

Emmitsburg NEWS-JOURNAL

VOLUME 4, NO. 9 • WWW.EMMITSBURG.NET • WWW.MYFAIRFIELD.NET • SEPTEMBER 2012

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Mount solar farm goes online

The largest solar farm in the State of Maryland is now up and running at Mount Saint Mary's University. The new solar panels are supplying clean energy to the University System of Maryland and to the state's Department of General Services.

Governor Martin O'Malley announced completion of the solar project, which is part of the state of Maryland's Generating Clean Horizons initiative, at an August 29 ribbon cutting at the Mount.

The \$60-million solar farm is tied in with the general power grid through the interconnection of an existing overhead transmission line owned by Potomac Edison, said a spokeswoman for Constellation Energy, which financed, owns and operates the project. The solar farm will supply an estimated 22-million-kilowatt hours of emission-free, clean electricity each year, according to a statement from the Mount. "Generating the same amount of electricity from non-renewable sources would result in the release of 5,800 metric tons of carbon dioxide; the equivalent of the emissions of more than 3,000 cars."

According to the Mount, in 2010 the university agreed to lease 100 of its 1,400 acres to Constellation Energy on east campus to host a 16.1-megawatt solar photovoltaic power farm.

Constellation financed, operates and owns two solar projects located on land leased from Mount Saint Mary's, the company's External Communications Manager Kelly Biemer explained. While the company did not receive any grant money to finance its solar farm, both projects are eligible for state and federal tax credits, she said.

The larger, 16.1-megawatt project came online in July and supplies energy for state's Department of General Services and the University System of Maryland, which will purchase electricity generated by this system under 20-year solar power purchase agreements with Constellation under the Generating Clean Horizons initiative.

The other project is a 1.6-megawatt system for the Mount, which came online April 2012 and helps power the university's Knott Athletic Recreation Convocation Complex (ARCC) and wastewater treatment plant, according to Biemer. This project will generate 2 million kilowatts of power annually and directly supply up to 90 percent of the ARCC's power-needs. Both facilities still continue to receive electricity from the grid at night, when the solar power system is not generating power, and on overcast days, when it is not generating as much power.



The Mount solar farm will supply 22-million-kilowatts of clean electricity each year. (Photo courtesy of Constellation Energy)

Constellation employed around 165 people to construct both the 16.1-megawatt and the 1.6-megawatt solar projects, Biemer noted. The systems will not require a full-time staff during operation.

The collaborative effort between the Mount and Constellation to produce clean, sustainable energy continues a "legacy of commitment to environmental science at the Mount," which began with President Thomas Powell as a charter signatory on the American College & University Presidents Climate Commitment, a national initiative with a goal of carbon neutrality at member institutions, the university says.

In addition, the Mount received a \$50,000 donation from the Constellation Foundation to construct an

education center with an observation deck, a university spokesman said. This center, not yet under construction, will be available to the Mount community and those visiting the university.

"This unique partnership with Constellation Energy strengthens the Mount's commitment to being good stewards of the land, the creation of clean energy and continues the 'greening of the Mount,'" Powell said. "Our students will be on the forefront of responsible land use and creation of renewable energy resources. Frederick county and Maryland will benefit from the use of clean energy but also from the reduction of dependence on more traditional use of coal, natural gas and fossil fuels."

Pippinfest making a comeback

In spite of a slump in attendance over the past several years, Fairfield Borough's Pippin fest—which takes its name from a variety of apple—appears to be rebounding in popularity, based on last year's success.

Apple harvest-themed Pippinfest was the brainchild of David Thomas, former owner and proprietor of the Fairfield Inn, who in 1980 suggested the creation of such a community event to help bring community members together. This year marks the 32nd year the event has been held since.

This year's Pippinfest will be held on September 29 and 30. September 29 activities include a town-wide yard sale, food, and arts and crafts.

September 30, considered the "main event," will feature food, arts and crafts, a Cruise-In Car Show & Swap Meet, tractor show, entertainment, and other activities. For a complete, up-to-date list of event and activities, as well as their times and locations, visit the event web site at pippinfest.com.

Sally Thomas, who serves as the chair of the Fairfield Borough Pippinfest Committee (which consists of some eight or more regular members), said that up until last year, the event began to experience a slump in participation and attendance.

"Last year's turnout was much better than the year before and we hope to keep growing it bigger," Thomas stated. "There was a little bit of a downside for awhile, but we're hoping to get that back up. If last year was any indication, we're hoping that's coming back."

Some additional offerings this year include several "roving clowns," entertainment at the Fairfield Inn, gospel and bluegrass music and an apple desert contest at the Fairfield Fire & EMS fire house.

Thomas said that Pippinfest has grown into a homecoming day in addition to a community event. A lot of people who grew up in the area come back to visit.

Not everyone is in agreement on the history of the Pippin apple. Some say it was developed in



Organizers are hoping for the largest crowds ever for the 32 Annual Pippinfest.

England and subsequently introduced into the colonies.

Others say that the apple, also known as the Newtown Pippin, was actually developed in 1730 in the area of Newtown, New York, and that it

was later imported to England.

The Pippin apple developed a popular following in very short order, its fans including George Washington, Thomas Jefferson, Benjamin Franklin, and Queen Victoria.

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NEWS

Town water table dropping

In spite of occasional waves of thunderstorms and rain showers passing through the region, drought conditions continue to persist. However, right now Emmitsburg officials don't feel increased water restrictions are necessary.

Town Manager David Haller told the town Board of Commissioners at their August 20 meeting that Rainbow Lake, an 11.5-acre, 33 million-gallon lake located about three miles outside of Emmitsburg that serves as a town reservoir, dropped two inches below the spillway level during July.

However, he said in July that "our well levels are now ten feet on average below May 2011 levels."

Haller told the town commissioners this means that the "water table is dropping seriously."

In June, the wells were averaging 4.5 feet below their May 2011 levels, indicating the levels have dropped an additional 5.5 feet across the board since.

The town manager noted that

the Emmitsburg area received approximately 4.6 inches of precipitation during July, slightly above the average 3.6 inches, but that the gain did little to avert an overall 7.4 inches sustained over the past six months.

The average precipitation for the area from February 1 through July 31 is around 23.2 inches. This year, the total precipitation for the same period amounted to 15.8 inches.

The town did initiate water conservation regulations in 2011 when the commissioners adopted a prohibition forbidding watering lawns and gardens between the hours of 9 a.m. and 6 p.m. daily.

Because of evaporation and other reasons, the period of daytime between those hours represented "the most ineffective, inefficient use of water."

However, stricter measures might not be called for, even under the current conditions.

Subsequent to the town meeting, Haller commented on the

need for increasing water use restrictions, saying, "Right now, my best guess is 'No.'"

"Right now, at the rate it's going, I think we'll just stick with what we've got," he said. "If something crazy happens, we might have to [impose greater use restrictions], but we'll probably ride it out."

"We're getting to where it normally starts to get a little better," Haller stated. "Snow would be very helpful this winter. That's what really helps regenerate the water supply."

Haller previously noted that town residents generally seem to be refraining from the temptation to water their lawns as the drought conditions continue to prevail.

"When I drive around town I don't see a lot of blazingly green lawns," he said.

As to when an end to the deficient rainfall might come about, Haller said as things worsened through June, "Regarding the ongoing drought, hope for rain."

Parking issues before commissioners

Currently-permitted parking for area workers and commuters along Silo Hill parkway may be nearing an end as Emmitsburg also considers continuing to pursue a park-and-ride site.

Town administrators have previously sought to establish and park-and-ride location in or around Emmitsburg, but ending parking along Silo Hill Parkway was introduced as a topic for discussion at the town commissioners' August 20 meeting at the request of a property owner.

Regarding the park-and-ride concept, Town Manager David Haller told the town Board of Commissioners at August's meeting that the effort to establish a site began "a few years back before things got so tight financially for us and the State of Maryland."

The park-and-ride facility was proposed near Route 15 and a property owner had offered land

for that use. "That kind of got put on the back burner," Haller said, as the recession worsened.

The town manager noted that, "About a month ago, the asked if we were still interested (in pursuing a park-a-ride facility)," and suggested that if there was still interest that the town "get a letter drafted and sent off."

But as the park-and-ride concept seem to be gaining a new lease on life, a formerly created impromptu park-and-ride scheme - created along Silo Hill parkway - was beginning to generate some concern.

Allowing local workers and commuters to park along the side of Silo Hill Parkway traces its origins to about four or five years ago when then-Mayor James E. Hoover was approached by residents of the Silo Hill development concerned about their development roads being used as a sort of

uninvited, make shift park-and-ride facility.


According to Haller, "He (the mayor) worked with staff and commissioners and arranged where you could have long-term parking on Silo Hill Parkway" to stop commuters from using the development roads.

But now that also might need to be nixed.

Haller told the commissioners at their August meeting, "I got a call from a local property owner (subsequently identified as Dale Hess) with concerns about parking that was going on at Silo Hill Parkway" and the impact that was having on the evaluation of his vacant property that fronts on that road.

It seems that those using the roadway for commuter parking were also generating a fair amount of litter as well.

"I started watching it (the adjacent land)," Haller stated. "You



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News, events, history, humor and culture for the Historic Toms Creek Hundred geographical area: Emmitsburg, Zora, Carroll Valley, Fairfield, Greenmont, Harney, Rocky Ridge, Detour, St. Anthony's and Zentz Mill. The Emmitsburg News-Journal is published the first day of every month by Toms Creek Hundred LLC.

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average 25 cars a day that are parked out there, 80 percent are Pennsylvania folks, and there is a mess out there, including coffee cups thrown around."

"I believe there might be a reason to consider doing something with that long term parking out there," he told the commissioners. "I think it is at least worth considering to modify that situation."

Dale Hess told the commissioners, "We developed the land and built the hotel there, and we were promoting this piece of (vacant, adjacent) property."

"We brought up a national company to look at it and the man said, 'What about these cars out here?,' Hess stated. "I said I would go to the town to seek help and he said he wasn't going to waste a lot of

time (waiting for that)."

"There are Tin cans, bottles. We have to send people in there (into the on-site retention pond) and clean that out. It costs us money. We don't think the cars belong (along this road). We put a lot of money in to this property. We've got a lot of money riding there.

We just feel we can't promote the property with this hanging over our heads," Hess said.

The board directed town staff to develop regulations that would cure the problem along Silo Hill Parkway while, at the same time, avert a situation where parkers would fall back on using the roads in the nearby development.

No further formal action was taken on the park-and-ride or Silo Hill Parkway issues.

Two Emmitsburg commissioner seats up for grabs

Two three-year seats on the Emmitsburg Board of Commissioners are to be filled in the upcoming September 25 town election. The vacated seats are those of incumbents Clifford L. Sweeney and Tim O'Donnell.

The two incumbents are the only candidates who have filed to run, resulting in a non-contested, "shoe-in" vote election.

O'Donnell will have completed his first term on the board of commissioners, while Sweeney

has served on that board six terms since the late-1990s.

For Sweeney, this election will represent the first election since the late-1990s that he has run for the seat without opposition.

Sweeney said that he felt the

town was in decent shape with regard to its 2013 budget, and potentially future budgets. "We've cut a lot," he said. "We've really, really worked on the budget this year. We all work well together. We trimmed the budget where it had to be trimmed down. If something breaks, you'll have to find money somewhere."

"Everything seems to be good right now," Sweeney stated. "I don't see any speed bumps coming with the next budget. We were able to not have to raise taxes this year. We did however have to raise service rates a little bit."

"We're trying to get the new sewer plant on line. I was here when the water plant came online,

and the new town office. Hopefully, it will be online before I run again," Sweeney said. "I want to see some of the things I started get finished."

Town records show while that are 1,589 registered voters in Emmitsburg, the average voter participation rate of just 12 percent.

Residents have until September 4 to register to vote. Registration applications can be obtained at the town office located at 300A South Seton Avenue.

Voting will take place September 25 at 22 East Main Street (Community Deputy Office) from 7 a.m. to 8 p.m. For additional information, contact the Emmitsburg Town Office at 301-600-6300.

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Hundreds attend Carroll Valley National Night Out

Hundreds of individuals from Carroll Valley Borough and the surrounding areas converged on Carroll Valley Commons Park August 7 for the borough's 7th Annual National Night Out.

Carroll Valley Borough Police Chief, Richard L. Hileman II, noted, "This is a time set aside throughout the United States for communities to get together and meet their local policemen, firefighters, social service agencies and emergency responders."

The purpose of National Night Out, Hileman said, "is to strengthen the relationship between the citizens and those who have taken an oath to protect them."

Jo Ann Myers, Carroll Valley Borough police administrative assistant

and event coordinator, said "at least 458 people walked around the clicker" which does not include numerous attendees who did not pass the counter.

"Each year," she said, "there is a little more attendance. Each year we try to add a couple of new things."

New attractions this year included the Adams County Society for the Prevention of Cruelty to Animals (SPCA), Spay and Neuter 4-Life Mobile Hospital, a barrel train ride from Thurmont Heritage Days, and a Strawberry Hills Nature Center display.

Numerous emergency responders and public service entities were represented at this year's event. Fairfield Fire & EMS and Fountaindale fire

departments displayed some of their fire and emergency apparatus with Fountaindale providing free fire truck rides.

Also participating were the Fairfield Regional Emergency Management Agency (FREMA), STAT MedEvac helicopter, Carroll Valley Borough, Hamiltonban and Liberty Township police, the Adams County Sheriff's Department, state constables, Mid-Atlantic Dogs rescue service, Thurmont K9 Search, Ski Liberty Ski Patrol, Keeney Fire Service, Safe Kids Adams County, Cub Scout Pack #76, the Girl Scouts in the Heart of PA, and the Harley Owners Group.

Samaritan Lodge #336, Free and Accepted Masons of Pennsyl-



vania of Gettysburg provided parents with child identification kits through the organization's Masonic Child Identification Programs (CHIP) Program.

"This is probably the best event we've had so far," Myers stated. "The weather was wonderful. I'm already working on next year's National Night Out."

Old logging road proves difficult to realign

Altering the path of a section of an old logging road in Hamiltonban Township might not be as easy a task as its proponents might have thought.

The logging road, established decades ago, now goes by the name Five Forks Lane, and serves as a functional byway for a number of township residents. The lane is approximately two miles in length, according to the township.

The lane is privately owned with its route presumably defined by restrictions placed within the context

of the deeds attached to the various properties involved.

According to the township's classification of private roads, Five Forks Lane, located off Iron Springs Road, serves as access for seven homes in the area.

The change was reportedly prompted by the owner of a tract of land through which the lane passes who is seeking to sell the property.

However, a prospective buyer wants to build a home on that land where the lane crosses the tract, which would necessitate relocating

that section of roadway in order to accomplish it.

Realtor Elva Benjamin, representing the land owner, Diane Munck, appeared before the township Board of Supervisors at their August 7 meeting to determine the process that would have to be followed in order to realign the road.

Benjamin posed the simple question, "Can that [private] route be modified within a certain person's boundaries?"

The answer was not so simple. Township Solicitor Matthew

Battersby stated, "We didn't have subdivision plans (regulations) prior to the 1970s," which means the old logging road would not have been regulated as such.

"Mountain roads and logging roads were put in and everyone started using them as common roads," he said.

While there were no regulations governing such lanes prior to 1970s, the board felt that any section realigned would be regulated by current road construction requirements, essentially treating the

relocated portion as "a new road."

The board felt that the proponents of the change meet with the planning commission in order to determine the process, especially since the township engineer would be on-hand at the planning meetings.

Battersby also suggested that the deeds and/or titles to the land should provide information relating to status of the lane and that changing deed restrictions, which might be required, should also be addressed by a title attorney.

As a result, the board of supervisors took no formal action on the issue.

Fairfield Area News Briefs . . .

Board balks at paying contractor

The Hamiltonban Township Board of Supervisors voted at their August 7 meeting to withhold payment to a contractor pending the correction of work performed for the municipality.

The township has been working since fall 2011 to complete Phase I of the development of a new municipal campus that would ultimately contain new town offices, the highway department work and fuel facilities, police department, and, potentially, a township educational center.

Phase I concerns only the highway department facilities, now essentially completed, with an open house scheduled around fall.

However, the township reported at their August meeting that the third of three road salt bays was showing signs of cracking in the interior epoxy applications. The work had been performed by Palmer Construction for \$37,000.

The board voted to withhold payment until the contractor corrects the deficiency.

Also relating to the Phase I work, the board did approve a payment of \$96,481 to PWI, Inc., for work on the new fueling station.

Part of Landis Drive may be abandoned

The Fairfield Borough Planning Commission would not be opposed

to turning a portion of Landis Drive over to private ownership, the board indicated at their August 13 meeting.

The section that may face abandonment represents an 330-foot extension of Landis Drive that was approved in 1949 but was never paved and has not been maintained by the borough.

The transfer would have to be approved by the county office of Planning & Development and the borough Council.

However, at least one map indicates the municipal boundary between Fairfield and Hamiltonban Township runs down the center of the drive, which could complicate the abandonment if that map is accurate.

Township health care costs decrease

Hamiltonban Township will be paying less for health insurance coverage for its administrators and township employees beginning September.

The board of supervisors noted at their August 7 meeting that their health insurance carrier, Capital Blue Cross, reduced the cost of coverage by 16.8 percent.

A policy that currently costs \$683 a month per individual will be reduced to \$568 for the period of September 1 through August 31, 2013.

The reduction was reportedly not the result of recent cutbacks in coverage previously approved by the board, which included ending supervisors health coverage, for those that have it, upon the completion of their terms, and a five-year, phased plan to reduce spousal and dependent coverage of town employees. Incoming supervisors will not be offered health insurance coverage.

Fairfield considering options for stormwater fees

The Fairfield Borough Planning Commission will keep an eye on what

other county municipalities do regarding stormwater management fees associated with the impending, new stormwater regulations.

All of the communities in Adams were directed by the state to adopt new storm water management plans

The borough Planning Commission stated that their August 13 meeting that, apparently, Biglerville Borough has been the first to complete their proposed fee schedules in association with the new regulations.

In the meantime, the state has yet to formally approve Fairfield regulations, which was just forwarded to them in August.

Cold Spring work to progress

The Hamiltonban Township Board of Supervisors voted at their August 7 to accept an engineering report on work proposed on Cold Spring Road culverts.

The "additional scope of work" proposal was submitted by C.S. Davidson, the township engineering firm.

The proposed work will entail replacing a pipe under the road that had been damaged during a prior storm event.

The damage has been causing water to run over Cold Spring Road and into a pond on an adjacent tract of land.

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7:00 pm - Program & Flag Ceremony	9:00 am - 2:00 pm - 4-H & FFA Show in AG Center
8:15 pm - Baked Goods Auction	10:30 am - Pet Show
9:00 pm - Champion Baked Goods	5:00 pm & 6:00 pm - Martial Arts Demonstration in Gymnasium
Sunday, September 9th	3:00 pm - 7:00 pm - TURKEY & HAM DINNER in Cafeteria
9:00 am - 12:00 pm Goat & Dairy Show	7:00 pm - 4-H & FFA SALE in AG Center
1:00 pm - Log Sawing, Barnyard Olympics & Martial Arts Demonstration	6 Goats, 15 Steers, 28 Hogs & 11 Lambs - BUYERS WELCOME!
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NEWS

Taneytown forges a comeback

Major roadway and sidewalk improvements completed towards the end of 2011 in Taneytown help set the stage for a number of repeat events, and several new ones.

Since completion of the revitalization of the highway and sidewalk infrastructure last year, town administrators have set their sights into propelling Taneytown into home base for community-related events to draw people into the town.

The latest borough-generated event was the August 19, town-wide sidewalk sale.

Although not perfect, as Nancy B. McCormick, Taneytown economic

development director, indicated, several areas of the town, such as the developments, apparently did well.

Part of the sidewalk improvements, meeting sometimes-controversial Americans with Disabilities Act (ADA) compliance, apparently hindered sidewalk sales areas in the downtown area due to limitations on sidewalk use.

"Main Street traffic (setting up sales relative to pedestrian access) was a problem," McCormick stated. "With ADA compliance, people just can't do just anything they want to (relating to the use of the sidewalks), but that's okay. We have other areas that could be used."

Residents and businesses were allowed to hold their own yard sales in their yards or along the sidewalks, and no permit was required (Taneytown does not have a yard sale permit in any event).

"We really didn't play it up. We really didn't push that one as much," McCormick said. "This was an idea thrown on the table (among a list of suggested events)."

"This was the first year for this," she said. "We'll take a look next year (at how it played out). Some of the subdivisions I understand did fine."

Coming up next, a Pet Expo in September.

The Tails of Taneytown Parade & Event will be held September 15 from 11 a.m. to 4 p.m. in the Old Creamery Parking lot behind the police station at 120 E. Baltimore Street.

The event will include contests, prizes, pet basket raffles, vendors, and other activities.

Registration for the pet parade, which will occur at noon, begins at 11 a.m. The entry fee for participation in the parade is pet food or a monetary donation for pets in need.

Vendor space is available at \$25 per space. Sponsorships are also available. For additional information, contact McCormick at (410) 751-1100.

"This (the pet event) is some-



thing new too," McCormick stated. "We're just trying to get people in town."

Civil War signage to be dedicated

The Fairfield Borough Civil War Sesquicentennial Committee continues to work to finalize plans to dedicate a marker in the borough commemorating the community's involvement in the American Civil War.

The actual dedication of Fairfield's "Civil War Trails" wayside marker has been scheduled for October 11.

The event will be held at the Fairfield Inn, 15 West Main Street, at 1 p.m., and will coincide with the com-

memoration of Confederate Cavalry General James Ewell Brown "Jeb" Stuart's raid through South Central Pennsylvania and the abduction of Fairfield Postmaster John B. Paxton and others.

Stuart, who received his "baptism of fire" fighting the Cheyenne in 1857, was promoted to captain in the United States Army on April 22, 1861, but soon resigned from the U.S. Army on May 3 to offer his ser-

vices to the newly formed Confederate States of America.

His daring raids against Union forces in 1862 found him on the doorsteps of the community of Fairfield as part of a three-day, 130 mile raid which also took in Chambersburg, and, in its culmination, resulted in the capture of 1,200 much-needed horses, as well as 30 local officials (who would be exchanged for Southern civilians being held by the Union Army).

Fairfield Postmaster John B. Paxton was among those taken.

Confederate forces would once again return to Fairfield in 1863 as events unfolded in and around Gettysburg that would result in one of the bloodiest battles of the war.

Introductory remarks at the dedication in October will be made by Jack Inskip, chairman of the borough Civil War Sesquicentennial Committee and Fairfield Mayor Bob Stanley.

The remarks will be followed by a recounting of "Stuart's Raid" by Adams County author and histo-

rian Tim Smith. Former Adams County Historical Society Executive Director Wayne Motts and Fairfield Borough Councilor Dean Thomas will comment on "The Road to the Wayside" before the unveiling.

Elected officials from the Southwest Adams County Region, the County Commissioners, the Adams County Historical Society, state representatives, and the state governor have been invited to attend, along with all local citizens.

His Place sprint driver steers for championship

A Waynesboro spring race contestant is leading the pack thus far this year as he heads toward capturing the state championship.

Seth Kearchner, who drives an Emmitsburg home based-Sidewinder Sprint, is sponsored by His Place, located at 20 Creamery Road, Emmitsburg, which is owned and operated by Bill Kuhn III.

As part of his sponsorship, Kuhn allows the race car to be stored at his Emmitsburg business, where car owner and driver Kearchner maintains and repairs his Sidewinder.

Frederick City born Kearchner has been racing for about 25 years and presently drives a 2003 Probe Chassis, which cost him around \$10,000 to \$15,000.

The vehicle is powered by a Yamaha R1, 1,000 cc motorcycle engine

which runs on methanol. The vehicle has been "home based" at Kuhn's for the past five years.

Kearchner said that this year he is aiming at taking the Pennsylvania state championship, and is presently in the lead, based on points garnered during the current season. "Right now," he said, "I am the current points leader."

Kearchner participates in about 35 races per year. This year's season ends in September, and the driver with the highest number of points can secure the championship for that year.

A sprint car, which might appear to the uninitiated to be a cross between an overgrown go-kart and a Mars probe, competes in a field of 24 vehicles on an oval dirt course, which ranges between ¼ mile and ½ mile long.

If more than two dozen vehicles show up to participate, elimination rounds are conducted to whittle the field down to 24.

One of the most characteristic features of the vehicles are the winged foils above the drivers' seats. These wings can actually be controlled and adjusted by the driver while in motion, and help the vehicle maintain tight turns without rolling or becoming unstable.

"The wings control the lean and keep [the car] on the track," Kearchner stated. These vehicles can race at 120 miles per hour on some of the tracks, a speed at which wind speed can sometimes add an extra challenge.

Kearchner's most immediate future goal is to move up to more powerful, larger scale



Seth Kearchner and his sponsor Bill Kuhn III.

Sprint vehicles.

For more information on Kearchner's current statistics and racing career, visit his web site

at marriedtomotorsports.com.

For more information on His Place, visit the business' web site at hisplaceautorepair.com.

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One hundred years ago this month

September 6

Bad Week for Horses

Mr. Albert Adelsberg lost another valuable horse Tuesday night. The animal, suffering from acute colic, failed to respond to medical treatment and died, notwithstanding every attention it was given. Two other horses owned by local people also died this week; one belonging to Mr. Joseph Hoke, the other belonging to Mr. Lewis Krug, of near town. All three of these horses have been regular sights on our streets. Sadly we fear that with the growing popularity of the autocar, one day these gentle giants will no longer grace our fair thoroughfares.

New High School Schoolmaster

Professor Plummer, the new principal of the high school, assumed his duties on Tuesday, and met with a very warm reception from all the scholars of the local institution. Mr. Plummer comes to Emmitsburg splendidly recommended. He modestly states that he will do everything in his power to further the interest of the school to which he has been assigned and feels confident that with the cooperation of the parents of the scholars, and the scholars themselves, the season of 1912 to 1913 will be a successful one from every standpoint.

Improvements

The improvements to the home of Dr. and Mrs. Stone are quite extensive. In addition to placing a large window overlooking the beautiful lawn leading to the Lutheran Church the whole first floor has been rearranged giving a more attractive effect to the drawing room and spacious hall.

Mr. George Miller is making great improvements on his large and productive farm near Emmitsburg. His buildings are being remodeled, and the addition to the main dwelling doubles the size of the homestead. Mr. Adolphus Horner is having a new roof put on his large stable. A concrete pavement is being laid in front of Mrs. McGrath's property in Gettysburg Street.

September 13

Bad Week for Autocars

Mr. Martin Stouter, of near Emmitsburg, is lying in the Hagerstown hospital in serious condition as a result of an automobile accident near Pen Mar last Thursday night. The accident occurred while rounding a steep and winding hill. Mr. Stouter lost control, and the car dashed down a 35-foot embankment of rocks. The occupants were thrown out and the machine wrecked. The hill is steep and if not watch sharply a car easily gain speed. The car skidded on the turn as it was going to fast for that sort of road, were loose rocks and stones abundant, and when it hit the fence went down into a shallow ravine. Mr. Stouter has a twisted spine, paralyzing him from the waist down and a bad scalp across the top of his head.

On Tuesday night a large touring car came to a standstill at the upper end of town—not because of the chauffeur, but the engine elected to stop. Several experts, added by light of many lanterns, and the suggestions of about 50 onlookers—no two similarly diagnosing the troubles—worked at the machine for several hours finally sending the big auto and its occupants cheerfully on their way.

The Gyro Scutoplane

After many months of careful experimenting and the expenditure of \$16,547 in real stage money, Drs. Herr Van Mueller and John E. Davidson, have perfected a flying apparatus, call by them the Gyro Scutoplane. It is propelled by an eight cylinder hexagonal engine using monkey feathers for fuel and is capable of attaining a speed of 85.6 miles a minute. A diagram and full particulars of this invention may be seen in the current issue of the Pallbearer's Review. Decorations have been given both the scientist and each has received a medal of the Order of the Plush Ladle, conferred by the Sultan of Slush.

Weeds to be Removed

It is understood that the commissioners, looking to the health of the community, will next week see to it that all weeds are removed from the public alleys.

September 20

Emmitsburg to Get Letter Carrier Service

Emmitsburg is included among the third class post offices mentioned in a list given out by postmaster Gen. Hitchcock not having letter carrier service. The announcement from Washington is to the effect that experiment carrier service will be established in towns of the second and third class, and \$100,000 has been appropriated by Congress to enable postmasters to employ the necessary assistance to deliver the mail in such communities.

It is understood that a petition well immediately be signed by local people and forwarded to Washington as a plea for the establishment of the system in Emmitsburg. Great interest is being manifested in the project and is expected that every effort will be made by Emmitsburgers to have the service tried here.

Hog Cholera

Learning that hog cholera is prevalent in the neighborhood Drs. Riegle and Schuble, veterinary physicians and surgeons of this place, wish too announced to the public that they are prepared to administer on short notice, hog collar serum for the cure and prevention of the disease. Field experience with animals properly treated proves that the serum is a valuable curative as well as a preventative agent.

Emmitsburg Merchants

Suffered Great Robbery
Emmitsburg merchants are interested

in the apprehending of the members of the Western Maryland Railroad crews who for several years past have been looting the freight cars on that road. Shortages in freight packages consigned to local people have been a matter of constant occurrence. Innumerable claims have from time to time been sent to the Western Maryland Railroad by Emmitsburg businessman in consequence.

Detectives of the Western Maryland Railroad had been on the case for some time and a few days ago discovered that Western Maryland Railroad employees were the robbers who had been systematically pilfering shipments from Western Maryland freights. The prisoners are now in jail.

September 27

Union Manufacturing Company to Set Up Local Office

For several weeks passed negotiations had been in progress relative to establishing in Emmitsburg a branch of the Union Manufacturing Company of Frederick. On Wednesday, Mr. Johnson, representing the stockholders of the parent company, completed all the arrangements and in a few weeks the wheels will be turning and quite a number of local people will have steady employment.

The factory formerly operated by Mr. Samuel Rowe, but which has been shut down for months, will be the home of the new enterprise. A lease for two years has been given, and after extensive improvement and alterations have been made to the building the manufacturer of hosiery will begin immediately.

Heavy Rain

During heavy rainfall on Monday and Tuesday, Flat Run bridge was completely surrounded by deep water. A five-passenger autocar from Gettysburg was caught in the middle of the overflow and the engine choked. Mr. McCarron came to the rescue with a pair of heavy horses and hauled the car to his garage.

The creeks were so high after the heavy rainfall that mail for the college and points on the Pike could not be delivered Tuesday evening. Several persons coming to town during the day on

BIG CASH PRIZES
FOR MAKING SOAP

This is a great opportunity for every housewife to test her skill as a soap maker and at the same time win a valuable cash prize. Every woman can enter this contest—it doesn't cost one cent to try—the conditions are as simple as A B C.

We want to prove to every housewife who reads this paper, that with the aid of Banner Lye she can make all the soap she needs for her family use—make better soap than the can buy anywhere—make it cheaper, with very little labor and in a very short time.

To the woman who will in the best samples of homemade soap in which Banner Lye has been used we will award the following cash prizes this month:

1st Prize \$15.00	2nd Prize \$10.00
3rd Prize \$ 5.00	50 Prizes of \$ 1.00 each

So that every woman who enters this contest has fifty-three chances to win a cash prize, ranging from \$1.00 to \$15.00. Full directions for making soap are printed on every wrapper of Banner Lye—every contestant has an equal chance of winning a prize. After you have made your soap, cut off a small piece, wrap it in the Banner Lye wrapper, then in a piece of plain paper, on which write your full name and address and send to The Penn Chemical Works, Philadelphia, Pa. All packages must be received by us not later than the last day of this month. Every contestant will be refunded 10c—the price of a can of Banner Lye—whether they win a prize or not. Enter this great soap-making contest now—what can you stand—you get a can of 3-1/2 lbs. soap and to win a cash prize.

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Tuesday had to remain in Emmitsburg overnight, and those who ventured into the country in the early part of the day were forced to remain until Wednesday morning.

A son of William Moser who lives near Tom's Creek was driving during a storm on Tuesday night. After crossing the bridge at Wilson's Ford, Mr. Moser alighted to examine the depth of the stream and judging it to be passable continued on his way. Just below the bridge wall the torrent carried him and the team forcibly against a large tree. Cutting the traces and the backing straps Mr. Moser, leaving the buggy in the stream, mounted the horses and rode towards home. At Tom's Creek the fording was impassable and he remained at Mr. Keilholz's overnight.

The downpour on Monday and Tuesday night also flooded many cellars in the neighborhood.

Dr. Glass to Expand Money Supply

Dr. John Glass of the University of Harney has informed the President that he is not in favor of the recent decision of the Federal Reserve to issue smaller bank notes. Dr. Glass is working on an invention whereby, with the use of rubber and yeast, our present currency can be made to greatly expand. "Expandable bills," said Dr. Glass "will allow local resi-

dents to stretch their dollars further, allowing more to be bought with each bill." No response has yet been received from the White House on this innovate solution to solving our nation's money supply.

Winter train schedule

Beginning Sunday, September 29, trains will leave Emmitsburg at 8:40 and 10 AM and at 2:30 and 4:55 PM. Trains will arrive in Emmitsburg at 9:40 and 11 AM and at 3:32 and 7:15 PM. There will be two trains to Baltimore daily at 8:57 AM and 5 PM.

Improvements

Mr. Meade Fuss is building quite an extensive henry on his place near town. The building is finished in shingle effect like a small cottage and is quite picturesque. The Lutheran parsonage has been repainted, adding much to the appearance of the church's property. Mr. Shoemaker has improved his property on Main Street by erecting two pairs of concrete steps. Mr. Stoutor has had a concrete pavement and gutter laid in front of his property on East Main St.. Mr. Harry Hopp has had a modern heating plant installed in his home on West Main St.

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

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Map showing location: Main Street, Rt. 140, Lincoln, Rt. 45, Emmitsburg, MD. 22 miles north of Frederick, MD.

GOVERNMENT—SOUTH OF THE MASON-DIXON LINE

From the Desk of Town Council President Chris Staiger

Election Day in Emmitsburg is Tuesday, September 25. I want to say that although the opportunity to register as a candidate will have passed by the time this article is published, it's important that you come out to vote if only to show your involvement. The two current commissioners (Cliff Sweeney and Tim O'Donnell) are running unopposed—as I did last year—so the reality is that we will probably have a small turnout.

We had a new Mayor elected last year, which has led to some changes in priorities including a seemingly single minded focus on promoting economic development. This year's budget submitted by the new administration proposed a tax increase that was rejected by the commissioners who were able to identify mistakes and additional cuts that allowed us to maintain the existing rate—contributing to an average twenty percent drop in taxpayer's annual bill

due to a decrease in state property assessments. These elections do make a difference whether you are talking about a "vision" for the town or how much the town is sticking its hand in your purse or wallet!

In a small town we really have an opportunity to affect change if we just get involved. Emmitsburg has six elected officials (a mayor and five commissioners) who largely determine the direction of town policies if they exercise their powers of oversight. If they do not, as has sometimes been the case, decision making falls to the professional town staff who administer policies on a day to day basis.

If you're like me, you're probably frustrated by the dysfunction at the federal level. In town, if we have six people willing to work by consensus - discussing topics and taking action in a public forum - we can make things happen. Back room negotia-

tion is a poor substitute. If an idea is a good idea, there's no reason not to discuss it at a town meeting. As I've said before, all of your elected officials are residents of town just like you - not lords presiding over the manor. We are subject to the same fee structures or policy changes just as you are. My hope is that the six elected officials allow for a broad enough representation that everyone's interests are considered.

Now the grim reality is that the pace of change can be glacial! To affect change, you are fighting the inertia of many years' previous decisions. I would like to see us, as a community, develop statements of who we are and where we would like to go.

We need to complete a housing study so that we have a factual basis for making decisions on what new types of housing may be required and how much. We should

be able to assess our needs ourselves - not simply trust property owners and developers with a financial interest in the decision to tell us what we need. We should also complete a transportation study so that we have a clear statement of goals and objectives related to improvements in town - where do we want new roads, sidewalks, or walking paths? If someone does propose a project, does it fit with our plans for the community as a whole or do they need to make changes?

We should change our development ordinances so that a new community is not just a collection of 100 houses on 1/2 acre lots - or so that apartment buildings or businesses are not just generic three story generic structures slapped together from the cheapest materials. Both of these models detract from the historic community we all share.

The time to begin making these changes is now - if not two years ago - when the pressure to "develop" has taken a breather due to economic conditions. Efforts to promote 'economic development' are also important - although I might argue that Emmitsburg doesn't really need more strip malls. I also appreciate the primarily residential nature of our main street - do we really want to be Taneytown??? Meanwhile, the programs we have recently joined in an effort to dress up the town square or provide limited subsidies for residential and commercial property improvements in the historic area are worthwhile efforts that will hopefully yield benefits - if administered effectively.

As always, I encourage your participation and input into these projects. Please consider contacting any of your elected officials with questions or comments.

From the Desk of County Commissioner Kirby Delauter

Recently you may have heard about a new project being developed in Frederick County called the Jefferson Tech Park. This project will bring 7000 jobs to this county over the course of its development, probably around a 20 year build out. This is 7000 permanent jobs not to mention the residual jobs such as construction and retail that will tag along as well.

The developer has been patiently waiting for over seven years to move this project forward. The previous Commissioners used infrastructure as a

means of denial for the project. There is a bridge that the developer must build to access the property. The bridge will go across route 340, a State highway. The State has no issue with the bridge being built, but they did not want to maintain the bridge. The County at that time also did not want to maintain the bridge. So, with no bridge agreement the project sat in limbo while the developer filed a major lawsuit against the County.

Enter this Board of County Commissioners elected in 2010. If my mem-

ory is correct, this Board has settled around 15 lawsuits that were in place prior to our arrival. Settled all without going to court or spending much needed taxpayer dollars. This Board also settled this suit without going to court.

We did so by treating people fairly and equitably. That is all this developer ever wanted. We started by contacting the State Highway Department and asking them their opinion on the bridge maintenance. The State, after months of negotiations offered that they would like the County to take over some State roads that would be better suited for County maintenance since they are now secondary roads that were

once primary State roads. A lot of these roads to say the least, were in dire need of repairs. We had our Engineering staff do an analysis and we made the State an offer. We would take certain roads (the best of the bunch) and we would not request that they take the maintenance of the new bridge to the Jefferson Tech Park. The County would take this maintenance.

The reasoning for this is simple; the roads we took from the State were in pretty good shape not needing much if any repair at this time. The new bridge will not need any maintenance for at least 20 years. We were asked how the County could afford to maintain this

bridge. It's really quite simple, with the new property taxes and income taxes generated from the 7000 new jobs and the commercial and residential development there will be more than enough tax money flowing into the Treasury of Frederick County.

If future Boards use some fiscal sense and don't go on a hiring spree as they did from 2000 - 2010 when the County Government grew by 80% while during the same time the County population grew by 20% there will be plenty of money to maintain this infrastructure. That however is the tricky part, when times are good, Aunts, Uncles, brothers, sisters, in laws, all seem to find their way to the County payroll. This agreement set the tone for this project to get out of the courts and into the building mode where hopefully some private sector tax paying jobs will be created.

Since we're in the building mode let me explain how this project will get built. There is a mechanism called a TIF or Tax Increment Funding. This, with County approval allows the developer to sell bonds on the open market to fund their project. This entire project, including the bridge will be funded this way. There will be no taxpayer funds involved and the taxpayer is in no way, shape or form on the hook or liable for any payback of these bonds. These bonds do not go against the County's bond ratings either. The only thing this Board did was "Enable" this developer to move forward and create jobs. That in my opinion is what government should do; it should "Enable" the private sector to succeed, not stand in the way using politics to advance their hidden agendas. The old mantra of "If developers win, you lose" doesn't seem to be playing very well these days. If government simply

"enables" the private sector to create jobs, the recipe is very simple. When risk outweighs reward stagnation occurs. The government simply has to get out of the way, let the private sector thrive and the economics of supply and demand will take care of the rest. Good luck to the Jefferson Tech Park.

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The Mayor and Board of Commissioners are seeking persons to serve as election judges for the September 25, 2012 election. In accordance with the Emmitsburg Town Code, judges must be registered voters and not hold or be a candidate for any other Emmitsburg public office.

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Or email: townclerk@emmitsburgmd.gov

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GOVERNMENT—SOUTH OF THE MASON-DIXON LINE

From the Desk of County Commissioner Blaine Young

I recently attended (at no cost to the taxpayer) the annual three day conference of the Maryland Association of Counties in Ocean City. I find attending the MACO meetings to be a worthwhile investment in the time, because I get to discuss common areas of interest and concern with county leaders from throughout the state. However, because I strongly believe that the taxpayer should not foot the bill for county commissioners to attend meetings outside of the county, so I pay my own way.

I always learn a good bit at a MACO meeting. This meeting was no different. And, coming on the heels of two special sessions where the legislature in Annapolis passed new taxes and passed another ballot measure to go to the voters, this one on gambling, I learned a good deal about where many county officials think this state is headed.

One thing I learned is that our governor is not likely to be content with the tax increases he has rammed through in his first six years in office. As you know, in

2012 he spearheaded increases to the income tax, the flush tax, and an enormous unfunded mandate on the counties, which I call the "rain tax." This is a requirement that 10 counties, Frederick County being one of them, make dramatic changes and retrofit an enormous amount of storm water infrastructure. The estimated cost to Frederick County is over 1.5 billion dollars. (To see the staff report visit www.frederickcountymd.gov)

But that is not enough to satisfy Governor O'Malley.

And although Governor O'Malley was nowhere to be seen at the MACO conference, where he usually makes an appearance and gives a speech, his legions were there promoting his increasingly liberal agenda. It is clear that the Governor has put Maryland in the rearview mirror. The latest news is that he has a speaking role at the Democratic Convention later this month, and it is all part of his strategy to take Maryland further to the left, tax us to death, all to burnish his liberal Democrat credentials when it comes time to

compete in the 2016 Democrat primary for president. We here in Maryland are now nothing more than a giant petri dish, in which he can continue to conduct his tax and spend experiment on the long suffering taxpayers of this state, so he can demonstrate to the core liberal base of the Democrat party four years from now that he is sufficiently liberal to carry their banner into the White House. I only hope we can survive him.

Of course, it wouldn't be MACO without the governor's lieutenants floating yet another massive proposed tax increase to be considered at next year's General Assembly. This one involves taxing us on the miles we drive our car. That's right, every year we will be required to have our vehicle's odometers inspected, and we would get a tax bill, if O'Malley has his way, based on the number of miles we have driven the previous year.

Apparently the governor is in a snit because he didn't get his gas tax increase. So rather than tax our fuel, in addition to taxing our income and everything else that

we have, he now wants to tax our travel time. One can only wonder if each one of us gave the State of Maryland every dollar we earned, if that would be enough to satisfy Martin O'Malley.

Another thing I learned at MACO is that there is a divergence of opinion on what the voters will do this November with all of the ballot measures which will be before them for an up or down vote. As you may recall, the so-called "Dream Act" which provides state tuition benefits to illegal aliens, will be on the ballot for approval. We also will see ballot measures concerning same sex marriage and the Democrat's redistricting map. We can now add to that a gambling bill, which adds a sixth casino site in Maryland and lowers the taxes that the casinos will pay to the state.

Less than three months before the election it is really hard to gauge public opinion on these measures, and I think one of the most interesting things to come out of our election here in Maryland will be the fate of these ballot measures. It will also be inter-

esting to see what groups mobilize to support or oppose any of these measures, and how much money groups are willing to spend to promote their views on the various questions.

There is a lot to be decided this November, and there is also a lot to be decided by the legislature next winter.

If anyone still thinks that is true, and if anyone still thinks that Gov. Martin O'Malley is watching out for the best interests of Maryland, you should probably look to change your thinking.

According to an article in The Washington Times on July 3, "...almost 40,000 Marylanders crossed the Potomac River for new homes in Virginia, taking 2.17 billion dollars with them..."

This all occurred, according to the article, between the years of 2007 and 2010, all of which were under the stewardship of Governor O'Malley. These lost jobs occurred on the heels of the biggest increase in government spending in the history of the United States.

Keep your eyes open and your hands on your wallets.

From the Desk of Emmitsburg Mayor Don Briggs

With school athletic teams wrapping up preseason practices, school classes starting, fall is here. With the change of season what better time to give some of our residents some good news. Northgate, your patience is rewarded. After four months of working with a wonderful property owner, a right of way easement was signed to allow completion of the missing North Seton Avenue sidewalk segment. Construction and completion is scheduled for this fall.

This connection is a significant part of a town priority during the last year to improve pedestrian and vehicular connectivity. No pie in the sky stuff, but rather a careful assessment of how the town is already connected with the number one priority being improving safety. In addition to completing the sidewalk other areas of the town addressed:

- Adjusted the Square traffic light to accommodate safer pedestrian crossings;
- Opened up Brookfield Drive onto Irishtown Road for exiting traffic;
- Scaled back parallel parking at St. Josephs Lane and DePaul Street to enhance merging vehicular sight distance;
- and, scaled back parallel parking on both sides of Silo Hill Road near the strip center entrance and in front the Exxon station to enhance sight distance in the busy commercial area.

These seem like small improvements except to those who are affected. Three other areas are now being studied.

Outages: Recently, again, the community experienced a black-

out. This time, however, not once but twice and before 9 am on a weekend. It was more than slightly disconcerting. The cause was an animal attempting to cross a power line. Have to say this, the power company's notification of cause and attention was prompt ergo the outages were short. Here's what we all have to accept, Maryland "imports" electricity from neighboring states. Maryland's demand for electricity is increasing at about 5% a year. In 2009 a modest predication was made that the state should expect brown-outs and black-outs by 2012. This scenario (especially now that the outages are here) has drawn

a lot of attention. To that end the state this year mandated that the renewable energy resources of solar, wind or water have replace traditional reliance on the electrical grid. Solar has to be at 2% of electricity need by 2020. Two percent seems small, but it actually is a large "dent".


Emmitsburg Awakening, the weeklong nightly nondenominational event in the park brought many people together and was a tremendous success. People came not only from the town and surrounding area, but also North Carolina, Virginia and Maine. I am reminded of an article in the Sunday New

York Times I read while waiting in an airport three weeks ago. The author Roger Rosenblatt quoted from W.H. Auden's tribute to W. B. Yeats, "Teach the free man how to praise". Instead of using the wonderful resource of freedom to complain or revolt man might use it also, "To acknowledge that the world is worth thinking well of". Amen.

The EBPA "Change for Food" effort for the Food Bank crested the \$21,000 mark. Whoa, Congratulations.

Last week over sixty representatives from Carroll, Frederick and Washington counties attended a meeting at the Daughters of Char-

ity in preparation for the 150th anniversary of the Advance to Gettysburg (2013). At that meeting Emmitsburg received many kudos for its economic development plan centered around our ramp-up on the Community Day this year with re-enactors and the antique fire equipment muster for next year, successfully receiving for the Square a Heart of Civil War Heritage Area grant (the only municipality in the state to receive one) and Sustainable Community recognition with its grant and loan opportunities. Good solid objective recognition. The town is on the move and we will stick to our plan.



**Frederick County Government
Boards and Commissions
Volunteer Opportunities**

The Frederick Board of County Commissioners invites all interested persons to **volunteer** their time to serve on several boards and commissions that include the Citizens Nursing Home Board; Human Relations Commissions; Parks and Recreation Commission (Brunswick, New Market, Thurmont and Walkersville Planning Regions); Sustainability Commission, and many others. To view a complete list of the vacancies, please visit Frederick County Government's website at: www.frederickcountymd.gov/boards.

Persons having a desire to serve must be residents and registered voters in Frederick County. If interested, send a letter indicating specific board/commission of interest and a current resume by regular mail or e-mail (**no facimiles**) to: Ms. Joyce Grossnickle, Frederick County Government, Winchester Hall, 12 Church Street, Frederick, MD 21701. Please include current contact information, i.e. home, work, and cell numbers, home mailing address and e-mail address.

For information contact Ms. Grossnickle at 301-600-1102, or via e-mail at fcgboards@frederickcountymd.gov.

All required documentation must be received no later than **Friday, September 7, 2012.**

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GOVERNMENT—NORTH OF THE MASON-DIXON LINE

From the Desk of County Commissioner Marty Qually

On August 15th the Adams County Commissioners voted to advertise an ordinance that will increase the lodging tax in Adams County from the current rate of 3 percent, implemented in 2001, to 5 percent. The county commissioners' decision follows approval of House Bill 1588 by both chambers of the Pennsylvania legislature and Governor Tom Corbett. In order to implement the tax increase at the county level an ordinance is required. The Commissioners action puts the county on track to vote on the ordinance at its September 5th meeting. If the ordinance is approved on September 5th, then collection of the increased overnight lodging tax in Adams County may begin on Oct. 1, 2012.

The "Pillow Tax" is levied upon visitors to Adams County, not local residents. Every person who rents a

motel room, hotel room, bed and breakfast, or cabin will see their pillow tax change from 3% to 5%. If the ordinance is approved, the lodging tax will be divided among the county, municipalities that have both accommodations and a police department, and the Gettysburg Convention & Visitors Bureau. In 2011, visitors spent \$43,556,132 on lodging in Adams County. This accounted for \$1,306,684 in pillow tax that should have been collected. If next year is exactly the same, then the Pillow Tax will be \$2,177,805 but next year in Adams County will not be a normal year for tourism. Hotel rooms are already filling up at a staggering rate for 150th Anniversary of the Battle of Gettysburg.

For arguments sake let's assume the tax generated for next year is \$2,177,805. The formula that will be used to divide up the funds will

pay the following: The County receives \$95,000 to pay for the administration of the funds. CVB then collects 75% of the remaining tax of \$1,562,100 to pay for promoting and advertising tourism in Adams County. The County receives 12.5%, \$260,350, to spend on Economic Development and Histor-

In 2011, visitors spent \$43,556,132 on lodging in Adams County.

ic Preservation and lastly qualifying police forces will divide up the remaining 12.5%, \$260,350.

How does a municipalities' police force qualify for proceeds from

the Pillow Tax? If a municipality has a police force with more than 2 full time officers, or are involved in a regional police force, and they have lodging rooms collecting the pillow tax, then they are eligible to receive a portion of the tax. For example: Carroll Valley and Fairfield would both receive Pillow Tax funds because the Carroll Valley Police Department serves both communities and there are hotels collecting the Pillow Tax in both locations. Liberty Township would not be eligible even though they have a police force they have no hotels. Hamiltonban is not eligible; although they have hotels and a police force they fall short of the law's requirements with only one full time officer. Based upon a list provided by the County Treasurer at the end of 2011, the following municipalities would receive some of

the Pillow Tax Funds: Carroll Valley, Fairfield, Cumberland Township, Gettysburg, East Berlin, Berwick Township, New Oxford and Reading Township. Based upon current lodging room data collected by Adams County for 2012 these municipalities would receive approximately the following: Berwick Township \$13,600, Carroll Valley \$21,000, Cumberland Township \$77,500, East Berlin \$1,900, Fairfield \$1,300, Gettysburg \$140,000, New Oxford \$1,700, and Reading Township \$1,000.

While for many of these municipalities this increased revenue is not a windfall, Adams County believes that every bit helps out our police forces in these tough economic times. For the larger municipalities that provide significant police services due to the influx of tourists to our County, namely Gettysburg, Cumberland Township, and Carroll Valley, this new revenue stream will be significant. In the end it is the tax payer that benefits, since this increased tax is levied on our visitors and not our residents. Let's hope that with the increase in visitation for next year's 150th Anniversary events, we see significant relief for our tax payers.

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GOVERNMENT—NORTH OF THE MASON-DIXON LINE

From the Desk of Carroll Valley Mayor Ron Harris

On August 7th the 2012 National Night Out event was held at Carroll Valley Commons. The purpose was to strengthen the relationship between the citizens and first responders. Over 485 adults and children were in attendance. The Good Samaritan Lodge #336, Free and Accepted Masons of Pennsylvania of Gettysburg fingerprinted and videoed approximately 63 children as part of the Child Identification Program. Special thanks goes to our Carroll Valley Borough Police Secretary, Jo Ann Myers, and our Police Chief Richard L. Hileman II. I would like to thank the following who met with our residents: the helicopter crew of STAT Med Evac, Adams County Constables Association, Adams County Sport Handgunners Association, Cub Scout Pack #76 who held the Bike Rodeo, Mid-Atlantic Dogs/Thurmont K-9 Search & Rescue Team, the Battlefield Harley Owners Group, Keeney Fire Extinguisher Company, Strawberry Hill Nature Center, PA Counseling Service Collaborating for Youth, Tobacco Prevention Task Force, Children's Advocacy Center, Safe Kids, RABBITT Transit Authority, Adams County Sheriff James Muller, SPCA Mobile Neuter/Spray Hospital. Also, special thanks go to our first responders: Fairfield Fire & EMS, Fountaindale Fire Department, and the police departments of Carroll Valley Borough, Cumberland Township, Hamiltonban Township, and Liberty Township.

Where are we on the calendar? September 1st means that we are 60 days from Halloween, 66 days to the presidential election, 81 days from Thanksgiving, 115 days from Christmas, and 121 days until 2013. Do you realize that when you are young you want to be older and time goes by so slowly? However, when you do get older the time seems to go so much faster than when you were young. The month of September brings with it a time to honor the American worker on September 3rd. Labor Day was first cel-

ebrated in 1882 by the Central Labor Union in New York City. September 6th has been set aside to celebrate Fight Procrastination. The theme of the day is best expressed by Mark Twain, "Never put off until tomorrow, what you can do today." Make a decision.

On a more somber note, September 11th is a time to reflect on the lives lost during a terrorist attack on our homeland during the morning of September 11, 2001. Nineteen militants hijacked four planes. Two planes hit the north and south towers of the World Trade Center in New York (2,606 victims). One plane hit the Pentagon in Washington D.C. (125 victims). And, the fourth plane crashed in Shanksville, Pennsylvania (40 victims) because of the heroic efforts of the passengers. It was thought that the fourth plane's target was the Capitol Building in Washington D.C. I encourage you to take a moment on September 11th to reflect on this horrible event and say a prayer for the victims who died and their families, especially the children.

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

The Adams County Conservation District's West Nile Virus (WNV) Program is conducting mosquito con-

trol operations in a number of Adams County municipalities. WNV is a virus that is transmitted by infected mosquitoes. These mosquitoes spread the virus from birds to humans and other animals. Based on the Pennsylvania Department of Health (DOH) only one in 150 people infected with WNV will develop severe illness. Symptoms include disorientation, headache, high fever, numbness, and paralysis. Symptoms may last for several weeks and the neurological effects may be permanent. Approximately 80% who are infected will not show any symptoms.

If you do experience symptoms, see your physician. What can be done? There is no WNV vaccine. The Pennsylvania DOH recommends that children and adults wear mosquito repellent (that contains DEET, picaridin or oil of lemon eucalyptus) during the mosquito season (April thru October) and especially during dusk and dawn when the mosquito are actively feeding. You also may want to give some thought to performing some home yard protective steps such as: (1) remove any standing water around the house; (2) turn over plastic wading pools and wheelbarrows when not in use; (3) clean clogged roof gutters that may allow the pooling of rain water; (4) Do not allow water to stagnate in either bird baths or ornamental ponds; (5) Use landscaping to eliminate standing water that routinely collects on your property; and (6) maintain good screens on your windows and doors to keep those mosquitoes out of the house.

If you want any further information, you should browse the following website: www.westnile.state.pa.us/index.html and/or call the Adams County Conservation District's West Nile Virus Program Coordinator, Matthew Stough at (717) 334-0636 or email at mstough@adamscounty.us.

The Borough has initiated the 2013 budget process. The Borough Manager provides the first draft to



The Mid-Atlantic Dogs/Thurmont K-9 Search & Rescue Teams were a big hit at the Carroll Valley Annual Night Out

the Finance Committee on October 5th. This draft budget will be reviewed in detail at the Finance Committee meeting on October 8th. A detailed review by the Borough Council is scheduled for October 23rd and again on October 29th, if needed. The reason I bring these meetings to your attention is that these are the times in which you can participate and voice your opinion on how you believe your tax dollars should be spent. Also be aware that when reviewing the Borough's budget, we are only addressing a small portion of the total taxes we pay. You need to also consider voicing your opinion to the Fairfield Area School District and Adams County on how they should spend your tax dollars. Check their websites to find out when their 2013 draft budgets will be available for review. Please participate in your school, local and county government affairs especially during the budget process.

Borough meetings to be held in September are: Planning Commission (Sept 4th), Public Safety Committee (Sept 10th), Council Borough (Sept 11th), and Parks/Recreation (Sept 26th). Remember Carroll Valley's Farmer's Market is on Thursdays in the Borough Office parking lot from 2:00 to 7:00 pm. Please reduce your driving speed when you are in the Valley. If you have any questions call me at (301) 606-2021 or email me at mayor@carrollvalley.org.

Bowling League
The Carroll Valley Bowling League is looking for new teams to join their league. You do not have to live in Carroll Valley to join. This is a non-sanctioned league. Just a fun night out every other Saturday! If you are interested, please contact Tom Foley at 717-749-7558

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COMMENTARY

Words From Winterbilt

The difference is timing - or is it differentiation?

Shannon Bohrer

We have two major political parties that are constantly vying for votes in order to be elected and run the government. These two parties have political platforms that explain their beliefs and, in theory, their platforms are supposed to be the model for how they would govern when in office. An argument could be made that both parties do not always follow their platform or do what they say they will do. I know this is shocking to many people, but there are times when politicians will say and do things that are inconsistent with their beliefs, providing the inconsistency offers them a benefit. Maybe the consistency is found when they say and do things that will benefit them, or the money that gets them elected.

It is also very common for both parties to tell you why you should dislike the other party. After all, if you dislike the other party you probably won't vote for them. The reality is that both parties are often equally liked and disliked (well, sometimes more disliked than liked). The way each party explains to you how the other party is bad is often by differ-

entiation. They explain why they are different and why the difference favors them. Differentiation is not always bad, nor is it unique to politics. Differentiation allows individuals to make judgments, and we are all judgmental, at least to some degree.

Being judgmental is really part of human nature and some people are just more judgmental than others. We make judgments everyday as to what to wear and what to eat according to our individual preferences. Our judgmental nature extends to our families, neighbors, coworkers and even politics. To some degree it is even natural for individuals to find fault with other individuals, especially ones that are not to their liking. Conversely, it is also seems natural for individuals to overlook faults and to make excuses for individuals they like. Being judgmental is part of the foundation for political posturing, to distinguish or differentiate the actions and beliefs of one's opponent with one's self. Each party tells us why they are better than the other party - but sometimes they may not really be that different.

Recently, the Supreme Court upheld the Affordable Care Act, which many refer to as the Obama Health

Care Law. If someone listens to one party, the health care law is the worst thing in the world and will turn us into a socialist society. The other party denies this and says the law is good for the country and will eventually lower health care cost. Each party differentiates itself from the other, even with the same law. The question is how can two parties have such a different view on the same law? Sometimes, the answer is timing.

Universal health care was President Truman's idea initially. It later became an issue under President Johnson, around the time when Medicare was enacted. According to many historians if President Nixon had not resigned, or been impeached, his administration probably would have passed a universal health care law. In the early 1990's, when President Clinton was in office, his administration was looking to pass universal health care. In response, the Republicans put forth The "Health Equity and Access Reform Act of 1993," which had an individual mandate. The heart of the Act was an idea from the Heritage Foundation (a very conservative organization), who called it the "Assuring Affordable Health Care for All" Act, which included an in-

dividual mandate. Former speaker Newt Gingrich, along with many other Republicans, endorsed and supported the proposal with an individual mandate. More than twenty years ago, the individual mandate for the purchasing of health care insurance was a conservative idea, but supposedly today it will make us socialists? Of course, as you examine history, Social Security was going to make us communist and socialist. It was a very famous politician that later became president who predicted the country would be socialist if we passed Medicare. His television commercials showed tanks in a parade in Russia, as if that is what the United States would look like if Medicare passed. It did... and we didn't.

On another issue, in recent past, congress was going to hold the Attorney General in contempt of congress for not turning over internal documents. However, President Bush claimed executive privilege so that Attorney General Alberto Gonzales and other white house officials did not have to testify. The democrats cried foul, that is, until the congress wanted to hold Attorney General Eric Holder in contempt. Apparently,

timing is really important if you want to emphasize your differences.

We sometimes judge others in negative ways, because their actions, habits, words or beliefs are different than our own views. We don't like them because they are different. It's quite sad when you think about it. In politics, that is the whole point: the other side is different and because they are different they are bad. But what is strange is when we differentiate and the difference does not exist, at least not to the extent they pretend. Well it does if you count who is doing it, if that makes sense. Oh, also if the timing is right.

Sometimes we don't see with our eyes and we don't hear with our ears, instead we see and hear what we believe. It is therefore our own beliefs that we sometimes see and hear. As humans and individuals we do have differences and most of them are not bad, many times they are just different.

"Facts are stubborn things; and whatever may be our wishes, our inclination, or the dictates of our passions, they cannot alter the state of facts and evidence."
—John Adams (1735-1826)

This article in neither an endorsement nor a repudiation of the health care law.

To read past editions of *Words From Winterbilt* visit the Authors section of *Emmitsburg.net*.

View From the Track

What happened to us?

Kip Hamilton

"Every Citizen Should Develop an Individual Emergency Plan to Prepare for the Absence of Government Assistance for Extended Periods."
—Congressman Roscoe Bartlett

Last month we discussed how the characteristic of self-reliance has been slowly disappearing over the years. Less than 150 years ago, it was not uncommon for a family to load up all their worldly possessions into the back of a wooden wagon and head west in search of their dream. If they didn't take it; they didn't have it. They had to find their own food, water and shelter and protect themselves until they got to where they were headed and established a homestead. It's hard for a 21st century person to even get their head around what it must have taken for those 19th century people to even consider doing what they did.

What would we do today?... just run over to Wal-Mart and pick up whatever we need, right?

"Whatever level you're concentrating on, being as self-sufficient as you can, as quickly as you can, is going to be the right thing to do," - Congressman Bartlett

Anyone heard of the phrase, "Just-in-Time?" Unlike how the

old general stores used to operate; with a bunch of items on their shelves and cases and cases of more product back in the store room, most modern stores have adopted the "Just-in-Time" method of replenishing their shelves. Wal-Mart, Home Depot, Kohls, Target, Giant Foods...none of these box stores has a "back." The merchandise comes off the truck and goes onto the shelves. With the help of computers, they can predict when they will sell out of an item and reorder it to arrive just in time for when they anticipate they will run out. It is an extremely delicate dance that works gracefully and efficiently until

Any number of things, actually. The most anticipated catastrophe is a disruption in the power grid. The system that transmits our electricity as an amazing grid of redundant power line pathways that enables and balances the constant flow of electricity into our homes and businesses. It is a computer-controlled marvel that we have grown to depend on. You flip your switch and the light comes on.

Who has heard of an EMP? An ElectroMagnetic Pulse is like a surge of Radio Frequency energy that can move undetected through our atmosphere; unde-

tected, except for the electronic destruction left in its wake. An EMP can literally fry any unprotected computer in its path.

Power & Water distribution centers, banks, ATMs, hospitals, most modern vehicles, cell phones and their supporting networks, grocery stores, gas stations, the 911 system all have what in common? They are all computer-controlled. What happens to our fragile society if all the things in this list (and much, much, more) all stop at once? Can you even imagine the resulting chaos?

Our "normalcy bias" might lead us to think that this could never happen because it never has, but a 2010 report by the Center for Security Policy estimated that 9 out of 10 Americans would die within one year should a catastrophic emergency take down the national power grid and restrict access to key just-in-time delivery systems like food, gas and utilities. Why? Because we simply have grown complacent are not prepared to take care of our own basic needs in the event of an emergency.

And it doesn't have to be a power loss event. Some people are saying that an attack by Israel on Iran's nuclear program is imminent. Iran has promised to shut down the export of oil from the Middle East in return. What effect will that have on us? Our

gas prices? What happens if there is little or no diesel fuel for the delivery trucks? Because of the Just-in-Time shipping, if the deliveries stop, most stores will run out of the basics in 1-3 days; some in hours.

China, Russia, Japan, Iran and many other countries are openly working on replacing the US Dollar (USD) as the global reserve currency (and because of the nonsense our government and the Federal Reserve (a privately owned bank) have been pulling over the past few years, who could really blame them?) If the USD lost its reserve status, our economy could literally crash overnight.

We all know that the Federal Government is bankrupt. What we are now beginning to see are the state and local governments running out of money. I saw an astonishing figure a couple of weeks ago... we now have 165,000,000 people receiving "entitlements" from the government. When the time comes that there is no more money left in the state treasuries for these assistance programs, what do you think is going to happen when the monthly checks that tens of millions have come to depend on, stop?

The federal government knows what will happen. Did you know they have been quietly preparing for this outcome? There are hundreds of large-scale camps that FEMA has built all over the country. They have placed orders for over 400 million emergency

rations. What are the new bulletproof guard shack for? And what does Homeland Security need with 450 Million rounds of .40cal hollow point bullets?

They are obviously preparing for something. It's only prudent that we should be as well.

Before I go, I would like to mention two more things. Monday, September 17th is National Constitution Day. Although it was handwritten on a single page, today it only takes up four pages. I urge you; I implore you to take 10 minutes and read it to your family on the 17th. Goodness knows our kids aren't learning about it in school. Please read it to them before it is too late. Check out www.Constitution-Day.com to learn more about this cornerstone document and why it is so important to us.

Finally, I would like to acknowledge the passing of Robert (Bob) Cullison who was a member of Fairfield Fire & EMS (Co.2) and a Life Member and Fire Police Lieutenant at Cashtown Community Fire Dept (Co.4). Bob spent his entire life serving his neighbors and passed from complications following a massive stroke he suffered while on his way home from an Adams Co. Fire Police meeting on July 9. He was truly a pillar of the Franklin Township and Cashtown communities and he will be sorely missed.

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

Pure OnSense

Our man in Ethiopia

Scott Zuke

There's plenty of time for game-changers and October surprises to sway the course of the presidential campaign on the way to November. We're still trying to figure out what exactly this election is about, as can be seen by the ease with which the old lineup of "Culture War" issues have managed to hijack what the Romney camp surely wanted to be a one-issue election on the economy. One thing that seems clear, though, is that foreign policy is unlikely to play a major role in this election cycle. While this is understandable, it is also unfortunate, as this will be the first election since the Arab Spring, and our country sorely needs the opportunity to think through the lessons of the past year and a half on our security policy.

The death of a minor modern dictator in Africa last month served as a fresh reminder of how the US's aspirations to be a strong moral force in the world all too frequently clash with the strategic necessities of its fight against terrorism. Meles Zenawi, who died late Monday at the age of 57 after a prolonged and mysterious illness, was in his third term as

Prime Minister of Ethiopia and had held a firm grip on the country for more than 20 years. He won his most recent election in a landslide victory in 2010 through coercion of voters and intimidation against the opposition, all orchestrated by his ruling Ethiopian People's Revolutionary Democratic Front (EPRDF) party.

Zenawi's record on human rights and democracy was quite poor. Ethiopia declined from a "Partly Free" ranking to "Not Free" in Freedom House's 2011 Freedom in the World survey, largely due to the undemocratic election in 2010. The report also cites restrictions of academic freedom, suppression of free public discourse through internal surveillance of dissent, denial of the freedom of assembly, and forced child labor, among other issues. Thor Halvorsson and Alex Gladstein, writing for Forbes, put it succinctly: "Zenawi built a totalitarian state, guided by Marxist-Leninism, complete with a cult of personality and zero tolerance for dissent."

Zenawi prohibited a free press, using intimidation and harassment against media outlets, usually by naming them as terrorists and convicting them under strick

anti-terror laws. Halvorsson and Gladstein note that "More journalists were exiled from Ethiopia in the last decade than any other country on earth." The country ranks 120th out of 182 countries in Transparency International's Corruption Perceptions Index, and remains one of the world's poorest countries.

Considering all of this, it may have come as a shock when upon Zenawi's death, US Ambassador to the United Nations Susan Rice took to Twitter to venerate the late tyrant, writing that she was "Profoundly saddened by the untimely passing of my close friend and cherished colleague, Prime Minister Meles Zenawi of #Ethiopia." President Obama issued a statement the same day, saying that Meles "Deserves recognition for his lifelong contribution to Ethiopia's development, particularly his unyielding commitment to Ethiopia's poor." The statement continued: "I am also grateful for Prime Minister Meles's service for peace and security in Africa, his contributions to the African Union, and his voice for Africa on the world stage. On behalf of the American people, I offer my condolences to Prime Minister Meles' family and to the people of Ethiopia on this untimely loss, and confirm the U.S. Government's commitment to our partnership with Ethiopia."

Why such warm and fuzzy public statements for a dictator who denied essential freedoms to his

93 million countrymen? It comes down to US strategic foreign policy priorities. Ethiopia is cursed by being landlocked and surrounded by bad neighbors, including Sudan, Somalia, and Eritrea. In 1992 the US began to cultivate a development and aid relationship with Meles, but after September 11 and the spread of the Global War on Terror, he was elevated as a key ally for regional security on the Horn of Africa, and the cash floodgates flew open. In 2010 alone, the US sent over \$1 billion to Ethiopia in combined foreign aid and military assistance, according to The Wall Street Journal. In return, Meles helped capture terrorists and even invaded Somalia to help overturn an Islamist government.

But our aid to the regime to help defend US citizens from terrorism took a toll on the Ethiopian people. Freedom House sees political rights and civil liberties on the decline "due to the government's increased use of antiterrorism legislation to target political opponents and a decision by the parliament's lower house to include a leading opposition movement in its list of terrorist organizations." The US isn't just turning a blind eye to the democracy and human rights situation in the country, but is in fact actively contributing to the political mechanism that has been used to oppress opposition by helping to fund Ethiopia's anti-terrorism efforts and lending cre-

dence to its activities.

Strategically, all of this makes sense, as the ruling regime looks like it will remain stable at least for the next couple years until elections in 2015. Unfortunately this only amounts to supporting the US's short-term security goals while shelving the immediate and long-term concerns for the well-being of the Ethiopian people.

Personally, the only reason I knew Zenawi's name is that a group of Ethiopian expatriates showed up in Thurmont this past May to demonstrate against his participation in the G-8 Summit at Camp David. Their anger was aimed not only at the Prime Minister, but also at President Obama and the ongoing US policy of backing their authoritarian government.

That scenario should sound uncomfortably familiar after the Arab Spring. Our leaders either haven't learned the lessons of placing short-term strategic interests above long-term humanitarian goals, or have calculated that it is still preferable to live with the consequences (after all, it's just the poor foreigners who really suffer). This has been the status quo for decades, though, and if none of our leaders in either party are going to ask, then someday the American voters will have to speak up on whether this is sound, morally acceptable foreign policy.

Follow Scott on Twitter at @smzuke.

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Submitted by Lindsay! Melbourne, Australia

"Liberty: One of Imagination's most precious possessions."
—Ambrose Bierce, *'The Devil's dictionary'*

The French shouted it at the barricades, and it is considered to be the motto of that nation. It has many variants, but its appeal has never really waned. We want Liberty. We want Equality, and we need fraternity. But in this day and age, do these words have the same resonance? Are we at liberty to go about our business and have equality under the law? It would seem not.

As I write this the standoff between the British and Ecuadorian governments over the fate of Julian Assange is headline news. In case you have not noticed, Julian is the founder of Wikileaks, the organisation that publishes secrets. Not my secrets or yours, of course, but some of the trillions your government has amassed over the past century. Have such revelations damaged your security, cost you trade, or messed up the economy? No, they have not. What they have

done is to reveal the extent to which secrecy is thought necessary, and what they have suggested is that there are secrets that might be damaging if these leaks were to continue. Nothing revealed to date has had any relevance to anything, really, apart from being the reason for quite a few red faces.

Julian was born here in Australia, is an Australian citizen, yet our politicians have done little to ensure his safety. He was living in Britain, but had to flee to the Ecuadorian embassy there for sanctuary. Why Ecuador? Because they have taken in others sheltering from deportation on blatantly trumped up political charges - and the charges made against him are just that. He is accused of some illicit sex affair in Sweden, and must be deported to that country to stand trial there. Then he can be deported to America. Why Sweden? Because they are in the same camp, the same position as we are, as is Britain: If America says jump we jump - through hoops of flame if need be, and to hell with liberty and equality.

Recently released documents in Britain show that the USA is actively pursuing him, as they

wish to make a show of how good they are at protecting their classified documents and prosecuting anyone who dares tamper. No one in the state department will say unequivocally that he will receive a fair trial if he should ever get there, and past rantings have been so hawkish that no one believes he would ever see daylight again.

The real conundrum, however, is 'why Ecuador?' If Australia, Britain and Sweden are prepared to hand him over - or allow that to happen without protest - what has this tiny Central American country got that we haven't? Well, for one, it has no love for Uncle Sam, for another it really has little to lose and much to gain. There's no minerals or other strategic stuff there, but there is a growing unease in many parts of the world over the seeming arbitrary manipulations in which America indulges. The biggest of these is, of course, the fact that America insists that everyone other than themselves pay back the money they owe, the insistence backed up by the fear of truly awful reprisals. There are many others, all to do with the notion of American superiority.

Much of the world has been corralled into the pen of passive acceptance of American foreign policy, or have joined the flashing lights of hoopla and music hall in its promotion. In doing so they have allowed their ideals and ethics to be swallowed up, their

real doubts about the truth of what they are being told to wither away, all because they dare not face the alternatives.

Not Ecuador. As an example to other smaller nations it is in the forefront of resistance, something the USA may not allow for long because we all still need to know that above all it is in charge. That what it says goes, and if one believes the hawks and the republican nominee, that includes being in charge of China's place in the world as well.

That is not liberty, but, as Ambrose Bierce says, we imagine it is. We're too comfortable, too lazy to question it, possibly too afraid, but the land of the free it is not. No, that's too harsh - we're free to do what we are told, toe the line, and as the kids say, suck it up. Nor is it equality; George Orwell's famous line 'All animals are born equal, but some are born more equal than others' must bring a smile to many American faces, because they know that it is they who are the more equal. And are determined to keep it that way, for is that not their God-given right? Equality under any heading is not for the unsuccessful, those of differing skin colour or religious belief. As my wife said when she read this, 'It's dequality. You know, the debasement of equality.' No one expects to be equal in lifestyle or riches with the wealthy, but we have been brought up to believe that we are all equal under the law.

Tell that to your political prisoners. Tell that to the indigent, the sick, and those who get sucked in by the financial lies that leave them homeless and jobless.

And Fraternity, that oft changed third part of the slogan - what of that? The brotherhood of man is good if it is about blood relatives, those who attend the same church, belong to the same gang or the same lodge - but mix with the dispossessed? Fraternize with anyone who is labelled an enemy? Or even care for someone other than ourselves? No, that is not going to happen, for the French slogan, like the American one, is really just a pious pacifier, an idealistic hope, and cannot be sustained in today's society.

When we recognise that our values are selfish, that our nation is built not on democratic liberty or equality, but self-centred approval, we may then allow our mostly dormant love of humanity, our care for others to rise to the surface. When enough people are sufficiently honest and prepared to do something to change this, something begins to happen, something that can be sustained: The lighting of a beacon of morality, one that is ready to say no to the selfish excesses of those in power.

This is the message from Ecuador.

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

PASTOR'S DESK

Red sky in the morning

Pastor Gary Buchman
Emmitsburg Bible Church

236 years, Thomas Jefferson's document of a Declaration of Independence was agreed on and 13 States engaged in a war against a superior force and with the obvious help of God, won that independence.

I believe that God had a special purpose for establishing this country. From Columbus to the middle of the 20th century, God's purpose was that America would be a light to the nations for the gospel of Jesus Christ. Christopher Columbus did not set out to find a new trade route to the Indies but to take the gospel of Jesus Christ to people who had never heard it. His diary states that it was the words of Isaiah 49:1, 6 that caused him to believe that God had chosen him for the task. When he arrived on the first island, he called it San Salvador or Holy Savior and the first thing He did was erect a cross.

The Pilgrims and the Puritans followed to escape religious persecution and to be able to worship God freely and honor Jesus Christ. Before getting off the Mayflower, the Pilgrims signed a covenant called the Mayflower Compact declaring that they had come for the purpose of advancing the Gospel of Jesus Christ for the Glory of God.

As the colonies grew and laws were established those laws were based on the premier law books used for centuries in Europe called Blackstone's Commentaries. These law commentaries were used by the Supreme Court for over 100 years. Blackstone's Commentaries were based on the Bible.

Just about every state charter or constitution in our country declares that the state believes in and is under the authority of God and the Bible.

Do you know why there is a 3 fold system of government for the balancing of power in our nation; that is, the judicial, legislative, and executive branches? It is based on the Bible passage in Isaiah 33:22, "The Lord is our Judge, the Lord is our Lawgiver, the Lord is our King, He will save us." Do you know that one of the very first



Abraham Lincoln's bible

things that our first congress did was to purchase 20,000 Bibles to distribute? Doesn't seem like they believed in the separation of Church and State.

It is said that Thomas Jefferson was a Deist or a Unitarian. I don't know, but I do know that in the Declaration of Independence, he makes four references to God who has given us rights and created us to be equal.

It was Benjamin Franklin that scolded congress during a time of impasse because they had not sought God's help in establishing the constitution and that his opinion was that no session of congress should start without prayer and so a chaplaincy for the U.S. Congress and Senate was established.

It was John Jay the first Chief Justice of the Supreme Court that said that no one should be elected to a public office that was not a solid Christian. And, that for 150 years the Supreme Court declared repeatedly that the United States is a Christian nation and always decided in favor of Christianity and the Bible until 1947.

Did you know that most of our Ivy League Schools such as Harvard, Yale, and Princeton were started as schools to train people for ministry; that 106 of the first 108 colleges in America were founded on the Christian faith?

Did you know that it was in 1954, that Congress added the words, "One Nation Under God," to the Pledge of Allegiance, affirming that we are under the authority of and therefore account-

able to God.

Did you know that it was in 1956 that Congress signed into law that the official Motto of the United States would be, "In God We Trust," though it had been printed on our money for over 100 years?

For 300 years, the Bible and firm reliance on God and Jesus Christ was at the core of our morals and values in the United States and the world knew that the reason that America was successful and grew in wealth and

power was because of the faith of our nation that was both public and private. Presidents from Washington to F. D. Roosevelt led our nation to pray and prayed publicly for our nation. The United States replaced England as the center for Missionary outreach to the world. I am not saying that America was perfect, a Civil War and the mistreatment of Native Americans is evidence of that, but the majority of Americans had respect for the authority of the Creator and His Bible. We took our oaths with our hand on the Bible. We started our days in school with a scripture and a prayer.

But early in the 20th Century, American's began to worship other gods. Let me remind you again of the words of 2 Chronicles 7:19-20 and of Daniel Webster, 19 "But if you turn away and forsake My statutes and My commandments which I have set before you, and go and serve other gods, and worship them, 20 then I will uproot them from My land which I have given them; and this house which I have sanctified for My name I will cast out of My sight, and will make it a proverb and a byword among all peoples."

Daniel Webster, that great early statesman said, "If we abide by the principles taught in the Bible, our country will go on prospering and to prosper, but if we and our posterity neglect its instructions and authority, no man can tell how sudden a catastrophe

may overwhelm us and bury all our glory in profound obscurity."

We have not chased after imagined deities but we have wholly set our hearts on ideologies and philosophies that are ungodly and we have forsaken our God, His Savior and His Bible. There are at least 6 godless philosophies that America embraces and worships instead of the Lord God, and like Thomas Jefferson, we too should, "Tremble for our Country when we recall that God is a just God and that His Justice can not sleep forever."

1. Atheistic Humanism – The late

19th century saw the rise of new ideas and philosophies from men like Charles Darwin, Karl Marx, Sigmund Freud, Frederick Nietzsche, Margaret Sanger and others that basically said we don't need a God and they affirmed that there is no God and therefore man is the top of the food chain. We are therefore, accountable to on one but ourselves and we can do whatever we deem right, like abortion on demand, same sex marriages, euthanasia, and more.

2. Relativism – This is the post-modern belief that there is no such thing as absolute truth. Truth, it is believed, is evolving. Our truth is relative to our wants and desires. No one has the right to say that they have the truth. What may be true and right for one person may not be for another. Today, most of Americans (75%) do not believe in absolute truth, they embrace relativism.

3. Materialism – America has embraced the belief that money and things result in happiness; that we are entitled to things. Americans once earned and saved to attain what they sought. Now with our belief in entitlement and a piece of plastic we don't have to wait. We no longer think in terms of bottom line price but how much our payments will be a month. States use greed to finance their governments with lotteries. Our greed for more stuff, has made us a debtor nation.

4. Hedonism – Hedonism is the pursuit of pleasure. I have the right to be happy. The Declaration of Independence says I have the right to pursue happiness. It is of greater value now than holiness even in our churches where we want to be entertained and not hear about judgment and hell.

5. Narcissism – This is the love of

self. America used to be about God and Country and now we are about self. We sue at the drop of a hat. Our mantra is, "What about me, what about my rights, what about what I want."

6. Pluralism – 9-11-2001 had the exact opposite affect on America that many, including myself, thought it would have. Many of us thought it would cause more Americans to turn to God through Jesus Christ, but it did not, instead, we said we have to be more tolerant of all religions and respect them all as the same. No one should say that he or she has the only truth. Military and Political chaplains are asked to no longer pray in Jesus' name in order to not offend others.

These are the isms that we now worship; they are the gods of many in America.

I believe it is entirely possible that the Lord God has been trying to get the attention of our nation with all the natural disasters of the last 10 years. The Fires, floods, earthquakes, tornadoes, hurricanes, and even the extreme drought conditions that is affecting over half of our nation may be God saying "Wake up America and return to Me." Does not the Bible say that He will do that? Look up these scriptures and see what you think: Deuteronomy 28; Amos 4; 2 Chronicles 6-7 and Jeremiah 18.

Bill Engvall has had comedic success with his bi-line, "Here's your sign." Could it be that we are not discerning the signs that God has been giving us. The Lord Jesus once reminded the nation of the saying my Father used to tell me, "Red sky at night, sailors delight, red sky in the morning, sailors take warning," (Matt. 16:1-3). He then chided them because they can discern the face of the sky but not the signs of the times (v.4).

Psalms 11:3 asks the question, "If the Foundation is destroyed, what can the righteous do?" God gives us the answer, Himself, in 2 Chronicles 7:14. My friends, the hope of America is not in a President, it rests in the people of God. "If my people who are called by name will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land."

May God bless America as His people turn back to Him. Check out the website www.OneCry.com. Let me know what you think. Contact me @pastorgarybuchman@gmail.com or visit us at the Emmitsburg Elementary School on Sunday Mornings or JD's restaurant in Emmitsburg on Wed. Evenings.



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THE BOOK OF DAYS

The Feast of the Ingathering



Wherever, throughout the earth, there is such a thing as a formal harvest, there also appears an inclination to mark it with a festive celebration. The wonder, the gratitude, the piety felt towards the great Author of nature, when it is brought before us that, once more, as it has ever been, the ripening of a few varieties of grass has furnished food for earth's teeming millions, insure that there should every where be some sort of feast of ingathering.

In England, this festival passes generally under the endearing name of Harvest-Home. In every country it goes by a different name, but all share the same thankful joy, a feeling which pervades all ranks and conditions of the rural people, and for once in the year brings all upon a level.

The servant sympathises with the success of his master in the great labours of the year. The employer looks kindly down upon his toiling servants, and feels it but due to them that they should have a banquet furnished out of the abundance which God has given him—one in which he and his family should join them, all conventional distinctions sinking under the overpowering gush of natural, and, it may be added, religious feeling, which so well befits the time.

Most of our old harvest-customs were connected with the ingathering of the crops, but some of their began with the commencement of harvest-work. Thus, in the southern counties, it was customary for the labourers to elect, from among themselves, a leader, whom they denominated their 'lord.' To him all the rest were required to give precedence, and to leave all transactions respecting their work. He made the terms with the farmers for mowing, for reaping, and for all the rest of the harvest-work; he took the lead with the scythe, with the sickle, and on the 'carrying days;' he was to be the first to eat, and the first to drink, at all their refreshments; his mandate was to be law to all the rest, who were bound to address him as 'My Lord,' and to shew him all due honour and respect.

Disobedience in any of these particulars was punished by imposing fines according to a scale previously agreed on by 'the lord' and all his vassals. In some instances, if any of his men swore or told a lie in his presence, a fine was inflicted. In Buckinghamshire and other counties, 'a lady' was elected as well as 'a lord,' which often added much merriment to the harvest-season. For, while the lady was to receive all honours due to the lord from the rest of the labourers, he (for the lady was one of the workmen) was required to pass it on to the lord. For instance, at drinking-time, the vassals were to give the horn first to the lady, who passed it to the lord, and when he had drunk, she drank next, and then the others indiscriminately. Every departure from this rule incurred a fine. The blunders which led to fines, of course, were frequent, and produced great merriment.

In the old simple days of England, before the natural feelings of the people had been checked and chilled off by Puritanism in the first place, and what may be called gross Commercialism in the second, the harvest-home was a time of community festivity.

The grain last cut was brought home in its wagon—called the Hock Cart—surmounted by a figure formed of a sheaf with gay dressings—a presumable representation of the goddess Ceres—while a pipe and tabor went merrily sounding in front, and the reapers tripped around in a hand-in-hand ring, singing appropriate songs, or simply by shouts and cries giving vent to the excitement of the day.

Troops of village children, who had contributed in various ways to the great labour, joined the throng, solaced with plum-cake in requital of their little services. Sometimes, the image on the cart, instead of being a mere dressed-up bundle of grain, was a pretty girl of the reaping-band, crowned with flowers, and hailed as the Maiden.

In some province it was a favourite practical joke to lay an ambush at some place where a high bank or

a tree gave opportunity, and drench the hock-cart party with water. Great was the merriment, when this was cleverly and effectively done, the riders laughing, while they shook themselves, as merrily as the rest.

Under all the rustic jocosities of the occasion, there seemed a basis of pagan custom; but it was such as not to exclude a Christian sympathy. Indeed, the harvest-home of Old England was obviously and beyond question a piece of natural religion, an ebullition of jocund gratitude to the divine source of all earthly blessings.

In the north, there seem to have been some differences in the observance. It was common there for the reapers, on the last day of their business, to have a contention for superiority in quickness of dispatch, groups of three or four taking each a ridge, and striving which should soonest get to its termination. As the reapers went on during the last day, they took care to leave a good handful of the grain uncut, but laid down fiat, and covered over; and, when the field was done, the 'bonniest lass' was allowed to cut this final handful, which was presently dressed up with various sewings, tyings, and trimmings, like a doll, and hailed as a Corn Baby. It was brought home in triumph, with music of fiddles and bagpipes, was set up conspicuously that night at supper, and was usually preserved in the farmer's parlour for the remainder of the year.

The bonny lass who cut this handful of grain, was deemed the Har'st Queen. There was the custom of reserving a final handful; but it was tied up and erected, under the name of a Mare, and the reapers then, one after another, threw their sickles at it, to cut it down. The successful individual called out: 'I have her!' 'What have you?' cried the rest. 'A mare, a mare, a mare!' he replied. 'What will you do with her?' was then asked. 'We'll send her to John Snooks,' or whatever other name, referring to some neighbouring farmer who had not yet got all his grain cut down. This piece of rustic pleasantry was called Crying the Mare.

The latest farmer in the neighbourhood, whose reapers therefore cannot send her to any other person, is said to keep her all the winter. This rural ceremony, which is fast wearing away, evidently refers to the time when, our county lying all open in common fields, and the corn consequently exposed to the depredations of the wild mares, the season at which it was secured from their ravages was a time of rejoicing, and of exulting over a tardier neighbour.

In the evening of har-

vest-home, the supper takes place in the barn, or some other suitable place, the master and mistress generally presiding. This feast is always composed of substantial viands, with an abundance of good ale, and human nature insures that it should be a scene of intense enjoyment. Some one, with better voice than his neighbours, leads off a song of thanks to the host and hostess.

One of the rustic assemblage, being chosen to act as 'lord,' goes out, puts on a sort of disguise, and comes in again, crying in a prolonged note, Lar-gess! He and some companions then go about with a plate among the company, and collect a little money with a view to further regalements at the village ale-house. With these, protracted usually to a late hour, the harvest-feast ends.

Such was formerly the method of conducting the harvest-feast; and in some instances it is still conducted much in the same manner, but there is a growing tendency in the present day, to abolish this method and substitute in its place a general harvest-festival for the whole parish, to which all the farmers are expected to contribute, and which their labourers may freely attend. This festival is usually commenced with a special service in the church, followed by a dinner in a tent, or in some building sufficiently large, and continued with rural sports; and sometimes including a tea-drinking for the women. But this parochial gathering is destitute of one important element in the harvest-supper. It is of too general a character. It provides no particular means for attaching the labourers to their respective masters.

If a labourer have any unpleasant feeling towards his master, or is conscious of neglecting his duty,

or that his conduct has been offensive towards his master, he will feel ashamed of going to his house to partake of his hospitality, but he will attend without scruple a general feast provided by many contributors, because he will feel under no special obligation to his own master. But if the feast be solely provided by his master, if he receive an invitation from him, if he finds himself welcomed to his house, sits with him at his table, is encouraged to enjoy himself, is allowed to converse freely with him, and treated by him with kindness and cordiality, his prejudices and asperities will be dispelled, and mutual good-will and attachment established.

The hospitality of the old-fashioned harvest-supper, and other similar agricultural feasts, was a bond of union between the farmer and his work-people of inestimable value. The only objection alleged against such a feast, is that it often leads to intemperance. So would the harvest-festival, were not regulations adopted to prevent it. If similar regulations were applied to the farmer's harvest-feast, the objection would be removed. Let the farmer invite the clergyman of his parish, and other sober-minded friends, and with their assistance to carry out good regulations, temperance will easily be preserved.

The modern harvest-festival, as a parochial thanksgiving for the bounties of Providence, is an excellent institution, in addition to the old harvest-feast, but it should not be considered as a substitute for it.

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

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THE (retired) ECOLOGIST

Clavis calendaria 199 years later

Bill Meredith

"Dog Days [were] an evil time; the Sea boiled, the Wine turned sour, Dogs grew mad, and all other creatures became languid; causing to man, among other diseases, burning fevers, hysterics, and phrensies."

—John Brady, 1813:

Clavis calendaria; or, A compendious analysis of the calendar, illustrated with ecclesiastical, historical, and classical anecdotes.

John Barry, the author of *Clavis calendaria*, died in 1814, of unrecorded causes. Perhaps, in the absence of forensic evidence to the contrary, we may presume that the effort of producing a book with such a monumental title was simply too much for him. Whatever the reason, he seems to have been forgotten by those who wrote the history books; I never heard of him until I ran across his name on the Internet the other day, and I don't know anyone who did. And that is a shame, for judging by the quotation cited above, we who live in anno Domini 2012

should recognize him as one of the great prophets of his time.

The story begins long before 1813, back even to the ancient Egyptians. In those days, before Julius Caesar standardized the calendar, folks used to rely on stars to predict the seasons a lot more than they do now. Every year, around what we now call the first week of July, Sirius the Dog Star would appear in the sky at sunrise. Egyptian astrologers believed that when Sirius got too close to the sun it would cause the weather to become miserably hot and humid; they called that period "Dog Days," and it would last late into of August before Sirius finally realized all the trouble he was causing and wandered off to cooler parts of the sky. In those days they used to sacrifice a brown dog (I don't know why the color mattered) to Sirius, whom they considered to be one of their gods, as a plea for a mild summer. Sometimes it worked; but more often than not, Sirius did not find the sacrifice adequate. Egypt was always a hot place.

The practice of sacrificing dogs ended long before I was born, but Dog Days were on everyone's

mind then. It was the time of the Dust Bowl in the Midwest, and I remember the hot, sticky weather of the 1930s. Our well often went dry in those years, and we had to carry buckets of water from my grandmother's house. My grandmother considered the Farmer's Almanac to be second only to The Bible as a guide for conducting one's life, so she made sure I learned about Dog Days. She knew Dog Days were not mentioned in the Bible, but the old editions of the Book of Common Prayer contained lectionary readings for them, and that was good enough for her. I remember that at the age of four I was confused by it; Grandma had an old and rather humorless German shepherd dog, and he was always in a more surly mood than usual at that time of year. He never went mad, as Mr. Brady described, but I gave him a wide berth, even though Grandma assured me he was not responsible for the muggy heat.

Creatures do seem to be unusually languid this year. On the golf course with a friend last week, I was driving the cart down a shady path from one hole to the next, and when we emerged from the woods there on the next tee was a half-grown fawn. It was a beautiful sight, its red-brown coat covered with white spots, and it was nibbling grass with an air of wide-eyed innocence, wary but not frightened. It twitched its tail to signal to its mother, who I knew was around somewhere, and then resumed eating. We watched it for a few minutes, and then I drove the cart slowly toward it. It didn't panic, but trotted away far enough to maintain the distance between us.

Languid was the word for it.

Nature is full of times when unexpected things happen, or the usual things fail to, and Dog Days are often blamed for such phenomena. This year several friends have asked me where the Monarch butterflies are. They usually appear in small numbers early in the summer, and I always leave a small patch of milkweeds in the corner of my garden for them to lay their eggs on; but this year I saw none until late July, and the milkweeds stand there healthy and uneaten. In the last few weeks I have begun to see a few each day when I go outside, but those are moving southward, on their way from Canada and the northeastern states toward Mexico. I suppose we could blame their scarcity on Dog Days, but there are lots of more likely explanations. Earlier spring and warmer weather may have enticed them to go farther north before they stopped in April and May; the droughts in Texas last year and the Midwest this year may have forced them to change their migration routes; and illegal lumbering in the mountains of Mexico where they spend the winter may have increased their mortality. Or, maybe they're just languid.

The definition of "Hysterics" has changed over the years. It comes from the same Greek root as "Hysterectomy," and originally it described the emotional state of women approaching childbirth. In those days of superstition, primitive medicine and hygiene, and no anesthetics, surgery was a thing to be dreaded as a last resort; women who survived the trauma and loss of blood often died days or weeks later from infection. The word still had much of that connotation in John



Brady's time, and mortality from childbirth was even higher when it happened in the Dog Days of summer. It was not until the second half of the 19th Century that sterile techniques and anesthesia came into use; after that, the definition of "hysterics" came to refer to the mood swings that occurred during and after pregnancy. Nowadays the term is applied loosely to emotional outbursts generally, and one is likely to observe them in both sexes in Dog Days, especially when there is a power outage and the air conditioning goes off.

Modern English usage has changed the quaint term, "phrensie," to "frenzy," but the definition hasn't changed much. In fact, "hysteria" and "frenzy" are used interchangeably by some people. Usually, though, most of us associate frenzy with anger, or with a manic loss of control. However we choose to define it, there seems to be more of it around in Dog Days.

When my own grandchildren were small, they learned to recite Lewis Carroll's poem, "The Walrus and the Carpenter." They always were delighted when we got to the part where "The time has come, the Walrus said, to talk of many things: of ships and shoes and sealing wax, and cabbages and kings; and why the sea is boiling hot, and whether pigs have wings." The kids were intrigued by the prospect of pigs flying about overhead, but as an ecologist it was the concept of the sea boiling that stuck in my mind. I knew that shortly before the sun dies, astronomers predict it will expand, heat up catastrophically, and boil away all of the water on earth, but that isn't expected to happen for five billion years or so. The thing that I worried about was global warming, which ecologists had been predicting even before I entered the field in the 1950s. Nowadays I think of Carroll's walrus every time I read of droughts in Africa, Texas or Indiana, or hear on the news that another Rhode-Island sized chunk of ice has melted off of Greenland or Antarctica. I wonder if Lewis Carroll got the phrase about the sea boiling from John Brady's book. It sounds to me like they saw it coming.

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IN THE COUNTRY

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Tim Iverson
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Cunningham Falls State Park

When I last left you, on bat-
 ed breath I'm quite positive,
 I was sharing with you the endless
 possibilities of adventure that await
 you in our neck of the woods. Now
 when the editor of this paper asked
 me to take over this column after
 Ranger Miller accepted another
 position elsewhere I humbly accepted.
 "What an honor! Of course I'll try
 my hand at writing a story for you
 once a month!" While I enjoy writ-
 ing these the thing about having a
 monthly article is that you have to
 actually write one once a month.
 I was unaware of just how fast a
 month can go. This time around
 I was asked about my next article,
 and I thought "Another one?! I just
 wrote one. No, it couldn't be time to
 do it again!" Well here we are, and
 as sure as I am that the sky is blue
 September has arrived without fail.
 After Labor Day the park does re-
 main open, and still offers quite a
 bit in the way of recreation. Howev-
 er, things around here begin to shift
 after Labor Day. One thing that
 doesn't change, regardless of sea-
 son, is our Trash Free Parks Policy.
 (Beautiful segue if I do say so my-
 self).

All Maryland State Parks are
 "trash-free", and have been so since
 1993. This initiative came about for
 several reasons. The first being that
 it helps reduce the potential for nu-
 isance animals. "Nuisance animals?"
 I can hear you saying. By that I
 mean that trash cans attract all sorts
 of unwanted critters like flies, bees,
 raccoons, skunks, bears, and more.
 We're all about preserving wildlife
 over here, but we don't necessarily
 want to attract them. Trash cans are
 the 'Vegas-style neon light' equiva-
 lent to saying "Hey free food over
 here!" Animals can become depen-
 dent upon human sources of food,
 which after our busy season would
 dissipate, and then could potential-
 ly starve. When attracted to highly
 used areas that also puts the animals,
 as well as people, into an unneces-
 sary risk for injury or harm. In addi-
 tion, the removal of unsightly trash
 cans also improves the overall ap-
 pearance of the park and makes vis-

iting a more enjoyable experience.
 Since there are no trash cans in any
 state parks we ask that whatever you
 bring into the park you take back
 home with you.

When I asked Cunningham Falls
 Park Manager, Cpt. Mass, he had
 this to say on the Trash-Free Parks
 Policy, "Some of the motivations
 were to cut down on dirty, smelly
 trash cans throughout the parks that
 attracted bees and other nocturnal
 critters, encouraging the public to
 adopt more of a stewardship eth-
 ic towards their public lands, and
 encourage recycling [to] cut down
 on disposable cups, cans, etc. It also
 took a lot of employee time to em-
 pty trash cans... and take the refuse
 to landfills. Just about every park
 had some kind of trash compact-
 ing truck. They were always diffi-
 cult and expensive to maintain. We
 used to spend most of a full day,
 several days a week, dumping cans
 and replacing bags. The Trash-Free
 bags we give to visitors now contain
 cornstarch and are much friendlier
 on the environment. While we still
 have to devote time and funding to
 picking up litter and trash, it's much
 less bulk trash than it used to be."

When doing research for this arti-
 cle I came across some rather inter-
 esting facts. Take for instance that in
 the United States there are current-
 ly 1,794 landfills, and the EPA esti-
 mates that they will all be full in
 20 years! With the recent fad of re-
 maining permanently hydrated, the
 use of plastic bottles has skyrocketed
 to the point that Americans now
 use 2.5 million plastic bottles every
 hour. We also use a heck of a lot of
 aluminum cans. In the time it takes
 you to read this sentence, more than
 50,000 12 Oz. aluminum cans were
 made! Recycling just one aluminum
 can saves enough energy to run

a TV for three hours. Americans
 are also estimated to throw away
 enough aluminum cans to rebuild
 our entire fleet of commercial air-
 planes every three months! The ac-
 tual length of time it takes for a glass
 bottle to decompose is unknown.
 We're still finding pieces of glass
 from over 3000 years ago; leading
 scientists to conclude that it takes a
 very long time.

By this point I'm sure you're say-
 ing, "Enough! I can only be ham-
 mered with so many crazy trash sta-
 tistics!" Well good, because I've run
 out of them. In order to promote a
 more environmentally friendly life-
 style there are a ton of things you
 can do. However, I'm not going to
 tell you most of those things. Call it
 apathetic, a 1000 word limit, or just
 getting to my point, but I intend on
 sharing some ideas to help you plan
 for this policy. We encourage peo-
 ple to pack lunches in a "waste-free"
 way when you come to picnic here
 or anywhere for that matter. There
 are four key things to keep in mind
 when packing a "waste-free" lunch:
 use reusable carriers, use reusable
 containers, use cloth napkins, and
 use silverware.

Using reusable carriers, such as
 cloth bags or lunch boxes, as op-
 posed to using throw away bags re-
 duces the amount of trash generated
 over time. Using reusable contain-
 ers, such as Tupperware or simi-
 lar items, and avoiding foil, plas-
 tic wrap, and Styrofoam will also
 generate less trash overtime. Using
 cloth napkins allows you to wash
 and re-use them time and time
 again, while paper napkins have a
 bad habit of blowing away and can
 only be used once. Using silverware
 also allows wash and reuse, which
 is the chink in the armor of plas-
 tic-wares. When planning on pic-



Biodegradable trash bags are available at several sta-
 tions to help visitors take all of their trash home with
 them after a day at the park.

nicking in a park make sure to bring
 several extra large trash bags for any
 waste generated while here.

Following Leave No Trace ethics
 wherever you go, be it a backyard,
 state or federal park, or unmanaged
 wilderness areas is always a good
 idea. The seven principles of Leave
 No Trace are:

- Plan ahead and Prepare,
- Travel and Camp on Durable Surfaces,
- Dispose of Waste Properly,
- Leave What You Find,
- Minimize Campfire Impacts,

- Respect Wildlife, and
- Be Considerate of Others.

Leave No Trace can basical-
 ly be summed up into two ideas:
 Leave it as you found it, and treat
 the resource and others with re-
 spect, which is essentially what
 our Trash-Free Parks policy is all
 about. Throughout the park we
 do provide biodegradable bags to
 assist the visitor (that's you!) with
 the removal of any trash generated
 while you visit with us. Remem-
 ber, if you packed it in, please
 pack it out.

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IN THE COUNTRY

Fairfield's Pippinfest

Linda Junker

As we swelter in the in the summer heat, the crisp cool days of autumn that bring our local fall festivals seem far off in the future....but not to those preparing for Fairfield's 32nd annual Pippinfest! The weeks are flying by! The Pippinfest planning committee has been meeting monthly since the beginning of the year and even more frequently as the event dates, September 29th and 30th draw closer.

One might ask, what exactly is a Pippin and what does that have to do with Fairfield? In 1980, David Thomas, then owner and proprietor of the Fairfield Inn, had an idea born of his dedication to the community of Fairfield and its heritage. As a way to bring townspeople together, he invited local clubs and school groups to participate in a community-wide celebration of the apple harvest. As a small town with a strong sense of community, the citizens of Fairfield were eager to support the idea. An all-day street festival was planned.

The earliest apple tree brought from England and cultivated in the colonies was the Pippin apple

tree, grown by George Washington and Thomas Jefferson. Since it was believed that Fairfield was named for Fairfield, England, and was settled in part by English immigrants, a Pippin apple tree was planted behind the Fairfield Inn with local fanfare and ceremony. The tree still stands today, and bears delicious fruit every fall.

And Pippinfest, which literally means "apple festival" is still going strong, over three decades later! Over the years, the festival has offered attendees a wonderful day of crafts, food, and fun! School groups and musical groups offer entertainment. Boy Scouts, church groups, and the local Lions Club, among others, provide delectable treats. Pippinfest, from its earliest days to the present, has been a town-wide celebration of community, the harvest, and tradition.

This year marks the second year Sally Thomas has chaired the Pippinfest planning committee. The committee's goal, under Thomas' leadership, has been to reestablish the festival on Main Street with a focus on community involvement. "Pippinfest is more than just another craft fair. It is a celebration of community, of friend-

ships old and new, of the fall harvest! Pippinfest, in its over 30 years of tradition, has become part of our local identity. In this fast-paced world, it is more important than ever that we continue the traditions that bond us together. Pippinfest, for many, is like a homecoming. It is also an invitation, to folks everywhere, to make our festival one of their special traditions!"

To encourage greater involvement from Fairfield village residents the fees for the Saturday yard sale have been discontinued and property owners, who are not business owners, but who wish to sell crafts from their homes are no longer required to pay a vendor fee (but they do need to go through the application process).

This year's Pippinfest will have two days of fun-filled activity for all ages. Saturday, September 29th, is our traditional all day community



yard sale. Households throughout the Village begin setting up their yard sales early to greet folks who are looking for great bargains. A number of food and craft vendors will be on hand for the Saturday crowd. Be sure to check out the

Steelman Street craft area beside the Fairfield Fire Hall for the early craft vendors. You can also visit the Village Hall on Saturday (108 West Main Street) for a Quilt Show and quilting demonstrations, under the capable direction of Joyce Beckman. And we can't forget the Pippinfest Apple Dessert Contest Saturday afternoon. Karen Talbot has finalized the details for the dessert contest which can be found on the Pippinfest web page (www.pippinfest.com) on the "Events" page. To bring Saturday to a close, the Bluegrass Chapel Band will be performing that evening in the Fairfield Fire Company's community room.

Sunday, September 30th, is the craft festival. Craft and food vendors will set up along Main Street and in the Steelman Street craft area. A number of area musicians will be performing in the Fairfield Inn parking area. (The tradition of the Fairfield Inn's Innkeepers supporting Pippinfest has continued with Sal and Joan Chandon. They are great assets to the Fairfield community!) Musicians presently scheduled are: Neil and Shannon, Mountain Air, Lindsey Erin, and The Fairfield Show Choir.

A car show and antique tractor display will take place on Sunday. There will be clowns and a stilt walker on hand to entertain children of all ages! We always look forward to a visit from the Pennsylvania Apple Queen and her court! The Quilt Show and demonstration will continue on Sunday. There will also be a display of Pippinfest pottery...from all 32 years! This year's Pippinfest crock features a special design crafted by local potter Jack Handshaw of Hobbit House Pottery.

Crafters from around the region will be on hand selling hand crafted furniture, baskets, jewelry, candles, country decorations, leather-crafts, glassware, quilts, and much more!

Mark your calendars and plan to spend the last weekend in September at Fairfield's Pippinfest. Event details, vendor listing, sponsor listing, etc. can be found on our website, www.pippinfest.com. So stay cool now and we'll see you at Pippinfest in a few weeks!



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VILLAGE IDIOT

Village Idiot garlic

Jack Deatherage, Jr.

From an online dictionary:
Idiot: someone who does not behave in an intelligent or sensible way.

Fool: someone who does not behave in an intelligent or sensible way.

“Day after day, alone on a hill,
 The man with the foolish grin is keeping perfectly still
 But nobody wants to know him,
 They can see he’s just a fool
 And he never gives an answer.
 But the fool on the hill sees the sun going down
 And the eyes in his head see the world spinning round.”

(credited to Lennon–McCartney) and recorded in 1967 by The Beatles)

VILLAGE
 IDIOT
 GARLIC

I place the sign alongside the road to amuse passersby. While waiting for the rare customer, or the curious to stop and enquire about garlic, I set up an archery target in the adjacent field, a plastic bag hanging from an arrow stuck in the ground. I string a small child’s bow so it’s ready when I get tired of reading or watching cars, trucks, vans, tractor-trailers, motorcycles, bicycles, ambulances and joggers pass by. In five Sundays, I’ve had four customers and several long conversations.

I’m kicked back in a folding chair, a big pan of garlic bulbs on my lap, a paring knife in hand and a coffee can for the garlic cloves I’m peeling the wrapper leaves from when the first customer pulls up. “I could smell garlic as I drove by. What’s so special about what you’re selling?”

I allow it ain’t what he’ll buy from a supermarket. I know this guy can cook so I’m hesitant to promote my crop. What do I know about cook-

ing with garlic? I’m nobody’s authority on food.

He wants something that will hold up to cooking in heavily seasoned sauces. I recommend the Bogatyr; it can be very hot eaten raw and comes through garlicky when cooked. I also suggest Pskem River because I’ve read that chefs have taken to experimenting with it. He took a bag of both and two weeks later stopped by to tell me the Pskem River has changed the way he thinks and cooks with garlic! (I’m guessing he’ll want to swap the Bogatyr for something else. The Pskem isn’t nearly as bold as Bogatyr. Maybe the French would suit his needs?)

The second customers are my sister and her husband visiting from Florida. Usually I mail them garlic so I shouldn’t count them as my second customers as far as my local set up is concerned. Besides, I’d have given them garlic but they kept shoving money at me and to get rid of them (so I could go back to shooting arrows toward the plastic bag in the field) I took it. Only I didn’t get back to arrow sailing because Luke and Simona showed up and everyone had to explain to me why I had the wrong location and how I should be at the town’s farmers market on Fridays, not sitting alone on some side street on Sundays. (They also laughed at me, a lot.)

I patiently explained that I wasn’t about selling garlic. No. I was out there each Sunday reading my books, counting people, playing with my camera, sailing arrows at a plastic bag (hoping not to hit it, because hitting the target is the last thing I want to do.) Just as having a bunch of people stopping and buying garlic isn’t what I’m about. (GODS! What if I had to make change? Or explain to non-cooks how to use garlic? Or had someone who actually knows gourmet varietal garlic stop by?)

My sister gave me that look and

nodded toward my sign. “Well, you are an idiot.”

“Emmitsburg’s village idiot.” I smile back at her.

The family, having performed its duty to correct one of its own, scattered while I set about tearing down my garlic stand, the sun having reached over the building to my back and begun its threat to my precious bulbs. Another Sunday morning of garlic selling completed.

On the 5th Sunday, a pickup truck suddenly brakes and turns into the parking lot. I look up from the Clive Cussler novel I’m trying to finish and wonder if there might be a problem. Maybe the transmission locked up? A woman drops out of the cab and walks over to my table. Hands on hips, she smiles.

“I use a lot of garlic, for health reasons as much as I do because I like cooking with it. What do you have here?” She looks over the dozen or so net bags of bulbs.

I ask what garlic she’s use to (store bought of course) and begin reading from the garlic notes I’ve made concerning the flavors and uses of the various varieties I have. She buys a pound, thanks me and asks how often I’ll be around selling garlic. Sundays, until it’s too cool to be sitting outside, or I run out of stock.

I’m walking back across the field as the fourth customer pulls up, doesn’t see me and begins to leave. Catching sight of me dawdling (I didn’t want to run because that might have given him the impression I wanted to sell something) he got out of his truck to look over the garlic. As expected, he uses garlic in his cooking but only used what he could find in stores. He listened politely to what little I could tell him about the varieties and purchased a couple to total a pound. As he was turning to leave he asked why I was set up on a side street instead of at a farmers market. “You’d get more people looking at your garlic as



they’d be there to buy food.”

I allowed I’d thought about a farmers market, but I didn’t think they’d let me shoot my bow and people would keep interrupting my reading.

He gave me a puzzled look so I nodded toward my sign. “I am an idiot.”

“Ah.” He smiled as he backed away from the table.

In the course of Sundays I’ve set up, I’ve counted more than 600 people traveling that bit of road. Thankfully, less than ten have stopped to enquire about garlic. If I make it through the summer and fall at this rate, I’ll have plenty of garlic to dry, or mash and freeze! I’ll get a list made up of garlic varieties I’d like to acquire someday

and may even get around to reading up on how to cook with them. I’ll certainly get a couple more novels read and probably will learn to control myself well enough to occasionally hit the grocery bag set about 55 yards from where I stand launching arrows designed for a 50# draw bow, but sent skyward by a tiny 10# draw toy.

I’d thought about calling myself a fool, but the dictionary goes on: “a man in the past whose job was to entertain a king, queen, or other important person by making them laugh”

Sounds too much like work to me.

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

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A few years ago I met a fellow that I simply must tell you about. He provided me quite the life lesson.

I met Harry at one of the local nursing homes because the staff suggested I stop by and talk to him since they knew he was a real animal-lover.

My friend Harry enjoyed dogs. Always had. And he'd spent his life with a number of canines over the years.

He loved to tell me about the fox terrier he trained to jump through a hoop. He said it took him less than a half hour. He'd also dress the pooch up in hats. Harry would always grin and say the dog didn't mind.

Part of the reason I liked visiting with Harry so much, beyond the fact that we're both like-minded animal-

lovers, was that he was always able to make me laugh. Harry had one of the greatest attitudes I've ever been around. No matter what life threw at him, he told me he liked to leave people with a chuckle. And I think if you can hold onto that temperament for as long as he had, it's quite an accomplishment. When I have bad days, I try to think of Harry so I can smile. And I hope I can continue that for the rest of my life.

One time Harry told me that the two things that keep him going are "faith and a good sense of humor." See? How awesome.

Well, his favorite story to tell me revolved around two of his dogs he had almost 20 years ago, named Laurel and Holly. He told me everyone would say, "Oh Laurel and Hardy. How cute."

After a while, Harry would shake his head and just agree. He said it was easier than explaining the names.

Laurel and Holly were mixed breeds. He thought they may have had some retriever in them, but they were just wonderful pets. And Harry loved them dearly.

One night, though, Laurel and Holly showed Harry how much they loved him.

Harry was such a great story-teller. When he spun a tale, you could almost see the action play out in your head. Allow me to demonstrate.

Harry said it was literally the middle of the night and he was awakened by a very low growling coming from the side of the bed — where his loyal companions always



Harvey is a 10-month-old hound mix who has the dearest face. He's a very fun, active dog. We've had him out with us at various events and he does really well. Harvey will need some training and lots of exercise to keep him happy. If you think you have the right spot for him, come say hello!

slept. This set off Harry's instincts because it was odd. They'd never done this before. So he sat up in bed and quietly asked, "What's wrong, girls?"

The dogs immediately stood and softly moved to the door of his bedroom.

At this point, Harry figured they knew more than he, so he followed them.

The one thing Harry remarked to me about that night is he'd never known his dogs to be so quiet. He said the three of them literally crept down the stairs and the dogs took him through the kitchen to the door that lead out to the garage — almost silently. At this point, Harry said the dogs' hackles were raised, but they didn't emit a sound.

Once again, Harry's instincts followed the warning his dogs were giving and he reached across the counter to silently pull a knife out of the drawer. Taking a deep breath, he slowly turned the knob and swung the door wide, allowing Laurel and Holly to leap — snarling and growling and barking up a storm now — into the garage.

He found, much to his (and anyone's) horror, a man trying to cut the screen out of one of his windows. The dogs raced to the other side of the garage and set up such a frightening racket the shocked, would-be burglar raced for his life across the lawns through the neighborhood.

Harry said he never thought his dogs were capable of what he saw that night, but he supposed they were just protecting their family. He laughed about it, saying, "I bet that guy never thought he'd be face to face with that!"

Circumstances in his life led Harry to have to say goodbye to Laurel and Holly. Harry said one of the toughest days of his life was watching the car with those girls in the backseat pull out of his driveway. He said the dogs watched him until they couldn't see him anymore.

One of my last visits with Harry just last week found him reflective and contemplative. We had some thought-provoking conversation about the nature of the world and how different it's become in such a short time, especially since he'd been a boy. We spoke again of Laurel and Holly and I think he was surprised I remembered his story.

I told him, "Harry, I tell a lot of people that story. I think it's amazing."

He agreed.

Eventually, I had to head out and Harry gave the pooch I'd brought with me a final pat goodbye. Then he looked at me and said something I think is remarkably profound and poignant.

He asked me if I wanted to know the secret of life. Naturally, because it was coming from Harry, I nodded enthusiastically.

He leaned back in his chair and with his hand on the dog's head, Harry said, "Here it is. In the end, what really matters, is to have a handful of true friends you can trust, and a whole lot of memories of wonderful, loyal dogs."

I haven't seen Harry in a long while and I imagine he has since passed away, but I still remember those words. To this day when I remember them, I think, amen, Harry. I couldn't have said it better myself.

Jennifer Vanderau is the Director of Communications for the Cumberland Valley Animal Shelter and can be reached at cvascomm@cvas-pets.org.

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PETS LARGE AND SMALL

Cow calls

**Dr. Kimberly Brokaw
Walkersville Veterinary Hospital**

I don't usually care for working cows. Usually, the cows as well as the farmers are nice but economics tends to dictate the care provided as opposed to the well being of the animal. I also like cleanliness, and the typical dairy farm is dirtier than I would prefer. Couple that with the facts that cows tend to be large, strong, and sometimes not very cooperative. These factors add up, and can cause unpleasant and dangerous working conditions. Due to those issues, I have chosen to not have regular dairy clients of my own. Instead I limit my regular work to horses, cats, dogs, goats, and the occasional chicken, sheep, and llama. However, if I'm on call, or one of the other vets is on vacation, I have to work on cows.

Recently I have had to go to two different farms. One was for a beef cow and the other a dairy cow. I'd never been to the beef farm before and had yet to meet the farmers. One of the challenges of beef is that unlike dairy cows which get handled multiple times per day, beef are often un-handled. Because of this, beef cows tend to be a little more flighty and difficult to manage. While this cow couldn't be led in a halter like a horse, she was friendly and it didn't take much coaxing to get her to walk into the shoot so she could be examined. This was good evidence that the farmers had treated her well and that she was accustomed to a gentle hand. She had prolapsed her uterus and it needed to be placed back inside of her. The farmers were excellent and freely offered their assistance as I worked.

At one point I had to ask the farmer to put on gloves and hold the uterus in the cow so I could stitch around to keep it from prolapsing again. While I had given the cow an epidural, she was still

trying to push. As the farmer continued to hold the uterus in place he laughed that he bet I couldn't have asked a horse client to do that for me. He was right. The typical horse client is a bit squeamish and hesitant to participate in procedures. As it was, his assistance was essential in the surgery. I even have to admit that while replacing a prolapsed uterus is usually a very unpleasant experience, his continued joking and requests that I not sew his arm into the cow, as well as watching the cow trot off after the procedure made it gratifying.

Dairy cows are usually easier to work on. While the dairies these days are large with numerous cows, some of the farmers still give their cows individual attention and call the cows by name. I have gone to one particular dairy farm on several occasions. Each time I go, the barns are tidy and the cows are clean and friendly. Not only do the cows live in a cleaner environment than the typical dairy cow, the farmer cares about them as animals and not just as a commodity. It took a few visits out there for me to fully realize that. The first hint was when the farmer told me about a cow's clinical signs, and called her by name rather than number. My next visit out would be when I truly learned just how much this farmer cared for the cows.

One dairy cow had been trying to give birth and was getting weaker. The farmer had managed to get one calf out but there was a second that was stuck. When I got there and did an exam on the cow I discovered not one, but two remaining calves inside. At this point the cow was barely able to stand, and very weak. The calves unfortunately were dead. They had been dead for awhile and were emphysematous, making them extremely difficult to remove from inside the cow. Unfortunately, it was decided that it



would be best for the cow to be humanely destroyed. In this sort of situation some farmers would elect to take a cow such as this one to slaughter while others would elect to just shoot her and compost her on the farm. However, this farmer requested that I euthanize the cow. The cow had been with the family for a long time and always been sweet and productive. For those reasons they preferred that method of death. While it may seem odd but that act of kindness has stood out in my mind over the years. It was a clear act of compassion where the farmer proved to me that the cow was much more than a commodity. Not only did the farmer lose the potential meat price of the cow, but also paid for an euthanasia. As I reflect on that choice it saddens me that in making the right choice from a humanitarian side, the farmer had to suffer an economic loss.

Luckily my next and most recent visit to that dairy would be happier. I was directed out to the heifer barn. As heifers haven't had a calf yet, they haven't been milked. As such, they haven't always been handled a lot making them frequently fractious. However, at this farm that was not the case. The heifers were friendly and han-

dled better than some of the horses I see. The sick heifer was easily caught and haltered and brought to the side of the barn. While the farmer was explaining the heifer's clinical signs, several other heifers came over and started licking and searching for rubs and attention from the farmer. It was obvious that the farmer had spent lots of time with them, giving them care and affection. The one heifer that had been off her feed and was partially bloated making her the shape of a pear on one side and an apple on the other (a papple). The heifer's clinical signs were consistent with vagal indigestion. Treatment options were discussed with

the farmer and medications were administered.

Every time I go out to that dairy farm I see one more example of how much that farmer cares for the cows. It is shown through all the little blankets that the calves wear in the winter to the interactions observed between the cows and people. If all cattle operations were run like the two I described above, I'm pretty sure that not only would I not mind working on cows, but I'd probably look forward to it.

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



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THE MASTER GARDENER

Designing your outdoor space

Kay Hinkle, Phil Peters, and Mary Ann Ryan, Penn State Master Gardeners

Autumn. A great time of year when a crisp breeze replaces summer's heavy humidity and the sun's rays warm your face without burning your nose. If you, too, treasure autumn days you may want to think about the possibility of expanding your living space by adding a room in your back yard or planning a new garden area. Enhancing your outdoor space can only benefit you and your family, making a wonderful area to enjoy as well as the financial gain when reselling. Clemson University confirmed a study that states homes with excellent landscaping expect a sale price of 6-7% higher than a home with a good rating. So whether you're in it for the long haul or looking at reselling, fall is a great time to increase the value of your home by good design and plantings.

Understanding your site and how you use it is the first and one of the most important steps in a successful landscape. Take measurements of your home; locate overhead and underground wires and pipes, note existing plants, sun and shade, wind, soil moisture, swales and views. This will give you a base map for the redesign or enhancement of your garden space.

Use tracing paper to make overlays on your drawing; one showing sun exposure, wind exposure, utilities, fences, etc. Different colors will help you keep



A vegetable garden requires full sun and good drainage.

track of what you are doing. The idea is to know your property as thoroughly as possible.

Begin sketching functional spaces: sitting areas, play spaces, vegetable garden, pathways. If you have been living in your home for a while, paths have probably already been created and you certainly would have a good idea as to how you use your outdoor space.

Using blank tracing paper, sketch out ideas for trees, garden spaces, pathways connecting these areas and spots for future

buildings, like a garage or shed or pool. Create discrete garden rooms where you can relax to enjoy the view. Mark locations for benches.

Hardscaping is a term often used in the industry. This simply means designing the hard surfaces that will be a part of your garden space. As this design process takes formation, patios, decks and other hard surface design begins to play an important role in the transformation of your garden. Hardscape can include benches or seating. It also refers to the addition of pavers, bricks or stone used to design a walkway. Hardscape can include fountains or statuary.

Hardscaping can determine the style of the garden, as well as

the selection of plants. Straight lines in paths and walls as well as selection in statuary can certainly convey a more formal design. However, the use of curved lines and use of materials like a dry stone wall may have a more casual feeling. This reflects your own personal style, just as it would inside your home.

Don't hesitate to take advantage of views and plants that may be off your property to create focal points or backgrounds in your design. Can you see a spectacular tree on a neighboring lot? Frame it with plantings and let it be seen from within your garden room. It will give depth as well as beauty to your landscape. Likewise, a neighbor's hedge can be the perfect backdrop for a colorful dis-

play of annuals and perennials.

Before you get specific about individual plants, pick up a good book on landscape design or talk to a good nurseryman. The internet is full of information as well. A trip to a garden center will help you determine what you like in the way of plant colors, forms and textures.

Divide your property into manageable areas that you can work one at a time. Prioritize these from most important to least urgent. Since trees take longer to mature, you will want to site and plant them early in your scheme. Shrubs will come next. Remember to allow room for the full sized plant. What may look a bit sparse at first will fill in with age.

Start with trying to visualize the basic shapes that you want to include. Trees and shrubs will give you a wide variety to choose from. Pick the ones you like and that complement the lines of your property.

Do the same with each area, choosing plants for size, color, texture of leaves, or that carry out one theme, like a scent garden, for instance. Always remember to choose a plant that is appropriate for the exposure, sun, shade or wind of your particular landscape. And before you put any plants in the ground, get the soil tested. This will determine the soil pH, which is necessary to know for plant selection as some plants like acidic soils, others more alkaline. A soil test will also tell you the nutrients available in the soil. This is important for planting and maintenance of your plants. The local cooperative extension office has soil testing kits and will show you how to use them.

Once your redesign is complete, visit the garden centers. Fall is a great time to find some good prices on plant material, and with the rainy August, it's a great time to plant as well. September through early October is the second best time to plant! Many of the garden centers carry accent pieces for your garden. If they fit into your design, pick up a birdbath or piece of statuary to complete the garden space.

When making your plant selections, not only do you want the shape and texture to be on target for your space, but keep in mind the plant's needs. Can your garden support that plant? Refer to your early notes and sketches on the soil, water, and sun issues on your site. This will dictate what your site has to offer.

When planting is done, keep good notes as to what the species and varieties of the plants you have chosen for your space. This way, if there is a problem with a plant, it makes it much easier to find assistance to fix the problem. Notes also

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Perennial gardens enhance any landscaping.

aide in future plant selections. Often times when we garden, we create microclimates that will allow us to plant things that may not have done well prior to screening, hardscaping and such.

Make use of your outside space. Adding to the landscape with proper design and plant selection can make a huge difference in your quality of life at home. Pri-

vacy, dining and entertaining, gardening and cooking can be so easily enjoyed outside with the right space. Support your local garden centers by visiting this fall. Ask them questions. Research before planting, and enjoy!

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

The Small Town Gardener Revel in the season

Marianne Willburn

The fall garden. Ahhhhhh.

No matter how cruel the summer, how dry and hot and humid, nature invites us back outside again now to remember why we garden; why we go crazy over catalogs in January and nurseries in April – for the chance to reconnect to the sights and smells and pleasures of this Earth.

Something indefinable characterizes the air at this time of year. Temperatures mirror those of mid-spring yet the air is heavier somehow, spiced with the scent of leaf litter and ripening Osage Oranges in the woods behind my house. Out on the deck in the morning the smell of fall is so pungent it competes with my coffee and inspires me to trade pajamas for Wellington boots at the earliest opportunity. The children are getting used to finding me in the vegetable beds again when they wake up in the morning.

Our springtime shrubs are setting buds for next year, our summer bloomers are fading and foliage is beginning to turn. My swiftly reddening dogwood reminds me it is time to re-seal the heating ducts and get three tons of pellets ordered and stacked before winter winds take the last of the leaves off the Silver Maple. It may be a bit of a race against time to complete autumn's little jobs this year however, for I have bought hundreds of tulip bulbs to brighten April – without a decent plan of where to start in September.

Nevermind. The days might still be humid, but they are cooler, and the only thing I wish to do every morning is plunge my hands in the dirt. With that kind of work ethic and a heavy parka in tow, I should be fairly on schedule by the time winter comes knocking.

The first place I start each day is in the vegetable garden, keeping fall vegetables protected and out of the clutches of various evil munchers. It is vital to check them every morning to make sure that the hordes have not moved in, and to do something quickly if they have.

Yesterday I had the supreme pleasure of finding a cutworm almost completely liquefied from the inside out lying next to my baby kale. He had made the very great mistake of supping from my BT-drenched chard a few days before. Boy I love these little mini-victories – and said as much to the little carcass in front of me. It may be bad form to dance on the grave of one's enemy, but these moments are too sweet and



too rare to be overly concerned with propriety.

Summer's tomatoes are canned and still coming; and with any luck, I'll be pulling a zucchini out of my hat (or hoop-house) in late October. To that end I am using more agricultural fleece and 6 mil plastic, hoping to extend the growing season by at least a few weeks.

Much is to be done with the various shrubs and herbaceous perennials that had been sulking in the heat, but are now ready to be divided and moved if necessary. I have some peonies in the back that are being bullied by Thujas – they must be re-located soon and carefully – the trick is finding space in a front border that acts like it shouldn't have to share a room with its siblings. It is time to throw my weight around a bit and reclaim areas that have been left to their own devices for too long.

I shall look to my friends (you know who you are) for new exciting divisions, and am not above plying them with moderately drinkable red wine if that's what it takes to get a decent Hosta or a chunk of Ostrich Fern out of a fellow gardener. We'll save the good stuff for evenings on the deck.

For at the end of a day planting bulbs, or tormenting peonies, or taping ducts shut, the cool evening and brilliant sunset practically mandates that we should pull up a chair, sit back with friends and marvel at the beauty of an all-to-transient season – glorious autumn.

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CIVIL WAR HISTORY

The Maryland campaign sesquicentennial

John A. Miller
Emmitsburg Historical Society

After their stunning victory at Second Manassas in August of 1862, Confederate General Robert E. Lee began his movements toward the north. After attempting to cut the Union Army of Virginia's retreat into Washington at Chantilly on September 1st, the Confederate army pushed toward Leesburg, Near Leesburg, Virginia on September 2nd, the advance cavalry units of Lee's army skirmished with Union cavalry. This skirmish wounded several Emmitsburg residents serving in Cole's Cavalry, a Union cavalry command.

Once Leesburg was secured, Lee's army began to occupy the town. General Robert E. Lee had a huge decision to make. He could carry the war into the north, and by doing so, the Confederate army could sustain themselves from the rich agriculture produce of the northern farms as well as gain additional supplies. This would also relieve the civilian population in the south, including the farmers of the Shenandoah Valley, giving them time to harvest their crops.

Politically, the war had grown unpopular with the northern people and with elections coming, Lee could take advantage of the lack of confidence in their elected officials. As several Confederate officers from Maryland told Lee, he could recruit Maryland civilians for his army, replenishing his ranks from the hard summer of fighting in Virginia. If Lee could win a major victory in the north, the Confederate government may gain international aide and recognition from European countries such as England and France. In order for all of Lee's plans to come together, it was important for his army to be viewed by the Maryland residents as the "Liberators" and not as the "Invaders."

On September 4th, with blessings from Confederate President Jefferson

Davis, Lee's army began to ford the Potomac River at White's Ford, with fife and drums playing to the beat of Maryland My Maryland. By September 7th, the Confederate army was on the Maryland banks of the Potomac River with Frederick as their concentration point. The advance units of the Army of Northern Virginia had arrived in Frederick as early as September 6th.

In the wake of the Confederate campaign in Maryland, hundreds of civilians fled, blocking the roads leading to Emmitsburg, and Baltimore. Rumors spread from town to town about the Confederate invasion. Once fully concentrated in Frederick, Lee's army received a cool reception. Geographically, Frederick was a southern city, but when it came to loyalties, the majority of its citizens didn't want to see the Union dissolved.

Hundreds of men flocked toward Frederick with the intention of enlisting, but once they caught a glimpse of the condition of Lee's army, they were quickly dissuaded. One such instance involved more than 87 men from Emmitsburg who traveled to Frederick to enlist, but seeing how ragged and dirty the Confederate army was, they returned to Emmitsburg. Lee received less than one hundred recruits for his army.

While Lee was in Frederick, General George McClellan was given the opportunity to reform, re-supply, and reorganize his Army of the Potomac, Burnside's army that came in from North Carolina, the shattered remains of the Army of Virginia and the Kanawha Division. Soon McClellan began marching out of Washington to meet the Confederate army in Maryland.

On September 9th, realizing that the garrison at Martinsburg and Harper's Ferry threatened his line of communications, as well as his supply line, General Lee issued Special Orders No. 191. These orders divided his army into sev-

eral sections. General Stonewall Jackson and his command, supported by the divisions of Lafayette McLaws, Richard Anderson and John Walker, were to besiege Harper's Ferry. Lee and Longstreet would move to Boonsboro and Hagerstown. General Daniel Hill was to guard the rear of the Confederate army while General JEB Stuart's cavalry brought up stragglers. Once those garrisons fell, these commands were to reunite with Lee in Boonsboro or Hagerstown.

By September 10th, Lee's army was put into motion. By September 12th, the Confederate rearguard skirmished in the streets of Frederick with the leading elements of the Union army. That night, Union cavalry commander General Alfred Pleasanton, was ordered to send out his cavalry division to scour and locate the rear of the Confederate army. As a result, at dawn on September 13th, the sounds of battle were heard from the Catoctin Mountain at Braddock's Gap, and by the afternoon, Jefferson Pass also became a battleground.

As the cavalry battles were occurring, a copy of the Lee's orders came into General McClellan's possession. Between the cavalry battles, reports of Confederate activity, and the Lee's lost orders, General McClellan had everything he needed to destroy the Confederate army. But McClellan hesitated, and to make matters worse, the Confederate activity near Harper's Ferry was finally reported. But McClellan had a simple plan; attack and destroy each element of the Confederate army before it has a chance to reunite.

As September 14th dawned, the advance units of the Union army moved closer to South Mountain and by nine in the morning, the Battles of South Mountain erupted, starting at Fox's Gap. The fighting was fierce, and by late afternoon South Mountain became a battleground, with fighting taking place at Frostown, Turner's, Fox's, and Crampton's Gaps and Brownsville Pass. Over 6,000 soldiers fell on the battlefields at South Mountain. The Battles of South Mountain was the turn-



ing point both socially and politically. McClellan's army had gone up against a great Confederate army, causing Lee, who was on the offensive, to take up a defensive strategy. In its aftermath, Lee was forced to withdraw his Confederates off of South Mountain and concentrate at Sharpsburg to wait for news on Harper's Ferry.

With Harper's Ferry under siege by Jackson's force, a portion of the Union army attacking Crampton's Gap had the best chance of relieving the besieged garrison. Their mission was to break through Crampton's Gap, occupy Pleasant Valley via Rohorsville, and split Lee's army in half. From there they could help relieve the garrison. But as the sun set on September 14th, the garrison at Harper's Ferry realized that no aide was coming to their relief. That night, the cavalry escaped from Harper's Ferry without conflict from the Confederates. The next day, the garrison of 12,500 soldiers was forced to surrender and Harper's Ferry fell.

With this news, General Lee decided to remain at Sharpsburg and confront the Union army. By the evening of September 16th, the first shots were fired at Antietam. The next day, the bloodiest single day of the American Civil War was fought with more than 23,000 casualties of wounded, missing, and killed in action. Although none of the soldiers fighting in the Battle of Antietam would realize it that day, the Battle of Antietam would change the war politically, laying the foundation for the Emancipation of the African American

people held in the bondage of slavery.

On the 18th, the armies still held their positions. Lee decided to remove his army from the battlefield at Antietam and ford the Potomac River at Shepherdstown. By September 19th and the 20th, the Battle of Shepherdstown forced Lee to give up his first campaign into the north.

For the last year, I have been writing articles relating to the Maryland Campaign. September of 2012, marks a very important month in American history. Not just militarily, but socially, and politically as well. It is important that we commemorate the events that unfolded during the first major Confederate offensive of the north. Several historical sites locally, statewide, and nationally will commemorate the Maryland Campaign. I encourage you, the reader, to participate in this once in a lifetime opportunity to commemorate the 150th Anniversary of the Maryland Campaign and honor those brave soldiers who gave their lives to protect and defend Maryland. In honor of the sesquicentennial, Maryland Public Television will air a new documentary on September 5th, telling the story about the importance of the Maryland Campaign and how it changed the course of the war. I had the great opportunity to participate and was one of sixteen historians to be interviewed for this documentary.

To read other articles on the Civil War visit the Historical Society section of Emmitsburg.net.

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VETERAN'S PROFILE

Lance Corporal Phillip Mort, USMC

Returning home

Part 3

By the time I got my orders to return home, the Tet Offensive of 1968 was over. What began as a major communist push to take over South Vietnam had turned into one of the greatest military victories for the US in the war. But that victory came at a bitter price. From the start of the offensive on Jan 27th to May 30th, 7,040 US soldiers lost their lives and over 45,000 North Vietnamese and Viet Cong had been killed.

The battle for Hue which I spoke about in last month's article was the last major engagement of the offensive, which saw communist attacks on all of South Vietnam's major cities. While the North Vietnamese and their Viet Cong allies failed in their attempt to capture the South, they did succeed in swaying public opinion in the United States decisively turned against the Vietnam War. From then on, Vietnam, in the public's eye, was a lost war. Sadly the blame for that loss was placed on the shoulders of the soldiers, whose only "crime" was answering their country's call to duty.

Like everyone else, I keep track of what time I had left "In Country." "How short are you?" was the phrase one would use when asking someone how many days they had left. But I tried not to think about it, there was no time to take a breath, or let your guard down. If you did, that's when you died, or worse, got someone else killed. My buddies depended upon me being at my best every day, just like I depended upon them.

I got word I was headed home while driving back from a supply run to Khe Sanh. My sergeant simply told me I was going home that day. When the convoy pulled into the base at Dong Ha, I drove the truck over to the airstrip, got out, and boarded a waiting C-130. I didn't stop by the barracks to pack any bags - there was no need to. All my "personal belongings" could fit in my pocket, and outside of an extra set of fatigues, which I had with me all the time, all I had was the clothes on my back. I climbed on-board the plane and never looked back.

It was a short hop to Phu Bai where I was to catch my flight out of Vietnam. The plane was a Constellation, one of the first commercial jet airliners. It was affectionately called the 'Freedom Bird,' for obvious reason - it was taking you home. The plane was packed with other service men, all headed home. While we were on the airstrip no one spoke a word, everyone was holding their breath and hoping that the plane would not be hit while sitting on the ground or during takeoff. When the plane finally lifted off, a loud cheer filled the cabin, but it wasn't until the plane reached about 3,000 feet I put my head back and

let out a deep breath - "It's all over for me," was all I could think.

The first stop on the way home was Okinawa, where I was assigned to what was called a "casual company." I guess someone in the higher brass truly believed that idle minds were the devil's playground, so they found ways to keep us busy. In my case, I was assigned, with several others, to "trim" the lawn between barracks, not with lawn mowers mind you, but with our hands. We had to get down on our knees and pull each blade. All I could think about was how humiliating it was after all I had been through.

My next stop was the US Air Force base at El Segundo, California, just outside of Los Angeles. It was a long ride across the Pacific. I don't remember much of the flight, as I slept most of the way. Once at El Segundo, the Marines made arrangements for me to hop on a flight to Washington National. Less than a week had passed since I had been told I was headed home. I had traveled half way around the world physically, but mentally, I was still in Vietnam.

While I was in Vietnam I wrote to my parents two or three times a month. My mother wrote to me religiously, as if to remind me that I was always on her mind. She kept all my letters, and it was only years later that she gave them all back to me. I wish I had kept hers, but the constant fighting didn't allow that.

My family knew I was due to head home soon, but like me, never knew the exact date, so I had left Vietnam without being able to tell them. I could have written, but as it was, I would have beaten the letter home. So the first time they knew I was home was when arrived at National and called home. My brother Charles answered the phone.

"You home?" He said.
 "Yep," I answered.
 "Where are you at?" He replied.
 "National Airport." I answered.
 "OK, I'm on my way." And with that, I sat down and awaited the reunion that I had dared not think about for a year.

A few hours later, Charlie pulled into the airport, along with his wife and my wife. It was a joyous ride back to Emmitsburg.

While it was good to be home again, it was only a temporary stay. I still had a year to serve in my "hitch," and was only on leave for 30 days before I had to report to Camp Lejeune.

I returned home at the height of the Vietnam War protest movement. While I was accepted back by locals who knew me prior to going to Vietnam, I was looked on with disdain anytime I left the community. The news accounts of the war had become so slanted, that to most anti-war protesters, I was a nothing more than a "baby killer." To say it was disheartening would be an understatement.

To make matters worse, as I was still only 18, I found myself in the surreal world of being old enough to fight for my country, but not old enough to vote, or for that matter even drink! My only solace was the fact that the old timers in the area, especially the veterans, did not join in the public condemnation of those who had severed in Vietnam and welcomed me with open arms. They ignored the law and invited me into the VFW and local clubs to drink with them. Yet in spite of the fellowship I found in their company, the stresses that had built up as a result of my tour in Vietnam began to bubble to the surface in... lets just say ... in less than productive ways.

I not afraid to admit that I was, and continue to be patriotic. Being patriotic I found it frustrating to watch the news and see how Vietnam veterans were being treated across the country. I resented all the anti-war protests, not because the protestors were against the war, but because they were vilifying the soldiers, soldiers who were good men, soldiers who had been faithful to their country, soldiers like Denny Webbert, Tim Hair, Richard Sanders, Richard Russell, Billy Wilson and Forest Nipple, who like me, called Emmitsburg home.

Like many returning vets, my wife at the time had a hard time reconcil-



Phil Mort and his 1966 Impala - which he wrecked in one of his less idyllic moments during his brief time home after returning from Vietnam.

ing who I was after return from Vietnam versus the man she had married. My marriage was over, before it even really began. I knew it. Its end was now just a matter of formality.

When my leave ended, I headed to Camp Lejeune, glad to return to my other family, the Marines. In spite of all my efforts to forget, Vietnam was always on my mind. I was unable to acclimate myself to the "luxuries" of life back in the states. Sure it was nice to sleep in the same cot every night, have regular meals, and the liberty to go off the base without worry of being killed, but those luxuries had long since lost their appeal to me. What people valued as important, I now saw as trivial.

The country I had come home to, the country I had fought for, didn't want me. I no longer fit into society. Even worse, I no longer understood society. I found myself drifting. I needed an anchor to root myself, and increasingly, as time went on, I realized that anchor was Vietnam.

As the stresses built to a boiling point, I approached my sergeant

and told him that I wanted to return for a second tour of duty, not an infrequent request for those who found life after their first tour difficult to bear.

The sergeant told me I was slated to be assigned to an amphibious naval ship in the Mediterranean. Had I taken it, I could have spent the remainder of my time sitting on my butt basking under the sun, but that wasn't me. That would have been a life without purpose. I joined the Marines to make a difference, and as long as I wore the uniform, I was going to earn the right to wear it.

There were still guys like me fighting and dying everyday in Vietnam. I just wanted to return to my friends and the certainty that comes to one's life when every day could very well be your last. In Vietnam, I learned to make the most out of every moment. I wanted that again.

To read other history articles visit the Historical Society section of emmitsburg.net.

Part 4 next month

Blue Ridge Sportsman's Association

September Calendar Of Events

Sept. 7th - Barn Shoot - 6 pm Start
 Sept. 8th - Crab Feed - \$30.00 2:00 - 6:00 pm
 (Open To the Public)
 Sept. 14th - Bar Bingo - 7:00 - 9:00 pm
 Sept. 15th - Barn Shoot - 11:00 am Start
 Sept. 21st - Meat Night - Starts @ 6:30 pm
 Buffet 5:00 - 8:00 pm
 Sept. 27th - OPEN MEMBERSHIP
 6:30 - 8:00 pm - JOIN TODAY!
 Sept. 28th - Bar Bingo - 7:00 - 9:00 pm

Thurs. - All-You-Can-Eat Wings \$6.99 - 5-8pm
 Fri. - Full Menu - 4-9pm • Daily Special 5-8pm
 Sat. - Breakfast - 7-11am • Lunch - 12-4pm
 • Dinner - 4-9pm
 Sun. - Breakfast - 7-11am *Kitchen Closed Mon.-Wed.*

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HISTORY

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Customs and Amusements, Now Almost Forgotten, Recounted by Oldest Inhabitants

Part 6 of many

Interview with Bennet Tyson

“Traveling was a very different thing then to what it is now, let me tell you,” replied the patient victim of the interviewer. “Going to Baltimore was like a trip to Europe now, and took almost as much time. Anyone who had been there and had exploited the city was looked upon as a person of distinction by the small boys who thought that perhaps sometime in the distant future they might be able to do likewise. The old swinging Concord Coach and the market wagon furnished the rapid transit. Mr. McDannell, who lived and died in a house that stood where J. T. Hays & Son’s store now stands, was owner and driver of the stage line. He left Emmitsburg for Baltimore every Monday morning and returned every Friday evening, bringing with him the weekly mail, the only one we received.”

“Do you remember much about the postal rates that obtained in the good old days of the stage coach, Mr. --?” the newspaper representative asked timidly, determining to make this his last question.

“Do I remember them? Perfectly,” said the old gentleman with an air of astonishment. “They were calculated to make

a deep impression upon me, for they were very high. To send a letter to any distant part of the country used to cost twenty-five cents, so you can see that there was not very much unnecessary correspondence.

Reflections on Some Early Schools

“About the old-time schools of Emmitsburg, the first school I remember attending was taught by Mrs. Reed, a widow lady, in a house that stood on the present site of Helman’s store. I was packed off to school when I was about five years old, with a small yellow book called an English Primer. The seat, a rough bench, was much too high for my short legs and my feet hung some distance above the floor. The school was a sort of a go-as-you please affair, and I did not receive much attention from the mistress, who, by the way, was a very good-natured lady. Yet, as it is the school boys’ want to go ahead, I made rapid progress and soon learned to throw paper wads and pinch the boys that sat next to me.”

“What made up the curriculum of an ordinary school in those days?” asked the reporter.

“Well, I learned by heart the names of all the animals with which the pages of my book were illustrated, and afterwards mastered the alphabet. While I attend-

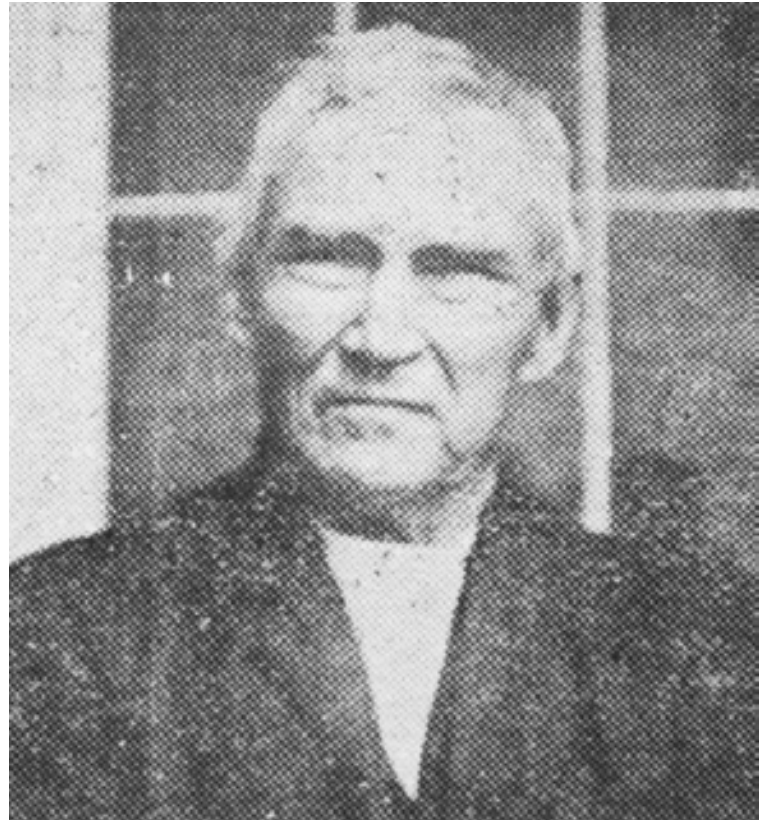
ed this particular school, I never got out of the English Primer and as you can imagine from the fact that I knew the old thing by heart from cover to cover, I got very tired of it. Some years afterwards I went to the first public school started in this town. The building was a long, low brick schoolhouse standing on the present site of St. Euphemia’s School. Robert Crooks was the first teacher. He was a man of ability and a fine scholar, and also a very strict disciplinarian. Under him, ‘the boys simply had to study and know their lessons.’”

“Did Mr. Crooks have an assistant?”

“Yes,” laughed the old gentleman, “he had a persuasive assistant, in the shape of a birch rod which stood in the corner in full view. The very sight of it, not to say anything of its application to the back of a lazy or careless boy, helped his mental processes wonderfully. That was the only sort of physical culture we had in the schools in the olden times. It was not elegant but very effective. I have witnessed many a flogging, but, strange to say, never received one. I believe it has been my luck never to get all I deserved.”

“Did your school experience end under Mr. Crooks?” was the next inquiry.

“Other well-liked and successful teachers of the old public school were Mr. John Walter, a graduate of Mount St. Mary’s College, and a Mr. Tearce, who came to Emmitsburg with the Guthrie family from Pennsylvania. Mr. Tearce’s assistant was Squire Knouff, well known in this community for many years. Mr. Tearce



Bennet Tyson

was my of deal of a man and a teacher, bright and pleasing in mind and manner, of strong robust body, somewhat of a slender build and a genuine athlete, he joined in all our outdoor games, and many a time in playing corner-ball I had his broad back for a target. With all this comradeship with his pupils, inside of the schoolroom he was master and commanded the respect and love of his scholars.

The curriculum of the school was somewhat limited; grammar, geography, algebra, and history were taught, but most of the boys thought that when they were masters of the three ‘R’s’ they were ready to graduate.

In the summer when the public schools were closed, we had what were then called ‘subscription schools.’ I attended one that was held in a brick house on Broad Alley. This building is still standing in good condition and is now occupied as a dwelling, by John Ellis. It was called the ‘Potter Kiln School’ because the house had been built for a potter’s shop. In the rear stood an immense potter’s kiln that had been unused for many years. It was a representative of one of the extinct industries of Emmitsburg; the darkness inside this kiln and the many small

openings made it a fine place for boys to play hide-and-seek.

Darius Thomas was one of the first who taught this school; he moved west in the early days and became one of the principal educators in the then new state of Iowa. When I attended the school the teacher was Isaac E. Pierson, the well-known lawyer of the town. He laid down the law to the boys and made them ‘toe the mark.’ He did not believe in whipping but inflicted cruel and unusual punishment by making a boy stand up before the school with a girl’s sun-bonnet on his head, a terrible penalty, far more dreadful to the boys than the rod.

Friday afternoons were set apart for speech making and many a time as a small boy I mounted the rostrum and told the audience with wild gestures that, ‘My name is Norval, on the Crampian Hills, &c.’

One of the best schools was kept in a brick house, torn down in 1870, which stood on what is now the cemetery of the Lutheran Church. The teachers were usually graduates of Pennsylvania College, Gettysburg. Many of our older pupils will remember Professors McLean, Gerhart, Barrick, McAttee and others. It was established long before the

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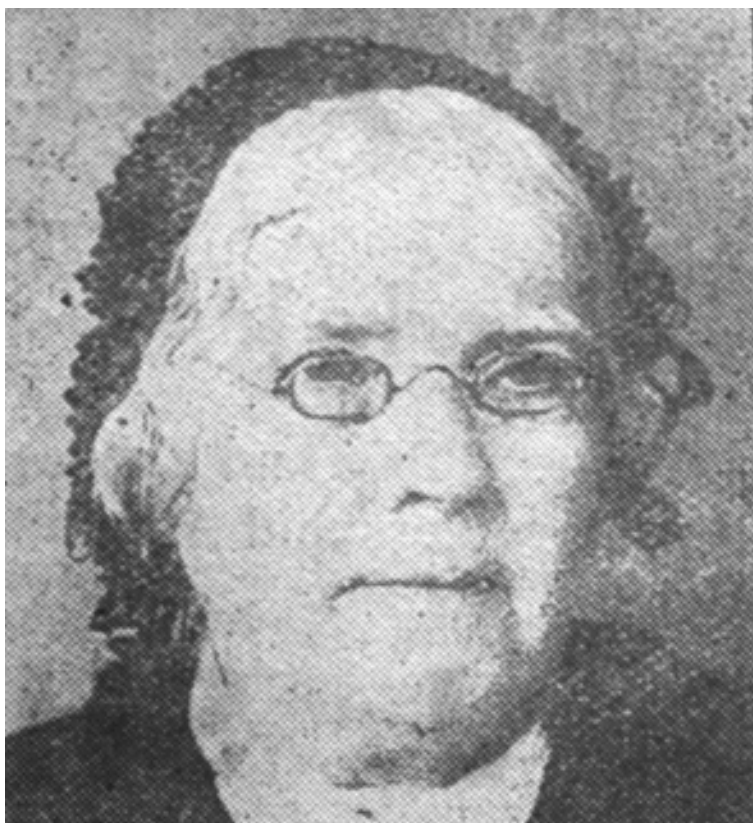
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HISTORY



Mrs. Esther Barry

first woolen mills in this section of the country.

Although she has lived to a great age, none of her family, so far as she knows, was noted for longevity. She credits her good health and long life to that sovereign prescription, hard work, regular and moderate habits, and a quiet mind. Even now she knows not indigestion, eats when and what she pleases, sleeps well and is able to help a little about the house, and she goes to church when the weather is fine. Her hearing is not good and her eyesight is nearly gone, but she still enjoys the company of her friends and such simple pleasures as are within her reach. She is making her home, at present, with her cousin, Mrs. J. M. Adlesberger, who she says is most kind and does everything for her an own daughter could do.

When the Chronicle representative was ushered into Mrs. Barry's bright and cozy sitting room several weeks ago, through the door he could see the old lady in the rocking chair by the window in the bedroom, counting over her money. When Mrs. Adlesberger had found the missing quarter on the floor she said, "Aunty, here is somebody who wants to see you!" So when "Aunty" had been made tidy with a fresh handkerchief about her neck and another cap on her head and was ready to receive company, she was brought into the sitting room and the Chronicle man was introduced in due form.

"Sit down, my dear. I am glad you came to see me," was her kindly welcome. "I am getting old and you know old people get lonesome and want company- that's something we can't get too much of." "Well," said the man of pencils and paste, "if I live to be as old as you, Mrs. Barry, I hope the young people will like to come to see me as much as I hear they enjoy visiting you. And I am going to ask you to tell me some of your good stories of the old times so that they may be printed in the Chronicle for the entertainment of all its readers and especially of your old friends who cannot get to see you but would like to hear from you. Talk to me just as you would to

public schools were started and was considered a sort of finishing school. I closed my school days there under Professor Gerhart, who, I have been told, is yet living at an advanced age in Virginia."

In answer to the query, "How do the new schools compare with the old ones?" Mr. —answered, "The old times have passed, the old timers are passing one by one; the schools like almost everything else have changed for the better. When I look at the books in use now and compare them with those we used to use, I have to conclude that the world has moved and is constantly moving, at least so far as the schools are concerned, in the right direction."

Interview with Mrs. Esther Barry

Reverence for age has been from the beginning of history, and further back than that, one of the fundamental traits of human nature. From this sentiment have been evolved all religious and all political institutions throughout the world. It would often appear in these latter days that some of the time consecrated instincts of humanity were becoming dulled by ages of use or were slowly fading in the garish light of the modern world. Who would deny that we are less reverent and obedient than our forefathers, or that old age, in these days,

seems not to be so beautiful and sacred a thing as in the olden times?

It is a benediction to know the old people: to minister to their simple needs, to listen to the memories of their youth, to protect them from loneliness, to compensate them as best we can from the loss of the old friends and the sundering of the old family ties, to render them due respect and reverence and to treasure their words of admonition and advice. Therefore, it has seemed good to the Chronicle to embody in its pages, through the medium of informal interviews, the lives of some of Emmitsburg's oldest citizens, to let them relate in their own words their reminiscences, their recollections of their youth and of Emmitsburg as it used to be and, not of least importance, their messages of counsel to the young people who are so much in the thoughts and prayers of the aged.

So far as is known, Mrs. Esther Barry is the oldest inhabitant of Emmitsburg and its vicinity. She was born in County Kildare, Ireland, on July 2, 1811 and is therefore in the 97th year of her age. When she was a few months old her parents immigrated to America and finally settled at Lewistown in Frederick County, where her father operated one of the

Dolores Henke, Age 83, of Emmitsburg

M. Dolores Henke, 83, of Emmitsburg, died peacefully Sunday, August 12, 2012 at Cross Keys Village in New Oxford, PA. Born January 1, 1929 in Gettysburg, PA, she was the daughter of the late Hubert and Gertrude Sebold Joy. She was the wife of the late Robert Henke, Sr. to whom she was married 44 years.



Dolores was a 1946 graduate of St. Joseph College High School in Emmitsburg. She graduated from Mount St. Mary College magna cum laude in 1982, attending night and summer classes while working full-time. She was employed by Mount St. Mary College in 1947 as a secretary in the Registrar and Dean's office, retiring 51 years later in 1998. While employed at the Mount, she met her future husband, Professor Robert Henke. They were subsequently married in 1952.

Dolores was a member of St. Joseph Catholic Church in Emmitsburg and St. Joseph Sodality. She was a charter and life-long member of the Emmitsburg V.F.W. Post 6658 Ladies Auxiliary. She enjoyed music and bi-weekly tennis with her friends. Her greatest joy was her family, in whom she had great pride. Her many trips to France to visit her husband's family and trips to Spain to visit her son-in-law and grandson were among her many happy memories.

Surviving are son, Dr. Robert Henke, Jr. and fiancé' Kathy Staub of Hanover, PA; grandchildren, Adrienne and Alex Henke of Hanover, PA, and Miquel Es-

cola of Spain; sister, Gloria Bauerline of Emmitsburg; 4 brothers, Jerry Joy and wife, Dot, of Emmitsburg, Michael Joy and wife, Pat, of Emmitsburg, Donald Joy and wife, Bernadette, of Westminster, and Joseph Joy of Baltimore; as well as many nieces & nephews. She was predeceased by daughter, Yvonne Henke Escola and 4 brothers, Patrick, Kenneth, John and Robert Joy; and infant sister, Rosemary Joy.

A Mass of Christian Burial was held on August 16, 2012 at St. Joseph's Church with the Rev. John Holliday, C.M. as celebrant. Interment was at the new St. Joseph Cemetery. Memorial contributions may be made to St. Joseph Catholic Church, 47 DePaul St. Emmitsburg, MD, 21727 or to Mount St. Mary University, 16300 Old Emmitsburg Rd., Emmitsburg, MD, 21727. Online condolences may be expressed to the family at www.myersdurborawfh.com.

someone dropping in for a visit and I will try to put down what you say in as nearly your own words as possible. Now begin at the beginning and tell me about the days when you were a little girl."

"Ah," she said, "that was a long time ago, but some of the things that happened then I remember as if it

were yesterday. I learned my prayers on my father's knee and he taught me the catechism- I can say the first chapter of it now, word for word," and she repeated it without hesitation and without a break. Resuming, she said, "And I remember some of the little prayers he taught me.

Part 7 next month

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COLD WAR WARRIORS

Prague in the summer of 1962

Luewig Pilato

In late August, 1962, I was attending university in Munich, Germany, and a group of friends and I seized the opportunity to join a bus excursion to Prague, Czechoslovakia. We had just a few days left of summer vacation.

When we were at the border leaving West Germany, the West German customs police barely looked at our passports, and just waved us ahead with a smirk. After all, who would want to leave West Germany for Czechoslovakia in 1962? After crossing “no man’s land”, we had to get off the bus and line up in single file to enter a drab, crumbling Czech building, where we were herded single file down a hall made of six foot high chicken wire fencing leading to a frowning customs officer. Our luggage was searched and passports examined.

Editor comment - If I was laying out these three photos... I would “link” then somehow. Maybe the Map in the middle with the



“HALT— Boundary Limit. Stop here.” Signs like this one were posted all along the Iron Curtain. Just over the border was East Germany, Hungary, Poland, and Czechoslovakia, known collectively as a “People’s Paradise.”



A Czech Republic border warning— “ATTENTION. Border Zone. Entrance Only Allowed.” Translated: Enter at your own risk into the People’s Free Republic of Czechoslovakia. Have a nice day!

German border warning on the left and the Czech(on the right). They are a montage of sorts....

After a wait of about an hour, it was announced that we had to present current shot records, or receive free inoculations before we could enter Czechoslo-

vakia. In planning this trip, following the travel agency instructions, we obtained all required documentation, but apparently none of the busy travel arrangers mentioned the need for shot records. No one knew we needed shot records. This news struck panic in the group, having heard of questionable medical practices and medications in the east. A med-

ical student among us protested and started quoting the differences in serums used in the east and west at the time. After much back and forth, our group decided to return to West Germany, get the demanded shots and return with updated shot records. The Czech customs official gave his approval for this resolution.

After a lot of explaining, phone calls by the West German officials,

detailed examination of all luggage and thorough review of our travel documents, we were re-admitted to West Germany. Fortunately, with our “good connections” with the U.S. military and other authorities, we obtained our injections and documentation, and returned to the border the next day, where we promptly were allowed to cross into Czechoslovakia.

As we boarded the bus, Czech officials warned us sternly not to leave the bus at any time, and absolutely no photographs were allowed to be taken from the bus. We were assigned a tour guide, and told that the bus could not go anywhere without the tour guide on board. This “tour guide,” who did not even pretend to be a tour guide, was a sullen fellow in a black trench coat despite the summer weather. He sat in the front seat next to the bus driver and never uttered a word. He simply turned around to look at the passengers every few minutes. This guide, as we all knew, would be our shadow for the duration of our trip, hopefully not with a Klashnikov under his coat.

Before letting us loose in Prague, hotel staff informed us to enjoy free Czechoslovakia, and to tell our friends at home how wonderful Prague is. Prague was, and is, a magnificent city. The inhabitants, however, were not so enthusiastic. Everything seemed to proceed in slow motion, and everyone appeared to be dressed in gray. Though we stayed in a grand old hotel, the splendor was faded. Many light bulbs were bare, and wallpaper peeled from the walls. The elevators did not work. The plumbing was loud and the water questionable. Only the front desk had telephones.

When we were walking in a group sightseeing on the streets of Prague, we immediately noticed our tour guide following us, making no attempt to go unnoticed. No matter where we were, we could find his frowning face somewhere in the crowd.

One evening, we went to a night club which was advertised as “world class” in the hotel pamphlet. It was a comfortable jazz



Route followed by tour bus from Munich to Prague and the People’s Paradise.



“Old Place” (Staro Mesto) in Prague Czechoslovakia during a summer festival. This was the gathering spot for European University students on spring and summer break, even under Communist rule.



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COLD WAR WARRIORS



A present day nightclub scene in Prague.

my imagination could guess – as it rumbled slowly along on a convoy of rail flatcars.

A day after safely returning to Munich, I went to a former German Reich's SS Kaserne (Barracks), now occupied by the U.S. Army and called McGraw Kaserne. I sat in the snack bar filled with American soldiers and civilians eating hamburgers, and drinking 10-cent bottles of Bavarian beer. I had met a group of friends there, and we talked openly without concern about the trip to Prague. I bragged about taking secret pictures of Russian armaments.

The next morning at about 6:00, as I was just waking but still in bed, I heard loud knocking on the door to my room, and a voice demanded that I open the door immediately. I was confronted by two men in black leather jackets, wearing dark two-day beards, and a clean-cut young man in civilian clothes, who flashed his ID card and identified himself as a lieutenant in the United States Army. Speaking for the group, the lieutenant told me that he was requesting my camera with photos of my recent trip to Czechoslovakia. He told me that my property would be returned to me promptly. Without ques-



A Soviet train moving military equipment through Eastern Europe in the 1980s.

club, albeit filled with a thick fog of cigarette smoke, with exceptionally good jazz played by talented musicians. Although the imitation Louis Armstrong singing was somewhat "over the top!" At one point our group noticed that a number of patrons were giving our group a wide berth, and a kind, young Czech fellow, who identified himself as a student, felt it necessary to explain to us that some of the others in the club were scared of one of the female members in our group, because she had the look of a witch. Apparently the ample green eye makeup worn by our companion was unknown in Prague, and aroused Czech superstition. After she wiped her eyes with a napkin to remove the makeup, the worried patrons smiled sheepishly.

On the streets of Prague, we always saw groups of young Russian soldiers walking around, apparently on leave and being tourists as we were. The soldiers all looked like - very strong, stocky farm boys in uniforms with high boots. What struck us was their clothing. In that summer sun, they wore their only issued uniforms which were heavy winter woolens. Noticeably perspiring, they smelled rather badly when passing us by on the street.

On our return to West Germany on the bus, we were again accompanied by our sullen tour guide. The Czech roads at the time were all two lanes, apparently with no autobahn equivalents. At one point, somewhere between Prague and Karlovy Vary, the road we were using paralleled multiple railroad tracks, with vast numbers of railway flat cars. The tour guide stood up in the bus and yelled in bad German, Keine Bilder, Keine Bilder! meaning "no photos".

I had my trusty Agfa Isolette camera in my bag on my lap, and what young fool could resist such a challenge? Behind the cover of the seat in front of me, I opened my camera, and by raising the camera lens just an inch over the window sill of the bus, I clicked away taking pictures, with my body facing forwards, so that our tour guide had no clue what I was up to. The old Agfa had a loud shutter, but the diesel bus was so loud, slowly rumbling down the road, that even I could barely hear the shutter.

The Agfa was also not easy to operate, but I was very famil-

iar with it. In a quick moment, I adjusted the shutter and exposure settings - each frame required loading the shutter spring - while also advancing each frame with a rotary knob. The narrow roll of film had a maximum capacity of 12 frames, and there on the bus, I exposed the remaining unexposed eight frames still in the camera. Some of the resulting photos were a little fuzzy, but not bad, considering the conditions. I was photographing an incredible array of Russian military equipment - tanks, trucks, half tracks, rockets, howitzers, cranes, bull dozers, motorcycles, and strange long metallic tubes filled with what not even



Ludwig's trusty 33mm folding camera that made its own little bit of Cold War history. The camera was manufactured in Munich by Agfa Kamerawerk in the 1950s.

tion, I gave him my camera. He gave me a receipt, and told me not to leave the city until informed otherwise.

The following day I was visited again by these men. The lieutenant smiled slightly, so I felt relieved that they would likely not throw me in jail, and asked me politely to come with them. They took me to an apartment on McGraw Kaserne, and told me they had an interest in my photographs. They produced large maps of Czechoslovakia, and asked me to trace the route our trip had taken. In what I took to be Czech accents, the two men in black leather jackets quickly identified the railroad tracks and rail yards which I had photographed. We established time lines, and they returned my camera, negatives, and prints to me. They scolded me for taking the photos, and told me I could have ended up in jail over there. I believed them.

In a way this little incident was comforting at the time, because it demonstrated that the western intelligence network was working very well, and was protecting us.

The next day my friends and I joked that this was a cool way to get my prints developed for free. I of course did not know where

that mass of Russian war machinery was headed at the time, but the Cuban Missile Crisis was only a month and a half in our future.

Lou Pilato is a native of Bremen-Vegesack, Germany. He was a university student in Munich Germany at the time of this incident. He emigrated to the U.S. and has a graduate degree from the University of Maryland, Baltimore. He has worked extensively in the field of information resource management and is currently working in the field of mental health.

Editor's Note - In 1962 the Soviets were moving SS20 IRBM (intermediate range ballistic) missiles into East Germany, Czechoslovakia, and Cuba. Partly in response to the U.S. deployment of Pershing missiles into Turkey. It was the peak of the Cold War when the U.S. and USSR were edging ever closer to all-out nuclear warfare. To a young, German university student it was time for summer vacation in one of Europe's student meccas - even under Communism. Prague in the Spring or Summer was THE place! Except when the Soviet Tanks came rolling in during Spring break of 1968. Prague Spring 1968 was NOT a fun time to be in the People's Paradise.

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MOM'S TIME OUT

Organizing

Mary Angle

Organize, de-clutter and purge are considered curse words around me. Alright it isn't quite that bad. I am however a lost cause. I have spent many hours, days and it even feels like years trying to get organized. It is most likely never going to happen. I have even enlisted the help of friends and family to no avail. I have however discovered many interesting tidbits of information about organizing that I wouldn't have necessarily known without my constant struggle with chaos.

The first of these is that there is no sense in trying to organize if you have way too much stuff. Let's face it; unless you are a minimalist if you have kids you have too much stuff. Whether it be the kids clothes or toys (or my crafts...ugh!) if you have too much then there is no way to orga-

nize it and in many cases you do not have the room to store it all. That being said I am a sentimentalist and a hoarder which is a very bad combination. So this is definitely a case of do as I say, not as I do. Recently I have gotten better at purging clothes if I take a picture of those favorite outfits the kids have worn. This handy little photography trick also works for school art work and projects as well. I have found that the toys and baby items are easier to part with if I have a friend who can use them or a charity to donate them to.

So once you have gotten rid of about half of the chaos, it is now time to begin organizing. Keep in mind that your organization system has to work for you. Also remember it isn't always about buying new organizational tools but about working with what you have. Speaking from experience I have about ten different con-

tainers for filing or sorting papers/bills. Yet I never use any of them. This tidbit carries over to the kids' toys and how you organize them. If your child can't reach the upper shelves do not put their favorite toys (or any heavy ones) up there. If they can't read label their toy bins with photographs of what is in the bin. The most difficult thing for me to wrap myself around, because I am a sentimentalist, is if the kids have outgrown a toy, even if it is your favorite for them, get rid of it! This also means that you do not need to keep every piece of art work, every math test, and every science project they do. Again, keep your favorites and take pictures of the rest. We have friends that have framed their favorite art pieces over the years and their guest bath is like a gallery. With four kids my guest bath would have to be wallpapered in my favorites, from floor to ceiling. As I stated earlier I am a big proponent of taking pictures of the art work and maybe even making a scrapbook of just those. Another tip that worked great for my mother was bagging up half the toys and placing them in the attic. Every six

months or so she would rotate the toy stock and bring out "new" toys. My brother and I would think they were new and play like crazy until the next rotation.

My next tip is to enlist the help of a friend (although most of my friends would tell you I am a lost cause). Choose which friend wisely could be yet another tidbit. I have one friend that is just as sentimental as I am and also believes that if the kids have gotten a toy out in the last year or so why get rid of it. In her defense she feels kids only stay young for a very short amount of time and are forced to grow up too fast, so why rush it. Needless to say she wasn't a big help at purging the kids toys. I have another friend who is a little OCD and a complete neat freak. You would think she is an excellent choice for any purging job, not exactly. One look at my chaos and she ran screaming from the room. So just make sure you are enlisting someone who will be helpful and someone who you will not end up with hurt feelings from when they tell you to suck it up and just let go. Alright maybe that is a lit-

tle harsh but you get the point, purging can be a little stressful.

Lastly I can say every organizing book I have read, and there have been a lot, has said to take one room at a time. If one room is too much, they suggest a closet, or a dresser, or a shelf to get started. This is great advice that I would add to. I have started a lot of purging/organization projects only to run out of time and when I get back to it (especially the kids toys) they have destroyed what I have accomplished. So set attainable goals that cannot be waylaid by other people. And by all means be realistic with those goals, after all there are other people living in the house with you.

In closing I would like to say good luck and remember that purging and organization are the opposite of chaos, atleast in my house. Someday I will find that happy medium between living life to its fullest and still being organized. That place where you are leaving the house to go out with your girlfriends and you don't have to lose your mind trying to find your keys, and your wallet, and your purse, and your...

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A TEEN'S VIEW

Busy summer



Lizzy Ryan

This summer so far has been a busy one. I have been a counselor for Strawberry Hill Nature Center in Fairfield. I will basically did that for most of the summer. I really liked being a counselor because it keeps me busy. I wasn't just sitting at home doing nothing. I tend to go bored really fast. At the camp I was with kids all day and we went on hikes, looked for critters and played games. It was really fun. The kids ranged from ages 4 – 9.

I was also a counselor for a camp with Penn State Extension in Gettysburg called Ag Explorers Camp. I had my very own group of kids that I had to watch after while we would go to different field trips and do other activities. Each group of kids had a group name that related to something that we learned or did. My kids' group was called the Alpaca Pack. They were 9-12 years old. It was named that because we went to an alpaca farm called *Alpacaholic Farms*. We were in the pen with the alpacas and were able to pet them – very cool! Not only did I help out with Ag camp but later this summer I will be helping with a camp called Farm to Table and a Small Animal Camp. Both of these camps should be really fun to help with.

The end of the school year always ushers in something exciting. This year, one of the things that happened was a small surprise from my grandfather. He had told me that there were two week old kittens at his farm. Of course after he told me that my mom says, "you know, you probably shouldn't have told her that because now she and her sister will want one." But my mom agreed to take me to the farm to see them. When we went to the farm we headed straight to the barn. It was pretty empty because it was right before straw season so there were not many straw bales left. As soon as we walked in there we started looking for the kittens. We were just about to give up when we heard a meow and we looked behind one of the straw bales and there were two small kittens. One of them was black and white and the other was a dark, dark grey, almost black kitten. My mom was right, I fell in love with them. They were so friendly. My mom finally said that it was time to go home. I regretfully put the kittens down and we left.

Later that week my mom and grandfather went down to the farm to pick something up. My grandfather said that they were going to do straw that week which meant that they would taking straw bales and heavy equipment into the barn. That would

mean that the kittens could get hurt by the equipment and straw bales, and with all the help, the kittens could get squished. My mom felt bad and took them home.

I came home from Strawberry Hill that day and saw the kittens. I got so excited. My grandparents bought milk replacer and bottles. We had to feed the kittens milk every couple of hours. That was really tiring but fun and too! The kittens grew quickly and we had slowly reduced the amount of milk we gave them and introduced them to hard kitten food and water. We found out that the black and white kitten was a girl so we named her Sydney and the black kitten was a boy and so we named him Rosco.

What I enjoy most is how different their personalities are. Rosco is very hyper, playful, and it takes him a while to settle down. Sydney, on the other hand, is playful yet calmer and she settles down quickly. Both of the kittens are really friendly and I can't wait to see how they grow up.

Another interesting thing that has happened this summer is this: one evening Mike Hillman (editor for this) called my dad and asked him if he could take in this abused African tortoise for a little while. Of course my dad said yes. Mike said that he would bring it to us that evening. But later that night he called and said never mind, he couldn't get the tortoise because the guy wouldn't give it to him. I was disappointed of course, because it would be so cool to see a large African tortoise. The next day Mike called again and said that he got the tortoise and was bringing it to our house. I got pretty excited but we still had to build a pen for this large tortoise.

So luckily we had some spare goat fencing that was leftover from when we got our first goat several years ago. We also had some spare T-posts that we used to build the pen. At the end of building it my mom, I, my dad and my sister stepped back and said "this is a pretty good pen for building it in an hour for this huge tortoise." I knew that we wouldn't be keeping this tortoise for long but I was still worried that I might get attached to it. I asked my sister if she thought she would get attached the tortoise and she said "no I would never get attached to a tortoise."

Later the tortoise came and we put him in the pen. My sister and I named him Sir Humphrey because we thought that he needed a fancy name for all he had been through. So each day, (more than once) for a few days, my sister and I and dad would go outside and check on the tortoise, replacing his water and making sure that he had plenty of hay to eat. At the end of the week after I had gotten home from Strawberry Hill my mom had said that Sir Humphrey was gone. I had said to my mom, "Please say that he didn't go back to the abusive guy." Mom said no, that he had gone back to his rightful owner who had lost the tortoise earlier that month. I was disappointed, of course that the tortoise was gone yet happy that it had gone to his rightful owner. I found out later that his real name was Chester.

Depression



Kat Dart

I talked to a close friend of mine a few days ago. We met once, about a year and two months ago at an SAT test. We became very fast friends, and though we



haven't seen each other since then we have kept in contact through text and facebook. She told me a lot about herself, including her struggle with depression, and how she was slowly but surely pulling herself out of her dark hole.

I personally believe she's perfect in every way possible. Flawed perfection, where cracks and fissures are the true beauty of the piece, and what make it so powerful.

So this month is dedicated to Tori, a person who I am so proud to call a friend.

There are three collisions in a car crash.

One car collides with an object. The force of the collision begins to crush the car.

The passengers inside the car are still moving even after the car crashes. Because of that, human bodies (and inanimate objects) will fly until they hit a force that stops them, like seatbelts, windows, the dashboard.

Finally, the organs inside a human body are still moving forward even after the car has stopped, and the body has stopped. The organs stop moving when they have hit the skeleton.

It is common to feel stiffness for twenty four hours after a crash, not including bruising or other bodily injury.

Depression can be described as a number of things. It's, first and foremost, an emotional crash. Events stack

up. Stress and reality piles on top of each other. Collision one.

All these events, they make a person feel repressed and hopeless until they can't see the light at the end of the tunnel anymore. Not being able to see a way out just pushes a person down further. Collision two.

And finally, when the freefall starts, and won't end, when everyone around becomes aware –something isn't right—that is collision three, where the lasting damage occurs.

Ninth grade made depression sound so simple. Someone seems to be depressed. Look for the signs. Tell an adult, tell a guidance counselor. Easy. Tell someone else, problem goes away.

not being a standing presence will help or hurt.

Depression is, above everything else, a parasite. Depression is far-reaching, it hits everyone close to the host. It eats away at everyone's mind, causing more worry and more stress. It's painful to go through, and it's almost as painful to watch. Throughout the past three years, I have met and made friends with a lot of people dealing with depression.

Throughout the past three years, I have watched as friends succumb to their own internal shadows. Through luck and guardian angels, all I have known have lived to continue their uphill-downhill coaster, trying to deal with their heavy emotions and encompassing fears.

Some of my friends, I worry that one day I'll find out, through some social network, that they succumbed to the darkness and decided to stop trying.

When they stop texting me back at night, I worry that they're never going to text again.

When they tell me how they wish they had died when some major event happens, I die a little more inside.

There comes a point where it seems that there is nothing anyone can do to help. That all an outsider can do is watch as their friend falls. It's like a train wreck –you can't look away, can't block it from your mind, but you can't help either.

I may not know personally, but I know enough to say – depression is hard. It's not something to ever joke about, to ever make light of.

I don't know who reads this paper. I don't know what they've been going through, what they've gone through, what their circumstances are. I don't know what they believe in, whether they think there's a higher power out there or some pre-destined force controlling life.

I do know enough to say, even in the darkest hour – there is someone who cares for you. Someone who wants to look out for you. Even at the darkest point of your life, there is always a better way to deal with any problem.

So I will say this: There's always a way. It just needs to be looked for. And life does get better. Sometimes it just needs a shove.

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SCHOOL & LIBRARY NEWS

The importance of high quality teachers

Katie Groth
School Board Candidate

I often say, "Go ahead and schedule it as early in the day as possible." I am a morning person. In Frederick County, both our middle and high schools get under way at around 7:30 AM. That means I can get an early start on school visits. I like it that way!

The yellow buses are unloading about the time I arrive at Brunswick High School. I sign in at 7:30 and head down the hall to the classroom of Joyce Lenzo, Consumer Education teacher and head of the BHS signature program called The Teaching Academy. Students in The Teaching Academy are among the top college bound high school students we have. They spend two years exploring teaching as a career while in high school under the direction of Ms. Lenzo and the cooperating teachers at the various schools where they have student intern experiences in classrooms. I am committed to these students and teachers like I am committed to all students and teachers and support staff in our school system.

"Kids are first with me." They were when I was teaching as a speech and language pathologist at West Frederick Middle School, and they are now that I sit on the Board. I enjoy the time I can be in schools, visiting classrooms and sharing ideas with kids and teach-

ers. I spend summers finding interesting programs to visit, like the Start-Talk Chinese program that was held at Crestwood Middle School in July; like the day we spent with 70 students from China who visited Frederick with the People to People program in August; like visiting the PASS program in August at FCC which helps at-risk students get ready for college life; like attending the Summer School graduation program at TJ High School a few weeks ago where 14 students received diplomas after spending an extra few weeks in class this summer to finish diploma requirements. All of these students and all of these programs are important to me. (And on a local note for you folks in Emmitsburg, I enjoyed Thanksgiving dinner at EES one year, and will never forget sitting with a group of first graders that day, having them tell me about Pilgrims!)

As a community, let us ensure that we have adequate schools in Frederick County; schools with up-to-date technology and equipment; schools with adequate space and seating capacity for students; safe schools with security in place. We have been able to catch up with renovations on some of our oldest schools—like Lincoln Elementary and West Frederick Middle. Let's do what we need to do to provide adequate space without forgetting the students who go to school in

older buildings without all the modern equipment that comes with new school buildings. However, now that so much new development has been planned, we will need to look hard for the dollars to build new schools, including the acquisition of property. The need for new seats continues to grow around the County. I am committed to continuing our emphasis on great facilities where our students can learn and our teachers can teach.

Let us also continue to make the great strides we have made as a school system in student achievement for all of our students. FCPS currently exceeds Maryland averages in Education Week and The College Board rankings. All Frederick High Schools (except Oakdale that will graduate its first class in 2013) rank in the top 9% of high schools nationwide for challenging students to take Advanced Placement Tests in high school. We consistently show progress in reducing the achievement gap for historically underperforming students. In system operations, Frederick County Public Schools ranked 21st in the nation for value of dollars spent, putting us in the top quarter for high performance at the lowest cost.

We know that the most important determinant of student success is the highly qualified teacher in front of each classroom. This has been docu-



mented by research. The shiniest new building with all the bells and whistles doesn't do it for kids without that excellent teacher. We must find the best candidates for our teaching jobs and then find ways to keep them working here at FCPS. Often, we find we lose excellent staff members to other school systems because our pay scale is falling behind. However, we worked very hard this year for a satisfactory outcome to the negotiating process with our employee bargaining units. We must ensure that we attract the best folks we can to our school system; then we must ensure that they stay with us! This absolutely includes highly committed support employees as well as school leadership. As a BOE member, I have taken this responsibility very seriously and will continue to do so.

My vision and my personal goal for

Frederick County Public Schools is that we will successfully educate and then graduate responsible and productive citizens of good character who are equipped with the knowledge and skills for the 21st Century. As I have been for the past eight years, I will continue to be committed to this goal. During this time of campaigning and the delivering of many messages, there is one message I would like to make completely clear: Katie Groth believes that our kids are the number one priority in this county. I try to demonstrate that in everything I do, every decision I make. That is my commitment to each student, each teacher, each support employee and each citizen. The 41,000 students in Frederick County Public Schools belong to each of us. Let us work together to do all we can for them.

Book Nook at the Emmitsburg Library

Stephanie Long

Are you looking for the perfect gift for your friend or relative? Why not try the bookstore in the Emmitsburg Branch Library, affectionately referred to as the Book Nook.

Located inside the library, we sell gently used items that cover a variety of subjects, interest and tastes, from children's books to fiction and nonfiction, movies, books on CD and music CDs.

Items range in price from \$.25 to \$1.00 and typically twice a year we hold

a special book sale, a buy one get one free sale or a \$1 a bag sale. The Book Nook is open the same hours as the library, but closes 30 minutes before the library closes.

In order to stock the Book Nook with desirable items we accept donations from the public, with all of the money raised through the sale of these donated items going to the Friends of the Library, Emmitsburg Branch, a local volunteer group that helps fund programs at the Emmitsburg Branch Library.

A few simple rules to keep in mind

when bringing in donations is that we do not accept textbooks, magazines, Readers' Digest condensed books, books in poor condition or books that are outdated. Because of our limited space we can only accept two small boxes or bags of donations at a time and we do reserve the right to refuse donations.

We do ask that you do not leave donations outside the door of the library when we are not open. Anytime the library is open we are happy to accept donations and we are always


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To educate and graduate responsible and productive
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SCHOOL & LIBRARY NEWS

Cherishing the past, building the future

Lynn Tayler

I have a confession to make: I'm a Yankee. Born and raised on the Connecticut shoreline, where a temperature over 90° was considered a fluke and school typically didn't begin until after Labor Day. Because of that, I'm usually pretty miserable throughout July in Maryland, and I'm philosophically opposed to school starting before the holiday. It feels like we're cheated out of a week of summer break! Still, this back-to-school time does have its charms. Picking up school supplies, choosing a new backpack, buying new uniforms—something about the newness of it all that makes it fun.

It's exciting to start a new school year and see how our friends have changed. Last year's Kindergarteners look so grown-up in their official uniforms, anticipation and confidence in their little faces as they graduate from the primary wing of the school to the "big kid" side; their faces almost mirror those students moving up to the middle school wing and it isn't hard to remember when our 6th, 7th, and 8th graders were themselves so little. This year, we welcome a sea of new faces, as siblings of returning students join the new families that have become

a part of our school community. It promises to be another great year and we hope you will join us for the many events we will have—monthly bingos, Fall Fest, Breakfast with Santa, our Holiday Bazaar, Annual Spaghetti Dinner, Springtime Bull Roast and other fun happenings!

Our school motto is one that we all live by: "Cherishing the past... Building the future." How well we do is exemplified in our alumni, the past that we cherish. While my own children begin another year at Mother Seton School (including one excited 4-year-old starting Pre-K), there are 41 students who won't be coming back. Last spring, we graduated 41 8th-graders, who will be attending 10 different high schools this fall. I'm sure they're excited to begin this last chapter of their childhood, and probably nervous. And I know their parents are just as excited and just as nervous, and perhaps just a little wistful about this new adventure. But no matter where these students go in life, they know they will always be part of our Mother Seton family. If the current students and the staff make up the brain and soul of our school, our alumni are the heart.

We are blessed to receive such gracious support from alumni,

many of whom continue the tradition and send their own children to Mother Seton School (MSS). The Reavers, for example, count 25 MSS alumni (and future alumni) in their family. You may know Jim and Lorraine Wivell, (Mrs. Wivell passed away this past spring,) and some or all of their 13 children who graduated from MSS.

Our alumni family gives back to the school in so many ways. Bill Kuhn, class of 1985, operates His Place, Inc. and sponsors the His Place Car Show each year, donating a portion of the proceeds to MSS for our various campaigns, most recently to replace our aging bus. The Little family (spearheaded by siblings Tony, class of 1978, Pam Little Bolin, class of 1977, Mary Lou, class of 1976, and Ed) hosts the "Angels Above Golf Tournament" raising money for the MSS Jack & Shirley Little Scholarship Fund in memory of their parents. EJ (class of 1982) and Shelly (class of 1983) Small give their time and talent to chair the annual carnival—not a small undertaking! And we are very appreciative of the alumni who have come back to MSS to teach: Ann Warthen (class of 1991) and Donna Smith Schisler (class of 1999). Donna's mother, Terry Smith,



(l to r): Hannah Buckman, Katie Adams, Alyssa Fostik, Hannah Hartness, Tara O'Donnell, Adrianna Bussey, and Haleigh Bowling

runs the front office and saw Donna, her two sisters, and her brother through MSS.

If you are an MSS alum, we'd love to hear from you! (Even if you attended several years, but didn't graduate at MSS, we still consider you family.) We send out a monthly Alumni E-

Newsletter and we would love to include you on our mailing list. Send your email address to jbuchheister@mothersetonschool.org along with your name and year graduated (or what year you would have graduated.) It's a great way to read about what other MSS alums are doing.

available in person or via phone, at 301-600-6329, to answer any questions you may have about book donations or the Book Nook.

So the next time you're searching for the perfect gift or a book of your own to keep forever, why not visit the Emmitsburg Branch Library and peruse our Book Nook. And while your looking for books, consider volunteering for the Book Nook; we are always looking for willing hands to help keep things tidy and running.

Ongoing Storytime Programs Mondays

Time for Twos @ 10:30 am

Fun and interactive programs just for twos to help develop pre-reading skills.

Wednesdays

Babies with Books @ 10:30 am

Interactive story programs tailored for babies with music, rhymes, and movement.

Thursdays

Preschool Storytime @ 10:30 am

Celebrate a love of reading through books, music, and activities.

Upcoming Events in September

Craft Connection Children's Program for all ages-preschool & elementary

Tuesday, Sept. 4 @ 4:00 pm

Registration preferred

Making connections with literacy and art at the library with a craft linked to fun books.

Ribbon and Mosaic

Notebooks, Teen Program

Thursday, Sept. 13 @ 5:00 pm

Registration required

Transform boring notebooks into works of art using ribbon and mosaic techniques. All supplies provided.

Fair Time Fun Children's Program for all ages-preschool & elementary Saturday, Sept. 15 @ 11:00 am

Registration preferred

Let's visit the fair! Come on in for some fun games and activities with a fair time theme.

Duct Tape Revision Teen Program

Thursday, Sept. 20 @ 5:00 pm

Registration required

Discover new ways to use duct tape,

share tape ideas, and create fancy artful

creations.

"We the Kids..." A Patriotic Salute Children's Program for all ages-preschool & elementary

Saturday, Sept. 22 @ 11:00 am

Registration preferred

Join us for a variety of patriotic activities as we celebrate Constitution Week!

New Art and Decor Club

Teen Program

Monday, Sept. 24 @ 4:00 pm

Join us the fourth Monday of the month for a new Art and Decor Club! You'll help create special art and decor to display at the library.



Colleen Cusimano
Board of Education

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FOUR YEARS AT THE MOUNT

Sophomore Year

Taking the shepherd's staff

Kyle Ott
MSM Class of 2015

It's almost impossible to believe that the New Year has already begun. For the college student the ritual of the New Year does not include time square and raining confetti. Instead the New Year starts with next year of college and all the challenges, trials, and opportunities that arise.

The idea of beginning anew has been met with mixed reactions by yours truly. This time packing every single belonging I owned into the back of minivan did not seem nearly as soul crushingly brutal. I can still distinctly remember the exact way the van was packed when I began my freshman year. The rack of t-shirts tucked neatly on the left side by the window, the boxes which held everything from plastic cutlery to the stuffed chicken lovingly named "Huggins" who I had bought just for Freshman year. I remember looking at the back of the van and everything that I could want or need for half a year and thinking how it all just seemed so very surreal. The experience was made even more unusual when I arrived at my residence hall. There I was surrounded

by a group of people who I did not know and who had no idea who I was, on top of a mountain, on my own. Compounding that was the fact that I was not only encouraged but expected to be a fully functioning adult by the end of orientation.

Just when I thought I was going to be overwhelmed, caught in a tidal force of textbooks, meal plans, and responsibility; I met Drew Spriggs. Drew, was the RA of the third floor of Pangborn hall, and one of the biggest role models for me my freshman year. It was Drew, who valiantly led Pang 3, with a leadership style that was simply unique. Rather than shout in our faces or drive the idea of community into our heads, he sat back and manipulated things from the shadows. Whether it was getting us interested in a program we thought we'd never go too, or simply sitting in his room waiting for someone who just needed to talk; Drew subtly developed a community that forever altered my freshman experience. The brotherhood that Drew shaped became the backbone of my life at Mount St. Mary's. It was the foundation that I would rely on whenever I couldn't weather the storms of college life on my

own. When I was having a horrible day, it was my hall mates who sat in my room and comforted me. When I performed in the Delaplaine Performing Arts Center as Don Juan last spring it was my hall mates who decided to surprise me by attending the production, taking up an entire row of the theater for our matinee performance. Moments like that made me realize that the things I did here at Mount St. Mary's weren't wasted, and that no matter what I could always depend on the people I lived with. This idea that my community was something I could depend on was a gift from Drew.

This year when I packed up my belongings it seemed less like a massive shift in the way I conducted my life, but as something that was normal even second nature. Everything was packed away in precisely the way I needed it. Certain things received emphasis: notebooks for class and doodling, and the six fans that I would need to survive the heat. Other things like jeans and long sleeved shirts would be left at home and retrieved later, when the cold of winter semester returns to rear its frigid head. Yet despite my happiness at reaching a peaceful fusion of excited and prepared it's not packing that leaves my stomach in knots. It's the fact that I will be following in the footsteps of the Great Drew Spriggs. It will be not only my job, but my personal quest to forge a brother-

hood out of nervous new freshmen and to create a sense of stability in the ever changing world of college.

Part of me is absolutely terrified by this prospect. How am I, a person who just recently started figuring their own life out; supposed to help 23 new students navigate their lives? What happens if I don't do a good job? Or worse yet, what will happen if I fail my residents, people who will come to trust and depend on me? All of these doubts and fears linger in my mind, nibbling away at the edges of my brain.

Despite these fears, I can't help but be inspired and enthusiastic about this new opportunity in my life, this new horizon to explore and world to discover. Last year, was about discovering who I was as a human being and the direction I wanted to take with my life. This year is all about passing on that strength of purpose to a whole new generation of Mount students. Yes, I am terrified about helping them navigate the murky waters of college life, but plunging into the muck was part of the fun my freshmen year. People didn't tell me where to go; they just took my hand and lead me to the coolest places to swim and let me find that path for myself. In that same vein I hope not to be an instructor of my resident's futures but a sounding board for their ideas and a focus to lend their thoughts, power and direction.

As for doing a good job, I have no

idea what kind of job I'm going to do, but in my mind I have a creative direction for what I want my residence hall to be and what I want to pass on to the young men that have been put under my care. All I can do now is to charge straight ahead toward the goal that I have set and give everything I am to that. If everything I am cannot accomplish this task then at the very least I will be able to rest peacefully knowing I laid all I am and have on the line. Those new freshman will come to depend on me (whether they know it or not), I believe I'm most prepared for that and I will not fail them. I don't know them well but my goal will be to know them and to act as the friend and guardian to all of them, and with that quest in my heart, I don't think I will be able to fail.

Now with all the frenetic movement of orientation weekend in full swing, the responsibilities are beginning to weigh heavily upon me. I think back to the immortal words of the RA who wanted me to be an RA. His last words of sage wisdom were: "You should never think of this as a career." He's right, because at the end of the day it's not about the perks, or the financial aid, or the snazzy polos; it's about being there for people who need you and that's what I'm looking forward to. I'm Kyle Ott, won't you read for a while?

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

Junior Year

School year resolutions

Nicole Jones
MSM Class of 2014

As I write this, I am nearing the end of a two-week long training session for Resident Assistants (RA). What does this mean to the average individual? It means working from 8 a.m. to 8 p.m. every day, being trained to expect the unexpected, and sitting through many, many

PowerPoint presentations. It means going from dorm to dorm and filling out Room Condition Reports where you must document every little pinhole and scratch left behind by former inhabitants. It means learning things you had no idea you didn't know, and keeping an eye on young adults who maybe can't keep an eye on themselves. In short, it's a grueling affair, but I've already discovered it is well worth all the effort. I've met so many wonderful new people whom I am very excited to work with and am lucky to have met. I'm gaining new skills in confrontation and mediation along with knowledge of the Mount's policies that I did not have before. Most of all, I'm excited to apply these skills and prove myself as an RA, providing a safe community for fellow students and bettering myself as a person.

Along with the challenge of being an RA, I have been privileged with the position of Managing Editor of the campus's weekly newspaper, The Mountain Echo. I am learning very quickly that running a paper is no small feat. Advertisements must be sought, checks cut, stories written and revised multiple times, then of course there is managing the staff writers and making sure everyone is finishing their assignments on time. It makes me appreciate exactly how much work my own editor, Michael Hillman, puts into this paper. It is truly a momentous task, but one that I

feel will teach me much about the profession I am pursuing.

With these two mountains set before me, it may seem ridiculous, even inconceivable, to burden myself with additional personal goals. Shouldn't I simply focus on my jobs and GPA? Aren't those enough for one person to handle? Well, yes and no. For a student, the beginning of a new school year is not unlike the beginning of a new calendar year. Goals are set, (though not always reached). There is a tangible excitement in the air. The revitalizing summer has brought with it the promise of a new and better year than the last. Though I know I have other obligations, that I fully intend to prioritize, I am determined to enjoy my college experience to its fullest extent. The Mount provides so many opportunities that I haven't even begun to invest in, but I hope that is going to change this year, even by just a small amount.

Part of my resolution is to participate in the Mount's outdoor adventure trips provided by CRUX. The CRUX office organizes everything from hiking and camping to white-water rafting and spelunking, all things I would like to try. A new program CRUX implemented last year is called the Mount 100. It's a four part series of hikes with each hike increasing in length by 10 miles. The accumulated length of all four hikes is equal to 100 miles. This is something I am very excited to challenge myself to do, though I know it will require quite a bit of physical discipline on my part. Guess it's time to hit the gym.

Other unique opportunities are provided by the Office of Campus Activities, which organizes events

and trips on and off campus. Last semester I took advantage of a trip to the Big Apple and, though I would personally never choose to live there, I saw some amazing things like the Statue of Liberty and Times' Square. Campus Activities also offers the chance to be a part of the infamous Polar Bear Plunge, an event that I unfortunately missed out on last year but one I am determined to try at least once. Cold and crazy? Maybe just a little, but admit it, you've always had that small part of you that's wanted to try it just once. Well, I'm indulging that part of me because trying new things is what this year is all about.

Perhaps one of my simplest and most normal goals this year is to eat healthier. One of the perks of being an RA is living in a dorm all by yourself. I was lucky enough to be assigned to one of the campus apartments, which includes access to my very own kitchen. That means I no longer have to rely on campus food, no matter how tantalizing it may or may not be. However, it also means I may be experiencing some cruel reality checks when I come home from a long day of lectures and there is no food waiting on the table courtesy of my lovely mother. During those days it will be only too easy to microwave a Hot Pocket and forget about cooking something healthier. This is the exact kind of pitfall I will be trying to avoid as I enjoy the freedom of cooking whatever I want when I want it. Unfortunately, cooking also demands a certain amount of time and money, making budgeting a must. Alas, with independence comes responsibility.

All my excitement and ambitions

aside, I am fully aware that I am at the Mount first and foremost to be a student, and no matter how eager I may be to try new things, academics is always going to come first. Unfortunately that means some of the things I've hoped to try may have to be passed up in order to study for a test or finish a project. With the tasks of RA, Editor, and student taking up the vast majority of my time this year, it seems almost surreal that I'll be able to complete any of the things I've mentioned. Nonetheless, I will try my hardest to make them happen, because I believe from every new experience we gain knowledge about ourselves and others. Some things simply can't be learned in the classroom, but as Ralph Waldo Emerson once said, "Life is a succession of lessons which must be lived to be understood."

With this in mind, I think I can summarize my school year resolution with two little words: to learn. Not just in the classroom but everywhere. I want to experience new things so that I can know myself better in order to be the best version of myself possible. I understand that I have responsibilities that will take priority, but I also understand that college is a very exciting experience with a multitude of opportunities that I may never come across again. It is a hub for all things unique, educational, fun and engaging. As the saying goes, "So much to do and so little time," especially as I am already entering my junior year. Needless to say, I expect quite a few sleepless nights this year.

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

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HOPES FOR THE NEW SCHOOL YEAR

Senior Year Here it comes - graduation

Samantha Strub
MSM Class of 2013

Graduation. That is the one word that hits me as I look at what this year will bring. I'm a senior...how did that happen? It seems like only yesterday that my parents and I were loading up and driving out East to start my four years at Mount St. Mary University. I remember being so nervous having to drive across five states by myself and meet all new people. How quickly that nervousness went away as I now make the drive from Wisconsin to Maryland and back at least three times a year. That long drive is a force of habit now. As long as my iPod is charged, I'm good to go.

Graduation is now staring at me in the face. It is only 9 months away. That is right around the corner! I'm going to be walking across the stage to receive my degree before I even have time to blink. That is unreal to me, even though I have waited for graduation day to come since my freshman year, claiming that I wanted to start my career and be on my own. That independent spirit of mine always seems to come back to bite me in the butt when it comes to things like this. I should have not as talked about graduating so much and enjoyed the ride a little more. However, I think I have made it through my years in college because I'm always focused on what's next. That focus has helped me create the balance of working hard and having fun. Some people made fun of me for always working very hard in my studies while they were off having

fun. All through college I was balancing my responsibilities, work and studies with relaxing or taking adventures with my friends. Since I was always so busy, these relaxing or spontaneous adventures with friends were very special for me, as I was able to step away from reality.

Like the other members of the Class of 2013, I have many cherished memories from the days we made a spontaneous adventure, stayed up all night, relaxed outside, went down to Frederick, gossiped, or had a cooking and baking party in our apartment. There are many times when my friends and I were up late (not by choice) doing homework or studying for finals. We would all be in the common room laughing and rolling on the floor while trying to focus, but we were so exhausted that we couldn't and instead we would drink more caffeine and plug on. Some of my fondest memories come from the spontaneous exertions or the late nights; those are memories that will stay with me forever.

In 9 short months the Class of 2013 is going to be facing the real world, not the college world that we have been living in for the last four years. We will really be adults and go out on our own. We will be applying for jobs that we will love and be passionate about; not just a 9-5 job that we have been working at over the summers in order to save money for tuition, food and gas. Hopefully the Class of 2013 will have fulfilling careers in their degree fields. That is my hope for after graduation: to have a fulfilling career in which I will make in a difference in society and

in my personal case, in the lives of my students. I want to be a role model, someone for them to come to and look to for help and guidance while learning the English principles and concepts, which is my duty to teach them.

This dream is finally going to be coming true. I have wanted to become a teacher since I discovered it was my passion in high school. I fell in love with literature and the escape from reality that a book offers to the world. I want to share that love of literature with future generations. I want to show them that a whole new world opens for them in the pages of a novel. That blank screen they open on their computer screen or the paper and pencil in front of them can be transformed into anything that their heart desires. I want to take my students under the spell of a good book. In showing the future generations this world, I want to make a difference in their lives, whether it is in their lives at school or being a pillar for them to rely on when they have no one else to turn to.

The reality of this dream is coming into existence; some days I'm ready for it while other days I want everything to slow down. Some days I'm ready for the challenges that the new world of teaching will bring and the difference that I will be able to make on the world, while other days I'm nervous for being completely independent. It is intimidating going off and living in the real adult life world so to speak. I will be completely independent and responsible for myself, which sadly includes all of my own expenses. That in itself is intimidating. Not to mention that I will have students relying on me for the knowledge that I will teach them.

However, before I can embark on that avenue of my life I have



to complete the upcoming year. During those 9 months up until graduation, my plan is to work hard while still having fun. I want to come away with amazing memories from my senior year that will stay with me for a lifetime. I want more of those crazy nights that we will never forget because it is those memories that will stay with you for a lifetime. I want to try new things while still pursuing my passions. Most of all, I want to make a positive difference in the lives of others.

That desire to make a difference will come to a reality in the plan for me this semester. The plan is to gain experience teaching through my internship. This semester brings about an interesting change, as I will be interning at my old high school, Trinity Academy. It will be a valuable experience teaching three full classes by myself as well as doing writing workshops and tutoring for the students who are struggling.

The other exciting opportunity that I will be experiencing this fall is being the assistant coach for Trinity's varsity field hockey team. This is yet another way that I can share one of my passions with future generations and be a resource and a role model for them in the process. In addition to interning at Trinity, I will be doing an education and communication independent study. It looks to be an exciting semester full of new experiences and challenges. I will be learning a lot. It will all prepare me for improving my teaching style and growing as both a student and a professional. I believe that I'm prepared for the challenge and will be prepared for any challenges that this semester will bring.

Senior year and graduation... bring it on!

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

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THE GRADUATE

Inside the Emmitsburg News-Journal

The purpose of the Four Years at the Mount section

Kelly Conroy
MSM Class of 2012

Freshmen often wear their Mount lanyards around their neck (making themselves easily distinguishable) until one of the upperclassmen graciously shows them how their Mount cards can fit in their wallets. Seniors at the Mount often live in apartments and occasionally set off the fire alarms because of their dabbling with some of mom's recipes. For those of us at the Emmitsburg News-Journal, "Four Years at the Mount" is one of the column headings in the monthly paper that lets us give just a small glimpse of life—the blunders, the achievements, and the growth—at the Mount.

Chelsea Baranoski, a Mount writer, compares reading the Four Years at the Mount section to watching a TV sitcom: "This sitcom has everything: comedy, drama, and adventure. The articles leave you with the 'to be continued' mentality: what will happen next? Will the student land the job? Will the student join activities on campus? Will the student make it through exam week without falling asleep in the Niche? Keep reading to find out."

The Editor of the ENJ, Mike Hillman, believes strongly in the purpose of the Four Years at the Mount sec-

tion: "It allows us to showcase to the world the exceptional students who have come to the community of Emmitsburg. We, as a community, are better off because of the Mount students."

Hillman continues that people who live in Emmitsburg often wonder about Mount students. The ENJ gives a glimpse into the hearts and minds of students beyond the beautiful, sprawling green campus.

On the flip side, the Mount writers feel grateful to be welcomed into the community by the ENJ. We enjoy learning more about what's going on in the town and feel more connected. We also appreciate the opportunity to work and develop our writing skills, and even make some money or use our time writing for the paper as a credit-based internship.

It's one thing to study English or Communication Studies, and it's another thing to actually put that knowledge into practice. It's one thing to put that knowledge into practice for a homework assignment, and it's another thing to put it into practice in a paper that's going to press. Writing for the ENJ is a challenge, but a very welcome one.

Writing about our lives going through college gives us some time to reflect. Jackie Fennington explains, "Since my article detailed the many is-

sues graduating seniors experience, I finally faced the fact that graduation and beyond were a reality and I would soon be leaving that perfect world on the mountain. The Senior Year column helped me weigh out many different options post-grad... Writers have the opportunity to experience life's moments on a whole new level by writing it out on paper. It's that outsider looking in perspective that writers get from writing about their own lives."

Fennington continues that Mount students can connect with and appreciate the Mount writers: "Whether you were a freshman dealing with a whole new world, a sophomore stressing about the increased workload, a junior trying to find an internship or a senior figuring out what to do with your life, both writers and readers found comfort in those articles. Readers found comfort knowing that someone else was going through the exact same thing and they weren't actually going crazy."

It may seem like the Four Years at the Mount section has been figured out. Or that it's always been easy to determine the role Mount students should play in the ENJ. That is not the case. The Four Years at the Mount section didn't always exist. It hasn't always been the same. The Four Years at the Mount section has a story. The Mount students' involvement with the ENJ has slowly evolved and developed. Each Mount writer became connected with the ENJ in a different way and played a different role. It's not the end of the story either. Hopefully, more Mount students will write for the paper in the future and work to make the paper better and better.

In November 2010, Julia Mulqueen wrote a letter to the editor of the ENJ arguing that the new Emmitsburg law requiring bicyclists to wear helmets is "an infringement upon our basic liberties as human beings. Should we not, as John Stuart Mill argues, be able to pursue our own good in our own way? I firmly believe that if one wishes to act imprudently and ride a bicycle without a helmet, he should be allowed to do so. It does not seem proper to have the government interfering in matters that only concern an individual. Certainly for example, if my not wearing a helmet put others at risk, it would be more than appropriate to require me to wear one. As this does not appear to be the case though, it seems that the government should step back in this mat-

ter and allow us as citizens to make our own mistakes."

The Editor replied offering Julia a monthly column in the paper... and soon after, the Four Years at the Mount column began. Sam Strub, currently the senior writer, will be the first Mount student to write about her freshman, sophomore, junior and senior year experiences for the ENJ.

Even with the Four Years at the Mount section in place, the paper and the Mount writers wanted more. One day, Mike Hillman received an email from one of the Mount writers, Katie Phelan. In addition to her senior year column, she had also included a pet article and a news article. She also told Mike that she was working on a write-up about a lecture on sweatshops in China. "The Mount students have a wealth of great stories to tap into," Hillman thought. And "tapping into" them began.

Chelsea Baranoski was the first creative writer. Her usual request was "am I able to send you more than one article at a time?" Mike says that her writing still "wows" him today. Perhaps you remember her "A Howling Good Christmas" story about pets at a pound on Christmas Eve? It is still considered one of the best creative writing stories to be published in the paper. Visit emmitsburg.net, look under "Article Archives," and then "Baranoski" to reread it!

In addition to the Creative Writing column, the Arts column was initiated by a Mount student. As a double major in Communications and Fine Arts, Kathryn Franke offered to write about the Arts for the paper. Since then, you have read about the Mount's production of "Urinetown," the showing of Shakespeare plays in Frederick, and a host of other artsy happenings.

The Mount students' interaction with the ENJ continued to evolve. In November 2010, Mike decided that he wanted an article written about Dr. Dorsey, the faculty advisor for the Mount writers for the ENJ. After sending an email about wanting the article written to the Mount writers, Mike's inbox was flooded with responses.

Mount writers were doing more than offering to write the article—they were collaborating ideas to make it a great article! Sam Strub thought it would be beneficial to have quotes from all of the Mount writers about their experiences with Dr. Dorsey and how he had made

them a better writer. Katie Phelan suggested that they gather information about his "life, why he became a teacher, his family, etc." because she thought it would give more interest if they had some background on him and that way it wouldn't just be "mushy" about their experiences with him as their mentor.

Jackie gave further guidance for the nature of the article. After her comments, Mike elevated Jackie Fennington to the position of Assistant Editor.

Up until this time, a woman named Pat Bell served as the English editor, and when she passed away, Jackie stepped up to the plate. The Mount students were able to keep the paper alive and running. The editor was able to sleep at night, knowing that the "English" was in capable hands.

Once, when Dr. Dorsey was out of town, Jackie had to take on additional editing. She edited some of the other Mount writers' articles and mentioned to Mike that there were some parts of an article that she didn't think were "Mount appropriate." Jackie stepped out of her role as just a grammar and English editor, and Mike appreciated it.

Mount writers continue to try to make the paper "better" by sitting down and really reading through the paper and giving Mike our honest thoughts. What do we like? What do we find missing? What would we improve if we were the editor?

By now, you might be thinking, if you're a Mount student, "How can I get a job with the ENJ?" I'll share a couple stories about how Mount writers landed jobs and perhaps you will find inspiration.

Samantha Strub, currently the senior writer for the ENJ, first contacted Mike Hillman when she was a freshman. She told him about her plans to be an English major with secondary education. She told him that she would love to write about "what it's like being a freshman at the Mount from Wisconsin," "move-in day at the Mount and the first week of school," or she could contribute three poems she had already written about horses.

Can you guess what got Sam a job with the ENJ? If you know Mike Hillman, you know that he loves horses. Sometimes landing a job doesn't mean sending in the perfect letter or resume. Sometimes it just depends on catching the editor's attention.

Again, you never know why you might get hired. Megan Kinsella and Kathryn Franke are both members of the Mount cross country team. One day, they ran past Mike Hillman's house. Mike was outside and introduced himself and told them about the paper. Soon after, Megan attended a Mount writers meeting and Kathryn sent Mike an email and they both began to write.

The Four Years at the Mount column keeps students and the community from being limited to four years at the Mount. It can keep the Mount spirit alive to the Emmitsburg and broader community for years and years. So let's keep it going.

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

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THE SECOND LIEUTENANT

Let's have a ball!

2nd Lt Julia Mulqueen, USA
MSM Class of 2012

Despite my being currently assigned to Fort Lee, VA, I find myself making preparations to go back to Mount Saint Mary's. I scroll through my Facebook newsfeed, reading countless posts about returning to school, and my mind wanders into thinking about the details of fall courses and school supplies. Then I catch myself. I have to shake my head and remind myself that I have graduated from college, and therefore, will not return to Mount Saint Mary's for some time. What an inexplicable feeling that is! I cannot believe my college education has finally come to an end.

With that end comes a new beginning. Instead of moving back to Emmitsburg, I will move to Hawaii. The other day the movers came to my humble hotel room and began packing up my unaccompanied baggage. It wasn't much to pack, just a bicycle, a printer, and some books. As I sat cross-legged on my bed, watching the movers wrap up my things, I found myself strangely comforted by the screech of the packing tape as the movers pressed it onto my boxes.

I was comforted because the sound reminded me of the countless times movers came to pack my things when I was a little girl. Every time they came, I knew we were moving. So instead of feeling upset or unsure like I imagined I would, I feel excited and ready to move to Hawaii.

As I write this, I have only 3 weeks until I hop on a plane. These past few months have been incredible. I could not have imagined how much I would learn or how many amazing people I would meet. The Army has immersed me in its customs and traditions, and I remember on a daily basis why I joined this great organization.

For example, just a few weeks ago, we celebrated the 70th birthday of the US Army Transportation Corps, and what is a celebration without a party and cake? Because it's the Army, we had a military ball in honor of the Transportation Corps' 70 years. Military balls are one of my favorite traditions of the Army. They offer an opportunity to socialize with all sorts of officers and noncommissioned officers. The Transportation ball was a perfect place to meet fellow leaders within my branch.

The ball was on a Thursday evening at dinnertime. All students from my Basic Officer Leader Course attended. We were dressed to the nines in our Army Service Uniforms. The ball was held in a club called the Lee Club on Fort Lee. I stepped inside, patent-leather feet first, and took a glance around. The outside of the building looked like a tiny, white, clapboard mansion. The inside was even more charming, with a staircase covered in warm red and golden carpet rising to the second floor and mahogany accents throughout.

The waiters ushered us into a room with high ceilings and windows for walls. We grabbed drinks and began socializing as we waited for

the opportunity to walk through the receiving line. It was exciting to meet people from my future unit, the 25th ID, and discuss the ins and outs of Hawaii.

Soon it was time to walk through the receiving line to meet the distinguished guests of the ball. I glided up the staircase and made my way toward the line. As I got closer, my palms started to sweat and my heart began skipping beats. I suddenly felt awkward and gangly, no longer graceful and professional, as I walked closer to the high-ranking officers in the line. Fortunately, before we shook hands, I had to use hand sanitizer. I knew I could blame my cold and clammy palms on the anti-bacterial gel instead of nerves.

I stepped up to the start of the line and extended my hand. Each person was incredibly nice, including the female three-star general whose hand I shook. I should make note, her hand was neither cold nor clammy. She must be used to meeting people by now! As quickly as the meeting started, it ended. I worked my way back downstairs, almost crashing into some Army major sprinting toward the ballroom.

The bell rang and the wait staff ushered us into the dining room to take our seats and prepare for dinner. The MC introduced himself and began to lay down the rules.

"First of all, there will be no loud noises," he said. Suddenly, the people at the table next to us shot off party poppers and blew noisemakers. Unperturbed, the MC said, "Secondly, there will be no raucous conduct." Again the table next to me interrupted him. This time they shouted, "I thought this was a birthday party?!" I was horrified, until I realized everyone in the dining room was laughing. The Army major I had seen sprinting earlier was actually working the ball, and he had directed them to make noise and shout. Just one more

tradition, I suppose!

After the MC introduced the distinguished guests of the ball, the same generals I had met in the receiving line, he explained the tiny round table in the front of the room. It is tradition at Army events to set a table for our fallen Soldiers. Each object on the table has meaning. For example, the glass is turned upside down to symbolize the fact that our fallen comrades can no longer participate in our festivities. There is a lemon wedge on the table to symbolize their bitter fate. Our MC explained the objects, and we bowed our heads as we offered a moment of silence.

Our chaplain delivered the invocation, and the wait staff then began serving our meals. Because I adore meat, I had chosen the filet mignon when I purchased my ticket. Naturally, it was excellent. The wait staff came back to our table and cleared our plates in preparation for the guest speaker.

The MC called up none other than the female three-star general I had met earlier in the receiving line. I was so excited to hear her speak and see what words of wisdom she had to offer us. It is no small accomplishment to make the rank of general officer, especially as a female. She is one of four female three-star generals in the US Army! Her name is Lieutenant General Kathleen M. Gainey, and her speech was truly inspiring. She talked about various tips to put in our Army "toolboxes." In the Army, Soldiers frequently refer to toolboxes. Putting something in one's toolbox is a metaphor for remembering it and using it later.

General Gainey really emphasized the need to take time out for families. I was happy to hear this, because sometimes it is daunting as a woman to think about having a family and staying in the Army. Knowing that she was able to do it and still lead troops effectively put my mind at ease.



She helped me see that anything is possible. So if I fall madly in love with someone, but remain madly in love with the Army and leading soldiers, then maybe I can have the best of both worlds after all.

General Gainey ended her speech with an invitation, "I'll see you on the dance floor!" And she was serious. Once they retired the colors, she promptly stepped out on the dance floor and started the festivities. Meanwhile, the waiters began serving the birthday cake in honor of Transportation Corps' 70th birthday. I quickly grabbed a bite, and then made my way over to the dance floor. I learned something about military balls and dancing that night. I learned that only the lieutenants, colonels, and generals dance. The lieutenants are too young to know better. The colonels and generals are too brave to care otherwise. I busted a move alongside my buddies and the generals, dancing to the electric

slide and the Macarena in turn.

Unfortunately, all good things must come to an end. The dancing slowed and the people dispersed. My friends and I made our way to the exit, waving goodbye to our newly met colleagues. The Transportation Ball was certainly a highlight of my time here at Fort Lee. I absolutely love the traditions of the Army, especially this one.

As I said, all good things must come to an end, including the Transportation Basic Officer Leader Course. In just two weeks, I will fly to Oahu to officially begin my career. After these past four months of training at Fort Lee, I feel ready to make the move to Hawaii and start leading soldiers. I am ready to move out completely on my own, and mostly, I'm ready to learn how to surf. Aloha all! See you in the Pacific!

To read more articles by Julia, visit the Authors section of Emmitsburg.net.

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ARTS

The roaring Weinberg Center

Victoria S. Temiz

Come into the Weinberg Center's theater and be surrounded by comfortable new seats, freshly painted walls and glistening chandeliers. You will feel as if you have stepped through time back into a glowing 1920's theater with all of the ritz and style the roaring era had to offer.

The Weinberg Center for the Arts, with the help of its board of directors and community members, has completed its one million dollar renovation project, and now the "Jewel of Frederick" is sparkling more than ever. If you've been following the local news or the Weinberg Center's Twitter or Facebook feeds, you might know that just this summer, all of the seats on the first floor were covered in tarps and scaffolding was temporarily installed, reaching all the way up to the balcony to complete the final step of the Weinberg Center's renovations — repainting the walls of the theater!

The last time the theater was updated was in the 1970's after Hurricane Agnes caused Carroll Creek to flood the theater, and renovations were necessary for the Weinberg to live on as a theater venue. A brick red and brown floral wallpaper was put up on each of the ten arches surrounding the theater interior, and the décor was kept very dark and muted. Now, the Weinberg has incorporated not just the traditional deep red in the new color palette, but also plum, crystal blue and gold trim.

The Weinberg didn't always

look this way. In fact, it's gone through many ups and downs and transitions before emerging as the treasure it is today. The theater originally opened in 1926 as the Tivoli Theater, — a majestic "motion picture" movie theater in its day, designed by John J. Zink, an architect and native of Baltimore, who designed at least thirty other theaters around Maryland. The Tivoli's inaugural performance on December 23, 1926 began a long history of an atmosphere of refined elegance where ushers wore gold-buttoned jackets and managers wore tuxedos and audiences, young and old, marveled at the centerpiece of it all, the magnificent Wurlitzer organ, installed to entertain audiences during silent movies and sing-alongs.

Then, in the 1940's, air-conditioning (a luxurious amenity at the time) was introduced, thanks to Dr. Edward Thomas, a patron of the Tivoli, who accompanied a Frederick County bred racehorse named Challedon to the 1940 Hollywood Gold Cup in California. While at a pre-race party, Warner Brothers head, Jack Warner, was overheard saying he was going to bet on the race favorite. Thomas convinced Warner to bet on Challedon, and Challedon won the race! When Warner asked how he could return the favor to Thomas, Thomas requested a new air-conditioning system be installed at the Tivoli, and Warner made good on his offer. For years to follow, the Tivoli continued to be an important downtown community gathering place.

However, by the 1950's, the

theater fell into disrepair. Local businessman Dan Weinberg and his wife, Alyce, took an interest in restoring the theater to its past grandeur, and purchased it in 1959. Although the theater was fully renovated and reopened, downtown Frederick was deteriorating and older ornate movie theaters could not compete with more modern theaters. Then, in October of 1976, the theater was nearly destroyed as water peaked three feet above stage level, floating the Wurlitzer console onto the stage. Demolishing the theater was considered, but community members joined forces during this time to salvage the historical downtown landmark. Nearly a year and a half of work later, on February 9, 1978, the theater was reopened as the Weinberg Center for the Arts, named in honor of the Weinberg family, who generously gifted the theater to the City of Frederick.

Today the theater is still owned and operated by the City of Frederick, but supported by the Weinberg Center for the Arts, Inc., a non-profit organization dedicated to helping the Weinberg Center. With the help of Weinberg Center for the Arts, Inc., the Weinberg Center was able to complete a one million dollar capital campaign, which has completely funded the renovations of the theater for the past several years from the installation of new, wider seats, new lighting boards, re-finished chandeliers, redesigned lobby, to the now repainted theater interior.

The Weinberg Center's 2012-



Jesse Cook brings his captivating salsa guitar music to the Weinberg Center on January 26th.

2013 Season is already off to an incredible beginning, as the Weinberg Center prepares to unveil its new look. But don't forget about the wide range of theatrical offerings the Weinberg will have this year - from music, to dance, to comedians and speakers, from both afar and right in the Frederick community.

The theater's LIVE! Series this year will continue to feature famous acts, this year including sax legend Maceo Parker, rumba guitarist Jesse Cook, "1964" The

Tribute, the number one Beatles Tribute Band, and national musical treasure Tom Rush.

If you're interested in learning who the latest up-and-coming artists are, check out the Tivoli Society Discovery Series for another year of exceptional (albeit lesser-known and emerging) artists like Raul Midon, The Honeycutters, and the Becca Stevens Band.

New to the Weinberg this year is the Frederick Speaker Series, sponsored by the Ausherman Family Foundation. It will feature American leaders like Gen. Colin Powell USA (Ret.), Fresh Air's Terry Gross, and health guru Dr. Andrew Weil.

The Weinberg's Family Series will have offerings the whole family will enjoy, from the crazy antics of Squirm Burpee: The Vaudevillian Melodrama to the Eastern European song and dance of the world-renown Duquesne University Tamburitzans.

And the smARTS series, designed with education in mind, will feature child and teacher favorites like The Velveteen Rabbit and Super Scientific Circus.

Of course, if you haven't already, check out the Flying Dog Movie Series, offering both silent movies with the Wurlitzer organ, and cult classics on the last Wednesday of each month like Ghostbusters, Dr. Strangelove, and Taxi Driver. Plan to arrive an hour early for the fun and social Flying Dog Brewery happy hour.

The Weinberg Center for the Arts is a municipal facility of the City of Frederick located at 20 West Patrick St. For more information about the Weinberg or to find a full listing of season events, please visit www.WeinbergCenter.org or call 301-600-2828.

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**Duquesne University
Tamburitzans**
October 28, 2012 • 3:00 PM

For Tickets WeinbergCenter.org or call 301-600-2828

What should I do with my life?

Kathryn Franke
MSM Class of 2013

It seems like I was just being asked that dreaded question. "Where are you going to college?" Now, just 4 short years later, a new question has become the standard inquiry that I have been trying so desperately to figure out myself: "What are your plans for after graduation?"

That is a very good question. I wish I knew the answer!

The decision of what to do after college is hard enough as it is, but then throw in the factor of multiple degrees, and you have one very confused student. I will graduate with degrees in both Fine Arts and Communication Studies, and I would ideally like to find a job that allows me to utilize both of those fields of study (being the Fine Arts Editor of the local newspaper is a nice start, huh?), but that again leaves so many options open.

As I get ready to tackle my senior year, I have been putting a lot of thought into my post-graduation plans. So much so that I even made a Microsoft Word document entitled "Possible Life Plans." I kid you not. That way, I can organize any ideas that may pop into my head and ensure that I don't forget any of them. I have separated the ideas into the 2 major categories that so many students struggle between: graduate school options and job options.

Let's start with the graduate school options. My friend Alex and I have been dreaming about staying at the Mount for graduate school to earn our MBA's in Marketing, while hopefully getting graduate assistant positions. We would of course live together, commute together, and be practically inseparable. This is still a very probable option for me, but then I have to consider so many other factors as well. I could go to graduate school for Communications, or even for Fine Arts. Or, I could take a whole new route that I had never thought of before my time at the Mount.

While taking one of my first art classes at the Mount, I met a girl who (at the time) had her mind set on going into art therapy. I was not familiar with that area of study, but after doing some research, I have found that it seems like something that I would absolutely love to do. It combines some of my favorite things: art and helping people. I have always loved volunteering and doing things to make other's lives better. I want nothing more than to end each day with a smile on my face knowing that I have helped make a difference in someone's life.

In fact, one of my favorite quotes is by Ralph Waldo Emerson, which reads, "To know

even one life has breathed easier because you have lived-- this is to have succeeded." I want this quote to define whatever job I end up having in life. A job should be more than just a job. It should be a way for each of us to contribute to society, each in our own unique way. Being an art therapist would obviously allow me to use art, which has become such an important part of my life, and it would allow me to spread that enthusiasm, passion, and skill to others so that they too may reap the many benefits of art.

There is just one problem with that plan: I have not taken any psychology prerequisites. I can of course take them before I would actually start the program, but that is a hurdle I can overcome if or when I get to it.

With today's economy, it is actually quite intimidating, to think about what to do after those seemingly long 4 years of college. Now, it seems like many students are planning on going into graduate programs to avoid the daunting job market that awaits us. Does that mean that it is actually better to go into the job market at this time? There are so many unanswered questions that I am sure I will find out as the school year goes on. However, as I keep researching potential job ideas, my list of options grows.

I have a variety of companies and organizations that I have bookmarked for various reasons, including location and also involvement in the arts or marketing. There are a plethora of jobs that could utilize either of my majors, such as museums, advertising agencies, media outlets such as newspapers and magazines, and school systems, just to name a few.

Needless to say, I am still un-



sure of what my future holds, but as the song goes, it's so bright, I gotta wear shades! I never used to see graduate school as a part of my plan, but as time goes on, plans can change. I will most likely end up applying for both jobs and graduate programs at the same time and see what opportunities present themselves to me. There are lots of options for me; it's just a matter of figuring out which one is best suited for what I see myself doing long-term. Everything will ultimately work out, but it is the unknown that is so intimidating for me.

I am a very plan-oriented person, so the fact that I do not know what I want to do scares me to be honest. I knew coming into college that I wanted to major in Fine Arts and Communications. There was no ques-

tion about it. I could easily plan my 4 years at the Mount around that decision, but now that those years are about to come to an end, I do not have a set plan. In the long run, I think that is a good thing because it will open up so many undiscovered opportunities that I may not have considered in the past.

Not everything is in my control when it comes to my future. I can do my best in school, perfect my resume to the best of my abilities, practice for interviews, etc. I can decide the general direction that I wish to take in my

career. But I really don't know what exactly lies ahead, and that's ok. I don't have to. But as I cross that stage and receive that precious piece of paper in May, I will be reflecting on my past school years, embracing the present moment that I will have worked toward for so long, and looking ahead with enthusiasm and anticipation on the life that lies ahead of me, whatever it may be.

To read other articles by Kathryn Franke visit the Authors section on emmitsburg.net.

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MOUNT SPORTS

Mount fall sports preview

Elizabeth Puleo
MSM Class of 2013

The beginning of the fall season is often a bittersweet feeling. It is goodbye to yet another summer filled with relaxing days and sunny weather. Yes, it is goodbye to many of those until next summer. However, there are many good things about fall: the beautiful colors of the leaves on the changing trees, the warm feeling of a comfy sweatshirt, and football season, which some of us cannot get enough of. Fall also means the start of school, and with this comes the start of exciting fall sports. Mount St. Mary's is a great place to enjoy a crisp fall evening while watching thrilling games.

Men's golf

The men are ready to come back to defend their title after winning the NEC (Northeast Conference) Championships and finishing 13th at the NCAA Golf Championships. Both Devin O'Grady and Kevin Ellison had breakout seasons last year that resulted in being named to the All-NEC Team. Another golfer to watch out for is sophomore Ryan Triller, who has an average of 74.1 strokes per round.

The Mountaineers began their season at the Central Connecticut State Fall Invitational on September 8.

Women's golf

After finishing in 10th place at the NEC Championships, the women's golf team has set high goals for themselves this season. With the return of the entire team except for Christina Hall, the Mountaineers' hope is to rise to the top this season. Some of those to watch out for include Nikki Fazio and Kelsey Hayward. At the NEC Championships, Fazio shot a 260, placing her in 39th, 7 spots away from her teammate Christina Hall. With an average of 90.4 strokes per round last year, Fazio is ready to shine during her senior year. Hayward made a splash during her freshman year, averaging 85.9 strokes per round and gaining the 2nd spot on the team. Hayward also posted a score of 166 at the ECAC (Eastern Collegiate Athletic Conference) Championships, which is very impressive for a freshman. The Mount can only wait to see what she does during her sophomore year. During the offseason, the Mount also signed two golfers to add to their successful team- Marisol Doglioli from Italy and Amanda Reach

from Moscow, PA. Doglioli comes from Clearwater Central Catholic in Florida, where she played as a foreign exchange student. From 2009 to 2011, Doglioli was a member of the Italian Girls Amateur National Team. After transferring to Clearwater Central Catholic, she finished the season with the rank 36 in the state. Reach also joins the team with some very impressive credentials. She was a letter winner every year throughout her career at North Pocono High School. In her senior year, Reach led her team to the Pennsylvania District II and Pennsylvania East titles. The Times Tribune, a local newspaper, also named her the All-Regional Player of the Year.

The women open their season at the Tignanelli Towson Invitational on September 9.

Men's Soccer

Last year was exciting as the Mountaineers had its first winning record since the 2003 season. Despite this success, they suffered a disappointing loss to Monmouth, ending their postseason hopes. This year, the team is packed with many talented players but one to watch out for is sophomore Dennis Zoncher. Dennis made his mark at the Mount his freshman year by receiving NEC Rookie of the Week four times and scoring four goals in the game against La Salle University, which led to a 5-0 Mount victory. Coming off a triumphant season last year, Coach Rob Ryerson and his men are confident in their ability to dominate this year. The men began their season against rival Towson on August 28.

Women's Soccer

After losing to Sacred Heart, the Mount women's dreams of going on into postseason competition ended last year. Even though they lost several star players including Sadie Winship and Alicia Miller, the Mountaineers will return with a team full of gifted athletes who believe they have as good of a chance at winning the conference as anyone else does. Players to be aware of are junior Ragan Cote, sophomore Alicia Miranda, and senior Andrea Bujacich. Like the men, they also open their sea-



Zoncher Denis is expected to lead the men's soccer team to victory this season.

son against Towson at home on August 24.

Swimming

The Mount swim team begins their season on September 28 at the Potomac Relays in Washington, DC. They finished last year by placing 5th in the NEC Swimming & Diving Championships and setting a team record in the 200-Medley Relay. The team took a training trip to Arizona last fall and competed in the Citrus Invitational. The Mount's swim team is full of hardworking athletes who strive to win at each competition. Sophomore Erin Regan has proved to be a force to be reckoned with. During her freshman year, she earned All-NEC team recognition after her swim in 200 fly (2:04.03) and 100 fly (56.96). Regan also earned Rookie of the Meet selection, a first in program history. Courtney Griffith also won All-NEC recognition based on both her efforts as a teammate and as an individual. Griffith finished third in the 50 free (23.84), third in the 100 fly (57.30) and also participated in the 200-free relay team that finished second. Other swimmers to pay attention to are Patricia Yam and Anne Thelen.

Cross Country

The men's cross country team had an impressive third place finish in last year's conference championship. While they will lose four-time All-NEC runner Dylan Bernard, the boys will be returning with several strong runners and show much promise in completing another very successful season. After finishing 8th at the conference championships last year, the women hope to improve their conference standing this year. The team has many strong returning runners, including sophomore McKenzie Doyle and senior Megan Kinsella, and they will welcome new teammates as well, including freshman Madeline Rico from Rockville, MD. The men's and women's cross country teams will begin their season on August 31 at Catholic University.

Another interesting fact . . .

When watching the Olympics, you witnessed many great athletes including Ashton Eaton who won gold for the Olympic decathlon. Eaton is coached by Mount alumni Harry Marra, who graduated from the Mount in 1969.

To read past Mount Sports articles visit emmitsburg.net.



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MOUNT CREATIVE WRITERS

The legacy of Peter J. McGuire

Megan Kinsella
MSM Class of 2013

She awoke with a start, hoping and praying that she hadn't missed anything yet. Today was the day! She jumped down from the bed into her fuzzy pink bunny rabbit slippers and shuffled to the bedroom door, long blonde ringlets of hair falling down her back. Running down the stairs full tilt, she yelled "Gooooood moooooorning!" to her parents, who she knew she would find in the kitchen already hard at work. She skipped the last few steps, skidded through the foyer and rounded the corner into the small kitchen toward the back of the house. Her parents smiled when they saw her, always so full of life and energy, the youngest of their three daughters.

"Well good morning to you, too, Sunshine!" her mom chuckled. "How did you sleep?"

"Mommy I was too excited, I couldn't sleep!"

"Excited for what?" her dad jokingly prodded. "There's nothing going on today. Nope, just a normal Monday in the McGuire house."

"Ooooh daddy," she smiled and ran to tickle his belly, "you're teasing me!"

"I'm teasing you, Peach," he said, looking down into her sparkling green eyes. "Now run outside and grab that big sack of potatoes from the garage."

The girl heeded his request with the passion of an excited puppy dog, and scampered through the back door to the garage. At only 6 years old, she was very small, but this in no way compromised her mission for the potatoes. For the next ten minutes she pushed and pulled and dragged the huge bag back through the yard, stopping only twice to wipe her sweaty palms on the front of her shirt and push the curls off her forehead.

"Here you go daddy!" she shouted through the screen in the back door. "What else can I do to help?"

"Now," her dad said, opening the screen door to let her back inside, "you can run upstairs and get ready to leave, your mom and I only have a few more things to prepare."

"Okay pop!"

"Oh, and wake your sisters up, too. Tickling and water drop torture may be necessary."

Giggling, she tore back through the kitchen, stopping briefly to stick her finger into the icing of the cake her mom had just pulled out of the fridge, and bounded up the steps to jump on the bed that her sisters shared.

"Cait, stop it, you're being annoying," her oldest sister Michele groggily whined, to which Cait responded with even more vigorous bed-jumping.

"Come on Caity, just a few more minutes please," said Shannon, trying a nicer but no more effective approach at making her hyperactive little sister calm down.

"But guys! We're leaving for the farm soon! You have to get up! Come on, aren't you excited?" the little girl pleaded with them. "It only happens once a year, just like Christmas but even better!"

She waited just long enough to make sure that they wouldn't fall back asleep, then skipped to her own room to change into the pink dress her mom had sewn. If it was up to her, she would have worn a tee shirt and overalls just like her daddy, with her favorite red rubber boots. A dress wasn't exactly conducive to riding in the back of Uncle Jim's pickup truck to pick apples in the orchard over the hill, or wade into the deep parts of the pond to catch tadpoles with the boys, but she wanted her mom to know how much she loved the dress, so she made the sacrifice.

Soon, the whole family was crammed into their little old Ford Focus and speeding down highway 19, windows open and the girls enjoying the weather that the last day of summer vacation had provided for them. It had been a fun summer, full of trips to the creek at the bottom of their cul-de-sac and picnics at the park, where Cait loved to watch their neighbor's dog catch Frisbees right out of the air. And unlike past summers, daddy had been home almost every single day to play with her in the back yard and ride bikes around the neighborhood, which made life even better!

It had been a confusing summer, too though. She had walked in on her mom and dad a few times, sitting huddled together at the kitchen table, heads bent low, whispering to each other. They would see her and pop up out of their chairs, pretending to smile, but Cait had seen the tears in her daddy's eyes and the way her mom's lip would quiver. She really didn't watch the news much, but a few times she had caught glimpses on the screen

of fire rushing from the ground and a huge gush of thick, black smoke. Men ran from the smoke, coughing and yelling. It looked really scary, so Cait never watched for too long.

Tomorrow, summer was officially over and the girls would head back to school. Cait loved school, so she couldn't wait to start again, and first grade was bound to be even more exciting and enriching than Kindergarten had been. Today, however, was a day of family and food and celebrating, and celebrating is exactly what Cait planned on doing.

Her dad turned off the highway and steered the car through a few miles of densely wooded country back roads, cool and dark in the fading summer shade. Cait could hardly contain her excitement, as she saw the driveway up ahead on the left with the old American flag hanging from a tree branch over the road. They had arrived!

The next hour would be devoted to unloading the trunk of all its homemade goodies, setting up tables and chairs, gathering wood for the bonfire, firing up the grill, and pitching hay from the old barn down into the tractor wagon. Soon enough, the family started to arrive. Aunts and uncles, cousins, grandparents, and tons of family friends pulled up the long bumpy driveway one by one, unloaded their cars, and joined the festivities.

Cait loved the farm, but she only got to see it a few times a year because they lived so far away. Daddy told her once that it had been a real working farm, a long long time ago, with real live cows and pigs and chickens! He said that it belonged to her grandpa before him, and his grandpa before that, all the way back until before anyone can remember. Caity was just glad that the old barn was still standing, so she and her cousins could climb its rafters and hide in the big piles of hay.

Before long, the smell of cooking hot dogs and hamburgers permeated the air and people milled around the grass in front of the barn, all talking and laughing together, playing lawn games and gorging themselves on the summertime feast. Cait asked her daddy if he could make the slip 'n slide out of the huge blue tarp like he always did, and he graciously obliged. Caity ran and got the bottle of Dove liquid soap and the hose, and soon she and her entourage were soaking wet, sliding down the big hill in between the two ancient pines, laughing and having a great time.

Later in the day, when everyone was relaxing, some trying to sleep off all the food they had eaten, Cait watched her daddy stand up from the table he was sitting at with all his brothers. He was medium height, with big strong shoulders and sturdy muscles. Her mommy always told her that he was the most handsome man she had ever seen, and Cait believed it. Last year, he would come home every night, covered head to foot in coal dust from a hard day's work down in the mines, and she would meet him at the door with a towel and a kiss. Caity would peek out at them from behind the kitchen door and giggle at the way the tip of mommy's nose always turned black from daddy's face. He was never covered in dust anymore since he stayed home all summer long, but Cait didn't mind because she got to spend more time with him.

She watched him stand up on his chair and wave his hands at the group.

"A toast!" he yelled. Everyone cheered, then quiet fell on the farm.

Smiling, he began: "Every year we all come together to celebrate at the end of the summer. We come together to celebrate family, to celebrate friendship, to celebrate all the blessings that God has be-

stowed upon us and our great nation, the greatest nation on earth."

Cheers erupted again, and he raised his hand for quiet once more.

"But, we celebrate something else today, too," he said, looking down at his brothers. "130 years ago, in 1882, our Great Great Grandfather Peter J. McGuire petitioned congress to have this day, Labor Day, recognized as a national holiday. Pete recognized the importance of hard work in life. He knew that it's the only way to honestly provide for the family and be able to lay down to sleep at night with a clear mind and refreshed soul."

Cait saw a tear run down her daddy's cheek, and he cleared his throat.

"Ever since the accident, it's been pretty tough for a lot of us. Loved ones missing, the mines shut down, most of us out of work. But, friends, let us celebrate life today. Let us celebrate together, and hope together, for a better tomorrow. Because tomorrow, the sun is going to rise. We will have air in our lungs and the love of our families in our hearts. May God continue to bless us all."

He raised his cup into the September sky, and fifty others followed suit. Cait ran to him as he got down off his chair. He caught her in his strong workman's arms, spun around in a circle, and hugged her close to him.

Tomorrow, she would wake up and go to school. She would do all of her homework and get good grades. Some day she would go to high school, then maybe be the first in her family to go to college. She would always work hard, and try to never take anything for granted. Tomorrow the sun would rise and tomorrow she would go to first grade. But, no matter what, she would always remember today.

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SIMPLE SERVINGS

Oatmeal for all occasions

Sharon Racine

I usually eat the same thing for breakfast every day during the work week: an English muffin with peanut butter and honey. It is one of the easiest and most delicious breakfast options I've ever tried, but come Saturday, I look forward to a steaming hot bowl of oatmeal with honey and whatever fresh fruit remains in my fridge. Sure, I can bring oatmeal to work with me as breakfast, but it's not nearly as delicious as an indulgent dish on the weekends. Call me old fashioned, but in my mind oatmeal just tastes better when it's made fresh on the stovetop.

What else do I love about oatmeal? It's incredibly healthy and versatile, and can be incorporated into almost any meal. Perhaps the most famous quality of oatmeal is its reputation for lowering cholesterol. Per LiveStrong.com, oatmeal contains a soluble fiber that attaches to cholesterol-containing bile acids, causing your body to absorb less cholesterol. Two servings of oatmeal provide three grams of soluble fiber, which is enough to lower your cholesterol by two to three percent.

Low fat and low calorie content are other great reasons to start eat-

ing more oatmeal. Most of the fats contained in oatmeal are mono-unsaturated or polyunsaturated, both healthy fats that will not adversely affect cholesterol levels. To keep you bowl of oatmeal low in fat and calories, opt for fat-free milk or soymilk and fresh vitamin-rich fruits.

Finally, oatmeal is guaranteed to keep you fuller longer. According to LiveStrong.com, the soluble fiber present in oats provides greater satiety than other breakfast foods such as bran cereal, whole grain bread, and eggs.

So, how can you get at least 2 servings of oatmeal daily, you ask? Simple! The easiest way of course, would be to eat two bowls of oatmeal, but where's the fun in that? While I do love a solid bowl of the hot cereal, there are countless other ways to incorporate oats into your daily diet. Try some of the suggestions below!

Healthy Oatmeal Cookies via Food.com

Ingredients

3/4 cup canola oil
1 cup brown sugar
1/4 cup granulated sugar
3 egg whites
1 teaspoon vanilla
1 cup oatmeal



1 and 3/4 cups all-purpose flour
1 cup wheat germ
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon nutmeg
3/4 cup chopped dried apricot
1/2 cup dried sweetened cranberries
1/2 cup chopped walnuts

Instructions:

Preheat oven to 375 degrees. Blend first five ingredients. In a separate bowl, mix next 7 ingredients (dry ingredients). Stir a spoonful of flour mixture into fruit and nuts to separate fruit. Add dry ingredients to oil mixture, then stir in fruit and nuts.

Drop 1 1/2 tablespoons onto parchment-paper-covered baking sheet. Flatten slightly. Bake at 375 degrees for 8 to 10 minutes. Cool slightly on pan and then transfer to rack to cool completely before storing.

Black Bean Veggie Burgers via AllRecipes.com

Ingredients

1 (16 ounce) can black beans, drained and rinsed
1/2 green bell pepper, cut into 2 inch pieces
1/2 onion, cut into wedges
3 cloves garlic, peeled
1 egg
1 tablespoon chili powder
1 tablespoon cumin
1 teaspoon Thai chili sauce or hot sauce
1/2 cup ground oats

Instructions

If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375 degrees F (190 degrees C), and lightly oil a sheet of aluminum foil placed on top of a baking sheet.

In a medium bowl, mash black beans with a fork until thick and pasty.

In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans.

In a small bowl, stir together egg, chili powder, cumin, and chili sauce.

Stir the egg mixture into the mashed beans. Mix in ground oats until the mixture is sticky and holds together. Divide mixture into four patties.

Place patties on foil in preparation for cooking. If grilling, grill about 8 minutes on each side. If baking, bake about 10 minutes on each side.

Coconutty Granola via DayOldNews.com

Ingredients

3 cups slow cooking/old fashioned oatmeal
1/4 cup brown sugar
1/4 cup shredded coconut
1/4 cup vegetable oil
1/4 cup honey
1 teaspoon vanilla extract
1.5 teaspoons cinnamon
2 egg whites
1/3 cup almonds and/or pecans (chopped or whole)

Instructions

Preheat oven to 350 degrees Fahrenheit. Combine all ingredients except nuts in a bowl. Spread granola mixture on a parchment-lined baking sheet, packing down lightly to encourage clumping. Bake for 10 minutes.

After 10 minutes, remove from oven and flip edges into the middle of the pan to avoid burning. Add nuts on top of mixed granola and bake for additional 5 minutes, or until light brown.

Let granola cool for 15 minutes or so, then transfer to a mason jar or Tupperware container for storage. Eat as cereal, add to trail mix, sprinkle on top of yogurt and berries, or enjoy with almond milk as breakfast or a snack.

Guacamole Oatmeal via TooTimidand Squeamish.com

Ingredients

1 cup cooked oatmeal
1 avocado
1/2 tomato
1/4 onion
1/2 lime (juice)
1 t chopped cilantro
1 t olive oil
pinch chipotle chili powder
salt and pepper to taste

Instructions

In a small bowl, mash up avocado. Combine with tomato, onion, lime juice, olive oil, and chili powder. Add to bowl with oatmeal and garnish with chopped cilantro, adding salt and pepper if needed. Serves one.

Simple Savory Oatmeal via TooTimidand Squeamish.com

Ingredients

1 cup oatmeal, cooked in vegetable stock
1 egg
1 tsp Parmesan cheese

Instructions

Spray small frying pan with cooking spray and cook egg until white is firm but yolk is still runny. In a small bowl, add oatmeal and top with egg. Sprinkle Parmesan cheese on top and add salt and pepper, if desired. Serves one. Enjoy!

To share your recipes, send them in with a story behind it at editor@emmitsburg.com.



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IN MY OWN WORDS

A new school year

Katie Phelan
MSM Class of 2011

A lot of people have asked me what I've been doing this summer. When I don't respond with "work" they seem confused and invariably end up blurting out, "wait, you mean you don't have to go into school in the summer? You mean you have the same summer as the kids?" Well, more or less, the answer is yes. Teachers have the same last day of school as the students; though of course there is end of the year clean-up, and grades to finish which pushes a few days into summer. After that, though, teachers aren't required to do anything, until August that is.

So teachers can just be lazy and kick back in the summer, right? Well, not quite. Many teachers take time over the summer to tweak or create new lesson plans, projects, or other teaching materials. A lot of teachers I know get second jobs to supplement their income. A lot of teachers with young families really enjoy the summer off because they are able to be home with their kids and don't have to worry about daycare or nannies.

Just about every teacher I know makes a concerted effort to spend time focusing on hobbies during the summer, which tend to get shoved to the wayside during the hectic school year. I know that during the school year my ability to read for enjoyment is almost eliminated because there are always more productive things that I should be doing, like grading or preparing lesson plans. Unlike some other jobs, teaching isn't really a profession that you can "leave at work;" as soon as one activity, lesson, or day is over, there's another one to prepare for, which can get very time consuming and tiring.

I did two of these things this summer: I took a second job and read for enjoyment. The job I took wasn't what you would probably think of as typical. I painted a custom mural for a Philadelphia steak and hoagies shop in Camp Hill, Pennsylvania. The mural included the skyline of the city, plus landmarks like the Rocky statue, the Liberty Bell, Independence Hall, City Hall, and the Citizens Bank Park. I also painted the store's logo. While this wasn't an all-summer project, it was enough to get a little money and to keep adding to my mural portfolio, which, by the way, you can see for yourself (along with some of my

other work) at www.muralportfolio.weebly.com.

I was also able to read some books for pleasure like *My Cousin Rachel* and *Tell the Wolves I'm Home*. But, what really took up most of my summer was...summer school. I didn't teach summer school, but I was a student myself. You may recall that last Spring I was enrolled in Wilson College's teacher education program, but I decided to switch to the program at the Mount for a few reasons. One, the Mount's program is a Master's and teacher certification combo, which means that I won't have to go back to school (again) later to get my Masters. I'm getting the whole Education degree out of the way in one fell swoop. Two, because I am a Catholic school teacher and the Mount offers discounts to Catholic school teachers enrolled in classes, it was less expensive than the program I was already in. Three, I actually needed to take fewer classes in the Mount's program than I did through Wilson. Four, it's the Mount and I love being back on campus, even though it's a little weird being there without my friends and without a dorm to call home. Nevertheless, it's nice to be back.

So, for all of those reasons I came back to the Mount in full force this past summer. I took three classes: Technology in Education, Learning Theory and Human Development, and Special Education. Honestly, between these three classes and driving from Carlisle, Pennsylvania to Frederick two to four days a week, I felt like my summer was kind of shot. It doesn't sound like very much to take three classes, but keep in mind that these are summer classes, which means that 15 weeks of material is squished into 10 three-hour classes. Plus, all the regular semester reading is normally required also, which means that each day I was reading 50+ textbook pages. I have to tell you, that gets old after a not-so-long time.

But the classes were interesting, and time did go pretty quickly, which considering it was summer break, was not necessarily something I wished for! In no time at all, it seems, September has arrived and another school year is starting. However, a teacher's school year starts a week earlier than the students' year.

Teachers are required to participate in "in-service" days where we discuss school matters like any changing rules or updates, create goals, assess

strengths and weaknesses, and so on. We also sometimes hear guest speakers addressing anything from positive school image to refreshing us on ways to help students with learning disabilities. During in-service days teachers also have the opportunity to meet with their departments and other small groups and discuss specific matters. We have a week of in-service days before the year starts, and then a few sprinkled throughout the year. Generally they're tacked onto the ends or beginnings of breaks or onto long-weekends. In general, in-service days are times for the faculty to work together on general aspects of the school (like the school's mission for example), which tend to be overlooked in the hustle and bustle of ordinary days.

The summer in-service days are good ways to get back in the swing of school, after some time off. It's also been a time for me to reflect a little bit on the start of the second year teaching. I'm certainly looking forward to a new year and getting to know a new set of kids, while hopefully keeping up with the ones I taught last year. I'm really looking forward to knowing a little bit more of what's going on this year and just being familiar with the workings of the school. I'm also looking forward to becoming a better teacher. Over last year, I made note of things that seemed to be working well



and things that needed improvement. I'm excited to make some changes and to see how they work out.

I am a bit nervous about all the things on my plate this year. One of my classes has changed, so I can't re-use most of my teaching materials for that class, which of course means a lot of work and thought. I'll likely have more responsibilities with my job in the Library, because I won't have as much help from the Sister who ran the Library previous to my arrival. I'm also taking two class-

es from the Mount this fall, one of which is in Frederick, which means a lot of driving on Wednesdays (Carlisle to Hanover to Frederick to Carlisle!). However, I'm sure I'll be just fine with a little obsessive planning and organization on my part and support from my colleagues, friends, and family. It's sure to be a challenging year, but at the very least, I'm happy to no longer be a "freshman" anymore! Here's to a rewarding, educational, exciting, and delightful 2012-2013 school year!

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COMPLEMENTARY CORNER

The heart of it all

Renee Lehman

*"Get to the heart of the matter."
"Listen to your heart."
"What is your heart telling you to do?"
"Speak from the heart."
"Follow your heart."*

Don't these phrases sound familiar? What do these phrases mean to you?

These phrases are commonly used to imply that the HEART is the most important or critical, the deepest, most meaningful aspect of yourself. Sometimes we interact with the world from the level of our brain, because the brain has knowledge. However, the HEART has knowledge and an "understanding," a "feeling" of how our actions can affect others and the entire universe.

In the Traditional Chinese Medicine (TCM), the HEART is the "Supreme Controller." In China 3000 years ago, there was an Emperor who governed his kingdom. The Heart is your Emperor/Empress who controls and co-ordinates all of the Officials within the body (your

other organs) and at the same time relies on them for guidance in "running the kingdom." The heart is not viewed as just a physical organ. On a physical level, the Heart is responsible for circulating blood to all parts of the body. When this is done well, then we feel nourished and strong. On an emotional and mental level, the Heart is responsible for clear thinking, insight, cognition, perception, consciousness, and self-awareness that gives life meaning. On a spirit level, the Heart is responsible for your capacity to feel compassion and demonstrate warmth, joy, and love. When in balance on a body/mind/spirit level, the Heart will allow you to feel calm, serene, and to "just be." You will be in harmony, balance, and peace.

Heart Research (Old and New)

In Western medicine, the heart is a muscular organ that constantly pumps blood throughout the entire body. It has four separate chambers that blood moves through. The deoxygenated blood travels via blood vessels into the right side of the heart from the body. The

deoxygenated blood travels from the right side of the heart into the lungs to become oxygenated. Then the oxygenated blood travels into the left side of the heart to be pumped back out to the body again. The heart is often thought of as a pump.

According to the Centers for Disease Control (CDC) in 2011, cardiovascular disease (CVD) causes one in three (approximately 800,000) deaths reported each year in the United States. Also, yearly overall costs resulting from CVD are estimated at \$444 billion. Non-modifiable risk factors include: age, gender, race and genetic background. Modifiable risk factors (from highest to lowest risk factor) include: sedentary lifestyle, obesity, high blood pressure, smoking, high cholesterol levels, and diabetes.

However, there is increasing scientific evidence that an individual's emotional state, how someone truly "feels" in their heart, is a very strong predictor of heart problems. It is becoming clearer to Western medicine that stress, depression, grief, and anger all take their toll on the heart. Interestingly, this newly gained understanding resonates with the framework from which TCM has been practiced for thousands of years.

This new science is called neurocardiology, the study of the heart's interactions with the

nervous system (there is a constant communication between the heart and the brain). The Cleveland Clinic has the first heart-brain institute dedicated to gaining an understanding of this relationship.

Dr. David S. Goldstein, MD, PhD, founder and director of the clinical neurocardiology section of the National Institutes of Health (NIH), has found remarkable relationships between the heart and the brain in his study of Parkinson's disease. One of these relationships was that Parkinson's patients lose nerves in the heart.

The heart has its own nervous system, with a network of 40,000 neurons. It releases hormones that enable it to not only regulate itself, but also to send messages via nerve pathways to the brain. It is also through these nerve pathways that pain and other feeling sensations are sent to the brain. These nervous signals then regulate the many nervous signals that flow out of the brain to the heart, blood vessels, and other glands and organs of the body. Thus, the heart's nervous system has an effect on the entire body. These nervous signals also cascade up into the higher centers of the brain, where they may influence perception, decision making and other cognitive processes.

For example, heart problems may affect a person's mood. Dr. Goldstein has said: "If your heart isn't working well, you are much more likely to have depression and anxiety too. The heart's ner-

vous system is so elaborate that sometimes it can override the brain. For example, some people are able to control performance anxiety by taking beta blockers, drugs that block the harmful effects of stress hormones. Even though the drug doesn't get into the brain, it blocks the heart's response to adrenaline." In this case, he said, the brain anticipates becoming anxious. But after realizing that the heart-beat has remained stable and that there are no physical signs of anxiety, the brain accepts the commands from the heart, overruling its need to be anxious.

Cardiologist, Dr. Mimi Guarneri, MD, founder and medical director of the Scripps Center for Integrative Medicine in La Jolla, CA, wrote a book, *The Heart Speaks* (2006), in which she talked about her discovery of the emotional and spiritual components of heart disease. She is also involved with The Healing Hearts program at the Scripps Center, a program that deals with reversing heart disease without drugs or surgery. This program is based on the understanding that "physical heart disease may be the final manifestation of years of abuse that begins in the psyche and spirit."

"HeartMath research (The Institute of HeartMath Research Center, www.heartmath.org) has shown that the heart responds to stress first, and sends that information to the brain with a judgment attached before mental cognition ever occurs. If the heart perceives a situation as a threat, the brain then sets off the alarm signals to produce stress hormones, which initiate the inflammatory cascade. The body starts pouring out hormones, causing the blood vessels to constrict, making platelets sticky, raising heart rate, and elevating blood pressure," Dr. Guarneri notes.

The health implications for an "unhappy heart" is as Dr. Guarneri states, "Suppressed emotions, or ones we are unconscious of, don't just simmer on the back burner indefinitely; they manifest themselves on a physical level and are reflected in our bodies as physical symptoms."

Next month's article will continue the discussion of how emotions can contribute to heart related problems and other bodily ailments.

"The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart."

—Helen Keller

Renee Lehman is a licensed acupuncturist and physical therapist with over 25 years of health care experience. Her office is located at 249B York Street in Gettysburg, PA. She can be reached at 717-752-5728.

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FITNESS

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Linda Stultz
Certified Trainer/Therapist

Having a simple blood test can prevent serious problems in the future. Having these tests done at a health fair usually costs less than at your doctor's office or the hospital and some insurance will cover them. Some of my clients take advantage of this great service and others go to their family doctor to have it done. Talk to your doctor the next time you see him and ask if you should start a maintenance schedule for blood test.

If you are not feeling yourself, maybe it's time to take advantage of this great service. Even if you don't have any symptoms and you haven't have a blood test in a while, it may be a good idea to have one. These simple tests can give your cholesterol, blood sugar and other levels. High blood pressure can be a serious health problem and you may not have any symptoms. These tests will alert you to a problem or give you a warning before the problem develops. They can also give you peace of mind when all the levels show normal.

Many times if your cholesterol or blood sugar levels are elevated, exercise will correct the problem. Exercise is also a good way to lower your blood pressure. Walking, jogging, swimming and weight lifting are great ways to control many health problems. These exercises alone may be enough to lower your levels and control them without medication. It is certainly worth a try before committing to medication for the rest of your life. All medications have side effects. The side effects from exercise are all positive. Unless you have a family history or your levels have been elevated for a period of time, hopefully the doctor will give you a chance to lower your levels with exercise. Suggest exercise first, ask him to give you a little time to lower them on your own. Be-

sides working on lowering your levels, you will see an increase in energy, self-esteem and hopefully a loss of weight. Exercise changes your life in so many positive ways. Starting an exercise program and routine will not only benefit you but if you include family and friends you will be helping them improve their health also. Obesity is a major concern in our world. Involving our kids and our elderly can promote family togetherness as well as improved health and weight loss. Set an appointment for a family walk on a Sunday afternoon. I realize including a variety of people may present a challenge because of the different ages, but you may be surprised what you can come up with that will keep everyone moving at their own pace. Many older people don't get any exer-

cise at all and the result is atrophy of muscles and weakness. The side effect of not moving is the inability to get up from a chair or not being able to walk very far. More and more people are discovering the benefits and rewards of exercise. Join the crowd and see how exercise improves your life. Always check with your doctor before starting an exercise program, especially if you have any specific health concern. Decide today to start a preventative test schedule in order to stay healthy. This will let you know what is going on inside your body because many of these conditions may be present without showing any symptoms. Catch them before they become a problem.

Any questions, please contact me at 717-334-6009. Remember-KEEP MOVING!!

Fitness Matters

Expert answers to your health and wellness questions

Inga Olsen
Anytime Fitness
Personal Trainer

Question: I have a few friends encouraging me to buy organic. There are obviously two sides to every story, so I'd love to hear your take on the pros and cons of organic foods.

Answer: There is definitely an ongoing debate about whether you should eat organic foods or not. Some say eating organic is a no-brainer because of the potential ingestion of hormones, antibiotics, pesticides and other dubious additives found in conventionally grown foods.

On the other hand, some argue that organic foods are similar in nutritional quality, yet they cost more and aren't all that accessible. Here's the real deal. Although it's true that organic foods are more expensive, there is a legitimate reason for the added cost. More care, time, and money go into growing organic crops, and those costs are typically passed on to the consumer (much like products in other industries). Even if they are more expensive, many folks would argue that the added cost is worth it because organic foods are healthier for you. Though this may seem logical, there really isn't a lot of research to back up this claim. Several studies tout the benefits of eat-

ing more fruits and vegetables regardless of how they're grown. If the nutritional quality of the food doesn't sway you, there's also this idea that organic farming is better for the environment. This may be true, but you need to remember to buy locally-grown foods. If you happen to live in California, but your organic produce is grown in Florida, you're doing more harm than good from an environmental perspective. Bottom line—if you can afford it, and you can buy local, go for it! If you do decide to make the switch, focus on purchasing these foods first: peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, lettuce, imported grapes, pears, spinach, and potatoes. These are known as the "Dirty Dozen" and generally have the highest concentrations of pesticides. You should also get in the habit of washing your produce thoroughly before eating!

Question: I just joined Anytime Fitness, but I'm a little lost as to

what I should be doing. Someone suggested getting a personal trainer, but they can be pricey. Is hiring a trainer worth it?

Answer: Absolutely! The right personal trainer can literally transform your life. They're there to educate, motivate, and inspire, and frankly, that's worth its weight in gold. From goal setting and proper exercise form to program design and diet advice, trainers will have the answers. But that's not even the best part. Trainers offer accountability, friendship, and a much-needed support system as you embark on your wellness journey. Let's face it—we all struggle with getting to the gym now and then. But trainers can make working out a lot of fun, and they can challenge you consistently, which will

ultimately get you better results. Look at it this way...if your car needs to be fixed, you take it to a mechanic because they know what they're doing. The same can be said for your body. Take care of it as best you can, and if you need help, seek out an expert at your local club. Just make sure they have solid credentials, and a strong background in fitness, kinesiology, strength and conditioning, or sports medicine.

About the author: Inga Olsen is the Club Manager and NSPA Certified Conditioning Specialist and Nutrition and Weight Management Specialist at Anytime Fitness in Thurmont. To submit a question for future articles, please contact the author at ThurmontMD@anytimefitness.com.



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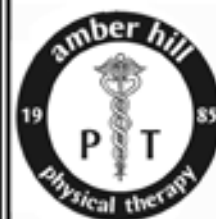


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ASTRONOMY

The night sky of September

Professor Wayne Wooten

For September 2012, the Moon will be last quarter on September 8th, with the full moon occurring on August 31st; it will be passing just south of Jupiter that morning, with Jupiter being occulted for viewers in central and south America. The waning crescent moon passes 3.6 degrees south of Venus in the dawn on September 12th, and the new moon occurs on September 16th. The crescent moon following it marks Rosh Hashanah, the Jewish New Year for 5773 AM. The waxing crescent moon passes 5 degrees south of Saturn on September 18th, then .8 degrees south of Red Mars on September 19th. The Fall Equinox occurs at 9:47 AM CDT on September 22nd, the same day as the first quarter moon. The Full Moon, the Harvest Moon, occurs on September 30th.

To the west, we are losing Saturn into the sun's glare, and Mars moves rapidly eastward from Virgo into Libra this month. Far from the earth currently, it is getting fainter, and too will be lost in sun's glare by year's end. Jupiter dominates the late evening skies during the autumn of 2012. He reaches opposition on December 3rd, among the stars that make up the head of Taurus. Venus dominates the dawn, but is now heading back toward the sun, to pass behind it in early 2013.

The Big Dipper rides high in the NW at sunset, but falls lower each evening. Good scouts know to take its leading pointers north to Polaris, the famed Pole Star. For us, it sits 30 degrees (our latitude) high in the north, while the rotating earth beneath makes all the other celestial bodies spin around it from east to west. It is this time of year at an American Indian legend tells of the Bear and three hunters. The bowl



is the bear, the three handle stars of the dipper the hunters. The first carries a bow, and has shot the bear in its flanks. The second optimistically carries a bowl on his shoulder for bear stew; look closely, and you can see the pot (Mizar, horse in Arabic, and Alcor its rider more traditionally). The last hunter carries firewood for the feast. The wound is minor, and the bear has not lost a step, but in the fall, as the bear goes into hiding along the NW horizon, the wound opens slightly, and blood oozes out to fall on the tree leaves and paint them red this time of year.

From the Dipper's handle, we "arc" SE to bright orange Arcturus, the brightest star of Spring. Spike south to Spica, the hot blue star in Virgo. Saturn is just NW of Spica, a little brighter and more yellow in color. Note that Spica and Saturn are both now low in the SW, and by September's end, will be lost in the Sun's glare due to our annual revolution of the Sun making it appear to move one degree per day eastward. To the Greeks, Spica and

Virgo were associated with Persephone, the daughter of Ceres, goddess of the harvest. In their version of "Judge Judy", the beautiful young daughter falls for the gruff, dark god of the underworld, Pluto. He elopes with her, much to the disapproval of mother Ceres, and they marry in his underworld kingdom of Hades...a honeymoon in hell...really, he does love her as well, and the marriage itself works well. But it is the reaction of Ceres that creates alarm. Very despondent over the loss of her young daughter to a fate as bad as death, Ceres abandons the crops, which wither. Soon famine sets in, and humanity appeals to Jupiter to save us all. Calling all together, Jupiter hears that Ceres wants the marriage annulled, Persephone loves them both, and Pluto wants his mother in law to stop meddling. Solomon style, Jupiter decides to split her up, not literally, but in terms of time. In the compromise (aren't all marriages so?), when you can see Spica rising in the east in March, it means to plant

your peas. For the next six months, she visits upstairs with as very happy mama, and the crops will prosper. But now, as Spica heads west (to the kingdom of death, in most ancient legends) for six months of conjugal bliss with Pluto, it is time to get your corn in the crib. This simple story, told in some form for as long as Noah's flood, was one of the ways our ancestors 7,000 years ago knew the solar calendar and when to plant and harvest. As you watch Spica fade, thank this star for agriculture, and in a certain sense, even our own culture.

To the south, Antares rises about the same time in Scorpius. It appears reddish (its Greek name means rival of Ares or Mars to the Latins) because it is half as hot as our yellow Sun; it is bright because it is a bloated red supergiant, big enough to swallow up our solar system all the way out to Saturn's orbit! Near the tail of the Scorpion are two fine open clusters, faintly visible to the naked eye, and spectacular in binoculars. This photo of Scorpi-

us and Sagittarius. The clusters lie to the upper left of the bright double star that marks the stinger in the Scorpion's tail. The brighter, M-7, is also known as Ptolemy's Cluster, since he included it in his star catalog about 200 AD.

East of the Scorpion's tail is the teapot shape of Sagittarius, which marks the heart of our Milky Way galaxy. Looking like a cloud of steam coming out of the teapot's spout is the fine Lagoon Nebula, M-8, easily visible with the naked eye. Many other clusters and nebulae lie toward the galactic center, and are shown on the SkyMap chart and discussed on its binocular and telescope object listing on page 2.

The brightest star of the northern hemisphere, Vega dominates the NE sky. Binoculars reveal the small star just to the NE of Vega, epsilon Lyrae, as a nice double. Larger telescopes at 150X reveal each of this pair is another close double, hence its nickname, the "double double"...a fine sight under steady sky conditions. At the bottom of the parallelogram that marks the body of the lyre lies the beautiful Ring Nebula, M-57. It lies midway between the two southernmost stars, is visible in binoculars, and even in small telescopes appears as a ghostly smoke ring. The colors show up well in photos, but not visually. Planetary nebulae are named for their often circular shape, like the disk of distant planets; in reality, they are shells of glowing gas, ionized by the ultraviolet radiation of the now revealed core of a red giant star in the final stages of its collapse.

To the northeast of Vega is Deneb, the brightest star of Cygnus the Swan. To the south is Altair, the brightest star of Aquila the Eagle, the third member of the three bright stars that make the Summer Triangle so obvious in the NE these clear September evenings. Binoculars should be taken to the deep sky gazes to sweep the rich portion

Farmers' Almanac

Mid-Atlantic Weather Watch: Cloudy in the northern part of the region, showers in the south (1,2) with showers in the north and storms, some severe in the south (3,4). Fair and rather warm (5,6,7,8) with severe storms from the west and a bit cooler (9,10). Fair and warm again (11,12,13,14,15) turning warmer and humid (16,17). Hazy, hot, and humid (18,19,20,21,22) with rain in the north and showers and STORMS in the south (23,24). Fair and rather warm (25,26,27,28,29) with showers from the west (30).

Tornado Watch: The Almanack sees some tornado activity through the Mid-Atlantic Region from September 1st to the 4th as well as from the 7th to the 9th.

Full Moon: September's Full Moon is most famously known as the Harvest Moon. It is the Full Moon that falls closest to the

Autumnal Equinox at a time when the moon rises soon after sunset on several successive days. According to tradition, the extra light from the moon during that period gave the farmer more time to finish up his chores and bring in the harvest. The Autumnal Equinox is on Saturday, September 22nd. The closest Full Moon to that date is on the 29th and is therefore the Harvest Moon of 2012. It has also been referred to as Full Wort Moon. The word "wort" originates from the Old English word, wirt, which refers to plants, particularly herbs. Witches and natural healers would gather herbs at this time of year, stocking up for the Winter months ahead.

Holidays: Get ready for a Labor Day cookout on Monday, September 3rd. Refuel the propane and clean up the grill. With all of the 'grillin' you did this Summer, it's

sure to need it one more time and you don't want anything to spoil your holiday weekend. Religious holidays observed this month include the Jewish New Year (Rosh Hashanah) on Sunday, September 16th, and the Day of Atonement (Yom Kippur) which begins at sunset on September 25th.


The Garden: Fall is for planting! Plant spring-flowering bulbs such as daffodils, hyacinths, and tulips 6 to 8 weeks before the first expected frost. Plant pansies quickly so they can develop reliable roots before soil gets too cold. Fall-planted pansies will survive winter. Cool-season vegetable seeds and seedlings can be planted, too. Try cabbage, lettuce, beets, turnips, spinach, radishes, collards and broccoli; be sure to water thoroughly after planting.

J. Gruber's Thought for Today's Living "A man who won't admit he's been wrong loves himself more than he loves the truth"

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COMPUTER Q&A

Computer cleanup – why is it necessary?

Aysë Stenabaugh
Jester's Computer Service

Computer Tutor

Many times computers will lock up, bog down, or just plain don't work right. Some people assume that they need a new computer without ever considering regular maintenance. We recommend a clean up once a year. Here at Jester's Computer Services we offer a clean-up special twice a year (spring & fall), to promote the importance of computer maintenance. Below is a list of what we do in a cleanup and why we do it to keep your computer running optimally.

What is a computer virus?

A computer virus is a computer program that can copy itself and infect a computer. The term "virus" is also commonly but erroneously used to refer to other types of malware, adware, and spyware programs that do not have the reproductive ability. A true virus can only spread from one computer to another (in some form of executable code) when its host is taken to the target computer; for instance because a user sent it over a network, on the Internet, or carried it on a removable medium such as a CD, or USB drive.

Adware, Spyware, and Virus removal

Even if you are running an antivirus program, most computers that come into our shop have several viruses. Your antivirus may be doing a good job, but programs that you legitimately install may have bad software bundled along with it. Your antivirus will not stop you from installing software that you agree to install. Also, you may be running antivirus but it may not have protection against adware, spyware, or the worst of all: Root kits. Leaving viruses and other bad software on your system can be extremely dangerous. Viruses left on computers have the possibility of:

- Using up valuable system resources causing your computer to slow significantly.
- Logging your keystrokes and passwords.
- Taking over your system and sending out spam.
- Causing system crashes and blue screens.
- Erasing all personal and system data leaving the hard drive blank.
- Wiping out your desktop icons.
- Corrupting the operating system.

What about all those temporary files?

Programs create temporary files primarily for backup purposes. Many programs, such as those included with Microsoft Office, will save a temporary version of a file every few minutes while the original file is open. Then if you have not saved the file and the program unexpectedly crashes or the computer shuts down, there will be a temporary file that

was recently saved. Temp files are typically deleted automatically when the program is closed normally, but if the program quits unexpectedly, the temp files are not deleted.

Remove all temporary internet files

Over time surfing the internet causes an accumulation of temporary internet files. While your web browser has the ability to clean out these files, it doesn't do a very good job of getting all temporary files.

Cleaning you're your temporary internet files can:

- Save space on your hard drive.
- Help ensure you are viewing the most recent version of web-sites.

I didn't install that!

Many programs are designed to start automatically when Windows starts. Software manufacturers often set their programs to open in the background, where you can't see them running, so they'll open right away when you click their icons. That's helpful for programs you use a lot, but for programs you rarely or never use, this wastes precious memory and slows down the time it takes Windows to finish booting up.

Turn off Programs that run in the background

You may notice that anytime you install a program it either asks you if you would like the program to

load when the computer starts, or the program runs automatically when the computer starts up. Many times programs run in the background, which are not visible without viewing your task manager. The majority of the time computers have many unnecessary programs running when the computer boots.

Turning off programs that run in the background will:

- Lower the amount of time it takes to start the computer up.
- Allow you to be able to use the computer faster when it boots.
- Free up resources, speeding up the computer.

Why are there so many updates and which ones do I need?

Most of us are aware of the little pop ups we get while on the computer asking us to make important updates. While they only take a few minutes to complete, many of us are guilty of postponing them or just ignoring them completely. But keeping up with these computer updates is actually very important when it comes to having a healthy computer. Here is a look at why computer updates are so important.

One of the biggest and most important reasons why keeping up with computer updates is so important is because they help to keep our

computer secure. While they may not directly say so, a lot of these updates have to do with updating our security software and ensuring our computers are kept safe from any possible threats. Not updating or postponing these security updates can leave your computer vulnerable to things such as malware or computer viruses that can go in and steal important information.

We will download and install all windows, JAVA, Adobe, and Flash update

Windows releases updates for your system every month. You should always update your operating system in order to prevent problems.

- Patch security holes within the operating system.
- Fix bugs which can cause er-

rors and system crashes.

- Update system drivers.

Visit us here at Jester's Computer Services September 1st through September 30th to save \$ 20 off your computer clean-up. We recommend having your computer cleaned at least once a year. Heavy users sometimes require a clean-up more often. Save yourself frustration and visit us today. We will also perform a free diagnostic to determine if you are in need of any hardware upgrades. No appointment is necessary for our clean-up. We generally complete work within one to two business days. If you have any questions please call us at (717) 642-6611 or send an e-mail to: customerservice@jesterscomputers.com. We are located at 5135 Fairfield Road Fairfield, PA 17320.

To read more articles by Aysë visit the Authors section of emmitsburg.net.



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The whole house craftsman

Ed Young

Let me tell you a little story about a man from West Main Street, Emmitsburg:

Imagine you just bought the house of your dreams. Not some new-fangled prefabricated tract house from the 2008-housing bust. No siree bob. This baby is a 19th century beauty. Built by craftsmen who expected their structures to last, and stand up against the test of time. Known in the vernacular as having good bones. Homes of this order capture a sense of time and period, a different way of life. You can really live here.

There is, however, an eensy-weensy issue. It needs work. Not that that's a real problem for this type of building, because, these homes were built so well that you can remove whole damaged

sections, replace those materials, and end up with a updated, stronger version, while keeping the initial vision and architectural integrity of the place intact. There is basically nothing within these homes that can't be repaired.

But where do you turn? Sure, there are workmen around today who can fix things, and do a good job bringing in new materials. But with your type of home what you are looking for is an artist. Someone, who is able to bring in new elements and materials, while seeing and maintaining the essence and beauty of the original. But, is there anyone around who can do this?

Yes, my friends. Yes, there is. This is when you give Brian Kain a call. Kain, who earned a BFA in Painting from the Maryland Institute College of Art (MICA) in



Baltimore and a MFA in Sculpture with engagement in the Architecture program at Cranbrook Academy of Art in Bloomfield Hills, Michigan began his odyssey as a house craftsman when he and his wife first purchased their home in Emmitsburg. It needed work. The house was initially built, over the course of five decades, as three separate buildings: an 1843 chestnut log cabin with two Federal style additions in the 1870's and the 1890's. [The property also has a classic brick smoke house from the 1890's and a two-story board & batten barn, from the same period]. The main house needed some "unification". Mr. Kain wanted to improve the flow from the front to the back of the house and create smoother interior access to the second floor in the back building. The process would bring greater integrity to the whole system of the three buildings. So, he took the existing 14 rooms (a former owner had used the building as boarding-house apartments) and converted down to 9 rooms; he opened a new passage hallway to the back building and transferred the back staircase from the center of that room to a perimeter interior wall. There now was a direct flow, from front to back, one turn and up the stairs. It worked beautifully! He realized he had a fine knack for creating space. And his wife loved it!

Then an interesting thing happened. A neighbor noticed. He needed some work done. That's when Brian learned he had another ability. He could listen. This

neighbor and Brian talked non-stop for more than a day. Copious notes were taken, ideas exchanged, excitement was generated. A handshake exchanged, and Mr. Kain went to work. A complete, top-to-bottom renovation of all the interior surfaces including the wood casings, doors, floors and closets, with keen attention to the existing architectural structures and details. He converted one of the large closets in the upstairs hall bathroom into a really nice laundry station (bringing in modern-day convenience). But that meant the loss of storage space. Custom cabinets that tied-in with the original architecture solved that problem. Most importantly, the neighbor, who owns one of the most distinctive homes in Emmitsburg (built in 1897 by the Hayes family, one of town's founding families) was more than pleased. Thus began a new career for Mr. Kain.

So, let's get back to your dream house. Although Mr. Kain has been busy with projects in Annapolis and Baltimore, his intent now is to focus on Frederick County area projects. The big question about your dream house really comes down to this: Is it in the Frederick area?

Give Brian Kain a call at 240-529-2596. Or reach him by email at bkain@pobx.com.

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UPCOMING EVENTS

Thursday Nights

Hauser Estate Winery's Thirsty Thursday. Light food available for purchase and drink special! Hauser Estate Winery, 410 Cashtown Road, Biglerville. For more information visit www.hauserestate.com

September 2

Strawberry Hill Nature Preserve's Backyard Bee Keeping Hike. For more information call 717-642-5840 or visit www.strawberryhill.org.

7th Annual Hanover Chili Cook Off - a staple for entertainment, championship chili tasting and raising funds for local nonprofit organizations. For more information call 717-465-8935.

September 7

Adams County Arts Council presents the Photography Show "The Dance." For further information, call 717-334-5006, or visit www.adamsarts.org.

September 8

38th Annual East Berlin Colonial Day sponsored by East Berlin Historical Preservation Society. See some of the country's finest crafters of traditional wares, the United States Army Old Guard Fife and Drum Corps, demonstrations of colonial skills, high energy entertainment and irresistible food. West King Street East Berlin. For more information call 717-259-0822 or 717-259-7049.

September 9

The Great Strawberry Hill Salamander Search - Meet with Biology professor Gerardo Carfagno from Gettysburg College to hear about the health of the Preserve's resident salamander

population and head out on the trails to find these amphibian friends. Everyone is welcome! For more information call 717-642-5840 or visit www.strawberryhill.org.

Music Gettysburg Presents the Gettysburg Chamber Orchestra with 15 year old violinist, Gallia Kastner, winner of the Johansen International Competition.

September 15

Tom's Creek United Methodist Church's Ham and Shrimp Dinner. Come see our new Facility!

September 15 & 16

World War II Weekend at the Eisenhower Historic Site. This World War II living history weekend features an authentic recreation of both Allied and German army camps, complete with original World War II vehicles.

For more information call 717-338-9114.

September 16

21st Adams County Heritage Festival.

September 18

Strawberry Hills: The Nature of the

Gettysburg Battlefield - Silent Soldiers: Trees of the Battlefield. Discover more about some of these trees and their uses during the War. Learn how to recognize them and which ones were prevalent in the 1860s but no longer exist. For more information call 717-642-5840 or visit www.strawberryhill.org.

Gettysburg College's Third Lecture of Series 'Foundation of a Republic.' This year's series is focusing on those Americans who influenced the thought processes of our founding fathers. The lecture will be at the Student Union Building Room 260 on the Gettysburg College Campus In Gettysburg.

September 20

Mother Seton School's Grandparents Day. Grandparents and elders are treated to a special program by the students followed by classroom visits. Come join us for a great morning filled with fun and love for our grandparents and elders! Visit www.mothersetonschool.org or call 301-447-3161.

September 20 - 28

Emancipation 2012: 150 Years Since

the New Beginning A series of events in honor of the 150th anniversary of the Emancipation Proclamation sponsored by the Gettysburg National Military Park, the Gettysburg Foundation and Gettysburg College. 717-334-1124 ext. 8023 <http://www.nps.gov/gett>.

September 21

Strawberry Hill's Outdoor Fireside Friday: Women's Circle. Moms, daughters, sisters, grandmothers, aunts and gal friends are all welcome to attend this special gathering. The evening will be very low key, as we take a much-needed evening to ourselves to sit around the fire. For more information call 717-642-5840 or visit www.strawberryhill.org

Sept 23

Chicken BBQ and family fun day, sponsored by Gateway Market, Candyland, Fratelli's Pizza, Mikes Auto Body and the Gardian Hose Fire Co. Children's Identity Kits will be handed out. Gateway Market, Thurmont.

September 29 & 30

Fairfield Pippinfest An annual, old-time country street festival featuring arts & crafts, apple products, live country music, antiques, vintage cars and great food! Located just 8 miles west of Gettysburg. Main Street Fairfield.

For more information see article on page 1 or visit www.pippinfest.com.

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MOUNT ST. MARY'S UNIVERSITY

NEW LOGISTICS PROGRAM BEGINS

Classes are underway in the Mount's newest graduate certificate program - Logistics and Supply Chain Management. Offered through the Richard J. Bolte, Sr. School of Business the program will train skilled professionals in the complex challenges and specialized knowledge required to succeed the growing field of logistics.



"Professionals in the field of logistics are in high demand, and we are excited to respond to the changing market with a relevant and timely program."

—Dr. Karl W. Einolf, Dean of the Richard J. Bolte Sr. School of Business

"Professionals in the field of logistics are in high demand, and we are excited to respond to the changing market with a relevant and timely program," says Dr. Karl W. Einolf, Dean of the Richard J. Bolte Sr. School of Business.

Students in the certificate program will develop cross-functional team skills that emphasize cost analysis, e-business, logistics network modeling, and information management. Salaries for recent graduates in logistics programs are expected to increase by 83% in the next five years, and rank near the top among

business major fields.

For more information, contact Deb Powell, Director of Graduate and Adult Business Programs at dpowell@msmary.edu or visit www.msmary.edu/mba

CALENDAR OF EVENTS

NIGHT AT THE DELAPLAINE
Thursday, Sept. 6, 7:30-9 p.m.
Horning Theater, Delaplaine Fine Arts Center

The Department of Visual & Performing Arts will showcase the Mount's musical and theatrical talent during an open house. Admission is free.



SOTTO VOCE QUARTET
Friday, Sept. 14, 7:30 p.m.
Knott Auditorium

Don't miss this chance to hear Mount faculty Dr. Mark Carlson and other top professionals of the low brass world come together for a live performance. The program will feature exciting new music written for the group as well as traditional favorites. Masterclass at 3:30 p.m. Admission to both events is free.



MAN, MASK, & MYTH: FIFTY YEARS OF CONTEMPORARY AFRICAN ART

Williams Art Gallery, Delaplaine Fine Arts Center
Sept. 10-Oct. 19

Reception: Thursday, Sept. 13, 5 - 7 p.m.
Call 301-447-5150 for gallery hours.

THE MOUNT CELEBRATES CONSTITUTION DAY

Monday, Sept. 17
Live Music & Free Cake
11:30 a.m.-1:30 p.m.
Founder's Plaza

Music by Inish Owen
4 p.m., Knott Auditorium

Join us for a lecture by Bill Kauffman entitled "The People Who Lost, and the Marylander Who wouldn't Shut Up: Luther Martin v. the Constitution"



MEREDITH LECTURE - HOW CANCER BIOLOGY IS CHANGING CANCER THERAPY

Wednesday, Sept. 26, 7 p.m.
Horning Theater, Delaplaine Fine Arts Center

This annual lecture honors the contributions of Dr. William Meredith, Professor Emeritus of Biology, who served the Mount in many capacities for over 40 years. This year's speaker is Dr. David Heimbrook, CEO of SAIC Frederick. Admission is free but reservations are required. Email brigby@msmary.edu or call 301-447-6826.



MASTER OF HEALTH ADMINISTRATION INFORMATION SESSION

Thursday, Sept. 27, 5-7 p.m.
Frederick Campus, 5350 Spectrum Drive
Learn more about the only accelerated MHA program in Maryland that incorporates Lean Six Sigma methodology.



Mouttoberfest

Saturday, Oct. 6
Noon - 5 p.m.
Terrace Plaza

Join us for Octoberfest - Mount style! Fun for the whole family including a German band, moon bounce, games, zipline, a Mount rugby match and great food and drink. Register by September 14 and you'll receive a special Mouttoberfest gift! For more information, visit www.msmary.edu/mouttoberfest



Mount Athletics Announces NEC Front Row

Mount soccer, basketball, swimming and lacrosse fans - if you can't make it to the games - watch them online! All of the home competitions, plus all 18 league basketball games, can be seen at www.NECFrontRow.com. NEC Front Row features a rich set of content, including live events, on-demand video, highlight packages, coaches shows, features, original programming and access to league's extensive digital library, all of which is free of charge to users. The network gives fans free inside access to the stories from the Mount and across the Northeast Conference and its student-athletes on the field, in the classroom, across campus, and in the community.

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