonald House, can contact Jason Blough at Anytime Fitness Thurmont, 301-895-0915.

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ASTRONOMY

The night sky of March

Professor Wayne Wooten

For March, the moon is full on March 1st; this is the grass moon traditionally. The waning gibbous moon passes four degrees north of Jupiter on March 7th, with both rising about 11 p.m.. The last quarter moon passes four degrees north of Mars on March 9th, both rising just after midnight. The waning crescent moon passes two degrees north of Saturn in the dawn sky on March 10th. Remember to spring forward before you go to bed; daylight savings time begins on March 1st. New moon is on Saint Patrick's Day, March 17th. The young crescent moon lies south of bright Venus and fainter Mercury in evening twilight on March 18th; look for them in SW about 40 minutes after sunset. The Vernal Equinox occurs at 11:15 p.m. CDT on March 20th to begin spring officially. The first quarter moon is on March 24th, and the blue moon, the second full moon for this month, is the Paschal Moon on March 31st.

Mercury and Venus play tag low in the SW after sunset as March begins. Use binoculars to catch the close conjunction as Mercury overtakes Venus on March 3-4, with Mercury about a degree north of bright Venus; look about 30 minutes after sunset. Mercury reaches greatest

eastern elongation about 18 degrees from sun on March 15th. After that Mercury retrogrades back toward the sun, passing Venus again on March 18th, as the crescent moon joins them. While Venus climbs higher in western twilight as March ends, Mercury becomes lost in the Sun's glare as it passes between us and the Sun in last week of March.

Mars is in the morning sky in Sagittarius, and being overtaken by the faster moving earth. It brightens notably as we get closer, from +.8 to +.3 magnitude this month. When we do overtake it in August, it will be the closest and brightest it has appeared since August 2003. It is also closing in on fainter Saturn, with Mars only three degrees west of the ringed planet at month's end. Jupiter is in Libra, and rises earlier each evening, about three hours after sunset by the month's end. A good pair of binoculars will show the four large moons of Jupiter, in a row around Jupiter's equator. All three superior planets will be coming to opposition this summer, for some great telescopic viewing at our gazes at the Pensacola Beach Pavilion, Fort Pickens, and Big Lagoon State Park.

The constellation Cassiopeia makes a striking W in the NW. South of Cassiopeia is Andromeda's hero, Perseus. Between him and Cassiopeia is the fine Dou-



The "Leo Trio" of galaxies. Galaxy M-65 is at the top right, M-66 at the lower right, and almost edge on is NGC 6538 at the left.

ble Cluster, faintly visible with the naked eye and two fine binocular objects in the same field. Perseus contains the famed eclipsing binary star Algol, where the Arabs imagined the eye of the gorgon Medusa would lie. It fades to a third its normal brightness for six out of every 70 hours, as a larger but cooler orange giant covers about 80% of the smaller but hotter and thus brighter companion as seen from Earth. At Perseus' feet for the famed Pleiades cluster; they lie about 400 light years distant, and over 250 stars are members of this fine group.

East of the seven sisters is the V of stars marking the face of Taurus the Bull, with bright orange Aldebaran as his eye. The V of stars is the Hyades cluster, older than the blue Pleiades, but about half their distance. Yellow Capella, a giant star the same temperature and color as our much smaller Sun, dominates the overhead sky in the northwest. It is part of the pentagon on stars making up Auriga, the Charioteer (think Ben Hur). Several nice binocular Messier open clusters are found in the winter milky way here. East of Auriga, the twins, Castor and Pollux highlight the Gemini;

it is directly above us as darkness falls in early March. UWF alumni can associate the pair with Jason and the Golden Fleece legend, for they were the first two Argonauts to sign up on his crew of adventurers.

South of Gemini, Orion is the most familiar winter constellation, dominating the southern sky at dusk. The reddish supergiant Betelgeuse marks his eastern shoulder, while blue-white supergiant Rigel stands opposite on his west knee. Just south of the belt, hanging like a sword downward, is M-42, the Great Nebula of Orion, an outstanding binocular and telescopic stellar nursery. The bright diamond of four stars that light it up are the trapezium cluster, one of the finest sights in a telescope and among the youngest known stars.

In the east are the hunter's two faithful companions, Canis major and minor. Procyon is the bright star in the little dog, and rises minutes before Sirius, the brightest star in the sky. Sirius dominates the SE sky as darkness falls. At 8 light years distance, Sirius is the closest star we can easily see with the naked eye from West Florida.

When Sirius is highest, along our southern horizon look for the second brightest star, Canopus, getting just above the horizon and sparkling like an exquisite diamond as the turbulent winter air twists and turns this shaft of starlight, after a trip of about 200 years!

To the northeast, look for the bowl of the Big Dipper rising, with the top two stars, the pointers, giving you a line to find Polaris, the Pole Star. Here it sits unmoving 30 degrees high in on our northern sky locally. If you take the pointers of the Big Dipper's bowl to the south, you are guided instead to the head of Leo the Lion rising in the east, looking much like the profile of the famed Sphinx. The bright star at the Lion's heart is Regulus, the "regal star". The folk wisdom that "March comes in like a Lion" probably refers to the head of Leo rising just after sunset in early March. Below the hindquarters of the lion is the "Leo Trio" of galaxies. Galaxy M-65 is at the top right, M-66 at the lower right, and almost edge on is NGC 6538 at the left.

If you follow the handle of the Big Dipper to the south, by 9 PM you will be able to "arc to Arcturus", the brightest star of Spring and distinctly orange in color. It color is an indication of its uniqueness. It large speed and direction through the Milky Way suggests it was not formed with our Galaxy, but is a recent capture from the Sagittarius Dwarf Galaxy, a smaller satellite galaxy now being assimilated by our huge spiral galaxy. Many of its lost stars, like Arcturus, follow a band across the sky at about a 70 degree angle to our galactic plane. Arcturus is at the tail of kite shaped Bootes, the celestial bear driver chasing the two bears from his flocks. Spike south then to Spica in Virgo.

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Farmers' Almanac

"Daffodils, that come before the swallow dares, and take the winds of March with beauty"

—William Shakespeare (1564-1616)

Mid-Atlantic Weather Watch:

Cloudy, cold (1) with light snow in northern part of the region, rain in the south (2, 3). Fair and cold (4, 5, 6) with chance of Nor'easter bringing heavy snow (7, 8, 9). Fair and cold once again (10, 11, 12, 13, 14, 15, 16) with more snow in the north, rain in the south (17, 18, 19). Light snow to continue in the north (20, 21, 22, 23, 24) turning fair and cool (25, 26, 27, 28, 29) with the month ending with showers (30, 31).

Full Moon: March's Full Moon will occur on March 1st. It came to be known as Sap Moon to many Native Americans because it was during this time of year, sap begins to rise and run. It has also been referred to

as WORM MOON because, due to the warmer temperatures softening the frozen soil, earthworms begin to appear in abundance.

Special Notes: Daylight Savings begins on Sunday, March 11th at 2 a.m.. Don't forget to 'spring' ahead and set all of your clocks and watches ahead one hour. The Vernal Equinox will occur on Tuesday, March 20th and signals the arrival of Spring (at long last!). Take advantage of the high winds during March and "go fly a kite" with a child. Nothing is as exhilarating except maybe flying itself!

The Garden: Get started early if the weather allows. If you did not do so in February, apply a pre-emergent herbicide (that prevents crabgrass) to established lawns before March 15th. If you plan to seed fescue lawns, do not apply a pre-emergent. It will prevent the grass seed from germinating.

As soon as your compost pile thaws,

start to turn it with a fork as best you can. March is prime time for feeding shrubs and perennials that bloom in the Summer months. Also, begin pruning early-flowering shrubs, roses, fruit trees, grapes, and raspberries. Start an all-purpose spray regimen. Be sure to feed well and use supplementary nitrogen in early Spring, in addition to yearly feeding.

Spray fruit trees with a dormant oil when temperatures exceed 40 degrees and before they leaf out. Try and plant your peas on St. Patrick's Day. For best selection, buy summer bulbs like gladiola, cannas, irises, dahlias and lilies. Wait until mid to late April to plant. House plants will react to longer days and brighter light at this time by putting out new growth. The end of this month is a good time to pinch them back to generate new growth and to thicken them.

J. Gruber's Thought For Today's Living

"It's a wise many who knows his limitations but who makes the most of his abilities."

COMPUTER Q&A

Don't lose the data on your PC

Ayse Stenabaugh
Jester's Computer

Imagine that you turn your computer on one day to a black screen with white letters that read "no boot device found". You restart the computer only to receive the same message. A trip to your local repair shop reveals that your hard drive has had a catastrophic failure. You had no backups. All of the photos of your family and friends. All documents and emails that were saved to your computer are gone. You don't remember if you have any of the discs or licenses to the software you use on the computer.

Unfortunately, this is the reality that those who don't backup their data face. Standard SATA hard drives, which are found in most computers, have a mechanical arm (much like a record player needle). This arm moves back and forth across platters (like records) reading your data. This arm can wear out over time or can be damaged from movement while the device is turned on. The failure rate for standard hard drives is higher during the first year of use and increases again after 4 or more years of use. Those who use their devices daily are more likely to experience failure. The hard drive manufacturer makes a difference too, some brands are more reliable than others.

Protecting your data involves more than just storing an extra copy of your data. If your computer were to be attacked with a virus your data could become infected and encrypted, preventing you from being able to access the data. The best way to fully protect your data is to either use a cloud backup service like Dropbox or One Drive, or to utilize a backup solution like Carbonite or an external backup drive. Here at Jester's Computers we recommend using an external backup drive because it not only does a backup of all of your files, it creates a system image too.

A system image can be a huge time saver in the event that your hard drive experiences data corruption or catastrophic failure. When an image is being created on an external backup drive, that image contains not only your personal data but your programs and settings as well. If your drive were to fail the last image could be restored bringing your device back to exactly the way it was when the image was created. Typically, the devices are set to backup weekly on an automatic schedule.

Replacing your hard drive can be a great opportunity to increase performance on your device. Solid state hard drives are becoming the new standard drive because they don't have any moving parts. This means that the device is less likely to experience failure. The best part about upgrading to a solid state drive is the performance

gain. Many of the devices that we have upgraded with a solid state hard drive boot up to the machines desktop in an average of 30 seconds or less. The prices for Solid State hard drives have come down over the past few years but you should expect to pay more than you would for a standard hard drive with more storage space.

Performing yearly maintenance on your device can be crucial to identifying when a hard drive is showing signs of wear which could lead to data corruption or drive failure. Even drives that show no signs of damage can fail at anytime which

is why backing up any important data is critical. Proper upkeep of your device can help minimize system effort which can help prevent the machine from overworking itself ultimately helping the physical hardware to last longer.

At Jester's Computer Services we recommend having maintenance done yearly on PC's, and during the months of March and September, you can save \$20 off clean-ups. No appointment is necessary and most services can be completed within 24 business hours. Visit us on the web at www.jesterscomputers.com or call us at 717-642-6611



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UPCOMING EVENTS

March 2, 9, 16, 23

St. Francis Xavier Parish 7th annual Lenten Fish Fry Dinners. Dine In or Take Out. Children under 5 eat free. For more information call 717-334-4048 or visit www.stfx-cc.org. Xavier Center, 465 Table Rock Road, Gettysburg.

March 3

Mount Hope Maple Madness. Sugaring, the art of making maple syrup, has been practiced for thousands of years. People of all ages are invited to see this tradition brought to life by Strawberry Hill Nature Preserve naturalists. You will learn how trees are tapped, view sap-collecting methods past and present and see the boiling process that produces delicious maple syrup. Pancake Breakfast and Local Art & Craft Vendors, Maple Sugaring Tours will also be taking place.

University of Maryland Extension Frederick County Master Gardeners present the following free seminar for the general public, beginning and advanced gardeners alike: "Creating a Pollinator Friendly Garden." Learn the 4 steps to attract pollinators to your garden. Find out how to build a pollinator-friendly habitat, including plants that attract pollinators year round.

March 4

Music, Gettysburg presents Solemn Lenten Vespers for Lent. Contemplative music for a contemplative season, in a service of Evening Prayer led by the Schola Cantorum of Gettysburg. Music, Gettysburg is a free 20-concert series featuring international and local musical artists supported by both the United Lutheran Seminary and the wider Gettysburg community. For more information about this and other concerts in the Music, Gettysburg schedule, please call 717-339-1334 or visit www.musicgettysburg.org.

March 5

Served with Grace Free Community Meal at Graceham Moravian

Church, 8231-A Rocky Ridge Rd., Thurmont. Open to all.

March 7

Mother Seton School S.T.E.M. Fair. Come see what our emerging scientists and aspiring engineers have to present during the annual Mother Seton School S.T.E.M. Fair. We invite you to stop by and take a peek at the various projects. You're bound to learn something new—about our talented students, as well as about science! The public is invited to visit and see the projects that will be on display. For more information visit www.mothersetonschool.org.

March 10 & 11, 17 & 18

Maple Syrup Festival at Cunningham Falls State Park. Delicious food will be served including pancakes, sausage, sausage sandwiches and other items for an additional fee. Maple syrup products will be sold including maple syrup, maple cream and maple candy. A maple syrup making demonstration will start every hour. Kids can enjoy free games, stories and crafts in a large, heated tent. Live music will be provided by local bands. Pets are welcome in the William Houck area except in the dining/food service areas and on beaches. Pets must be leashed at all times. A donation is requested in lieu of the park entry fee. All money collected goes to the Friends of Cunningham Falls State Park and Gambrill State Park. For more information call 301-271-7575.

March 10

University of Maryland Extension Frederick County Master Gardeners present the following free seminar for the general public, beginning and advanced gardeners alike: "Small Space Gardening & Early Spring Planting." What techniques work best in small or limited spaces? Find out how to build and plant square-foot, vertical, and raised-bed gardens. Get tips and techniques for succession gardening.

Also learn what to plant and when. Some early spring planning and planting is required to grow many favorite vegetables—from potatoes to broccoli, onions to peas. We will also discuss the benefits of row covers and mulching. For more information call 301-600-1595. Doors open 30 minutes prior to start times.

March 17

Taneytown Lions semi-annual Pancake Breakfast! You can also mix and match other breakfast items including pancakes hot off the griddle, A & W sausage patties, sausage gravy, hominy, pudding, fried potatoes, fruit cup, O.J., coffee & hot tea. Taneytown Fire Co. Building – Memorial Ave. Proceeds benefits local community including Little League Baseball, Recreation Council Programs, Sight Assistance, Pre-School Vision Screening, etc.

10th annual Mountaintop Community Spring Event, at the Blue Ridge Mt. Vol. Fire and Rescue Company fire hall, 13676 Monterey Lane, Blue Ridge Summit. As always, the event is free and open to the public. This is the 10th year for this fundraiser to benefit the Amanda Bowders Community Memorial Garden. Have an item from the attic - have it appraised at our Collectibles Road Show from 9 - noon and visit with artisans, historians, crafters and authors - book signings by Allison B. Hanson, and James Rada. There will be a special bake sale table to benefit the family of a cancer victim, so bring your sweet tooth along as well. Be sure to bring the kids and don't miss the magic show and balloon characters of Jim Greer at noon. Listen to entertainment by Rich Fehle during the morning hours and enjoy good food from the fire company kitchen. For more information call 717-642-5645 or email jacksmtn@embarqmail.com. We hope to see you there!!

Mother Seton School HSA Shamrockin'. Held at The Links

at Gettysburg. Join us for a lively evening in support of Catholic education! Cocktail hour, dancing, games, scrumptious dinner, and live and silent auctions. For more information email sbw79@comcast.net.

March 22

In celebration of Women's History Month, the Frederick County Commission for Women will hold its 14th annual Leadership Alliance Dinner at the Ceresville Mansion in Frederick. Each year the Leadership Alliance Dinner recognizes the Woman of Excellence, Student Leadership Recipient, SheLEADS, and the Commission's outstanding Volunteer (Our Unsung Hero). The Frederick County Commission for Women (FCCFW) is a non-partisan organization tasked with advising Frederick County government on issues affecting women and families. For more information on sponsorships or tickets to the event, please call 240-478-9119 or email kgreen@frederick-countymd.gov or cw@frederick-countymd.gov.

March 23 & 24

Children's Nearly New Sale. Buy and sell quality, gently used, seasonal children's clothing shoes (bagged in pairs), baby equipment, furnishings, toys and more! For a 45% commission, plus a small handling fee, the YWCA Nearly New Sale draws huge crowds of shoppers, sells your items for you, and the proceeds benefit the entire community through YWCA programs and services. For more information, call 717-334-9171.

March 24

Coblentz Family benefit breakfast - The Trinity United Church of Christ will be partnering with the Thurmont Lions Club to sponsor a benefit breakfast for the Terry A. Coblentz Family to help defray the cost of funeral expenses for his daughters Courtney Coblentz who died January 3 and Kristy Coblentz-Hernandez who died on January 28. The benefit breakfast will be held at Trinity United Church of Christ, 101 East Main Street in Thurmont. Breakfast will include Pancakes, Sausage, Puddin', Hominy, Scrambled Eggs, Chipped Beef Gravy, Biscuits, Juice and Coffee. Come out and support this local family in their time of need.

University of Maryland Extension Frederick County Master Gardeners present the following free seminar for the general public, beginning and advanced gardeners alike: "Help the Chesapeake! 8 Easy Steps to a Bay-Wise Certified Landscape." Learn how to encourage wildlife; control storm water runoff; mow & water efficiently; mulch appropriately & recycle yard waste; fertilize, plant & manage yard pests wisely; and protect the waterfront. Register by calling Lisa Strong at 301-600-1595. Doors open 30 minutes prior to start times.

March 31

1st Annual Easter Egg Roll & Hunt at the Lodges oat Gettysburg. No cost to attend the event. Please pre-register so we know how many to expect. Easter Egg decorating (The Lodges will supply all materials). Children will



Maple Syrup Festival

March 10, 11, & 17, 18 • 10 a.m. – 2 p.m.
Cunningham Falls State Park – Houck Area

Welcome spring at Cunningham Falls State Park by learning how maple syrup is made from the sap of trees in the park. A pancake breakfast is available. The event supports Friends of Cunningham Falls and Gambrill State Parks. Follow signs from MD 77 west of US 15 at Thurmont, Md. For more information, call 301-271-7574.

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UPCOMING EVENTS

compete and roll their egg with a spoon in designated lanes to win a special prize. Roll times to be determined, but likely every 15-30

minutes. Bring your own basket for an Easter egg hunt on property. Photo opportunities with the Easter Bunny. For more informa-

tion or to register, call 717-642-2500 or email info@thelodgesatgettysburg.com.

March 24 - Ladies' Spring Tea - Noon Seating. Cost is \$30 per person and registration is required. Ages 13 and up.

March 31 - Hop Along the Bunny Trail, Easter Egg Hunt - Details TBD; Call 717-677-8412 for information.

Emmitsburg Community Chorus 51st spring season

Each spring the chorus looks forward to singing at the National Shrine Grotto of Lourdes for the Emmitsburg Community Easter Sunrise Service April 1st at 6:30 a.m. which is sponsored by the Emmitsburg Council of Churches. Easter selections the chorus will sing include Mercy Tree, The Easter Gift, and more.

Remainder concerts on the chorus spring schedule will feature a medley of songs by George Gershwin. Gershwin's style is known for blending vastly different musical styles in revolutionary ways. Gershwin's rigorous classical background study was blended with his jazz influence creating a style in his day unlike others. He had numerous songs which became standards, still sung today by such artists as Norah Jones and Michael Buble'. Gershwin's Concert Panorama is sure to remind us of the wonderful songs by George Gershwin.

Other titles performed in the concert include, Swingin' the Night Away, Nightingale by Jay Althouse who also arranged the

chorus' rendition of The Pink Panther. You Made Me Love You from the musical Irene and The Joint Is Jumpin' from the musical Ain't Misbehavin' are on the program. A ladies quintet will sing Charles Trenet's French classic I Wish You Love and solo's during the concert include Ella Fitzgerald's A Tisket - A Tasket, Frank Sinatra's Come Fly With Me, and Irving Berlin's Blue Skies.

The 25 - 30 member chorus, is a non-auditioned chorus of people who love to sing and share music with the public. The chorus continues under the direction of Peggy Flickinger and pianist Lisa Mattia.

The spring concert schedule includes a final concert May 6 at Apples United Church of Christ located at 7908 Apples Church Road in Thurmont, where a free will offering will be collected going toward the operating expenses of the chorus, which is a 501-C(3) non-profit organization.

We will also be performing April 24 at St. Joseph Ministries and May 1 at Gettysburg Lutheran Home. All concerts are free and open to the public.

Hollabaugh Upcoming events

March 10 - Adult Cooking Class: Soup's On! - 10 to 11:30 a.m. Cost is \$30.00 and registration is required.

March 10 - Paint-Along-Event - "Somebunny Love" - Me & Mini Me Paint-Along Event - 1 to 3 p.m. Cost is \$25.00 which includes all supplies and light refreshments. Tickets must be purchased online at: paint-along-with-Deb.eventbrite.com.



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Two Mount Students Chosen as Fulbright Semi-Finalists

Two students from Mount St. Mary's University—Saribel Morales-Rivera, C'18, and Alexandra (Alex) Johnson, C'18—have been recommended as Fulbright semi-finalists. As a result, Morales-Rivera and Johnson are one step away from attaining the prestigious grant, which would allow them to continue their academic pursuits in Spain and Greece, respectively.

Morales-Rivera and Johnson both applied for English Teaching Assistant (ETA) Programs through the Fulbright U.S. Student Program. The Fulbright U.S. Student Program is designed to provide research, study and teaching opportunities through grants in more than 140 countries to recent graduates and graduate students. The ETA programs enable award winners to join local English teachers in their respective countries to provide assistance through teaching the English language as well as communicating and representing American culture.

"Attainment of semi-finalist status speaks to the quality of our students and their ability to compete on the national stage," said Jamie A. Gianoutsos, Ph.D., competitive fellowships director and assistant professor of history at Mount St. Mary's.

Gianoutsos noted that four Mount St. Mary's students have been awarded Fulbright ETA grants since 2015. Alyse Sphiehler, C'17, is currently teaching English on her Fulbright fellowship in Altacomulco, Mexico. Two other graduates were awarded ETA grants to Kazakhstan and Argentina but declined them to pursue other studies. Brigid Flay, C'17, is pursuing a master's degree at the Middlebury Institute for International Studies, where she is studying international trade and economic diplomacy, and Samantha Solis, C'16, is earning a doctorate in English at UCLA, with a focus on contemporary American literature and Latin literature. John-Paul Heil, C'15, a finalist for the Fulbright ETA to Italy in 2015, declined the award to pursue his doctorate in history at the University of Chicago.

According to Fulbright, applicants who reach this stage will be notified if they have been selected, designated as an alternate or not selected between early March and late May, with dates to vary by country.

Easter Season Services at the National Shrine Grotto of Our Lady of Lourdes

Palm Sunday, March 25

10:45 a.m. Adoration
10:45 a.m. Reconciliation
Noon Mass

Good Friday, March 30

10:45 a.m. Adoration
10:45 a.m. Reconciliation
Noon Stations of the Cross
At Corpus Christi Lane
1 p.m. Homily of the Last Seven Words
3 p.m. Liturgy of Good Friday

Easter Sunday, April 1

6:30 a.m. Sunrise
Ecumenical Service
8 a.m. Mass
10:45 a.m. Adoration
10:45 a.m. Reconciliation
Noon Mass
At the Grotto Cave

Give the Gift of Prayer in the name of our Risen Lord!

Enroll your loved one in a Mass at www.NSGrotto.org/events.html



It's NEC Tournament Time!

Follow the tournament either at the games, at home or online at NECFrontRow.com



www.msmary.edu



Worship Opportunities at the National Shrine Grotto of Our Lady of Lourdes

Mass

Saturday and Sunday, noon.
Spanish Mass, Sunday, 2 p.m.

Reconciliation

Saturday and Sunday, noon.

Special Events

March 3 First Saturday Devotions
March 4 Chaplet of Divine Mercy
March 10 Our Lady of Lourdes Rosary Crusade

Daily Hours

9 a.m.-4:30 p.m. daily (gates close at 5 p.m.).
Visit nsgrotto.org for more information about the Grotto.

University Events

Frederick Symphony Orchestra Young Artist Competition

March 4, 1 p.m.
Horning Theater, Delaplaine Fine Arts Center
Hear performances from seven amazing young musicians!

Spring Swing

March 10, 7 p.m.
Cardinal Keeler Dining Room
Show off your dancing skills or learn some new ones at this evening of live jazz and swing music! Lessons provided, newcomers encouraged, refreshments and admission are free!

Simon Gabriel Bruté Student Art Exhibition

March 22
Williams Art Gallery, Delaplaine Fine Arts Center
This juried event features works by Mount students, and encompasses all mediums including painting, works on paper, mixed media/sculpture and book art.

LIGHT: Songs to Stop Stigma

March 22-24, 8 p.m.
Horning Theater, Delaplaine Fine Arts Center
Directed by Nicole Heilos, C'18, this musical revue examines issues of mental distress and dysfunction in the modern world. You'll hear a variety of songs from newer Broadway hits like *Next to Normal* and *Dear Evan Hansen*, as well as classics from shows like *Company* and *Promises, Promises*. Free Admission.

Recital by Music Majors in the Class of 2019

March 26, 7:30 p.m.
Horning Theater, Delaplaine Fine Arts Center
Please join us for an evening of music from music majors: Shea Rowell (trumpet), Tahreem Fayiz (flute, percussion), Bryan Dorbert (percussion) and Jasmine Patrick (soprano). Free admission.