

Emmitsburg NEWS-JOURNAL

VOLUME 17, NO. 2

"EXALTING THE IMPORTANCE OF IDEAS AND INFORMATION" — EDWARD R. MURROW

MARCH 2025

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Rocky Ridge recognizes members for their service

The Rocky Ridge Volunteer Fire Co. (RRVFC), one of three remaining all-volunteer fire companies in the County, held their annual award banquet on February 1st to recognize the volunteers who have served the community of Rocky Ridge over the past year.

The banquet marked the end of a yearlong celebration of the Company's 75 years of existence and its members serving the greater Rocky Ridge community. The banquet hall was completely filled with members of the Rocky Ridge community who were seeking either to partake in one last anniversary event or enjoy a great dinner in fellowship with their neighbors.

Joey Youngerman was this year's recipient of the Company's Charles Mumma Firefighter of The Year award. In presenting the award, Bonny Hurley told the assembled community, that Youngerman "had been a member since 2008, joining as a young boy and was now married with children of his own. He is still a big kid himself, so Amber [his wife] has her hands full. Joey has been on the Board of

Directors, and he also helps with the Junior Member Program."

This year's recipient of the Company's Honor Member award was Wesley Burrier. In presenting the award to Burrier, Hurley said Burrier "joined the Company at the age of 16 in 2007 and comes from a fire company family. His 90-year-old grandmother, Helen Burrier, is still active in the auxiliary. His grandfather was prominent in the company and his father is also a member of the Company. He served in the United States Army Airborne Infantry in 2009, with two deployments to Afghanistan. We are very proud of this young man and his dedication to his country, community and our company."

Charlie Riggs was this year's recipient of the Robert Albaugh Award-Outstanding Volunteer Award. Hurley stated Riggs "joined the Company in 1969 and was an active firefighter and driver until he decided it was time to back down from the operations side of the Company in 2005. Riggs presence is irreplaceable in all aspects of getting ready for a function. He



Linda Northrup presenting the Robert Albaugh Award to Charles Riggs for his 56 years of volunteer service.

is at all the fundraising events and works tirelessly to get things ready for the carnival, banquets, bingo and whatever the auxiliary or fire company needs help with."

This year's President's Award recipient was Alan Hurley. During the presentation of the award, President Dale Kline recalled how, "about 20 years ago Alan asked me what it would take to become a Chief of Rocky Ridge Volunteer Fire Company. I told him and two years later, Alan became and is still our Chief. Alan is my go-to guy when I need something done at the buildings - he paints, repairs, caulks and performs many other

tasks that are requested. And with all this, he remains a top responder to our calls."

Kline also singled out Betty Ann Mumma, former President of the Company Auxiliary, for her over 50 years of service as President, noting, "the Company has had eight presidents and seven chiefs, but only one Auxiliary President. Betty Ann and the Auxiliary are the glue that holds us together. Pat Riggs, the new Auxiliary President, is stepping into some big shoes." Kline said, "I look forward to working with her as we continue to serve our community."

Davis seeks to expand options for local homeless

"It all started with a simple call, and just one too many" said Mayor Frank Davis. "Over the past couple of weeks, we had several homeless people in Town, the where transients, that for one reason or another got stuck here, and they need a place to stay."

"The call haunted me, and I found myself laying awake that night wondering what I could do to help. I finally settled on raising funds for those organizations in Town that can help them, but who are frequently limited by funding constraints."

Davis made it clear that he is not interested in starting a new initiative to help the homeless, but instead, his focus is on highlighting those who already have programs and help them to become more successful.

"We called the Seton Center to help the last homeless person, and they were able to use their funds to put them up at a local hotel until such time as they could arrange to get them to where they needed to go. When word got out, members of the community raised the funds to reimburse the Center, so they could help more. So the infrastructure to help people in need is here, we just need to help them help others." Davis said.

Helping others is not new to Davis and his family. "When I was growing up, my parents ran the Palms, and I can remember my father would always welcome the homeless and hungry after the rush hour lunch and feed them. He refused to see any one go hungry. The need to help others was driven into my very essence from the time I was old enough to understand what it meant to not have what I was blessed with having."

To help bring attention to the needs of the homeless and hungry, Davis plans to sit outside the Vigilant Hose Company for 24 hours starting the morning of March 3rd. "While the goal is to experience what it is to walk in their shoes, the higher goal is to raise money for those who can help them, while talking to people who stop by about how they can get engaged to help others as well."

"The willingness to help others runs deep in this community, it is what makes Emmitsburg great, but sadly, many who want to help don't know who to turn to in order to help. My goal is to point them in the right direction, and if they are willing to drop a few dollars in my collection bucket, even better."

For those unable to stop by Frank vigil, donations can be



On March 3rd, Mayor Frank Davis will sit outside the Vigilant Hose Company in an effort to bring awareness to the plight of individuals suffering from homelessness and hunger.

dropped off at the Town Office or the Vigilant Hose Company.

Davis said he would split the money raised between the Seton Center and the Emmitsburg Food Bank. "They will do the helping, we just need to get the word out to the homeless and needy on where they need to go to get help."

Davis's effort to raise \$10,000 is part of a larger effort he is championing to help those in need. In January, Davis kicked off an effort

to provide monthly free meals to local residents, the first of which will take place March 12.

"A lot of people in our community struggle to make ends meet, and way too many live paycheck to paycheck. So I raised the idea of offering a monthly free meal with local non-profits, like the Council of Churches, the Lions Club, the Vigilant Hose Company, etc. and they all jumped on board. "Helping other defines us."

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EMMITSBURG NEWS

Water tap fees under review

The discussion on how the Town wants to change water and sewer tap rates continued into February's Town council meeting. The discussion began last fall when Christ Community Church asked for an exemption on their tap fees for their main church to be constructed on Creamery Road. The request sparked the Council to begin reviewing water connection fees for all businesses in town and not just for nonprofits and churches before making any decisions on whether or not to raise the connection fees.

Currently Emmitsburg charges \$8,200 for a water connection tap and \$8,000 for a sewer connection tap. Builders of new homes are charge one water and one sewer no mate how many bathrooms or sinks the home will have. However, for non-residential structures, the number of taps are calculated based upon the number of fixtures, e.g., sinks, toilets, water fountains that the facility will have.

When a building is in the planning phase, Frederick County dictates that certain fixtures must be included when it's constructed in order to pass code inspections. Based

on the number of fixtures required, the town calculates the connection fees by taking the total number of fixtures in the building and dividing it by 15 to determine the number of taps that will be charged.

Unlike Emmitsburg, Frederick County, in calculating the total number of taps, allows for a modification of the fixture number depending on the type of non-residential building to acknowledge that not all fixtures that are required by code would be necessarily used, which could decrease the cost of the total fees accordingly.

Emmitsburg is the only municipality in Frederick County that uses a fixture chart to calculate tap costs versus basing costs off of usage of a standard 250 gallons of use per day. For comparison of the two methods, Christ Community Church was quoted \$164,000 based on the town's current fixture chart and \$38,000 based up proposed usage calculations.

Commissioner Valerie Turnquist felt the fees on non-residential properties should be changed. "Our rates are so much higher than other municipalities because we adopted the Frederick County's fixture approach, but we didn't adopt

the 'capacity adjustment factor.'" She asked how the Town could be expected to attract businesses with such high connection fees.

The capacity adjustment factor allows the Council to reevaluate the business or non-profits usage after a year to see if the initial fees were accurate. "One of the things you have to write into it [capacity adjustment language] is where you re-evaluate a year worth of usage to make sure the tap fee that was calculated was reasonable," said Willets. Commissioner Jim Hoover pointed out that Taneytown used to hold off on collecting the tap fee until a year after the business was connected to ensure they didn't over or under charge them.

Commissioner Amy Pollitt said asked for Town Staff to collect further information about what other municipalities of a comparable size to Emmitsburg are doing.

Since the Council favored the addition of the Capacity Adjustment factor, Willets proposed creating a draft Ordinance for the Council's review and edit. Prior to adoption, the town will need to hold a public hearing to gather public input.

Emmitsburg
NEWS-JOURNAL

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

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Council considers controls for in-town student housing

A hot topic for the Board of Commissioners is student housing, specifically in the Main Street area of Town (also known as the Village Zone). In October, the Commission heard property owner, David Ott, request a text amendment to the Town's Code. Ott recently renovated a property on West Main Street into two apartments and currently rents them to students. While it was pointed out that many of the homes in Emmitsburg have been renting to students in the Village Zone since the 1960's, the issue is the Town's Code does not permit student housing in this area of Town, meaning Ott was in violation of the Code.

The issue really surrounds the wording in the Town's Code where an individual, a family related by blood or marriage, or a group of people acting as a single household group are the only permitted renters. A single household unit carries the attributes of buying food together, cook-

ing meals together, sharing expenses and having one lease. Traditionally with student housing, each student is responsible for those things by themselves.

Keeping the Code's "archaic language" in mind, Ott had the choice to either only rent to families or apply for an amendment to the Code that would allow students to occupy dwellings in the Village Zone. The decision on the amendment comes at a pivotal time due to Mount Saint Mary's current housing crisis of not having enough housing available to support their student population.

The Council debated back and forth for a while until Ott's attorney, Brandy Peeples, reminded them that they only need to allow a special exemption at this time and do not need to give blanket approval. She pointed out that the Code does allow sororities and fraternities by special exemption and the Town hasn't had any issues regulating them. With

provisions in place that require a tenant student to comply with rules regarding trash, parking and noise levels, there should be no concern over not being able to correct any problems. "If there are noise issues, if there are trash issues, those are things that the Town could site the landlord for," she explained. "The landlord could then site breach of lease and you can get those people that aren't complying out."

Commissioner Amy Pollitt pointed out that, "It sounds really great that we'll put it back on the owner to make sure that they follow the rules but that's exactly why we're here." She reminded the Council that after complaints about parking and excess trash, Ott was warned to correct the violations, or his permits would be revoked. It was also discovered that he had allowed renters to move in prior to obtaining the occupancy permits. He continued renting to

students after the warnings were issued and was subsequently sent citations.

Commissioner Jim Hoover suggested that a partnership with the Mount could be beneficial to the Town in enforcing any Code violations. He said in the past if a complaint was received, a deputy and a Mount security guard met at the house and took down the names of the students and enforced the Mount's Code of Conduct, which impacts the students' academic future. "However, we want to allow [student housing], we need to have a good partnership with our university," said Pollitt. "What part do they play in supporting us because honestly, we're absorbing the fact that they don't have enough housing."

The Council will have another workshop where a draft of the proposed regulations of the amendment will be reviewed. These regulations will include on-site parking, number of trash recep-

tacles, occupancy limits per bedroom, dwelling unit size standards and requiring a distance between each student-occupied residence so as not to have them directly side by side.

The Council also discussed imposing a Rental Registration Program. Mayor Frank Davis was initially against the Program as he felt it was "the government reaching into people's personal properties too much." After reviewing the document he said, "We have several properties in Town that we get no help with making them safe, cleaning them up and making sure the neighbors are safe. This document will make that happen." Some of the proposed requirements include inspections every three years to make sure the building is up to code and implementing a registration fee. The Council will continue discussing the requirements at the next workshop.

Fútbol Club awarded field use

In February, the Catocin Mountain Fútbol Club, a youth soccer club based in Emmitsburg, requested to turn "field one", a baseball field in E. Eugene Myers Community Park, into a soccer field.

The club is in its second year with a large uptick in membership. "We were very optimistic at the beginning thinking that we were going to have a certain number of players, which was like 30 or 40 for our first season," said David Ventura, the club's Coaching Director. "We ended up having over 100." He said that when the club opened registration for this season, on day one the registration numbers were up 70% compared to last year.

Commissioner Amy Pollitt asked if the club would be able to work within

the space the Town was providing if they intended to grow even more. Ventura assured the Council that they did not want to grow too big and lose focus on their core values. "We want to have a great program for the Emmitsburg community," he said.

One concern from Commissioners was the ability of baseball and soccer to co-exist. Commissioner Jim Hoover asked what the impact on baseball would be for them to lose a field to soccer. Town Manager Cathy Willets assured the Council she has been in contact with the various baseball clubs, and they were accommodating to the change of use request. She said field one was the least used last year. With the conversion of field one, baseball would still have four fields between E.

Eugene Myers Community Park and Memorial Park at their disposal.

The Fútbol Club will be absorbing the cost of the conversion which will include removing the pitcher's mound and installing grass. One requirement made by Council was, if the Fútbol Club ever opted to leave the Town for whatever reason then they would be financially responsible for converting the soccer field back into a baseball field. "We are hoping to grow in the community," said Ventura. "We are looking for a long-term home."

The conversion was approved by Council unanimously. Ventura also mentioned the club was actively looking for field use at other locations, including Mother Seton Catholic School.



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FAIRFIELD/CARROLL VALLEY NEWS

Carroll Valley Council President confronts accusations

For almost a year, Carroll Valley Council member John Schubring has begged the Carroll Valley Borough Council to independently investigate the police department and Mayor Ron Harris's response to an alleged tailgating incident in April.

While Schubring spoke, councilmembers remained quiet except for when Council President Richard Mathews reminded him he had reached his five minutes of allotted time.

Mathews' defense of the mayor and department during February's meeting was met with several interruptions from Schubring.

Prior to Mathews' remarks, Schubring repeated previous claims that an officer followed a former council member's daughter in April because the former council member opposed the 2024 budget. Schubring did not name the former member, but Kari Buterbaugh was the only council member besides Schubring to oppose the budget.

In February, he added opposition to the Emmitsburg News-Journal referring to it as an "alleged incident." The Associated Press Stylebook directs journalists to use "alleged" when necessary to make it clear that an unproved action is not to be treated as fact. Since

the Journal did not witness Schubring's claims nor did a court find the officer guilty of a crime, they are "alleged."

He also questioned if members of the Carroll Valley government reported to the local press that it was an "alleged incident." The Emmitsburg News-Journal has not spoken to anyone about Schubring's claims.

Schubring then claimed he was "a witness in real-time as the unofficial, no police siren, pursuit continued." He then seemed to contradict himself by saying he heard about the alleged incidents third hand.

"I received real-time texts from the mother as her daughter was going hys-

terical from being pursued by a Carroll Valley patrol car without a siren, police lights, or any indication from the officer that a Carroll Valley citizen had committed any wrongdoing," he said.

Mathews said he wanted to "correct the record" on behalf of the majority of council, the mayor, and the police department.

"Mr. Schubring has persistently maligned the police department and the mayor, despite his being made aware of the relevant details of the investigation which refute his claims," Mathews said.

Mathews added Pennsylvania privacy laws prevent him from shar-

ing the details of the investigation. Schubring then repeatedly interrupted Mathews, stating it was not an independent investigation.

"Mr. Schubring, I am speaking; you have already had your opportunity," he said.

Mathews asked Schubring to end his attacks on the police and the mayor.

"His efforts do nothing but serve to undermine the important services provided to our constituents by the police department," he said.

When finished, Schubring insisted on having the last word.

"Total and complete baloney," he said.

Liberty supervisors talk speeding, snow, and raises

Liberty Township Board of Supervisors Chairman Walter "Mickey" Barlow has an important message for anyone traversing township roads. Slow down. "I cannot express enough that you need to slow down when the roads are wet and slippery," he said.

During their February meeting, Barlow said the number of crashes in the township is increasing, especially on Bullfrog, Boyle, and Orchard roads. "They are also the ones we have most of the speeding on," he said.

Accidents do happen, Barlow

acknowledged, even to members of township staff. Barlow, who also serves as township roadmaster, said road crews occasionally hit mailboxes with snow plows.

"Unfortunately, it happens at times," Barlow said. "Especially when you have a heavy snow."

Barlow believes replacing the mailboxes should be the township's responsibility. However, some people have apparently taken advantage of the township. One resident, Barlow said, claimed that it cost \$300 to fix

their mailbox. "Which is way out of line," he said.

To protect the township, supervisors unanimously approved an ordinance that outlines the township's responsibility pertaining to downed mailboxes. The ordinance has been in the works for several years, Barlow said.

The new law states residents must submit a claim within 48 hours of the alleged accident. A member of the road crew will inspect the claim, Barlow said, and the town-

ship will only replace it if the post shows no sign of dry rot.

The township will not replace a mailbox damaged by plowed snow, only if the plow or truck strikes it. Sometimes, Barlow said, mailbox posts break when snow hits them because the posts are in poor condition. If the township determines it is their responsibility to replace the mailbox, it will reimburse the property owner up to \$75.

In other road news, Barlow reported that construction of a new

salt shed is almost complete. The next big project, Barlow said, is a new fuel tank pad. The township contracted with Hull's Electric Service to complete the project.

The Board also increased the compensation rate for elected supervisors to \$3,145. Per Pennsylvania law, the raise goes into effect when new terms begin. The supervisors also increased the tax collectors' pay to 3% per bill collected. The increase will go into effect in 2026 when the tax collectors' new term begins.

Borough tackles trash collection noise complaints

Carroll Valley Borough Council spent a decent amount of time talking trash at its February meeting.

Park's Garbage Service currently removes refuse from citizens' homes. Borough Manager Dave Hazlett said Park's receives many complaints, but he isn't sure that another company could do any better.

"Park's is still, by far, better than any company we have ever had," Hazlett said.

One possible issue, Hazlett said, is that the borough does not allow Park's to pick up trash earlier than 5:30 in the morning. He believes that if the borough would allow the trucks to traverse roads throughout the night, service would be better. Councilman Cody Gilbert agreed, adding that the approach may be safer.

"I am sorry if the trash truck woke you up in the middle of the night, but

that's better than having a collision with a school bus," he said.

Carroll Valley's contract with a single hauler has many benefits, Hazlett said. In a memo to council, he explained the approach is cheaper, safer for the environment due to reduced emissions, involves less confusion about collection days, reduces noise and traffic, increases recycling efficiency, and eliminates trash cans out on different days.

Assistant Borough Manager Gayle Marthers said her son lives in a community where residents are allowed to choose their trash company, and it leads to her granddog waking up in the middle of the night four nights a week.

The Council concluded it would like to explore maintaining a single hauler. The Park's contract expires in March 2026 so the business would need to go out for bid and awarded to the lowest

responsible bidder. Marthers said she will work with neighboring municipalities to do a joint bid as they have done in the past. Joint bids, she explained, usually lead to savings.

The council said they would continue to discuss whether they want the garbage hauler to work all hours of the night.

The Council also voted to advertise an ordinance requiring property

owners to display their official street address. Hazlett said the law was previously in the zoning ordinance but erroneously removed during the latest revision. Mathews said the law benefits citizens when emergency responders need to find their home.

"If you don't put dear numbers for your home, your service is going to be delayed," Mathews said. "That could mean the difference between life and death."

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THURMONT NEWS

Town receives over \$6 million for PFAS removal

The Maryland Department of the Environment (MDE) approved three forgivable loans totaling over \$6 million for the Town of Thurmont to use to eliminate PFAS from the water supply. The MDE is currently approving designs for the filtration system, allowing work to start as soon as 9-12 months from now.

The Town is also moving forward as part of a lawsuit against 3M and DuPont due to the presence of “aqueous film forming foam” or “AFFF” and/or other products containing perfluoroalkyl substances (“PFAS”) (including perfluorooctanoic acid (“PFOA” or “C8”), perfluorooctane sulfonate (“PFOS”), and other related compounds in the Town’s water system. PFAS are often called “forever chemicals” because they do not easily degrade in the environ-

ment or in the body, so they accumulate in both over time.

The lawsuit is a Multi-District Litigation (MDL) case, which, unlike class action lawsuits, are filed by one or a few individuals on behalf of everyone who has suffered the same exact injury. MDL cases are filed by individuals or towns who have suffered similar injuries from the same product (or same type of product), the severity or expense of which may differ from person to person. Humerick said he currently has no information on payments to Thurmont from the MDL, but, based on other participants in the litigation, expects payments could begin in 2025.

ARRO Consulting and CKS Engineers worked with Thurmont to develop the filtration process to be installed at all three treatment facilities

in town. “Our goal is to design filtration processes that not only meet the current requirements but remove all detectable traces of PFAS from our drinking water,” Town Manager Jim Humerick said. According to Humerick, CKS has previously designs treatment process that were successful in reaching this goal.

Director of Public Works/Water Superintendent Harold Lawson and Humerick traveled to towns around Philadelphia to learn more about what they are doing to eliminate the PFAS from their water treatment systems. The Town presented a similar design to MDE for approval, after seeing how well it worked for the towns Humerick and Lawson visited. “Our plan is not to reinvent the wheel but to follow those already established and successful best management practices and use a gran-

ular activated carbon filtration process at all three of our treatment facilities,” Humerick said. Humerick and Lawson saw the granular activated carbon filtration process at work during their travels.

Each treatment facility will have two filtration units, though only one will be working to filter at a time. After one carbon filter unit has reached the end of its life, the second unit will begin filtering the water. The initial tank’s filter will be “recharged” through a backwash into a storage tank, where the PFAS solids will sink to the bottom of the tank. The clean water will be pumped into the sewage system while the remaining PFAS will be incinerated.

“I will tell you, though, we’re very confident that MDE will at some point in the future require us to test the water

coming out of the wastewater treatment plant for PFAS,” Humerick said. “My thoughts on that are, because of the storage tank process, we won’t be introducing any PFAS or any detectable traces of PFAS down there, but we will need to test it and prove that to MDE, I’m sure, which will be another cost.”

However, according to Humerick, the existing staff will be able to maintain the system, which will cut back on costs. A benefit, as Mayor John Kinnaird expressed concerns about the funding from MDE potentially being revoked. “With the current state of affairs, I just hope that they don’t cut critical projects like this that benefit public health,” Kinnaird said.

If all goes well, the Town can move on to the next phase after MDE approves the designs for the filtration system.

Council debates minimum street widths and speed bumps

The Town Council discussed potentially changing the minimum street width requirements for new developments and subdivisions, passing the debate to the Planning and Zoning Committee. The Committee will discuss the issue and provide its recommendations to the Board at a future date.

Commissioner Bob Lookingbill brought the issue to the Town’s attention hearing complaints from residents in newer developments about the width of the street. Residents are having trouble with passing other moving vehicles when there are cars parked on both sides of the street due to the narrow width. “We have narrowed the streets to the point that it is dangerous. I have been on these streets, I

have a small car and there were times I could barely get through,” Thurmont resident Louise Shaffer said during public comment. “Oversized vehicles, garbage trucks and emergency vehicles would have had a problem getting through the streets.”

The Town opted for narrower streets to calm traffic and reduce speeding in these residential areas. Mayor John Kinnaird immediately agreed with Lookingbill that, while the narrow streets did work as they were supposed to, he acknowledged the problem they were creating. “They do work well, but they are an imposition on residents and people who are driving through the neighborhoods,” Kinnaird said before suggesting the Council pass along the request to the Planning and Zoning

Committee for their review.

Chief of Police David Armstrong spoke on the positives and negatives of wider streets, reminding the Council that wider streets could cost the Town more money. According to Armstrong, wider streets could cause more run off and higher cost to install. He also shared information about the speed issue, citing an unknown source claiming that for every three feet wider the road is, the Town can expect traffic to travel 10 miles per hour faster. “You put in a 13-foot wide travel lane, cars are just going to naturally travel faster on it” Armstrong said. He cited the differences in typical speeds on wider streets like Blue Ridge Drive in comparison to the narrower roads.

Kinnaird explained that the Coun-

cil would vote on the issue once the Planning and Zoning Committee presents its recommendations based on the local subdivision regulations. Town Manager Jim Humerick clarified that the regulations would be for future streets built after the regulations go into effect, not necessarily for already existing streets.

Meredith Wivell, who is chair of the Planning and Zoning Commission, but spoke as a Thurmont resident rather than in an official capacity, pointed out the need for traffic calming devices if the Town were to choose to implement wider streets. While Wivell had no doubt that the police department could help to combat speeding, she didn’t think it was the best use of the Town’s resources. “How

much of our resources are being wasted on curbing speeding when you can just put some traffic calming in and that would help with everyone’s problems,” she said, going on to suggest collecting data to confirm what the best option is for Thurmont.

Kinnaird explained that the Town’s hesitation surrounding speed bumps stemmed from their potential damage to snow plows. “I think it’s time that maybe we have an open discussion [with Public Works] about that,” he said. Commissioner Bill Blakeslee suggested removable speed bumps that the Town could remove to prevent damage to snow plows. Lookingbill agreed to look into traffic calming techniques used by nearby communities as the discussion on the topic will continue.

Streetlight upgrades continue in Pleasant Acres & Bennett Estates

Pleasant Acres and Bennett Estates subdivisions will be receiving 114 new LED streetlights following the approval of the Streetlight Upgrade Project by the Board of Commissioners on Jan. 7. These are the latest subdivisions to receive updated streetlights as part of the ongoing project since 2016 to replace all of the streetlights in Thurmont with LED lights.

The Town Council, again, approved Catoclin Lighting’s bid of \$48,564 over two other bids, hiring Catoclin

again to replace the streetlights. They also received a non-compliant bid from Southern Partners in Altoona, PA and a bid for \$52,440 from Shepherd Electric Supply in Frederick.

As with the previous sections of this project, the Town will be using funds awarded by Maryland Energy Administration’s Maryland Smart Energy Communities Grant to cover the cost of the lights. However, since the Town received \$67,100 for this leg of the project, they will have extra fund-

ing leftover in this round. Town Manager Jim Humerick explained that the funding is more than necessary because Electric Utility Director Tyler Hubbard found a cheaper streetlight option that suited the Town’s needs better. Humerick reminded the Board that previous models were “too bright” and a different design than what the Town had chosen. Humerick assured the Board that the new streetlights Hubbard found is a “better model for less money.”

At the time of the meeting, Humerick was waiting on a call back from the Maryland Energy Administration to find out if the Town can purchase additional streetlights with the remaining funds from the grant. He gave the Board the option to approve purchasing additional lights before speaking with the State or to approve only the 114 streetlights for the Pleasant Acres and Bennett Estates subdivisions and to wait on the remaining funds. The Town is required to use the funds for

the LED streetlights and any unused funds will go back to the State.

Thurmont Mayor John Kinnaird supported the former option. “We have the allocated funds, let’s go ahead and do it because it’s an ongoing project; we certainly still have a lot of lights that we need to upgrade.”

The Council approved the project for the \$67,100 with the provision that the Town purchase additional lights for future subdivisions, pending approval from the State of Maryland.

Kinnaird requests change in liaison assignment

At the Feb. 4 meeting, Mayor John Kinnaird requested to change his current liaison assignment due to scheduling conflicts on his end.

Kinnaird is currently serving as the liaison for the Planning and Zoning Commission, but was having issues attending the meetings as the Maryland Municipal League (MML) meetings are occasionally on the same night as the Town’s Planning and Zoning meetings. Kinnaird is required to attend two MML meetings a month, one of which is the third Thursday of each month; the Planning and Zoning Commission meets every Thursday evening. “I’m finding myself not attending all the

Planning and Zoning meetings that I’d really like to attend and also not attending all the MML meetings I’d like to attend,” Kinnaird said. “So, I would like to withdraw myself as the liaison to the Planning and Zoning Commission and ask someone else to step in.”

In addition to asking for one of the commissioners to step in as the Planning and Zoning Commission liaison, Kinnaird gave the entire Council the opportunity to change their assignment if they “wanted to try something else out.” The Mayor went on to explain that he didn’t expect any of the commissioners to come off of an assignment if they didn’t want to, as he understands

that one becomes a sort of “expert” in the area after being the liaison for that commission for so long.

The commissioners in attendance were all happy with their current liaison assignments, so Kinnaird planned to ask Commissioner Marty Burns, who was not in attendance, if he would be willing to switch assignments. Burns is currently the liaison for the Economic Development Commission, but was the liaison for Planning and Zoning Commission in the past. While the Town Council members in attendance agreed that Burns would likely agree to switch, they plan to wait until he can officially confirm before the switch is made.

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TANEYTOWN NEWS

Council aims to revitalize Main Street Program

February's Town Council workshop brought clarity for the Council on their next steps for the Main Street Program. The Department of Housing and Community Developments (DHCD) manages the Main Street Program and has begun pushing for stronger compliance from the local municipalities. "The DHCD is getting stronger about enforcing the specifics of the agreements going forward," said City Manager Jim Wieprecht. "The national program is leaning on the State, so the State is leaning on the local programs."

The biggest aspect of this compliance is the "Letter of Agreement" that DHCD utilizes as a guide to the formation of a successful Main Street Program. This agreement is the framework of the Program and according to Wieprecht, 80% of the framework needs to be in place by the Council before the advisory board is created. The annual agreement is a fairly new requirement that was

implemented by DHCD after the previous board was elected.

The agreement stresses the City have a full time Main Street Manager that works on the Program (a minimum of 30 hours a week). In the past, Taneytown's Economic Director was also the Main Street Manager, however, the City can split the positions into two if they want to. Miller pointed out that he learned through discussions with DHCD that it is very common in towns of Taneytown's population size for the Economic Development Director to also serve as Main Street Manager. After discussing it, the Council agreed that there isn't enough work yet for there to be two positions but down the road the Council can re-evaluate and split the job into two.

Mayor Christopher Miller did tell the Council that with the firing of the former Main Street Manager and Economics Director, Jay Meashey, he was

on the hunt for a replacement. "We're going to be looking a little bit more local; we're going to be looking for somebody who has a good lay of the land, somebody who is going to be at the businesses regularly, especially the Main Street businesses."

Although initially Miller was intending on choosing the candidate himself by the Council meeting the following week, Miller had retracted the decision to pick the new EDC Director and announced the position would be posted after the Commissioners reviewed the job description requirements. "We are going to aim to have all applications in by March 31st," he said.

Another discussion point for the Council is the financial responsibility of the City for the Program. At the beginning, the City will need to fully support the Program until it is capable of achieving standalone status as its own 501c3 with its own funding streams.

Traditionally, the City sends a sum of \$12,000 to aid the Program but as resident and local business owner Paul Clouth pointed out, "\$12,000 doesn't get you anywhere to do the job that needs to be done for expenses and promotion." Wieprecht said DHCD recommends that funding should come from different streams; 1/3 from local government, 1/3 from grants and 1/3 from the local business community.

For the Commissioners and residents, accountability is the most important factor in the financial status of the Program. "I think it needs to be addressed to make sure things are being reported, things are being done the way they're supposed to be done," said Tannery Barn Owner Dan Chavis. He also agreed with posting the job versus just hiring someone. Co-owner of 'Rust', Scott Davis, also pointed out the long history of negativity that surrounds Main Street and the importance of accountability.

"Part of the issue was that the Board that was established most recently was trying to have oversight over what was being spent and where it was being spent and the Main Street Manager wasn't cooperating with that," pointed out Tillman. Miller agreed, suggesting any withdrawals and deposits be directly sent to the City's Community Foundation so the Economic Director can't touch the funds. By doing so there would be records of withdrawals and deposits, thus giving the Board autonomy over their money. The Council also agreed to make the Main Street monies a line item in the budget as a sub-category under the economic development category.

With a final goal of establishing the framework for the Program before hiring a Main Street Manager, the Council decided looking at the job descriptions of a Main Street Manager and the Economic Development Director to be a priority for the next workshop.

City to begin towing abandoned vehicles

Zoning & Code Enforcement Officer Darryl Hale informed the Planning Commission of the intention of the City to begin towing any vehicles found on City property and on the street that are essentially "abandoned". Hale and Major Robert Mitchell, Deputy Chief of the Taneytown Police Department, met with Taneytown Collision and Towing to discuss the towing and storage of any vehicles found with expired tags on City property.

Chair James Parker asked if the towing business would need to install a fence to protect the towed vehicles from damage or theft. Hale said that most towing storage businesses are required by their insurance company to have a fence to protect damaged vehicles from accidents. "The insurance lobbyists want to make sure their product is safe and clean," he said.

He pointed out that the requirement may only be for damaged cars and

not untagged or abandoned ones. City Council Liaison Chris Tillman pointed out that either way there should be some kind of screening to shield the storage area from the public's direct view. "We don't want to create the appearance of a junkyard," he said.

Hale was adamant that the City was not trying to hurt anyone by towing vehicles. "We're not trying to hurt anybody; we're just trying to get what has obviously not been messed with for a period of time, off the street." He added that removing the abandoned cars could make the City look nicer and open up parking in the areas where there is a lack of space.

Planning Commission reviews Community Village overlay

The Planning Commission reviewed aspects of the Community Village overlay at their January meeting.

Member Dan Myers asked the Commission to consider how the City could encourage the construction of more affordable homes and how they could decrease the amount and long-term cost of infrastructure.

The concept of townhomes and their impact on the affordable market is common across the Country. Zoning & Code Enforcement Officer, Darryl Hale, pointed out that "Townhomes are not forever. It's a home that is easier to afford than a single family." Myers agreed saying that most people buy a townhouse with the intention of moving into what they really want after they have saved the money to do so.

City Council Liaison Chris Tillman asked how densities could be increased to allow for more affordable options, like townhouses, without overloading the City's infrastructure systems. Increased density can also lessen how much infra-

structure material (pipes, wires, etc.) needs to be installed, which is the

most important aspect for the City according to Hale.

City Manager Jim Wieprecht said a lot of water and sewer providers charge additional ongoing fees based on the size of sewer and water lines serving the property. Those additional fees are put aside to pay for eventual replacement of the infrastructure. However, that cost does not cover day-to-day operations. "We are in the minority of just charging strictly based on usage with no kind of base fee or anything like that," he said.

Currently, the City does not have the infrastructure to handle the proposed 454-home Mountain Brook development. This includes fire and EMS, as well as water recharge acreage. Wieprecht explained that the APFO (Adequate Public Facilities Ordinance) tests, which evaluate the impact a pro-

posed development would have on the City's infrastructure, are not performed until closer to the Plan's approval. "A plan might be in the preliminary plan stage for a year and a half, so if we do APFO at the beginning of it, by the time it's ready for approval those numbers may all change," he said.

The Commission will continue discussing other aspects of the Community Village overlay, such as the width of streets, garage usage and storage concerns at future meetings with any changes being made well into the future.

For Myers, he asked the Commission to consider what makes a small town feel like a small town. "I think a small town requires people to be in town for a certain amount of time. Maybe five to ten years." He said the Community needs residents to be active by participating in the different aspects of the City, which is easier to accomplish when someone lives in the area for a while.

City plans to annex vacant strip of land

A vacant estate on 3300 Harney Road, which neighbors the Sewell Farm, applied for annexation into the City in February due to a failing sewer system. The Health Department and the current property owners wish to connect the little more than half-acre property to the City's public sewer but must annex in order to do so.

When land surveyors reviewed the property lines during the development of the annexation plat, they learned that there is a 25-foot strip of ground between the neighboring Sewell property (which is within City limits) and 3300 Harney Road. City Manager Jim Wieprecht mentioned the driveway of 3300 Harney encroaches on the strip of ground and staff was surprised to learn there was a strip of land between the Harney Road property and the neighboring farm.

The 25-foot piece used to be a part of two farms and are now owned by "Roll the Dice LLC" as part of a larger 30-acre parcel. Neither portion of land has any buildable future due to their small sizes, however staff recommended annexing them in at R20,000 zoning which is

medium density and is what the Comprehensive Plan calls for. Wieprecht pointed out the 25-foot strip was likely left behind after the Sables subdivision construction, "The radius of the first lot indicates that maybe somebody was thinking there might eventually be a street going in there or something."

The owner of the 25-foot strip is willing to let it be annexed into the City. They have inquired about annexing the adjacent 30 acre property

before, "but we are not ready to deal with another 30-acre annexation right now," Wieprecht said.

To move forward with the annexation of the 25-foot strip of land, Mayor Chris Miller will need to sign the annexation agreement before paperwork can be prepared that Carroll County will need to continue. In addition, a resolution will need to be drafted and introduced before going to a public hearing on the annexation held.

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FROM THE DESK OF...

Congresswoman April Delaney

Listening to my constituents and standing up for their concerns is the most important part of my job as your Congresswoman in the 6th District of Maryland. Earlier this week, I held a Telephone Town with more than 6,000 Marylanders to address the Administration's recent actions related to federal funding freezes, potential agency and program reductions and federal workforce terminations. Joined by a panel of experts as well as Senator Angela Alsobrooks, I heard firsthand the fear, confusion and bewilderment of many dedicated civil servants, but equally importantly how these actions would include not only the loss of expertise and vital services provided by these agencies but also how the health and well-being of our communities and our national security could be jeopardized.

As your Congresswoman, I find it deeply concerning that funding cuts at Ft. Detrick could impact the important work of the Army in its cutting-edge work related to biomedical research, including work related to cancer research, national security issues and deadly pathogens. I am befuddled and in fact angry, that our leading institutes of research and development—including world famous scientists, technicians and engineers—at NIST, the National Cancer Institute, the Fire Academy and the nearby National Institutes of Health, could be let go due to rash and nonsensical funding cuts. These funding cuts have a real impact on people's lives and health. Government agencies have a different mission than business ventures, and while our government programs should be

subject to oversight and be run with maximum efficiency and effectiveness, they were created and funded to promote the health, safety and well-being of its citizens. Public service is a noble mission and one we all depend upon every day.

I have also been increasingly hearing that people are very troubled about the loss of their personal information—including financial, health and employment information—due to seizures of government systems. This information is being taken without consent and adequate security protections, amounting to a national data security breach. As a lifelong advocate for children in the digital realm, and one who has advocated for over 15 years for the need for greater privacy protections, I am personally

upset that unvetted contractors and overzealous policy think tanks are carelessly taking this information—and by some press reports—are feeding it into AI systems. Our dedicated civil servants, and our citizens writ large, never agreed to have their information taken and compromised off government systems. They trusted the government to keep that information secure. Moreover, the loss of this data could undermine our national security and our US competitiveness.

Over the last few weeks, my team and I have answered thousands of phone calls and emails about the Trump administration's executive actions. These actions impact our entire community. As such, we invite you to answer the following two survey questions:

My life's work has focused on data privacy and protecting the health and well-being of children online. I have

pressed the Administration for transparency and accountability with respect to its actions and recently signed onto a letter to Treasury Secretary Bessent regarding Elon Musk's unauthorized access to our government's payment systems. I will continue to speak up for the safeguarding of our privacy and personal data and in defense of our federal workers and the critical services, research and security they provide.

In closing, it is an honor to serve the 6th District of Maryland. I will continue speaking up for the safeguarding of your personal information and in defense of our federal workers and the critical services, research and security they provide. Please subscribe to my newsletter for further updates and information on upcoming district events. And, feel free to contact my office to share your concerns directly with my team - our office number is 301-926-0300.

County Councilwoman Renee Knapp

Last month, the Frederick County Council workshopped a bill which I sponsored with Council President Brad Young to update some of the requirement criteria for Critical Digital Infrastructure (CDI) facilities in the county. The bill will be introduced this month and will hopefully pass in the coming weeks. I have been involved with this issue for most of my time on the County Council. Recognizing that this is an important issue as Frederick County is growing, I was grateful when County Executive Jessica Fitzwater asked me to co-chair the Data Centers Workgroup in June 2023. The workgroup was tasked with evaluating the current Critical Digital Infrastructure requirements and recommending ways to integrate data centers into Frederick County that will allow this new industry to be successful, while addressing the real

concerns that community members have about noise and other impacts.

For some background, in March 2022, the previous County Council unanimously approved Critical Digital Infrastructure, or data centers, as new use in areas zoned for General Industrial (GI) and Limited Industrial (LI), subject to meeting design criteria. Frederick County was one of the first jurisdictions to do this. We're fortunate that county staff and other stakeholders had the foresight to set some standards regarding location, landscaping, architecture and building design, and site design with screening and buffering to minimize visual impacts to our landscapes. A couple of smaller and older data centers have been operating in the county for several years, but larger hyperscale data centers like those you might be used to seeing in Northern Virginia, have only

recently been developed in Frederick County. The former Eastalco aluminum smelting plant property is now Quantum Frederick, where data center development is now underway with the passage of the first CDI bill in 2022.

This new bill builds on that and proposes updated design requirements to mitigate some of the negative impacts data centers can have on surrounding communities, including visual impacts, noise and vibration, and air quality.

To minimize visual impacts as much as possible, this bill would require a viewshed analysis with a site development plan application. Applicants should demonstrate that the visual impacts of a data center to surrounding properties, public roadways, and historic sites will be minimized as much as possible. A key recommendation from the Data Centers Workgroup

was the limitation of where data centers should and should not be located in the county. In addition to the current restriction of industrial zoning, this bill will stipulate that a Critical Digital Infrastructure facility must be located within a Community Growth Area. CDI facilities would not be permitted within a Priority Preservation Area (PPA), Rural Legacy Area (RLA), or a Treasured Landscape Management Area.

The community near the Quantum Frederick data center campus is rightfully concerned about potential noise generation and impact on quality of life. With this bill, CDI facilities would be required to submit a noise report to the county within 6 months of initial operation and then bi-annually. To address air pollution that may result from the required backup power generators, the proposed legislation would

require all generators to meet or exceed Tier 4 emission standards, according to the United States Environmental Protection Agency. Additionally, the times for required generator testing would be limited to minimize impacts on the surrounding community.

While this industry continues to evolve relatively rapidly, Frederick County is being responsive to the clear communication from our residents who are asking for moderation of data center development. We have learned some lessons from neighboring counties who allowed rapid and expansive data center development and are now looking to add some regulations and guardrails. We can successfully incorporate this new industry into our local economy, while preserving the landscapes and quality of life that we appreciate in Frederick County.

Please feel free to contact me about this or any issue at rknapp@frederickcountymd.gov.

County Council President Brad Young

The Frederick County Council meets regularly on Tuesday evenings at 5:30 at Winchester Hall, located at 12 East Church Street in downtown Frederick. All meetings are open to the public, and we welcome participation. Members of the public are welcome to attend in person or participate over the phone.

The Frederick County Compensation Review Commission will be

holding a public hearing on Wednesday evening, February 26. The public hearing will begin at 6 and be held in the First Floor Hearing Room, Winchester Hall, 12 East Church Street, Frederick.

The Commission was established to review and make recommendations concerning the Salaries of the County Executive and County Council Members. The Frederick County

Charter requires the County Council of Frederick County to establish a Compensation Review Commission every four years.

The Commission is tasked with reviewing the salaries of the seven (7) County Council Members and the County Executive. The Commission desires to hear feedback from the public on the current salaries and on potential increases in annual compensation for the Frederick County Executive and the seven

(7) County Council members. Any increase would be effective after the 2026 General Election. The Commission will hold a final vote no later than March 18.

If a recommendation for a compensation increase is approved, it will then be forwarded to the County Council for deliberation and final decision. The County Council may accept, reduce or reject the Commission's recommendation, but it may not increase any recommended item.

The current compensation levels are \$137,000 per year for the county

executive and \$35,000 per year for the members of the county council.

I encourage the public to come out and express your thoughts on the compensation for your local government leaders.

The County Executive will be releasing her fiscal year 2026 budget by April 15th as required by the Frederick County Charter. The Council will then hold a public hearing on next year's budget on Tuesday, April 22nd, at 7 in Winchester Hall.

On Wednesday, April 23 through Friday, April 25, the council plans to hold workshops during the day to review any budget appeals (new additions to the budget) and agency presentations. These are public meetings and also televised live on FCG-TV.

With so much going on with the county budget, there is a lot of discussion in the Maryland General Assembly about shifting state costs back to the counties, state budget cuts, the ever changing federal budget changes. I encourage every Frederick County taxpayer to play close attention for the entire budget process and make sure your voice and concerns are known to the county council.

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GOVERNMENT—SOUTH OF THE BORDER

County Executive Jessica Fitzwater

The past two months have been challenging as we have worked to understand the impact of the Trump administration's chaotic and confusing actions on Frederick County. As County Executive, I am committed to leading a government that respects the dignity of every human being, builds partnerships to solve problems, and provides excellent service to our people.

I know that our work, now more than ever, is to demonstrate that local government can and will deliver results and improve lives. And in Frederick County, we are doing just that. Let's look at some ways we have been working together to ensure Frederick County remains a place of opportunity where everyone can thrive.

Resources Available for Laid Off Federal Employees

Over 4,700 Federal employees live in Frederick County. A sudden drastic reduction of the Federal workforce could affect thousands of Frederick County residents, as well as many small businesses that contract with Federal agencies. Fortunately, our community partners offer resources to help during this difficult time.

A new web page was recently launched on the Frederick County Government website to provide information and links to resources available for anyone who may need assistance. See the resources at www.FrederickCountyMD.gov/Federal.

This web page provides information on where to find assistance with

food, medical and health care needs, payments for utilities, employment and other financial relief. Updates will be made on this web page as more information becomes available. If you or someone you know is struggling as a result of federal layoffs, the information on the County website may help.

Career & Technical Education Master Plan Study

Recently, Frederick County entered a partnership with BerryDunn, an award-winning accounting and consulting firm, to conduct a Career and Technical Education (CTE) Master Plan Study. This initiative will examine our current CTE resources, programs, and spaces while planning for future industry growth, population changes, and workforce needs. It will also meet requirements for the Blueprint for Maryland's Future.

Frederick County is a leader in Career and Technical Education in Maryland, but we know we can do even more. We are excited to develop a multi-agency strategic master plan to maximize space, programmatic planning, and funding for CTE that spans K-12 as well as secondary and continuing education partners.

This collective effort will include participation from key stakeholders such as Frederick County Public Schools, Frederick Community College, Frederick County Workforce Services, the Frederick County Chamber of Commerce, and members of the community.

A kickoff meeting for the CTE Master Plan Study was held last month to share information about the initiative and begin to collect feedback to ensure the right programs are offered in the right spaces. There will be more opportunities for participation as this project moves forward.

Maryland Piedmont Reliability Project

The Maryland Piedmont Reliability Project (MPRP) proposes to construct a high-power transmission line through parts of our community. Frederick County leadership strongly opposes this project and supports our community members in their advocacy to protect homes and businesses, as well as agricultural heritage, environmental resources, and valued historic amenities.

The company contracted to build the power line, the Public Service Enterprise Group (PSEG), cannot begin work until granted approval by the Maryland Public Service Commission (PSC). On February 6, Frederick County filed the legal paperwork to petition to intervene in the PSC's consideration of PSEG's application to construct the power line.

Along with the County Council, I also submitted legislative testimony before the Maryland General Assembly in favor of Senate Bill 189. This legislation would prohibit the use of eminent domain on property with agricultural and conservation easements, providing protection for communities like ours.

While Frederick County does not have the authority to stop MPRP ourselves, we will continue to amplify our residents' voices and advocate against the project. Please visit www.FrederickCountyMD.gov/MPRP to stay informed about MPRP.

Celebrating Women's History Month

March is Women's History Month, a time to reflect on the countless contributions that women have made to our nation and our community. This month reminds us that progress is built on resilience, determination, and working together to achieve common goals.

Here in Frederick County, I am proud to celebrate the women who have played vital roles in our history – educators, public servants, entrepreneurs, and advocates who have strengthened our community. I look forward to celebrating at the Frederick County Commission for Women's annual "Raving About Women" event later this month.

As we honor Women's History Month, let's also commit to supporting those who will shape our future. By fostering leadership, expanding access to opportunities, and championing policies that promote fairness and inclusion, we can continue building a community where everyone has the chance to thrive.

Burn Permit Application And Payment Now Available Online

The Frederick County Health Department's Environmental Health office is excited to announce that the application process for burn

permits can now be completed completely online at Health.FrederickCountyMD.gov/BurnPermit.

The process begins when a community member submits an application for a burn permit. Health Department staff review and approve the application and then send the applicant an email with a link to pay. The fee for a burn permit is \$15. When payment has been received, health department staff email the burn to the applicant within a couple of hours. Community members can also still apply for burn permits in person or by mail.

The health department encourages community members who are applying for a burn permit for the first time to call 301-600-1717 to ensure that the property is eligible for a burn permit before applying online.

All permits are valid from Jan 1 to May 31 and September 1 through December 31. There is a burn ban for Frederick County from June 1 through August 31. A new permit is required at the start of each new year.

"We are happy to be able to offer an online application process after hearing feedback from the community," said Alicia Evangelista, Program Manager for Community Services in Environmental Health. "We hope this updated option makes obtaining a burn permit user-friendly and efficient. This has already greatly decreased the time it takes for approved applicants to receive a permit"

For questions, please call 301-600-1717 or visit www.Health.FrederickCountyMD.gov/BurnPermit.

Emmitsburg Mayor Frank Davis

February has been a busy month, filled with community events, meetings, and new opportunities to enhance our town. Hopefully, we've made it through the toughest part of winter as we prepare for exciting Spring activities.

Our Planning staff has been working closely with potential developers and business owners, encouraging them to bring their projects to Emmitsburg. We actively reach out to showcase the benefits of choosing our town as their new home.

Two key topics are currently being discussed by the Town Council: An amendment to the Town Code regarding student housing and a proposed Rental Registration Program, which would allow for health and safety inspections on rental properties.

For more details, you can watch the town workshop from February 10th on YouTube (Town of Emmitsburg Workshop) or tune in to Channel 99 for live and recorded meetings.

New! Recurring Utility Bill Payment Option - You can now set up automatic payments for your utility bill using a credit card or ACH banking payment. Visit our website and select "Pay My Utility Bill" or contact the Town Office for assistance.

I'm thrilled to announce the launch of the Emmitsburg Neighborhood Meals Program! Its kickoff date is

March 12th at 5 at the Vigilant Hose Company activities building (Creamery Road). The Town of Emmitsburg Employees will host the first meal. For more details, contact Brandy at 301-600-6300.

Big Coaching Changes at Catocin High School - As many of you know, I'm passionate about youth and young adult sports, as they play

a vital role in the success of a small town. Congratulations to Brady Ridenour, a proud Emmitsburg native, who is being named Head Coach of Catocin Varsity Football! Knowing Brady, I have no doubt he will bring the same dedication and heart to leading CHS Football as he does to everything in his life. I'll be on "The Hill" cheering you on!

all the best in this next chapter.

Closing Thoughts - I am fortunate to know all the dedicated coaches at CHS, and this quote sums up their impact perfectly: "Good people care about their children... Great people care about other people's children."

As always, please reach out with any questions or concerns as we continue working together to make Emmitsburg an even better place to live and work.

MELISSA M. WETZEL
CPA, PC
Certified Public Accountant



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FROM THE DESK OF...

Carroll Valley Mayor Ron Harris

The 2025 Father/Daughter Dance was held on Saturday, February 8th, in the Overlook Ballroom of Liberty Mountain Resort. The weather did not deter the nearly 200 attendees from enjoying music from DJ "Fired Up Entertainment" and glitter tattoos by "Adventures in Fun" provided by our 2025 Event Sponsor "Herb's Exteriors, LLC."

The generous support of our sponsor and contributors allowed fathers, grandfathers, and uncles and their daughters, granddaughters, or nieces to enjoy a wonderful evening filled with laughter, dancing, and cherished moments together. Thank you Jaime Fisher of Jamie Fisher Collective for her photography talents, Jim and Jeni Jarrell for using their Photo Booth, and Laboratory, Analytical & Biological Services (Labs), Inc. for their cash donation. We are grateful for our volunteers who helped make the evening a success, Amanda and Jayden Bell, Lori Borden, and Sarah Ginn; the Borough

Council for their support; and Manager Dave Hazlett, who willingly helps and supports this and all the events here at the Borough.

Rep Dan Moul announced on February 14th that the Fairfield Community Fire Company will receive a \$14,170 state grant from the Fire Company and Emergency Medical Services Grant Program. The grant may be used for constructing or renovating a unit's station, purchasing or repairing equipment, training debt reduction, education, public outreach, and staff recruitment and retention efforts.

New Pennsylvania license plates are coming in 2025. The new license plate showcases Pennsylvania as the birthplace of America. It features the Liberty Bell and the text, "Let Freedom Ring." The standard license plate inventory will be used before the state fully transitions to the new design and automatically issues it. You can check the license center to order when

the new one becomes available. The plate replacement cost is \$13.

The Adams County Court is warning the public about fines and costs scam targeting Adams County residents. Scammers target individuals through phone calls, claiming to be from a specific Magisterial District Court or other Court Office. The scammers may be using Caller ID Spoofing to make it appear that the call is coming from the Court Office on your caller ID display. The scammer then advises the caller that they have fines and costs owed to the Court and that the payment can be processed over the phone.

The Court will never call residents and ask for payment information (credit card numbers, gift card numbers, bank account numbers, or other specific payment details) for restitution, reparation, fees, costs, fines, and penalties over the phone under any circumstance. If you receive a call like this and are asked to provide any form of pay-

ment, bank account numbers, and/or social security numbers, hang up immediately and contact your local police as well as the Pennsylvania Office of Attorney General, Bureau of Consumer Protection at 800-441-2555 or scams@attorney-general.gov. In addition, it is recommended that all residents review the Caller ID Spoofing guide from the Federal Communications Commission at www.fcc.gov/spoofing.

Robin Dicken reported that the Fairfield Neighbors Helping Neighbors (NHN) gave Valentine cards to the nursing homes and Meals on Wheels that the local school children and the community made. NHN collected approximately 600 cards to share. Thanks go to all who took the time to make up the cards. NHN's Spring Clothing Giveaway will be held on April 12 at Liberty Worship Center from 8 to 2. Be sure to mark your calendar that the Carroll Valley Easter Egg Hunt is scheduled for Saturday, April 19. More information will be in the April issue of the Emmitsburg Jour-

nal. April 26th, from 10 to 2, in the Borough's parking lot, Carroll Valley Police Department, with Liberty Twp and Cumberland Twp PDs, in cooperation with the US Drug Enforcement Agency (DEA) and Collaborating for Youth, will give the public its 28th opportunity in 13 years to prevent pill abuse and theft by removing from their homes potentially dangerous expired, unused, and unwanted prescription drugs. Start collecting them now and bring your pills for disposal.

Please note that the DEA will collect vape pens or other e-cigarette devices from individual consumers only after the batteries are removed from the devices. It is important to stress that the DEA is not responsible for removing the batteries from the devices. If the battery cannot be removed, individual consumers can check with large electronic chain stores that may accept vape pens or e-cigarette devices for proper disposal. If you have any questions, do not hesitate to contact me at 301-606-2021 or MayorRonHarris@comcast.net.

Liberty Township Supervisor Walter Barlow

Snow, snow, and more snow seemed to be last month's theme from mother nature. We have had our fair share of plowing this month and removing trees from the roadways. We are aware that there are several places in the Township with potholes, unfortunately we are unable to use cold patch until the temperatures rise above freezing. We do not have heated truck beds and the patch material is frozen on the truck.

The outside temperature will need to remain above freezing for several days to allow the product to become malleable for us to apply and complete any road patching.

However, Spring Daylight Saving Time begins on Sunday, March 9, meaning warm weather lies ahead. With spring upon us, many homeowners will be making property improvements. Please visit our website for more information on permits before starting your proj-

ect. If you are digging on your property, call 811 before you dig to prevent damage to utility lines, be aware of the township regulations regarding excavation, and report any earth disturbance over 1,000 square feet to the Adams County Conservation District.

March 11 is the last day to file nomination petitions for the upcoming election. I encourage residents to be involved in local government and consider running for Township Supervisor or Tax Collector. We have two vacancies for Township Supervisor and the Tax Collector position is also open to anyone who may want to consider running for the 2026 term. Adams County and Liberty Township real estate tax bills were mailed on March 1.

Take advantage of the 2% discount by making your payment by April 30. The Liberty Township Tax Collector will take payment in person on April 17, 22, 23, 24, 29 and 30 from 2 to 4 at the municipal building. Payment can also be submitted by mail or drop box. If

you do not receive your tax bill, please contact the tax collector for a copy. Tax payments are accepted at face value from May 1 through June 30. Any payments made after June 30 will incur a 10% penalty. Your school taxes are now in penalty phase and will go to collections if not paid by March 31.

The Liberty Township Police Department would again like to encourage all motorist to review and educate themselves on the Duties of Driver's in an Emergency Response Area. The police department cannot express enough that this will be heavily enforced for the safety of the Patrol Officer's and other emergency services' workers to include tow operators.

When approaching an emergency scene or during inclement weather, please slow down and be cautious of the individuals working along the roadways. Safety is our main priority. DUI Roving Patrols will be enforced during the Saint Patrick's day holiday season. Additionally, Aggressive Driving Patrols will also be enforced during

the month of March. The Liberty Township Police Department will be participating in the Medicine Take Back Program on April 26, from 10 to 2 at the Carroll Valley Borough. Please consider dropping off any old or unwanted medication. We would like to thank Graphcom for their generous donation of vinyl wrapping and applying the new letter scheme to two of our police cars this past month. They will also be completing the new letter scheme on the new police car once it's received. All three cars will uniformly match.

Join our Pick-Up PA event as part of The Great American Cleanup running from March 1 through May 31. Call the township office to coordinate pick up of free trash bags, gloves, and safety vests. Resident involvement is necessary to determine specific local public needs and how these local needs can be met. If public service is not for you, please find other ways to be involved in your community. We would love to see you at our Board of Supervisor meeting which take place the first Tuesday evening every month at 6.



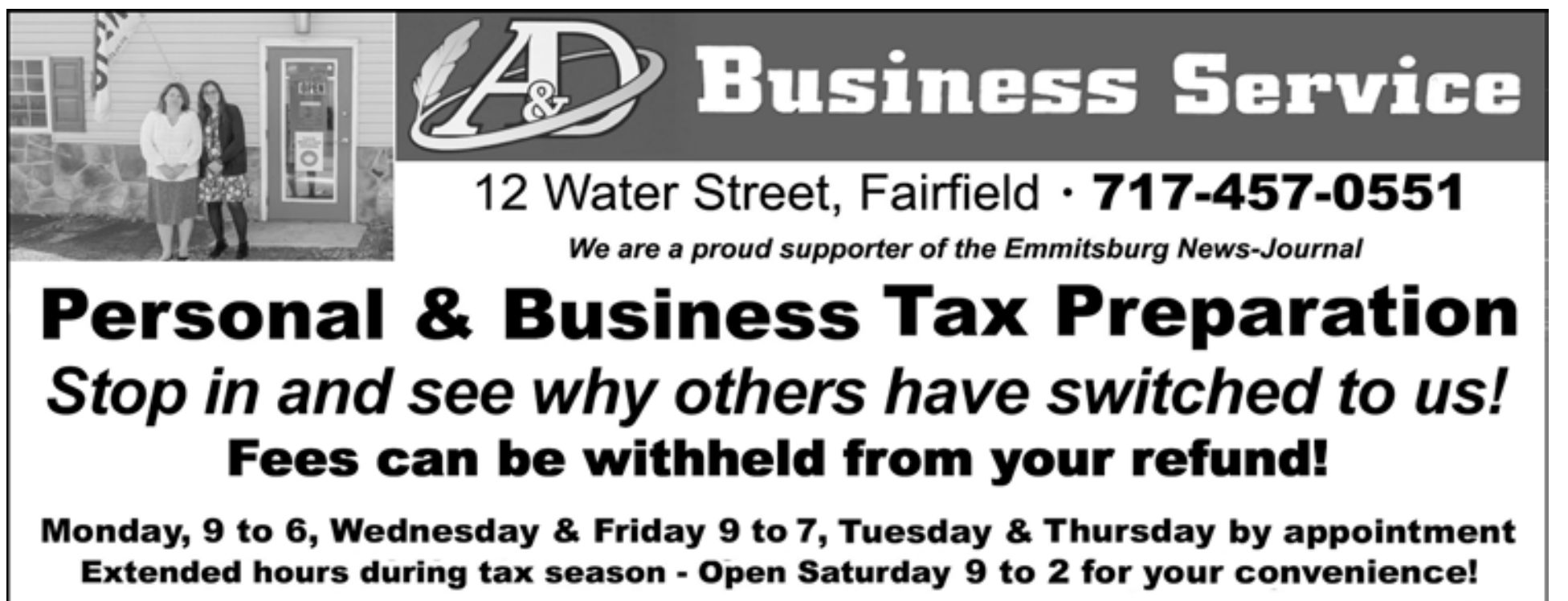
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GOVERNMENT—NORTH OF THE BORDER

County Commissioner Jim Martin

Following the election of Donald Trump the Department of Governmental Efficiency has been a part of discussions nearly every day. Since this new department has begun their review of governmental spending; wasteful, fraudulent, and abusive spending in astronomical amounts have been revealed. Most Americans praise these findings while some are highly critical for the ending of such spending. I will not get into this divide, but it reminds me that I am thankful that we as a county are governed by laws that require a balanced budget and that in the making of our budget it must be made public.

Also, as a county we have two watchdogs that monitor the legitimacy of expenses and approve the physical transfer of funds from our revenue accounts. Our two watchdogs are our County Controller and County Treasurer. Then there is another layer of financial review by auditors each year and additional internal audits within the audit year.

Operating alongside of this framework is our Purchasing Department ensuring that all purchases match the items and dollar amounts presented and approved in the county budget. Periodically a budget modification is needed because unplanned activity occurs withing a department and funds are transferred between or among budget line items. To approve any modification, it must pass through the commissioner's office for review and approval. Within the Federal Government, I doubt if you will find a system as effective and responsible for monitoring spending as that utilized by Adams County.

During the course of the year, I periodically get the question, "What is new in Adams County?" The newest event is the Information Technology Department transitioning all county cell phones and MIFI internet devices to our newest provider, T-Mobile. A major portion of this transition requires converting the data contained in all the former county staff cell phones to the new T-Mobile cell phones. To accomplish this conversion of data from the old cell phone carrier to T-Mobile, we created a temporary workshop manned by the IT department and T-Mobile consultants and technicians.

Each county staff member that had the old version cell phone was given

an appointed time to report to what I called the bullpen. The atmosphere in the bullpen reminded me of the stock exchange "pit" with one-on-one discussions for a full day. Thanks to this intense effort and change of wireless carriers the county was able to save at least \$27,000. There is potential for future saving depending upon technology changes, which have been an unending reality.

Changes that take place in Information Technology generally occur due to upgrades in technology or the manufacturer will no longer be supporting the equipment in use. When equipment is no longer supported by the supplier/manufacturer then we as a county must decide how long it is feasible to stay with unsupported equipment before we purchase new.

There have been occasions when we have negotiated for an extension to delay an expensive purchase or we have even analyzed our ability to service the equipment to keep it operating into the next budget year. Fortunately, we have done both with success.

I often see IT equipment as a blessing and a curse. As a blessing it does amazing operations to handle the 100's of thousands of pieces of information the county must manage. But it is a curse when the exclusive supplier notifies the county it will no longer service the equipment after as little as three years of use. When we get that kind of news, I dread the replacement expense that is coming. One consolation we have is that we did a number of expensive projects several years ago with favorable borrowing rates between 2.8% and 4%. Additionally, we refinanced higher interest debt at the same time with these lower rates that are now unavailable. It should be noted that the board of commissioners have not borrowed any funds since that time.

One change in Adams County that would be a pure blessing would be the end of drug overdose-deaths. To that end, each year on March 6th, families and loved ones across the United States remember the lives of those lost to a drug overdose. This day is known as Black Ballon Day that is designed to bring awareness to overdose and an opportunity to show support for those in recovery.

On March 6th trained individuals and volunteers from Adams County known as COAR (Coalition

for Overdose Awareness and Recovery) will be celebrating Black Ballon Day on the square of Gettysburg from 4 to 6. These individuals will be offering free lifesaving resources to all coming to the event. Free Naloxone and training for its use will be available to anyone attending the event. COAR also invites the public to join them in showcasing Purple Lights in and around the county increasing the awareness of the tragedy of overdose deaths. In support, New Oxford will help showcase Purple Lights by hanging purple lights around its town square. Kudos to New Oxford and to those that join the Purple Lights initiative.

Adams County Collaborating for Youth (CFY) recognizes that families in our community struggle with much more than addictive drugs. To aid families to deal with issues they face, Collaborating for Youth offers a special six-week program known as Family Fun Night.

This program provides an opportunity for families to spend time together as a family, all while learning important tools for navigating the pre-teen and teen years. During the Family Fun Nights youth and caregivers have a chance to learn these tools in a safe and welcoming environment. Youth will have time to learn with their peers while their caregivers have a chance to discuss these strategies with other caregivers and trained facilitators.

Although the program is for youth between ages 10 and 14, and their caregivers, families with additional children are invited to attend. Free childcare is available during the time of the Family Fun Nights. In addition to the childcare, the program offers dinner for each family. Family Fun Nights take place on Mondays and Thursdays from 5:30 to 7:30 and begins on Monday March 3rd. If you are interested in participating in Family Fun Night, call Lyric Gallagher via phone at 717-752-2695.

Since we are looking into March, March 9th we will be changing our clocks to Day Light Saving Time; move your clock forward one hour. The Monday following this change has historically been a time of increased accidents. Resolve to give greater awareness to your surroundings on that Monday. Best regards for a Safe Spring.

number of technicians available to conduct this critical testing.

HPAI has also been discovered in some dairy cows. However, we received some good news this week when PDA announced that Pennsylvania's milk supply is HPAI-free following an aggressive testing program that began in November at the direction of the U.S. Department of Agriculture (USDA). While Pennsylvania is the first major U.S. dairy-producing state to achieve HPAI-free status, the PDA will continue testing bulk milk due to the ongoing threat of avian influenza. According to PDA, milk that has been pasteurized is safe to drink, and poultry products, including eggs are safe to eat if cooked properly.

Community Foundation's Investment Briefing

The Adams County Community Foundation has had remarkable success in its investment of its growing charitable endowment, designed to support our community now and for generations to come. In 2024 the Community Foundation endowment pool posted a robust 10.2% return; the 16-year annualized return is 9.4% net of investment fees.

The public is invited to join the Community Foundation at 8 Thursday morning, March 6, for its annual Investment Briefing at the Adams County Historical Society, 625 Biglerville Rd, Gettysburg. Led by volunteer Investment Committee Chair James Dunlop of Advent Partners, a panel of the Community Foundation's investment managers from Brown Advisory will discuss the Community Foundation's carefully structured investment policy and the outstanding performance they have achieved.

Dunlop said, "The Community Foundation is dedicated to accountability and transparency. We want everyone to know how we manage these charitable assets that exist for the community's benefit. This open Investment Briefing will enable anyone who is interested to get a good look at how this community endowment is invested—and ask questions."

In addition to hundreds of charitable funds created by individuals, families and businesses to carry out their philanthropy, the Community Foundation manages 125 des-

ignated endowments which benefit specific nonprofits across Adams County, as well as funds that support education, the arts, housing, children and youth. Pooling these individual funds for investment purposes provides economies of scale. That pooled endowment is invested with two goals in mind: returns to serve Adams County today and growth to continue that service for generations to come.

Community Foundation CEO Ralph Serpe says, "Endowment investing is different from how you or I would invest our own long-term retirement assets or how a nonprofit might invest its operating reserves or emergency funds. We take endowment investing seriously and want to share our goals, objectives, and strategy transparently. Whether you are a professional advisor whose clients are seeking an appropriate home for their charitable legacy, a nonprofit benefitting from one of our designated endowments, or a donor with an interest in supporting Adams County forever, this session is for you."

Doors open and continental breakfast at 8 One hour program begins at 8:15. The Community Foundation's Investment Briefing is free and open to the public, but registration is required. Call 717-337-0060 to register or RSVP to rsvp@adamscountycf.org More information is available on the Community Foundation's website at www.AdamsCountyCF.org

State Notes...

Submitted by Representative Dan Moul

Working To Protect PA Poultry & Dairy Industries And The Public From Avian Influenza

With initial tests indicating positive cases of Highly Pathogenic Avian Influenza (HPAI) in commercial poultry in five Pennsylvania counties, the PA Department of Agriculture (PDA) has escalated its aggressive, coordinated response to protect the agriculture industry from the spread of the virus. In late January, the department announced its first confirmed case of HPAI in domestic poultry.

It was discovered in a 50,000-bird flock on a commercial poultry farm in Lehigh County. Testing showed the birds had a high level of the H5N1 virus strain that has caused the loss of more than 22 million birds nationwide since the beginning of 2025, and more than 154 million since the initial outbreak in February 2022. Several commercial poultry farms in Cumberland, Dauphin, Lancaster, Lebanon, and Lehigh counties are presumed to be HPAI-positive based on the presence of the virus in initial samples, and rapid deaths among birds. Last week, the General Assembly passed a new law that aims to increase the

BINGO!

First Friday
Every Month
Mar. 7

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Mar. 20

Operating under new bingo committee!
106 Steelman St., Fairfield
Bring your friends for a fun filled night!
** Food Available*

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Early Birds start @ 6:50

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COMMENTARY

Words from Winterbilt

Crossing a line we took for granted

Shannon Bohrer

“He who saves his country, violates no law,” attributed to Napoleon Bonaparte. Shouldn’t saving a country by breaking a law, be dependent upon which laws are broken?

We are standing at a crossroads that many, including myself, never thought possible. I always believed that most citizens understood the relationship between maintaining our democracy and the rule of law. Honoring the truth, speaking the truth, and supporting the principle that no one is above the law were, I believed, universally understood. Sadly, those beliefs are in decline and apparently have been for some time. When the rule of law is questioned, democracy itself is questioned.

Citizens now see a convicted felon in the Oval Office as validation that our judicial system is broken. They saw the evidence of his numerous crimes, but they also witnessed Judge(s) and others who allowed delays, resulting in a lack of timely prosecutions.

The lack of trust was reinforced when the U.S. Supreme Court decided that the former president was immune from prosecution for official acts. The ruling refutes the long-standing principle that no one is above the law. Virtually every judicial expert

who commented had predicted that the Supreme Court would affirm the lower court’s decision that the president did not have immunity. That ruling and others have affected the faith and confidence the citizens have in the Supreme Court, thus, our judicial system and our government.

The confidence in our democracy and judicial system has been questioned for many years. Many of our political leaders have added to that mistrust, telling us we should not trust our government. Many of those politicians are in office today. Adding to the mistrust, we are constantly inundated with false information. It was reported on several media sites that the previous congress destroyed all the official records of the January 6th insurrection as if they had something to hide. The inference is that the congressional investigation committee misled the public. The facts do not support that belief, with the opposite being true. The Congress released an eight-hundred-page report on the insurrection to prevent future elected leaders from making false statements. Of course, they still make them; sadly, they are still believed.

The distrust of our government and the judicial system is compounded when we include the underprivileged and minorities. A significant segment of our population questions the idea of equitable justice. Many see

and believe there are at least two judicial systems, one for the wealthy and connected and another for the indigent. The two systems existed before Trump, giving many who may have believed in the system - to question what they believed.

People in less equal societies are less likely to trust science, their government, and each other. Our society elected a president who is a convicted felon, a convicted sex offender who promised and then pardoned persons who participated in an insurrection and assaulted police officers. It could be said that the voters demonstrated a lack of trust when they voted.

As a former police officer and knowing what the current president promised, to pardon over 1500 individuals who participated in an insurrection, the pardons were expected. What was unexpected was the lack of condemnation by many so-called leaders. Losing the rule of law is a step in the direction of fascism, where those in power use their power to silence any opposition. Contrary to what is being said, the freedom to critique or oppose a person or an idea is under attack, which is a loss of freedom. Many believe the current administration is creating a road to authoritarianism.

Can our government instill changes that give citizens faith in the rule of law? Police reforms have existed for some time, but many question the efficacy of the various programs. Yet, most people believe that police are essential and do good work. With over one million

police officers, even a tiny minority can grab the headlines with poor and even criminal behavior. I believe most individuals working in the criminal justice community, including the police, prosecutors, and judges, are honest and do excellent work.

Another critical issue that supports a lack of faith in the criminal justice system is false convictions and incarcerations. In July 2024, it was reported by the Witness to Innocence group that “200 prisoners in the U. S. have been exonerated and freed from death row since 1973.” The National Registry of Exonerations has documented “3,659 exonerations since 1989.” The number of incarcerated individuals later found to be innocent is shameful and questions the fairness of our criminal justice system. Are there other falsely convicted that are unknown?

Adding to the issue of justice is that many individuals who do excellent work are currently facing dismissals. Our president wants to fire any FBI Agents that investigated the January 6th insurrection. Over eighty percent of the individuals charged in connection with the insurrection pleaded guilty. Doing your job, correctly, and questioning those in power is now considered grounds for dismissal. Viewing people that disagree with you as the enemy is common with authoritarians.

At his best, man is the noblest of all animals; separated from law and justice, he is the worst.
—Aristotle

For the public to trust in the judicial system, individuals who have authority and abuse that authority need to be held accountable. When one has authority, there must be consequences when the authority is abused. Today, individuals at the highest levels abuse authority with little or no consequences.

When President Trump was elected in 2016, it was known that he disparaged John McCain, belittled, and mocked a Gold Star family, and bragged about molesting women. The lack of trust in our government, including our judicial system, is not new, it existed before Trump.

We have crossed a line that most of us took for granted. I always believed that the criminal justice system, even with its flaws, was moving in the right direction. The country was founded on the premise that we are all equal under the law. As Thomas Paine said, “... in America the law is King. For as in absolute governments the King is law, so in free countries the law ought to be King...”

If the President continues to reshape the government where the executive office has absolute power over the judicial and legislative branches, will he be a king? “He who saves his Country does not violate any Law.” —President Trump

To read prior editions of Words From Winterbilt, visit the Authors section of Emmitsburg.net.

The Bulwark

The nature of crisis

Jonathan Last

Today we’re going on a bit of a journey. I’m making the case that we are, as of right now, in the opening phases of a constitutional crisis in which the executive branch has subjugated the legislature and is attempting to break the judiciary, creating an unchecked, all-powerful presidency.

I’m going to argue that everything we’ve seen over the last two years has pointed to this moment. And that the end result is likely to be determined by information. The best analogy I can think of for this brinkmanship is the Cuban Missile Crisis, with Trump as Khrushchev and John Roberts as Kennedy.

At its most basic, a crisis is what happens when two sovereign entities have their interests collide in a way that threatens the status quo. Crises are resolved in one of three ways:

- One side backs down, allowing the other to achieve its objective.
- Both sides compromise and veer away from the crisis point.
- The crisis breaks into open conflict.

The trajectory of a crisis depends on three resources: power, determination, and information.

Power is the obvious variable. Most of the time both sides have a fair grasp of the distribution of power.

Determination, or force of will, is harder to nail down. In a cri-

sis both sides typically understand each another’s objectives fairly well. What they can’t know is just how far the other side is willing to go to achieve it.¹

Information is the hinge of every crisis. What do the two parties know about each other’s power, objective, and will? And, just as important, what do they think they know?

Let’s talk about the Cuban Missile Crisis.

In July 1962, the Soviet Union began building nuclear-tipped medium-range ballistic missiles in Cuba. Their goal was to establish a strategic nuclear force close enough to the American mainland to act as a credible first-strike threat.

At the time, the Cold War was at an equilibrium state. The addition of missiles in Cuba would disrupt that equilibrium—but the Soviets hoped to sidestep a crisis by revealing the missiles as a fait accompli. At which point America would have to accept them, negotiate them away, or escalate. With the missiles in place, each of these responses would favor the Soviets.

It was crucial to the Soviet plan that the missile construction take place entirely in secret. Because if Americans discovered the plot before the missiles were launch-ready, then there would be a crisis point in which both sides had room to maneuver.

In August and September, American intelligence suspected that the Russians were up to something. On October 15, they got proof from aerial photographs. At that moment the crisis began. The status quo was

breached. Each side understood the other’s objective. And these objectives were on a collision course.

In the end, the Cuban missile crisis came down to information uncertainty. The Kennedy administration trapped Khrushchev in a forrest of mirrors. With no way for him to understand America’s true intentions, his only choices were war, or compromise.

Fast forward to today. Donald Trump has been on a collision course with the Supreme Court since January 2021.

His first attempt to overturn American democracy collapsed on January 6th. You may recall that even after this failed coup there was some question as to whether or not Trump would leave the White House of his own volition.

Trump chose as his running mate a man who had explicitly counseled that, as president, Trump could and should defy orders from the Supreme Court. Trump’s vice president restated his belief that the president cannot be bound by court orders.

Say what you will about Trump, but at least he didn’t rely on maskirovka. Unlike Khrushchev’s attempt to get missiles in place before America knew what was going on, Trump has telegraphed his intentions for years.

What’s different is that, unlike the Kennedy administration, the American legal establishment has tried very hard not to notice. But the Trump administration is already acting in defiance of court orders while preparing the ground for a showdown with the Supreme Court in which the president will dare John Rob-

erts and Amy Coney Barrett to rule against him. The explicit threat is that if they do rule against him, the president might not abide by it.

Which, in our Cold War analogy, would be the equivalent of launching a nuclear strike.

Here is where our analogy breaks down:

- Trump’s position is not dissimilar from Khrushchev’s. He is the maximum leader within his entity. He has resources. He has a clear objective. He created this crisis in order to advance that objective.
- But what does John Roberts have? The Supreme Court is divided and lacks any enforcement mechanism.

Most importantly, the Supreme Court lacks any mechanism for creating information uncertainty for Trump. As a rule, justices don’t speak out prospectively. They can’t muddy the waters and make Trump doubt what they might do. They can’t offer both a carrot and a stick in order to confuse their opponent and force him into an off-ramp.

So yes, Trump is Khrushchev in this scenario. But he has also holds all of the advantages that were afforded to Kennedy. He precipitated the crisis and he owns the information asymmetry.

Oh, and Trump has one more advantage that Khrushchev didn’t. Khrushchev had seen the horrors of war and, despite his bluster and aggression, wanted to avoid World War III. Trump doesn’t care what harms might befall others and welcomes chaos of every kind.

Two points.

First: I wanted to illustrate how crises get resolved and it’s pretty clear to me that the Supreme Court will blink. They have been placed into the same situation the Russians were in toward the end of the Cuban missile crisis. They will have to choose without having any clear idea of what Trump will do in response. They will intuit that their only choices are war or compromise. So they will choose compromise.

I expect that when Trump’s various challenges reach conclusion, the Supreme Court will let him have his way. The “compromise” will be that they construct their rulings in such a manner as to suggest that they didn’t have to let him have his way. That they could have ruled against him—and might do so in the future.

Will this be good enough? I don’t know.

Second: If the Court is not going to roll over, then people in the judicial branch ought to be preparing some countermeasures of their own. What can they do prospectively to shift the burden of crisis onto the executive? How can they communicate information—both to the executive and the public—about their intentions? What will their reaction be if the executive simply asserts that he cannot be bound by their rulings?

Does all of that sound impossible to imagine from our judicial system in general and the Roberts Court specifically?

That’s what I thought, too.

To read other articles from the Bulwark, visit www.thebulwark.com.

The Liberal Patriot

Majority rule and the loyal opposition

John Halpin

The concept of the “loyal opposition” arose from British parliamentary debates in the nineteenth century—that eventually institutionalized opposition through a minority party shadow cabinet—and does not have a concrete definition or legal meaning in the U.S. constitutional system.

The point of establishing and empowering a formal opposition is to allow for official policy scrutiny and dissent from the ruling majority within the structure and values of the democratic system. Thus, a minority party and its leaders can oppose the policies of the majority government—and seek to replace it in future elections—while remaining “loyal” to the nation and its basic laws or written constitution. In democracies, the peaceful transfer of power and continuity of governance requires citizens and elected leaders to accept that one party does not rule the country indefinitely. Political opponents get a chance to offer alternatives to the sitting government in a fair manner and, if elected, these parties may pursue new policy goals in their own government.

Since the American system doesn't allow for a formal opposition like the UK—political parties and leaders are not even mentioned in the U.S. Constitution—we establish responsible majority rule and respect the loyal opposition through a mix of First Amendment free speech rights and technical congressional rules that evolved over time to allow for minority dissent through committee hearings, floor debates, legislative amendment processes, the Senate filibuster, and other measures. Given our system's elaborate separation of powers and checks and

balances, the American government also requires effective norms between the political parties to work well.

In the current political climate, these norms that help to maintain good relations and effective governance across party lines are at risk of evaporating entirely.

If the president of one party wants to get anything done in an era of divided government, he has no choice but to talk with the opposing party to pass legislation and get key positions filled. Likewise, if one party enjoys control of the House and the other one controls the Senate, the two opposing parties will be forced to work in concert at some point to pass laws to keep the government running and to advance national priorities. Even if a party controls both branches of Congress and the presidency, as is the case now under Trump and in 2021 under Biden, they still will need some consultation with the minority party—and perhaps actual votes if margins are tight—to pass important legislation or overcome Senate filibuster rules to end debate on bills.

Although not required, the majority party ideally will solicit input and incorporate some of the policy ideas of their opponents—and the minority party will participate in good faith in the process—as a means for maintaining comity between the parties and a general commitment to the national interest. This informal cooperation by the majority party and the loyal opposition has produced much of the bipartisan legislation and other acts of Congress that Americans routinely say they like and want more of going forward.

Unfortunately, these informal norms have degraded substantially in recent decades—from both Republicans and Democrats in both majority and minority positions. This erosion is par-

ticularly acute during periods of unified executive and legislative control of government—so-called “trifectas”—when majorities feel unconstrained by the need to consult with the other party and minorities increasingly go into lockstep opposition to everything put forward by the majority party. This leads to gargantuan bills loosely structured to meet unenforced “reconciliation” rules for tax, spending, and debt limit legislation that skirts the Senate filibuster and allows American political parties to essentially govern like they are in a parliamentary system—except there are no formal and informal mechanisms to acknowledge the opposition at all or actively encourage efforts to get wider approval for its actions. Biden had two of these monster bills in his first two years—the American Rescue Plan and the Inflation Reduction Act—and Trump and the GOP are currently planning their own versions for the president's agenda on taxes, spending, and other priorities.

Trifecta government increasingly leads to a toxic zero-sum mentality where both parties and their media cheerleaders tell voters that their party—and their party alone—is the only legitimate governing force in America. Consultation between the parties becomes virtually nonexistent, and public fighting between the forces reaches extreme levels.

“We are the only true patriotic party. Support us or we will treat you like an enemy that must be defeated.”

This position is basically nuts, and probably why Americans prefer divided government. George W. Bush was the last president to enjoy a mere four years of unified control of the executive and legislative branches following 9-11 (from 2003-2007). Every president since Bush has only had a governing trifecta for two years before losing unified power. Why? As The New York Times proffers:

One explanation is that holding unified power in Washington tends to spur



a drive by the party in control to push the policy envelope as far as possible and make it difficult, if not impossible, for those in the other party to back the resulting legislation.

That was the case in the fight over the Affordable Care Act in 2009 and 2010, when Republicans capitalized on public unease over the legislation to attack Democrats, even though the policy approach had been built on ideas that originated with the G.O.P. They were able to make the case that Democrats were steamrolling them and imposing a new health care regime on the public along party lines.

Then, when Republicans assembled their own trifecta during the first two years of the Trump administration, they invested much of their time and energy in trying to undo the health care law. They ultimately failed, wasting much of their precious time in full control of the government and drawing a rebuke in 2018 from voters who now liked the health care law.

If the majority party can't be trusted to achieve good outcomes during periods of one-party control—and the opposition manages to offer coherent objections—then American voters like to throw sand in the gears of government in order to check majority rule and force the two

parties to work together.

In response to the chaotic early days of the second Trump administration, it doesn't seem congressional Republicans are yet up to challenge of being a responsible majority with proper checks on the executive and consultation with the opposition or that Democrats are capable of being an effective loyal opposition that offers a constructive alternative or bipartisan support on areas of common agreement. If nothing changes in the coming months, Americans will have to sort out the two-party mess and vote their preference in 2026—continued unified control or divided government again.

Either way, the American political system desperately needs a more effective method for balancing the legitimate powers of an elected majority with the legitimate concerns of the loyal opposition. Given recent election results, Americans remain sharply divided in their political allegiances yet our party leaders govern as if they can and should rule entirely on their own—fueling bad policy outcomes and even more division, distrust, and mutual contempt among citizens and their elected officials alike.

To read other articles from the Liberal Patriot, visit www.liberalpatriot.com.

Good Day Neighbor

Spring cleaning

Dorothea Mordan

Any day now, we'll be cleaning our homes, switching out our winter clothes for spring and summer duds. Spring cleaning is about taking care of our own stuff, organizing and putting it all to right. The President, Musk and the GOP are not just throwing away everyone else's stuff, they're throwing away people. Not the act of anyone who believes in the Golden Rule.

In the scant month since the current administration's inauguration, federal employees and funding commitments have been thrown out for no other reason than, “because I said so.”

Target: The National Institutes of Health (NIH). One of many gifts God gave to humans is a brain that can solve problems from basic survival to solving medical mysteries. One of my family members has a genetic condition causing immune deficiency. They participated in an NIH clinical trial that found Stelara, a drug used for Crohn's disease and other autoimmune diseases, can be used to treat additional disorders. This is our tax dollars at work. It can take a lot of those dollars to keep any of us alive.

Target: Diversity, Equity, and Inclusion (DEI). This category is easy to randomly hate, but it covers employees who are wheelchair bound, have other handicaps and are veterans. Apparently, to the current administration it's okay to spring clean the government of veterans, along with the Golden Rule. The Vice President has a relative who conquered addiction, but takes support away from Americans. People working in, and with the current administration want a lot of tolerance for themselves, and yet have very little for other people.

Target: Farmers, subsidies farm families rely on are being withheld. National Forest Service employees fired. Americans will be shocked when they can't get into National Parks for their vacations. Health research of all sorts, if the government doesn't believe in medical research is it real?

The American Revolution was fought because of the fundamental principle of No Taxation Without Representation. Well, my Fellow Americans, we have representation in Congress, and they voted to have the departments and funding in place that Elon Musk and this administration have declared must be halted. So by electing the current administration those voters have said “No!” to Representation.

We have made a collective agreement in this country to connect people to support. There are organizations that do not depend on the federal government to honor our American commitment to each other. Some are as simple as a food bank, or Meals on Wheels. Oh wait, Meals on Wheels is one of those money wasters targeted by the unelected federal staff like Elon Musk. Check on the status of this vital service before depending on it. mealsonwheelsamerica.org.

Special education and neurodiversity are just a couple of examples where citizens will lose. A large amount of support for children with developmental and intellectual disabilities comes from the Federal government. Federal funds are distributed through State Public School systems. Stable Public Schools can provide further support to all children by such means as subsidized or free meals. Having a guaranteed breakfast means kids get nutrition and energy to be ready to learn in class. Food security is a building block for education. Education is a building block of a functioning society.

One resource accessible to all of us is the Frederick, Maryland Special Education Citizens Advisory Committee (SECAC)

Did you know that there is a SECAC for the Public School System in each county in Maryland? SECAC is

an advisory group that can provide the Board of Education with feedback on special education topics and programs. It can also sponsor events such as the annual Special Education Resource Fair, which will be in Walkersville Maryland at the Rock Creek School on March 29, 2025. Several dozen vendors and organizations will be there to answer questions about and from the Special Education Community. Many organizations are local, and do not rely on the Federal government for survival. <https://frederickcountymdsecac.com/resources/resource-fair>

Don't forget about the public library. A library is a virtually bottomless well of resources. Librarians will help you find solutions.

Are we Americans really so overcome with burdens that we would make it harder for people to live with each other? Are we so fragile that we must protect the USA from helping others? Is spring cleaning great again as long as it throws away “them” and not me?

To paraphrase many who analyze our politics right now, people voted for Republican candidates because they wanted to vote against the status quo and normal institutions. Democrats maintaining the status quo is not what people wanted. Americans want action.

The thing about normal institutions is that when they are on an even keel they allow each of us to be individual

Americans on the move. We Americans are the ones that need to be in motion. We make the best changes in the country. We are the movers and shakers. We don't need a small percentage to vote themselves into leadership and disrupt things. We need a stable set of institutions so we can make changes that affect us.

America is special because we collectively decided that everyone has the right to their own opinion, way of making a living, and way of life. Life, Liberty and the pursuit of happiness. We fight for the right for people to be as uncivil as they wish, because of Freedom of Speech. It would be a courtesy for many to keep their ugliness to themselves, rather than opening their mouth and removing all doubt. Telling voters that he knew nothing about Project 2025, and then appointing an unelected person—Elon Musk—to carry it out, Donald Trump committed a great betrayal. Voters will hopefully pay more attention, and not elect people who would take those rights away from others. From our local Town Hall meetings, to the State of the Union, stay engaged. Ask yourself, is this the Golden Rule?

To read prior editions of Good Day Neighbor, visit the Authors section of Emmitsburg.net, or visit her website: www.ChandlerDesignsLimited.com.

THE PASTOR'S DESK

The grace of memory

Pastor Peter Keith
Emmitsburg Presbyterian Church

What was it about that place, those people, that time? What was it about a fleeting moment among all the countless moments we have lived? Was it the light and warmth of the evening, or the sound of the wind through the grass, or a deep, resounding laughter shared? The kind that makes you cry and breathe deeply. A pleasure, even when your side hurts and it takes a second or two to compose yourself.

Was the time simply ripe for the placement of what may have been only a mundane experience into the storage of lifetime memories, being jogged into recall through the hearing of song on the radio? That same song that played while you rode in your father's car and he noticed its melody, and turned up the volume and whistled along. He seemed happy, and that made you happy. And you were content, and felt safe.

Is it the smell of clover in an open field that reminds us of a youthful summer day, or the sight of some silly souvenir that give us the image of the day that brought you to it? And you remember the prodding of your girlfriend that compelled you to buy it. The stare out the open window, giving us the day-dreams of people we thought forgotten, feeling surprised and bringing a slight smile, amused for the remembrance. The things we remember.

Our memories. They are notes from the record of our past. Written from events and encounters. Seen through the lenses of our own particular view of the world.

Should we wonder what it is about the times in our lives that pass unnoticed, to later discover in memory that they have not gone away? As we remember, those moments from so long ago.

And so we remember. With pleasant feeling, yet mixed with gentle lament, we

understand that those times that gave the memory are past. We believe they are gone.

We wonder what it was about those times, those places and people. What was it that motivated us to say that day an unkind, even cruel word to a friend? Hurting them. Possibly so completely that in the few seconds it took to speak our words and they cut so personally you realized even then that a lifetime of apologies might never reclaim them to you.

The hurt we have caused, and the hurt we have known. The flow of time, those written pages turn one after another until we believe them over and finished; left to another chapter. But then comes our memory. Coming to the front of our thoughts. Thumbing through our book and finding that page we would rather not read again. And the memory brings us back to something we would most certainly prefer to forget.

In the going of our lives we pick and choose. We make decisions and we take and miss opportunity. We are influenced by our environment and exercise our free will for self-determination. We sometimes find ourselves on a road we know we should not travel. And we usually hope that the one we are on is the one we are meant to follow. Along our way we have had those fields of clover, and mixed in with all the sweetness there is the truth of our missed chances for that something we suspect would have brought us happiness. We have chosen immediate gratification to true opportunity. We have made wrong decisions that have walked with us, all our lives, no matter how fast we may try and run leave them in the dust.

Our life moments get placed in the past. Where they belong. The inconsequential. The unnecessary, useless, the work of living that is about survival and not growth are put where they belong; in the past.

It is nice bring forward pleasant mem-

ories. We appreciate them when they invade our thoughts. We have that brief feeling of wonderment. We welcome them. We are surprised for the fact that the name of a childhood classmate comes forth, or how the smell of honey may bring us back to a breakfast table with people who have gone. It is with pleasure we consider these kinds of memories. They are like sunlight making its way through closed and sleepy eyes. It wakes us, and gives us one of those un-contemplated realizations that life is indeed holy and beautiful. Sweet memories remind us. Life is beautiful.

Then there are the other kinds. In our later years we entertain a foolish regret for all the things a person may regret. The kind of regret we shrug, and shake and force ourselves to be realistic and know that there is nothing now to be done. We have chosen our roads, we believe. We cannot change, we believe. There is no other way to go, we so sadly believe. Is it that companion memory? Walking with us, whispering, "Look how you once were. Look at what happened the last time you tried to live that life you want. Remember how you did not become whatever your notion told you should become!"

The Old Testament book of Ecclesiastes is written with an implication of resignation to the vicissitudes of life. Life is a matter for the wind. It moves and changes and becomes what we want and what we do not want. Our life lived out is ultimately beyond our decisions for it. No matter how much we like to think we are completely self-determining, we are not. And wisdom, it tells, is found in the acceptance of this truth. The writer brings to us a particular refrain of the times for every matter under heaven. We are told that there is a time to be born and a time to die. There is a time to weep and a time and a time to laugh. And, that there is a time to mourn and a time to dance.

It is vital. There is an imperative that this passage not be confused with some



type of prescription for a pre-destined order of our lives. The writer is not suggesting that we have a specific time to be born, or die. And, so on. We are not being asked to believe that there is a set time for any event in our lives. He is expressing a theological idea that our lives move along with the flow of time. Like an arrow flying in only one direction, time moves relentlessly on. But, and this is important, each event in our lives happened only when they happened. It may seem rather obvious, but the point being made is that everything that has happened in our lives is now in the past. And, that everything that will happen will happen in our future. Everything actually happens now. Everything. Not in the past, not in the future. He is telling us, by way of a certain prose something that is common sense, but that we miss. Life is lived now. It is not in the past. It is not in the future. Life is now.

We are born. We will die. We have loved, and we will love. We have even hated, and it may be that we will express hatred again. We will mourn, and I'd wager that we will all find an occasion in our lives that the only response is to dance. Everything has its time.

We recognize in the wisdom of this book the perspective taken by the writer. He is profound in the obvious. We are told that we live now, and that we have a past, and we have a future. But all of them, the past, the present and the future all belong to God.

"He has made everything suitable for its time; moreover he has put a sense of past and future into their minds, yet they

cannot find out what God has done from the beginning to the end."

We cannot know what God has done. What is past belongs to God. And what God has done with it we cannot know. What God has done with all our past, we also cannot know. But we can know that it all, all the good and all the bad... it all belongs to God.

The memories we possess have been built from the accumulation. We've had our laughter, and tears, and grief and dancing and happiness. We've had that time like when strolling the smell of fresh clover hung to us, having the power to bring the memory of that person who's hand we held so long ago.

We have what are these glimpses seen of the grace given to us in love. Our sweet memories will, if we allow them, cause a gentle recognition that in all of it we have truly never been alone.

And so we continue to take our journeys, sometimes being whispered to by our unwelcome companion memories. And chains may be at our feet when we want to move another way. That memory that causes us pain resulted from a "matter under heaven" that occurred in its own time. But if we stop, and look down to where our feet are now planted. And if we look around ourselves we will see that the event that gives an uncomfortable or even painful memory has had its time.

Can we give it up? The past? Can we relinquish it to where it belongs? Shall we hang on, saying that it is ours, ours because it was ours to experience? Are the events of our lives truly ours or is it only the memory that we possess? Is the past ours, or do we only own the memories?

Give pause. It becomes clear. The only thing connecting us to our past is the memory of it.

So, should we toil with thoughts to make ourselves believe that what may haunt us did not happen? Should we pretend that what has hurt us did not? Should we imagine our past is but a friend or foe, depending on what it whispers? No, because it did happen. All of it did happen. But ask yourself, "Where is it now?"

"God has put a sense of past and future into our minds, yet we cannot find out what God has done from the beginning to the end."

With a smile or laughter we recall the sweet moments of life. With a smile or laughter or just a thought of those who's lives we have shared we feel the goodness of life. When we do, when we let the spirit of remembrance take us to that pure, sweet first kiss that was our youth, we begin to see its reason. We are fashioned with the ability of remembrance so that we may know that we are never, and have never, been alone

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THE BOOK OF DAYS

Under the snow



She had strength enough to thrust a twig, with her handkerchief at the top of it, through the snow, to serve as a signal, and to admit a little daylight. Torpor supervened; and she knew little more of what passed around her. Night succeeded day, and day again broke, but there she remained, motionless and foodless. Not senseless, however, for she could hear church bells and village sounds—nay, even the voice and conversation of some of her neighbours.

Four whole days she thus remained—one single pinch of snuff being her only substitute for food during the time, and this, she found to her sorrow, had lost its pungency. On the fifth day a thaw commenced, and then she suffered greatly, but still without being able to extricate herself. It was not until the eighth day that the handkerchief was espied by a villager, who, with many others, had long been seeking for her. Stooping down he said, 'Are you there, Elizabeth Woodcock?' She had strength enough to reply faintly, 'Dear John Stittle, I know your voice. For God's sake, help me out!' She died half a year afterwards, through mismanagement of frost-bitten toes; but it was fully admitted that no one, unless cased in snow, could have lived out those eight days and nights in such a place without food.

Similar in principle was the incident narrated by Hearne, the antiquary, in the last century, in a letter:

"In the severe winter of 1708-9, a poor woman in Somersetshire was returning home, when, falling ill by the wayside, she requested to be

allowed to sit by the fire in a cottage. This being unfeelingly refused, she lay down under a hedge in the open air, being too weak to proceed farther. Snow soon came on. A neighbour passed by, and helped for a few minutes to guide her steps; but her strength soon failed her, and he, in like manner, left her to her fate. Once more laid prostrate, she became gradually covered with the snow.

Day after day passed, for a whole week, during which time her friends made search and inquiry for her in every direction. The only person who could give information was the man who had abandoned her, after her failure in the attempt to walk; and he remained silent, lest his conduct should bring reproaches on him.

There then occurred one of those strange sleep-revelations which, explain them how we may, are continually reported as playing a part in the economy of human life. A poor woman dreamed that the missing person lay under a hedge in a particular spot denoted. The neighbours, roused by the narration she gave, sallied forth with sticks, which they thrust through the snow in various places.

One of them thought he heard a groan; he thrust again in a particular spot, when a feeble voice cried out, 'Oh, for God's sake, don't kill me! 'The poor, imprisoned wayfarer was taken out, to the astonishment of all.' She was found,' says the writer of the letter, 'to have taken great part of her upper garment for sustenance; but how she could have digested a textile fabric of wool or flax is not easy to understand.

She surprised her neighbours by the assertion that she had lain very warm, and had slept most part of the time. One of her legs lay just under a bush, and was not quite covered with snow; this became in consequence frost-bitten, but not too far for recovery. Her spirits revived, and she was able shortly to resume her ordinary duties."

In these two last-named instances the person was a full week under the snow blanket; and the covering evidently prevented the natural warmth of the body from being abstracted to so great a degree as to be fatal.

To read other selections from Robert Chamber's 1864 *The Book of Days*, visit thebookofdays.com.

March 7

It is a well-ascertained fact that snow affords a comparatively warm garment in intensely cold weather. This is difficult for non-scientific persons to understand; but it is based on the circumstance that snow, on account of its loose flocculent nature, conducts heat slowly. Accordingly, under this covering, exactly as under a thick woollen garment, the natural heat of the body is not dissipated rapidly, but retained.

Instances are abundant to shew that snow really protects substances from cold of great intensity. Farmers and gardeners well know this; and, knowing it, they duly value a good honest fall of snow on their fields and gardens in winter. There are not the same tests to apply in reference to the human body; nevertheless, the fact is equally undeniable. The newspapers every winter record examples. Thus the Yorkshire papers contained an account, in 1858, of a snowstorm at or near Market Weighton, in which a woman had a remarkable experience of the value of a snow garment.

On the 7th of March she was overtaken by the storm on the neighbouring moors, and was gradually snowed up, being unable to move either forward or backward. Thus she remained forty-three hours. Cold as she of course was, the snow nevertheless prevented the cold from assuming a benumbing tendency; and she was able to the last to keep a breathing place about her head. On the second day after, a man crossing the moor saw a woman's bonnet on the snow; he soon found that there was a living woman beneath the bonnet; and a course of judicious treatment restored her to health.

The remarkable case of Elizabeth Woodcock is still more striking. In the winter of 1799 she was returning on horseback from Cambridge to her home in a neighbouring village; and having dismounted for a few minutes, the horse ran away from her. At seven

o'clock on a winter evening she sat down under a thicket, cold, tired, and disheartened. Snow came on; she was too weak to rise, and the consequence was that by the morning the snow had heaped up around her to a height of two feet above her head as she sat.

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The minister, Reverend Peter Keith delivers inspirational yet practical messages which relate to issues of everyday life.

Although small in number our congregation is warm and friendly. There is no pressure to join any group or perform any task...only a warm welcome.

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Becky Jones

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ECOLOGY

Out of hibernation: spring programs

Anne Gageby
Director of Environmental
Education
Strawberry Hill Foundation

The vacillating slide of winter into spring is a wonderful thing, for sure. The last couple of weeks have been quite a ride. Pennsylvania, especially our South Central region, sits on what has felt like a razor's edge of weather opportunity this year. This winter, we prepared for storms that loomed one minute then veered north or south the next, leaving us with little to no bad weather. Before we could breathe a sigh of relief, we turned around and faced bitter cold fronts and snow that we had barely known were coming our way. And we still have all of March ahead of us. The old saying "in like a lion, out like a lamb" comes to mind. Gentler weather would be most welcome.

Despite anxiously awaiting warmer weather, I'm thankful for the cold and snow we've been

gifted this year. Both are good for the forest and help maintain healthy ecosystems. For this reason, I'm especially excited to see how much benefit the forest will experience this year. Will the tick populations be kept more in check? What impact will the snow have on vernal pools and amphibian populations? Will we see more bountiful spring ephemerals? Either way, it feels wonderful to be coming out of hibernation, so to speak.

Yes, people can hibernate, too! Okay, people don't really hibernate the way insects and animals do. But humans do tend to slow down during the long, dark days of winter. It's natural to feel like you're moving slower and don't have as much interest in doing things this time of year. Especially when the temperatures are as low as ours have been.

For us at Strawberry Hill, winter hibernation is the time we prepare for the year ahead. We've been busy behind the scenes working on improvements to



While most species of ground squirrels do hibernate, tree squirrels do not. Instead, they spend much of their time inside their dens when the weather is very cold, yet still venturing out on occasion.

the campus and Nature Classroom. We put in sixteen new interpretive signs around the Middle Creek trail, around the pond, and by the Nature Playground. We have created several new activity stations and opportunities for hands-on fun for kids and families alike in our Nature Classroom. We have several Animal Ambassador displays where kids of all ages can participate in community science activities for each of our animals including our new rainbow trout. Explore and Play hours at the Nature Classroom will continue throughout the spring on Saturdays from 9am-noon.

Maple sugar season is our official start to spring programming but it's not the only fun going on up at Strawberry Hill. Little Timbers is back on Friday mornings from 10-11:30 a.m. starting March 7th and goes through April 25th. Little Timbers is a long-time favorite of our tiniest forest friends and their caregivers. Pre-k aged kids and their families spend time outdoors as weather allows, and enjoy some activities inside our nature classroom.

If you're curious to know more about this ancient tradition turned backyard hobby, check out some of our upcoming programs. We have a variety of maple sugaring-themed programs this month for a variety of audiences. Winter is the sweetest season, after all. Join us as we learn the unique history of our region's favorite treat - maple sugar.

If you're a homeschool family, check out upcoming Homeschool Days - Maple Sugaring on Tuesday, March 18th from 10am-2pm. Our Homeschool Days are designed to take your learning up a notch. Immerse your family in the fun of environmental education while adding rich content to your homeschool portfolio. Each day's programs have been designed around the current Pennsylvania STEELS standards by connecting environmental education with the unique ecology and history of our beautiful state.

Doors open at 9:45am followed by a variety of come and go at your own pace classes and programs. Discover how Native Americans created and used maple sap in The Ancient Art of Maple Sugaring. Next, learn how you can get started collecting your own sap with Maple Sugaring as a Backyard Hobby. Don't forget to stop by the Nature Classroom for some hand-on learning activities and playtime. This day will include a handout families can take home to use in their portfolios.

Did you know that maple isn't the only tree that can be tapped to make syrup? Join us on Satur-

day, March 8th as we dive into the history, ecology, and practice of tapping trees other than maple at Beyond Maple: more trees to tap from 10am-noon. There are all kinds of trees a backyard hobbyist can use to make a variety of sweet treats, many of which are in our own backyards. Part of this program will be outdoors as we search for, learn how to identify, and discover what it takes to tap some lesser known "sweet trees." Donuts and coffee will be served before our program. The price is \$25 per person. Please visit our website or call the office to register.

And finally, Strawberry Hill is proud to announce our Passport to Nature program. This interactive, family-centered program includes scavenger hunts inside the Nature Classroom and outside on campus as well as activities geared toward a variety of family interests such as turtles, tracking, and bird watching. To participate, stop by the Nature Classroom during our Explore and Play hours on Saturdays or stop by the office during regular business hours and pick up your copy. As the name suggests, you'll receive a Passport to Nature booklet with various activities you and your loved ones can complete on your own time or during regular Strawberry Hill programs throughout the year. Completing activities earns you a stamp for each activity completed. Once your passport booklet is finished, bring the passport back to Strawberry Hill to receive your 2025 Passport to Nature prize. This program is free and open to everyone.

Whether you're interested in learning more about maple sugaring, the sweet trees in your backyard, or are just looking to get outside, join us on the hill this spring. Being outdoors this time of year is a fantastic way to ease out of winter hibernation. Let Strawberry Hill help you as you stretch awake and rejoin the great outdoors.

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

Afternoon With An Owl

March 29 at 1:30 at the Pine Hill Recreation Area, 12684 Mentzer Gap Rd, Waynesboro. Enjoy an educational and fun visit with a live owl during this special program, featuring Strix, the Owl Amba-

sador from Strawberry Hill Nature Preserve, and his handler. Attendees will get to see Strix up close and learn all about the life of an owl. Kids will enjoy an owl craft and receive a free copy of the book "Hoot" by Carl Hiaasen.



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IN THE COUNTRY

View hallooo!!!

Tim Iverson
Naturalist

"The Fox went out on a chilly night. He prayed for the moon to give him light for he had many a mile to go that night before he reached the town-o... He ran till he came to the farmer's pen the ducks and the geese were kept therein. He said a couple of you are gonna grease my chin before I leave this town-o... He grabbed the great goose by the neck. He threw a duck across his back and he didn't mind the quack, quack and the legs all danglin' down-o... Well the old gray woman jumped out of bed. Out of the window she popped her head, cryin' John, John the great goose is gone the Fox is on the town-o..."

That's a small excerpt of lyrics from a song called "The Fox" by a popular bluegrass band, Nickel Creek. The song illustrates a contentious history between farmers and foxes, more or less from the foxes' perspective. The fox is an integral part of the ecosystem, and has been for centuries vilified in both literature and sport.

Maryland is lucky to call two species of fox its own, the gray and the red. Both the Gray Fox and the Red Fox are native to Maryland. Similar, yet distinct; each covers a separate niche. The Red Fox is quite resilient and adaptable. This fox is fond of open fields, wetlands, wooded lots, and is increasingly being found thriving in major metropolitan areas. Truly not being too proud to turn its slender nose up at an easy meal there are an estimated 10,000 living in London, as of 2006. The Red Fox does just as well, if not better, in an urban environment via scavenging than it's more rural counterparts. About a year I ago I saw a red fox bounding across the street just outside the Shady Grove Metro station! The Red Fox is truly an omnivore, known to eat small rodents, fruits, grasses, reptiles, birds, invertebrates, and more. This fox is a generalist, and can make do with

many types of potential surroundings. However, not all species are so tolerant of urban encroachment.

The Gray Fox was once the most common fox in the eastern United States. It prefers dense forest, and is actually capable of climbing trees! With retractable claws it can scramble up trees to avoid potential predators and obtain food hiding in the forest canopy. This fox is more intolerant of urbanization, and will be located primarily in rural areas. Numbers for this species of fox are beginning to dwindle due to the ever increasing loss of habitat, and displacement from other predators, such as coyotes. The main threat to this species though is man.

Dating back centuries fox hunting has been a popular past time. In the 4th century BCE Alexander the Great is known to have hunted foxes. The Persians thought that hunting fox was part of "a cultured man's education" and encouraged killing them because they were vermin and distracted the dogs from the hares. This notion carried forward through the Romans into the Dark and Middle Ages in Europe. Eventually, they lost their appeal as strictly parasitic pests and grew into a stately game.

By the end of the 1600's England had been carved into distinct fox hunting territories with fox hunting clubs growing up around these lands. The cry "view halloo" could often be heard by fox hunters once the fox had been spotted out in the open. The hunting tradition carried on into the new American colonies where American tobacco farmers in Virginia and Maryland promoted the merits of hunting the two species offered here:

The grays furnished more fun, the reds more excitement. The grays did not run so far, but usually kept near home, going in a circuit of six or eight miles. 'An old red,' generally so called irrespective of age, as a tribute to his prowess, might lead the dogs all day, and end by losing them as evening fell, after taking them a dead stretch for thirty miles. The capture of a gray was what men boasted of; a chase after 'an old red' was what they 'yarned' about.

This excerpt from The American Turf Register from around 1830 crystallizes the perspective from the time. Subsequently, the sport was banned in Scotland in 2002, and England and Wales in 2004 for being cruel and unnecessary. The notion of the fox as a noble pursuit soon lost hold as the farm culture dominated the new American economy.

Fox proved to be quite a problem for farmers who raise various forms of livestock, and continue to do so. By and large lambs are the target of livestock predation. In Australia this is a particular problem. There are various methods of controlling such issues, most of which can be handled in a non-lethal manner to the fox. Erecting perimeter fences sealed with mesh or wire netting will generally solve the problem. Poison bating methods are extremely common, but pose significant risks to pets, livestock, potential fox predators, and other wildlife. Baiting and relocation are also extremely effective methods of predator control when dealing with fox issues, but these solutions were not always so common.

To many in the past, and still many in the present, fox are vilified. They are treated as vermin, and as such ought to be exterminated is the thought process. While what a fox may need to do in order to survive can cause economic damage to people extermination should not be the first conclusion jumped to. Fox serve a vital role in the overall ecology and health of an ecosystem. Often times when livestock or property is compromised a predator species is singled out and hunted without much confirmation. The best solution to prevent predatory animals is to secure any valuables that may be lost by predation prior to anything else. When you take any members of an intricate web out of the equation things get unbalanced. It's uncertain what the future may hold for the Gray and Red Fox, but through appropriate land management techniques and human interaction they can continue to remain a sly, yet beautiful presence among our fields and even our cities!

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



Foxes serve a vital role in the overall ecology and health of an ecosystem.

Upcoming events at Buttonwood

Telescope Clinic with Tri-State Astronomers: March 1st, from 10 to 2 at the Church of the Apostles, 336 Barnett Ave, Waynesboro. This "telescope clinic" is designed to help you learn how to maximize your use of a telescope. If you have a telescope and you're not sure what to do next, bring it to the telescope clinic for some guidance.

Feathers, Fur & Fins: March 6, from 6 to 7 at the Church of the Apostles. Presented by Linette Mansberger, nature photographer and board member of South Mountain Audubon Society. Mansberger will showcase birds that are found near various water habitats in south central Pennsylvania. She will teach about the families of birds that frequent wetlands, ponds, streams, etc, as well as some of the birds' unique characteristics.

The Beavers at Gettysburg National Park: March 13, 7 p.m. at the Church of the Apostles. Presented by Chris Davis, park biologist at Gettysburg National Park. Davis will discuss various aspects of managing dynamic ecosystem processes like beaver activity in a park

that is defined by historic landscape preservation.

Wildlife and Water Habitats: March 20 at 7 p.m. at the Church of the Apostles. South-central Pennsylvania has many opportunities for outdoor recreation on area waterways, with several popular destinations for fishing, paddling, and boating. This presentation will discuss what types of fish may be found in area streams, lakes and ponds, including native brook trout, largemouth bass and others.

Owl Prowl: March 22 at 7 p.m. at the Buttonwood Nature Center. Learn about nighttime birds of prey during an evening hike in the woods with a Buttonwood naturalist. The group will listen for owl calls and try to spot owls or other nocturnal creatures. Wear dark clothing and sturdy shoes. Bring a red-light flashlight if you have one. Participants get a free copy of the book "Hoot" by Carl Hiaasen, while supplies last.

For more information on these events visit buttonwoodnaturecenter.org or email to info@buttonwoodnaturecenter.org.



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SCIENCE MATTERS

How the “universe” got bigger in 1925

Boyce Rensberger

The universe as we know it is 100 years old. Stick with me here.

Until 1925 most scientists thought that our Milky Way galaxy was the entire universe. Indeed, most astronomers thought that everything they saw in their telescopes existed within our galaxy and that nothing lay beyond. As some put it, we live in an “island universe,” a lone galaxy in a sea of nothingness. Other astronomers suggested that the universe surely contained other galaxies, but they had no proof. This was one of the great debates within astronomy in those days.

Then, exactly one century ago the American astronomer Edwin Hubble delivered a scientific paper presenting strong evidence that some of the fuzzy patches of light they could see in their telescopes (so nebulous that they called them nebulae) were actually entire galaxies of their own -- galaxies far beyond the edge of our beloved Milky Way. That was the year when the universe as we know it was born.

Actually, our knowledge of the universe has improved since then, and you are free to argue that the universe “as we know it” is younger than I said. But 100 is a nice, round number to celebrate. So that’s where I’m going to start. I may devote a future column to the newer changes.

For now, I should explain the evidence that Hubble presented, but to do that I must go back a few years earlier, back to 1908 and the work of a deaf astronomer named Henrietta Swan Leavitt. She’s another of the female scientists whose work paved the way for a male scientist who became

more famous. She was one of the giants on whose shoulders Hubble stood.

Working at the Harvard College Observatory, Leavitt examined hundreds of photographs taken through a telescope and measured the position and brightness of each of many thousands of stars. The pictures were of specific patches of sky, each photographed repeatedly every few days.

Leavitt noticed that a few dots of light fluctuated in brightness over time. They were stars that somehow got brighter and then dimmer in regular cycles that ranged from days to months. And she went a step further. She discovered a pattern. She saw that the bright stars cycled slowly while the dim ones were faster. It was a pattern she recognized in hundreds of stars. Because she found these in the constellation Cepheus, they were called “Cepheid variables.”

So what? Well, Leavitt had uncovered a key relationship. The cycling rate corresponded directly to its intrinsic brightness. For example, let’s say a certain Cepheid variable in our galaxy takes eight-days to cycle, and it has a certain brightness. Now we look somewhere else in the sky and see another variable star that takes eight days. But if that star looks much dimmer, we can infer that it really is as bright as an eight-day Cepheid but must be farther away to look so dim to us.

As scientists usually put it, the intrinsic or actual brightness of a star can be deduced from its apparent brightness depending on how fast it cycles. Put another way, they realized that there was a direct relationship between apparent brightness and

distance. An eight-day star that was half as bright as the eight-day Cepheid was twice as far away.

What Hubble described in his 1925 presentation was that he had found numerous variable stars cycling at rates measured by Leavitt. But they were so much dimmer than the original Cepheids that they had to be in galaxies far beyond the Milky Way.

So, one century ago, Earthlings discovered that we were not a lonely island in a sea of nothingness; we were one island in a sea of many other islands. One of the great debates in astronomy was settled by evidence that everybody agreed on. The universe has many galaxies, trillions as we know today.

This discovery dealt another blow to the long-held belief that Earth is at the center of all that exists. That view dates back to Aristotle, Ptolemy and beyond. It began to crumble in 1543 when Nicolaus Copernicus published evidence that Earth is not the center of the universe but that it orbited a different center, the sun. In 1610 Galileo Galilei published further evidence that confirmed Copernicus. The Roman Catholic Church condemned these findings as heresy because they contradicted a literal reading of the Bible. Under threat of torture, the Roman Inquisition forced Galileo to recant and sentenced him to house arrest, where he remained for nine years until his death.

Hubble would, of course, go on to change the known universe again in 1929. He discovered that galaxies are moving away from each other and that the farther away each galaxy is, the faster it is receding from us. The evidence came from studying the



Henrietta Swan Leavitt and galaxies seen by the Hubble Space Telescope. Most dots of light here are galaxies.

color spectrum of light coming from distant galaxies. He noticed that the colors were stretched farther apart than in the spectrum we know on Earth, all of them appearing to have been shifted to the red end of the spectrum.

Hubble interpreted this as similar to the Doppler effect on sound. To repeat a familiar example, if a siren is coming toward us, we hear a certain pitch. But once the siren goes past, the pitch lowers. This happens because the oncoming vehicle’s speed compresses the sound waves, making them seem higher pitched. Once the siren goes past, the vehicle’s speed stretches the sound waves, shifting them to a lower pitch.

It turns out that all the other galaxies are red-shifted. So they must be speeding away from us. The universe, Hubble concluded, is expanding. Moreover, if you traced the movements backward in time, there once was a beginning when everything was compressed into a point that had undergone a Big Bang.

Henrietta Swan Leavitt, for her part, was nominated for the Nobel Prize but, sadly, she had died four years earlier, in 1921. Nobels are awarded only to the living. She succumbed to stomach cancer at the age of 53.

FUN FACT: The name “Milky Way” goes back at least 2500 years. The ancient Romans, for example, called it “via lactea.” Our word “galaxy” comes from the ancient Greek “galaxias,” meaning “milky.” Until modern times, nobody knew that the Milky Way was our edge-on view of a giant wheel of at least 100 billion stars.

Boyce Rensberger retired to Frederick County after some 40 years as a science writer and editor, primarily at *The Washington Post* and *The New York Times*. He welcomes feedback at boycerensberger@gmail.com.

To read other articles by Boyce Rensberger, visit the Authors section of *Emmitsburg.net*.



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THE VILLAGE IDIOT

War on the poor

Jack Deatherage

In his January 1964 State of the Union address, President Lyndon Johnson proclaimed, "This administration today, here and now, declares unconditional war on poverty in America." In the 50 years since then, U.S. taxpayers have spent over \$22 trillion on anti-poverty programs. Adjusted for inflation, this spending (which does not include Social Security or Medicare) is three times the cost of all U.S. military wars since the American Revolution. Yet progress against poverty, as measured by the U.S. Census Bureau, has been minimal, and in terms of President Johnson's main goal of reducing the "causes" rather than the mere "consequences" of poverty, the War on Poverty has failed completely. In fact, a significant portion of the population is now less capable of self-sufficiency than it was when the War on Poverty began. - The Heritage Foundation, September 2014

Slap "lies, damned lies, and statistics" down alongside the various online articles about the effectiveness, or lack, of Johnson's war on the poor, and I abandon what little research I'm capable of. I'd ignore the nationwide topic completely except the war is also happening at the state, county and municipal levels.

How so? "The National Pollutant Discharge Elimination System (NPDES) permit program was established in 1972 under the federal Clean Water Act (CWA)", followed by "... Section (402)p to the CWA in 1987 in response to the need to address pollution from stormwater discharges from municipal systems." - Maryland's Municipal Separate Storm Sewer System (MS4) Permit Program.

Maryland crammed down unfunded mandates on towns struggling with decaying (often failing water and sewer lines), as well as inflation driving labor and material costs beyond the capabilities of a population slowly sinking into poverty. According to unitedforalice.org, 32% of households in Frederick County were at or below the ALICE: Asset Limited, Income Constrained, Employed level of poverty. Emmitsburg's share of that is 52%. I don't know if that includes our federally recognized 11.5% of our popula-

tion currently living in poverty. Assuming it doesn't, how does one squeeze more taxes out of the 36.5% of the households above those poverty levels?

Emmitsburg's poor may not be aware of the federal and state mandates that make their lives more difficult. When one is agonizing over how to pay the electric bill, the rent and purchase groceries, not much attention is likely spared for what distant politicians and bureaucrats are doing to make the situation worse. I doubt most people, poor or not, are aware of what the county does to make life more difficult for everyone living here, but more so for the poor.

Mandatory fire suppression systems in all new construction, electric vehicle charging stations in all new homes and expansion tanks on all water heaters that for decades did not require them, are just a few costs the county has dumped on the area's poor people. How so? These and other county code requirements drive housing costs ever higher. All costs flow downhill. Who is at the bottom of the hill? It ain't those pushing these mandates.

The DW and my parents spent part of their childhoods living in houses without running water, indoor toilets or electricity. Houses lit at night by coal oil lamps and candles. Houses with holes in their kitchen ceilings that allowed the heat to move up into the unheated rooms above. I'm old enough to have lived, however briefly, in some of those houses. The DW and I still had relatives carrying water from a neighborhood spring or lifting water in buckets dropped into wells as late as the 1980s. Water heated on top of wood burning stoves for cooking meals, washing clothes and bathing is not unknown to either of us.

The closest I come to living as my parents did was when I was homeless, sleeping in a dilapidated camper I'd brought to the leather factory on Creamery Road. One of those glorified boxes that sits in the bed of a pickup truck. The floor was falling out of it. The natural gas furnace didn't work. I lit candles to read by at night. Come winter, I slept in my clothes, covered with every blanket I could scrounge. Ever crawl out of bed, shove your feet

into shoes that were frozen to the floor? Ever stumble shivering into an uninsulated, unheated, cement floored, block building and turn on the cold water to wash up with because there was no hot water, nor anything but a coffee maker to heat water with? That'll wake ya on a frigid morning.

One day, my motorcycle frozen to the ground beside the camper, better than a foot of snow down, two state policemen confronted me outside the camper. They informed me I could not live in the camper, or the factory. I was violating county and town codes. I shrugged and told them to arrest me then because I had nowhere else to go and I figured jail would be a good deal warmer than the camper. (I also knew there were other homeless people in town who slept in unused barns and backyard garages and had been doing so for years without cops, code enforcers or county inspectors bothering them. I was just too obvious to ignore I guess.)

The cops looked at each other. The older one said, "You're a nut."

I could have corrected him but nut and idiot are close enough, and nut is easier to spell when writing a police report. They returned to their cruisers and left me to freeze, which was cool by me.

Leaping forward 41 years, I sit through a town council workshop listening to the mayor make his case for changing town codes to protect the low income renters living in houses and buildings that were once grandfathered in as



For many, outhouses are items for history books. However, there are many others who find them to be personal memories of a much simpler time now overtaken by countless regulations drawn up by wannabe potentates.

new codes were put in place. Most of the codes are in place to protect the residents and their neighbors on Main Street and a few on the avenues where houses are cheek to jowl. The old town is one chimney, electrical, or gas leak fire away from multiple houses going up in flames. I get it.

I also get that bringing some old houses up to current codes is going to cost nearly as much as tearing down the buildings and putting up compliant new ones. I'm already hearing renters complaining about rent increases and the lack of low income housing. The town enforcing compliance with county codes will drive rents much higher and will increase the exodus of low income residents, some of them life-long Emmitsburgers.

The commissioners' workshop can be watched on the town's You-

Tube channel- "Board of Commissioners Workshop 2/10/24" (date is incorrect). First hour of the video concerns rental units specifically for college/university students. The last hour is a debate about creating a rental registry. The Emmitsburg branch of the county library has computers the workshop video can be accessed through if needs be.

This potential code change is going to be a tough call for the commissioners. They'd like to know what the citizenry thinks before they establish a new town code.

I've emailed them my thoughts. Don't let the village idiot be the only one they hear from.

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

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THE MASTER GARDENER

Permaculture

Debbie Luquette
Adams County Master Gardener

A gardening method that becomes a lifestyle. As my husband and I anticipated our move to Adams County, I began thinking about the next phase of my gardening life. He wanted 'land!' We agreed previously that he couldn't have a tractor unless we had enough land to justify it. So, we got a few acres and a tractor. What will we do with the land?

I read a lot, thought about possibilities, and eventually came across the concept of permaculture. As a reader of Mother Earth News since the 1970s, I was aware of many alternative methods of home food production. But permaculture?

Permaculture is an ecologically based gardening method that originated in the 1970s in Australia as the result of collaboration by Bill Mollison and David Holmgren. These men set about to develop a form of agricultural principles based on imitating the function of the natural world. The earth provides abundantly when we let her do what she is capable of.

Their methodology depends heavily on long-term working with natural systems to produce food. Hence the name permaculture: permanent + agriculture.

They observed natural systems and saw how the interactions of plants, animals, fungi, protists and bacteria led to ecosystems that produced abundance without human inputs and mechanical tillage. With some exceptions, a terrestrial ecosystem in its natural state is a closed system. Theoretically, solar energy, rainwater, and carbon dioxide are the only resources coming into the system. Metabolic heat and ground water are the only elements leaving.

Mollison and Holmgren were able to explain their agricultural system using 12 principles, which can be applied to developing gardening systems anywhere. As their principles and methods made it to the West Coast, similar climates allowed them to be easily translated into farms and gardens. A few individuals and small groups were engaged in the permaculture lifestyle. However, it didn't appear to become a widespread practice.

As this idealized system moved east it went through changes that made the practice workable in different climate and soil regimes. The principles didn't change, only how the principles were applied. The outgrowth became gardening systems that were often not entirely self-reliant, but practical for the circumstances of individual gardeners.

Mollison and Holmgren developed their permaculture system observing nature and how Australia's Aboriginal peoples lived as part of nature. Their lifestyle helped these modern permaculturists understand how and why native people lived as they do. Aboriginal peoples thrived because they observed and lived with nature for millennia, being part of it, not controlling it. It was their lifestyle.

The first principle, observe and interact, informs the other eleven. We should observe and interact with the natural world. Perhaps you work in your garden for the joy of seeing bees move from bloom to bloom, the wasp capturing a cabbage worm, the beetle larva wiggling back under the compost. As we watch what is going on in our individual spaces, we begin to understand there is something bigger going on there that is outside our garden management.

You might think that we need to till the soil, apply fertilizers, plant single crops in straight rows to make weeding easier, fight off marauding insects . . . Observe nature. Who tills? Do wild berries grow in straight lines? How does Nature try to stop the insects that damage her plants?

We can emulate Nature, at least to a manageable degree. We can plant multiple crops in one bed. We can plant flowers that attract beneficial insects in and around those mixed-crop beds. Chemical fertilizers? They actually inhibit the bacteria, protists and the miraculous fungi in the soil which are responsible for feeding our gardens!



Permaculture is an ecologically based gardening method that originated in the 1970s based on imitating the function of the natural world.

Nature doesn't use bagged fertilizers. Compost is the way to go! Plant wastes are the food of the soil microbiome in Nature, as it could be in our gardens. As we use fewer inputs from outside sources, our gardens become more self-reliant and more resilient. We are closing the ecosystem loop, taking in less material and inputs from outside while keeping more waste on our land by cycling it into a homegrown resource.

We can appreciate some of Nature's other benefits, too. There is a lot of diversity in nature, though these days we seem to struggle with non-native diversity that wants to overrun our gardens. We can remove all that is possible and keep those pest plants and insects from reproducing and leaving their progeny behind for us to deal with again. Eventually, many will become part of our native 'biota,' like dandelions which are now pollinator plants, food, and if we are willing to tolerate them, nutrient accumulating plants.

As you read the principles of permaculture, you get the impression that the way the gardener treats his or her land is important. It is good for the whole natural system that makes up that piece of property. And these are principles that can affect one's life beyond the driveway.

Permaculture involves wise use of nonrenewable resources or finding substitutes. It involves building resiliency. It includes sharing the harvest. A group of Master Gardeners discussing permaculture recently concluded that it is an ethic.

When a gardener starts reading about alternative practices, especially about growing food, she is likely to bump into two terms – permaculture and ecological gardening. At first, they seem to be synonyms. They both refer to gardening in an environmentally friendly way. When she digs a little deeper, she sees there is a difference in ethic more than a difference in method.

While permaculture and ecological gardening both involve sustainable practices – e.g. no-till planting and copious amounts of compost – permaculture also implies self-sufficiency, sharing the harvest, and earth friendly decision making. That is a bit of an oversimplification, but is one system better than the other? That depends on the circumstances, making it a question for the gardener to decide. For me, strict adherence to permaculture practices is largely impractical. Let's explore this further.

If permaculture and ecological gardening sound like they are about food self-sufficiency, why would someone who enjoys a beautiful landscape and values the animal life that flowers attract, keep reading this? My answer is, why not have a bit of both? In fact, I believe a food garden without flowering plants wouldn't just be ecologically unfriendly, but a less pleasant place to spend time as well. Even in a flowering landscape, one can grow some visually attractive vegetable plants. If you want your landscape to be all flowers, could you add an herb garden in containers?

Another question that arises is how much space does it take? As much as you have! Most permaculture plans describe large plantings of annual and perennial vegetables, along with fruit-bearing shrubs, and fruit and nut trees. But ecological gardening doesn't imply self-sufficiency. There are folks who have urban farms and suburban homesteads. They are squeezing more production out of small spaces. In fact, it's easier if most of your work is just a few steps out the back door. Whether you use a faucet or rain barrels, the distance between the water source and the plants is shorter, too.

To get more production out of a small space, think about how you can use the space you have creatively. Try growing vertically. Pole beans and most of the squash family are vines that want to climb, and sweet potato foliage can be tied to supports. The open space beneath your climbing vines can be used for companion planting. Beans growing on supports can

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THE MASTER GARDENER

shade lettuce, and even better, nearby nasturtiums deter Mexican bean beetles.

Another small space hack is successional planting, in which a new crop is put into the ground as an earlier crop finishes. Once early lettuce, spinach or broccoli finishes, the space can be used for planting bush beans. Or plant a fast-growing cover crop, like buckwheat, which goes through its life cycle in one month. When the buckwheat starts to flower, cut it at the soil line and lay it on the ground. Once dry, break it up to use for mulch for a fall planting of carrots and beets. These two examples of successional planting of seasonal plants make use of timing; cool-loving spring plants – warm-loving summer plants – cool-loving fall plants. Using buckwheat for mulch ‘closes the loop,’ allowing the crop waste to cover the ground to retain soil moisture until it decays, becoming food for the soil microorganisms that feed subsequent plants.

Herbs can be incorporated into an ecological garden design easily. By far the easiest method is container-grown herbs since they can often be placed right outside the back door. Nothing slows dinner at our house like needing the herbs that are out in the vegetable garden. Besides the distance, there’s the distraction of watching the insects or deciding that those weeds need to go now.

But out in the vegetable garden, annual herbs are wonderful companion plants. Dill seeded among broccoli, cauliflower and kohlrabi take up almost no room. Basil is a great companion for tomatoes. Marjoram, chervil and cilantro can be tucked into openings anywhere. (One exception: dill doesn’t get along well with carrots or tomatoes.) And how about a corner of the vegetable garden for non-spreading perennial herbs, like tarragon or lavender? Stay away from the aggressive thyme, oregano and other mint family members.

And why should the garden grow just vegetables when beneficial insects love flowers? Within the vegetable garden where crops are rotated yearly, annuals are the best choice, especially species of the aster family – calendula, marigolds, cosmos, and if space allows, sunflowers and tithonia.

Another space-saving ecological landscape design concept is the guild, a planting of one or more fruit or nut trees (choose dwarf trees for small properties), with accessory plants surrounding it. The design concept used here is that each component has more than one function. The functions are generally considered food, medicine and tea for people. For wildlife the accessory plants provide food (including pollen and nectar for beneficial insects), pest animal deterrents, nutrient accumulators, soil builders, nitrogen fixers, and organic matter, which decays in place to become compost).

Starting small is best; if design mistakes become obvious, they can be rooted out early. My first attempt included members of the mint family for pollinators, and it went completely awry. I have since learned. I found a helpful book, *Integrated Forest Gardening*, by W. Weiseman, D. Halsey and B. Ruddock, which has several sample guild designs. It also lists many of the commonly used plants for guild designs, their value for humans and their ecological functions. Obviously, guilds don’t become productive as quickly as vegetable gardens, but they add valuable diversity to a backyard as a standalone landscape feature.

For the gardener, the vision is building sustainability and resiliency into personal landscape design. The beautiful plants, fresh produce, birds and beneficial insects that thrive alongside you are the rewards. You decide whether it’s permaculture or ecological design.

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

Small Town Gardener

Cutting back and beginning again

Marianne Willburn

By the beginning of March, cutting back the glories of last summer has begun to feature heavily on the gardener’s weekend to-do list, claiming what little time we have between laundry and tax returns. It may be a huge job, or a small one, depending on what you did last fall.

There are two schools of thought at the end of autumn. One, that the gardener neatens and puts the last of his back out in a final, pre-Christmas wrestle with Nature; or two, that he ignores it and goes to Puerto Rico for a long, well-deserved holiday.

The brilliance of the second plan is that, correctly spun, the gardener is merely showing great deference for the wild creatures that inhabit his garden during the winter – giving them the food, lodging and general succor that is less and less available as our wild spaces fall prey to the developer’s magic re-zoning pen. It is rare thing when our altruistic moments coincide with our more self-interested ones, and thus I embrace this plan whole heartedly.

Thus, I’ve got a lot of pruning and cutting back to do in these next few weeks, and it’s not always easy to start. Aside from the cold, I have gotten quite used to the shapes of last year’s garden in all its muted, disheveled sweetness, and have a hard time letting go – even with the promise of new and better growth ahead.

The grasses are the hardest to see go, with their punctuated rhythms that create flow and echo tawny color throughout the garden; but the fertile fronds of the ostrich and sensitive ferns are also mourned.



Last year’s garden growth is a perfect winter habitat for birds and insects.

They are present in such abundance and mark territory that will be dormant for a few weeks yet. And the less I say about the rounded hips on the roses the better.

Here are a few tips for the work that awaits both of us – hopefully making the process easier and faster.

Relish small accomplishments. It’s usually a big job. Make a decision to work on a section of your garden or a particular type of plant and see that job through to the end. For example, prune all the roses, or cut all the grasses, or all the ferns – or simply deal with the area around the front door. If your shrub requires fertilizer, feeding once you’ve pruned is a good way to keep track of what you’ve done.

Before you begin, do a proper yearly renovation of your pruners or loppers or shears with a diamond file and a wet sharpening stone. It’s a task that’s easy to do in front of the TV on a cold night and hard to do in a cold potting shed with the wind blowing. A grit embedded eraser (available at manufacturers like Niwaki) will also remove all the sap and nonsense from last year. Sharp pruners make all the difference for the health of your plant and for the speed at which you can prune.

Keep a wheelbarrow with you to contain the debris before it goes on

the ground and makes piles you “need to get to” in another four weeks. Clean as you go and you’ll feel better about what you did.

Add a few plastic trugs to your tool shed, allowing you to bring them into beds, fill them and dump them into the wheelbarrow instead of flinging bits of rose cane from the middle of the beds in the general direction of the wheelbarrow.

Cutting back grasses can be a tiring job. If you have many, you may want to invest in a small battery-operated hedge trimmer, which makes extremely short work of a large job (I use the Ego 56V series and adore it). Make it easier still by using a long bungee cord around the girth of the grass, and then cutting low at the base. You’ll have an easily managed bunch of dried grass to dispose of.

Don’t go crazy and start whacking back plants that aren’t going to show you new buds for a while yet such as fig or chaste tree. Our cold winter killed many new buds, but plants such as hydrangea may yet have life below the killed layers of the bud itself. Take a wait and see approach. They’ll let you know what kind of winter they had soon enough.

Cutting back can be a satisfying spring job, but you may want to make changes in your timing (fall/winter) depending on what you’re seeing out there now (such as a huge amount of seedlings from those grass heads). I’ll be rethinking the extra mulch I’ve piled on canna, as most of it has simply given cover to new dynasties of voles, who have very much enjoyed the comforts of shelter and a good meal, and are excited about the new grandkids three holes down.

Marianne is the author of two books, a contributing editor at GardenRant.com, and a co-host of the new gardening podcast, “The Garden Mixer.”

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PETS

My mom gave up on me

Jennifer Vanderau
Cumberland Valley Animal Shelter

I'm not really sure why. I know sometimes I had accidents in the house and a lot of nights I would get under her feet while she was trying to get the kids ready for bed, but...

I just missed her. We used to hang out all the time and play and snuggle when Mom first brought me home. It was my favorite part of the day. She would come home and tell me about her day and we'd watch TV and it would be just us.

Sometimes we'd go out in the yard and play ball or she'd take me to the dog park and everything was really amazing.

Then she met Mark and she was so excited about getting married and Mark was really cool and seemed to like me a lot and that first year with Mark, Mom and me, it was everything I had heard a family could be.

Then the children came along – two boys and a girl – and I was really happy and wanted to share in the joy, but it seemed like all I ever did was get in the way.

So, Mom gave up on me.

I couldn't seem to connect with her like I used to. She didn't even want to snuggle on those rare moments when she got a chance to sit down at the end of the night. I knew there was a time when I could have made her feel better and given her a moment of respite. It was still there. I could feel it.

She just didn't want it anymore and

would push me away when I jumped up in her lap.

Maybe I had done something, but I really don't know what.

Mom gave up on me.

She took me to the Cumberland Valley Animal Shelter and said she didn't have time for me. She didn't really even seem all that bothered by it.

I thought I meant more to her than that, but...

Mom gave up on me.

The people at the shelter were pretty upset that she did that to me. They say I'm a real nice dog and they can't understand why someone would just surrender me to the shelter like that.

I'm not so sure either.

Maybe I should be mad. The animals in the kennels say it would make sense if I was angry. I could take it out on all the other people who try to be nice to me, but...

That's just not me. The people at the shelter treat me so sweetly. They take me on walks and snuggle with me like Mom used to do.

I really don't want to become something that I'm not just because Mom gave up on me.

I'm at the shelter for a few weeks when a man and a woman look at me in my kennel and for a second, I don't even blink. There's something in their eyes that gives me a warm feeling in my heart and shivers all along my legs.

They read about my story and take me into a bonding room and both of them just pet me for the longest time. I

see sadness in their eyes, but also an odd sense of conviction.

The woman says, "We can give her what the other people didn't."

I put my head on her knee. It's the only way I have to say how much her words mean to me.

They adopt me the next day.

My mom gave up on me, but as I head home with these new people, something tells me that's not going to happen again.

The first night, I'm allowed to sleep in their bed and they both make sure I'm comfortable and safe. I'm a little nervous because this is how it started out with Mom and I worry that maybe all relationships with humans don't work out, but I just get the sense there's something here. The three of us have a bond.

I make a vow that night to do everything I can to stay with them.

Over the years, the family grows – they have two boys and we play all the time. They show the boys how to treat me right and feed me and every moment, I am a part of this family. We all watch TV together at night. They take me on their vacations. I get to sit under the table at dinner time.

There's never anything I'm left out of – except some of the turkey on Thanksgiving and chocolate on Valentine's Day, no matter how much I try to beg, but they tell me that's for my own good.

Eight years after I was adopted by my new Mom and Dad, I have a realization. I'm sitting in the sun room with the family and I'm watching a squirrel in the yard when I think about my other Mom and how she gave up on me.

I turn my head to look at Dad on his chair and he smiles at me.

Maybe my other Mom gave up on me so I could meet the family I was supposed to have. Yes, it hurt when I was left in a kennel, but with the help of the people at the shelter, I found a better place.

My mom gave up on me.

And I'm actually really glad that she did.

Jennifer Vanderau is the Public Relations Coordinator for the Cumberland Valley Animal Shelter and can be reached at cvas-comm@cvas-pets.org. The shelter accepts both monetary and pet supply donations. For more information, call the shelter at 717-263-5791 or visit the website www.cvas-pets.org. CVAS also operates a thrift store in Chambersburg. Help support the animals at the shelter by donating to or shopping at the store.



Frankie came into the shelter because his owners could no longer care for him. He's a 7-year-old orange boy who still likes to play and loves treats! Could you give Frankie his second chance at a loving home?



Link is a 1-year-old orange-and-white boy who really loves attention. He's also playful and very sweet. Link will make someone a wonderful companion. Could that be you?



Bonnie is a sweet, senior girl who would love to find a loving forever home in which to spend her golden years. She is a 10-year-old Chihuahua mix who came in as a stray. Bonnie recently had a dental procedure done where she lost 11 teeth that were causing her discomfort. During her dental procedure Bonnie was spayed and had a small mass removed from her mammary chain, and it turned out to be a mammary carcinoma grade 1, which had clean margins when it was removed. Most of these types of masses are cured by removal. Bonnie is a happy girl that would prefer an adult only home. Can you give this sweetheart a second chance?



Duke arrived at the shelter as a stray and is what we believe to be a lab mix aged about 4-years-old. He is one loveable guy but would prefer a home without cats. He would also do best in a home with older kids due to his energy level and jumping up. Do you have the right place for this sweet fella'?



Semi was surrendered to the shelter due to landlord issues. She is a 5-month-old German Short hair Pointer/German Shepherd Mix. She is a typical puppy and will need someone that understands the time and patience that goes into training and raising a puppy. Semi would love to find her loving forever home soon.

For more information about Frankie, Link, Bonnie, Duke, or Semi, call the Cumberland Valley Animal shelter at 717-263-5791, or visit them online at www.cvaspets.org or better yet, visit them in person at the shelter!

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Before humans die, they write their last Will & Testament, give their home & all they have, to those they leave behind. If, with my paws, I could do the same, this is what I'd ask...

To a poor and lonely stray I'd give:

- My happy home.
- My bowl & cozy bed, soft pillows and all my toys.
- The lap, which I loved so much.
- The hand that stroked my fur & the sweet voice which spoke my name.


I'd Will to the sad, scared shelter dog, the place I had in my human's loving heart, of which there seemed no bounds.

So, when I die, please do not say, "I will never have a pet again, for the loss and pain is more than I can stand."

Instead, go find an unloved dog, one whose life has held no joy or hope and give MY place to HIM.

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

-- Author Unknown



What does “No-Kill” mean?

Bethany Davidson
FCAC Humane Educator

Frederick County Animal Control & Pet Adoption Center often receives questions in person, over the phone and on social media regarding the issue of “No-Kill.” While happy endings are always our goal and something we strive hard for daily, sometimes those positive outcomes are just not possible or humane. We never want any animal to suffer or to put people and other animals in our community at risk. Our organization has always been open and honest about our policies on euthanasia. At FCAC we do not euthanize for length of stay or population control. However, we do humanely euthanize for reasons of health, behavior and/or temperament. We also perform owner request euthanasia for those members of the Frederick County community who are unable to afford such services at local veterinarians. At FCAC all healthy, behaviorally sound, and adoptable animals will remain in

our care until they are adopted or placed with a rescue organization.

While we do not label ourselves as a “No-Kill” facility, we do believe in the basic philosophy, which according to Best Friends Animal Society, is “saving every dog or cat in a shelter that can be saved.” The movement itself can be a controversial one for a variety of reasons with a lack of understanding of the term being at the top of the list. Best Friends Animal Society is a leading organization in the No-Kill Movement and when defining the term they state the following: “Typically the number of pets who are suffering from irreparable medical or behavioral issues that compromise their quality of life and prevent them from being rehomed is not more than 10% of all dogs and cats entering shelters. Therefore, we designate shelters that meet the 90% save-rate benchmark as no-kill.” They go on to state that while the benchmark serves as a way to gauge progress, save rates may vary from facility to facility based on things such as services provided.

FCAC prepares statistics monthly and publishes those reports on our

website. You can find them at the following link: www.frederickcountymd.gov/15/Animal-Control. We also submit our statistics online to the Maryland Department of Agriculture which then calculates live release rates for us. According to that report, our approximate live release rate for the fourth quarter (October – December) of 2024 was 77% for dogs and 79% for cats. Our combined live release rate for the quarter was 78% putting us very close to that benchmark save rate of 90%.

Euthanasia is a difficult topic. Making those difficult decisions is not something that we enjoy or take lightly. All information is reviewed and multiple staff members must approve each decision. Our goal is always to do what is in the best interest of the animal and the Frederick County community. Frederick County Animal Control strives to be as transparent as possible. We are happy to answer questions from the community on this and other topics. Without community support, we would not be able to save the lives of as many animals as we do each year.



Bones and Kirk were found together in Brunswick and brought to the shelter in mid-January. We'll never know if they came from the same home, or teamed up as strays, but what we have discovered is that they really enjoy each other's company. Therefore, we have made them “Better Together” and hope to find a home that is willing to adopt both dogs.



Finley is an adorable 6-month-old German Shepherd Mix. He is friendly with new people, as well as other dogs, but fears new things and will need to be shown the world is not a scary place. Finley has a genetic anomaly, which causes the ligaments in his front feet to be loose. He is currently undergoing physical therapy at the shelter and his new owner will need to continue the therapy to ensure his ligament and muscles are as strong as possible.



Zarco is quite the looker! His muscular build, merle coat and blue eyes make him a standout in any crowd. He is approximately one year old and was found on Rosebay Ct in Frederick. He is a friendly, big, goofy guy and reacts favorably to other dogs at the shelter. Since arriving at the shelter, Zarco has been neutered, microchipped and brought up to date on routine vaccinations. The only thing he still needs is a new family.



Hallie was adopted from our facility on New Year's Eve 2024. Unfortunately, after a few short weeks she was brought back to us due to her new owner's declining health. Hallie is very friendly and is quick to head butt your hand to encourage petting. She does prefer to keep her paws on the ground but does enjoy sitting beside or in a person's lap. Hallie's easy-going personality would make her a great fit for families with kids of any age, and we hope her next home is her last.



Moon spent her whole life in one home but was relinquished to the shelter when her family moved to another country. Needless to say, she is somewhat overwhelmed by how busy the shelter can be but is acclimating slowly to her new routine. She is friendly and affectionate but does take a moment to warm up to new people. With a little patience, Moon will make a great companion cat to some lucky family!



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For more information about Bones and Kirk, Finley, Zarco, Hallie, or Moon call the Frederick County Animal Shelter at 301-600-1319 or visit them online at www.frederickcountymd.gov/fcac or better yet, visit them in person at the shelter!

ROCKY RIDGE VOLUNTEER FIRE COMPANY AWARD BANQUET



Auxiliary Officers (front row): Pat Riggs - President, Nancy Summers - Vice President, Linda Northrup -Treasurer, Nancy Baker - Asst. Treasurer, Jerry Free - Secretary. **Back row:** Christine Kaas - Historian, Joann Hurley - Asst. Chaplain, Bonnie Sanders - Chaplain, and Kim Norris - Asst. Secretary.



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40-year pin recipients: Marianne Spevak, Bonny Hurley, Linda Northrup, and Helen Burrier.



Dennis Mathias presenting Dale Kline with his 60-year membership pin.



Linda Northrup presenting Joseph Youngerman with Charles Mumma Fire Fighter of the Year Award.



Linda Northrup presenting Wesley Burrier with this year's Honor Member Award.



Auxiliary Vice President Nancy Summers presenting President Dale Kline with a check for \$25,000



No Rocky Ridge Award Banquet will be complete without a close up photo of Bun Wivell and Dale Kline.



Alan Hurley, recipient of the President's Award, with President Dale Kline.

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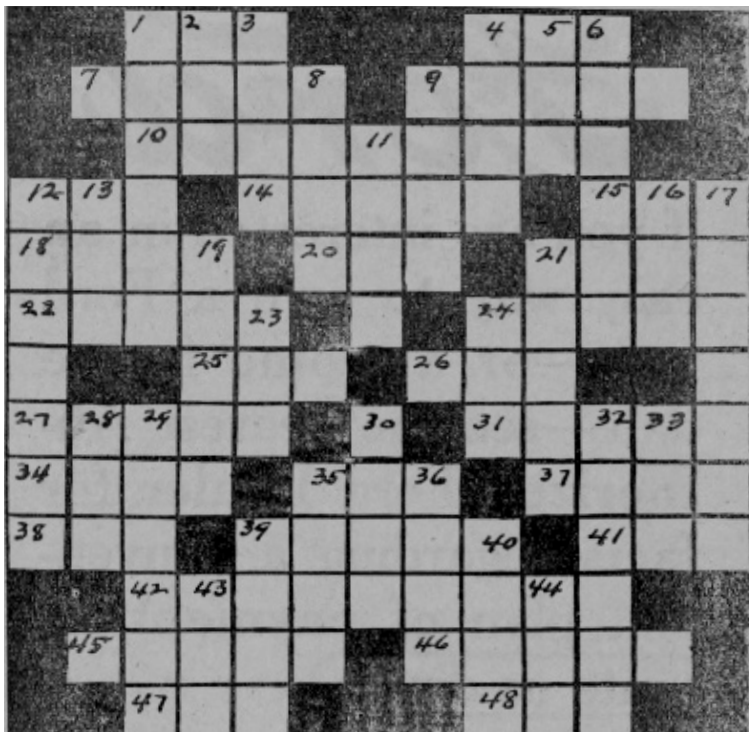
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COMMUNITY NOTES

The Record's Cross Word Puzzle ~ March 1925



Solution will appear in next month's issue

Vertical:

- 1 - An Ancient Priestess of Deer
- 3 - A hollow Place
- 4 - Anything taken by force
- 5 - Prominent writer's first name
- 6 - Aggregate of Property
- 8 - Country in England
- 9 - Lady's Name
- 11 - Signifying "and ten"
- 12 - Monopolize
- 13 - Country in Africa (Abbr)
- 16 - To remove seeds
- 17 - Giver of permanent support
- 19 - Numeral
- 21 - In a frenzied manner
- 23 - Fruit of certain trees
- 24 - End of problem (Abbr)
- 28 - Indian tribe
- 29 - Distinction of sex
- 30 - An elaborate Melody
- 32 - Noisy Speaker
- 33 - Meaning "and others"
- 35 - Resolute in spirit
- 36 - Industrious pests
- 39 - Channel for water
- 40 - Fixed place
- 43 - Kind of Fish
- 44 - Body of water

Horizontal:

- 4 - Article of Food
- 7 - To cover
- 9 - Obliterate
- 10 - Retaining Wall
- 12 - Australian Bird
- 14 - Opposing force
- 15 - Period of Time
- 18 - Not any
- 20 - Chinese Shrub
- 21 - Suffix used in Pharmacy
- 22 - Small Particle
- 24 - Change
- 25 - Weapon
- 26 - An Animal
- 27 - An Obligation
- 31 - To Twist
- 34 - Let Stand
- 37 - Feminine proper name
- 38 - Japanese Coin
- 39 - Needed in Summer
- 41 - An Eastern R.R. (Abbr)
- 42 - Writer of Plays
- 45 - State of quiet
- 46 - To direct
- 47 - Grain
- 48 - A projection

'Demands Joyous'

From Robert Chamber's
The Book of Day

How our ancestors managed to pass the long winter evenings in the olden time, has never been satisfactorily explained. They had no new books, indeed few books of any kind, to read or talk about. Newspapers were unknown: a wandering beggar, minstrel, or pedler circulated the very small amount of news that was to be told. The innumerable subjects of interest that form our ordinary topics of conversation were then utterly unknown. So we can only conclude that our ancestors, like some semi-savage tribes at the present day, passed their spare hours in relating often-told stories, and exercised their wits in asking each other puzzling questions or riddles.

Many copies of what we would now term riddle-books, are found in both the French and English collections of old manuscripts, and some were printed at an early period. One of these entitled Demands Joyous, which may be rendered Amusing Questions. From this work we cull a few 'demands,' with their responses, for the amusement of the reader:

Dem: What bare the best burden that ever was borne?
Res: The ass that carried our

Lady, when she fled with our Lord into Egypt.

Dem: What became of that ass?
Res: Adam's mother ate her.

Dem: Who was Adam's mother?
Res: The earth.

Dem: How many calves' tails would it take to reach from the earth to the sky?

Res: No more than one, if it be long enough.

Dem: What is the distance from the surface of the sea to the deepest part thereof?

Res: Only a stone's throw.

Dem: When Antichrist appears in the world, what will be the hardest thing for him to understand?

Res: A hand-barrow, for of that he shall not know which end ought to go foremost.

Dem: What is it that never was and never will be?

Res: A mouse's nest in a cat's ear.

Dem: Why do men make an oven in a town?

Res: Because they cannot make a town in an oven.

Dem: How may a man discern a cow in a flock of sheep?

Res: By his eyesight.

Dem: Why doth a cow lie down?

Res: Because it cannot sit.

Dem: What is it that never freezeth?

Res: Boiling water.

Dem: Which was first, the hen or the egg?

Res: The hen, at the creation.

Dem: How many straws go to a goose's nest?

Res: Not one, for straws not having feet cannot go anywhere.

Dem: Who killed the fourth part of all the people in the world?

Res: Cain when he killed Abel.

Dem: What is it that is a builder, and yet not a man, doeth what no man can do, and yet serveth both God and man?

Res: A bee.

Dem: What man getteth his living backwards?

Res: A ropemaker.

Dem: How would you say two paternosters, when you know God made but one paternoster?

Res: Say one twice over.

Dem: Which are the most profitable saints of the church?

Res: Those painted on the glass windows, for they keep the wind from wasting the candles.

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HEALTH

Frederick health offers coordinated cancer care

Joshua Faust

Colorectal cancer is the second leading cause of cancer death in the United States, behind only lung cancer. The National Cancer Institute estimates that nearly 153,000 people in the United States received a diagnosis of colon or rectal cancer in 2024 and over 53,000 Americans died from the disease.

Awareness is important because many cases of colorectal cancer are preventable. Screenings by either a colonoscopy or an examination can help prevent the disease. Furthermore, these screenings or exams can also detect the cancer at early stages, when treatment is likely to be more successful.

That is why Frederick Health is highlighting its Colorectal Cancer Multi-Disciplinary Clinic, which is located at the James M Stockman Cancer Institute. This innovative, patient-centered, complete

approach to treating newly diagnosed colorectal cancer is making it easier for patients by pulling together an expert team of providers from several different medical areas.

“This multi-disciplinary clinic improves not only the coordination and treatment for patients, but it also helps to expedite care and shorten the length of time between diagnosis and treatment. Putting patients at the forefront of their own treatment plans and making the process easy and convenient is pivotal,” said Dr. Vernissia Tam, a board-certified colorectal surgeon with Frederick Health Medical Group who works in the clinic.

The five-year relative survival rate for cancer localized to the colon or rectum is 91%, according to the National Cancer Institute’s Surveillance, Epidemiology, and End Results (SEER) Program. The survival rate drops significantly as the cancer spreads beyond those organs.

“Catching these cancers earlier and quicker so that we can begin treatment makes a huge difference,” said Dr. Tam.

Cancer of the colon or rectum is more common in men than women. The median age of diagnosis in the United States is 66 years, while about 78% of newly diagnosed patients are aged 55 and older. However, the National Cancer Institute reports that there is an increase across the country in colorectal cancer rates among younger patients.

With that in mind, Frederick Health began development of the Colorectal Cancer Multi-Disciplinary Clinic in 2021. Patients at the clinic can see all their providers, surgeons, and specialists on the same day, at the same location - no need to schedule multiple appointments or travel out of the area. Since opening the clinic, over 230 colorectal cancer patients have been treated by Frederick Health’s team of experts.



“Ensuring that patients can meet the care team in a single day helps ease the burden of an already stressful time. This really helps to streamline care,” continued Dr. Tam.

Scheduling the many appointments, tests, and procedures associated with cancer treatment can be overwhelming. To better assist patients and families, additional staff are available

including a dedicated nurse navigator for each patient. Nurse Navigators serve as a single point of contact, ensuring that each patient has someone they can talk to, providing them with expert guidance and support throughout their treatment.

This dedicated nurse navigator will help guide patients through the process to ensure that all their needs are being met. They will also explain the different treatment options in the same visit and serve as a primary point of contact for the patient.

“This clinic is providing patients with access to the highest quality of care, a dedicated team member to guide them through the process, and it’s making it easier to get care. When taken together, these factors significantly improve patient outcomes,” added Dr. Tam.

When speaking with team members of the Colorectal Cancer Multi-Disciplinary Clinic, patients can ask questions, seek guidance on what treatment works best for their needs, develop a unique treatment plan, and obtain a second opinion on their current treatment plan. For some patients, that means surgery. For others, a non-surgical option may be better.

That personalized approach is important for Dr. Tam, a Johns Hopkins trained surgeon who completed surgical fellowships at both Columbia University and Memorial Sloan Kettering Cancer Institute. In her experience, these healthcare providers helped prepare her for treating a wide range of patients.

“Every individual is unique, and every cancer is unique. Your treatment options should reflect your unique treatment needs,” says Tam.

By moving away from the “one size fits all” approach with cancer treatment, Frederick Health is focusing on individuals as people, not just as a patient. That individualized approach is the way of the future says Dr. Tam, who is optimistic about what she has seen so far from the Colorectal Cancer Multi-Disciplinary Clinic.

“We work with patients to help them achieve their treatment and lifestyle goals. Our patients are receiving treatment options not normally offered by community hospitals,” she added. “We’re offering expert and accessible care to the Frederick community.”

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53rd Frederick County Maple Syrup Festival

Becky Bickerton
Visit Frederick

It's no secret that Frederick is full of interesting history and unique traditions. Winter is here and that means one of the oldest and most popular annual events, the Maple Syrup Festival in Thurmont, is about to begin. The festival is held on the second and third weekends of March at the Houck Lake Area of Cunningham Falls State Park. This year you can experience the contact-light version of the event March 9, 10, 16, and 17. This year will mark the 53rd Maple Syrup Festival!

Making maple syrup is a fascinating process that dates back in some form to the indigenous peoples in North America. It includes tapping trees to harvest maple tree sap, collecting gallons of sap in buckets, and boiling off the water to get sap that has been concentrated into maple syrup. All maple syrup has the same amount of maple sugar, but the maple flavor can differ and syrup can vary in color and taste throughout the sugaring season, as it is called.

More than 80% of the maple syrup you buy at the grocery store is made in Canada (most coming from Quebec),

so this is a somewhat rare opportunity to enjoy some of the locally made sweet stuff. Maple syrup is almost entirely produced in the Northeast, so it is certainly a specialty that comes out of the area. It takes over forty gallons of maple sap to make a gallon of maple syrup. Sap is boiled down in the process and most of the liquid is evaporated. In some countries like South Korea, people prefer to use maple sap unprocessed and straight from the tree. It is believed that the sap could help to prevent disease and osteoporosis.

The festival itself also has quite an interesting story. Originally started by the Catocin Mountain Tourist Council and its small group of 25-35 members, the event started in nearby Catocin Mountain Park. When the lake at Cunningham Falls State Park was completed and opened to the public, the event was moved to its current location. It is estimated that less than 50 people were in attendance at the very first Maple Syrup Festival, which was just a simple demonstration. No trees were tapped, no products were sold.

There was interest in continuing to grow the event both to bring

visitors to the area and to kick off the spring season. "People are itching to get outside by that time of year," said Mike Irons whose family was involved in the creation of the event. According to Mike, his family and other festival volunteers used to actually make the syrup that was sold at the event. "We weren't allowed to sell syrup that was made outside of Maryland, the park wouldn't let us. So we travelled to Oakland to help make the syrup ourselves and bring it back to sell. Eventually we couldn't keep up with the amount of people wanting to buy it."

Today the products sold at the event come from S&S Maple Camp in Corriganville, Maryland. Leo Shinholt, the company's owner, is a third generation sugar producer. S&S has been in business just as long as the festival. They tap more than 5,000 trees for just one season of syrup production. Leo has learned from experience that the first run is always the sweetest.

Each day of the Maple Syrup Festival visitors can enjoy live maple syrup demonstrations in two separate outdoor locations. Learn more about



Spring is just around the corner and that means it's time for one of the oldest and most popular events - the Frederick County Maple Syrup Festival!

maple syrup is made in the cool air of late winter. If the weather is nice, start with a hike in the park and reward yourself with some tasty pancakes.

A donation is requested to attend the Maple Syrup Festival, in lieu of the usual park entry fee. All proceeds benefit Cunningham Falls State Park and Gambrell State Park through their Friends group which has been in existence since 1996. The group has helped

contribute things like Polaris vehicles, a skid loader, rescue boat, and a handicapped beach wheelchair to the park.

If you still have questions about the festival, call the park office at 301-271-7574. Park rangers and volunteers will be easy to find during the event and will have all the information you might need. Or, go to visitfrederick.org for help in planning your trip to Frederick County.

Behind the maple scene

Kay Deardorff
Strawberry Hill Nature Preserve

It's snowing! Now the sun is shining! Oh look, it's snowing again! As I am writing this article, I watch as the clouds roll in and the gray day turns white with snow blowing through the trees. Then the sun reappears only to give way to another snow squall. The days can get warm enough to remind us that spring is just around the corner. Then the nights are so cold that we need to throw an extra log onto the fire.

But there are things happening in nature that we cannot see. The maple trees have sap flowing as the temperatures fluctuate from about 20° F overnight to approximately 40° F during the day. Essentially, the life source of the tree is preparing to nurture new growth for the upcoming spring. During the beginning of the sap flow, it is an ideal time for the backyard hobbyist to tap trees; collect sap; and boil it down to sweet, syrupy goodness for his breakfast delight.

Today, we don't take the approach of our Native American predecessors and toss a tomahawk into the bark of a nearby maple tree and then wait for the sap to ooze from the wound. With experience comes increased knowledge, and we now know we must look for a tree that's just the right size and use the proper tools to capture the naturally sweet maple flavor.

In order to insure minimal damage, the standard tree size should be at least 10 inches in diameter. Tapping the tree consists of drilling a 7/16" hole 1½ to 2" deep and

inserting a plastic, wood, or steel spile. Sap can be collected in the traditional method using buckets. Most metal taps have a small hook, from which a bucket may be hung. This extracts only about 10% of the sap produced by a tree each year. Each tap yields an average of 10 gallons of sap per season: that yields about one quart of syrup. About 30 - 55 gallons of sap are evaporated to make one gallon of syrup.

A sugar shack is where the sap is boiled into maple syrup in an evaporator. Sap breaks down quickly, and so it should be boiled into syrup the same day it is collected. Evaporation that is too fast or too slow can affect the color and the flavor of the syrup. The syrup is finished when it is exactly 4 degrees above the boiling point of water, which is 212° F.

But how would you find that perfect tree for the best results? Here are some facts to look for when searching for the best producer. Sugar maple sap has the highest sugar content of all maple trees. In the summer and fall you can identify the tree by its leaves that are 3-5 inches wide; 5-lobed; bright green upper surface and a paler green lower surface. The leaf on the flag of Canada is a sugar maple leaf. The leaves are located opposite one another as opposed to many other trees with an alternate leaf pattern. In the winter look at the bark of a sugar maple which is smooth and gray on young trees up to 4-8 inches. Older trees have developed furrows and ultimately long, irregular, thick vertical plates that appear to peel from the trunk in a vertical direction, but are in fact very strongly attached. The bark on the lower trunk also often appears to look somewhat twisted around the

base. The younger upper branches will have smoother bark.

Black maple trees are also used even though the sugar content is less than the sugar maple. Find them by noting the similar leaf, but usually 3-lobed and is thicker. It often appears to be drooping. Likewise, the bark is similar to the sugar maple, but usually darker and more deeply grooved or furrowed.

If no sugar or black maples are avail-

able, you might locate a red maple. Its 2-6 inch wide leaves are 3-lobed. There are small sharp teeth along the margin and mature leaves have a whitish appearance underneath. Young trees have a smooth, light gray bark when they are only 4-8 inches in diameter. When they have reached the mature size for tapping they will have gray or black ridges and ultimately narrow scaly plates. Red maples are

the most common maple in this area and the bulk of the maple trees on the Preserve.

Finally, you may find silver maple trees to produce the sap you need for maple syrup. However more work will be involved with the collection of the sap as well as more time in the evaporation process since the sugar content in the sap is much lower than the sugar maple trees.

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HISTORY

The Contralto

Rev. Charles Maloy, C. M.
St. Joseph's Parish, Emmitsburg
Published in 1912

Chapter 10

The first duty of the morning was a visit to the hall where the artists were at work. Uncle Bennett was putting the finishing touches to the stage, while the painters were filling in a large canvas representing an interior. Everything was well advanced, the one cause of anxiety being the main curtain expected from New York, and each time the artists made diligent inquiry about it. This morning a dispute having arisen between them about some detail in their work, it was referred to the Professor on his entrance. Stoner based his contention on knowledge acquired on rare visits to Jacksontown, Carrigan on a two years' residence in the city and weekly attendance at the Gaiety. The matter being of minor importance Harry brought concord by telling them that as two interiors were to be produced, each might have his way.

In a corner he noticed the diminutive shortstop of the baseball team, endeavoring to make himself as inconspicuous as possible. He knew well the reason of the youngster's presence, yet could not resist the temptation to put him to the test. Going over beyond hearing of the workers, he asked:

"Why are you not in school, Lester?"

"We ain't got none."

"How does that happen?"

"Today's apple-butter day."

"Apple-butter day?"

"Yes, sir, everybody's makin' apple-butter for winter," with a slight accent of contempt for such ignorance. "Look out there," pointing to the back yards where large cauldrons simmered and women and children were busily engaged paring apples or adding fuel to the fires. The Professor felt grateful for the loyalty of the boys which could resist the attractions of a local festival to keep Carrigan on his job. All day the watchers relayed one another.

At the office, news awaited him. The enterprising editor had subscribed to a clipping agency as a means of progress,

and as Harry entered held in his hand a batch of extracts from the Chronicle. The article on "A Living Wage" was reproduced in part by a city daily with comment on the precision which brought down the theoretic principles of economics to the conditions of everyday life. Galt was jubilant and under the fire of his congratulations the assistant glowed with boyish pride. A long and intelligent discussion on the future phases of the campaign followed, the editor inclining to the aggressive, to pursue the present advantage with a direct consideration of the injustice of the twelve-dollars-per-month wage prevalent in Emmitsburg.

The Professor stuck to his make-haste-slowly programme. They had stirred up something and, it would not be wise to make a further move until the "Barons" showed their hand. Plenty of copy could be made by attacking George Perry, who was up for re-election as representative of the district with a record very much open to question. Galt acquiesced, after argument, proceeding to write a rhymed leader, telling the Hon. George what Emmitsburg and the county would do to him in November. Harry worked at his Question and Answer column, continuing to take flings at the Western Maryland.

They had not been busy long when the telephone at the editor's elbow rang, and the assistant heard this side of the conversation over the wire.

"Yes, this is Mr. Galt—yes, Doctor," a long and attentive pause during which there was evident the rumble of a heavy voice, then—"I see, Doctor, what about the subscriptions, many have paid for the year?—Oh, no, I could not think of that, I shall have a list made and refund pro rata—Goodbye, Doctor," hanging up the receiver. He laughed for a moment, but there was a hollowness in his merriment.

"The Barons have showed their hand."

"Give me three guesses."

"Take them."

"Father Flynn has put the Chronicle under the ban, the faculty in August condave assembled, has determined that the reading of newspapers is inter-

fering with the application of the students to their books, hence has reached the conclusion to interdict the admission thereof."

"Right you are."

"I've seen it before."

"Now we shall proceed to pour hot shot into them."

"Not at all, they would say we are actuated by spite, we shall leave the discussion of local conditions severely alone for the present, henceforth we act. You are going to return their subscriptions and nevertheless sell more papers at the College than ever before. The faculty has made the Chronicle forbidden fruit and we can trust to the original instincts of Young America to get it."

"It's up to you to find matter for those two columns," reluctantly denying his inclination to precipitate a fight.

"Leave it to me, I shall carry the contest into the enemy's country. I begin a series of literary articles in our next issue which will make the faculty sit up and take notice."

Recalling his promise to visit Greavy, the Professor crossed the street to the plumbing shop. Here he was met by a short, thick-set individual whose heavy jaw, quick eye and knotted muscles, in no way belied his reputation as a prize-fighter or wrestler. The foot-light project was soon outlined, the plumber showing intelligence in grasping the details of just what was needed. About to leave, Harry remarked that he had not seen Greavy at the rehearsals.

"Who, me?"

"Certainly, why not?"

"I don't know, I ain't much on singing."

"We intend to have other performances, a variety show perhaps later, a mixed programme with athletic features. It is a pleasant place to while away an hour or two in the evenings."

"I'd be glad to come, Professor, only the way it is you see, I don't think the people of your club would want me."

"Come up tonight and find out."

"Maybe I will."

"See here, Greavy, I shall not take no for an answer, I will expect you. Good-day."

Standing on the steps of the shop, he was undecided what to do next. The atmosphere of the editorial mom was not alluring to his soul, when he contrasted it with the sunshine all about him. This was a sign that he was com-



Main Street looking west ~ 1907

ing to a normal condition of mind and nerves. It was only latterly that the weather made any impression on him, that he was mindful of sunshine or cloud, and both were equally acceptable in his eyes.

While he endeavored to make up his mind an all-powerful motive hove in sight. Miss Tyson sauntered up Main Street. From a distance he admired her figure, the evidences of will power, which made themselves plain in the muscular determination of each firm step, and the heart for any fate in the total unconsciousness of the carriage. A closed parasol which dangled over her shoulder, added to the whole nonchalant expression of the girl. He waited for her:

"May I come along?"

"If duty at the Chronicle office does not forbid," smiling.

"What do you know, may I ask, about my duties at the Chronicle office?"

"There is a certain vulgar expression in use hereabouts anent the recognition of one's epidermis in a tanyard. I know any sentence penned by you, you write just as you talk."

"That's remarkable though not highly complimentary for I fear I talk rag-time mostly."

"I don't know that I gather your meaning from your musical simile, but I do know you are the writer of certain articles in the Chronicle."

"What are the indices?" not above fishing for compliments from his beautiful companion.

"They would be hard to point out, but in reading what you write I can hear your tones, see your facial expression, watch your eyes flash, feel—I don't know what. Is that telepathy?"

"Sounds very much like it. Are the facial expression, the flashing eyes, pleasant, when beheld through the medium of the printed page?"

"You wish to draw me into criticism of yourself, don't you?" a quick look followed by a dropping of the long lashes.

"Yes, I am desirous to have my character read by one possessed of such clairvoyant powers." "More sarcasm."

"No, my dear Miss Tyson, I am really sincere." "Then go to a gipsy," she advised, but with signs of relenting.

"I am absolutely sincere," he continued, "I have been an unfathomable sea to my own soundings. I have walked through life until lately without much self analysis. Success crowned my every effort, I took it as a matter of course. My one ambition has always been to learn as much as possible about the world scheme not from experience but through deas, intending eventually to shut myself up in a tour d' Ivroir. Only since finding myself a nervous wreck and—" he paused, then went on defiantly—"a victim of alcohol did I realize that others are necessary in life's equation."

"Your weakness is no cause for regret," said the girl without the least sign of shock, "it's simply a lesson from the great book of experience, it has helped to bring you out of yourself. No good man ever let a thing like that conquer him."

"Could you have faith in a man of that kind?"

"I would not consider that much of a display of faith, most women desire some weakness in a man. I think no woman can love a paragon of virtue if such exist; it is fear or selfishness, if she prefer such. That was your reference to the 'Fighting Chance.'" "Yes, I was attracted to that poor fellow by his heroic effort at reform."

"He made a good fight but never won by sticking to his house. His creator should have made him go out and take an interest in the world, should have animated him with Goethe's philosophy—may I quote without pedantry?"

"Anything from the German is a la mode."

"I read this in translation and underscored it. I have always affirmed that no one ever cures a moral sorrow, a somber melancholy, except through the contemplation of nature and by a sincere

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interest in the external world. Application of the soul to actual phenomena procures little by little for us contentment, light, and knowledge.”

While the Professor admired her acuteness and felt flattered that he should be present to her in her reading, she continued: “As for the girl, I have nothing but contempt for her. She loved him from the first, else why did she lead him to think so by that scene in the window-seat at two in the morning? I know all the pessimism about the foolhardiness of marrying a man to reform him, but what is marriage if it does not mean just that? A woman should fill a man’s life so completely he will need nothing else, she should give him so fully of herself he will have room for nothing else, and believe me, it is her fault if she does not.”

Twelve noon rang out, and both turned, for they had come out beyond the village limits. The walk back, once

more, was silent, though both minds were active. Woman-like, Marion speculated whether she had not been too forward in her declaration of views, too pedantic in her exhibition of knowledge of human nature. The man endeavored to estimate the girl walking beside him, strong in body, and as he had just learned equally strong in mind. His knowledge of the sex was limited, gathered a long, always tintured with a certain amount of contempt for those he classed intellectual. His estimative faculty was taxed to categorize this specimen He had on first acquaintance placed her out of reach of the bluestocking coterie, resting satisfied as pedants often do with a generalization borrowed from Pascal, “The heart has reasons which the mind wots not of.” When Miss Tyson spoke, her mind was receiving dictation from her heart. Entering Main Street, she said laughing:

“Talk about something or the gossips

shall say we have been quarreling.”

“Right again, but the chain of thought I was following was extremely pleasant.”

“Like most pleasant things, expensive?”

“Do you know Greavy, the plumber?”

“Of course! everyone knows everyone else here, though the lines of social demarcation are drawn in the matter of entertainment. Greavy saved my precious life once.”

“I have invited him to rehearsal this evening, I have a purpose in doing so. You will be kind to him and make him feel at home?”

“I shall not find it the least difficult, as I have always admired Greavy for the pluck he shows by remaining in this town in face of the opposition he meets. The society element so-called has entered into a conspiracy to cut him dead because forsooth he is an ex-prize-fighter or wrestler. Last Christmas, a crowd of mountaineers came down for their usual fuss, but Tom took the matter out of John Glass’s hands and when he was finished the time honored raid was but a memory for the mountain boys. Greavy only strengthened the prejudice against himself.”

They parted at the Square, after he had asked for another seance as he called it, and Mr. Galt having seen them passing the office had cryptically propounded the question, “Why not?”

The rehearsal was in full swing, Halm pounded out the accompaniment to the vocal duel between the soprano and contralto over the love of the tenor, shouting approval between portions of the recitation. Forman, with the Professor, stood at the back discussing methods of advertising that would draw the crowd, the other members scattered through the hall were chatting and laughing softly. On the window-sill was a pair of clubs which Harry had hunted up for use in his lessons to Miss Seabold.

A hush which fell on the groups caused him to look towards the door where Greavy stood wearing the expression of

a boy who has sneaked into the circus. Immediately the Professor made for him with out-stretched hand, while the dentist assured him how glad all were to have him with them. There was cordial recognition of the newcomer from every part of the hall, Greavy blushing, his mouth twitching nervously as he was led back. His gaze lighting on the clubs, his hands went out towards them instinctively.

“You have used these, Mr. Greavy?”

“A little,” at the same time executing the simpler movements of the manual.

“Hand it to Tom when it comes to the athletic stuff; he stood off the ‘German Tiger’ for an hour,” announced Dr. Forman.

“Quit your kiddin’, Doc” modestly.

“What’s the matter with having a meet, Professor, and getting a bunch of talent from the city to show the moss-backs there are real gentlemen in the sporting world?”

“We may come to that later.”

Halm spun round on the stool announcing the finish of the first act and calling for the chorus to take up the second. The Professor was at his side in an instant, whispering something, then declared the work over for that evening. The others gathered about him in wonder, for it was still early even from Emmitsburg standards. Saying something about going stale with too much rehearsing, he approached Greavy, who still held the clubs, saying:

“Come, Mr. Greavy, give an exhibition of club swinging, strike up something lively please, Mr. Halm,” and before he could protest the wrestler was on the stage giving a display of the exercise which took the breath of the onlookers. When he quit, the applause was long and generous, the boys shouting “more! more!” The Professor silenced them, asking:

“Don’t you young people dance?”

“Sure!” was the unanimous response.

The floor cleared, partners were selected, Dr. Forman taking Vinny Seabold, Mallon chose Miss Topper, Marion stood shoulder to shoulder with

the embarrassed prize-fighter. The waltzing went on apace, marked here and there with a false note from the piano caused by the turning of Halm, anxious to enjoy the spectacle. It was evident Greavy was a graduate from the school of Terpsichore and after a time he and Marion had the floor to themselves. They danced patently for the love of it; the power and grace of the pair as they glided over the floor were inspiring to look upon. The girl glowed as the strong arms of the plumber swept her through the dizzy mazes, while the Professor recalled the bored looks on the faces of young people whom he had seen at many a function in the past. Here was red blood with infinite possibilities. In his slow moving mind, and it was slow moving in concrete matters, a twinge of something like jealousy was beginning, when Halm jumped up from the piano with:

“Oh, I say Professor! what I was going to say was—could we not have a dance? My wife can get one up in fine style, she knows all about favors and patronesses and all such.”

“Yes, do Professor,” pleaded the girls.

“Very well, only wait till we have scored with the operetta.”

Halm did several steps of a waltz by himself much to the amusement of the crowd. Vinny seated herself at the piano and Marion, taking hold of the old musician, danced about the room while once more applause filled the place and spread out over Roberts-burg, causing sleeping dogs to awake and give alarm.

In retiring, Harry whispered to Marion, “I could love you for what you did tonight.”

“For enjoying myself with a splendid dancer?” Walking home Forman asked Greavy, “How’s the dancing school coming on, Tom?”

“There ain’t going to be any, Doc.”

To be continued with chapter 11 next month.

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

Jean Douglas Cadle

Jean Douglas Cadle ((Streeter), co-founder and editor of the Emmitsburg Dispatch, passed away on December 1 at the age of 90. She had a peaceful passing surrounded by family at Evelyn’s House, a hospice in Creve Coeur, Missouri.

She was born Jean Read Douglas on January 31, 1934 in Passaic, New Jersey, to George Bruce Douglas and Corrie Van de Stadt Douglas. They soon moved to Frederick, Maryland where she and her family lived in a great “house on the hill” and where generations of Douglas’s spent so many wonderful hours together.

In Frederick High School, she was known as “Jeannie with the light brown hair” and her effervescent smile graced anyone who met her, but it shined extra bright for her crush in high school, William “Bo” Cadle, whom she would marry years later as a widow.

Jean was always athletic, playing varsity basketball in high school and playing with her grandkids right into her 70’s. During high school, Jean worked at a Frederick radio station, where she met Howard Streeter, a decorated World War II and Korean War veteran.

They quickly fell in love, but put off marriage so she could attend Wilson College in Chambersburg, Penn. for one year, where she was voted class president. They married in 1953 and lived in Baltimore where 4 children were born before moving to Washington, DC, where Howard served as a television news correspondent and they had one more child.

In 1964 they moved to St. Louis, Missouri, where Howard became a local TV news anchor, and Jean continued to be an extraordinarily loving and involved mother to her 5 kids. Howard died suddenly in 1975, and in the years following, Jean was not only an always patient and kind mother to 5 teenagers, but went back to school completing her bachelor’s degree and then a master’s degree in History, leading to her work as an archivist with the Missouri Histor-

ical Society, cataloging the Charles Lindbergh collection.

In 1990, she reconnected with William ‘Bo’ Cadle, and Jean moved to Emmitsburg,

Maryland where they married in 1992. Their strong desire to serve Bo’s hometown of Emmitsburg led to the beginning of the community newspaper, the Emmitsburg Dispatch, which was first published in December 1993. They would continue to publish the paper for the next 8 ½ years from their home by the creek on Harney Road.

In 2014, Jean and Bo moved to Spirit Lutheran Village in Gettysburg, where they formed new friendships, and their warm and cozy home became another gathering space for family. Bo passed away in January 2020 with Jean by his side.

Jean cherished annual family trips to Chincoteague, Virginia, early trips as a family to Stone Harbor, New Jersey, and anytime the large and boisterous family could get together at their home. She was known to play a mean game of Pitch or Dominoes, usually involving a fair amount of laughter from all those playing with her. Jean loved gardening, cutting flowers to put in her favorite vases, and playing the piano on her cherished Steinway grand piano.

Jean was preceded in death by her parents and her brothers George Bruce Douglas III and Malcolm Douglas.

Jean is survived by her children, Howard (Florence) Streeter, Elisa (Chris Sanford) Streeter, Robert (Amy Carter) Streeter, Gregory (Erika) Streeter & Rebecca (David) Krysiak. She was a beloved Nana and Aunt Jeannie, and is also survived by 12 grandchildren, 10 great-grandchildren, many nieces and nephews and her dear sister-in-law, Penny Douglas.

A celebration of life will be held at 11:30 on Saturday, April 19th at the Emmitsburg Presbyterian Church. The family will receive friends at the church following the service.



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100 YEARS AGO THIS MONTH

March 6

Negro, Guilty Of Perjury, Given Three Years In Prison

Convicted of perjury by a jury in court, Robert Mitchell, colored, about 30 years old, of near Emmitsburg, was sentenced to three years in the Maryland penitentiary. A recommendation of mercy by the jury, which liberated some before reaching a verdict, and a good reputation given the traverser by Albert Patterson, and other residence of Emmitsburg, influenced the court to reduce the sentence.

Mitchell's case was one of the most unusual that has been tried in the local court for some years. At the September grand jury, he testified to having purchased liquor from Charles Springer, of near Emmitsburg. Springer was indicted and at his trial, Mitchell, the principal witness, completely reversed his testimony on the witness stand, and declared he had not purchased any intoxicant from the accused. The latter, under the circumstances, was found not guilty, and the court ordered Mitchell to be arrested on a charge of perjury.

After hearing the testimony at the trial, the jury deliberated sometime before making a verdict. It was stated that the jurors were almost equally divided on the first ballots.

Mr. Patterson stated that Mitchell told him after testifying before the grand jury, that he had made a mistake and that what he said to the jury seemed to worry him. Patterson said Mitchell had a good reputation and was a steady worker. He added that he attributed Mitchell's conduct to the fact that he was ignorant, and appeared frightened when before the grand jury.

The Judge stated that is always an unpleasant duty of the court to send a man to prison. Yet, he said, it is the stern duty of the court to preserve the administration of justice. He added that he was more inclined to believe the testimony Mitchell had given to the grand jury than his repudiation on the witness stand. He mentioned that in view of the recommendation of the jury for mercy, and the fact that Mitchell have been given a good name by person of the community in which he lived, he reduced the sentence one year from what he had in mind.

Carroll County School Problems

For quite a while there has been a controversy in this county between the

School Board and the County Commissioners over school appropriations, both for school maintenance and new school buildings; the former insisting on certain demands as advanced by the State School Board, involving the expenditure of large sums of money; and the latter confronted with the problem of raising it without greatly increasing the tax rate, which would be a very unpopular procedure.

Demands from Taneytown for a large new school building contributed very materially toward a strained situation between the two Boards. In Taneytown, the old school building was condemned as unsafe by several architects, and since the first of this year the building has been abandoned, and school work is now being conducted in rented rooms, under serious handicaps, in an effort to complete the course of the present school year.

At a joint meeting of the two Boards, on Monday, the Taneytown situation was amicably gone over, and while no definite conclusion was reached, it seems probably that the differences between the Boards will be ironed out, and the Taneytown building constructed, as there is an imperative emergency need that cannot be disregarded.

A number of differences of opinion were carefully examined, relative to plans for the building and costs, and the result of the meeting was apparently satisfactory to both sides, the outlook being that full agreement is in sight.

Suspected Thief Held For Court

A man named Rinehart, who was arrested last week on suspicion of having committed the recent robbery in Taneytown, is being held in jail for the May term of the court. He appears to have a bad record, and was one of the gang of convicts that worked on the Taneytown State Road, four years ago. On being searched, there were found on his person a bunch of keys, three hack saws, a flash light, several screw drivers, and a patent device with which he claims is intended to open safe doors—but not burglariously.

March 13

A Cross-Word Puzzle

More through curiosity than seriously, the Editor of The Record recently attempted the construction of a cross-word puzzle. He is neither a "fan," nor a

"bug," in this direction, but was encouraged into trying to solve one of the popular fancies, and as the attempt required so much time, he made the mistake of declaring that it was "easier to make one, than solve one," therefore felt compelled to make his assertion good.

The results can be found on page 23 of this issue, but this is the first, last, and only, indulgence of the kind that this artist is likely to engage in. Should any of our readers solve this puzzle we will publish their names, after two weeks.

The "two weeks" time is given for two reasons: first to give ample time in which to master its solution; and second, to prevent the possibility of showing up the Editor how easy it was to do in one week.

School Buildings For Frederick County

The Frederick County Board of Education has undertaken an extensive program in new school building construction due to the fact that for a number of years school buildings have been neglected. The plans will be financed by bond issues of \$595,000 by the County Commissioners.

New buildings have already been constructed at Walkersville and Emmitsburg, and additional buildings have been decided on, as follows; Middletown \$40,000; Myersville, \$20,000; Liberty, \$20,000; Jefferson, \$16,000; Thurmont, \$15,000, addition to old building; Knoxville, \$12,000; Sabillasville, \$10,000; Brunswick, \$10,000; rural schools \$10,000. Urbana, \$8,000; Creagerstown, \$7,000; Kemptown, \$7,000; Lewistown, \$10,000; Jefferson, These amounts total \$185,000."

Accidents

Carroll Eyer, son of Mr. and Mrs. Herbert Eyer, received a badly broken right leg, on Monday evening, due to jumping from a buggy in which he was riding while going to the Fairview school-house for his sister, who teaches there. His horse scared at an object along the roadside, and the boy fearing a bad accident, attempted to save himself by jumping, but in doing so became tangled up in the lines and was dragged some distance. His leg was badly broken between the knee and hip.

While returning from Taneytown to Fairfield, last Sunday evening, Carroll Reindollar and his wife Anna, along with their children Robert and Bobbie,

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met with a bad auto accident on the Emmitsburg road at the Cattle Branch bridge. The father who was driving, lost control of the wheel for an instant just as the car was passing off the bridge, causing a fender to strike the side of the abutment and swing it around, where the soft ground gave way and the car plunged down the bank about ten feet. Both front wheels were wrecked, but the car was not otherwise damaged, and none of the occupants were much hurt. After considerable effort the car was drawn back to the road and towed to a garage, while other cars took the occupants home.

A Ford coupe driven by two men, said to have been under the influence. Collided with a post bearing a mailbox near town. The coupe was badly damaged and the men were both injured. One was admitted to the hospital suffering from contusions of the head.

March 20

Buys Thurmont Hotel

The New Thurmont Hotel, of which Mrs. Evelyn Weiss was proprietor, has been sold to Lou Ramsdell and Robert Daff, both of whom are connected with Thurmont's Opera House and Emperor Theater. The hotel contains 21 rooms and improved with all modern conveniences.

Beginning on Saturday, Mr. Duff will become manager of the hotel. Mr.

Ramsdell will not be actively associated with the hotel business, but will remain here as a manager of the Opera House and Empire.

Bridgeport Bridge Now Safe For Use

County Commissioners Frank Steyens and Roscoe Brown spent last Friday superintending repairs to the old wooden bridge over the Monocacy at Bridgeport, on the road between Emmitsburg and Taneytown. The structure, which was in dangerous condition, was strengthened by the use of electric light poles and is now considered safe for traffic.

The bridge was repaired about two years ago, but in the meantime, much of the repair work has worn away, and the structure became dangerous. Sometime ago it was condemned and notices were posted on both ends warning the public that it was unsafe for traffic. Notwithstanding the warning, many persons cross the bridge daily in automobiles.

When the structure, which was built more than 100 years ago, was last repaired, telephone poles were used to prop it up. High water and floating ice washed some of those props away, and the bridge settled some inches out of plum and was unsafe. The workmen jacked the structure back in place and replaced the old posts with new and stronger ones.

The bridge connects Frederick and Carroll Counties and the cost of the work will be paid by both Counties. The princi-

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mobile, driven by Allen Rosensteel, also of Emmitsburg, on Monday evening and painfully injured, was reported to be improving.

Martin was standing on the curb at the Square in Emmitsburg, as he started to cross the street he ran into the path of the Buick automobile, which Rosensteel was driving. Rosensteel was traveling on Gettysburg St. and arrived at the Square just at the time Martin started across the street. Seeing that he was in the pathway of the approaching machine, the age man hesitated, and then started to run. He was struck by the machine and knocked down and cut on the head, left, leg, and hand. He was immediately rendered medical aid, and was taken to his home. The accident was deemed unavoidable.

Carl Blacksten, 19 years old, was killed at the Union Bridge cement plant Sunday night just before midnight. The young man was working on the dinky engine as brakeman. He had released the brakes and jumped in an endeavor to get on the engine, but missed his footing and fell to the tracks, striking his head and being stunned, so that he wasn't able to get off the track, and the engine ran over him, mangling his body. His feet were cut off, and his head smashed. Dr. Bzer was summoned. He said the young man was killed instantly.

Citizens Of Rocky Ridge Discuss Closing Of School And Roadwork

About 250 people attended a meeting in the Junior Order Hall at Rocky Ridge, on Saturday evening, to discuss the recent closing of Appold's School, and to petition the County Commissioners, to complete the road between Graceham and Rocky Ridge, which has a link of about 1 mile in length, which is unimproved.

In order to notify the community about the meeting, circulars were printed and distributed in the northern section of the County, where interest has been stirred up over the matters.

Located between Rocky Ridge and Motter's Station, the school has been closed since the completion of the new Emmitsburg High School. It was pointed out that about 26 pupils formally attended the school, most of whom are now forced to go to the Emmitsburg school, a distance of about 5 miles.

Reports to the effect that the Rocky Ridge School would also be closed were also discussed. This action was deemed unwise. It was pointed out that there are 35 pupils attending the Rocky Ridge

School, and that unsatisfactory arrangements would have to be made to send these children to other schools. It was also suggested that a new school building is needed at Rocky Ridge and a petition would be made to school officials to have a new building erected.

It was also decided to carry a petition to the County Commissioners to have the road between Graceham and Rocky Ridge completed as soon as possible. It was shown that slightly more than a mile remains to be improved before the road will be completed.

Those in attendance felt the citizens of the community deserve these improvements and expressed resentment of the manner in which county officials have neglected this section of the County.

Reminiscences From Detour

Our good friend, Bill Cover, of Keymar, sends the following which we are glad to publish, not only for the benefit of John Reid, of Detroit, and W. W. Sweigart, of Laurel, Miss. (both subscribers to the Record) but for the benefit of other readers who enjoy "old time" reminiscences, once in a while. Mr. Cover's home, at the time mentioned, was Detour.

"A few nights ago we spent the evening with Dr. Roland Diller, of Detour (Double Pipe Creek) who has a very fine radio. Among other stations that we tuned in on was WWNJ, of Detroit. On their program was some old time songs, which made me think of "when you and I were young John". The place and the songs made me think of you, and in turn of when you were the teacher in public school in the old "Fulling Mill." In the early Fall we were short of the required number of scholars to open the school, and made up the number by several children that were under the age limit.

"Later in the Fall, when farm work was over, the school got to be large, and you applied for an assistant teacher. Our mutual friend, the late Lewis Cash (one of the trustees) came to investigate, and after looking the situation over said. "John, you don't need an assistant teacher, you need a nurse." We had to cut off some of the little ones, among which were two of mine.

"While I am at it I might touch up W. W. S., of Laurel, Miss., and ask him if he remembers when he C. E. V. and the writer run the Jr. O. U. A. M. at Double Pipe Creek, and the night that old "Queen" upset us down over the

bridge wall and dislocated his arm. And how our mutual friend, the same Lewis Cash mentioned above, put his foot on his neck and pulled his arm, or shoulder, back into place. Yes "Webb," that was in the long ago and reminds me, we are not as young as we used to be. But all in all, many of the memories of those days are very pleasant to me."

Vincent Sebold Dies

Word reached Emmitsburg Monday on the death of Mr. Vincent Sebold, 83 years old, for many years a prominent member of the Frederick Bar. In failing health for sometime, he succumbed Monday evening at the home of his daughter in Washington. The body will be brought to Emmitsburg.

Funeral services will be held at Saint Joseph Church, Reverend Hayden officiating. He will be interred in the mountain cemetery near Mount St. Mary's College.

Mr. Sebold was born in Sabillasville, November 29, 1836. Entering Saint Vincent's College, near Latrobe, as a commercial student, Mr. Sebold completed the course in two years and the following year enrolled at Mount St. Mary's where he remained for several years.

In 1881 he began to read law and after two years studying was admitted to the Frederick Bar. After completing his law courses, Mr. Sebold married Miss Annie Roddy, of Thurmont.

When in 1907 the Emmitsburg Railroad went into the hands of a receiver, Mr. Sebold formed a syndicate, composed chiefly of local capital, and took over the company and re-organized it. He was general manager and treasurer of the company at the time of his death.

In 1900, Mr. Sebold and some citizens of Gettysburg organized the Citizens Bank of Gettysburg, which has since been changed to the Citizens Trust Company. About the same time he organized the Thurmont Bank and was Director of that institution at the time of his death.

Mr. Sebold took a keen interest in county and state politics. He has served on the county and state committees and as a delegate from the county to congressional judicial and state conventions. In politics, he was a Democrat; he served as counsel to the County Board of Commissioners.

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

pal damage was on the Frederick County side where the water is between 6 and 7 feet deep. The bridge has two spans of 50 feet each, for a total length of 100 feet.

The road leading to the structure was improved sometime ago by the Counties and then taken over by the State. An effort will now be made to have the state take over the bridge. It is a covered structure, well built and is very much used. When the structure was first built, the framework was put together in a nearby field and placed in position.

Monocacy, Native Apple Of Frederick County

The other day a well-known County farmer, William Dorcus brought in several apples of a variety, which he feels is entitled to a place when it comes to deciding the best-suited apple for this section. This apple is the Monocacy, formally known as the Smith.

Mr. Dorcas had two apples from the crop of 1924, and two apples from the crop of 1923, which he picked from his own cellar. The former were a solid as freshly picked apples and the latter, while weathered, were still in fresh state of preservation.

"I cannot conceive of any apple, being better suited for Frederick County," said

Dorcus, "nothing can come anywhere near the lasting quality of the Monocacy."

He said that he always keeps his Monocacy apples, for his own use, not only until summer, but even until the next crop is mature.

The flavor of this apple is good, not as high class as some varieties, but better than the average, and some people prefer them to others. When it was suggested that the Monocacy is not well-known for commercial purposes, and could not be sold readily, like Staymans, Yorks, and such varieties, he said that the Monocacy could be sold when all the rest of the apples were gone and could, therefore, command its own price.

Mr. Dorcus stated that he had picked one of the apples from under the tree, a seedling near Woodsboro, from which all Monocacy trees have come. He remembers George Smith, who found this tree, and to whom Frederick county, and the world at large, is indebted for the native variety of apple.

March 27

Accidents

James Martin, aged 83, of Emmitsburg, who was run down by an auto-



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TANEYTOWN HISTORY

Taneytown's legacy at sea

David Buie

Taneytown is rich in history and culture, home to a diverse array of remarkable individuals whose contributions have shaped the local community and the broader tapestry of American history. From influential political figures to renowned military leaders, Taneytown has produced a legacy of greatness woven into the fabric of the nation's story. Among these distinguished citizens is one such figure whose name stands out — Captain Thaddeus Crapster. A man whose courage, leadership, and dedication made a lasting impact, Captain Crapster's story is just one of many that exemplify the spirit of Taneytown and its proud heritage.

Captain Thaddeus Greaves Crapster was a dedicated and accomplished United States Coast Guard officer known for his unwavering dedication, service, and contributions to the nation's maritime defense. His life and service exemplified the values of duty, honor, and commitment to marine safety and security, earning him the respect and admiration of all who served alongside him.

Thaddeus Greaves Crapster was born on May 25, 1878, in Taneytown, Maryland. Crapster's life at sea stemmed from growing up during the expansion of the United States Navy. He pursued a career in the Revenue Cutter Service, the precursor to the modern Coast Guard,

which enforced customs laws, conducting search and rescue missions, and ensuring maritime security.

In 1901, Crapster entered the Revenue Cutter Service School of Instruction, which would later become the United States Coast Guard Academy. The school trained officers to handle the unique challenges of maritime law enforcement and life at sea. Crapster's time as a cadet prepared him for the complex responsibilities he would later undertake as a Coast Guard officer.

In 1904, upon his graduation, Crapster received his commission as an ensign. During the early years of his career, he served aboard various cutters, gaining experience in patrolling U.S. coastal waters, enforcing customs and navigation laws, and conducting rescue operations. The early 20th century was a transformative period for the Revenue Cutter Service, as it expanded its role in law enforcement to include environmental protection, ice breaking, and assistance to the U.S. Navy during war.

Crapster's skill and leadership earned him steady promotions, and he quickly became known for his diligence and expertise in maritime operations. His work involved complex and often dangerous missions, from combating smuggling to aiding distressed ships.

By 1915, the Revenue Cutter Service had merged with the U.S. Life-Saving Service to form the modern United States Coast Guard.

This new organization retained the dual mission of law enforcement and maritime safety while taking on greater national defense responsibilities. Crapster continued to rise through the ranks, and in August 1918, he became Superintendent of the United States Coast Guard Academy.

As Superintendent, Crapster played a pivotal role in overseeing the education and training of cadets, ensuring that they were prepared for the challenges of peacetime operations and wartime service. His leadership during World War I, when the need for well-trained Coast Guard officers was more critical than ever, was a testament to his courage and commitment and a significant factor in the Coast Guard's successful wartime operations.

During his tenure at the Academy, Crapster played a pivotal role in modernizing training programs and fostering a strong sense of duty and professionalism among the next generation of Coast Guard officers. His efforts left a legacy at the institution, ensuring that future generations of Coast Guard officers would be well-prepared and professional in their service.

After his time at the Academy, Crapster returned to active duty, assuming increasingly essential positions. By 1930, he had become the commanding officer of the USCGC Mendota (1928-1941), a Coast Guard cutter stationed in Norfolk, Virginia. The Mendota was essential in Coast Guard opera-



Captain Thaddeus Greaves Crapster (1878 - 1941).

tions, enforcing maritime laws, conducting search and rescue missions, and maintaining navigational safety along the Eastern Seaboard. Under the Lend-Lease Act, the Royal Navy gained her, renaming her HMS Culver (Y87) and commissioning her on April 30, 1941.

A series of high-profile and challenging rescue missions marked Captain Crapster's service in the U.S. Coast Guard, and his leadership was integral to the success of many operations. During his time as commanding officer, he consistently displayed a deep understanding of maritime operations and the ability to remain calm under pressure, especially during critical missions.

The rescue of the Aliakmon was one of many under his command, where his experience was key to orchestrating safe and efficient operations. The Mendota, a buoy tender, played a vital role in ensuring the operational readiness of vital navigational aids during this period. Captain Crapster's leadership helped secure the vessel's capabilities, which were always at their peak. Crucial decisions he made in adverse weather and high-pressure scenarios ensured the successful execution of rescue missions, saving ships and lives.

This specific mission in December 1939, where he successfully freed the grounded Greek steamship Aliakmon, highlights his technical skill and leadership. The Aliakmon, valued at \$ 200,000, was a significant asset, and this mission underscored the importance of the Coast Guard's role in safeguarding maritime commerce during peacetime. Even though the initial attempt by the Sebago failed, Captain Crapster's timely intervention showcased his quick thinking and perseverance. His leadership and the successful outcome of this mission showed the Coast Guard's commitment to protecting maritime assets and ensuring the smooth operation of commerce.

Captain Crapster's leadership extended beyond individual rescues. His commitment to the mission of the Coast Guard was evident in his emphasis on crew readiness, train-

ing, and maintaining the highest operational standards. He understood that the safety of his crew and the vessels they assisted relied on preparation, trust, and decisiveness, making him an exceptional leader.

Captain Crapster continued to serve with distinction until his retirement. His decades of service saw the Coast Guard evolve from a small law enforcement agency into a key branch of the U.S. military and homeland security apparatus. During this period, [Detail the key milestones or changes in the Coast Guard during this period]. His leadership and contributions helped shape the service into what it is today, leaving a legacy that continues to influence the Coast Guard's mission and operations.

Crapster passed away on July 25, 1941, in Norfolk, Virginia, at 63. His career impacted the Coast Guard, particularly in officer training and maritime law enforcement. His emphasis on crew readiness, training, and maintaining the highest operational standards set a benchmark for future leaders. His dedication to the mission of the Coast Guard and his commitment to preparation, trust, and decisiveness made him an exceptional leader. They buried him in Arlington National Cemetery, a fitting final resting place for a man who dedicated his life to serving his country at sea.

Captain Thaddeus Greaves Crapster's life and career are a testament to the dedication and bravery of the men and women of the United States Coast Guard. From his early days as a cadet in the Revenue Cutter Service to his leadership at the Coast Guard Academy and his command of the USCGC Mendota, he exemplified the highest ideals of service. His contributions to maritime safety, national security, and officer training helped lay the foundation for the modern Coast Guard, ensuring that future generations would be prepared to protect and serve with honor.

To read past articles on Taneytown History, visit the History section of Taneytown.net.

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TEACHER TALK!

The art of persuasion

Claire Doll
MSMU Class of 2024

March can be a long and difficult month in education. One day, spring is teasing you with warm air and blue skies; the next, you wake up to a blanket of snow and a day off school, a gruesome reminder of a potential shortened summer vacation. There are hardly any days off this month, plus there's state testing, and we just endured a cold, icy winter. What could possibly be next?

February and March are the months when my students read nonfiction texts—that is, we take a break from imaginary short stories filled with beautiful language to its stark counterpart, nonfiction. As you can probably gather, I'm not the biggest fan of informational or argumentative texts. I'd rather teach novels, dive into figurative language and characterization. However, if I'm not passionate and excited about what I teach, my students won't buy into it. I knew I needed to inspire myself.

A big unit in nonfiction is rhetorical analysis—that is, the art of persuasion, or argumentative texts. Knowing how to dissect and understand arguments is increasingly relevant in today's society, and it is important that students know this. I decided to teach my students an array of different activities to break down the heavy topic of rhetorical analysis while also having fun. The below lessons and activities are just a glimpse of how my students are spending the drab months of February and March.

Class Discussion

ELA is reliant upon four stan-

dards: Reading, Writing, Speaking, and Listening. Seldom do students prefer speaking and listening, as school has always been about books and papers and essays. However, I decided to design a class discussion for my students to build their confidence and generate thoughtful conversation. The topics: cell phones and social media.

After reading and annotating two articles on teen's reading habits, media consumption, and cell phone use, students prepared for several discussion questions. The class discussion format was different than a regular classroom lesson: I discouraged hand raising, and I did not intervene in conversation (rather, I facilitated it). Students were responsible for appropriately interacting with each other and relying on social cues and article topics. Ensured by a rubric, this class discussion allowed students to share their thoughts on a popular, relevant topic while reaching curriculum standards.

While class discussions are not a one-size-fits-all, they do challenge my classes—both the quiet ones and the chatty ones—to take their critical thinking skills off the papers and actually use them in the way they are meant to be used: in natural conversation. I enjoyed facilitating this conversation and listening to my students' feedback. Many of them asked when the next discussion would be!

Creating Advertisements

What's one great thing about February? Superbowl season. As I write this, the Philadelphia Eagles have won the big game, and the halftime performance is resonating on social media, but with yet another Superbowl comes a flurry

of new commercials.

Commercials and advertisements, I told my students, are a type of argument. In fact, it is in the curriculum that I teach advertisement techniques, such as bandwagon and testimonials. Upon learning these terms and watching several examples, I encouraged my students to create their own advertisement. They had to not only market a product they use daily, but also use rhetorical appeals and devices to sell their item.

Starbucks, Chick-Fil-A, and Lululemon were just few of the many products that students chose. They cited their favorite celebrities as testimonials and came up with creative ways to infuse pathos (appeal to emotions) into their advertisement. My students loved this project, as it balanced imagination, media, and argumentative techniques in one activity. Nonfiction, I learned through this lesson, can take several forms: speeches, articles, memoirs, and of course, ads. My students enjoyed applying their newly learned rhetorical analysis skills to sell the latest Starbucks drink or Chick-Fil-A meal.

Speed Debating

No, not speed dating—speed debating. I got this lesson from a teacher blogger: Write On with Miss G (writeonwithmissg.com). She has

amazing lessons and I highly recommend her!

Debating can be a tough skill to teach. Students are passionate, but sometimes a bit too passionate, and debating requires a tedious balance of speaking, listening, and respect. Speed Debating, I've found, is a great way for students to stretch their argument skills while being exposed to several different topics—some funny, some serious—in the span of minutes.

The desks are organized into rows facing each other. Students will begin in pairs, facing one another, with a folded card in the center of their desks. One side of the card might read, "Hot dogs are a sandwich." The other side will read, "Hot dogs are not a sandwich." Whichever desk the student sits at, whichever side of the card they face, they must argue that topic. Whether they agree with it or not.

Thirty seconds or a minute will tick by—switch! Students must move to the next desk, facing a new opponent and a new card. This time, their side might read, "Homework is beneficial." The student must argue this topic now, despite his or her opinions, while their opponent argues that homework is harmful. Despite how either student feels, their job is to argue their side using rhetorical appeals and devices. Each student will carry a worksheet with them, taking notes and checking off their appeals used.

The lesson is meant to foster on-the-spot critical thinking skills as well as assess knowledge on rhetorical appeals and devices. While not a full-fledged debate, Speed Debating gives students a taste of formal arguing which will support them well into high school and beyond. Additionally, I believe it is important for students to not choose the topic or side they'd like to argue. This creates an even bigger challenge to objectively encounter with the facts and think like a lawyer.

Overall, for a teacher who prefers fiction any day, I thoroughly enjoyed teaching nonfiction. We have not only done these activities, but also read speeches on women's rights; we have used analysis methods to dissect articles; we have identified the text structure in a variety of informational passages. Nonfiction plays an essential role in how students can understand the real world. After all, developing skills in analyzing how items are marketed, or how to respectfully disagree with someone, or how to have a general conversation, is so important. What matters is ensuring that nonfiction texts, just like fiction ones, can come to life. This ensures the lifelong skill of critical thinking and fosters a passion for rhetoric.

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COOKING

March madness meals

Sonya Verlaque
FCC Culinary Program

It is the 69th day of winter, and every night people need dinner. I hope that March will give us some warmer weather and outdoor or picnic time, but for now these are some recipes that are good the first night, and also store and reheat well for meal prepping or to serve a second time and save some effort through your week.

30-Minute Sesame Chicken Green Bean Stir Fry

This stir fry has a flavorful sauce and is full of colorful vegetables to pack in nutrients and protein. It also meal preps well, so you can make it and split it up with rice in airtight containers for your weekday lunches or reheat for a quick dinner.

Ingredients - For the sauce

- 1/3 cup low sodium soy sauce
- 1/3 cup water
- 3 cloves garlic, minced
- 2 tablespoons brown sugar (or sub 1 tablespoon honey)
- 1 tablespoon (toasted) sesame oil
- 1 tablespoon rice vinegar
- 1 tablespoon fresh grated ginger
- 1 tablespoon sesame seeds
- 1/2 teaspoon red pepper flakes
- 1/2 tablespoon arrowroot or cornstarch

For the chicken

- 1/2 tablespoon sesame oil
- 1 pound lean ground chicken or turkey
- 1/2 teaspoon garlic powder
- Freshly ground salt and pepper

For the veggies

- 1/2 tablespoon toasted sesame oil
- 2 large carrots, thinly sliced
- 1 white onion, chopped

- 1 red bell pepper, chopped
- 12 ounces fresh green beans, trimmed and cut in half

For serving

- 1/2 cup roasted cashews, chopped
- Scallions
- Extra sesame seeds

Instructions

First make your stir fry sauce: in a medium bowl, whisk together the soy sauce, water, garlic, sugar, sesame oil, rice vinegar, fresh ginger, sesame seeds, red pepper flakes and arrowroot starch (or cornstarch). Set aside. Add 1/2 tablespoon sesame oil to a large pot and place over medium heat. Once oil is hot add in ground chicken and season with garlic powder, salt and pepper. Quickly begin to break up the meat and cook until no longer pink. Once cooked, transfer meat to a bowl and set aside. Keep heat in pan. In the same pot, add 1/2 tablespoon sesame oil. Add in chopped onion and sliced carrots and cook for 2-4 minutes until onions begin to soften. Next add in green beans and bell pepper and cook, stirring frequently, for an additional 6-8 minutes or until green beans are slightly tender but still have a bite. Add cooked ground chicken back to the pot with the veggies. Immediately turn the heat to low and add in the sauce. Cook for an additional 2-4 minutes over low heat until the sauce begins to thicken. Serve with rice or quinoa and garnish with roasted cashews, a few extra sesame seeds and scallions. Serves 4.

Guinness Beef Stew

Guinness Beef Stew is hearty, rich and perfect for supper and is even better the next day. This is a recipe that can be made on the stove top, or in the crockpot easily as well. This makes about 8 servings which

you can freeze or also enjoy as a packed meal prep.

Ingredients

- 1 teaspoon vegetable oil
- 4 slices thick-cut bacon, diced
- 3 pounds boneless chuck roast, cut into 1-inch pieces or stew meat
- Salt and freshly ground pepper, to taste
- 2 large onions, sliced
- 3 cloves garlic, minced
- 2 tablespoons tomato paste
- 2 tablespoons flour
- 2 1/2 cups Guinness beer
- 1 tablespoon Worcestershire sauce
- 1 tablespoon brown sugar
- 2 1/2 cups beef broth
- 2 sprigs thyme
- 1 pound carrots, peeled and cut into 1-inch chunks
- 1 1/2 pounds Yukon Gold potatoes, peeled and cut into 1-inch pieces
- 1/2 cup chopped parsley

Instructions: In a large Dutch Oven or pot, over medium-high heat, heat the oil. Add the bacon and cook until cooked through, about 4-5 minutes. Remove with a slotted spoon and reserve. Season the beef generously with salt and pepper. Working in batches so not to overcrowd the pot, brown the beef pieces on all sides, about 1-2 min per side. Remove and reserve with the bacon. Turn the heat down to medium. If necessary, add a little more oil. Stir in the onions and sauté until beginning to brown, about 5 minutes. Add the garlic and cook until fragrant. Stir in the flour and tomato paste, mixing until well combined. Cook for a minute or two, until the paste turns a dark red color. Then, pour in the beer, using a wooden spoon to scrape all the browned bits from the bottom of the pot.



Guinness Beef Stew

Stir in the beef broth, brown sugar, Worcestershire sauce, and a pinch of salt and pepper. Add the beef and bacon back into the pot, plus the thyme sprigs. Bring to a boil. Once boiling, cover and lower the heat to a simmer. Cook for 1 hour. Add the carrots and potatoes. Cover and continue cooking until the beef is falling-apart tender and the veggies are cooked, about 1 more hour. If, by this point, the stew is not thickened to the desired consistency, raise the heat to medium-high and bring to a boil. Let it cook, uncovered, until thickened. You can also add a slurry of equal parts flour and cold liquid (water, beer or broth) to thicken even further. Discard the thyme sprigs and taste for seasoning, adjusting salt and pepper if necessary. Stir in the chopped parsley and serve!

To make in a crockpot: Follow all the instructions for cooking the bacon, searing beef, sautéing onion and garlic, adding flour + tomato paste and deglazing with the Guinness on the stove. You can use a skillet instead of a Dutch Oven for that. Transfer everything to the slow cooker, then add the broth, Worcestershire sauce, brown sugar, thyme, and a pinch of salt and pepper.

Cook for 2 hours on high or 4 hours on low. Then, add the veggies and cook for another 2 (or 4) hours. Stir in parsley, adjust seasoning and serve!

Easy St. Patrick's Day Cookies

My kids love to "help" in the kitchen. I do like to make entremets and more complex cookies or cus-

tards, but when the kids want to bake I try and find a recipe that has a shorter ingredient list. These green leprechaun cookies are fun looking and easy enough for a 6 year old.

Ingredients

- 1 box (15.25 oz) white cake mix (about 3 cups)
- 2 large eggs
- 1/3 cup vegetable oil
- 1/4 teaspoon Kelly green gel food coloring
- 3 tablespoons granulated sugar
- 6 tablespoons powdered sugar

Instructions: In a large bowl, mix together the cake mix, eggs, and oil until a sticky dough forms. Add the green food coloring and stir until evenly mixed. Cover the bowl and refrigerate for 30 minutes. Preheat the oven to 350°F and line a baking sheet with parchment paper. Place granulated sugar in one small bowl and powdered sugar in another. Use a 1-tablespoon scoop to portion out the dough. Roll each ball in granulated sugar, then powdered sugar. Arrange the dough balls on the prepared baking sheet, spacing them 2 inches apart. Bake for 9-12 minutes, or until the cookies have spread and the tops have a crackled appearance. Let the cookies cool on the baking sheet for 5 minutes before transferring them to a wire rack. Store in an airtight container for up to 5 days.

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MOMS' TIME OUT

A marvelous melancholy marathon

Michele Angel

Have you ever run a marathon? Have you gone to college and thought you would never make it to graduation? What about when you were pregnant, especially in the summer, and thought you would never get to meet your new baby in person? There are times in life when the journey is as exciting, fun, and difficult as the finale we are working towards.

When I was pregnant, I enjoyed almost every minute of it. I know, for some of my friends they had severe morning sickness, swollen ankles, and any number of other challenges. For me, it was a joy. I struggled with morning sickness with only one of my babies, and actually it was all day sickness, but only when I smelled food cooking. I simply avoided, at all costs, the smell of any food cooking and I was great. I still had trouble getting comfortable to sleep (picture BIG babies) and reaching my shoes to tie them was a definite challenge, but for the most part I LOVED being pregnant. So when the time came to give birth, I was thrilled, but there was a sense of "Oh, I am going to miss that little peanut moving around inside of me".

With my last child I was induced a week early due to some health concerns, and since one of mine was two weeks early at 10 pounds. My husband and I agreed this would be our last, although I still tried to convince him to have one more. When I gave birth to this beautiful baby girl, I was in awe of her, just like I was with each of them. Truth be told, the first was probably a little more fear than awe. However, there was a slight feeling of sadness at it all being over. I had this feeling before, but this time it was a bit more intense,

as she was the end of a very long journey. I guess this type of feeling happens more often with regards to a youngest child, as there are so many things that you will never experience again.

This year, my baby graduates from high school. I am not sure where the time has gone. I can still remember all of the other high school graduations, and although they made me happy and sad, all at the same time, I don't remember being quite this melancholy. I am sure it is because she is the last high school graduate I will have, but that knowledge doesn't make it any easier. I am so excited for her future and all that it holds. I think about her going to college, making new friends, dating and possibly getting married, and grandchildren. All of those things are amazing and awesome, but she will no longer be my baby.

She, of course, says she will always be my baby. It wasn't long ago that she said she didn't want to grow up and always wanted to live with me. I smiled and laughed and told her she would change her mind, to which she replied, "Never!". The irony is, it wasn't a month later when she started talking about dating and getting married. It has been some exciting conversations, sprinkled with a dash of fear. What happened to my baby? Where has she gone? Apparently, she grew up, and in one month!

This little girl who would not leave my side as a toddler, who didn't want to do sleepovers and cried when she left for camp has grown up. I am grateful that she talks to me about everything, that she still wants me to say prayers every night and loves to spend time with me. But sad, that she no longer needs me, except for the occasional gas money. I am

grateful that she has grown into a beautiful, Jesus-loving, confident young woman.

On the flip side of the sadness coin is guilt. Sometimes I feel guilty that I am alright with her growing up. I am actually excited for what her future may hold. I am guilty when my husband and I head out on a Saturday to spend the day together, because the kids are older, and we can. It may sound weird, but I have been a mom longer than anything else in my life, except wife. I have earned my "gold watch" in motherhood. Therefore, I periodically get hung up when I am trying to be something different than a mom... even a wife. Please don't misunderstand, I quickly get over the guilt and have a great time with my hubby, but at first there is this little voice that says, "What if they need you" or "You only have a little more time before they have all moved out".

So, what is a mom to do? Well, I definitely can't sit around the house waiting for them to need me or want to hang out with me. The best thing I can do for them is encourage them to live their lives to the fullest, pursue their dreams, and call their mom once in a while. I have decided not to ask them to have the phrase "Call Your Mom" tattooed on their arms, but I did deeply consider it for a while. In my defense I have also considered "Drive Carefully", "Follow Jesus", and "You are Loved". I have yet to demand any of them.

As a mom there are so many things I want my children to remember as they grow up and leave the nest. If I asked them to have every wish, dream, and warning tattooed, they would



look like Post Malone. Besides, I am not sure, "Make sure you have clean underwear on if you get in an accident" should ever be used for a tattoo. I have put them all in one of those memory books for my kids. Each child will receive a different book of memories, their memories and my memories of them. I have included pictures, my thoughts and advice. Each one of them has changed me for the better, and each in a different way.

I am sad that they have all grown up so fast but love that they still love to hang out with their old mom. I can't wait to see the future

they each have, as they are all so different and amazing. As for my baby, I will cry a little bit more at her graduation but can't wait to see what path she chooses. This job of motherhood is a hard one, but oh so rewarding and a bit entertaining at times. I am going to have a little cry and go hug my baby, and I suggest you do the same. Because, whether we like it or not, they are going to grow up and leave the nest and they will be amazing!

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

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FOUR YEARS AT THE MOUNT

This month, we asked our writers to give an "unexpected" take on a common topic and/or aspect of life. Keep reading to hear how these students are viewing common practices of life...

Freshman

How hobbies can create serious stress

Cameron Madden
MSMU Class of 2028

I am sure that if you were to go around and ask anyone for any kind of advice, most will tell you to do one thing: focus on your hobbies! It is commonly understood that doing the things you enjoy can positively impact your mood or make you better as a person, especially if a hobby of yours enhances a skill or strength. In fact, many readers out there now may take comfort in reading these articles; to which I of course say thank you, but also must point out that this counts as a hobby of yours!

What concerns me about hobbies, however, is how it both overshadows whatever stress or problem that is ailing a person, as well as puts too much reliance and pressure on working with said hobby. I think many people may wonder how a reliance on your hobbies could be bad for you; after all, hobbies are considered to be expressions of ourselves applied to our external world. I would

say that reliance on hobbies possibly has the ability to ail us further in our struggles. This can be the result of many conditions, but difficulty and expectancy are some of the most dangerous symptoms of hobbies. Not to mention, increasing stress and creating distractions for the things in our lives that we really should be more focused on. Another issue is found arising in a person's lack of a hobby, or at least one they enjoy; meaning, someone may find a hobby they don't actually enjoy but are forcing themselves to put effort into it.

On the first point, there are many hobbies out there which take a great amount of effort, and skill. Generally, those that need the MOST effort are the most appreciated, and often the most impactful on one's life. Take for instance the likes of any musician; they can put as much effort as they want into their music, and generally the more work that is put in, the more reward and reverence they get. You don't get the same kind of skill like the Beatles without learning to be good at music and hone your skills! Many people want to reach the best extent of their hobbies, which is admirable, yet also highly dangerous. I am sure there are plenty out there reading this who have attempted a hobby that they

had truly wished to be good at; and I am also sure that said people have ended a hobby in bitter defeat or have found it hard to come back to. For those out there who experience this, please do not pursue a talent or hobby solely because you believe it could be fortuitous or grand. Do NOT force yourself into something you are not good at, expecting that you will eventually learn, if it's not something you will enjoy. Be patient, and most importantly, enjoy the hard work and the end result if you wish to pursue it!

Another point of contention is in the amount of time that is taken up by hobbies. This mostly goes out to the younger generations, but regardless, it can generally become a problem when you find yourself too engrossed in your hobbies, wherein you can find yourself skipping out and missing important activities and/or obligations. For instance, a person can be really into video games to the point where they wish to professionally play, or loves reading so much that they are constantly in the library with their nose in a book for enjoyment. The issue here lies in if per say, this person starts skipping classes, or ignores social and personal matters that they need to address.

It is important to take time to invest and grow your hobbies, but it is also just as important as to know when to stop and to continue other matters and obligations in your life. This pairs well with the last point; you should not put an overbearing amount of pressure on the things you like to do at the expense of anything else, like your job, family, or social life!

The final point is to ensure that the hobbies you pursue are ones that you actually feel comfortable with and can enjoy for yourself. There are a countless number of people out there who are associated with certain activities or hobbies due to pressure from others, or indecision on what they enjoy. I remember when I was younger, I wanted to play soccer in middle school. Did I have any history or interest in it? Nope, but I thought it would be good for me based on very tenuous excuses. When I started playing, I honestly did not enjoy my time but still rode out a whole season of soccer due to my wish to play it. I realize now looking back, I never actually wanted to play soccer, but I did want to be more active. It made me unsure and stressed over what I actually want to do, and whether or not I COULD pursue more challenging hobbies. Regardless, I found my answer

based on reflection: I enjoyed nature, and found walks to be therapeutic, therefore I replaced soccer with going on walks; something that I love doing to this day. If I had pushed myself into learning soccer more, and kept on playing, I know I would NOT have been happy and would have wasted years into something I cared nothing about.

I find it important to remember that hobbies are one of the most important aspects of a person and life in general. Without them, we would barely have any discernible quirks and identities that make us who we are, nor would there be much expression or easy avenues for personal growth. I do find it pertinent however to tell you that hobbies are not the full answer to any stress or restlessness. Hobbies can be dangerous and damaging if done for the wrong reasons, as well as putting too much pressure on and effort into them. It is also important to realize which hobbies are ones that calm you down, and that you really enjoy, so that when you need to ease up or have a good time, you can easily go into a healthy hobby without pressure or stress.

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

Sophomore

Knowledge is potential

Gracie Smith
MSMU Class of 2027

"The purpose of knowledge is action, not knowledge"
—Aristotle

One of the many things you learn growing up is that knowledge is power. Many say this to encourage our youth to read and invest in their own research. That was the case for me, anyway. Growing up with an extreme thirst for knowledge, my teachers often commented that knowledge was power and that they saw me going places. I was always the student to do outside research to better understand a topic and form my own opinion of things that may or may not have aligned with where my teacher stood. In some circumstances, this led to inconsistencies that further drove me to understand. In my 19 years of learning about the world, I've come to the conclusion that knowledge is not power. No matter how smart you are, or how much you may know about a certain subject, none of it truly matters in the end. In fact, what matters is the impact you make on others and the actions you put forth from the knowledge you've obtained. That is to say, knowledge is only potential.

Having come to this realization rather recently, I'd like to dedicate this article to advocate reading as a form of self-care. Allowing ourselves the opportunity to obtain information and develop opinions of our own makes us stronger human beings. It further presents us with the opportunity to act, given that we have the knowledge to support us. Setting ourselves up to succeed means not only caring

for ourselves, but also preparing ourselves to help others with the thoughts we've generated from the knowledge acquired over the years through reading. Allow me to further elaborate.

When we read, we coerce ourselves to be open-minded. By forcing ourselves to read we enable our minds to adapt to the knowledge being pertained. Not only can reading be a form of entertainment, but a form of enlightenment. However, as mentioned previously, this article will focus on the enlightenment of reading. To start doing this, I encourage reading non-fiction. That isn't to say that reading fiction is bad, but fiction is more or less used as a form of reading for entertainment rather than gaining knowledge. Over the past several months I have been accumulating a large number of nonfiction titles to add to my library at home. The topics vary from World War I to why the Confederacy lost the Civil War. However, all will get the juices flowing.

This semester I was tasked with reading Benjamin Franklin's autobiography. Reflecting on this experience, I will first say that Franklin's autobiography should be read and taught in schools across the Country. Secondly, I was educated more synchronically about the 18th century because of this reading. My conception of time pre-19th century is honestly a blur. Reading this autobiography strengthened my understanding and further helped me to apply that knowledge in my other courses that are focused on the 18th century. My professors noted that Franklin's autobiography is most memorable for his arrival in Philadelphia, and this scene is often paired with the reflection of the "American Dream". That said, I was able to conceptualize my own opinion of the American Dream through Franklin's autobiography. Had I not read this, I would have been a bit more narrow-minded in my

conception. Nevertheless, I did read his autobiography. This led to many late and restless nights where I was left debating many things. What does this say about Americans in the 18th century vs today? Does this conception still apply? If not, why? Reading influenced me to ask myself these questions and further led to very deep conversations in class that enriched my mind.

Once we have obtained the knowledge we're satisfied with, we strengthen ourselves enough to act on our knowledge. Hence my claim that knowledge is only potential. Our ability to act is what gives us power. For instance, those with knowledge have used it to help other people. For those who read my February article about Galileo, we can compare his actions to my claim. Galileo learned that the Earth and the other planets rotated around the sun. This disproved the previous conception that everything in the sky rotated around the Earth. Instead of just having this knowledge, Galileo challenged the theologians and fought for them to accept this new discovery. He even suffered persecution against him for the sake of ensuring the people of his time would benefit from his discovery. Knowledge is potential; action is power.

Reading is the first step to living a life of significance. Those who dedicate their entire lives to understanding something have only made it halfway. Reading allows us to strengthen our minds, our thoughts, our opinions, and gives us the confidence to speak about them. As I begin to run out of space for this article, it could be said that I am promoting knowledge as a form of self-care. However, I hold that the best way to obtain knowledge is through books, and we must start somewhere.

All in all, reading as self-care presents the opportunity for us to engage in something we love. Allowing ourselves to learn through reading is one of

the richest ways to enable us to help others. Doctors, as we know it, spend years studying medicine so that one day they may heal the hurt. Lawyers, as we know it, spend years studying the Constitution so that they may defend the defenseless. Historians, as we know it, spend years studying the past so that we may better the future. This March, I urge you to reflect on something you're passionate about and read on it. Not only

can I guarantee you'll find it enjoyable, but you will grant yourself the power and the opportunity to do something great with your knowledge. Everyone wants to be remembered for having an impact, this is where you start. Knowledge is potential; action is power.

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

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UNEXPECTED TAKES ON COMMON TOPICS

Junior

Cooking—is it self-care?

Devin Owen
MSMU Class of 2026

At our monthly meeting for our Four Years At The Mount staff, we discussed how there are so many common aspects of life that we really don't pay much mind to. We thought it would be interesting to discuss common topics and give our takes on them and pay the mind to them that we typically don't.

The first thing that popped into my head when we decided on this prompt for writing was cooking. Now I find it important to clarify that I have been an absolutely HORRENDOUS cook for the entirety of my life. I actually made a dinner so bad as a teenager that my family still talks about it to this day as a way to make fun of me. It was a lemon chicken over rice and veggies. I kid you not the second my brothers took a bite, they immediately spit it out. Life lesson learned: don't use lemon juice concentrate in place of a squeeze of a lemon. Cooking was such a staple in my household growing up. We used it as a way to bond as a family and spend

time together after long days at work and school. The one thing I miss the most about living with my dad is getting to have homecooked dinners multiple nights per week. Our family dinners—even being just three of us—were my favorite part of the day.

This is the first year of my college career that I have had the absolute pleasure of having my own kitchen. It has been wonderful. So far, I have made numerous dishes to share with my boyfriend and my roommate Abby (she's also my best friend), both of whom get very excited when I cook dinners.

Abby and I have a go-to, favorite simple dinner for the nights that we don't have the energy to cook an extravagant meal. For all of my sushi lovers out there, we make a California roll sushi bowl. It includes spicy mayo, white rice, imitation crab, cucumber, avocado, sesame seeds and soy sauce. It is such a simple and cheap meal; we absolutely love it!

I must say Pinterest has been a life saver for learning how to cook. I get a majority of my recipes from the platform, at least for new dishes I have yet to try. For example, last week I made a delicious crockpot chicken pot pie filled with potatoes, peas, carrots, and celery and even

dried herbs. I also made Abby and I steaks and brussels for dinner a couple weeks ago, perfectly seasoned and cooked, paired with garlic roasted brussels covered in balsamic glaze and caramel (Abs was a bit hesitant on the caramel but I promise it makes it better).

I have found that I am definitely a much better baker than I am a chef; pastries, cookies, cupcakes, and the like are much more my forte. Just last night I made homemade raspberry turnovers to share with my household and friends. I've said in articles prior about how raspberry turnovers were my Uncle's favorite baked good I could make, so baking them after he has passed feels like a way to keep a piece of his memory alive with me and share it with those closest to me now. Baking has also served as a connection between my grandmothers and myself since I was a little girl. My Grandmom Cathy is one of the best bakers I know, and my Gigi and Grandma Pat always set aside time to bake cookies and pies with me over the years. They made the process and the wait worth it, getting a sweet treat was a plus too.

All that being said, cooking has begun to feel more and more like a form of self-care to me. Let me

paint the scene for you: candles burning, a light pink and yellow hue illuminating the kitchen and living room, music playing in the background offering the opportunities to sing and dance along, the aroma of a home cooked meal filling the small college apartment to the point that it smacks you in the face as soon as you open the door, the sound of dishes being cleaned as you go, and a mocktail in a fancy glass in hand. I dance around the kitchen, singing along to whatever playlist I have decided on for tonight, my roommates trickle in and out of the house and I am just in complete and total bliss.

Now when I heard the phrase "self-care" growing up I typically thought of facemasks, taking a long, hot shower, eating a healthy meal, and reading a book of my choosing. However, my understanding of self-care has changed drastically as an adult. Self-care isn't just about doing a fancy little mask of some sort and having a treat, it's actually about taking care of yourself—crazy concept, I know. Now self-care consists of making sure to eat multiple meals a day, drinking enough water, making time for joy and laughter, spending time outside and socializing, and cooking and cleaning!

Cooking has offered me an opportunity to let go and be creative while also taking care of my body and my mind. I have so frequently put eating at the bottom of my priority list even though I shouldn't. When I take the time to cook, I not only get to fuel both my body and mind, but I also get to make myself proud because I am actively making the choice to do something good for myself. Not to mention I am incredibly proud of how far I have come in my cooking journey; no longer am I catching food on fire and making chicken so sour that it literally disintegrates!

I know cooking and self-care seem like two concepts that don't really belong in the same grouping but if we look below the surface level, we see just how intertwined the two actually are. Cooking can be fun—as I have learned—and it gives you so many opportunities. I'm looking forward to the next meal I decide to cook, and for the dance parties, kitchen karaoke, wonderful smells filling the air, the excitement from my friends, and the joy I know it will bring me. Here's to self-care and cooking!

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

Senior

Refreshed room, refreshed mind

Dolores Hans
MSMU Class of 2025

When I was younger, my dad would always try out new ways of moving around the furniture in the living room. Early on Saturday mornings he would wake up, put on music, and move around the furniture. I can still hear "The Sound of Silence" and "Africa" blasting through the house if I close my eyes and I see my dad in a t-shirt and cargo shorts, holding a tape measure up to the wall trying to see if the couch can move from one wall to another. Sometimes I would come back from a day at a friend's house or a camping trip and the living room would look completely different. Even though this habit of his would usually mean chores like sweeping, dusting, and vacuuming, there was an element of excitement for me when he would get the urge to change it up. Knowing that there were a hundred ways the room could be reconfigured, the endless possibilities, and also a chance for a deep clean and fresh perspective. Somewhere down the line, I took on this habit for myself. I would have a day off from school and I would rearrange the living room after cleaning it for my mom. I'd not be able to fall asleep at night so I would move my bed to the other side of the room. When my little sister and I would share a bunk bed, I'm not even ashamed to admit, I tricked her many times into switching from top to

bottom and bottom to top once I got tired of where I was.

Now I don't know why I have this tendency, but I do know that it is more of a need than just a thing to do. It's like scratching that itch on your back you can't quite reach. It's like when the tea is cooled down just enough to where it's hot but not scalding. It's like when you release the valve on a pressure cooker and the steam comes pouring out. It's like the biggest sigh of relief.

For me, changing the furniture is almost too clearly a metaphor for my mental health. When things get too cluttered, too mundane, or even just the same for too long, it needs a refresh. When the furniture is moved around, it's like a whole new place.

The thing about this need for me is that if I'm not moving around furniture, I'm cutting my hair. I've noticed both of these acts are a pattern in my life. I've cut my bangs twice in my life and cut off many inches throughout the years. I've cut layers and face framing pieces, and sometimes even a friend or my sister's hair if they'd let me.

This past weekend, I reached a new point. Not only did I move the furniture on Saturday, but I gave myself bangs on Sunday. I usually operate at an either/or pace with at least a few months in between acts. But in one weekend I had a freshly cleaned and designed living room, and a haircut I thought I had left in 2020.

My boyfriend doesn't understand why I feel the need to do these things. He is very content with the same lunch each day, listening to the same 10 songs, and

is generally not a fan of change. Me? I think I thrive in it. Well, changes that I have control over anyway. The furniture and haircuts are just a physical manifestation of the desire I have for change in my mind.

I think that when I feel stuck, either in big life decisions or even just my daily routine, I feel powerless. Changing around the furniture allows me to take what I know about the room and what's in it, make a plan, and execute it all while decluttering the space and making it new. It's a new perspective, an opportunity for motivation, a way to use my creativity, and an outlet for healthy control.

There is nothing more nostalgic and relaxing than waking up on a Saturday, putting on some yacht rock, lip syncing with my broom as I sweep the empty floors, and then putting the furniture in a totally new location.

My family moved into a new house, one where the couch alone takes up half the living room, so there's not many ways the furniture can be moved around. This reality is hard for me, but the truth is that I don't really mind because it is a new house so that feeling of newness is still there. I'm also not there that often so each time I go back, my dad has already found something new to switch up or add to the space, which makes it all the more exciting for me. I guess I take after him.

I'll be graduating in May and moving back home for about a year to save money before getting married, and while I'm home I will be sharing a room with my little sister again. I'm not going

to lie, I am already thinking of all the ways the furniture in her room can be adjusted. But I guess we will see once I move back. Maybe if I can't move things around because the room is so small, I can at least try to trick

her into switching from the top to the bottom bunk when I get bored of it.

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



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LIBRARY

Blue Ridge Summit Free Library
Mondays – Children’s Story Time from 4 to 5. Children and parents can join us for a weekly story, craft or coloring sheet, or play time. We will be running two identical 30 to minute sessions in an attempt to accommodate busy schedules.

Wednesdays – Coffee Club from 3 to 4, mingle with the gang for coffee, tea, puzzles, board games, coloring books, &c.

Thursdays – Teen’s Night. The community room is reserved for teen use from 4:30 to 6, just hang out or play WII, play board games, do puzzles, eat snacks, watch movies, make movies, etc.!

Saturdays - Join us at 10:30 for an hour of Story Time and all of its festivities! What could be better than a great book and a fun craft?

Blue Ridge Summit Book Club – March 17 from 5 to 6. This month, we are reading and Elie Wiesel! THIS is our translated pick for the year. Copies of the book will be available in the library for you to check out.

The Summit Stitchers Quilt Club meets at 5:30 on March 18. If you have always wanted to learn how to

quilt, now is the perfect time to start! The group is currently working on this year’s gorgeous raffle quilt.

For more information on the Blue Ridge Summit Free Library visit www.fclspa.org or call 717-792-2240.

Emmitsburg Branch Library and Thurmont Regional Library

March is coming in like a lion at Emmitsburg Branch Library! With programming for children, teens, and adults, there is so much happening!

Do you have a love of the Northern Frederick County community? Have you been wanting to find ways to give back? Then come to the North County Volunteer Fair on March 29 from 11 to 1! Representatives from both Thurmont Regional Library and Emmitsburg Branch Library will be there with information on how you can lend a helping hand in the libraries.

Don’t forget to mark your calendar for the annual Celtic Concert on March 12 at 7 at Mt. St. Mary’s University! This year’s band is Gaelic Mishap, and they plan to perform both original and old songs with a twist. Free tickets (2 per house-

hold) will be available for pick up at Emmitsburg Branch Library and Thurmont Regional Library beginning Monday, February 17.

For Children: Join us for our Musical March series! This includes a musical instrument petting zoo, a tin can drum craft, a touch a guitar experience, and karaoke for the whole family! In honor of youth art month, celebrate with library and Emmitsburg Elementary School staff, while participating in a variety of hands - on activities. Read to a Therapy Dog with WAGS for Hope, Ada Twist and Friends Celebration, Scrunchy Shamrock Craft, and Rainbow Magic Book Party are surely not to be missed!

For Teens: Partake in Tuesday Teen programs at 6! These include String Art Shamrock, Let’s Plant Seeds, and Pollinator Pods. A representative of the Maryland Writer’s Association will be joining us for our monthly Teen Writer’s Club!

For Adults: Learn more about the roles Heartly House plays in the Emmitsburg community on Tuesday, March 4 at 6:30! Throughout the month, we’ll also be offering

our third Mind Care & Games for Seniors, People Experiencing Memory Loss, and their Caregivers program and a Navigating the Frederick County Real Estate Market presentation.

For any questions, please call Emmitsburg Branch Library at 301-600-6329 or Thurmont Regional Library at 301-600-7212. For more information, visit FCPL.org.

Emmitsburg Branch Library

Mondays, Family Storytime, 10:30 a.m.

Mondays, Little Adventurers, 11 a.m.

Thursdays, Pajama Storytime, 6 p.m.
March 4 - Heartly House 101, 6:30 to 7:30

March 5 - Musical Instrument Petting Zoo, 11 to 11:30.

March 8 - Ada Twist and Friends Celebration, 2 to 3.

March 11 - String Art Shamrock, 6 to 7:30.

March 12 - Musical Crafters: Tin Can Drums!, 4 to 4:30.

March 13 - Read to a Therapy Dog with WAGS for Hope, 6 to 7.

March 13 - Youth Art Night, 6 to 7.

March 15 - Scrunchy Shamrock Craft, 2 to 3.

March 18 - Let’s Plant Seeds, 6 to 7.

March 19 - Mind Care & Games for Seniors, People Experiencing Memory Loss, and Their Caregivers, 11 to noon.

March 19 - Touch a Guitar!, 4 to 4:30.

March 20 - Maryland Writer’s Association: Teen Writer’s Club, 5:30 to 7.

March 20 - Pajama Storytime with the Maryland Dairy Princess, 6 to 6:30.

March 22 - Navigating the Real Estate Market, 10 to noon.

March 25 - Pollinator Pods, 6 to 7.

March 26 - Intergenerational Karaoke, 11 to 11:45.

March 27 - Rainbow Magic Book Party, 3 to 4.

March 29 - Pop Up at North County Volunteer Fair at the Emmitsburg Community Center, 11 to 1.

Thurmont Regional Library

Mondays, Baby Storytime at 10:30.

Tuesdays, Preschool Storytime at 10:30

Tuesdays, Get Ready for Kindergarten at 11:15.

Tuesdays, Night Owls at 6:30.

Wednesdays, Toddler Storytime at 10:30.

Thursdays, Musical Storytime at 10:30.

Thursdays, Elementary Explorers at 2.

Saturdays, Family Storytime at 11.

March 1 - First Saturday STEM Lab Drop - In, 2 to 2:45.

March 1 - Frederick Community College Information Session (Ages 13 - 18) - 2 to 3.

March 3 - Teen No Sew Poptart Pillows (Ages 13 - 18), 5:30 to 6:30.

March 6 - Teen and Tween Open Chess Play (Ages 9 - 18), 5:30 to 6:30.

March 10 - Teen Video Game Hour! (Ages 13 - 18), 5:30 to 6:30.

March 12 - A Conversation on International Affairs with Shaun Donnelly, 7 to 8.

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SCHOOL NEWS

Frederick County public schools

Rae Gallagher
Frederick County School Board

In February, Frederick County Public Schools recognized Career and Technical Education Month to celebrate the many opportunities for student success post-graduation. The community and many members of FCPS participated in the kickoff meeting for the Frederick County Career and Technical Education Master Plan study at Winchester Hall, led by County Executive Jessica Fitzwater.

The study will develop a master plan to maximize space and funding for CTE programming that spans from kindergarten through 12th grade. With the volume of students

who apply to FCPS CTC (Career and Technology Center) programs, accepting only about half of applicants who apply each year, FCPS and the Board of Education are grateful for the collective efforts to work together for a better solution to ensure all students have access to high-quality career and technical education.

Additionally, in February, the Board approved the academic calendar for the 2026-2027 school year; completed and approved the redistricting boundaries for Valley Elementary and Brunswick Elementary; and approved an operating budget for FY-26 to send to the Frederick County Executive.

After hearing extensively from

parents, students, and educators, the Board added additional funding to the request proposed by the Superintendent, including increasing the salary resource pool for FCPS educators and staff; reducing athletic fees for students that were increased in the FY-25 budget; reducing class sizes that were increased in the FY-25 budget; reducing use of facilities fees that were increased in the FY-25 budget for nonprofit organizations; and including additional funding for staff post-employment benefits.

After these requests, the request sent to the County will be approximately \$35 Million above the maintenance of effort from the County. The Board anticipates

hearing final funding amounts from the state of Maryland and the County in April, which will determine next steps for approving a final budget for FCPS required by law by the end of June.

The Board of Education continues its comprehensive review of policies in the 400 series of policies, which are the student-facing policies for the school system. In the new year revisions to the Guest Speaker (Policy 432) and Student Dress Code (Policy 439) were approved for implementation. The Policy Committee tackled reviews and updates to additional policies including School and Workplace Safety, Student Transportation, Communicable Diseases, and Promotion of Student Health and Wellness. In

May, the Policy Committee will begin review of Policy 443, Creating Welcoming and Affirming Schools for Transgender and Gender Nonconforming Students and Policy 444, Educational Equity.

FCPS crowned Catocin High School as the Academic Tournament champions for the regular season and Urbana High School for the final win at the Academic Tournament championship held at Frederick High School. The Academic Tournament students worked hard all season, with regular season matches throughout January and February, with a special topic each week. Special thanks to Master of Ceremonies John Van Bloem and the many educators who supported students journey this season. Well done!

Farified School District enters into football co-op

The Fairfield Area High School football program is a story of sports' past. During their meeting in February, the Gettysburg Area School Board unanimously voted to accept Fairfield Area High School football players into the district's program.

In December, the Fairfield board voted 7-2 to develop a cooperative football agreement with Gettysburg Area School District for three years. Fairfield Athletic Director Keith Bruck said in November that he and High School Principal Brian McDowell do not believe the district has enough students to support football. Enrollment has decreased annually for 20 years, Bruck said.

Gettysburg Athletic Director Kody Godsey suggested that the

district calculate the total cost of the program and divide it by the number of players to determine the amount to charge Fairfield per player.

Godsey said Gettysburg and Fairfield would be committed to a cooperative agreement for at least two years. After two years, the schools could ask the Pennsylvania Interscholastic Athletic Association for permission to dissolve it. After four years, they can independently decide whether to renew.

The Fairfield board also discussed whether to construct a school calendar based on the total number of hours or the number of days.

Pennsylvania law, as of the 2023-24 school year, allows districts to craft their calendar based

on 180 days or 990 hours for secondary school and 900 hours for elementary school.

Superintendent Thomas Haupt presented the board with two options for 2025-26, one that had 180 days and another that had 1,108 hours for secondary and 949 for elementary.

Assistant Superintendent Aaron Taylor said the hour-based calendar gives students 175 school days. The other five

days would be used for professional development. Teachers are contractually obligated to be in school 186 days per year. Taylor and Haupt said professional development is a critical component of improving student performance.

Haupt said both calendars give the district flexibility on whether to call traditional snow days or remote learning days. Haupt said community sentiment is divided

over the two options. Neither option extends the school year due to snow days unless there are 23 instructional days lost.

"We would have to have a pretty dang gone bad winter to take a month off of school," Board Vice President Jack Liller said. "Not saying it's not going to happen."

After much discussion, the board favored the hours-based calendar. They will formally vote on the proposal later this month.

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ARTS

On stage at the Majestic

NYChillharmonic – March 1. The NYChillharmonic is a Brooklyn-based, 18-piece progressive-rock orchestra led by Sara McDonald. The music fuses multiple genres including rock, pop, classical, and jazz while sonically embracing unconventional textures, arrangements, and harmonies – ultimately creating an ensemble sounding nothing like you've ever heard before.

Liza: A Truly Terrific Absolutely True Story – March 14 to the 18th. This star-studded tribute brings into focus the dazzling, complex period of Liza Minnelli's life starting in the 1970s, just after the tragic death of her mother Judy Garland— as she confronts a range of personal and professional challenges on the way to becoming a bona fide legend. Over these years, Liza seeks out extraordinary mentors: Kay Thompson, Fred Ebb, Charles Aznavour, Halston, and Bob Fosse.

Josephine: A Burlesque Cabaret Dream Play – March 20 to the 23rd. Experience this one-woman

biographical musical that combines cabaret, theatre, and dance to tell the story of the iconic Josephine Baker, the first African American international superstar and one of the most remarkable figures of the 20th Century.

NT Live: The Importance of Being Earnest – March 24. Three-time Olivier Award-winner Sharon D Clarke is joined by Ncuti Gatwa (Doctor Who; Sex Education) in this joyful reimagining of Oscar Wilde's most celebrated comedy. While assuming the role of a dutiful guardian in the country, Jack lets loose in town under a false identity. Meanwhile, his friend Algy adopts a similar facade. Hoping to impress two eligible ladies, the gentlemen find themselves caught in a web of lies they must carefully navigate. Max Webster (Life of Pi) directs this hilarious story of identity, impersonation and romance, filmed live from the National Theatre in London.

Valerie June: Owls, Omens, and Oracles – March 27. Singer-song-

writer Valerie June headlines the 2025 public concert in the Ann McIlhenny Harward Program for Culture and Music at Gettysburg College. Valerie June Hockett is a Grammy-nominated artist from Tennessee. She's been hailed by the New York Times as one of America's "most intriguing, fully formed new talents."

A musician, singer, songwriter, poet, illustrator, actor, certified yoga and mindfulness meditation instructor, and author, she honorably served as a Turnaround artist working with students for the President's Committee for the Arts and Humanities and continues serving through The Kennedy Center. She has recorded three critically acclaimed, best-selling solo albums and has also written songs for legendary artists such as Mavis Staples and The Blind Boys of Alabama. Her albums have been praised by numerous publications such as Pitchfork, Rolling Stone, the Washington Post, NPR Music, No Depression, Paste Magazine, Mojo, Uncut and many others. She's been featured on The Tonight Show,



NYChillharmonic fuses rock, pop, classical, and jazz creating an ensemble sounding nothing like you've ever heard before.

CBS, PBS, Austin City Limits, Later with Jools, and many more.

Exhibition on Screen: Dawn of Impressionism - Paris, 1874 – March 31. The Impressionists are the most popular group in art history - millions flock every year to marvel at their masterpieces. But, to begin with, they were scorned, penniless outsiders. 1874 was the year that changed everything; the first Impressionists, "hungry for independence," broke the mould by holding their own exhibition outside official channels. Impressionism was born and the art world was changed forever.

What led to that first groundbreaking show 150 years ago? Who were the maverick personalities that

wielded their brushes in such a radical and provocative way? The spectacular Musée d'Orsay exhibition brings fresh eyes to this extraordinary tale of passion and rebellion. The story is told not by historians and curators but in the words of those who witnessed the dawn of Impressionism: the artists, press and people of Paris, 1874. See the show that changed everything on the big screen. Made in close collaboration with the Musée d'Orsay and National Gallery of Art, Washington D.C.

Tickets for these shows are available now at the Majestic Theater Box Office, 25 Carlisle St., Gettysburg, by calling 717-337-8200 or online at www.gettysburgmajestic.org.

WOB welcomes the return of the Church Basement Ladies

During the 2023 Season, the hilarious musical comedy Church Basement Ladies broke box office records at Way Off Broadway. This spring, the Lutheran ladies

return to the WOB stage in A Second Helping – The Church Basement Ladies Sequel.

A Second Helping picks up the story in 1969 with a changing

world. As Vietnam War protests swell and women everywhere demand equal pay for equal work, the ladies in the church basement kitchen face changes of their own. From the matriarch to the mom-to-be, the women find strength in each other as they deal with the changes from below the House of God.

During the 2023 Season, WOB audiences had the chance to meet the ladies for the first time, and as with the other theaters where the show appeared, it was a box office smash. Guests couldn't stop talking about how much fun they'd had at the show. With that in mind, WOB's producers made the only decision they could...to bring the ladies back in A Second Helping.

Returning from WOB's production of Church Basement Ladies for a second go-round are Melissa Ann Martin as Mavis Gilmerson, Hannah Pecoraro as Vivian Snustad, and Laura Walling as Karin Engelson. Joining them are Emily Flack as Beverly Signe Engelson Hauge and Rory Dunn as Pastor Gunderson.

A Second Helping has a book by Greta Grosch, with music and lyrics



by Dennis Curley and Drew Jansen. WOB's production is directed by Bill Kiska and music directed by Jordan B. Stocksdale.

The show will run from March 28th through May 24th, with performances every Friday and Saturday evening, and matinees on the 1st, 3rd, and 5th Sunday of the month. A special Mother's Day performance on Sunday, May 11th has also been added. Ticket prices vary by performance date and may be

purchased by contacting the Box Office at 301-662-6600.

To learn more about A Second Helping – The Church Basement Ladies Sequel, or any of Way Off Broadway's productions or events, including its upcoming productions of Rodgers + Hammerstein's Cinderella: The Broadway Musical, Company, and Once Upon a Christmas Night, visit the theatre's website at www.wayoffbroadway.com.

In addition to its regular Mainstage season, Way Off Broadway produces a number of special events throughout the year, including family theatre productions and an annual Breakfast with Santa (and Mrs. Claus). Through its outside producing brand, WOB Live! Entertainment, Way Off Broadway also presents Marquee Mysteries - an interactive murder mystery series where the audience helps solve the case - not only at the theatre, but regularly on the Walkersville Southern Railroad and other venues through the area for private functions. www.wayoffbroadway.com.

Gettysburg College's

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at the Jennifer and David LeVan Performing Arts Center

On stage this month



THE NYCHILLHARMONIC
March 1 - 7:30 p.m.

NY ChillHarmonic Orchestra is a female fronted, Brooklyn-based, 18 piece, progressive-rock orchestra. The music fuses multiple genres including rock, pop and jazz, which ultimately creates an ensemble acknowledging jazz tradition as much as it embraces experimental textures, arrangements and harmonies!



JOSEPHINE A Burlesque Cabaret Dream Play
March 20 - 23

This play combines cabaret, theater and dance to tell the iconic story of Josephine Baker, the first African-American international superstar of the 20th century. Adult audiences, contains adult content & shatters stereotypes of race, gender roles and sexuality.



Valerie June
March 27 - 7:30 p.m.

Known for her distinctive voice & singing style, "Valerie June's every quiver bespeaks emotional honesty." (New Yorker). June weaves fresh downloads of love, sweetness, goodness and joy with songs that have flowed through her for years.



A Second Helping
The Church Basement Ladies Sequel
March 28th - May 24th

25 Carlisle Street, Gettysburg
For Tickets Call: **717-337-8200**
Visit our website at www.gettysburgmajestic.com

THE LADIES ARE BACK!

A Second Helping

The Church Basement Ladies Sequel

March 28th - May 24th



5 Willowdale Drive | Frederick
Box Office: (301) 662-6600 www.WAYOFFBROADWAY.com

The Mount's Fine Arts scene

Emelie Beckman
MSMU Class of 2026

The month of February has been rich in activities from the Mount's Fine Arts department, and more exciting things are to come in the next few months! As we pass from the wintery month of February into March and the beginning of spring, let us take a moment to look back at what has been going on at the Mount, as well as what it will have to offer for the near future.

Performance arts

As covered in last month's edition, the Mount's first performance of the year was with Professor Ravita's and Professor Tung's instrumental faculty recital. However, for the rest of the month of February, only one performance was held. On the late afternoon of the 25th of February, the normal clinging of cutlery inside Patriot dining was not the only note to fill the air. During dinner hours, Mount St. Mary's students got to take part in a near-luxurious dining experience, at least entertainment wise, when they got to watch the performance of a show called Faux Fat Tuesday. The Tuesday did indeed feel like a fat one seeing as the environment made one want to continuously consume dinner for hours on end. Among the performers for the evening was the Mount's Lab Band, the newly opened extension of the Mount's Makers House. Others included the Mount Big Band, several student soloists and Milton J.

The Makers House

While the performing arts have enjoyed a rather calmer start to the spring semester, Mount St. Mary's Makers House has done the opposite. The crafts and activity focused groups hosted numerous different workshops in their facilities located at the end of the campus, towards the mountain. They went so far as to offer multiple workshops and activities a week.

With the start of February and the enormous presence of the upcoming Valentine's Day, the Makers House went all-in on the "scarlet heart" theme and did a card workshop in honor of the holiday. The workshop allowed

for the crafting of handmade cards which could be sent out to whom-ever the students wished to show some extra love and appreciation to this time of year. The workshop was a co-event with the campus' Equity Inclusion Society, a strong show of cooperation in our tight-knit campus.

Later that same week, the Makers House also hosted another event, this time with the Mount Music Society. Together, the two groups did an "open mic night" which encouraged performance-enthusiastic students from all over campus to put on their best show. And as if that wasn't good enough, they also, later in the month, collaborated with the K-Pop Club to host a karaoke night. These events, speaking from experience, are always popular with the students; allowing for friends to get together and get loose after a long week of classes.

Another social event, one less performance-oriented and good for people less enthusiastic for performance, was a s'mores night! This was a lovely opportunity to get together with friends as well as to make new friends at the bonfire.

Of course, as per their name, the Makers House also had various workshops associated with arts and crafts this past month. These included a vision board workshop, which allowed for the students to engage in both crafts as well as a form of mindfulness and reflection while piecing together pictures and quotes they feel represent their future ambitions, moods, aesthetics, etc. There was also a workshop for friendship-bracelet making, an amazing opportunity for bonding! Additionally, keeping to the Valentine's Day theme, workshops focused on crafts like heart-shaped ceramics and creating flowers out of pipe cleaners.

They ended the month with a meaningful patchwork workshop put together with the Environmental Club. This provided students at the Mount with a good time, and the opportunity to hone in on their creativity and practice in the creation of art, while also learning important lessons in sustainability and responsible upkeeping of clothes and fabrics in a time of fast fashion

and immense dangers to our environment.

What's next?

The month of March will surely not be boring. Already on the 15th, between 7 and 8 pm, the Mount will get to see more of Professor Ravita, whose amazing performance we remember from the faculty recital in January. This time the performance is called "Ravita Jazz", and I expect (and hope) that we will get to hear more about his long history within the art of Jazz.

Following Ravita Jazz will be a Chorale Concert at IC Chapel, on the 22nd of March at 2 pm, followed by another concert from the Mount's Wind Ensemble. The ensemble will hold their performance on March 29th in Mount's Knott Auditorium starting at 7 pm. The performance will include Johan de Meij's Symphony N.1, "The Lord of the Rings."

Starting in April will be another concert, this time from the Mount's String Ensemble. They will hold their performance on the 5th of April in Knott Auditorium starting at 7 pm. Following that, on the 12th, Horning Theatre Stage—in the Delaplaine Art Center—will host a show called "Broadway and Big Band Review", beginning at 7 pm.

The rest of April will mostly be taken up by the student Sparc Festival, the yearly happening which allows graduating seniors to present parts of their year-long studies from in their respective majors. The Fine Arts department specifically will host three performances: an opening concert, a vocal junior recital and a senior recital. However, stealing some spotlight from the Sparc Festival, there will also be an additional department student recital at the end of the month to look forward to.

Same as with the performing

Totem Pole Playhouse's Youth Professional Theatre Classes!

Totem Pole Playhouse, America's beloved summer theatre nestled in Caledonia State Park between Gettysburg and Chambersburg, is thrilled to introduce its brand-new Youth Professional Theatre Classes—an exciting opportunity for young performers eager to develop their craft. These Saturday morning classes will run from March 29 through April 26, and are designed to give students hands-on training in professional theatre disciplines.

"We wanted to offer something special for students who are passionate about theatre—something beyond their individual voice and dance lessons," said Ryan B. Gibbs, Totem Pole's Producing Artistic Director. "For years, our community has asked for this kind of program, and we're so excited to finally make it happen in 2025!"

These classes are open to all experience levels and offer a unique, theatre-focused approach to essential performance skills. Unlike other training programs, Totem Pole's Youth Professional Theatre Classes build upon each student's existing experience, helping them refine and apply their skills specifically

for theatre performance. This program is curated by members of the professional world and the Broadway Community.

Students will receive expert instruction in three key disciplines, taught by theatre professionals and members of the Broadway community: voice for theatre, dance for theatre, and acting for theatre. Classes are available for students in two age groups: ages 7-10 and ages 11-18.

Join us this spring for a one-of-a-kind training experience at Totem Pole Playhouse!

Classes include:

- Rising Stars: Intro to Musical Theatre Dance (Ages 7 - 10)
- Broadway Bound: Intermediate Broadway Jazz (Ages 11 - 18)
- Singing for the Stage (Ages 11 - 18)
- Advanced Acting for Teen Artists (Ages 11 - 18)

Please reach out to rrankin@totempoleplayhouse.org to book your space in classes before they fill up! And visit www.totempoleplayhouse.org for more information.

arts, the Makers House, as always, have a lot of fun activities to offer for March and April. However, the definite schedule is yet to be finalised and sent out to the student body.

With so many fun things having taken place and so many fun things to be excited about moving forward, the semester is nearing its first break. With the nearing of midterms, students are pushing that last stretch before they get a good week-long recovery. After that we will leave the darkness of winter behind and with the weight off our shoulders enter the lighter weeks of spring.

Upcoming events on campus

Faux Fat Tuesday, February 25th, 5 to 8 pm in Patriot Dining Hall. Performers will include Mount Lab Band, Mount Big Band, student soloists, and Milton J.

Ravita Jazz, IC Chapel, March 22nd, 2 to 3 pm.

The Mount's Wind Ensemble concert, Knott Auditorium, March 29th 7 to 8 pm. The performance will include John the Meir's Symphony N.1 "The Lord of the Rings."

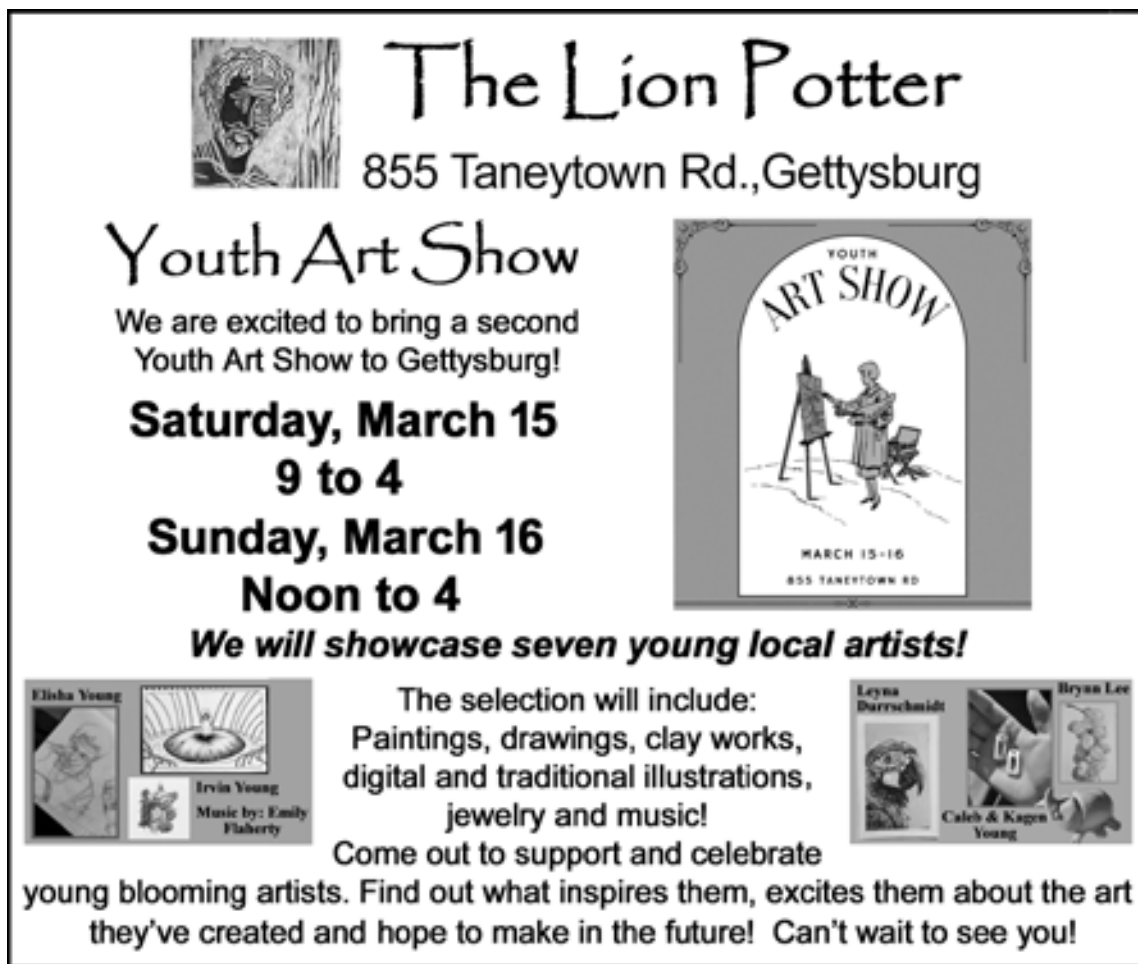
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The Lion Potter
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Youth Art Show
We are excited to bring a second Youth Art Show to Gettysburg!
Saturday, March 15
9 to 4
Sunday, March 16
Noon to 4
We will showcase seven young local artists!

The selection will include:
Paintings, drawings, clay works,
digital and traditional illustrations,
jewelry and music!

Come out to support and celebrate young blooming artists. Find out what inspires them, excites them about the art they've created and hope to make in the future! Can't wait to see you!

Artists featured: Elisha Young, Irvin Young (Music by: Emily Fishery), Leyna Darrschmidt, Brynn Lee, Caleb & Kagen Young

CATOCTIN SPORTS

Efforts pay off for the Catoctin Cougars

Richelle Zheng
CHS Class of 2025

With the shifting sports schedules due to the hectic weather from mother nature, Catoctin's academic and sports teams have still managed to show up and show off their incredible skills and talents. This year's winter sports teams have dominated every match, with the Lady Cougar's basketball, swimming, and diving teams and indoor track and field teams having great successes. Not only are the sports teams excelling, but Catoctin's buzzer team is also on a roll, making their way to the title of being first in the county!

It's Academic

The Cougars representing Catoctin's It's Academic team have been on a roll! On February 3, the buzzer team was up against Walkersville High School and Linganore High School, taking the win, 14-12-9. They later played their sixth match of the season on February 7. In this match against Linganore and Oakdale High Schools, the Cougars took the victory again. With first place in the counties within the Cougars' grasp, they played during the last match of their regular season on February 14.

Lady Cougar's Basketball

Catoctin's Lady Cougar basketball team celebrated their senior night on January 31 with a match against Brunswick High School. The team honored seniors Madison Ohler, Abagayle Shives, Alex Potter, Taylor Smith, Kayden Glotfelty, and Rebekah Zentz. In the first quarter of the game, with the start-

ing lineup consisting of all seniors, the team was able to obtain an early lead, 19-8. Coming near half-time, the defense was able to make numerous turnovers, furthering the lead to 33-15 at halftime. After that, the team was able to rotate all players into the game with a comfortable lead throughout the second quarter. The girls took the victory over Brunswick 53-31, making this a memorable senior night for the Lady Cougars. Senior Glotfelty scored ten points and made five assists, leading the team. Junior Brooke Williams aided the team's success by chipping in nine points and six rebounds. In addition, Ohler added seven points with four rebounds, and Harley Fitzpatrick made four steals.

The junior varsity Lady Cougars also played Brunswick on January 31. These girls also won against Brunswick, 37-24. During the first quarter, the Catoctin Cougars and the Brunswick Railroaders traded baskets back and forth, resulting in a tied score at the end of the quarter. In the second quarter, the Cougars were able to get their claws on the Railroaders as they played offensively. By shutting down their best player and point guard, the Railroaders struggled to carry out their offensive game. This allowed the Cougars to end with a lead at half-time, 18-9. Throughout the rest of the game, all of the girls were able to get into the game while keeping up their intense offensive plays. Leading the team were Maddy Whetzel, who scored eleven points; Chloe Mathias, who scored nine; Ryleigh Hammond, who scored six; and Kaydense Cox, who also scored six points. Sophomore Raquel Ownes made five rebounds, and Josey Shaffer had five steals.

On February 7, the Lady Cougars went on the road to play against Williamsport High School. Williamsport came out strong, sweeping under the Cougars and taking an early lead, 5-2. However, the Cougars began to fight back soon after, taking over the lead, 9-8. Then, two starting Cougars made fouls in the second quarter, causing some foul trouble. But the girls were able to hop over that small obstacle and win the second quarter 10-8. Ending with an 18-17 lead at half-time, the two teams remained close, with the Williamsport Wildcats putting up a tough match. Catoctin's Lady Cougars then switched to playing disciplined defense in the third quarter, furthering their lead to 29-23. In the fourth quarter, the girls switched to lockdown defense, limiting the Wildcats to only four points. As the girls pulled away, they were able to continue increasing their lead, ending the tough game with a win, 40-27. Williams led the team in this game by scoring 14 points and adding three steals and eight rebounds. Also adding to the team's score was Glotfelty, who scored ten points. Freshman Olivia Hoyt made eight rebounds, and junior Kelsey Troxell made seven rebounds and three steals.

The junior varsity girls played against the Wildcats on the same day. With the Wildcats entering the courts with great intensity, they quickly took over the courts and had an early lead in the first quarter. Following the first quarter, the Cougars shook off the pressure and played lockdown defense, only allowing the Wildcats to obtain two points. At halftime, the Cougars caught up to the Wildcats, resulting in a tie. When the third quarter began, the girls continued their momentum and furthered the gap in the scores as they outscored the Wildcats 8-4. Regardless, the Wildcats managed to come back and scored with only a few seconds left on the clock, sending the game into overtime. The two teams continuously exchanged points in the first and second overtime, leading the game into a third overtime. During the third overtime, the Lady Cougars fought hard. They had a chance to shoot the winning point, but the Wildcats' defense came for revenge,



Lady Cougars cheer on their teammates during a tough game.

stopping the shot, and ending the game with a loss for the Cougars. The Wildcats had the Cougars on their toes throughout the entire game, resulting in a close match ending with a Wildcat victory 29-28.

On February 14, the girls took revenge on Middletown High School, who had sent them into a devastating defeat back in December. Eager to get back at the Middletown Knights, the girls did not hold back in the first quarter as they executed four three-point shots. Additionally, they scored 23 points in the first quarter alone, putting them in a 23-11 lead. Foul trouble arose with Middletown's top scorer, but the Cougars were unable to use the foul to their advantage, causing the Knights to take back the lead. At the break, the Cougars were able to sneak past the Knights, regaining their lead, 28-17. Throughout the third quarter, the girls maintained their double-digit lead, ending the quarter at a comfortable score gap of 38-28. Then, the Knights regained their strength and were able to reduce the lead to two points. However, Williams came in clutch by making numerous free throws down the stretch! This allowed the Cougars to get their revenge on the Knights, taking the win, 45-38. The team leader for this game was Williams, who scored 18 points while making five rebounds and three steals. Glotfelty contributed ten points to the team's final score, and Zentz played great defense, holding the top-scoring Knight to five

points. Moreover, Troxell almost made a double-double and scored nine points, made twelve rebounds, and four steals.

Swimming & Diving

Catoctin's men's swimming team made it to the 2025 MPS-SAA Swimming and Diving State Championship Central! Those who qualified for states and will be representing Catoctin at states are Jack Fordham, Blake Smith, Chase Jackson, and Aiden Barrera, who are all part of the men's 400-yard relay team. Barrera will also represent Catoctin in the 200 and 500-yard freestyle events.

Indoor Track & Field

Catoctin's indoor track and field team is headed to states! On February 8, at the MPSSAA 1A West Region Championships held at Prince George's Sports & Learning Complex, senior Gavin Scheetz placed first in the men's varsity 55-meter hurdles event with a new personal time of 8.25 seconds. Meanwhile, in the men's varsity 55-meter dash, senior Shaymus Stull also qualified for states as he placed fourth in the event. Stull finished the race with a time of 6.83 seconds. On the girl's team, freshman Cora Durrschmidt continues to dominate in the women's varsity pole vaulting category, vaulting a height of 8.00 feet!

To read past Catoctin Sports articles, visit the Current Events section of Emmitsburg.net.



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March 15 & 16
St. Patrick's Day Features

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6 - \$500	22 - \$500	38 - \$500	54 - \$500
7 - \$500	23 - \$500	39 - \$500	55 - \$500
8 - \$500	24 - \$500	40 - \$1000	56 - \$500
9 - \$500	25 - \$500	41 - \$2000	57 - \$500
10 - \$500	26 - \$500	42 - \$500	58 - \$500
11 - \$2000	27 - \$500	43 - \$500	59 - \$500
12 - \$500	28 - \$500	44 - \$500	60 - \$500
13 - \$500	29 - \$500	45 - \$500	61 - \$1000
14 - \$500	30 - \$500	46 - \$500	62 - \$2000
15 - \$500	31 - \$2000	47 - \$500	63 - \$3000
16 - \$500	32 - \$500	48 - \$500	64 - \$4000

—Grand Prize Drawing #65 - \$10,000—

Early Bird Drawing

Purchase and submit your ticket by March 1 for chance to win a \$1,000 cash prize!
(2 winners - \$1,000 each)



\$100 Per Ticket

Good for two people.
Includes food, drinks and chances in the drawing.

Mount Golf roars into spring season

Steve Morano
MSMU Class of 2024

When the leaves start to change colors and the wind starts to become too much for the golfer to stand while on the links, the game often becomes sedated as it sits through the snow of winter. But as the sun starts to warm the grass and the air once again in the spring time, the game of golf livens as if it had never gone away in the first place.

At Mount St. Mary's University, both the men's and women's sides of the collegiate golf team are currently gearing up for their respective 2025 spring campaigns as the teams race down the finish line to Lake Buena Vista, Florida with the culmination of their season at the Metro Atlantic Athletic Conference Championships from April 17 to April 19. After the fall half of the season Head Coach Kevin Farrell and Assistant Coach Brent Will, and of course the rest of their players, had in 2024, there is much to anticipate when it comes to play resuming in March.

In the fall season for the men's team, the golfers played out to good overall scores and high finishes. The team is made up of eleven players for the 2024-24 year: Santiago Boniqui (So.), Shane Cole (Fr.), Fisher Coleman-Sayer (So.), Martin Hurtado (So.), Tyler Kimble (So.), Felix Lin (Redshirt Fr.), Christian Molina (So.), Nathan Pheng (Jr.), Daniel Shelley (Fr.), Devin Smith (Sr.), and Aaron Sorkin (Sr.). Their highest team finish in 2024 came at the Red Flash Invitational in Johnstown, Pennsylvania on October 8, where the Mountaineers played out to a fifth-place finish against a field of teams including West Virginia, Youngstown State, Cleveland State, Holy Cross, Monmouth, Saint Francis, Mercyhurst, and Bucknell. Scoring wise, the team's best total score at an individual tournament came at the same Red Flash Invitational, where the team shot an overall score of +39 with five golfers participating at the tournament.

Devin Smith had the best overall fall season amongst the Mountaineers men's golfing corps, as the senior from Waynesboro, Pennsylvania shot a score of -3 at the Bucknell Invitational on the weekend of October 13 to October 15, with Smith winning the individual title in Lewisburg. At the same tournament, Smith left the fourth hole with a hole in one, ensuring his place atop the leader board. Aaron Sorkin also landed close to a first place finish at the Red Flash Invitational while shooting +6 over par. The senior from Westminster, Maryland had an overall fall scorecard of +5 while averaging a score of 75.60. Martin Hurtado also had a great fall season, shooting +7 at the three tournaments he played at while having a average tournament score of 76.57.

For the women's team, their fall season was highlighted by both the female golfers' skills and how they played out to phenomenal scores

against phenomenal competition in which they were continuously put up against. This side of the team is made up of 6 athletes: Erika Cui (Sr.), Makensy Knaub (Jr.), Anna Serrano (Fr.), Allie Sexton (Jr.), Jennifer Sorkin (Jr.), and Naomi Yacyshe (Jr.). The team won the Battle at the Beach Invite on September 17, with a team score of +102 against a field of schools that included Sacred Heart, Delaware State, LaSalle, Monmouth, Wagner, Bucknell, Le Moyne, Hofstra, and Lafayette. But their best score came in their sixth place finish at the Red Flash Invitational on the weekend of October 7 to October 8, where the squad shot an overall score of +69. The team also shot a +78 on the weekend of September 28 to September 29 at the Navy Invitational and a score of +81 on the weekend of September 9 to September 10 at the Sacred Heart University Fall Classic in Milford, Connecticut.

Among their best scorers in the fall was Makensy Knaub's performance at the Red Flash Invitational, where the junior from York, Pennsylvania shot +10 over par. Knaub averaged a score of +6 over par across the fall with a average round score of 77.60. Jennifer Sorkin averaged a score of +8 over par in her four weekends of the fall season with a average round score of 79.60 for the junior from Westminster, Maryland. And the junior from Auckland, New Zealand, Naomi Yacyshe, averaged a score of +8 over par with a average round score of 79.40 rounding out her fall season. She shot her best score of +15 at the Navy Invitational amongst a field of schools including Bryant University, College of the Holy Cross, Hofstra, Howard, Lafayette, Lehigh, Long Island University, Monmouth, Queens University of Charlotte, Quinnipiac, Sacred



After tournament wins and a stellar performance in the fall, Mount Golf has positioned themselves in a good place before the start of the Conference Championships this spring.

Heart, The Citadel, Towson, U.S. Naval Academy, and Wagner.

Starting their season in the spring of 2025, the Mountaineers will play at numerous tournaments that will both test their mental willpower, as well as their physical abilities on the greens. The men start out their season at the Peoples Golf Championship at Sea Palms Resort in St. Simons Island, Georgia from March 13-15. They then travel back to Maryland to compete at the Carpetbagger Classic at the Washington Manor Course on the weekend of March 22-23. Traveling to Berlin, Maryland for the Battle of Rum Pointe, hosted at the Rum Pointe Seaside Links by Iona University, on the weekend of March 28-29. Their final matchups before MAAC's come at the Testudo Cup, hosted by the University of Maryland's PB Dye Golf in Ijamsville, Maryland, from April 5 to April 6.

The women start their season on March 24 in Williamsburg, Virginia at the Kingsmill Intercolle-

giate Invitational hosted by the College of William and Mary at the Kingsmill Resort starting on March 24. The women's team then travels to Pawleys Island, South Carolina at the Caledonia Golf & Fish Club for the Golfweek Spring Invite starting on April 1. The women's golf team ends their season on the weekend of April 12 to April 13 with a dual-match against the United States Naval Academy away in Annapolis.

No matter what the future of the season holds for both Mount men's and women's golf, this fact is for certain: their scores in the fall indicate that both teams are incredibly capable of putting together perfor-

mances that are special. Their talent is immense and with the competition they face on a week to week basis, they are bound to perform well. With their finishes in the fall and their competition slated for the spring, the Mount has positioned themselves for a hefty preparation for when conferences begin in Florida. Now more than ever, the Mountaineers look to make a wave in a sea of schools that have often undermined their talents and potentials as a team.

To read past Mount Sports articles, visit the Author's section of Emmitsburg.net.

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COMPLEMENTARY CORNER

Spring is here. Pay attention.

Jefferson Breland

The days are longer. Trees are budding. Crocuses and bluebells are popping up out of the ground. The birds are singing. The sunlight seems brighter. The world seems to be waking up.

Ahhhh, at last, Spring is here. Be very careful.

Until mid-May: Wear a hat, especially if you have less than a full head of hair (I am talking to myself here). Keep your neck covered. Keep your feet and ankles warm. Don't wear shorts or skirts that expose your lower legs to the air. Wear a bit more clothing than you think you should. Keep your hands warm. If you must go running or walking outside, wear an extra layer of clothing.

I sound like your grandmother, don't I?

According to various calendars from other cultures, Spring sprang at the beginning of February. These calendars choose the beginning of February to mark the beginning of Spring because according to their cultural/historical beliefs that is when the energy of the Earth begins to rise, thus ending the stillness of Winter. It is when seeds begin their first stirrings beneath the ground and the shifting of sap in tree roots begins to move upwards unseen.

This is all based on the energies of nature. We do not see these stirrings because they are not yet vis-

ible. While these are unseen, we begin to see the effect of this rising Spring energy in other ways. Our pets may begin to be more active. We see birds migrating. We see our first robins, a classic harbinger of Spring.

One of the main reasons to keep covered and wear a more clothing than you have in past Springs, is temperature.

Temperature is not just the temperature of the air. The temperature of the Earth stays colder much longer than the air. This makes sense, right? According to TCM, the Earth's surface stays colder until about mid-May.

According to modern science, when our body is exposed to temperatures of 64 degrees or colder, we lose heat faster than we can generate it. Our bodies then begin to divert blood flow from the extremities and the head to the torso to maintain core temperature.

If exposed to these temperatures for even a few hours, it is actually possible to develop symptoms of mild hypothermia. Older people and children are more vulnerable to the cooler temperatures.

According to a variety of Western medical sources, these symptoms include shivering and chattering teeth, exhaustion, clumsiness, slow movements and reactions, sleepiness, weak pulse, fast heart rate (tachycardia), rapid breathing (tachypnea), pale skin

color, confusion and poor judgment/loss of awareness, excessive urination, trouble speaking.

According to TCM, colder temperatures cause joint pain, painful menses, a decrease in the flow of energy or Qi throughout the body, and generally makes our bodies more vulnerable to respiratory illnesses, in addition to the signs and symptoms listed above.

Colder temperatures are no joke. They can affect our health in the present moment and in the months and possibly years to come.

Temperature is a funny thing. It is relative. In the Spring, when the temperatures fluctuate between nighttime temperatures in the 30s and daytime temperatures in the 40s and 50s, the air feels downright balmy.

We feel the world opening up after being bundled up and hunkered down for the past three or four months. We want to run around and enjoy the warmer temperatures.

Aye, here's the rub. While our minds and bodies tell us it is warm enough to run around in t-shirts and shorts when the sun is out and the temperatures are in the 50s and 60s, the Earth, the ground we walk on, is still cold from the Winter.

So, it is this colder Earth which contains the essence of cold that can seep into our bodies and become health challenges over the coming months.

Not only that, an effect of the rising energy of Spring is wind. The presence of wind cools things down, hence the term Wind Chill Factor.

When the wind blows, the temperature of the air feels cooler on our skin, and thus, we lose body temperature faster. If we are out and about doing the fun things we have been longing to do since Autumn, like hiking, bicycling, jogging, playing racquet sports, golf, etc. we may not be as aware of the effects of the wind and cool temperatures because we are focused on our activity.

If we are cycling, or jogging we are increasing the wind chill effect on our body and because of our elevated body temperature from the exercise we are even less aware of the impact of the external temperature on our body. This is especially true of joint and muscular pain. We often think of it purely as a result of our increased activity. According to TCM, the increased or unexpected joint and muscular pain is attributable to the cold and wind.

In past Complementary Corners, I have written about the invisible being more powerful than the visible. In those articles, I focused on the invisible beliefs which influence how we choose to live our lives. In relationship to the natural world, wind is a great example of the invisible being more powerful than the visible on both the physical and energetic levels.

What do I mean by visible? The visible, that which we can see, is limited because it has a distinct shape, size, etc. You can touch it. It is what it is. What you see is what you get.

The invisible is everything we can't see. That is a lot of stuff. Generally speaking, we can only see five percent of the Universe. That is what scientists say; only five percent. Who am I to argue with science except when I disagree with it?

On Earth, the percentage of visible stuff seems much higher. I see things all around me all the time, yet there is plenty that is invisible. We can't see odor, taste, sound, or temperature. With the possi-

ble exception of looking directly at the sun (Do not do this, you will damage your eyes), we don't see light itself. Even looking at the sun (I repeat, DO NOT do this!), the light you see has travelled roughly 92.624 million miles over 8.33 minutes and passed through the atmosphere and bounced off lots of tiny bits of things like water vapor, particulates, etc. We only see light that is reflected off of stuff, so generally speaking, even light is invisible. Curious, right?

While the ancients who discovered TCM may not have had concepts about the composition of sunlight and thermodynamics, they were astute observers of the natural world. This makes sense since they didn't have distractions like cable television, cell phones, light bulbs, and social media.

These ancient observers made correlations between the seasons and how the natural world shifted according to these seasons. These correlations form the foundation of Chinese Medicine and how we look at the human body.

Now it doesn't take a rocket scientist to observe nature. In the springtime, daylight gets longer, plants and animals behave differently, there are spring breaks from school, baby animals are born, and baseball season starts.

Too often in our modern times we have lost or decreased our connection to nature. As a result, we have generally lost our ability to observe the subtle signs nature. Farmers and ranchers may be the sole exceptions to our modern nature disconnect.

We often view nature only as the weather, or the background of our vacations, a destination away from where we live.

In fact, nature is us, our bodies. Nature is wherever we are. Nature is all around us offering us clues to take better care of ourselves and those around us.

Please pay attention. Your healthy life depends on it.

Jefferson Breland is a board-certified acupuncturist licensed in Pennsylvania and Maryland with offices in Gettysburg. He can be reached at 410-336-5876.



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HEALTH AND FITNESS

Winter hydration is important too!

Linda Stultz
Certified Fitness Trainer

It's not as hard to remember to drink in the summer when we get hot and thirsty while outside working or exercising. Many people don't think about drinking and hydrating in the winter when it's cold and we are not outside as much. Hydration in the cold months is just as important as in the hot summer months. Since our bodies and organs contain a high amount of water, moisture is extremely important to keep them functioning properly.

When exercising we can get thirsty and that will remind us to get a drink. It is very important to keep drinking all through the day to keep hydrated. By the time we feel thirsty we are already becoming dehydrated. Keeping a glass or bottle of water out where we will see it will remind us to take a drink, even if you don't feel thirsty at the time. It's also a good practice to keep a water bottle with measurements on it to be sure you are drinking the amount you need for the day. Figure out how much you want and need to drink each day. Decide how much you want to have finished before lunch and be sure you have reached that goal. Refill the bottle and be sure to finish the rest before dinner. If you keep the bottle in a place that you will see it, that will remind you to take a drink and it will be easier to get the amount of water you need for each day. Sometimes out of site relates to out of mind and at the end of the day you realize you didn't drink enough, then try to compensate at the end of the day.

Drinking water can help prevent many problems that our body may develop. Keeping our body hydrated can help with maintaining blood pressure, preventing urinary tract infections, headaches and other issues. In the winter you may notice your skin is dry, your eyes may feel dry and itchy, your lips

may feel chapped and dry. Maintaining the proper amount of hydration during the winter months can help prevent some of the irritations we develop because of the dry air from being indoors with the heat on and from being in the air outside when the temperature is really cold.

Adding electrolytes to the water is good because they help your body absorb even more hydration into your muscles and body. You may find that if you start drinking more water than you usually do you may have to go to the bathroom more often. That's normal because your body is not used to having that much water. As your body gets used to you drinking more it will handle it without as many bathroom trips. Your body will also let you know when it wants hydration. Electrolytes help your body absorb and retain hydration. That's why when someone has the flu or virus they are told to drink fluids with electrolytes to replenish what they may have lost when they were sick so they don't get dehydrated.

As I mentioned at the beginning of this article, it is just as important to keep hydrated in the winter as it is in the summer. The thing is, we need to be aware that we may not be drinking as much and remind ourselves to take a drink more often during the day in the winter.

Hydration is right up there with good nutrition, exercise, good hygiene, sleep and taking time for ourselves. I know everyone is busy and sometimes the day just doesn't seem to have enough hours in it to get everything done we would like to. When we realize that taking care of ourselves is the key to being able to take care of everyone else and getting things done, it just may be a little easier to put yourself in the front of the line.

Remember, keep moving, you'll be glad you did! You will also be able to complete your day and your chores with more ease and less aches.





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ASTRONOMY

The night sky of March

Professor Wayne Wooten

For March 2025, the waxing crescent moon passes just south of Venus on March 1st, with Mercury just below them. The first quarter moon will pass Jupiter on March 5-6. Daylight Savings time will begin on Sunday, March 8th, so spring the clocks forward an hour. The waxing gibbous moon will pass red Mars in the northeast on the same evening, but no occultation for us this month. Instead this month, the occultation involves the earth's shadow covering the full moon for a total lunar eclipse starting in the late evening of March 13th, but totality occurring in the early hours of March 14th.

Just before midnight locally on Thursday evening, you will notice the SE limb of the moon growing slightly darker as the penumbral phase begins, but for the naked eyes, the real show will start at 1:09 a.m. when the dark umbral shadow makes a bite out of the SE edge of the moon. By 2:60% of the moon will be in our shadow, and the total phase begins at 2:26. For the next hour, the moon revolves its own diameter eastward through our circular shadow.

The really colorful phase, with all the direct sunlight blocked by our globe, begins at 2:26 a.m., and as it approaches, note while the main umbral shadow is reddish, the leading edge, passing through our ozone layer which absorbs UV and red, transmits a beautiful bluish leading edge for a few minutes. The greatest eclipse will occur at 3 a.m., and the moon will move into the following edge of our umbral shadow at 3:32 a.m.. The moon will again be fully lit by the direct sunlight at 4:48 a.m..

The Vernal Equinox occurs on March



On March 14, we will be treated to a total lunar eclipse, commonly referred to as a "Blood Moon", as Earth's sunsets are cast onto the lunar surface. The red is much more subtle visually, but still spectacular to witness.

22nd to begin spring in the northern hemisphere. Days and nights will be equally 12 hours long, and the sun will rise due east and set due west on that day. The last quarter moon is on March 22nd, rising at midnight. The new moon occurs on March 29th.

Mercury is well placed below Venus in the evening sky as March begins. It and Venus get together in the western sky on March 12th, when Venus, rapidly overtaking us to pass between us and the Sun on March 22, lies 6 degrees north of much fainter Mercury in the dusk, about 45' after local sunset. Both are lost in the sun's glare in a week. Note the size and phase of Venus change greatly in the first three weeks. As March begins, Venus is still 13% sunlit, but when it passes Mercury two weeks later, it is down to a very slender but now closer and larger crescent, only 5% lit. It passes 8.4 degrees north of the Sun at inferior conjunction on March 22nd, and might be spotted on the other side of the Sun, in the dawn sky on the following morning, only 1% sunlit. By month's end, it is easy to see in

the dawn, now 2% sunlit. On the 29th, the very slender waning lunar crescent and equally slender Venus will both be above the eastern horizon about 30' before sunrise.

Mars was at opposition as 2025 began, and is now being left behind by the Earth. But it is still close enough to reveal telescopic details as its seasons to are changing. Like us, it has a tilt of about 23 degrees, and it too has equinox presently, with its equator facing the Sun. Often in spring and fall, the sublimation of the warming cap as the sun rises, while the condensation of carbon dioxide at the chilling winter cap, will cause an atmospheric storm dwarfing our local 10" snowfall and shroud the whole planet in a dust storm for a month or more! These are tough times for our rovers on the surface, since they depend on such sunlight to power their solar batteries, and some are thus lost!

Jupiter is still well placed for viewing right after sunset, but will get lower in the NW as we head to April. Its Great Red Spot is still obvious in larger scopes. Alas, Saturn is now lost in the Sun's glare. On March 23rd, we could have seen its rings at their thinnest, edge on as seen from Earth, but the Sun is in front of it now!

When it does come out into the dawn sky in April, for the next several months, we will look up under the ring plane to see the dark side of the rings from Earth!

Perseus contains the famed eclipsing binary star Algol, where the Arabs imagined the eye of the gorgon Medusa would lie. It fades to a third its normal brightness for six out of every 70 hours. At Perseus' feet for the famed Pleiades cluster; they lie about 400 light-years distant, and over 250 stars are members of this fine group. East of the seven sisters is the V of stars marking the face of Taurus the Bull, with bright orange Aldebaran as his eye. The V of stars is the Hyades cluster, older than the blue Pleiades, but about half their distance. Yellow Capella, a giant star the same temperature and color as our much smaller Sun, dominates the overhead sky in the northwest. It is part of the pentagon on stars making up Auriga, the Charioteer.

East of Auriga, the twins, Castor and Pollux highlight the Gemini; it is directly above us as darkness falls in early March. UWF alumni can associate the pair with Jason and the Golden Fleece legend, for they were the first two Argonauts to sign up on his crew of adventurers. Mars and the Moon make a equilateral triangle with Castor and Pollux on the evening of March 8th.

South of Gemini, Orion is the most familiar winter constellation, dominating the southern sky at dusk. The reddish supergiant Betelgeuse marks his eastern shoulder, while blue-white supergiant Rigel stands opposite on his west knee. How bright does Betelgeuse appear to you tonight? In 2019-20, this famed supergiant had expanded and cooled, forming a dust envelope that has darkened much of its southern hemisphere to less than a quarter its normal brightness in visible light. Now the dust has dissipated, and it is back at its normal brightness as the alpha star of Orion again. Just south of the belt, hanging like

a sword downward, is M-42, the Great Nebula of Orion, an outstanding binocular and telescopic stellar nursery.

In the east are the hunter's two faithful companions, Canis major and minor. Procyon is the bright star in the little dog, and rises minutes before Sirius, the brightest star in the sky. Sirius dominates the SE sky as darkness falls. At 8 light years distance, Sirius is the closest star we can easily see with the naked eye from West Florida. When Sirius is highest, along our southern horizon look for the second brightest star, Canopus, getting just above the horizon and sparkling like an exquisite diamond as the turbulent winter air twists and turns this shaft of starlight, after a trip of about 200 years!

To the northeast, look for the bowl of the Big Dipper rising, with the top two stars, the pointers, giving you a line to find Polaris, the Pole Star. If you take the pointers of the Big Dipper's bowl to the south, you are guided instead to the head of Leo the Lion rising in the east, looking much like the profile of the famed Sphinx. The bright star at the Lion's heart is Regulus, the "regal star". The folk wisdom that "March comes in like a Lion" probably refers to the head of Leo rising just after sunset in early March eastern twilight.

If you follow the handle of the Big Dipper to the south, by 10 p.m. you will be able to "arc to Arcturus", the brightest star of Spring and distinctly orange in color. Its color is an indication of its uniqueness. Its large speed and direction through the Milky Way suggests it was not formed with our Galaxy, but is a recent capture from the Sagittarius Dwarf Galaxy, a smaller satellite galaxy now being assimilated by our huge spiral galaxy. Many of its lost stars, like Arcturus, follow a band across the sky at about a 70-degree angle to our galactic plane. Arcturus is at the tail of kite shaped Bootes, the celestial bear driver chasing the two bears from his flocks.

Farmers' Almanac

"May you always have work for your hands to do.

May your pockets hold always a coin or two.

May the sun shine bright on your windowpane.

May the rainbow be certain to follow each rain.

May the hand of a friend always be near you.

And may God fill your heart with gladness to cheer."

—Old Irish Blessing

Mid-Atlantic Weather Watch: Chilly with a rain and snow mix, then dry and milder with more rain on the 5th; (1, 2, 3, 4, 5); occasional periods of rain then dry and seasonably mild (11, 12, 13, 14, 15); rain, then very warm and dry, a few showers and then becoming dry and seasonably cooler (16, 17, 18, 19, 20); few showers, then turning sharply colder and brisk with snow showers; dry by 20th (16, 17, 18, 19, 20); still windy, then calm with showers, dry and turning warm after the 22nd (21, 22, 23, 24, 25); seasonably mild with occasional rain (26, 27, 28, 29, 30, 31).

Severe Weather Watch: The Town and Country Almanack sees high

winds on the 21st and 22nd.

Full Moon: March's Full Moon for 2025 will occur on the 14th. Many Native American tribes called it Worm Moon due to the abundance of earthworms that would appear when the earth starts to soften. It also has been referred to as Sap Moon because sap would rise and run during the month due to the warming temperatures throughout the month.

Special Notes: Daylight Saving Time (DST) begins on Sunday, March 9th. Don't forget to 'spring' ahead an hour at 2 a.m.. The Vernal Equinox will occur Thursday, March 20th and signals the beginning of Spring! The Almanack suggests that you "Go fly a kite" during this very windy month. Check out some of these classic designs you can make at home at www.my-best-kite.com/how-to-build-kites.html.

Holidays: Ash Wednesday falls on the 5th, the first day of Lent. And don't forget that St. Patrick falls on Monday, March 17th, so be sure to wear something green and festive!

The Garden: Get started early if the

weather allows. Test your soil for pH to see if any amendments are necessary. A general rule of thumb is to add 4 lbs. of lime per 100 sq. ft. of garden for every pH point below 6.5, or 1 lb. of sulfur per 100 sq. ft. for every pH point above 7.5. Sawdust, composted oak leaves, wood chips, peat moss, cottonseed meal, and leaf mold lower the pH while ashes of hardwoods, bone meal, crushed marble, and crushed oyster shells raise the pH. Prune trees and vines but stay away from birch and maples as they often bleed sap at this time of year if pruned.

The Farm: Best days for planting root crops (15, 16, 22, 23, 24); weeding and stirring the soil (6, 7); planting above-ground crops (8, 9); harvesting all crops (20, 21, 25, 26); setting hens and incubators (6, 7, 8, 9, 10, 11, 12, 13, 14, , 16, 17, 18, 19, 20, 21, 22); slaughtering/butchering meat (1, 2, 3, 4, 5, 29, 30, 31); transplanting (1, 2, 3, 4, 5, 29, 30, 31); harvesting and storing grain (22, 23, 24, 25, 26, 27, 28); the weaning of all small animals and livestock (20, 21, 22, 23, 24, 25, 26, 27, 28).

J. Gruber's Thought For Today's Living

"It is often true that the more one learns, the more one realizes how little one knows"



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COMPUTER Q&A

When to say goodbye to your old computer

Ayse Stenabaugh
Jesters Computer
Fairfield

In the rapidly advancing field of technology, deciding to replace your computer can be a complex decision for many users. Several factors must be considered when assessing whether an upgrade to your existing system or purchasing a new one is more appropriate. Two primary considerations are the device's compatibility with the latest operating systems, such as Windows 11, and the age of the hardware. This, along with the additional information provided below, will assist you in making an informed decision based on what best suits your needs.

OS Compatibility

Whether you are a Mac user or a Windows user, having compatible hardware is critical to ensure that you can stay up to date with the latest supported operating system. While it may not seem important to you to have the latest operating system, users on unsupported systems will no longer receive critical security updates and over time software support will become unavailable.

Performance and User Experience

Even if your computer meets the minimum requirements, users should consider whether it will provide a satisfactory user experience with Windows 11. Systems that are already experiencing slowness, have not been maintained or are out of date are not good candidates for an upgrade to Windows 11. Furthermore, older hardware may struggle to keep up with the demands of the new operating system, leading to slower performance and potential compatibility issues with new software applications. If you are already running Windows 10 on your PC you can determine if your system is compatible with Windows 11 by running the PC Health Check app which can be downloaded on the Microsoft Website.

Age of the Hardware

The age of your computer's hardware is another critical factor to consider when deciding on a replacement. Take into consideration that as computers age, they undergo wear and tear, affecting your systems performance and reliability. Components such as hard drives, cooling fans, and batteries have limited lifespans and may fail over time. An older computer is more likely to experience hardware failures, which can result in data loss and costly repairs. If reliability is an important factor, replacing your computer may be a more appealing option for you.

Technological Advancements

Technology advances rapidly, and older hardware may struggle to keep up with the latest software and applications. Newer comput-

ers come equipped with faster processors, more efficient memory, and improved connectivity options. Upgrading to a modern computer can enhance your productivity and provide better overall user experience. Users who rely on their computer for demanding tasks such as video editing, gaming, or programming, may find that an upgrade may be necessary to ensure optimal performance. Conversely, for those using the computer for basic tasks like browsing the web and checking email, your current device may suffice.

Cost of Repairs and Upgrades

Evaluate the cost of repairing or upgrading your current computer compared to purchasing a new one. If your computer requires significant repairs or upgrades to meet your needs, it may be more cost-effective to invest in a new device. Knowing how much life you can expect from your device can help you to determine whether replacing your device is a good financial decision. If maintained properly, desktop computers have an average life expectancy of 7-10 years. Laptops, All-in-one computers

and devices that are more susceptible to heat buildup have an average life expectancy of 3-5 years. The individual components installed in your device, how you use your device and how you maintain your device can have a big impact on the true-life expectancy of your device.

Replacing your device: Next steps

Many users report experiencing frustration when changing to a new device. There are several things that you can do to prepare ahead of time to make the transition to Windows 11 easier. First, know that when you get your new device there will be some initial setup involved. You may want to consider any software that you have installed on your old device (Such as Microsoft Office, QuickBooks etc.) that you may want to use on your new device. Since software cannot be transferred from one device to another you will need to plan on how to download and install the software that you want to use. In most cases data will not automatically be transferred to your new device. Lastly, if you are using a printer, you will



need to ensure that your printer will be compatible with your new device, and you may need to take additional steps to configure your printer to work with your laptop.

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COMMUNITY NOTES

Regional Housing Infrastructure Gap Act

Gary Bennett
Affordable Housing Council

Municipalities around Frederick County that deny housing projects because they will “change the neighborhood character” or because they simply “don’t want any more housing,” should be ready to prove in an objective, measurable way how new housing will adversely affect their community if Maryland House Bill HB053 passes the Maryland legislature and ends up on Governor Moore’s desk.

Known as the Regional Housing Infrastructure Gap Act (or Housing for Jobs Act), this proposed legislation will tie a region’s number of jobs to the housing needed to support those jobs. The legislation purposely aims to make it more difficult for jurisdictions to oppose reasonable housing projects.

The proposed legislation is similar to “Fair share” planning and zoning rules in New Jersey, Connecticut and other states that require each municipality or region to provide a proportional amount of affordable housing based on factors like population, jobs and land availability, essentially ensuring that the burden of providing low-income housing is distributed equitably across different areas, preventing concentration of affordable housing in only certain neighborhoods.

The housing gap in Frederick County was estimated to be 5,700 units in 2016, and we all know the gap has widened since then. It is especially dire for those at the bottom rungs of the economic ladder. To update our estimated gap, Frederick County is now in the early stages of a new housing study that will also lead to the county’s first housing strategic plan.

Even with people suffering with homelessness, overcrowding at others’ homes and doing without enough food, medicine and clothing to pay their exorbitant housing costs, some municipalities around Frederick County (excluding Frederick City) have made it abundantly clear that no residential growth or very slow residential growth are the only policies they will accept and support. We read about this time and again.

It shouldn’t be this way. Just like it takes a village to raise a child, it will take the entire county to solve our housing problem.

All municipalities in the county should share in the expected growth we cannot stop. There is not much we can do to quell demand to live in our county short of ripping up Carroll Creek, razing our delightful downtown and walling off our picturesque scenery and open spaces, which are already protected by the state and county and can’t be built upon.

Sure, we could shutter our windows and stop all housing projects in their tracks if we wished, but then we would become like other no-growth counties that eventually wither and then try to get back on track. This stance may work for people who live here now, but what about our children and aging parents who wish to stay. Where do they go?

The proposed legislation aims to peg needed housing to jobs. Specifically, the bill says that for every 1.5 jobs within our county, there should be one housing unit. Under our current jobs-to-housing ratio, the county would need to build 7,000 homes to reach that ratio, a number not far from our estimated 2016 gap of 5,700.

Pegging housing to jobs makes sense. People want to live close to where they work, and for a host of environmental, energy, family and community reasons, we should want that, too. Under the bill, planning and zoning boards and town councils must approve housing projects unless there’s a very good and objective reason not to.

Municipalities would be able to stop housing development projects only if:

It would have a specific adverse impact on the public health or safety to the residents who would live there, and there is no feasible way to mitigate it.

It is in an area with inadequate water or wastewater facilities to adequately serve the project, and there is no feasible way to mitigate it.

It is in an area zoned for heavy industrial use or on conservation property.

It is in a school attendance area that has verifiable current or projected full-time enrolment that exceeds 100% of the school’s estimated or state-rated capacity, and there is no feasible method to comply.

The bill authorizes the state’s Department of Housing and Community Development and Department of Planning to calculate regional housing infrastructure gaps, provide the apportionment of regional housing infrastructure gaps to all counties and incorporated municipalities and establish that certain local jurisdictions have an affirmative obligation to expeditiously approve housing development project applications.

The “affirmative obligation” clause is a big one and a paradigm shift in how business is done now.

Currently, municipalities are under no obligation to help solve our county’s housing problem and often do not even see it as their problem. They are perfectly happy for most of the development to happen in Frederick City. Under the bill, a local

jurisdiction may not deny a housing development project unless it has a justification that “clearly outweighs the need for housing and is supported by clear and convincing evidence.”

Indeed, if a local jurisdiction denies a housing development project, the local jurisdiction must provide in writing the reason for denial, specifying how the denial complies with the law. The proponent of a housing development may bring an action in the appropriate circuit court to enforce it. If passed and signed by the governor this session, which is likely, the Act will take effect on January 1.

This potential shift in state housing policy is not surprising. We should remember that land use control is constitutionally guaranteed to states, not municipalities. States have often delegated this authority to municipalities, as they’ve done in Maryland. But it can be taken back when local decision makers misuse the privilege.

It’s too bad doing the right thing has to be mandated, but we suspect the state has had enough new housing developments stopped in their tracks for specious reasons to warrant action. The days of simply not wanting more housing to stop projects may become a thing of the past.

The bill is still in draft form and there’s a very long way to go. It is currently in the House of Delegates with a hearing scheduled for March 4.

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COMMUNITY NOTES

One percent better

Audrey Russell
MSMU Class of 2027

First responders are our real-life superheroes. From firefighters to police to paramedics, if you call out for help, they respond in a flash, hopping into their Batmobiles and Invisible Jets and soaring headfirst into danger to face terrible foes, rescue innocent civilians and save the world from destruction. At least, that is how society sees it. But according to an Undergraduate student from Mount St. Mary's University who also works as a Certified Nursing Assistant (CNA) and part-time Emergency Medical Technician (EMT), no matter how invincible first responders may seem, they are only human, just like us.

We see pain and suffering scattered throughout the media, in movies and TV and on the news, but EMTs and first responders do not just see it, they live it. Car accidents, house fires, terrorist attacks, hostage situations, hostile environments, domestic violence, the list goes on. For any circumstance requiring medical attention, EMTs are in the thick of it all. Unfortunately, the work does not stop there. Like Superman, who keeps his super suit hidden beneath his Clark Kent disguise, first responders are always ready for action, whether in or out of the uniform. On-duty shifts last anywhere from 12–48 hours, an already significant obligation, but when an EMT is not on active duty, they are what Hime [MSMU class of 2026] calls “an off-duty first responder.” It is an EMT’s civic responsibility to protect their community, even if that means they never get a real day off.

“I make a joke a lot with my friends,” Hime chuckles. “Don’t get hurt; I don’t want to do paperwork.” Assisting someone in a medical emergency is not only a natural inclination for Hime and her fellow EMTs, but also a legal obligation. Hime holds herself to a high standard both on and off the job, often getting so caught up in the whirlwind of providing the best care for others that she neglects her own. On top of the physical fatigue and risk of injury that comes with such a demanding role, these intense schedules, strenuous environments and emotionally taxing situations take a toll on her and her colleagues’ mental health as well.

According to the Disaster Technical Assistance Center’s Supplemental Research Bulletin on “First Responders: Behavioral Health Concerns, Emergency Response, and Trauma,” EMTs and other first responders are much more susceptible to stress disorders, depression and burnout than those in the average 9–5, especially for Hime, who is not only a part-time EMT and CNA, but also a full-time college student. Personal health, both physical and mental, often take the backseat.

To counteract the effects of the job and to try and maintain a work-life balance, Hime has developed this motto: “Once the uniform is off, anything that comes with the job has to be off too.” Hime reminds herself not to think about work while at school, and vice versa, as she

cannot risk the quality of her performance in either domain. Worrying about a patient while taking an exam or stressing over an assignment while responding to a call is a recipe for disaster, and it is not only for her sake, but the sake of her patients, that a boundary must be formed.

Compassionate and empathetic, EMTs live to serve, but it can be harmful to take every case personally; something Hime struggles with. “If you get too involved, you start making mistakes; mistakes that could cost you or your patient’s life,” she explains. Hime recalls a few different patients of varying religious affiliations, each requiring their own unique care, some cases restricting the tools and practices she and her colleagues were permitted to use. In those moments, Hime reminds herself: “Follow the protocol and procedures that you learned so you can do this correctly...focus on the patient, because no matter what...the patient is who matters.”

Unfortunately, this very mindset has led to the epidemic of staff shortages in hospitals, fire stations, and other emergency service providers across the Country. First responders, who sacrifice much of themselves for the people, are rarely granted the same courtesy. Fighting to save as many lives as possible often comes at the cost of their own.

According to the Center for Disease Control and Prevention (CDC), Emergency Medical Service providers are 1.39 times more likely to die by suicide than the public. They may seem bulletproof but are just as vulnerable as anyone else. “Don’t think that first responders are invincible or used to something because inside, they’re all humans,” Hime reminds us.

Hime recalls one of the most harrowing periods she has experienced as an EMT, at the height of the ‘defund the police’ movement in 2020. Though they work together, wear similar uniforms and can be grouped under one umbrella, Hime emphasizes that law, fire and medical service providers are not equal. So, while in 2020 much of the country acted out against the police department, EMTs and other non-law enforcement officials faced the consequences as well. Hime recalls wearing a bulletproof vest to work during her first year on the job because of the potential threats. Her mother, terrified for her daughter’s safety, begging her to quit after only a few months. Being brought into her lieutenant’s office and asked to write her end-of-life plan. “That’s when it all became real to me. Do I really want to die as an 18-year-old kid in the EMT field?” she reflects. Resilient and determined to fight for the good in this world, Hime was only bolstered by these words, and three years later, is proud of herself for sticking it out.

So, in these difficult situations, even when they are, as Hime puts it, “scared poopless,” what keeps our first responders going? For Hime, it is three simple words: one percent better.

This motto, first shared with her by her high school Marching Band Director, reminds Hime how remarkable her job is. No matter how horrific, stressful or overwhelm-



ing a case is for Hime and her team, in those moments, their patients share a degree of vulnerability with them that no amount of personal pain can disparage. When a patient is at their lowest, Hime sees it as her responsibility to accept that vulnerability with a kind heart and open arms, and to do everything in her power to make her patients’ lives at least one percent better.

“That is all the joy,” Hime says with a smile. Because when you find yourself in need of rescuing, at the hands of a difficult diagnosis or a staring down from the edge of a bridge, one percent can make all the difference.



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