

Emmitsburg NEWS-JOURNAL

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“Mother Nature is unsettled”

Since the inception of winter, the Region has seen little snow, the most noteworthy to date having occurred January 22 when a mere two to three inches of snow fell.

While the scene presented as a result of that snowfall may have produced postcard scenery for a couple of days, it did little to contribute to the cash registers of ski and snow-related enterprises in the area.

Liberty Mountain Resort and Conference Center has been in full swing thanks its skillful snowmaking staff and some extra help from mother nature.

Local fruit growers are concerned that the extended warmer weather followed suddenly by freezing temperatures could affect tree bud development, resulting in fewer budding on trees when spring does arrive.

However, fruit scientist Jim Schupp, with the Penn State Fruit Research and Extension Center in Biglerville, said, “We’re fine. It wasn’t warm enough long enough and didn’t get cold enough fast enough” to affect future bud formations on the fruit crop trees.

Richard Black, co-owner along with Patricia Black of Catocin Mountain Orchards, is still keeping his fingers crossed. Catocin Mountain Orchards maintains about 100 acres of apples, peaches, plums and

berries.

“I’ve got several people telling me the forsythia are in full bloom. Things are happening. I’m not sure where the sap is at, especially in the peaches,” he stated. “I’m sure if I cut a stick and brought it in, I’d bet it’d bloom in a few days. I hope it gets back to being winter.”

He continued, “I don’t like this weather right now. It doesn’t look like [winter weather] is coming right away. I guess I’m a little concerned, but there’s nothing you can do about it.”

While the skiing industry can overcome some difficulties and make its own “weather,” as such, and the area’s fruit crop appears secure, the lack of winter precipitation continues to impact the local economy in other ways.

Zurgable Brothers Hardware may have to store much of its winter stock if something doesn’t change in the coming month or two.

“We have had no winter,” owner Mark Zurgable said. “It was alright here for a couple of days [during the January snow event] and we sold a shovel or two and some Ice Melt, but nothing else.”

“Unfortunately,” he said, “that’s the way it goes. November and December for us really felt bad. Between the economy and the weather,



While the official start of Maple Sugaring is still a month away, the unsettled weather has some trees already dripping sap from broken branches. Freezing temperatures at night produce tasty ‘Sap Suckles’ for the enjoyment of early morning risers.

it was tough. No winter, no business. We still have plenty of shovels, and Ice Melt,” Mark stated. “Winter Coveralls are already on sale at 25 percent off.”

“We’ve still got a lot of winter ahead of us, but it’s time to start thinking spring [sales stock] around here,” he noted, adding that the lack of winter weather related sales “just ties money up. This day and age, that makes it tough.”

Gardeners are also concerned and

casting a weary eye at plants in their gardens that seem ready to sprout. “Mother Nature is unsettled – she seems reluctant to let go of fall – and anxious to hurry spring,” noted one Master Gardener. Even the birds are confused, forcing gardeners to be vigilant of activity in nesting boxes lest eggs get laid months before they should.

Mother Nature is indeed unsettled and always keeping the region guessing as to her next move.

Lavender Festival to change format

The three-day long Lavender Festival, held annually in the Fairfield area, will no longer be a three-day event beginning in 2013.

According to Tom Wadja, who runs the event with his wife Madeline, the festival, which will be held June 15, 16, and 17 this year, but will become a one-day event in 2013.

The event has been held at the Wadjas’ Willow Pond Farm, 145 Tract Road, since its inception more than a decade ago, when it was founded in 2000.

“The Lavender Festival will go on this year as it has in the past, as a three-day event,” Wadja said. “It was decided to do one more three-day event in order to ‘go out with a bang, not a whimper.’”

“We founded the festival about 11 years ago, and pretty well pushed it along while we were younger,” he said. “None of us are getting any younger and next year we’re cutting the event back to one day.”

Beginning in 2013, the event will be held only on the Saturday before Father’s Day.

“Concept (the Lavender Festival) was our idea,” Wadja stated. “We thought that it would be a great plant to introduce in the area, and we wanted simply for people to enjoy themselves for a couple of days.”

While he and his wife are the backbone of the success of the event, they do not operate the show by themselves. “Manpower takes about 30 people a day to provide,” he noted. “We have a lot of volunteers to go out and help us.”

Attendance at the annual event generally brings in about 3,000 during the three-day weekends. “We draw from a 50-mile radius, and from other states such as Florida, Ohio, Michigan and New York,” he said. “It’s a very well-known event.”

The event features plant sales, lavender product sales, food prepared by a professional chef, half a dozen lectures each day on growing lavender and its medicinal and cooking uses, and a dozen outside vendors. Admission is \$8 over 12 years of age.

Lavender, which is native to the Mediterranean, was introduced in



Thousands gather every year for the Willow Pond Lavender Festival

the American Colonies by the colonists for primarily medicinal purposes, he stated.

For additional information regarding the Lavender Festival, visit the event web site at palavenderfestival.com, or contact the Wadjas at (717) 642-6387.

Editor’s Note: Tom Wadja wrote the “Cold War Warriors” column for December and January issues of the Emmitsburg News-Journal. Wadja served as a diplomat to the federal State Department and retired to grow lavender in Fairfield.

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NEWS

Letter to the editor

Having turned the corner into a new year, the Board of the Emmitsburg Food Bank would like to thank the people of Emmitsburg and Rocky Ridge. The last three years brought economic challenges to all of us, and many of our neighbors and friends struggled with job loss, the rising costs of food, fuel and utilities, and empty cupboards.

You reached out, through the food bank, to help them cope with at least one of their needs. So we thank the following community groups, organizations, and institutions whose donations kept our shelves full throughout 2011. The seven churches that comprise the Emmitsburg Council of Churches—plus the Mt. Tabor and Monocacy Church of the Brethren in Rocky Ridge—their giving provided the historic foundation for the food bank, and continue to do so.

Mount St. Mary's University, its staff, students, alumni groups, and sports clubs (especially the hockey

club), consistently and generously donate to help us support our community's needy families, as do the staff and classes at the National Emergency Training Center and the Federal Emergency Management Agency.

The Emmitsburg Business and Professional Association, through their "change for food" program conducted through local businesses, provide regular infusions of funds so that we can buy food when it is needed. The American Legion and the Veterans of Foreign Wars and their Ladies Auxiliary add contributions to the food bank to their history of service in Emmitsburg and beyond.

The students at Emmitsburg Elementary and Mother Seton have learned about community service through campaigns of donations for the food bank. We cite the Catoctin Leo Club and Students Helping Other People program in particular for their support.

Thank you to Emmitsburg's Boy

& Cub Scouts for conducting the "Scouting for Food" program in early November, providing an early start to holiday giving.

The Emmitsburg Lions Club and the Knights of Columbus donate each year, as do the North County Democrats & Friends, Curves of Thurmont, Weis Market in Thurmont, and our very own Jubilee Foods, are generous donors.

We cannot name, for privacy concerns, the many individuals who gave, and gave again, throughout the year, and the dozens of people who give their time as volunteers. All who have been named, and the many that were not, are models of community service and generosity. All of us are blessed to live in such a caring and giving community. They made it possible for the Food Bank to close 2011 with shelves filled to the top and a healthy treasury. We paraphrase Tiny Tim as we say, "God bless you, every one!"

Sincerely, *The Emmitsburg Food Bank Board*

Town considers Sustainable Communities Program

Emmitsburg could receive revitalization funds if the town Board of Commissioners elects to pursue becoming part of Maryland's Sustainable Communities Program.

State Office of Community Programs Project Manager Mary Kendall briefed the board on the benefits of the program at the commissioners' January 18 meeting.

The program is fairly new, she said, having been initiated by legislation in 2010. The legislation evolved from a 2009 review of the then-existing program to re-evaluate its performance "to see what

was working and what was not working."

The premise of the program, Kendall noted, is to "create social and economic opportunities in your (local) community."

One of the primary benefits of participation in the program, the manager said, includes support of neighborhood revitalization projects "that contribute to business retention and attraction" and encourage homeownership and commercial revitalization.

While the program may not offer the necessary funding for a proposal, they help an applicant work

through the money-seeking process, and offer inroads to other agencies offering aid, such as the state Department of Transportation (which could provide funding for sidewalk repairs along a state highway).

Funding (some of which requires matching funding) is directly available through the program's Community Legacy project, and can be used for "green improvements" to public facilities, pocket parks and public spaces, main street facades, upper story redevelopment and neighborhood beautification.

Other benefits include tax credits for existing historic commercial

Town mulls after-school program

The Emmitsburg Board of Commissioners discussed at their January 3 meeting the future of the town-supported After School Program.

The issue was introduced for discussion by Commissioner Patrick A. Joy, who had expressed concerns that participation was dropping because of amount of money families were charged to have their child or children in the program.

"Since the town has introduced

a fee," Joy stated, "the program has seen a marked drop in the number of kids participating."

He said families have indicated they "just can't afford" to have their children participate in the program.

Town staff introduced the fee system after taking over the formerly county-run program when Frederick County pulled out. The town's per-child fee to participate is \$20 a month, or about \$1 a day.

Joy noted the program was based

on the assumption that around 30 children would be participating. "That is down to the low 20s or teens," he told his fellow commissioners. "Do we keep the program going for ten people?"

The commissioner suggested that the user fee be dropped to aid in increasing participation, if cost was a factor in parents deciding not to participate. "I'm getting rid of the fee and hoping attendance goes up."

Emmitsburg area news briefs...

Board approves sign funding
Emmitsburg will soon see new "Welcome" signs erected that will include the community's recently approved founding date.

The town Board of Commissioners approved at their January 6 meeting the proposed expenditure of \$2,500 for the new signs.

The signs will include "Established in 1785," a date approved by the board at their December 6 meeting.

Recognition of 1785 as the

founding date of Emmitsburg culminated a decade of sometime contentious debate that was resolved only by the recognition of the town's 1825 date of incorporation.

Mayor Donald N. Briggs said that establishing a founding date and getting the signs installed was one of the "targets" being considered to improve the community's historical attributes in light of the approaching 150th Anniversary of the Battle of Gettysburg.

Use of Mount funds

Three thousand dollars donated to the Town of Emmitsburg by Mount Saint Mary's University will go toward enhancing the Town Square.

Mount President Thomas H. Powell presented the donation to the town at the Board of Commissioners December 6 meeting.

The board voted at their January 6 meeting to earmark the money for Town Square improvement usage.

Mayor Donald N. Briggs stated that the money would help pay to re-



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and residential structures, rehabilitated non-historic structures, job creation tax credits, and "gap financing" loans on financial shortfalls for approved projects.

Kendall stated that the town's existing comprehensive plan "seems like a good basis for a Sustainable Communities plan."

Commission President Christopher V. Staiger said, participation "seems like a great opportunity."

"We need to make some prog-

ress (on defining town improvements)," he said. "We're in need of a framework. Maybe the program can give us a little guidance. We need to identify the improvements we want to make. We're too scattered (with objectives)."

The board of commissioners took no formal action at the meeting, except to direct Town Planner Susan Cipperly to draft a resolution in support to initiate possible participation.

If eliminating the fee did result in increased participation, he said, "it would be worth it."

The cost of operating the program to the town is \$16,854 a year, of which \$3,540 is recouped through participation fees, according to Town Manager David Haller.

Operational costs include \$14,263 in salaries for After School Program staff, representing about 85 percent of the total expenses, \$1,091 in payroll taxes, and \$1,500 in program costs.

The \$3,540 participation fees received reduced the cost to the

town to \$13,314.

Expense reductions have already been proposed for 2012 which would chop around \$3,000 off the town's expenses, reducing the program cost to around \$13,893 with participation fees expected to be garnered amounting to only \$965 (subject to change).

The commissioners elected to continue the discussion at their next meeting, and invite After School Program Director Erma Tressler to participate.

"We need to evaluate the whole program," Joy stated.

place the 1970s era trash receptacles and benches, among other improvements.

Commissioner Timothy O'Donnell said he would like to see the improvements include a bicycle rack.

Commissioner Clifford L. Sweeney suggested that local non-profits may be interested in "purchasing" space on the new trash containers as a place to locate their organizational logos.

Radio equipment relocation

The Emmitsburg Board of Commissioners approved at their January 6 meeting the relocation of the municipal radio repeater and tower.

The equipment is presently located on private property owned by a veterinary clinic, who has asked the town to relocate the tower.

Town Manager David Haller said arrangements have been made to relocate the tower on the Vigilant Hose Company firehouse property.

The commissioners awarded the bid for their work at their January 6 meeting to Pine Hill Electronics, LLC in the amount of \$6,805.

Half of the funding for the move will be paid for out of the town's budgetary reserve, with the other half coming from the sewer and water enterprise funds.

CV chicken law facing adoption

The Carroll Valley Borough Council voted at their January 10 meeting to advertise for possible adoption of a proposed regulation governing the ownership of chickens as pets.

The establishment of the new rules would necessitate an amendment to the town code regarding animal regulations.

The rules would establish limits on how many chickens a resident could own, as well as provide other ownership guidelines, and would

also establish penalties, including potential incarceration, and other enforcement-related procedures.

Councilman Neal Abrams said previously the proposed chicken regulations would likely generate "a lot of conversation in the borough."

Abrams also pointed out at the January meeting that the council was not the entity that conceived the concept of regulating chickens in the borough. "It should be understood the council did not advo-

cate this."

"This (chicken ordinance) was brought up by residents of the borough," he said. "This originated with citizens."

The law would permit private property owners to maintain a small flock of up to six chickens for personal use, such as providing food for the family or for educational purposes.

Among the prohibitions proposed, the regulations would prohibit processing or butchering

chickens on-site, and would prohibit commercial activities relating to selling chickens or by-products.

In addition, a permit would be required to process the chickens, and a \$100 per day fine would be established for those who would violate the regulations. The regulations would also provide for a prison sentence of not more than 30 days for anyone who defaults on an enforcement action.

Town staff would also be given the optional empowerment to is-

sue a cease and desist to anyone violating the regulations which could include ordering the removal of the chickens and any associated structures.

The borough Planning Commission has been mulling over the draft ordinance for several months. Commission member Edward Kaplan told the council at their December meeting that Supervisor William Reinke had made a number of recommendations regarding the draft.

A draft presented at the December council meeting, he said, was based primarily on an existing ordinance in place in North Carolina.

Fairfield continues to discuss signage

The Fairfield Borough Planning Commission continued to mull potential changes to municipal regulations governing signage at their January 9 meeting.

A review of the signage rules was initiated recently after municipal officials took note of the numbers of uncomfortable business signs that had increased over time in the Village Core and Historic District within the borough.

The issue of reviewing standards for the colors of signage in the Historic District is now pending before the borough Historic Architectural Review Board (HARB).

The planning commission reviewed comments from Councilman Dean Thomas, who also serves as the chairman of HARB, at their January 9 meeting.

Thomas' comments included inserting the word "color" among the checklist of things HARB can take into account when reviewing certificate of appropriateness applications.

Commission member Carroll Smith, also a member of the borough Council, stated he had no problem with adding color to the list of attributes HARB could review.

However, one comment submitted by Thomas seemed

to suggest he was suggesting the commission consider regulating interior (indoor), lit signage, although the commission stated Thomas could have meant interiorly-lit outdoor signage.

Pending clarification of Thomas' comments regarding lit signs, the planning commission did generally concede they did not want to regulate internally-lit "Open" and "Closed" signs sometimes placed inside store windows.

"You can go too far with some of these things," Smith said. "It may be a question of whether they (a store) get business or not unless someone

knows whether or not they are open."

Zoning Officer and planning commission member Francis Cool noted that he had been advised by borough Solicitor Matthew Battersby not to try to enforce indoor signs under the present ordinance. "He said I can't regulate anything inside of a building."

County Department of Planning and Development Planner Robert Thaeler told the commission, "That (regulating interior signs) could get into a very difficult enforcement process if you wanted to go after that. I suggest you sit tight until you hear back from HARB."

Thomas also suggested eliminating national brand signs, but only in the Highway Commercial District (Village Core).

"I'd be totally against that," Smith stated, but questioned if Thomas comment wasn't in error since similar signage is permitted in the Village Core but was not mentioned.

Thomas confirmed with the News-Journal the following day that he had intended for the comment to apply to the Village Core, not the Highway Commercial District.

The commission decided to continue the discussion regarding potential new or amended sign regulations after receiving comments from HARB as a whole.

Fairfield area news briefs...

Fairfield council reorganizes

The Fairfield Borough Council reorganized at a special meeting held January 3, swearing-in new and re-elected members of its council, and establishing the council hierarchy.

Four incumbent council members were re-elected to their seats in the November 8 election, but one council seat remains unfilled.

Re-elected council members sworn-in at the January 3 meeting included Patricia Gilbert, Amelia Rodriguez, Carroll Smith, and Patricia Smith. All were re-elected to four-year seats.

Patricia Smith was further re-elected by council to serve as the council president. Carroll Smith was named as the council's vice president.

Councilman Frank Cool was re-named as the borough zoning officer, while Susan Wagle was re-established as the borough secretary and treasurer.

Also effective for 2012, the borough Planning Commission will meet at 7

p.m., instead of the former meeting time of 7:30 p.m.

Hamiltonban prepared for 2012

The Hamiltonban Township Board of Supervisors reorganized at their January 3 meeting, although there were not any new members of the board as a result of the November 8 election.

The board had two six-year terms open and one two-year term, and incumbents prevailed in all cases, with Supervisor Bob Gordon garnering 310 votes and Supervisor Coleen Reamer receiving 261 votes, thus retaining their four-year seats.

Incumbent Harry Rood maintained his two-year seat, which was contested only by 41 write-in votes. He received a total of 363 votes.

At the January meeting, Gordon was re-elected by the supervisors as the board chairman, with Reamer re-elected as the vice-chairwoman. Deb-

orah K Feiler was again named as the township secretary and treasurer.

CV regroups for coming year

The Carroll Valley Borough Council reorganized its structure at a special, re-organization meeting held January 3.

During the recent November 8 election, no incumbent council member was displaced, although a new councilwoman was elected essentially as the result of then Councilman Frank Buhrman's decision to not run.

All of the council positions up for election in November were four-year seats.

Sworn-in at the reorganization meeting was elected council member Janis Ashman. Also sworn in were victorious incumbent council members Neal E. Abrams, Tammy Lytle, and William K. Reinke.

In addition, Councilman John VanVolkenburgh was re-elected by the board as council president and Dan Patton was re-elected as vice president.



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NEWS

Fairfield prepares for 'war'

More Civil War-related activities have been planned for Spring in Fairfield Borough in conjunction with the on-going Civil War sesquicentennial commemorations around the country.

Fairfield Borough saw the most intense action during the war on July 3, 1863, during the Battle of Gettysburg, when a Confederate victory in and around the borough essentially kept the Hagerstown Road open as a withdrawal route for the Confederate Army as it fell back from the Gettysburg stalemate.

However, the borough, like other communities, intend to host events during each year of the sesquicentennial, having already held their first event

last year.

Borough Councilman Carroll Smith, also a member of the borough Sesquicentennial Committee, told the council at their January 24 meeting that this year's event will be held all day Saturday, May 5, and part of Sunday, May 6.

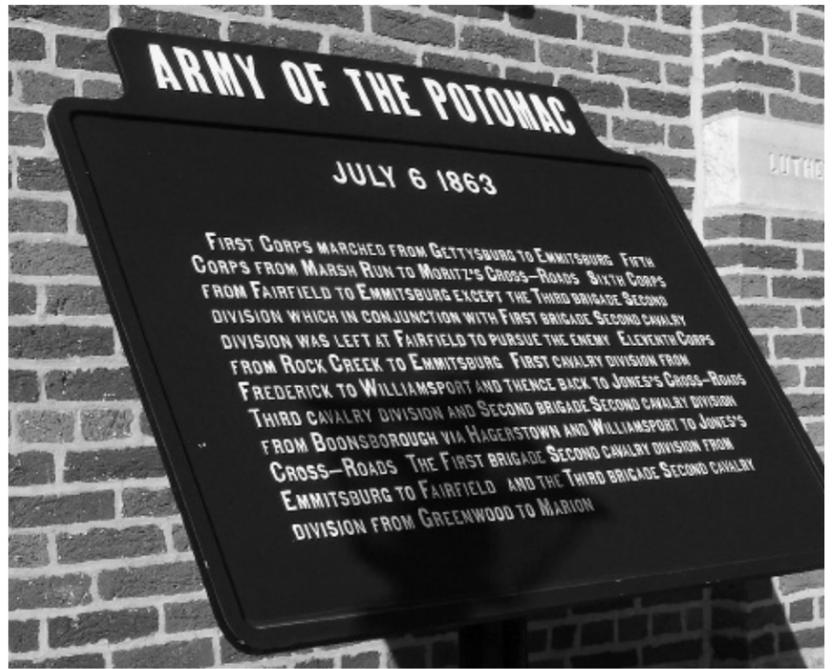
The event will include a "small skirmish" of just over 100 re-enactors, some cannon and about 20 mounted cavalymen.

The event will be held in "two or three areas" of the borough "instead of being spread out over the town" as was the case last year, he said.

This year represents the second year of the Southern War of Independence, as it was know to some during the actual war, oth-

erwise called the Great Rebellion among Northerners.

Today, popular historians and writers tend to refer to the struggle as the Civil War or War Between the states, in spite of the federal Supreme Court decision in 1882 that effectively ruled that the conflict was not a war when it directed the return of the Arlington (Virginia) estate, including the Custis-Lee Mansion, to Custis Lee (Lee subsequently sold the property back to the federal government).



In other business conducted at the January 24 council meeting, the council appointed resi-

dent Shawn Gageby to a seat on the borough council that had not filled in the November election.

Highland looking at potential development

Ashley Andyshak Hayes

A 61-home development proposal may come before Highland Township supervisors this spring, according to information discussed at the January 10 township meeting.

Knoxlyn Enterprises, LLC, is proposing to build the homes on 244 acres bordered by Knoxlyn and Knoxlyn-Orrtanna roads and Thompson Lane.

The two land parcels involved are owned by Eugene Farrell and Patrick Farrell.

The development would include 11 estate lots and 50 clustered residential lots, which would front on a new road.

The land in question had been designated for agricultural use by the county. Knoxlyn Enterprises previously applied to have the land designated for residential use, and their request was approved by the township in June 2011.

Township Secretary/Treasurer Alicia Birkhead said that a Knoxlyn Enterprises representative has asked to have the proposal placed

on the supervisors' March agenda.

Complete proposals must be submitted to the township at least 35 days prior to a township meeting in order to be placed on that meeting's agenda, she said, so March is the earliest that supervisors could officially consider Knoxlyn's proposal.

Knoxlyn Enterprises is headed by Jeffrey Kozero.

In 2006, under the auspices of Empire Homes, Kozero proposed a 279-home development for the same parcels of land. That proposal sparked backlash from citizens

who were against a major housing development in the rural township, and was a factor in the then-unzoned township's request to enact the county's zoning plan.

The Empire Homes proposal was ultimately not approved because the state Department of Environmental Protection did not approve the development's sewer plans.

In other business, supervisors approved the following donations to local nonprofit organizations: \$250 to the Adams County Transit Authority; \$250 to the Adams County

Office For Aging; and \$5,958 each to the Cashtown, Gettysburg, and Fairfield fire departments.

The fire department contributions include a regular \$2,500 donation to each department complemented by the admission tax revenue from this past summer's Bike Week activities, which were hosted by Granite Hill Campground in the township.

Supervisors also considered a request by Community Media, formerly Adams County Television, for a donation of six percent of the town's cable franchise fee, equaling \$420. The board declined to make a decision regarding the donation.

Former Gettysburg Country Club property rezoned

Ashley Andyshak Hayes

Cumberland Township supervisors voted to allow a rezoning request to move forward at its January 24 meeting.

Developer Marty Hill, of Cumberland Club, LLC, asked the board to consider the property at 730 Chambersburg Road for mixed use zoning. The property, the former home of the Gettysburg Country Club, is currently zoned residential.

Township Solicitor Sam Wiser said the rezoning is permissible un-

der the township's comprehensive plan.

The board had asked Wiser to determine if the rezoning would result in spot zoning, in which a piece of land is zoned differently from surrounding parcels without a substantive reason. Wiser said the rezoning would not result in spot zoning and that the request was appropriate.

The township's comprehensive plan states that commercial development is best suited for areas along U.S. 30 (Chambersburg Road) and other arterial routes in the town-

ship, Wiser said. The parcel is in a township-designated growth area, and all necessary public facilities are in place for commercial development.

"I don't think you could present a better zoning request," Wiser said.

Hill told supervisors that he would cover all legal and advertising costs associated with the rezoning process.

The rezoning request must now be reviewed by the township's planning commission and the Adams County Planning Commission, and

township supervisors must hold a public hearing on the request, said township manager Ben Thomas.

Community Media funding

Supervisors also voted unanimously on Tuesday to deny a request by Community Media for a donation of six percent of the township's cable franchise fee, a total of \$4,200.

Thomas said that after receiving the funding request, he asked for a copy of Community Media's budget and for the number of township residents who could access

the Community Media station. Thomas said he was told that the station serves 1,500 customers in the township, and that Community Media already receives \$36,000 annually from Comcast.

Supervisor Al Ferranto said that he was not in favor of the donation since the township does not have the money designated in its budget this year.

"With all the needs the Cumberland Township has... the money can be better spent in the township," he said.

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One hundred years ago this month

February 2

Beautiful Animal from Creagerstown

Mr. Russell Long's beautiful horse, "Favorite," gave an exhibition of speed on the streets on Wednesday that attracted a great deal of attention. Besides winning several heats, the animal displayed such action and disposition as to be particularly noticed among the many fine horses here on that day. Mr. Long is from Creagerstown.

Delightfully Entertained

On Tuesday evening Mr. and Mrs. Harry Bowling entertained a number of guests at their home on Gettysburg Street. The guests indulged in games and other amusements. Continuous music was provided the entire evening by a special orchestra. Later in the evening refreshments were served in abundance, and at a late hour, all the guests departed for their homes, assuring Mr. and Mrs. Bowling that they spent a very pleasant evening.

On Saturday evening, Mr. and Mrs. John Weaver gave a supper at their home in honor of her daughter's birthday. The invited guests, who were Ms. Helen's girlfriends, arrived early in the evening and were soon seated around a table bountifully laden with the most delicious viands. It is needless to say that all present did their best to partake of them. One of the amusing features of the evening was the finding of a charm hidden within a dish of nuts. It was understood that the finder should be the first of the company to preside over their own household. Miss Bessie Wine was a fortunate lady. The remainder of the evening was spent in various games, which were of a nature to make the participants better thinkers. Miss Persis Valient received the prize for having the best memory.

Death of Francis Lansinger

Death removed one of her former citizens on Wednesday when Francis Lansinger, for many years a member of leading building and contracting firms of this County, breathed his last at his home on E. Main St. The deceased was 78 years old. When he was a young man he married

Cecilia Tyson of this place and engaged in the carpenter and contracting business with his brother-in-law Bennet Tyson. During this time, they erected several fine buildings in this town, including the magnificent structures at St. Joseph's Academy and College, the Presbyterian and Reformed Churches, the Methodist Church at Toms Creek, the Annan & Horner Bank Building on the square, and St. Euphemia's School.

February 9

Fox Chase

The fox chase on Tuesday was witnessed by a large crowd. The case started at the Hotel Slagel at 1 p.m. From Raymond's standpoint it was a decided success for he eluded the hounds and, it is supposed, got safely to cover on Hoffman's Hill.

Plays and Dances

All are invited to attend the great four-hour Western comedy drama, "Who is the Richest Girl in the West," given by the Swastika Dramatic Club in St. Anthony's School Hall on Monday evening. On Friday evening, the Emmitsburg High School will render a three-act comedy entitled, "The High School Freshman." This is for the benefit of the high school piano and spring athletics. Next Wednesday evening a dance will be given at the Emerald Hall on Frederick Street. Supper will not be served as advertised, but refreshments will be supplied.

Radical Changes Made In Rules of Football

The football rules committee has 'improved' the game by the following rules:

1. The playing field, now 110 yards in length, will be shortened to 100.
2. A zone of ten yards width beyond the goal line is established. The purpose of this is to provide ample space for execution of forward pass and scoring on a pass made across the goal line into the zone is permitted.

3. The number of 'downs' to gain 10 yards has been increased from 3 to 4.
4. The onside kick is eliminated.
5. The value of a touchdown has been increased from 5 to 6 points.
6. After a touchback the ball will be put into play at the 20 yard line as opposed to the 25 yard-line
7. The number of men allowed on the sidelines, now three, will be reduced to one per team.

February 16

Dr. Jamison Wants New Trial

The case of Dr. Jamison against Mr. Daniels Zentz, tried before a jury this week, resulted in a verdict against Dr. Jamison. A new trial will be asked for. The case was for the amount of the bill for professional services rendered to Mr. Zentz, who had his leg injured and attended to by Dr. Jamison. Dr. Jamison claimed that Mr. Zentz told him to go ahead and save the leg and he would pay the bill. Later Mr. Zentz refused to pay.

Valuable Property for Sale

"Bella Vista," a 10-acre county home situated on Frederic Turnpike, one and a quarter mile from Emmitsburg, midway between Emmitsburg and Mount St. Mary's College. The house, of artistic design, contains 14 rooms, including bath and laundry, large dry cellar with cement floor and wide porches, front side and rear. It is equipped with hot water heating system. Out-buildings consist of summer kitchen and dining room, large stable, suitable for garage and plenty of room for storage, chicken house, corn crib, wood and coal house all in first class condition. An Artesian order, pure and unfailing provides water year round. The Land is in a high state of cultivation. Fruits, large and small, a choice variety, just coming into maturity. Shade trees and shrubbery. There are cement walks leading to and from all buildings. Asking \$4,500.



Bella Vista

Congress and the Lincoln Way

Within 30 days Congress will decide whether the memorial to Abraham Lincoln shall be in the form of an up-to-date highway, used by thousands of people, or an architectural recognition, in the form of a Greek temple, located in one of the Washington parks. A large majority of the House of Representatives is in favor of the highway.

ety, passed through town. They also visited Thurmont and, it is said, made themselves free with the property of others.

Wind Blows Steel Roof from Garage

A wind of high velocity rocked the houses of Emmitsburg on Wednesday night and chased the Mercury down in the thermometers towards the bottom of the bulb. The steel roofing over the garage of Mr. Moritz at Fairplay was lifted off and deposited on Mr. Joseph Felix's porch where it did considerable damage. Windows in town suffered to the same extent.

Dance Well Attended

The last dance of the Ante-Lenten season was given on Tuesday night at the home of Mr. and Mrs. Norman Welty, near Emmitsburg. Over 50 guests were present. Many old-fashioned square dances were given, in which everyone took part, and which were thoroughly enjoyed. At 11 o'clock refreshments were served, after which dancing was continued until the stroke of 12.

February 23

Householder Taken In

Last Saturday a man of gentlemanly appearance stole a carpet sweeper from a lady in town. He worked the trick by representing himself as a repairman of such machines and persuaded the lady to allow him to take the sweeper. The next day he returned it in better condition, but the day after he called saying that in assembling the sweeper he had left several screws out and said if they would give him the machine he would replace them in his shop. The man was given a sweeper and has not been seen since.

Gypsies in Town

On Tuesday several Gypsies, of the genuine leather-colored vari-

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

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GOVERNMENT—SOUTH OF THE MASON-DIXON LINE

From the Desk of Town Council President Chris Staiger

Well, here we are in February already! Hard to believe, I know. It's almost as surprising as how lucky(?) we have been to escape a ton of snow this year... January's town meetings tied up some loose ends from 2011 and began our focus on the financial outlook for the next budget year beginning July 1, 2012. Not a particularly rosy picture (as one might expect) but you need to take the bad with the good.

As most property owners are probably aware, the state recently sent out the latest three year reassessment of property values. This and the actual tax rate are the two key components of your annual property tax bill. Overall, assessments appear to be down approximately twenty percent on average. While this may be a benefit when you open your tax bill in July, it will have a negative impact

on town revenues. State and county payments to the town budget have declined substantially over the last two years, but our revenues from property taxes have remained about the same. Now this portion of the budget will also decline. Serious reductions were made to balance the current town budget and the projected savings will carry over to the next budget year also. But, at this point, it is unclear how much of a new hole will open due to the upcoming reduction in property tax revenue.

In addition to difficult structural cuts to this year's budget such as reducing one community deputy position, the Board of Commissioners also reduced the amount budgeted to 'discretionary' or 'estimated' expenditures by the Mayor or town staff. We now review and approve additional expenses on a case by case basis. These have in-

cluded repairs to the diving board necessary for opening up the pool this spring, moving town radio equipment off of private property due to a request from the property owner, approving a project to re-line sewer pipes in an effort to reduce the amount of storm water entering the system, or rehabbing town signs to include the founding date and tie in to the 150th anniversary of the civil war. We have initiated a fund dedicated to improvements on the Town Square and are trying to better define just what funds are approved for what projects in order to guarantee that these decisions are made by consensus. When expenses are up and revenues are down, it's critical that more than one viewpoint is taken into account when expenditures are made.

Commissioner Joy has requested that the town government consider fully funding the town's 'After School Program' for children in grades one through five. The program currently runs for two hours a day three days a week from October through March and is intended as a recreation program not daycare. It can accommodate up to 20 children – but in

the past, in response to strong demand, has accommodated up to 40 children in two, two day shifts. Started by Mayor Carr some years ago as a way get children off the sofa in the winter months and promote social skills, the program was initially funded by both the county and the town. The county pulled out in 2010 after grant funding dried up.

In an effort to keep the program going two years ago, Mayor Hoover and the Board of Commissioners increased town funding but established a \$35/month fee per child to help replace some of the previous county contribution. When the fee was established, participation dropped almost immediately from forty to twenty and has since dwindled to just nine children. Given the past success of the program, we are giving serious consideration to removing the fee and increasing the town funding from approximately \$13,500 to \$21,500 for the next budget year. Fully subsidized participation would be limited to town residents. Other additional details are yet to be decided. We can then re-evaluate the program after a year.

Following up on last month's col-

umn: customers of the water and sewer system have received a flyer in their quarterly bill describing proposed changes to the sewer billing rates. Changes to the sewer billing rates are required to fund the construction and operation of the new wastewater treatment plant (WWTP) to be built over the next two years off of Creamery Road east of US 15. The new WWTP is required due to increasingly stringent environmental regulations at the state and federal levels. The town government has reviewed proposed rate structures at three public meetings – adopting a proposed implementation plan on December 6. A "Public Information Meeting" will be held at the town office on Thursday, February 16. The design engineers and town officials will be there to answer questions from the public. A "Public Hearing" will be held at the town meeting on February 20 for final consideration of the proposed ordinance changes / rate increase structure. Please plan to attend these meetings for additional information or to provide feedback.

*Please contact your elected officials with your questions and concerns!
Sincerely, Chris Staiger.*

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From the Desk of County Commissioner Blaine Young

Ever since I was first elected to office as a Frederick City Alderman I have heard complaints from our senior citizens that they cannot afford to stay in The City of Frederick, Frederick County, or even the State of Maryland, to retire with dignity. This is an issue that has stuck with me for more than 15 years, and on the campaign trail in 2010 I vowed, if elected, to see something done about it.

This month the Board of County Commissioners enacted a senior tax credit following enabling legislation from The General Assembly. Here are some quick facts about the credit taken from the Frederick County website.

- The amount of the credit will be 20% of the net county real property taxes (up to zero) for qualifying homeowners.

Requirements:

- Homeowner must be at least 65 years of age (if multiple homeowners, then one of the homeowners applying must be 65 years of age);
- Gross income of household must be \$60,000 or less; and
- All other limitations and requirements of the State Homeowner Tax Credit apply.

Some of these limitations and requirements are:

- Applicant must own or have a legal interest in the property;

- Dwelling must be the principal residence of the applicant and applicant must live there at least six months of the year, including July 1, unless they are a recent home purchaser or the applicant is unable to do so because of health or need for special care;
- Applicant's net worth, not including the value of the property on which the credit is being sought or any qualified retirement savings or individual retirement accounts, must be less than \$200,000; and
- Credit is only granted on the taxes resulting from the first \$300,000 of assessed value of the residence.

Is this perfect? I doubt it. But it is finally some action after years and years of nothing but discussion.

The issue really came to the forefront during the three terms in office of former County Commissioner Bruce Reeder. The welfare and wellbeing of our senior citizens was an issue very dear to Bruce. More than once he proposed that the county commissioners enact some sort of a senior tax credit, but there were never two others votes on the board who agreed to pass it. Therefore, the idea languished.

The current board went back to the work group that studied the issue during Commissioner Reeder's time and asked them to take another look at the issue. They issued a report, and at a commis-

sioners' meeting we debated it.

One commissioner thought that the income and net asset threshold were too high. Some of us thought they were too low. But it was a compromise and it passed. Yes, this board is capable of disagreement and compromise. A request was also made from the commissioners to have the work group do an assessment after a year for additional feedback of the criteria.

Now, I am sure some of our many critics will say that we are merely pandering to a constituency that has a high voter turnout. I honestly don't believe anyone on the board cared much about that. Certainly not me, as I will never again run for county commissioner.

Seniors have heard from all levels of government over the years that if it costs too much to live where you want to, then move. Or, in the alternative, get real poor and then we will help you.

That is certainly not a dignified way to treat people who have contributed to this community throughout their entire lives, and asked only that they be able to stay here and retire with their dignity intact.

I am proud to have been able to help them do so. I am tired of hearing about seniors who moved out of Frederick County or Maryland because of the high cost of living. I was also very pleased that when Commissioner Billy Shreve made the motion, he did so in honor of former County Commissioner Reeder, who was in attendance.

GOVERNMENT—SOUTH OF THE MASON-DIXON LINE

From the Desk of County Commissioner Paul Smith

The State Wages War on Rural Counties

Lt. Governor Anthony Brown announced on January 5, 2012 that it was the Governor's number one priority to increase the number of jobs in Maryland. He also stated that the Governor also wants to modify onerous and costly regulations. These stated objectives are good, but the Governor's actual policies and regulations are killing job growth in Maryland. The Governor's policies with respect to septic systems, preventing growth in rural areas, increasing taxes, and regulating stormwater are all anti-job policies that will ruin the economies in Maryland's rural counties. One of the roles of the BOCC is to fight to protect our interests in these areas. We are doing that.

PlanMaryland—War on Septic Systems.

PlanMaryland is a fanatical environmental manifesto that is totally oblivious to economic factors, including jobs. PlanMaryland addresses environmental issues, but ignores economic issues. PlanMaryland will hurt job growth. It is a declaration of war on rural counties because it seeks to control where and how those counties grow, and it seeks to discourage or prevent the use of new septic systems. The war against septic systems is driven by environmentalist extremists who believe that a family on a septic system introduces ten times more Nitrogen into the Bay than a fami-

ly that is on a sewer system. Reputable scientists refute this, pointing out that it is based upon faulty assumptions, incomplete data and flawed analysis. Scientists conclude that sewage treatment systems and septic systems each put comparable amounts of Nitrogen into the Chesapeake Bay. The Governor's flawed policy will drive up the cost of housing in rural areas, but it will not improve the Bay.

PlanMaryland—Prevent Growth in Rural Areas.

The Governor's model for growth in Maryland is that whatever residential growth occurs should be vertical growth in existing developed areas with public sewer, and to prevent new, single family homes being built in undeveloped areas. The Governor calls this approach a war on sprawl. But his definition of sprawl would include a farmer who would subdivide 100 acres of farm land and turn it into ten farmettes, each on well and septic. That is not my definition of sprawl. The Governor's goal is to prevent the farmer from developing his land. He wants to block the development of all Ag land and open spaces. He wants most of the new homes to be condominiums that are at least 3-6 stories high in areas that are connected to public water and sewer. I can understand the advantages of this, but the only place in Frederick County that would be willing to accommodate this would be along Carroll Creek in Frederick City. None of

the other municipalities want such condominiums. Therefore, the result of this approach in Frederick County is to block or to attempt to block farmers from using their land the way they want. This is an attack on property rights, and it is an attack on reasonable residential growth policies.

Increasing the Sales Tax and the Gas Tax.

The Governor's desire to increase the state sales tax from 6 cents to 7 cents will not attract employers to Maryland. Neither will increasing the gas tax in Maryland by 15 cents per gallon. In the short run, increasing taxes to meet state expenses may close the spending gap, but it will hurt Maryland businesses and stifle job growth.

Stormwater Regulations.

Finally, Governor O'Malley's proposed regulations of stormwater (part of the Maryland Department of Environment's [MDE's] Watershed Implementation Plan [WIP]) for the Chesapeake Bay are currently excessive and punitive. If not changed, these regulations will not only stop jobs from coming to Maryland, but they will cause existing jobs to flee from Maryland. There are four flaws in the State's current, proposed stormwater regulations: (1) They have been drawn up without any thought having been given to their cost or feasibility. (2) The regulations apply to only a small source of water pollut-

ants, such that even if there was total compliance they would not result in only minimal improvement in the Bay water. (3) The scientific basis for the required "retrofits" is built upon flawed and false assumptions. And (4) the proposed regulations require more stringent requirements than what the EPA requires, and they do not encourage the more cost-effective measures. For example, the proposed regulations do not give sufficient credit for removing lawn fertilizers (a known major causes of Nitrogen in stormwater runoff). These four problems combine to make the proposed stormwater regulations so expensive that they are oppressive and punitive. They are projected to cost

Frederick County over \$4 Billion in five years.

The Governor's war on septic and property rights violates his stated number one priority to grow jobs, and it violates his stated plan to reduce burdensome and costly regulations. Attracting jobs to Maryland is more complicated than just stating "bring your jobs to Maryland."

There is a disconnect between the Governor's stated priority to bring jobs to the state and his policies which will actually drive jobs away from the state. As long as environmental fanaticism drives the Governor's policies, his administration will continue to stifle job growth and strangle us with oppressive regulations.

From Desk of Mayor Don Briggs

Happy New Years to all. It was a very active first ninety days in office. We cleaned the slate of carry over business with the adoption of an enhanced ethics code; approval of a county to town services reimbursement tax equity approach; and, approved sewer usage rates and implementation schedule for new waste water plant.

Under new business: approved 1785 establishment date of town; opened Brookfield Drive to Irish-town Road; enhanced loitering ordinance that should put some teeth in curfew ordinance; and, on the Square brought the Christmas lighting back; adjusted traffic lights to extend pedestrian crossing times, eliminated three or the four short term parking meters; and coming soon the replacements of the Square furnishings (thank you Mount St. Mary's).

On the town to-do list: Economic development is priority. Continue rejuvenation of the Square and Historic Registered Area. Actively offer our assistance to bring a retail store to town. Two, enhance connectivity of the town for pedestrian and car traffic. With the Square evolving into to a safer pedestrian friendly place and Brookfield Drive punched through, its Northgate's time for improved pedestrian and

vehicular access. Finally, it is budget preparation time. This should prove to be a very sobering process for all of us. Not forgotten are youth activities and crime -next month.

Very important: In addition to the regular scheduled town meetings there is very important meet-

ing at the town office on Thursday February 16th at 7:30PM when the consultants for the proposed \$22 million waste water plant will make themselves available for any why and what for questions we may have. I have a lot of questions. It will be televised on channel 99 and DVDs will be available.

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February 3 - Tribute to Town Historian George Wireman
February 11 - Samuel Asare, MBA, CRPC, CMFC, CTP
Laser Financial - *How to Deal with the Volatile Market & Where Are We Headed?*
February 13 - Jim Hoover - Frederick Charter, Former Mayor Of Emmitsburg - *What's Wrong with the System?*
Running for Frederick County Board Of Education.
February 25 - Coach Doug Williams - Catocin High School
Coaching a Winning A Team
March 3 - Orphans Court Judge Michael Cady
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GOVERNMENT—NORTH OF THE MASON-DIXON LINE

From the Desk of Carroll Valley Mayor Ron Harris

Well, we are one month into the New Year and I haven't broken any of my new year's resolutions. Come to think of it, I forgot to make any. Based on some research, I discovered that the Greeks would hold the period from mid-January to mid-February as a time to celebrate the marriage of two gods, Zeus & Hera. Pagan festivals were held. Around 496 AD, Pope Gelasis put an end to these festivals by declaring February 14th to be a holiday to commemorate St. Valentine. Who was Valentine? Valentine was a priest who performed marriages even though the Emperor at the time felt that his soldiers should not be married so they would focus on fighting and not worrying about their love ones. Valentine was killed for not obeying the Emperor. Over time he was associated with the love of married couples. Hand-written expressions of affections were sent to love ones during this period of time, our first Valentine cards. Today, take a moment out of your busy day and think about those people who have come into your life and

have left their footprints on your heart. Cherish these individuals that have affected you. On February 14th, you have the opportunity to express the gratefulness and affection to those individuals and/or your special person.

At the time of this writing, we have not seen snow this year. However, we know it is coming. Our Police Chief, Richard L. Hileman II, asks residents to help out with snow removal when it shows up. "Vehicles parked on or partially on the roadway slow snow removal and are dangerous to plow operators. Additionally, during a snow emergency, which includes most snow events, it is illegal to park on the road or in the right of way just off the road and can result in being ticketed and towed. Please do your part and keep our roads clear.

Winter can be hard on animals both domestic and wild. We want to help but we also have to be careful on how we provide that help. For example, should we feed the deer population during winter? According to Pennsylvania Game Commission, the answer is "No".

It is believed that during winter, the deer move less and rest more as a way to conserve their energy and thereby safeguarding their fat reserves. Setting up a feeding area can lure deer away from their protected areas, using their fat reserves for little gain. If you have an animal friend such as a dog or cat, be sure to clean their legs, feet and stomachs after an ice and snow storm. Remember, the trails are treated with salt and chemicals. These items are ingested when the animals clean themselves. If you park your car outside, be sure to bang your car's hood to frighten any animals away before you start your car. During cold weather, some animals (cats, squirrels, etc.) climb under the hood to spend time next to the warm engine. For more information, go to www.pgc.state.pa.us website.

The slowness of the economy has been hard on all of us. If you falling behind on your mortgage payments and need emergency mortgage assistance, you may want to check out the Pennsylvania Homeowners' Emergen-

cy Mortgage Assistance Program (HEMAP) at www.adamscha.org. Those who qualify for the program may be eligible for payment assistance for as long as 24 months. For those residents 60 or older who need assistance investigate the services provided by the Adams County Office for Aging, Inc. This non-profit agency provides such services as home health care, housekeeping, shopping assistance, transportation and home delivered meals. You can reach their office at (717) 334-9296. If you cannot afford medical insurance for your children and your income is between \$41,300 and \$44,700 then your children may be eligible for free medical coverage under the Pennsylvania's Children Health Insurance Program (CHIP). To learn more about the program, call (888) 219-3878 or enter the following website address in your browser: <http://chipcoverspakids5-px.rtrk.com/home/>. Depending on the your income and family size, you may qualify for a refund or reduction of your Pennsylvania income tax

liability with the state's Tax Forgiveness program. Retired persons and individuals that have a low income and did not have PA tax withheld may have their PA tax liabilities forgiven. For example, a family of four (couple with two dependent children) can earn up to \$34,250 and qualify for Tax Forgiveness. And a single-parent, two-child family with an income of up to \$27,750 can also qualify for Tax Forgiveness. For more information, go to the Pennsylvania Department of Revenue website www.revenue.state.pa.us and download a very informative brochure entitled "Tax Forgiveness for PA Income Tax."

Borough meetings to be held in February are: Planning Commission (Feb 6th), Council Borough (Feb 14th), and Parks/Recreation (Feb 22nd). The Borough Office will be closed Presidents' Day (Feb 20th). Please reduce your speed and make sure you, your loved ones, your friends and neighbors remain safe in the Valley. If you have any questions call me at (301) 606-2021 or email at mayor@carrollvalley.org. Happy Valentine's Day!

The Strawberry Hill Nature Preserve is looking for volunteers who would like to be involved with collecting and processing maple syrup. Plan to attend their volunteer training session on Thursday, February 9th from 6:30 pm to 8:30 pm. You also can help them by donating clean, plastic gallon containers with screw-lids. If you have any, drop them off at the office at 1537 Mount Hope Road.

Roll up your sleeve. The Central Pennsylvania Blood Bank is asking you to save a life by donating blood. Please donate blood at the Fairfield Fire and EMS Building on Monday, February 20th from 3:00 pm to 7:00 pm. The Fairfield Fire EMS Building is located on 106 Steelman Street, Fairfield. For more information or to schedule an appointment, please call Frank (Jr.) Phillips at 642-6232 or contact Central Pennsylvania Blood Bank at 1-800-771-0059.

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GOVERNMENT—NORTH OF THE MASON-DIXON LINE

From the Desk of County Commissioner Jim Martin

On January 3, 2012, the Swearing in Ceremony for Adams County's publicly elected officials was conducted by the Adams County Board of Judges. During this ceremony we, the newly elected County Commissioners; Randy Phiel, Jim Martin, and Marty Qually took the oath of office. The venue for this ceremony was Adams County's historic ceremonial courtroom which dates to pre-civil war. It served as a command post and hospital during the Battle of Gettysburg. The ceremonial courtroom is seldom used and unknown to many of Adams County's residents, yet it is an impressively restored treasure and a symbol of past governance.

Because of the character of this courtroom, we considered it to be a very fitting setting for future commissioners' meetings. This proposal was quickly presented to the board of judges for their review and approval. Following their approval we immediately began holding our commissioners' meetings in the ceremonial courtroom. We feel that the use of the ceremonial courtroom sets a respectful tone that official county governance is in session rather than the informal environment of the previously used meeting room. We have received numerous public responses that have been very complementary plus an editorial praising this venue change. We realize that the ceremonial courtroom lacks modern acoustics and lighting, so we are working through the process of addressing and improve these conditions.

As we move forward as a completely new board, our Chairman Randy Phiel is enthusiastic that the new board which also includes Commissioners Jim Martin and Marty Qually, all share the same strategic objectives dedicated to a new and better direction for Adams County. In this early stage of our administration, considerable attention must be given to good transition while attending to the daily flow of county business. To make our transition as efficient and effective as possible, more than a month prior to taking office we took deliberate actions to better prepare ourselves for this challenge. We networked with peers to discuss issues, we attended workshops and training sessions, plus we voluntarily met on numerous occasions to develop strategic planning.

One of our strategic planning objectives is efficient and effective governance through timely and good decision making plus long term planning. We have set the policy that decisions will be based upon listening to public comment, gathering the best available information, analyzing the facts and options, then making the decision that is in the best interest for the citizens of Adams County. It is also our objective to explain the reasoning behind the decisions that we make.

We consider long-term planning to be an essential tool to adequately prepare for the future operations and function of Adams County. One aspect of looking long-term is developing good re-

lations with our legislative leaders, both at the state and federal levels. This results in a clear line of communication to keep us abreast of issues that may affect or impact Adams County. Also, good relationships with our legislative leaders presents us a better opportunity to quickly address issues that may need higher level governmental action. Recently we received the backing of State Senator Alloway and State Representatives Tallman and Moul to reschedule PA DOT road projects. With the help of these legislators and the objections of the Adams County Commissioners, the road repair projects that would have impacted the 150th Anniversary Celebration of the Battle of Gettysburg have been rescheduled.

Another aspect of our long-term planning is to be aware and informed of initiatives and projects of our local municipalities. To develop that focus, the commissioners plan to be regular participants in the Adams County Council of Governments (locally known as CoG). Also, being involved in this organization will also help us to develop good communications with many municipalities.

Recently we attended CoG's January meeting. Our participation in this meeting was very useful. We learned of efforts by CoG to study measures that can help sustain our volunteer fire and emergency services. With the help of the Department of Community and Economic Development a study could be made possible. Part of that study would include developing "best financial management practices" to be utilized by our volunteer fire and emergency services. By following these recommended practices, volunteer fire companies would be sustained through building a stronger financial position. To help this project move forward, the Adams Coun-

ty Commissioners plan to pass a resolution to support a grant from the DCED to fund the study.

In regard to the controversy whether or not to fund a new county-wide emergency radio system, we were faced with this decision that was passed on to us by the previous board of commissioners. The project plans for a new system were developed over several years and adopted by the previous board. That project was handed to us by the previous board, without a plan for payment. In the 2012 budget narrative prepared by the previous board they stated, "The 911 Radio System upgrade is in the final stages of review and is a project which is direly needed, yet at a high expense for the county residents for 2012 and beyond." So, how long can we continue to kick the can down the road? Do we do nothing and say, "It is acceptable to continue to put first responders and our citizens at increasing risk?"

In the very short run we may be able to struggle through with our system that is not reliable and approaching the end of its useful life. However, at some point something must be done. A new system cannot just be dropped into place in a few days as with a car engine. Construction of a

new system must begin before the existing system crashes. We need approximately a two year window for construction to occur plus time for transition testing. The hope is that if we begin very soon, we will have sufficient time for the existing system to carry us to completion.

Yes, it appears that we will be funding a new digital system, but that decision has come after extensive review day and night for the best solution. Our objective was to keep the tax burden as manageable as possible; millage will be raised .181 mills which equates to \$18.10/yr for each \$100,000 of assessed value. In other words, a property with an assessed value of \$200,000 will have a tax increase of \$36.20/yr. We have structured the bond financing into two phases. The second phase will be delayed to allow an opportunity to utilize possible State and Federal funding to reduce the debt of the project. In final analysis, this was an extremely difficult decision and one that no one was willing to make. We determined that the risks and costs of not proceeding with the construction of a new system were too great to do nothing. We sincerely believe that in the long-run we made the best decision for Adams County.

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COMMENTARY

Words from Winterbilt

Showing common sense and regulations

Shannon Bohrer

This is part three on commonsense as it relates to government and politics. Of course, using the words common sense, the government and politics in the same sentence may not make sense to many individuals. It has been said that what seems like common sense to one person can resemble nonsense to another. I guess that's just one way of saying that we sometimes see things in a different light and or from a different perspective. Sometimes the perspective is influenced from where one stands. As an example, I will be 65 years old this month and I applied for and received my Medicare card several months ago. Ever since then, I have received significant volumes of mail advising me of the medical plans that are available. Apparently every medical health provider in this country was told that I would be looking for supplemental insurance and a plan for prescription drug coverage. While the volume of mail was very annoying, it was also educational. I had no idea that so many health care insurance companies existed, nor did I realize that they all knew I existed. However, adding to my confusion was the fact that not only was every provider notified of my enrollment in Medicare, at least several hundred of them decided I needed multiple notifications of their ability to provide me with their services.

That did not make sense - from my perspective.

In the previous article we discussed the size of government and common sense. This article is about the common belief that the government has too many regulations. It has been widely reported that too many regulations and/or excessive regulations reduce jobs, growth and are just bad for the country. Apparently employers spend considerable resources complying with the regulations and that prevents them from hiring individuals. I am not sure that makes sense, since they are hiring individuals to make sure they are complying with the regulations. However, it does make sense that too many regulations slow down the process of work and competitiveness of our industries.

As an example of too many regulations, I have lately noticed significant advertising from coal industries telling us that if the government institutes more environmental regulations, it will cost us more jobs. I know there are some extremists who believe that our lands and water are polluted. However, since the clean air act is over 40 years old (originally 1970) it would appear that we have clean air and water, so why do we need more regulations? The extremists do point out that if you fish in places in New York and/or around the great lakes, there are signs posted that warn you to only eat a small portion of your catch because

the fish are contaminated with mercury. Accordingly, the signs tell you that individuals should limit their diet to four ounces of the fish just once a week. If we can't eat the fish, then we could turn the streams into catch and release. That sounds very environmentally friendly to me. We don't eat the contaminated fish, the streams are not overfished, fishing outfitters have clients and hire guides because it's a catch and release and the state sells more fishing licenses. See, pollution can be job friendly. I wonder how long it will take for the mercury to dissipate. Personally, I really don't see a problem with limiting one's fish intake, since I don't live in New York or in the vicinity of the Great Lakes, but it does sound like a serious issue.

Another frequent argument from the extremists is that the oceans are also polluted and that even ocean fish have high levels of mercury. It has been reported that eating too much seafood caught from the oceans (where else would seafood come from?) can be harmful, because the ocean fish also have mercury contamination. Of course, at the same time you hear the other extremists saying that we are overfishing the oceans? Let's just say they are both right, which actually lends itself to a simple solution. Don't fish so much in the ocean - the fish can replenish themselves and we don't consume

too much mercury. Add to this the creation of small businesses; fish farms, and we create jobs and we don't need the oceans. Sounds like a win-win to me. It does give one pause and wonder how much pollution was needed to contaminate the oceans....

Another part to the same argument that the extremists have used is ground pollution. They believe that environmental regulations are needed to reduce ground pollution. I am old enough to remember when we did have ground pollution, but I am sure that most of it has been cleaned up. I wonder if the love canal was cleaned up! With the advent of super fund (a federal law that was created in 1980 that created a tax on chemical and petroleum industries), we now have the monies to clean up the super fund sites. I was surprised in researching this when I found that according to the National Priorities List (NPL), there are still 1,305 toxic waste sites scheduled for cleanup, which is more than we started with? If we have identified the sites and have the money, why have they not been cleaned up? Would not cleaning up the sites create jobs?

As I was writing this article I was thinking of all the reported pollution in my lifetime; the love canal, industrial rivers that caught fire, chemical contaminated ground water from PCBs (whatever they are), PH levels in rivers and lakes so out of normal that the water won't support fish - and those are just the ones I re-

member. I then realized this is not a new issue but is a continuing problem. I remember reading "A Sand County Almanac" by Aldo Leopold. While published after his death in 1948, he had written that less than half the states still have native trout in their streams (written sometime in the 1940's). I think we would be very happy today if 50 percent of the states had native trout.

Maybe we need to take a closer examination of what regulations we want to reduce. I like clean water and safe food. I hunt and fish and contrary to what you may have heard about my abilities, I have brought home wild game and fish. I do believe that we could reduce many regulations but wholesale elimination of regulations may not be prudent, at least from my perspective. I would also like to see new regulations that would prohibit me from receiving junk mail from health care providers. No one could read and make sense of the volume of health care information I received in the last six months. Maybe there should be a law....

"The conservation of our natural resources and their proper use constitute the fundamental problem which underlies almost every other problem of our national life"

—Theodore Roosevelt, the 26th President

To read more Words from Winterbilt articles, visit the Authors section on Emmitsburg.net.

View from the Track

Emergency Communications

Kip Hamilton

Wednesday, January 18th was a sad day in Adams County. On behalf of the Officers and Members of Fairfield Fire & EMS, Adams Co. Company 2, I would like to express our deep sadness and heartfelt condolences to the members of United Hook & Ladder, Adams Co. Company 33, for the tragic loss of Firefighter Brandon Little who gave his life while responding to a fire call on Wednesday.

By all accounts, Brandon was an outstanding young man who had recently graduated from his FF1 class and was currently attending an EMT class. Even at the young age of 19, he had decided to devote his life to the Fire Service as a career. He had a handful of very close friends at Fairfield and will be sorely missed. Every now and then life has this cruel way of crashing down on us just as a reminder of how both precious and fragile our existence on this plane really is. We all can lose a loved one in the blink of

an eye. Our deepest sympathy goes out to Brandon's family and friends at this difficult time. We hope that they find comfort from the outpouring of love from the community and from the Brotherhood of Fire and EMS personnel that they will surely receive. Please keep his loved ones in your prayers.

So, here is a quick question: who knows what was installed back in the 1950's, was last updated in 1979, fails almost on a daily basis, requires repair parts to be searched for and purchased on eBay and someday you might need to rely on to save your life? Anyone know what I'm talking about?

I am, of course, referring to the antiquated Adams Co. Emergency Communications system that the 911 dispatch center currently uses to communicate with Police, Fire, EMS units as well as snow plows and other governmental vehicles. It is made up of some equipment that is so old that there are no sources of repair parts left. They literally have to hunt for old or used repair parts on eBay and other nonconvention-

al sources in order to keep the system working...and peoples' lives depend on this system on a daily basis!

Not only that, but Adams County is the only one of the surrounding counties in both PA and MD which has not yet upgraded to the new 800Mhz trunked radio system. Remember the main problem that was identified during the aftermath of 9-11? All of the responders coming from different jurisdictions, even units operating in the same city were unable to communicate with each other because they all had different, sometimes completely incompatible communications equipment. We have the same issue in Adams County. In fact, at Fairfield, we had to purchase dedicated portable radios that are compatible with the Frederick County system so that when we runs calls into Maryland we can talk to them!

Another big problem for us is that there are numerous communication dead spots, especially in Fairfield's response area because of the hilly terrain. There are lots of areas where we and the law enforcement units go where our radi-

os just won't work.

Picture in your mind...you are on your way home with the two kids in the back seat. Let's say you're on a road like Iron Springs or Cold Springs that winds through the mountain. You're late for dinner. It's dark. You round a curve and meet a family of deer in the road. You swerve to miss the gaggle of startled animals and run off the road. Your car ends up on its roof after you hit a tree. You are shaken but ok. Your airbag went off. Then you notice the quiet. It's too quiet. Are your kids ok? They must be hurt. In the meantime, a homeowner heard the crash in the stillness of the night and called 911. Our normal accident response is our engine rescue and a single ambulance. We finally locate your overturned car in the woods, but not only are there three patients, but both your kids need a paramedic. We get on the county radio to request two additional ambulances and two medic units for your children. We get no reply, so we try the message again. Once again we get nothing. Your kids' condition is getting worse and we are unable to call for help. Far-fetched? Not at all. We deal with communication issues of one sort or another every day. This is why it

is critical that our patchwork radio system be replaced, now.

"So, what's the big deal?" you say. "Let's trash this dinosaur system and get something up-to-date and dependable!" Like everything else these days, it's a money issue. The current estimates put the cost of the entire system in the neighborhood of \$30 Million. Which municipality can pony up that amount of money in times like these?

The fact is that it must be done and it will be cheaper now than putting it off. There are now signed contracts in place that will expire if they're not ratified and the renegotiated prices will be higher. Where will the funding come from? I don't know...that's not my job. It IS, however, the job of our local governments to provide us with emergency services. They have the responsibility to fund the project. And it needs to happen now. Please lend your support to this much-needed effort.

Our current radio system is like your old car...it will sort of run ok until it doesn't. Now picture yourself back inside your wrecked car listening to the EMT's frantically trying to call for more help for your kids.

Pure Onsense

Reflections on Morocco

Scott Zuke

In a recent GOP debate the Republican candidates expressed their support for making English the official language of the United States, fearing that showing tolerance to other widely spoken languages (namely Spanish) could divide and damage American culture. I had to laugh, having just returned from a study tour of a nation where a king once declared that “He who speaks only one language is an illiterate.”

Morocco is a middle-income and stable Islamic nation on the northwest tip of Africa, eight miles south of Spain across the Strait of Gibraltar. The climate is Mediterranean—chilly and wet this time of year, but with a hot sun. Its system of government is parliamentary monarchy, the former toothless and the latter absolute. And while illiteracy is staggeringly high—almost 50%—almost everyone I met there was fluent in two or more languages, typically French and Darija, a Moroccan dialect that combines elements of French and the indigenous Berber language with Arabic. Most are familiar with the traditional Arabic of the Quran, and English learning is on the rise. The ancient Berber language, also known

as Tamazight, is still spoken by about 40% of the country, and has been continuously in use in North Africa since the time of the Egyptian pharaohs.

This past January 25 marked the one year anniversary of the occupation of Tahrir Square in Cairo, the most recognizable event of the “Arab Spring” that saw the toppling of dictators in Egypt, Tunisia, and Libya, and continues to boil in Syria. Morocco, despite being out on the far western flank of the Arab-Islamic nations, was also impacted by the uprising.

On February 20, 2011, one of the largest protests in decades formed in the capital city of Rabat, demanding that the king, Mohammed VI, cede some of his powers to the elected parliament through meaningful constitutional reforms. Of the other countries that had so far been embroiled in the Arab citizens revolt, governments had either been toppled or responded with violent suppression of protests. Morocco’s king took a middle path, getting out ahead of the protests by quickly proposing significant constitutional changes that would strengthen the parliament and meet some—though not all—of the protestors’ demands. He also cleverly

made these reforms subject to a referendum vote, not only making a gesture toward democracy, but also buying time so that the February 20 Movement wouldn’t snowball into a major crisis for the monarchy.

So far the strategy appears to have worked. The protests have diminished (although not disappeared—there are still marches in the streets and “Occupy”-style demonstrations on the rooftops of some buildings near Parliament), the constitutional reforms passed with overwhelming support, and a recent parliamentary election brought on a smooth transition of power to a new leading party, the Party for Justice and Development (PJD).

What are average Moroccans’ views on politics? On the PJD, opinions are tentative and mixed. With the Constitutional reforms, citizens really don’t know what to expect until opportunities arise for the legislature to test its new powers against the king’s authority. And while uncertainty is universal, apathy is also endemic among the populace. Only 45% of the electorate participated in last November’s election, and many of those ballots were turned in either blank or scribbled with profanity, demonstrating a disillusionment with parliamentary politics.

This itself, according to a number of critics, is due to the king’s strategy for retaining power: anything that goes right in the country is credited to the monarch, and anything that

goes wrong, including increasingly public perceptions of corruption, are blamed on Parliament. Either way, public support for the king is strong and genuine. Hassan II, the present king’s father who ruled from 1961 until his death in 1999, was far more brutal, and treated the country more like a police state. Mohammed VI has distinguished himself as the polar opposite of his father, forwarding liberal social reforms and tolerating dissent. However clever his techniques may seem for retaining power, it is clear that the country is on a better path for having him.

What about democracy, though? It’s a tricky subject. As already seen in Egypt and Tunisia, when dictators have been removed from power and replaced with democratic elections, those with Western sensibilities might not be thrilled with the results. The PJD, for example, is an Islamist party, but a moderate one that is not seeking, for example, to implement Sharia as the national law. Other parties, some of which have been more closely aligned with the ongoing February 20 Movement, are more extreme. Going by popular opinion alone, some political commentators have argued that a Moroccan democracy would be far more conservative than the country has appeared under its Western-educated, more progressive king. For example, Mohammed VI’s reforms of the family code—a section of law almost entirely based on Quranic doc-

trine—to grant women more privileges with regards to marriage and divorce was an important step in advancing human rights in the country, and one that arguably would have failed if put to a popular vote. Thus, while democratization will remain a long-term goal, critics should be aware of the contextual arguments for allowing this process to unfold gradually.

Morocco, in short, is still struggling to define an identity for itself. Geographically it is closer to Europe than the Arab world, and a significant portion of its population continues to identify itself with the indigenous Berber culture rather than that of the ruling Arabs. Tellingly, one expert I listened to admitted that Moroccans do not view themselves as an example for other countries. Multiple citizens I spoke with, from prominent government employees at the powerful Department of the Interior to taxi drivers on the streets of Rabat, made a similar qualifying statement when evaluating their nation: that every country has its good and bad qualities. Such a true and humble sentiment, but how rare to hear, especially by American ears accustomed to frequent displays of nationalist pride. For better or worse, certainly not something I expect to hear at upcoming GOP debates.

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

Down Under

Fear factor

Submitted by Lindsay!
Melbourne, Australia

“The future is not for parties ‘playing politics’, but for measures conceived in the largest spirit, pushed by parties whose leaders are statesmen, not demagogues, who love not their offices, but their duty and their opportunity for service.

—Woodrow Wilson, the 28th President

Writing from Australia gives me the opportunity to present a broader picture of things in America - as I see them, of course - rather than trying to write on local issues, for which one cannot go past this esteemed News-Journal. So you may forgive my hobby-horse of showing how your great country is viewed from afar, politically at least. I have visited America three times, each time with great joy and wonder at the generally welcoming reception received, the somewhat conservative values, the willingness to ignore the homeless and dispossessed, (in the big cities at least), and above all the genuine love of life and freedom enjoyed by so many. I would dearly love to return, and keep saying ‘one day’, and it could happen. But the way your government is constituted and run has often left me shaking

my head disbelief.

The trend toward laissez faire economics - the doctrine of unrestricted freedom in commerce - has been pushed by the rich and powerful until it has become entrenched. The hopes and platitudes that accompany it, things like ‘trickle down’ and ‘greatest good’ have created a society where the poorest outnumber the rich by something like a million to one, and receive even less proportion of the wealth that’s around - figures not found even in India, the home of unequal wealth distribution. The fact that corporations and the rich do not do what they say they will, that is, self-regulate toward the common good, is proof of their perfidy, and also proof that disregard for the poor must be remedied by government if civil revolt is not to eventually emerge, a la Syria and the other north African countries. Oops, sorry, they’re not democracies, are they?

Things like the gun lobby, privately run goals and defence, no state owned or controlled utilities show how conservative capitalist values dominate. No other country is as far to the right as yours, and truthfully, it seems you have simply allowed that to happen. In the old days pillagers came in and looted a country, then left or stayed to colonise. In your case they got into government first, and

lots of them are still there, looking to see what else can be sold off for their benefit. Naturally, they hate taxes, and seem to not care about the long term consequences of their ways. If ‘user pays’ is the principal of consumerism, then the rich, who use more of the infrastructure, cause more pollution, and want most protection from the unruly, must pay more. No one can say they live in an enlightened society if the poor support the rich. Enlightened, in my book, means the rich looking after the poor. So does Christian, democratic, responsible, and caring. The only way to do that is to provide government run services, answerable to government, non-partisan, firm but fair. The ‘User Pays’ principle is good if the user can pay; it is often not their fault if they cannot, and a well-oiled social security system is therefore vital. Of course, I’m talking to people from the Big Society. Big cars, big food portions, big ideas, big entertainments. Big dreams. And a big proportion of the poor. Coincidence?

Now I want to make a prediction: In this year of another election by purchase of votes (you don’t believe that? Get real!) the conservative forces will trot out their mantra of fear. Fear of invasion, of terrorist attacks, of credit rating going through the floor, of loss of jobs, income and status, in fact anything that will support their ideas of safety through punishment and retribution, their way of life, and their freedom to do what they want.

Being afraid is a universal condition. At least once in our lives, especially when we are children, as the abyss of the unknown looms into our consciousness, we experience fright in various degrees. Some of us grow up and get a kick out of being scared when we know it’s not real, a pretend horror house or some such that floods us with relief when over, but most of us soon learn to distinguish reality from make-believe, learn to handle the unknown apprehensions as we mature, whilst remaining alert to the possibility of being properly afraid, ready for flight or fight.

Fear is not confined to individuals, either. Whole neighbourhoods can fall prey to terror, real or imagined. Whole nations and governments can be filled with dread by the possibility of being subsumed by outside forces, whilst the deliberate use of fear by aggressors is universal. Nor does it have to be an enemy who plays the fear card - governments use it all the time on their citizens, always in support of their or their allies’ ends.

When something totally unexpected and terrifying happens to a society, however, panic and terror result. Incomprehension and bewilderment paralyses the ability to think clearly, strikes at the heart of a civilised and outwardly peaceful society H. G. Wells and his ‘War of the Worlds’ is a good example, as are the later crop of doomsday flicks - but in all these some wonderful science, hero, or the inexplicable always step in to restore

order and righteousness. Fiction is wonderful, isn’t it?

Reality for many people is not. I know that a few commentators, learned folk from universities and the media, asked the first real question after 9/11: ‘Why did this happen?’ Unfortunately, this question, and those like it, were swept away in the tsunami of screams for revenge and retribution. Not only did scapegoats have to be found, action had to be taken and taken quickly. Introspection was out, retaliation was in, the devil take the hindmost and it would never happen again in this fair land.

For it was fearful, this random terror, and to combat it all manner of rules and regulations had to be put in place. The fear factor was to be built in to the rule book, into the constitution if that were possible, and an alarmed citizenry swallowed the bait. The sky is falling, Chicken Little is crowing.

Actually, a nation that prides itself on strength and world leadership should, like Britain during the war, be able to minimise the fear and rally the populace toward victory, not with anti-terrorist agencies and seemingly arbitrary punishments, not with terrorist tactics, but with statesmanship and vision.

Woodrow Wilson was right. Statesmen who love their duty and opportunity for service are needed, not politicians who cannot see past the blinkers. When politicians are afraid, when their platform is one of fear and conformity, to whom can the people turn?

PASTOR'S DESK

From the Desk of Father James Donohue

Chair, Theology Department
Mount St. Mary's University

Many Christian churches will be reading from the Gospel of Mark in the course of this liturgical year. It is a fascinating piece of literature with a message that still teaches and challenges today. In the next few columns, I will write about some of intriguing aspects of Mark's Gospel.

I might start by confessing that Mark's Gospel is my favorite book in the New Testament. Over the years, I have seized different opportunities to not only read this Gospel, but also to read about it and to attend various workshops pertaining to it. It seems that no matter how much time I devote to it, I still learn and I am still inspired with aspects that I never noticed before. This is, of course, a characteristic of

God's word, whose meaning is never exhausted.

The majority of biblical scholars think that Mark's Gospel was the first gospel written. There are some good reasons to suppose that it was written just after the fall of the Temple in Jerusalem in 70. It is hard for us to imagine what this destruction would have been like for the Jewish and Jewish-Christians of the day, but it was probably akin to how many of us felt when the Twin Towers were destroyed in New York. This was a cataclysmic event.

Most biblical scholars also think that Mark's Gospel was written in Rome and that Mark's community was composed mostly of Gentile-Christians, but with some Jewish-Christians. This is significant, as there was a major persecution of Christians in Rome under the Emperor Nero in 64. The Ro-

man historian, Tacitus, recorded some of the atrocities that Christians had to suffer as Nero tried to deflect the blame for a great city fire onto them. It seems that many were torn to pieces by dogs, or crucified, or even used as human torches...not a pretty picture at all. One could imagine that being a Christian in Rome at this time would be a dangerous thing!

Becoming a Christian already had meant certain restrictions on different occupations that a person could pursue. A Christian could not, of course, be a soldier, as Jesus taught that one should not kill; in fact, he taught that one should love one's enemy! Becoming a Christian also may have meant a division in family or friendship. Such familial tensions that resulted in choosing to follow Jesus are apparent in Jesus' saying about "Brother will hand over brother to death, and the father his child" (Mk 13:12). But now, people are unsettled and afraid. The destruction of the Temple has reminded them of the past persecution and it seems that another one is imminent. It is not hard to imagine that Christians were worried about what was to come next. They might even have been wondering if following Jesus was really worth it.

It is within this context of the Roman persecution of Christians and the destruction of the Temple in Jerusalem, that Mark writes his gospel. Although the Gospel accomplishes a multitude of goals and addresses many concerns, the overriding message in Mark's Gospel is this: "Do not be afraid!" Mark writes his Gospel to try to give hope to people who have been persecuted and fear another persecution. By providing a narrative of the life of Jesus, including his suffering, death, and resurrection, Mark will address this major concern. The Gospel does, however, address broader concerns about the



identity of Jesus, about discipleship, and about the reign of God.

The narrative that Mark composes is a complex one, as he organizes stories of Jesus' words and deeds into a particular order. But, Mark is a master story teller—for both the individual stories and the arrangement of the individual stories serve to relate the good news to the Christians in Mark's community in Rome. For instance, Mark 8 contains a story about the blind man of Bethsaida (an individual story), but it also stands as the opening story about what it means to become a disciple of Jesus (an arrangement of stories that continues for several chapters). The fact that this story about a blind man begins an arrangement

of stories, should immediately clue us in to the fact that Mark does not think that becoming a disciple is something that is easily "seen." In fact, disciples might be "blind" to the requirements of discipleship. After all, as a common refrain in Mark's Gospel reminds the reader, "You are thinking not as God does, but as human beings do." Mark's aim is to help the members of his community to see as God does.

So, we have much to look forward to as we plunge the depths of the Gospel of Mark. In the next column we will see how the Gospel begins and how it continues to invite the modern reader to reflect and ponder its challenging message.

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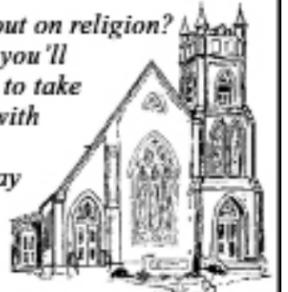
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415 West Main Street, Emmitsburg, MD

Reverend Peter Keith, Pastor

THE BOOK OF DAYS

Fortune telling with cards



The long disputed questions respecting the period of the invention of playing-cards, and whether they were first used for purposes of divination or gambling, do not fall within the prescribed limits of this paper. Its object is simply to disclose—probably for the first time in print—the method or system of divination by playing-cards, constantly employed and implicitly depended upon, by many thousands of our fellow-countrymen and women at the present day.

The smallest village in England contains at least one 'card-cutter,' a person who pretends to presage future events by studying the accidental combinations of a pack of cards. And it must not be supposed that all of those persons are deliberate cheats: the majority of them 'believe in the cards' as firmly as the silly simpletons who employ and pay them. Moreover, besides those who make their livelihood by 'card-cutting,' there are numbers of others, who, possessing a smattering of the art, daily refer to the paste-board oracles, to learn their fate and guide their conduct. And when a ticklish point arises, one of those cronies will consult another, and then, if the two cannot pierce the mysterious combination, they will call in a professed mistress of the art, to throw a gleam of light on the darkness of the future.

The art of cartomancy, or divination by playing-cards, dates from an early period of their obscure history. Though it has not fallen to the writer's lot to practice the art professionally, yet he has not forgotten it, as the following interpretations of the cards will testify.

DIAMONDS

King. A man of very fair complexion; quick to anger, but soon appeased.
 Queen. A very fair woman, fond of gaiety, and a coquette.
 Knave. A selfish and deceitful relative: fair and false.
 Ten. Money. Success in honourable business.
 Nine. A roving disposition, combined with honourable and successful adventure in foreign lands.
 Eight. A happy prudent marriage, though rather late in life.

Seven. Satire. Scandal. Unpleasant business matters.
 Six. Marriage early in life, succeeded by widow-hood.
 Five. Unexpected news, generally of a good kind.
 Four. An unfaithful friend. A secret betrayed.
 Trey. Domestic troubles, quarrels and unhappiness.
 Deuce. A clandestine engagement a card of caution.
 Ace. A wedding ring. An offer of marriage.

HEARTS

King. A fair, but not very fair-complexioned man: good natured, but rather obstinate, and, when angered, not easily appeased.
 Queen. A woman of the same complexion as the king; faithful, prudent, and affectionate.
 Knave. An unselfish relative. A sincere friend.
 Ten. Health and happiness, with many children.
 Nine. Wealth. High position in society. The wish-card.
 Eight. Fine clothes. Pleasure. Mixing in good society. Going to balls, theatres, &c.
 Seven. Many good friends.
 Six. Honourable courtship.
 Five. A present.
 Four. Domestic troubles caused by jealousy.
 Trey. Poverty, shame and sorrow, caused by imprudence. A card of caution.
 Deuce. Success in life, position in society, and a happy marriage, attained by virtuous discretion.
 Ace. The house of the person consulting the decrees of fate.

SPADES

King. A man of very dark complexion, ambitious and unscrupulous.
 Queen. A very dark complexioned woman, of malicious disposition. A widow.
 Knave. A lawyer. A person to be shunned.
 Ten. Disgrace: crime: imprisonment. Death on the scaffold. A card of caution.
 Nine. Grief, ruin, sickness, death.
 Eight. Great danger from imprudence. A card of caution.
 Seven. Unexpected poverty caused by

the death of a relative. A lean sorrow.
 Six. A child. To the unmarried, a card of caution.
 Five. Great danger from giving way to bad temper. A card of caution.
 Four. Sickness.
 Trey. A journey by land. Tears.
 Deuce. A removal.
 Ace. Death, malice, a duel, a general misfortune.

CLUBS

King. A dark complexioned man, though not so dark as the king of spades: upright, true, and affectionate.
 Queen. A woman of the same complexion, agreeable, genteel, and witty.
 Knave. A sincere, but rather hasty-tempered friend. Ten. Unexpected wealth, through the death of a relative. A fat sorrow.
 Nine. Danger caused by drunkenness. A card of caution.
 Eight. Danger from covetousness. A card of caution. Seven. A prison. Danger arising from the opposite sex. A card of caution.
 Six. Competence by hard-working industry.
 Five. A happy, though not wealthy marriage.
 Four. Danger of misfortunes caused by inconstancy, or capricious temper. A card of caution. Trey. Quarrels. Or in reference to time may signify three years, three months, three weeks, or three days. It also denotes that a person will be married more than once.
 Deuce. Vexation, disappointment.
 Ace. A letter

The foregoing is merely the alphabet of the art: the letters, as it were, of the sentences formed by the various combinations of the cards. A general idea only can be given here of the manner in which those prophetic sentences are formed. The person who desires to explore the hidden mysteries of fate is represented, if a male by the king, if a female by the queen, of the suit which accords with his or her complexion. If a married woman consults the cards, the king of her own suit, or complexion, represents her husband, but with single women, the lover, either in esse or posse, is represented by his own colour. All cards, when representing persons, lose their own normal significations. There are exceptions, however, to these general rules. A man, no matter what his complexion, if he wears uniform, even if he be the negro cymbal-player in a regimental band, can be represented by the king of diamonds:—note, the dress of policemen and volunteers is not considered as uniform. On the other

hand, a widow, even if she be an albiness, can be represented only by the queen of spades.

The ace of hearts always denoting the house of the person consulting the decrees of fate, some general rules are applicable to it. Thus the ace of clubs signifying a letter, its position, either before or after the ace of hearts, shows whether the letter is to be sent to or from the house. The ace of diamonds, when close to the ace of hearts, foretells a wedding in the house: but the ace of spades betokens sickness and death.

The knaves represent the thoughts of their respective kings and queens, and consequently the thoughts of the persons whom those kings and queens represent, in accordance with their complexions. For instance, a young lady of a rather but not decidedly dark complexion, represented by the queen of clubs, when consulting the cards, may be shocked to find her fair lover (the king of diamonds) flirting with a wealthy widow (the queen of spades, attended by the ten of diamonds), but will be reassured by finding his thoughts (the knave of diamonds) in combination with a letter (ace of clubs), a wedding ring (ace of hearts), clearly signifying that, though he is actually flirting with the rich widow, he is, nevertheless, thinking of sending a letter with an offer of marriage, to the young lady herself. And look, where her own thoughts are represented by the knave of clubs: they are far away with the old lover, that dark man (king of spades) who, as is plainly shown by his being attended by the nine of diamonds, is prospering at the Australian diggings or elsewhere. Let us shuffle the cards once more, and see if the dark man, at the distant diggings, ever thinks of his old flame, the

club-complexioned young lady in England. No! He does not. Here are his thoughts (the knave of spades) directed to this fair, but rather gay and coquettish woman (the queen of diamonds): they are separated but by a few hearts, one of them, the sixth (honourable courtship), showing the excellent understanding that exists between them. Count, now, from the six of hearts to the ninth card from it, and lo! it is a wedding ring (the ace of diamonds): they will be married before the expiration of a twelvemonth.

The general mode of manipulating the cards, when fortune-telling, is very simple. The person, who is desirous to know the future, after shuffling the cards ad libitum, cuts the pack into three parts. The seer, then, taking up these parts, lays the cards out, one by one, face upwards, upon the table, sometimes in a circular form, but oftener in rows consisting of nine cards in each row. Nine is the mystical number. Every nine consecutive cards form a separate combination, complete in itself: yet, like a word in a sentence, no more than a fractional part of the grand scroll of fate. Again, every card, something like the octaves in music, is en rapport with the ninth card from it: and these ninth cards form other complete combinations of nines, yet parts of the general whole. The nine of hearts is termed the 'wish-card.' After the general fortune has been told, a separate and different manipulation is performed, to learn if the pryer into futurity will obtain a particular wish; and, from the position of the wish-card in the pack, the required answer is deduced.

In conclusion, a few words must be said on the professional fortune-tellers. That they are, generally speaking, willful impostors is perhaps true.

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THE (retired) ECOLOGIST

Creeping into the New Year

Bill Meredith

*The fog comes
on little cat feet.
It sits looking
over harbor and city
on silent haunches
and then moves on.*
—Carl Sandburg

2012 is only 6.284% gone as I write this, but already it is shaping up as a complicated year. Last fall we had a substantial snow in the last week of October, and I thought maybe that foretold a hard winter, but so far it hasn't happened. Other parts of the country have had winter storms, but here in Emmitsburg it's been relatively mild. The effect of global warming is evident; this year the average temperature for the midwinter low has gone up a degree above what it has been for the past several decades. We've had numerous days when it was seasonably cold, but they were scattered between warm spells. The cold days seemed to come mainly when I wanted to go out birding.

On the whole, birds have been few and far between; my yard has been like the place in Lewis Carroll's poem, where the Walrus

and the Carpenter found "No birds were flying overhead; there were no birds to fly." That seems to be the case hereabouts; several people have asked me why birds are not coming to their feeders. Last January I was seeing 18 or 20 species each day from my kitchen window; this year, often there are only 8 or 10. There are a few juncos, cardinals and chickadees, but white-throated sparrows and blue jays, normally abundant, are rare. There is one tantalizing exception; I was surprised early in January to see a brown creeper, a tiny gray-brown bird that normally stays in forests, on our plum tree. It would start at the bottom of the tree and creep up the trunk like a little feathered mouse, picking insects from cracks in the bark with a curved, wren-like beak, and stopping to sample the suet feeder; when it got to the top of the tree it would flutter back down to ground level and start over. I had seen only one in the yard since we moved here, but this one seems to like it here and has come back several times.

The temperature stood at 12 degrees when I left the house last week for the January field trip of the Audubon Society. We went

to Pine Grove Furnace State Park, a beautiful area on South Mountain some 40 miles north of here. In the early 1800s it was the site of a busy iron furnace, but it is now a mixed evergreen and hardwood forest, and we expected to find a good selection of winter birds there. However, after searching more than two hours, we found only seven species, and all of them were common residents. So, like the bear in the old song, we decided to go over the mountain and see what we could see.

The trip leader consulted the Audubon website on his iPhone, and it suggested an area just north of Shippensburg. We followed the GPS to the recommended site, and found about a dozen cars parked along the road by a field of winter wheat. Standing among the cars were an assortment of ornithological-looking folk who were peering through several thousands of dollars-worth of telescopes, binoculars and high-powered cameras. They seemed to be looking at a white plastic bag in the field about 250 yards away. I didn't want to seem like I thought they were weird, so I joined in and focused my binoculars on the white object, and it transformed into a snowy owl.

Until a few years ago, snowy owls were known mainly to birders and ecologists. They are very large owls, pure white in the adult stage, and they live in the tundra regions around the North Pole, where they feed on hamster-like rodents called lemmings. Every four years or so, the lemming population crashes, and the owls find themselves with nothing to eat, so they wander south in search

of substitute foods such as field mice. 2012 is a "lemming year," and newspapers from Boston to Washington, D. C. have featured articles about sightings of snowy owls. More people are noticing them this year because of the Harry Potter movies; Harry's pet owl, Hedwig, belonged to this species. I had seen only one before. So quality trumped quantity, and our trip turned out to be a moderately frabjous day.

It snowed that night, and when I got up the next morning it was beautiful. At least I thought it was, though I admit I tend to take things like that at face value. My wife, who is more of the analytical type, was not so sure. She pointed out that the snow had not stuck to the trees, so all of their structural flaws were exposed and exaggerated against the white background, and she explained that beauty exists as a point on a scale which runs from absolutely gorgeous to unspeakably hideous, and furthermore it cannot be quantified because it is in the eye of the beholder, so it is really a rather useless concept. This set me back a bit because I wasn't aware that she knew things like that, so I went out to get the paper. It was quiet, like new snow always is; the sun was just beginning to peek over the horizon, the sky was pink, and there was a light mist rising from the snow. I went back in and told my wife that the snow must have crept in on little cat's feet last night, like the fog in Sandburg's poem. She replied that this wasn't so; she could hear snow plows off in the other end of town, and if I had put my hearing aid in when I got up I wouldn't be wandering around spouting such hopelessly romantic twallop.



It wasn't a very promising start for the day, but things got better. Apparently it had rained during the night, and a crust of ice had formed over the new snow. The birds were not able to find breakfast anywhere else, so they came in to my feeders, and by the time I had finished breakfast and the morning Sudoku puzzle, I had counted 23 species through the kitchen window. Most of them were common types that should have been there all the time, but among them was a yellow-bellied sapsucker, which seldom comes into the yard.

Later, while I was shoveling snow off the driveway, my friend, Claire, came by. She will be four soon, and remembers snow from last year, so she knows there are certain traditions that must be followed with it. It was too crusty to make a snowman, but she had made snow angels and was now eating a chunk of it. I asked her what it tasted like; she replied, "Bananas." Her language skills are developing nicely; she laughed at the pun when I asked her if snow on Halloween would taste like boo-berries, and then informed me that Halloween snow would taste like pumpkins. A few birds to watch and a child to talk to will never fail to get a bad day back on track.

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



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IN THE COUNTRY

Maple sugaring—how sweet it is!

Kay Deardorff
Strawberry Hill Nature Preserve

What's sweet, all natural, and only available fresh from the trees for a short period of time in late winter and early spring? Maple syrup! Starting in late winter, the days grow warmer while the nights remain chilly. This fluctuation sends sap running in the maple trees. Warm sunny days, 40+ °F, and cold nights, 20°F, are ideal for sap flow. Sugaring season usually starts in mid February and may last 4 to 8 weeks, depending on weather conditions. The harvest season ends with the arrival of warm spring nights and early bud development in the trees.

Remember when you are searching for a tree to tap, the industry standard regarding the size of the tree is 10 inches in diameter. You may want to increase that size when doing your own backyard tap, just to ensure good quality and maintain low risk to the tree. When a healthy, correctly sized tree is chosen, no permanent damage is done to it. Of course, it is important to properly tap the tree as well. At Strawberry Hill Nature Preserve, we will teach those attending our Maple Sugaring programs how to do the procedure accurately. We will give you a "taste" of the methods used and the end product so you will be able to locate and tap your own backyard maple trees.

Tapping the trees consists of drilling a 7/16" hole 1½ to 2" deep and inserting a plastic, wood, or steel spile. Sap can either be collected in the traditional method using metal buckets, or it can be collected using plastic tubing or 1 gallon jugs. This tubing can be connected to the plastic taps. When tubing is used, a vacuum pump can be connected to the tubing to improve sap collections



on cloudy days. The metal taps have a small hook, from which a bucket may be hung. Tapping 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. 30-55 gallons of sap are evaporated to make one gallon of syrup.

The sugar shack is where the sap is boiled into maple syrup in an evaporator. Sap breaks down quickly, and so it must 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. A thermometer is used to know when it is finished. The syrup is finished when it is exactly 4 degrees above the boiling point of water, which is 212° F.

Maple syrup is heated even further to produce maple cream, maple sugar and maple candy. It takes one gallon of syrup to produce eight pounds of candy or maple sugar. A gallon of pure maple syrup weighs 11 pounds. The sugar content of sap averages 2.5%, of the 66.5% for syrup.

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 maples have the highest 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. 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.

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 available, you might locate a red maple. Its 2-6 inch wide leaves are 3-lobed. There are small sharp teeth along the margin and ma-

ture 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.

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.

Every year, Strawberry Hill Nature Preserve, near Fairfield, presents the only maple sugaring program in the region that allows participants to have a hands-on experience with all facets of the sugaring process. During this 90-minute program, attendees learn the history of maple sugaring and then are led to the forest where they select a tree, drill into it, hang a sap bucket, collect sap and watch fresh sap being cooked down into syrup before their very eyes. As soon as the syrup is ready, participants have a chance to taste the finished product.

Strawberry Hill owns a hobbyist sap evaporator which is a smaller version of the professional version that produces syrup so delicious,

so sweet, that you won't believe it's the same product that's usually purchased in a grocery store. Your taste buds will rejoice and beg for more of this tasty treat! Strawberry Hill demonstrates the boiling process to school classes, home schools, organized groups, Boy and Girl Scout troops, and the general public.

The program is suitable for all ages. It's educational, it's fun, it's a wholesome family activity and it's good exercise. After participating in the program, participants will have all the knowledge needed to do sugaring on their own in their back yard. There will also be maple syrup for sale as well as maple collecting kits.

When signing up for a program at Strawberry Hill, you will want to come to enjoy a pancake breakfast on February 25th and March 3rd at Camp Eder, located just 1 mile down the road from the Preserve. Enjoy as many pancakes as you can eat, then visit Strawberry Hill for the program. Call ahead to coordinate your visits. Come out and experience the magic of the maple trees this winter. It's an experience you won't soon forget!

For your culinary delight, below is a copy of a recipe you may want to try after you have done all the work gathering the sap from those marvelous maples.

MAPLE SYRUP COOKIES

- 1/2 c. maple syrup
- 3 tbsp. Butter
- 1 egg
- 1/2 tsp. baking soda
- 2 tbsp. milk
- 1 c. flour
- 1 tsp. cream of tartar
- 3/4 c. chopped nuts

Melt butter and add maple syrup, beaten egg and milk. Sift baking soda, flour and cream of tartar into maple mixture and mix thoroughly. Add chopped nuts. Drop onto a greased cookie sheet and bake in a 400 degree oven for 10 minutes. Makes about 2 dozen cookies.



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VILLAGE IDIOT

Educating the unenlightened

Jack Deatherage, Jr.

In the on going effort to educate and enlighten the Braying Jack, we went to the Walters Art Museum (WAM) in Baltimore one Saturday in January. I'd have sooner caught the Metro at Owning's Mills as it has roomier seating than the DC Red Line, but Luke doesn't mind driving into Bal'm'r and there is parking at the museum. The Mad One was also out of feta cheese so a trip to the Russian deli in Pikesville was on the day's to-do list. As I've been out of canned sprats and Akbar "Ceylon" tea for months, and can only find them at the Russian store, I wasn't about to argue.

The WAM was more of a museum, at least as I imagine such things, than the National Geographic in DC. The lighting, though not enough to suit me, was better for viewing than the NG's had been.

Luke led us through the ancient Roman and Greek exhibits while the Mad One sighed and grumbled. She told me she didn't really care about those periods, or cultures, and having been to the museum numerous times, wasn't interested in revisiting works that bored her. At my suggestion we jump to the sections she and Luke liked, she said DW (Dear Wife) and I should see everything. I argued, but arguing with the Mad One is only an exercise in rhetoric as I'm going to lose anyhow.

I dutifully snapped pictures of anything vaguely interesting, which slowed me down so I didn't often lose DW who seemed determined to study each piece in minutest detail. The several times we lost DW and had to backtrack, we found her pondering some piece I'd barely noticed. Every time we found her she was surprised we hadn't always been in the room with her! (I can't recall the last time I was so into something that I lost track of what was happening around me.) Before we venture into another museum, the woman is getting a cell phone so we can find her when she thinks she isn't lost!

I was lost five minutes after starting through the exhibits. If I hadn't kept track of the people I'd entered with I'd have had to ask a docent for help getting out of the maze. I see the reason for setting the rooms up the way they do, but for me the maze doesn't work. It's always in my mind that I need to get out. I'm looking for a door instead of absorbing art, culture or couth.

It wasn't until we reached 17th century European art that the Mad One began to show some enthusiasm. (Several times she had gotten "lost" in the earlier periods' exhibits of jewelry, but hadn't infected me with a lust for the baubles.) Her obvious enjoyment of ceramics and the painted board may have triggered my interest as I began taking pictures of details of paintings that otherwise didn't mean a thing to me. A dog here, a belt pouch there, an angry face. I was starting to enjoy the day as I found more and more of interest to photograph! And the camera battery died. CRAP!

Just before I lost battery power the

Mad One had led me to what Luke calls "The Downfall of Man", Adam, the Tree, the Serpent and Eve. (I don't know if that's the official name. I took pictures of lots of stuff I have no idea who the creators were, or what the pieces were named.)

As the Mad One approached the "Downfall" piece I stopped to take a picture of her and it. A young couple stood beside me until I lowered the camera. They offered to take a picture of the Mad One and me together. I allowed I didn't like her that much.

"Do you see the serpent has Eve's face?" The Mad One pointed once I'd caught up with her. I didn't see it, which started an argument, of course. I mentioned it was odd the artist would give the serpent a female head. Was he implying that evil comes as a female?

"Jack, the serpent is a symbol of knowledge. Of course the artist would use a woman's head to symbolize knowledge. Women have to think about many things while men can focus on one thought."

"Bull. I agree about the snake being a symbol of knowledge and therefore evil in the eyes of Xians, but I doubt the woman's face was used to reinforce that!"

It didn't take me long to decide I might be gazing upon Adam and Eve, but I was standing beside some aspect

of Lilith, the first female companion of Adam, according to Hebrew mythology. I realized, had the Mad One been in the Garden the serpent would have fled with Adam and Judeo-Xian fables would read differently today, if either religion had been birthed at all.

The Mad One led me to some Flemish paintings where I started snapping details and the camera died. "Why such loutish people?" I was depressed by the expressions on so many of the faces.

"These are like Bosch." (Hieronymus Bosch? Someone I'd actually heard of!) "The artist is showing the brutality and stupidity of the people he found himself living among."

I pondered the scenes, feeling slightly sick and a bit guilty as I recognized personalities I've met and sadly saw some of myself in many of those twisted faces, too many. (I'm thinking this attempt at enlightenment is proving to be more of a pain than I imagined it would be. At least in my garden the revealing of my stupidity and lack of self-control is usually witnessed only by DW, the sky above, the plants and insects at my feet.)

Mercifully, DW said she'd had enough walking about and we all agreed it was time to head for the Russian store.

A trip in itself, the Russian deli places me where I am the minority. Not



only can I not understand the words flying about me, I can rarely read a product label. (Stepping outside provides little relief. Most everyone out there is black and using English words in ways that confuse me.) Luke and the Mad One know the people working the deli. I'm told that most of the employees can speak English, though they don't because they are embarrassed by their accents or limited vocabulary. My admission to being born here and still not being able to speak or understand English (though it hasn't stopped me from braying) elicited a few smiles but no words I could

understand. The Mad One translates for me. She, and whomever she's talking to in Russian often turn to look at me and laugh. I don't care. I have my basket of sprats and tea.

We'll visit the WAM again, with at least one extra camera battery. I'm starting to wonder if I'm being enlightened. At no time did I manage to provoke the Mad One to her native tongue. Perhaps my comments and arguments are showing some signs of intelligence? I actually missed being cussed at in Bulgarian. I worry I might be learning to enjoy self-flagellation, too.

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PETS LARGE AND SMALL

The kind of bond no one can break

Jennifer Vanderau

Dear Mom and Dad: I wanted to take a minute to tell you how much you mean to me. I'm afraid that because I can't speak your words, you don't really know. I try to tell you in all the ways that I can, but just to be sure, I'm writing you this letter.

I remember the day you first brought me home. Boy, was I scared. I had been brought to the animal shelter by those other people, the ones who didn't want me for reasons I can't remember anymore. And I was sure I'd never leave those kennels. I was sure I'd be there forever.

Then you both showed up. I didn't want to hope. You looked so kind and smelled so nice and your little son and daughter were gentle and I could tell they were bright, intelligent, chips off the old block. When you took me out of the kennel and hugged me and let me kiss your cheeks and jump on your clothes, I knew I would lay down my life for all of you if you would let me. I knew I would love you until the day I left this earth.

But I was still so scared, because hope hurts. It really does. "Maybe" is painful. Because when you think about what could be and don't actually get it, it aches. It hurts to lose something, even though you never really had it.

When I heard the words "adoption" and "approved" and "go home," I couldn't believe it. I was still in shock and awe as we pulled out of the shelter and I was sitting on the blanket in the

back of your car between the kids and I could feel your excitement.

I have to tell you, the fear didn't leave me right away. Those first few nights, I was so scared that I'd end up back in that kennel. After all, the other people didn't want me, why would you?

I tried so hard to be good. I know you were upset and disappointed in me when I'd make messes, but sometimes I couldn't help it. Something would scare me or I'd just really have to go. I felt really bad and I figured you'd take me back for sure.

But something started to happen. We developed a routine. Dad would take me out in the mornings before he went to work and when I was good, he'd tell me, like he was proud of me. It was the same voice he'd use when one of the kids brought home a good grade. Dad, do you remember that morning we saw the deer? I really wanted to go after them, but I knew you wouldn't like that, so I just stood with you for a minute and watched. Just you and me. I was so happy to be with you.

Then mom would feed me breakfast and we'd see the kids off to school on the bus. I made sure to stand by in the driveway and watch. Nothing was going to happen to those two. I made sure of it. I'd wait until I couldn't see the bus anymore before going inside. I did that every day. I started to think of it as my job. To protect the family.

Then mom and I would have the house to ourselves. I'd be with her when she ironed or cleaned.



Murphy is such a handsome, sweet boy! He's a 1-year-old Hound/Rottweiler who knows the commands for sit, stay and down, and he can even climb fences! The fourth sentence should read: He gets along well with just about everyone, but will need an understanding family to adapt to his needs. Do you have the right place for this dear guy?

She's hum along to the radio and I'd doze near the sofa. It was the definition of contentment.

During dinner, we'd hear about dad's day at work and the kids' day at school and every once in a while, someone would slip me something tasty under the table. The days at the kennel were slowly fading from my memory because I realized I was a part of something very special. I finally found a place where I belonged.

I watched the kids grow up, get older, nearer to graduation. I had the same mixture of worry and pride when one of them drove the car down the road by themselves for the first time. Dad, I remember looking at your face and I wondered how you

did it. How you could let them go. I know it's part of the cycle of life and that's just how things happen, but it had to be hard. I walked over and nuzzled my head under your fingers. You scratched my ears almost absently, but I hoped you understood that I was saying you'd always have me.

Then the kids moved away. Went off and found their own apartments, made their own lives. And one winter day, I found mom standing on the threshold of her daughter's bedroom, looking at the stuffed animals and the pink paint and for a second, it was as though maybe time had stood still. I walked over and licked her hand. Mama, you smiled at me and I

honestly think you knew what I was saying. I leaned my head against your leg and we stood there for a few minutes before I heard you whisper, "You're my only baby left."

Our lives took on a different quality; the house was a bit more quiet, a little less active. Evenings were no longer spent rushing kids to play practice or softball games. Friday nights became about the Home and Garden network instead of football games and band competitions. And it was nice.

Well mom and dad, I'm older now. I don't jump up quite as eagerly for my morning walk or when the kids come home, but it's not because I don't love them. I do; so much. I just can't move quite as well as I once could, or hear quite as keenly. It might take me a while to put my head in your lap when I know you need a friendly face, but the sentiment behind it is just as real, just as powerful as it has ever been.

And as I lie on my pillow, the one I've had since the day you got me from that shelter so many years – a lifetime – ago, I know some day, maybe soon, I won't be around. I won't be with you. I wish I could see you through it all. I wish I could be there when the kids get married or have their own babies. I'd love to play with grandkids, but I just don't think that's in the cards for me. But please believe that in spirit, in my love for you, I'll never truly be gone.

Which is why I wanted to write you this. I wanted to tell you that no matter what happens, I'll always be a part of your lives. You took a chance on me so many years ago and I'll never forget that. I'll never forget that you looked through the wire at an animal who had already been discarded by one family and opened your home and your hearts.

That's the kind of bond, the kind of love, that no one can break, no one can destroy and no one can lose. That's what you've given me and I'll always be grateful. And I'll always love you and I'll wait for you in that place I've heard about. That place with the meadow and the bridge and the rainbow.

And I'll wait for your hugs and kisses when we meet again, just like the first time.

Love always,
Your four-legged baby

Jennifer Vanderau is the community outreach coordinator for the Cumberland Valley Animal Shelter in Chambersburg, Pa., and can be reached at cvascomm@cvas-pets.org. For more information, call the shelter at 263-5791 or visit the website www.cvas-pets.org.

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Part 2

The ideal trim and shoe job should look like the picture to the right. This horse naturally has weak quarters which make the hoof likely to crumble and crack if at all unbalanced. However, as he is routinely shod by a good farrier, the hoof is healthy. Traits that make this an example of good shoeing are that when viewed from the side, the front hoof wall is parallel to the front surface of the pastern. The angle of the heel is also about the same as that of the front hoof wall. The length of the heel is about one third the length of the toe. When viewed from the sole/ground surface the length and the width of the front hoof capsule are the same. The sole is concave and the frog width is at least 50-67% the frog length. The weight bearing surface of the heels coincides with the widest part of the frog. When viewed from the front a line drawn across the coronary band is parallel to the ground and perpendicular to the axis of the leg/ metacarpal region. Not only does this horse demonstrate good shoeing he only has mild arthritis despite being older and possessing an extensive competition history.



tle longer heel but otherwise this represents a good trim. After all, farriers can only work with what the horse gives them. While the farrier is balancing the hoof and encouraging heel growth, if the horse doesn't grow heel, there is limitation on what can be done simply through trimming. While this is a negligible amount of diminished heel growth, in severe cases, corrective shoes may be necessary.

Therapeutic or corrective shoeing is essential for some horses to maintain soundness. There are many different types and styles of shoe, all with different purposes. These shoes come in an array of shapes (egg-bar, heartbar, wedge, etc) as well as material (steel, aluminum, wood) that can be used. Not

That being said, there are therapeutic reasons to deviate from what is "ideal". Take note of the second set of hooves pictured to the right. Technically the hooves are trimmed too upright but in this situation it is what the horse requires. This horse has too much laxity in the tendons and ligaments. When watched traveling at high speed his fetlock drops about half an inch lower than it should. By keeping the toe shorter it puts less strain on the tendons, which is what this horse needs. I would prefer to see this horse with a lit-



only can the shoe be altered but additional material can also be added. Pads of varying materials and thicknesses can also be used to increase the comfort of a horse. The third and fourth picture show different stage of applying corrective shoes. This horse is a skilled eventer. He also has thin soles and hoof walls. Those traits make him more likely to bruise, get hoof cracks, and otherwise be lame. In fact prior to receiving therapeutic shoeing, this horse was lame. The pictures shown were taken after the foot had been trimmed and balanced. The farrier has then applied a silicone base to the pad and shoe. The combination of shoe and two layers of padding serve to provide some sole support and protection. This is just one of many different types of manipulations that can be done for a horse.

What may seem like miniscule deviations from "normal" trimming and shoeing can result in the long-term soundness of a horse that would otherwise be lame. There are numerous diseases such as laminitis, navicular, ringbone, and other osteoarthropathies that can benefit tremendously from minute changes in farrier work. When discussing diseases such as navicular with my clients, in addition to injecting steroids, HA, IRAP, or other therapeutics into the joint or bursa, I always discuss the importance of having a good farrier who can provide the appropriate corrective shoeing.

What is your role as the owner in keeping your horse well shod? Your most important job is making sure your horse is seen by the farrier at regular intervals. Some horses need to be seen every 4 weeks, others every 6 or 7 weeks. If you forget to schedule appointments or procrastinate in order to save money, you can't blame the farrier for less than perfect work. Another

important role is making sure your horse will behave for the farrier. A petulant, disobedient horse who repeatedly yanks his leg away from the farrier will probably not get as good of a job as a cooperative horse. It is the owner's job to train the horse.

Once you find a good farrier, treat him well. Make sure you pay him promptly and that you make his working conditions

as tolerable as possible. When it is 25 degrees and windy, it is easier to work inside a barn with the barn doors closed, instead of out in the open. Once you have found that farrier who is worth his weight in gold, you don't want to lose him.

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



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THE MASTER GARDENER

Winter classes for the gardener

Bobbi Little
Adams Master Gardener

You can get plenty of vegetable and fruit growing knowledge with an upcoming March class series called Edible Gardening in Your Environment, taught by the master gardeners. For the past several years, we've offered a class series that provided basic gardening knowledge, from perennials to shrubs to trees. We were thrilled with the number of people that participated in these classes. This year, at the request of our past attendees, we will concentrate on food growing for the homeowner. The commitment is shorter with only 5 classes offered instead of 7-8 as in years past.

We'll start with the basics by covering soils. It's hard to believe, but this was one of the most interesting classes in my master gardener training. We discussed how to read fertilizer bags, the importance of testing soil, amending it, and mulching. This is probably the most important of the classes since you must understand how proper preparation gets the best results. I promise you that it is very easy to understand.

Our second class covers integrated pest management and primarily focuses on beneficial insects, disease management, and modern approaches to controlling garden pests. Don't waste your money or harm your health using unnecessary chemical sprays. Learn better ways to avoid problems. All these methods are research based, tested and recommended by Penn State.

For the first vegetable class, we'll provide specific information on growing vegetables, such as soil preparation, starting

seeds, handling transplants, using a planting calendar, and crop rotation. The second vegetable class covers weed control, watering methods, raised bed gardening, crop specific problems, herbs, season extenders.

Deadline for class registration for edible Gardening in your environment is February 24th.

The fifth and final class involves small fruit: strawberries, raspberries, blackberries, blueberries, grapes, and others. We will talk about planting, pruning, diseases, and the various cultivars of each fruit. Interest in tree fruit was low, but we will have publications available to take along if you are considering growing it. They are also available at the Ag Center at no charge.

If there is time, individual master gardeners will talk about growing their favorite vegetables or fruits and why. It might help you get started with something that is easy and that you like to eat after hearing about it from someone else. For example, I grew kale this past summer and was shocked at how prolific it was. It endured the bone dry conditions of July and the overwhelming wetness of September and October. If you haven't had this food roasted with olive oil, you are missing something special. I've served it to many people and they all loved it. It is also great decoration on a shrimp platter! Alongside the kale

in the garden was Swiss Chard, also quite prolific. The variety I grew was called 'Bright Lights' and had orange, yellow and red veins. Though I am not a big fan of eating chard, it looked pretty. I made a crude arrangement of flowers, and added kale for interest. It looked fantastic. Don't be afraid to experiment with different types of veggies.

I planted some of the fruit bushes mentioned above in 2010, so 2011 meant time to harvest. I was thrilled with the results. My favorites were the blackberries and the black raspberries, which I added to yogurt in the morning. Even my dog got in on the action. If one berry was damaged by the birds or overripe, I'd toss it in her direc-

tion and she'd eat it. A few times I caught her with her head in the berry bushes eating away.

With this class, you can plunge into growing your own food and hopefully will eliminate some of the trial and error involved if you don't understand the basics. The materials you receive will be wonderful reference tools that you can use in the future. Edible Gardening in Your Environment will be held at the Adams County Ag Center in Gettysburg on five Thursdays starting March 1 through March 29 from 6:30-8:00 PM. You can register online at <http://www.cvent.com/d/fc98f3> or call the Ag Center toll free at 877-489-1398. There is a small fee of \$40 to cover the cost of materials, and the registration

deadline is February 24th. Come join us and have some fun while learning.

Additional opportunities include a morning at the Fruit Research and Extension Center. The Master Gardeners have a demonstration garden where we are growing fruit trees, brambles, asparagus and strawberries. We will be "showing off" our garden to those interested in learning about backyard orchard growing. Specific skills on pruning espalier fruit trees will be discussed at this time as well as diseases and insect problems that are unavoidable when growing fruit trees. This opportunity is April 14 beginning at 9am. Registration is required with a \$10.00 fee.

Other upcoming events include a bus tour to Meadowbrook Farm on May 29. Details and registration information to follow.

Love gardening and gardeners? Join Frederick County Master Gardeners

Lee Royer,
Frederick County Master Gardener

Oh, come on, you've been reading our column and wanting to join for years. Go ahead, just do it. Now is the time. There are still a few openings in the 2012 Intern Class which will start the first week of February.

Not clear on what FCMGs are about? Master Gardeners are gardening enthusiasts spreading the good news of scientific research from the University of Maryland and other agricultural colleges throughout the nation. We are gardening educators trained by and volunteering for the University of Maryland Extension. You have all heard the saying, "When the student is ready the teacher will appear", and lucky for you, FCMG classes are beginning the first week of February.

Still not sure what we're about? Read our mission and vision statements which capture it just right. Our Mission: to support the University of Maryland Extension by educating residents about safe, effective and sustainable horticultural practices that build healthy gardens, landscapes, and communities. "Our vision is a healthier world through environmental stewardship."

Committees

Can't imagine where your talents and enthusiasm might fit within our program? Here are a few of our committees: BayWise, Demonstration Gardens, Grow It Eat It, Jr. Master Gardeners, Multicultural Outreach, Newspaper Column, Plant Clinics, Seminar Series, Speakers Bureau, Therapeutic Horticulture, Horticulture Librarian, Photography, Growing Newsletter. And of course there is always need for support people in many areas, such as hospitality, computer work, and helping the County Horticulture Educator and County Master Gardener Coordinator, Susan Trice.

Yearly Events

FCMGs sponsor one major fundraiser, our Plant Sale to be held this year on Saturday April 28th. Also planned are our traditional information booths and "Ask A Master Gardener" clinics during Ag Week at the Francis Scott Key Mall February 20-25, 2012 and at The Great Frederick Fair September 14-22, 2012. These are fun events where MGs meet and greet the public, putting on demonstrations such as our composting worm bin which is always a hit with young and old alike.

Open to All

Each column we send an Equal Opportunity statement with our standard ending office information. Sometimes, for brevity the last line is omitted by our editors, and we understand, there is only so much room each week for space in the paper. However, any discussion of joining MGs must emphasize that we are open to everyone, so here it is our official statement: "University of Maryland Extension programs are open to all citizens without regard to race, color, gender, disability, religion, age, sexual orientation, marital or parental status, or national origin."

Just do it

If you hear fate calling your name to join FCMGs, don't ignore it this year, go ahead, pick up the phone, send an e-mail, come on, just do it. If you love gardening, learning about gardening, and spending time with other gardeners, you'll love FCMGs, I guarantee it.

For this column only, I offer my personal e-mail address, in case you have questions or would like to discuss the program with a member rather than office personnel. Feel free to contact me at stinkbugs@hiwaay.net. If I don't know the answer to your question, I will do my best to help you find where the answer might be, which, by the way, is one of the guiding principles for all Master Gardeners.

For more information about the Frederick County Master Gardener/Horticulture Program, visit www.frederick.umd.edu/mg or call Susan Trice at the University of Maryland Extension Frederick County office, (301) 600-1596. Find us on Facebook at <http://www.facebook.com/mastergardenersfrederickcounty-maryland>

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THE MASTER GARDENER

Tree seedling sale at the ACCD

Seedlings and transplants may now be ordered from the Adams County Conservation District's 2012 Tree Seedling Sale. Pick up date is Friday April 13, 2012 from 10AM to 7PM. Pick up is at the pole building behind the Ag Center building at 670 Old Harrisburg Road, Gettysburg. All orders must be prepaid and the order deadline is February 29 for apple trees and March 19 for all other offers.

New this year is the offering of two different apple tree varieties in a bundle for \$25. The varieties are Enterprise and Galarina™, both disease resistant varieties. They are semi dwarf rootstocks and 4'-5' in height and 1/2" to 5/8" caliper. Apple tree orders must be received by February 29.

We have added to the PA native hardwoods. Offered are Red oak, Red maple, Black gum, River birch, American Hazelnut and the shrubs Redosier dogwood and Button-bush, which is new this year. Price is \$10/5 and \$30 for 25 seedlings.

Evergreens are \$15/25 for seedlings and \$20/10 for transplants. New this year is Virginia pine with a mature height of up to 50 feet. White pine, Colorado blue spruce, Norway spruce, White spruce and Douglas fir are also for sale.

Bluebird nest boxes and the 3-chambered bat boxes are available at the sale or at the District office throughout the year.

A limited amount of rain barrels will be available for purchase on the day of pickup for \$50 per barrel.

For a brochure and or any questions, please contact the ACCD at 717-334-0636, email shull@adamscounty.us or visit us at www.adamscounty.us County Offices Administrative Offices Conservation District ACCD Tree Seedling Sale and print out an order form. You will have to either mail or drop off your order form along with your check, payable to the ACCD by February 29 for any apple tree order or March 19 for other orders.

The Small Town Gardener Let there be light

Marianne Willburn

Inevitably, the time will arrive when many gardeners will consider starting their own seeds indoors. Perhaps it is the threat of being faced, once again, with only two tomato varieties at the big box retailers, and the shock at paying premium prices for the much greater selection available at a nursery. Perhaps it is the beautiful pictures of rare petunia varieties in the January catalogs. But perhaps it is as simple as pursuing the magical childlike joy of bringing a plant to life from scratch. Thankfully, there is no magic involved, although I have had a childlike temper or two over the years.

For whatever reason you have come to this place, if seed starting is your goal this year – Hoorah! Congratulations on taking the next step as a gardener. Now is the time to think and plan – for many seeds could need as much as a twelve week period before being set outside (although most need less time than that). At its core, propagating plants from seeds is as easy as soil, warmth, light and of course, a viable seed. Many of us have done enough bean seed experiments with our children to know this. But there are many ways of providing these essentials, and how you do it will determine the health of the plants you wish to grow – not to mention your own mental health.

As each of these factors can be discussed ad nauseum, I'd like to deal with what I consider to be the variable in this plant equation whose importance is often underestimated - light. Most gardeners recognize the importance of watering their little progenies; some understand the need for warmth and humidity; and still others worry about the sterility of soil and the benefits of a soil-less mix. But often a "sunny windowsill" is considered adequate for raising healthy, happy plants. My opinion? If you want to raise strong, bushy seedlings with a lust for life, get a grow light – or a greenhouse. And trust me, a grow light is considerably cheaper.

Now don't let your eyes glaze over. This isn't rocket science. My two grow lights are four foot fluorescent shop light fixtures, to which I have added high spectrum grow bulbs – available at all the big box retailers. Total cost: forty dollars for twelve linear feet of strong seed-loving light. Shop lights come in much smaller sizes, I just wanted the most bang for my gardening buck. With a strong source of light positioned just a few inches above your little darlings, they will sport compact, sturdy growth – and have one up on their long lanky windowsill cousins, trying to follow the sun as it tracks through the winter sky.

Now comes the difficulty – finding space. If you are lucky, there is a part of your house

that is currently unused. If you are normal, there is not. It's time to get creative. The first propagating experiment I ever did took place in my bedroom (and I am not talking about my children). I hung the lights from tiny hooks screwed into the ceiling above the tops of two bookcases. Voila! Instant light-stand, minus the \$179 price tag. My current favorite spot is on top of the fridge. Yes, I have to quit using that overhead cupboard for a couple months, but there really isn't anything I ever want in there anyway. The top of the fridge gives a nice steady warmth, the seeds are out of the way, and, come spring, I remove the lights, leaving four tiny unobtrusive hooks in the ceiling ready for next February's propagation. An unfinished basement will work just as well, but you might need an electric mat for warmth (available in nursery catalogs or pet stores) – and a reminder note on the fridge to water (out of sight, out of mind). Think outside the box and who knows where those seeds will end up.

Now for the small print - and I'm not going to lie to you. From late February to late April, my house doubles as the venue for a psychological study in high-level tolerance. I don't like extra clutter in my home. In fact, I really don't like extra clutter in my home. When I feel like every square inch of my house is filthy and covered with Labrador hair, it doesn't soothe the savage beast to see a square yard of soil sitting on top of my major appliances (and the blue light radiating from my windows at night bears more than a passing resemblance to illicit growing activities than it does to a charming candle in the sill). When these feelings threaten to overwhelm me, I take a minute to run my hands over the little tomato and basil seedlings and breathe deeply of the promise of summer. This does seem to have a calming effect on tendencies toward manic housekeeping. But believe me; as soon as it looks as though those untidy little pots might be able to brave the temperatures of a hastily rigged cold-frame, they're given their coats and asked to leave.

Raising all or part of your garden from seed is not only less expensive, it's extremely satisfying. Once you've raised a six-pack or two of those heirloom tomatoes you always wanted to grow, or that specialty basil you've lusted after in the nurseries, you may find yourself scanning the catalogs next year for seeds instead of plants.

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CIVIL WAR HISTORY

The 150th commemoration of the Maryland Campaign

John Miller
Emmitsburg Historical Society
Civil War Historian

During the course of 2012, many people will take time to reflect on a series of important Civil War events that took place in 1862 in Virginia, West Virginia, Maryland, and Pennsylvania. Many tourists will assemble to Virginia during the Spring and Summer to bare witness to the commemorations of the Peninsular Campaign, Jackson's Valley Campaign, and the Second Manassas Campaign. 2012 also marks the 150th Sesquicentennial the Maryland Campaign which resulted in several skirmishes and battles, including South Mountain and Antietam. By October of this year, the 150th will again shift into Pennsylvania as we commemorate Confederate JEB Stuart's Chambersburg Raid, where Emmitsburg bore witness to his cavalry.

Over the course of 2012, I want to take time to educate those on the importance of the Maryland Campaign, as well as Stuart's Raid into Chambersburg. You might travel through Frederick on your way to Washington or Baltimore during your daily commute, but do you realize that you're driving through some very rich Civil War history. Others may travel to Hagerstown or to Chambersburg, and they too,

may not realize that they are driving through an area with historical ties to the Civil War. There is a lot to cover this year before I shift from 2012 to 2013.

With that in mind, since November of 2011, I started the commemoration process. I wanted to introduce you, the reader, to a few of the experiences of both the Union and the Confederate soldier, from what they wore, how they appeared, and what they carried on campaign. Now the time has come to introduce you to some of the historical events that took place and why they took place. The Maryland Campaign affected every community in Carroll, Frederick, and Washington Counties, including those towns along the Mason Dixon Line in Pennsylvania.

Even though today, we know where the Confederate army was located and where they were headed, the civilian population and the Union army at the time didn't. This was the first time during the Civil War that fear was introduced to many of the Maryland communities. People read the newspapers from the start of the war, and knew that this war was not romantic in any respect. So when the war entered Maryland, the realization of the affects of war had a huge impact. The rumor machine had already been turning for several months, and now the threat was here. Getting accurate



news in the face of occupation was hard to come by.

So how did the Maryland Campaign come about? On August 30, 1862, after the Battle of Second Manassas, found the Union Army, under the command of Major General John Pope, in full retreat, marching his army to the safety of Centerville, Virginia. On August 31st, the victorious Confederate Army, under the command of General Robert E. Lee, decided to send General Thomas (Stonewall) Jackson to Chantilly, Virginia and cut off Pope's Army from retreating to Washington. On September 1st, General Jackson engaged Union forces, but the Battle of Chantilly proved to be a tactical set back as General Jackson's movements were foiled, and he was unable to block the Union retreat or destroy Pope's army.

On September 2nd, as the Confederate Army began marching toward Leesburg, portions of Cole's Cavalry engaged a superior Confederate force near Leesburg. Many of these troopers of Cole's Cavalry were from the Emmitsburg and Gettysburg areas. At a severe cost they managed to push back the Confederate cavalry, and then fall back into Harper's Ferry. With the route to Leesburg and the Potomac River clear of any Union resistance, General Lee, planning his next movement, sent a dispatch to Confederate President Jefferson Davis asking for his approval to take the war north and enter

Maryland. General Lee wanted to take the war northward into Maryland for several reasons.

One of the main reasons was to take advantage of the political atmosphere. The morale of the northern people was very low, and the citizens began to have doubts in their elected officials of winning a war. The war had become increasingly unpopular among northern people. Up until now, the war had been fought in Confederate territory. By bringing the war northward into Union territory, the people will see first hand the death and destruction that is left behind. This could force the northern people to demand immediate peace with their elected leaders.

Another reason was because of the fact that the war had been fought in Virginia. Virginia had suffered much and was war torn. Even though the people of Virginia were rejoicing in the latest Confederate series of victories, the Virginia farmers needed to harvest their crops in peace, without the threat of Union forces interfering.

Also, several Marylanders serving in the Confederate army brought it to Lee's attention that recruitment was a possibility. They felt that Marylanders would view the Confederate army as liberators and not invaders, and those men would flock to enlist in the Confederate army. If the Confederate army was victorious and won a major victory in the north, then England and France

would easily be persuaded to recognize the Confederate States as a separate country, with the end result of supporting the South in the war.

The stakes were high for General Lee's Army and the Confederacy, and everything seemed to hang in the balance of the outcome of this campaign. With President Jefferson Davis' blessing, General Lee's Army began to ford the Potomac River near Leesburg on September 4th. Once in Maryland, the Confederate Army marched to, and concentrated on, the city of Frederick. There, they received a less than lukewarm reception and soon orders to Hagerstown were issued. However, the garrison at Harper's Ferry threatened the rear of the Confederate army, as well as their line of communications and supplies. Then came the sounds of battle. From September 13th through September 20th, the sounds were heard as far away as Emmitsburg, as civilians wrote about hearing the distinct sound of cannon and musketry.

The outcome however, was costly for both armies. At South Mountain more than 6,000 soldiers were wounded, killed, or taken prisoner. At Harper's Ferry more than 13,000 were taken prisoner by the Confederates under Jackson, and at Antietam there were more than 23,000 casualties. Every community in the north and in the south was affected. These numbers don't take into consideration of the several skirmishes and small engagements that took place, or the Battle of Shepherdstown, which was the last major battle to be fought during the Maryland Campaign.

The closest thing that could be considered as a Union victory occurred when President Lincoln issued the Emancipation Proclamation, paving the way for freedom for those still under the bondage of slavery. This gave the war a new meaning. No longer was this just a war to preserve the Union, but now it was a war to also free the slaves. The Maryland Campaign changed the war both socially and politically.

Some of the topics that I will cover this year will include the civilian aspect of the invasion, the battle that never occurred at Weverton, and the Battles of South Mountain and the Catoctin Mountain. I will end the year on the Chambersburg Raid.

This year, many communities, non-profit organizations, and government agencies are finalizing their schedules that will commemorate the 150th Anniversary of the Maryland Campaign. The Heart of the Civil War is planning some very nice events, in addition to the National Park Service, and the Maryland State Park Service at South Mountain State Battlefield. In Franklin County, Pennsylvania there will also be events taking place. I encourage you to take advantage of the seminars, programs, and events that will commemorate this important piece of our history.

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

Blue Ridge Sportsman's Association

EVENT SCHEDULE

February 5 - Bingo

February 11 - Crab & Shrimp Feed

February 17 - Meat Night Drawing, Buffet & Karaoke

February 23 - Open Membership 6:30-8pm
Kitchen Closed Mon.-Wed.

Thurs. - All-You-Can-Eat Wing Buffet \$6.99 - 5-8pm

Fri. - Full Menu - 4-9pm Daily Special 5-8pm

Sat. - Breakfast - 7-11am Lunch - 12-4pm
Dinner - 4-9pm

Sun. - Breakfast - 7-11am

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Bill Eiker

VETERANS PROFILE

Sgt. Michael A. Hess - Desert Storm Veteran

Frank Rauschenberg
Monocacy Valley VFW Memorial
Post 6918, Harney

I grew up in the Taneytown area and attended school there. When I was in high school I always wanted to be a military soldier. The first word I wrote on my bedroom wall as a child was ARMY-in crayon.

In high school I met a wonderful family who mentored me through my teen age years and kept me straight. The husband was a Vietnam veteran who influenced me. I am still close to them.

I enlisted in the army on July 7th 1988 in the delayed entry program. My boot camp training was in Fort Leonard Wood Mo. I combined training as a combat engineer as well and loved it. Upon finishing boot camp and AIT, I was assigned to airborne school in Fort Benning Ga. This was my favorite duty station. At the end of November 1988, I graduated from the Airborne school. I then return home for two weeks before my first deployment to Germany.

I spent two years and eight months in Germany as a combat engineer with an allied multinational force unit-the 237th Light Engineering Battalion. While there I attended French Commando School where I learned "behind lines" tactics, explosive technology and demolition. To be honest this course was designed to teach us how to create havoc and chaos behind enemy lines. I loved the course but fell out of a helicopter prematurely while "helo casting" into a French reservoir...but...I survived, went on to graduate. I attended many other training courses while stationed with this unit.

While I was in Germany I was able to travel and see the country and meet the people. I was able to learn rudimentary German and enjoyed the festivals, especially the Munich October fest. I was in Germany when the Berlin Wall fell-the entire country engaged in one huge party-what a thrill! However, the military was on high alert in case there was any trouble. Fortunately East and West came together happily and I saw history made.

In July 1990 I returned home for one month to visit friends and family. My visit was cut short because of the Iraq/Kuwait invasion. My first sergeant called me and ordered me to report back to my German unit immediately. I caught the first available flight out of Reagan National airport and sadly the only seat left was in the first class section. I sat next to a Lieutenant Colonel in the Air Force. He told me "This isn't going to be pretty-we're going to have our nose in this pressure cooker!" We drowned our sorrows on the way back to Germany.

Once in Germany every soldier was expedited back to their unit; we remained on high alert for about three weeks. My unit was with the 7th Army Corps which was ordered to Saudi Arabia; however my unit was not included at the time because we were light status-the heaviest thing we had was a dump truck. We did assist the others in loading ships, planes, etc. It took two months to get them fully deployed.

After months of waiting while we played cat and mouse with Saddam's military the U.S. Government finally realized it would have to take further action to cleanse Kuwait. It was going to be a combat engineer war. Our sergeant major called battalion formation and asked for two hundred volunteers-all unmarried and no children. Within fifteen minutes two hundred young men stepped up. I was second to volunteer.

I called my family including that old man who mentored me and told him I would be leaving for Saudi Arabia the next morning. There were some tears. I was stationed with the Third Engineer Battalion; 24th Infantry divi-

sion for approximately two weeks; rode with 24th infantry scouts on reconnaissance ones. I was there in case we ran into mines. The ground war started on my 21st birthday. On the morning of February 23rd, my platoon sergeant-Sergeant Rice - told me to get my squad ready to cross into Iraq. I told him it was my birthday and we can't go today-he said "Happy birthday Mike; now get ready!" That evening we started to move through the Iraqi lines and over the large tank berms which had been built earlier. For many miles we traveled unopposed till we came to Jamaal Airfield. There the fighting began. The Iraqi's fired on us with anti aircraft guns and small arms but we soon penetrated their defense and secured the field.

We then moved to the lower Euphrates Valley-it was green and plush there. Beautiful landscape but we did not have time to appreciate the finer qualities. There we waited to meet the Republican Guard as they left Kuwait. Luckily for us we missed them and shortly thereafter a ceasefire was called.

My time in Iraq and Kuwait lasted two months. During that time I saw a lot of brutality and fighting.



In April I was sent back to my unit in Germany, thankful to be alive but certainly educated in what real warfare looks and smells like. War is not pretty. When I returned to Germany I was reassigned to my unit, ready to leave the army for civilian life. My first sergeant assigned me to take care of the flower beds-said I'd had enough of fighting. To this day I really like nice landscaping.

I returned to the United States on June 2nd 1991 and enlisted in the Army Reserves in infantry, promoted to sergeant. My unit was deactivated in 1993. I then pursued my

career in machining and mechanics. I currently work at Sunbelt Rentals in Baltimore, MD. I am an active member of the Monocacy Valley Memorial VFW Post 6918, Harney, MD., and a member of the American Legion in Taneytown. I serve with the VFW, as a member of the post distinguished Honor Guard.

My time in the army was valuable. I served my country and was honorably discharged. I was exposed to many different cultures and learned to appreciate them. But I can truthfully say...There is NO country like the United States of America!

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Interesting Facts About Early Times

Almost Forgotten Customs and Amusements Recounted

Editor's Note: In 1908, the Emmitsburg Chronicle published a series of articles under the title, "Chronicles of Emmitsburg—a series of interviews with the 'old timers' of the town." Given their age and the date of the interviews, they provide exceptional eyewitness accounts of what life was like in the area during the early and mid 1800s. Over the next several months, we'll rerun these articles and hope you will enjoy them as much as the readers of the old Chronicle did when they last appeared in print.

Part 1 of many

Interview with Henry Stokes, ESQ.

Among Emmitsburg's remarkable young old men is Mr. Henry Stokes. Although his years by the calendar are many, his physical and mental faculties are unimpaired and his spirit is buoyant and youthful. He is a living demonstration of the saying, "A man is as young as he feels."

Mr. Stokes was born January 17th, 1825, and that makes him eighty-three years old, though you wouldn't think it to look at him and hear him talk about matters of past and present interest. His grasp of current affairs is remarkable and he possesses that rare quality, the judicial mind, which is due in part, no doubt, to his long experience as a magistrate.

While Mr. Stokes is not one of those who always say, "the old is better," he can tell his share of interesting stories of past times and, indeed, his memory is not less remarkable

than his mental alertness and his shrewd insight.

In a recent interview with a Chronicle reporter, Mr. Stokes said, "I am eighty-three years old. Perhaps you can't realize what it means to be that old until you reflect that my memory runs back to the time when men harvested grain with sickles, made fire with flint and steel, raised their own flax and wool, wore blue broadcloth with brass buttons, when commercial travelers were unknown and good whiskey cost twenty-five cents a gallon.

Yes, I mean just that. I can remember when wheat was cut with sickles, when the cradle came into general use, and when the first reaper came to Emmitsburg—that was in 1862. I believe there was a thrashing machine made in Hanover in 1835 by a man named Fitz, but Obed Hussey made the first reaper, and he was the father of harvesting machinery, his patent having been granted several months before McCormick's. William Gillelan had some kind of a reaper on his farm in 1852, but in 1853, a Hussey machine was brought to Emmitsburg by Joshua and Lewis Motter. A crowd of townspeople went out to see it work in the field behind Mr. Motter's house. The Rev. Mr. Auchinbaugh and I took off our coats and bound the first sheaves.

Did you know the first matches in this country were made over at Mechanicstown [Thurmont]? That was seventy-five years ago. A blacksmith named Jacob Weller discovered the

process. The sticks were cut by hand out of a block of wood, dipped in a plate of some secret composition, and laid on a rack to dry. They were packed in pasteboard boxes and would ignite when rubbed against a slip of sandpaper. A box of matches about two inches wide and three-fourths of an inch thick cost twenty-five cents. People were afraid of them at first, but soon got used to them.

Weller's factory only ran about two years. An Ohio man discovered an improved method of making matches and put Weller out of business. The house where he had his factory is still standing.

One can hardly realize now the inconvenience of the old ways of making fire. Flint and steel were in common use. Sometimes an old flintlock musket was employed. A little powder would be put in the pan and flashed on a piece of tow, with which a bit of paper would be lighted and the burning paper would light a candle, and so you had fire.

Sometimes on a bright day, a burning glass would be used to light a piece of punk, as we called the rotten wood from an old log or stump. In the villages, it was common for neighbors to borrow fire from each other. The housewife would watch the chimneys of the nearby houses and when she saw smoke coming out of one of them, she would run over with a little earthenware crock and get a few live coals which were carefully hurried home across the field. We were mighty careful not to

let our fires go out at all, for you can see, it was a serious matter. The good hickory coals well covered up with ashes would last till morning, but we didn't always remember to do it.

There was a common saying, 'You are in a hurry, you must be after fire.' That was the polite thing to say when people paid you a visit and didn't stay long. It died out a long time after the custom of borrowing fire disappeared.

The country about here was full of small industries: carpet, linen and blanket weaving, coopering, and shoemaking are some of the lost trades. A man would sometimes farm in the Summer and follow a trade in the Winter. My father was a farmer and made flour barrels in the Winter. I have known a farmer also to be a tailor. The shoemakers would travel about the country making up shoes for whole families. That was called 'whipping the cat.' I don't know how the phrase originated. The shoemaker made his pegs by hand. He would cut thin slabs off a block of maple wood about three inches square. He would bevel both sides of one end of the slab so that when it was cut up into pegs they would be already pointed.

I was born in Mechanicstown. For a time I worked in a woolen mill there, but I didn't like the pro-



Henry Stokes

prietor, so left him and learned the saddlery trade under a man in Mechanicstown named Joseph Freeze. I thought there was a good opening in Emmitsburg, so I came here in October of 1846. There was one saddler here when I came, and a fortnight afterwards another arrived. They both left in about eighteen months. My first shop was where Mr. Michael Hoke's place is now. In 1855, I moved up here. I retired in favor of my son Harry on January 1st, 1889, having been in business forty-four years and three months. The business has been in continuous existence under our family name for sixty-two years and three months.

I was appointed a magistrate in 1867 and have served continuously ever since except in the years 1894 and 1895. About 1954, I was elected a school commissioner and served many years. I also served several terms as town commissioner and two terms as Burgess, my last term expiring in 1884. I have been always interested in public affairs. The first resolution to pike Main Street was offered by me about 1861. We were just ready to let the contract when the fire of 1863 broke out and swept the lower part of the town. Before Main Street was piked, it was nothing but a big gutter and at times was almost impassable. I also took part in the formation of the original cemetery company. On March 2nd, 1848, I was married."

"There are not many couples who have lived happily together for sixty years."

"Now, don't tell me," exclaimed Mr. Stokes in reply to the reporter's question, "that you want to know how my wedding suit was made."

"Of course," said the reporter. "The Chronicle's readers will be intensely interested to know what a man wore in 1848 on such a momentous occasion."

"Well," said Mr. Stokes, "if you want to print that sort of stuff, I'll give it to you. My wedding coat was made of broadcloth bought in the store and made up by one of the town tailors. It was cut fan-tailed, like the modern full dress coat. The trousers were made of black goods fitting tight to the leg below the knee; the

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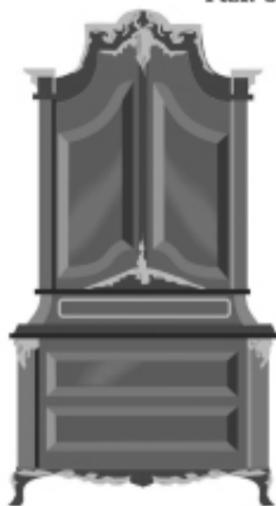


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HISTORY

bottoms flared out a little over the top of the hoot and a strap passed around under the boot to hold them down. A man to 'be dressed right in those days' had to wear a high silk hat with his best clothes. The brim of the hat was flat and the crown was straight. Some of the high hats had bell crowns and some were narrower at the top than at the bottom—the fashions varied from time to time. Blue broadcloth for coats was in common use and then brass buttons were used. The wristbands of the shirt were turned slightly back over the cuffs of the coat."

"Did there used to be any good street fights?" asked the reporter.

"Not in my time," replied Mr. Stokes. "The practice had pretty much died out when I came here to live. I have heard that earlier there used to be fights worth seeing, but I never saw one that amounted to anything. I remember just after I came here to live there was a comical scrap in front of the blacksmith shop where Hoke and Rider are now located. A lot of mountaineers got to fighting in the street and in the mix-up, they rolled under a wagonload of bark standing there. It was dark and we could not see what was going on, but it sounded like a dog-fight. We pulled them out supposing that somebody was badly hurt, but nobody was. That was the way it generally went: lots of noise and talk, but nobody ever got hurt. The disturbances were generally made by the mountaineers, but the town people sometimes mixed in. Since the earliest days there have always been the up-town and down-town gangs of boys. If a boy went outside of his own part of town, he was apt to get into trouble if he wasn't careful. They fought fair, however. There was no stone throwing or mean business.

It is a remarkable thing that the effects of drinking were less pronounced when liquor was in general use than they are now. One reason was that the boys didn't drink. I remember at Mr. Baugher's store, there was always a bottle of whiskey on the shelf behind the counter, and everybody who came in could have a drink free if he wanted it, and everybody was free to decline if he didn't feel like 'taking it.' I suppose half the people would decline. Whiskey only cost twenty-five cents a gallon and almost everybody had it in his house. Yet there was much less drunkenness then there is now. The boys didn't smoke either. Often a store would keep a box of tobies on the counter free to everybody. A good deal of tobacco was raised here and people made their own tobies. You could buy them four for a cent. A little bundle of them was generally wrapped in a roil of hickory bark."

"Have there been any changes in the saddlery business since you began to work at it?" Mr. Stokes was asked.

"No," he replied. "A country shop is about the same as it was sixty years ago with the exception of the sowing machine, which sows about ten times as fast as a man can. The character of the work, however, has changed. When I started, the bulk of the work was heavy gear for the

big teams and saddles and bridles. Everybody rode horseback, even the women. It was the only way to get about. There were only two buggies in town when I came here.

A country saddler used to make everything except the hardware and the village blacksmith made the rings and the bits, and even the heavy buckles. Now we buy the hardware and the pads, the blinders, the collars and other things. We even made the heavy wagon whips the teamsters used.

The leading teamsters were Samuel Willhide, John Peble, Jacob Baker, John Wetzel, and Tom Gilson. Richard Gilson had a famous team driven by his son, Tom. It used to go as far as Pittsburgh. The through teams would go almost anywhere. One would take a load to Baltimore, for example; there it might get freight for Pittsburgh; from there it might go to Wheeling, and from there to Chambersburg, just like a ship going from port to port wherever she could get a charter.

The regular teams from Chambersburg to Baltimore would reach here Monday evening and the wagoners would sleep at the tavern, going forward Tuesday morning. Returning, they would stop here Friday night. The wagoner would carry his own bedding and sleep on the bar room floor or on a table if the house was full. The old Conestoga wagons were used for freight and they could carry big loads, but I do not think any heavier than are carried now by team. Tom Gilson once hauled a load weighing one hundred and ten hundredweight from Baltimore for Mr. Joshua Motter, but that was exceptional. Eighty hundredweight was considered a big load.

The merchants in Emmitsburg would go twice a year to Baltimore to buy goods. Traveling salesmen were unknown. The big teams would haul the goods to Emmitsburg. In between times, the market wagons going to Baltimore would bring back goods for the merchants in town."

Interview with Samuel Flaut

Mr. Samuel J. Flaut is one of the old-



Bird's-eye view of the West end of Emmitsburg 1908.

est citizens of Emmitsburg. He will be ninety-two next July 11th but he does not feel the burden of his years, and many a man of seventy looks older than does our well-preserved and well-beloved fellow town citizen. Mr. Flaut comes from a long-lived family. His father, Jacob Flaut, was eighty-six when he died; a brother died at the age of ninety-three; one sister lived to eighty-two; another at the time of her death was eighty-eight years and ten months, and one died at the age of ninety-three.

Mr. Flaut was born on the Blue Ridge Mountains near Euclid in Washington County. In 1835, he moved to Emmitsburg and has remained here ever since. Since the death of his wife, eighteen years ago, he has lived with his daughter, Mrs. Arnold, widow of the late James J. Arnold, who ministers affectionately to his declining years.

Apprenticeships

"When I came to Emmitsburg in 1835, I was apprenticed to James L. Wise, a wheelwright. I stayed with him two years and a half. After I was free, I worked at the wheelwright trade for about one year but didn't

like it, so I went to carpentering. I worked at that until 1875 and since then, I have lived retired. That's the history of my life."

"But that won't do at all, Mr. Flaut," said the reporter. "We want to know what it was like to be an apprentice in Emmitsburg in 1835: how your boss treated you, what he paid you, how you lived after you became a journeyman, what kind of clothes you wore, what you had to eat, and what a good mechanic could earn it those days. All these details will interest The Chronicle readers, so you be good enough to brush up your memory and tell us something about the old times."

"Well," said Mr. Flaut, "when I was first apprenticed, my boss agreed to pay me \$30 a year. I was to buy my own clothes. Then he found he had to take some clothing in trade so he changed the arrangement and gave me my clothes and a little money once in a while. Of course I lived with him. He gave me a comfortable room and plenty to eat, so I had it good while I was with him, but I was not regularly bound out;

we had only a verbal agreement. Some didn't fare so well.

The bad bosses didn't provide good clothing or nourishing food and some used to flog their apprentices. One boy, I remember, was treated so badly that he ran away to Philadelphia. But his boss followed him and brought him back and he served his time out. Some apprentices even had to go in their bare feet in the wintertime, but mostly they were well treated. As a rule, an apprentice got his keep and clothes and a small sum of money at the end of his term. Sometimes they were allowed wages for work done during the term, which were paid to them when they were free. It all depended on the contract.

After I was free, I worked, as I have said, 6 years at the wheelwright trade, but working as hard as I could I only made seventy-five cents a day. Later when I went to carpentering, I could earn seventy-five cents a day and doing found job work. That doesn't sound like much, but a dollar in those days would go further than it would now; our wants were simpler and living was cheaper."

Part 2 next month

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COLD WAR WARRIORS

Spies like us? Military intelligence in Germany in the 1960s

Major Ted Streeter, USA Ret

The word “spy” will to most people conjure up images of James Bond – fast cars, faster women, exotic locations, and martinis. But, as a veteran of many years in the HUMINT (human intelligence) business, both military and civilian, I’m here to attest that those images (aside from the martinis) have no relation to real life HUMINT. In fact, while occasionally sprinkled with major cases, i.e., Oleg Penkovsky, Johnny Walker, etc., the Cold War contest between the intelligence services of the east and west was overwhelmingly low key and unexciting. But, that’s not to say it was total drudgery. Occasionally, we would become involved in situations that James Bond never would have dreamed of.

One such incident occurred in the mid-1960s. While in the Army, I was assigned to an intelligence unit located in Kaiserslautern, a mid-sized city in the German Federal Republic (GFR). I was documented as a civilian, given a German-American name (which I don’t recall, other than it was really stupid), and because

of my linguistic abilities, was assigned to live in a company “safe house”. For those not familiar with the term, a “safe house” is an apartment or house in which company agents can clandestinely meet with various sources on neutral ground. There are certain requirements for such a location. It must be innocuous in all respects, appearing to be a normal residence occupied by an average person. In my case, I was supposedly a civilian working at a nearby air base. Most importantly, it must have a relatively secluded entrance – off the street if possible, and shielded from other entrances, if an apartment.

I didn’t rent the apartment, but whomever did totally neglected the last requirement. My place was on the second floor of an old building. The street entrance was fairly out of the way, but once inside I had to climb the stairs to the second floor, at which there was a “T” intersection. My apartment was on the right, but directly across the hall was that of the German landlord and his family, all of whom were excessively nosy. Whenever anything appeared unusual to them, they became extremely observant. Fortunately, most of our source meetings took place at night when they appeared to be less attentive to our activities.

However, one day a young woman, whom I shall call “Ursula” (I don’t remember her name) showed up at our unit seeking asylum. Ursula claimed that that she was being pursued by the “Stasi” (Staats Sicherheitsdienst – the East German interior security service), which intended to do her bodily harm because of her activities in Berlin. She explained that she had been part of an effort by West Berlin youths to smuggle young East Berliners across Checkpoint



The “safe house,” where company agents clandestinely met with various sources on neutral ground

Charlie to freedom in the west. Her group did this by smuggling US Army uniforms into East Berlin, dressing young men in them (after cutting their hair) and then escorting them through Checkpoint Charlie from East to West Berlin, reminding them to

in different directions.

Wait a minute! Time out! I just read what I wrote and suddenly realized how old I am. The events I’m describing took place 50 years ago. The Berlin Wall and Checkpoint Charlie disappeared in 1989, over a generation ago.

and the Russians about a quarter of Germany in the east. Berlin lay in the Russian zone, an island completely surrounded by Soviet forces. It was also divided among the four powers in the same manner as the nation. Access to the city by the western powers was either by air or along rail or road corridors specifically designated by the Russians. At some point, I believe 1946, the Soviets attempted to force the western powers out of Berlin by denying ground access to the city, an act that resulted in the Berlin Airlift. After six or so months of supplying all the needs of the city, from food to fuel, by air, the Soviets relented and the corridors were once again opened. But the episode revealed the vulnerabilities of Berlin. Should the Soviets have ever attacked, the Berlin Brigade (our troops in the city) would stand no chance of survival.



Berlin Wall - the BEGINNING - Construction in August 1959

main silent. Because US Army personnel in uniform were not required to show papers, the system worked quite well until, somehow, the East German authorities became aware of the scheme, at which point the band of smugglers quickly disbanded and fled

Some readers will view the Cold War as ancient history, with no idea what the wall and Charlie were. So let me spend a few words discussing the background events from which Ursula and her friends emerged.

Following the defeat of the Nazis in May, 1945, Germany was divided into four occupation zones, one each for the Americans, British, French and Russians. The former three got generally the western part of the nation

With the implementation of the Marshall Plan, the western part of Berlin began to rebuild, and was in short order again modern, bustling, and prosperous. East Berlin, however, under Communist rule, continued to languish, not only physically, but in terms of politics, information and personal freedoms. The media and press were under control of the government. There was one political party, government of course. The Stasi coerced, bribed, threatened and otherwise forced neighbors and



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Berlin's 'Checkpoint Charlie' in the 1960s - A place of confrontation and drama.

friends into being informants, so that a person dare not criticize state or party without fear of being reported. Ursula told me a story to serve as an example.

One of her friends was waiting for a bus outside the East Berlin Hauptbahnhof (train station) when another man joined him. The two struck up a conversation and, being an indiscreet youth, Ursula's friend asked if the other man had heard the latest joke. He hadn't, he said. The youth then asked, "What's the difference between Walter Ullbricht (then the leader of East Germany) and a jackass?" "I don't know", replied the man. "There's no difference", the youth stated. (You have to understand German humor). They both laughed, and then the man said, "Now, I've got one for you. What's the difference between the Hauptbahnhof and you?" "I don't know", the youth answered. "The difference", the man stated, "is that the Hauptbahnhof is staying here, and you're coming with me." At that point he produced a badge and arrested Ursula's friend for criticizing the state.

It didn't take long for the differences between East and West to become apparent to all concerned. East Germans began to flee the political and economic repression of the East by crossing through East Berlin into West Berlin and then

into the German Federal Republic. By 1961, the exodus from East Germany became a hemorrhage, causing great embarrassment to Communist authorities. So, ostensibly to protect the purity of Communism from contamination by imperial capitalism, East German authorities erected a 60 mile long, about 15 feet tall, concrete slab wall completely surrounding West Berlin. The infamous "Berlin Wall". On the eastern side of the wall was a "no man's land", consisting of mines, barbed wire, dogs and watch towers, all designed to prevent escape. Many an East German died attempting to do so.

Along the wall to permit passage between east and west were gaps, known as checkpoints. The most famous was Checkpoint Charlie, located in downtown Berlin. American US Army Military Police were stationed on the western side of the checkpoint with East German police on their side. About 100 yards separated the two. I doubt that many who made that crossing will ever forget it. And, it was through Checkpoint Charlie that Ursula and her friends escorted their charges. So, with that in mind, back to the story.

The decision was made to place Ursula in my safe house to protect her and to conduct further debriefings. So, she took up residence in my sole bedroom and I was con-

signed to the couch. For the following couple of weeks, various people from differing agencies would show up to ask Ursula questions on points of interest to them. The difference was that, due to Ursula's availability, most of the inquiring agents came during the day, rather than at night as had been the practice with other sources.

It didn't take long for the increase and timing of the visits to attract the attention of my landlord. So, one afternoon as I was entering my apartment, he came bursting out of his to confront me. "You have a woman in your apartment!" he said. "Yes." "What is she doing in there?" I was caught completely off guard, so responded as best I could. "She's my fiancée. We're going to get married." At this response, the landlord could have only concluded that I was lying, delusional or insane. Ursula was a nice girl, but she was built like a fireplug, although not quite as pretty. "What are all those men doing coming and going from your apartment all day long?" Again, a hip shot response. "They're all my friends, coming to wish us good luck in our marriage." "Nonsense", he replied, "You're running a whorehouse, and those are all your customers! I want you out immediately!"

So, what are you going to do? I got kicked out of my apartment.

Ursula was relocated, I don't recall where, and I was tasked with finding a new safe house. Believe me, it had a secluded entrance.

Eat your heart out, James Bond!

Ted Streeter is a retired U.S. Army Major with 22 years service and

an additional 13 years service with the federal government, all in the field of intelligence and national security. He retired from the Gettysburg Borough Council on December 31, 2011, after 14 years service: seven as Council President.



Berlin Airlift - Templehof Airport in 1948. West German lifeline during the Soviet Berlin blockade.



Berlin Wall - The END! - November, 1989.



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STAGES OF LIFE

Mom's Time-out

Spoiled

Many Angle

“Spoiled” according to Dictionary.com means- to impair, damage, or harm the character or nature of (someone) by unwise treatment, excessive indulgence, etc.: to spoil a child by pampering him. Well, here goes, **my kids are spoiled.** I used to take offense when people would imply that I was spoiling my kids. I used to get frustrated when someone would tell me what I was doing wrong in my child rearing. Now I have come to realize (and only through experience, age and humility) that most, if not all, of the kids I know are spoiled. But, so are we as adults. The question is how you handle that fact.

Of the kids I see in today's society the majority are spoiled in one way or another. Most of my kid's friends got e-readers, i-pod touches or flat screen televisions for Christmas. Some of which I discovered were outlandishly expensive. Now, in hindsight, I realize that we all make choices. Some parents give one big gift, some give many small gifts, and still others give something little (sometimes because that is all they can afford). These are the choices we make, how we will raise our children, how we will spend our money. The problem comes not always from what we buy our kids but from how we raise them with re-

gards to these things. Do your kids understand that life is not about entitlement? Do they understand that these wonderful pleasures that are bestowed upon them are true blessings? Or have we raised them to believe that they are entitled to the newest “this” and the latest “that” that comes on the market? This is where we really spoil our children. We don't teach them right from wrong, we don't teach them to appreciate what they have and take care of what they have. We don't teach them to realize how blessed they are with the little things. You see spoiling a child doesn't always mean that they are bought every whim that catches their eyes. It can involve how we handle school, or conflict, or everyday situations.

There are the parents who don't spoil their kids with material things but, instead, raise them to believe they can do no wrong. Whenever they do anything wrong their parents lead them to believe they are not at fault. Hard to believe, I know, as parents we never want our children to hurt or feel bad, but without experiencing these emotions children won't develop sympathy or empathy. A child who is spoiled and led to believe they can do no wrong could one day find out that it is not true in an emotionally crushing reality. It could be something as simple as dating problems to the sadness of divorce, or it could go in the direction of shop lifting or worse.

Everything we teach our kids and don't teach our kids affects who they will be as adults. There are children who with the shedding of some tears have figured out that mommy or daddy will change the outcome of whatever circumstance they are in. I am not just talking about the manipulative child here, in some cases this could be like Pavlov's dogs. The child has gotten their way so many times from crying that they automatically cry when they are in trouble or not getting their way. I would recommend an episode of the Andy Griffith show (yes it is in black and white) called Opie and the Spoiled Kid! Actually, I would recommend any number of episodes of the Andy Griffith show for any number of parenting problems.

I am the mom who has spoiled my kids by making their home life too easy. I haven't been strict enough with chores and homework. It is always a case of “there isn't enough time in the day” or “I am too tired by the time dinner is over” or “they are only young once and I want them to enjoy themselves” or very often “WHAT, its bedtime already...where did the day go”! All great excuses, but all have led to my kids being spoiled. Now they try and get out of doing chores by lingering or “forgetting” (which I know in some cases is true), or my favorite “playing dumb”. Sometimes it's not them at all, it's me knowing it will take me



twice as long to show them and get them to do the chore correctly as it would for me to do it myself! And, sometimes, in the evenings I just want to get done and SIT! So now I have to fight with them to do their chores and study. Please, **do not** misunderstand, I know they are children and that arguing is a part of life. However, I have spoiled my kids into whom they are today and that means they don't understand where their responsibilities are in these areas. So my arguments take on a whole new dimension. As a friend once told me (and I am paraphrasing) “they are what you made them”, she was referring to something else but it still applies. Now I am faced with fixing the problem. And, let me tell you, it is much easier to spoil a child than to un-spoil a child, if that is even a word.

This is where I tell you not to make the same mistakes I have made and not to spoil your children, or maybe not. We are all going to spoil our children, whether it is with material things or how we raise them or both. The key is how much and how we handle it. We

should, as parents, obviously try not to spoil them but in the next breathe when we do spoil the kids we should make sure to educate them on what is going on. Try to get them to understand our motivation and appreciate what it is we are doing, for the love that is behind it and not for the act or gift itself. And ultimately, as much as it may hurt us and them, we need to make the hard decisions. Tell them no once in a while when they ask for things, stick to the grounding even when it turns out to interfere with a dance or function you don't want them to miss, homework comes **before everything** after school, and they must do their chores because they learn responsibility (and that is irreplaceable). Teach them to think of others, to appreciate even the smallest of blessings, and above all teach them that you love them **no matter what!** And remember you too were a spoiled child (and adult) and look how you turned out!

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



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College vs. high school life



Danielle Ryan

As I look back at my first semester of college I can't help but notice how many differences there are between my high school experience and my college experience so far. In some ways college seems easier than high school was, but in other ways it is much more difficult and demanding. I have also noticed that as much as I liked high school, I have found myself loving college life, and the independence that comes with it.

Not only is independence an aspect that I really enjoy, but my daily schedule is also great. My schedule is not so constricted and demanding as it was in high school, meaning that I don't have an eight to three class schedule to abide by each day. Instead my classes are spread out in a way that allows me to have a small break in-between each class, and I don't have all my classes each day of the week. The small breaks allow me to do homework, study and even catch up with some friends which is really nice.

Of course with this schedule there are some responsibilities that I didn't have to worry with when I was in high

school. I definitely have to be more conscious of my time, and not waste it. Even though I have more time to do what I please, I know that I have to use this time wisely instead of letting it go by without having accomplished anything. In a way this is challenging because I may only have two classes on one particular day, and then the rest of the time I am able to do whatever I want. It's a matter of telling myself that there are certain things that I need to get accomplished before I am able to relax. Since there are so many distractions with technology these days, college life has a higher sense of personal discipline that needs to be followed. Should I spend three hours catching up on the latest episode of my favorite television series, or should I spend it reading the next two chapters of biology? I have to face decisions similar to this every day, and sometimes I really have to fight against doing something other than my work.

Another real difference is winter break. In high school, winter break was only about a week long, just long enough for Christmas and New Years. However in college I had almost an entire month off for winter break. No homework was assigned, there were no papers to write and there were no exams to study for. In high school there was always work over winter break, sometimes so much work that it seemed as if my break wasn't much of a break at all. Either I had a project to finish or a test to prepare for, or even some written assignments that needed to be completed. This was largely due to the fact that in high school, midterm exams were not given until after win-

ter break, so there were always assignments that needed to be completed before the semester ended. In college, the semester ended before winter break so a new semester could start back up after the time off. This of course allowed my brain to have a much needed break, and trust me my brain was thanking me for this after finals week was over.

As far as classes stand in college, I find myself enjoying my individual classes much better. Something that I have noticed is that college students seem to be more interested in their studies than some of my classmates were in high school. Of course there are still some people that are not focused on their studies, but the majority of people take a genuine interest in what they are learning. I find this to be really relieving. In high school I found myself becoming annoyed with some of my peers when they said that they didn't care if they failed a test or missed several assignments. I kept wondering why they even bothered coming to school if they weren't going to give it their whole heart. As several weeks of college classes went by though I found the answer to this question. High school is a level of education that parents want their children to complete, so they send their kids to school every day. This of course means that they are paying for this education in some way and expect their kids to attend school and work toward graduation. Most kids don't have a say in whether or not they will be attending school, they are told by their parents that they will, so they do. After high school is completed, kids have a choice as to whether or not they want to further their education. Now parents may encourage or otherwise try to convince their children that they need to go to college, but ultimately the decision is up to the individual making the choice. A college education is usually paid by the student, which further encourages the student to want to succeed because they see college as their financial undertaking. College is also a time when students are trying to study their major of preference. This also allows students to strive toward success because they are learning about a subject matter that interests them personally. Over all, I was ready for college life. The independence, the responsibility, and the love of learning. I know every semester and every year will be different, but I'm ready.

To read past articles by Danielle Ryan visit the Authors section of Emmitsburg.net

MRS Degree



Olivia Sielaff

On my way back to Steubenville after a short break last semester, I was introduced to *the* Franciscan University song. I thought it might be a charismatic worship song, a rugby cheer, or even our Alma Mater. However, it turned out to be a student-written song relating the "awkward moments in the life of a student at Franciscan University," aptly named "The Awkward Song." This song (you can find it on YouTube) specifically pokes fun at those awkward moments of the beginning of a relationship exclusive to Franciscan students. "If you don't remember anything else at Franciscan," my driver said, "then just remember this song. We need to keep the tradition alive." Of course, I laughed the entire way through the song because it really was funny...and somewhat true!

Since it is February, the month of cupids and candy hearts, I thought it would be appropriate to indulge you with the ways in which many of my Franciscan fellows approach relationships and dating, as demonstrated by the song. It is quite entertaining – but mostly just annoying – for a single like myself to watch and learn from these, usually, frivolous and pathetic beginnings of a relationship.

DISCLAIMER: In no way is my intention to deride the meaning of a true relationship; nor am I writing this out of jealousy for those in an honorable relationship.

Now that that's out of the way, I can give you my list of the Top 5 'What To Expect When You're Expecting to Date at Franciscan University.'

Number 1 (and this is always a given): If you make eye contact with someone of the opposite gender, you are destined to be married. Sorry, but you can't change the Fate's design. So if you don't plan on getting married any time soon, I suggest you walk to and from classes looking at your feet or cell phone.

Number 2: If you are seen walking, talking, studying, eating, or sitting in a church pew with someone of the opposite gender, then expect to be interrogated as to when you started dating. Yes, this has happened to me on multiple occasions.

Number 3: Holding hands (even during meal times) sends the signal that you are definitely serious. Beware; this will draw the occasional glance or stare of other diners in the cafeteria.

Number 4: Having a 'month-iversary' date is typical. Why not celebrate one month at a time? When you're around the same person every day, a month can seem quite awhile.

Number 5: If the guy asks the girl for her adoration hour (when she goes to the chapel to pray), it's basically the same as if he were asking for her cell-phone number. After this occurs, you can be sure, ladies, that he just may ask you to marry him.

These five items probably seem innocent or even childish compared to how relationships are developed on other college campuses; and a few are meant jokingly. Most students take these as silly traditions and good-naturedly refer to them when a love interest might possibly be occurring. However, just by spending one semester on campus, I have noticed that many of the students are struck with lovesickness (as 'The Awkward Song' says), desperately seeking out their soul mate in every person that walks by them. I don't understand why many college students think the only time they have to find a spouse is in their college years. Maybe I don't know something about the whole dating scene because I've never dated before or been hit with lovesickness, but I do know that looking for a husband in every cute-looking, single guy isn't the way to go.

In my senior year of high school when I had decided to attend Franciscan University, an alumnus asked me if I was going for my 'MRS degree.' I responded that I really wasn't sure what I wanted to study. He laughed, and then I realized he was implying that many young girls attend college to look for a husband and become a 'Mrs.' I completely understand if this were to be someone's secondary reason for attending college, but for many it is their primary reason. And since the girl-to-guy ratio at Franciscan is 3 to 1, this makes it even more difficult for the ladies, and apparent to others, to find Mr. Right and attain that degree.

What I mean to say is this. When an individual is so desperately seeking love and only sees another person as a means to satisfy their lack of a relationship, that individual is debasing the other's value as a person, who possesses so much more than just a cure for lovesickness. Just in one semester, I have seen a number of 'couples' that have begun dating even before they developed a friendship. In most cases, the infatuation wears off within a month or two, and the 'couple' breaks up because their lovesickness is ended. Just one reason this occurs is because there isn't a greater emphasis on developing relationships through friendship and long-lasting ideals. Perhaps instead of "keeping the tradition of 'The Awkward Song' alive" and bolstering the hopes of so many MRS degree-seeking girls, we can start a new tradition. A tradition not based on lovesickness or desperation, but on friendship and seeing the true value of relationships. So this February 14th, I'm not going to wallow in the fact that I only have three and half more years to find my man; I'm going to rejoice that I have three and a half more years to create lasting friendships that just might lead me to something unexpected...and not at all awkward.

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

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SCHOOL NEWS—EMMITSBURG ELEMENTARY

News from EES

It is hard to believe that we have been back to school for a whole month already. January was a busy month full of learning and hopefully the snow and cold weather will allow us to have a busy month in February.

The second half of the year is when the bulk of new instruction occurs. In the early part of each school year, the students spend time reviewing and making sure that everyone is geared up and ready to go. After winter break, the majority of the major holidays are over and, as long as the snow holds off, we can accomplish extended quality instruc-

tion and meaningful learning with continuous days of instruction. Let's hope the snow doesn't hinder our plans for 2012.

As promised in the last article, our Dr. Martin Luther King, Jr award winner was Olivia Dart. Olivia is a superb student who embraces and exudes the beliefs of Dr. King. Olivia was recognized with other students from each school in Frederick County at a ceremony held on January 12th. She is one of a fine group of fifth grade students at Emmitsburg Elementary.

To help gauge and monitor the students' progress, report

cards will be issued again in February. On February 3rd, the students will be bringing home report cards that have parents to understand the progress that their child is making in school. I caution that report cards are one reporting tool that is used. Sending home graded work samples and newsletters of what is happening in the classroom are other ways to report student progress. If you have questions or concerns about your child's progress, please contact his/her teacher.

An exciting event that we celebrate in February is Valentine's Day. This year our Valentine's Day celebrations will be held on February 14th. The way we celebrate Valentine's Day is about friendship and being students of good character. At the elementary level, we try to leave the love part of Valentine's Day for family members and focus on friendships here at school. The students will be bringing home information about the celebrations. Please check your child's blue folder.

We have another School Spirit Day on February 17th, which should prove to be an interesting event as it is Backwards Day. It is interesting to see how the children (and parents) think up the various combinations that the students wear on these special days. As I have noted before, our School Spirit Days are strategically placed in our calendar to bolster attendance on days that are typically low attendance days.

Our next Attendance Celebration for Term II will occur in the middle of February. We honor and celebrate the great attendance rates of our students. We have several students who have yet to miss one day of school, which is remarkable and should be applauded. At our second Attendance Celebration, the students with perfect attendance for Term II will be given a certificate and an opportunity to win a nice incentive.

Good things happen at Emmitsburg Elementary every day.

The Valentine Box

Judie Butterfield

Long before Hallmark, Snoopy, and Disney Princesses got hold of it, Valentine's Day was a holiday of construction-paper hearts, red doilies, messy glops of white paste and mysterious crayon-written attributions such as "From your very best friend next door, Guess Who?" and "From your second cousin twice removed, Guess Who?"

These anonymous messages of warm feelings were carefully dropped in the classroom's Valentine Box, a crepepaper-covered masterpiece with ruffled corners and decorated sides. The slit in the top of the box ensured no peeking, so its contents were not known until the teacher, on Valentine's Day, opened it and called the names of the recipients one-by-one.

In my third grade year, February dawned with my increasing dread of the holiday approaching. The previous year I had received only one valentine and that one from the teacher! This was probably due to my unmanageable straggly hair, my missing front teeth, and my highly combative nature that frequently took advantage of unusually skinny, pointed elbows. I wept long and loudly on the shoulder of my grandfather and was only consoled by his promises that I could choose the flavor of the next batch of homemade ice cream and I could stay home with a feigned illness the next February 14th.

My grandmother, however, would have none of that and marched me off to school as I clutched my midsection bemoaning my

imaginary stomachache. "I'll probably die before recess!" I wailed to no avail.

I sulked at my desk as the appointed box-opening time drew agonizingly closer. Miserably, I closed my eyes and waited for the worst. But then...a miracle!

Again and again my name was called until my desk was covered in Valentines, every bit as many as Cora Kay Collier (she of the naturally curly red hair and real live pony in her back yard)! I raced home to share them one by one with my grandfather and basked in each colorful affirmation that a real live pony was less important than secret friends.

Years later, at my grandfather's funeral, my third grade teacher was to take my hands in hers and share with me a secret she had held for some time. On that fateful day long ago, my grandfather had come to the classroom on some fraudulent mission and when he thought no one saw, reached into his pockets and dropped handfuls of valentines into the box, thus sparing his beloved granddaughter the heartbreak of the previous year.

And so on this Valentine's Day, as I do each year, I will sit down and make a Valentine for someone who will not receive it but who I'm sure will know I did. I'll paste doily scraps to cut-out hearts, take crayon in hand, and write "Love from your granddaughter, Guess Who?"

Judie Butterfield spent her childhood in a small south-Georgia town in the 1940's. She currently lives with her husband in Gettysburg, and serves as the Borough's recycling chairman and the website manager.

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SCHOOL NEWS—MOTHER SETON

News from MSS

Lynn Tayler

Happy St. Valentine's Day from Mother Seton School! We have really felt the love from our community. January turned out to be a busy month and as this goes to press, we are celebrating Catholic Schools Week (CSW) - a nationally recognized week set aside to celebrate Catholic schools and their contribution to their communities and the nation. Each year, MSS embraces this special week to celebrate our history and reach out to future families with a series of exciting events. So as January turns to February, MSS is honoring the teachers, students, families, friends, community leaders and pastors who support and encourage Catholic education at Mother Seton School.

We would like to thank everyone who joins us during CSW - for Parents Appreciation Day, for the ribbon cutting of the new Mother Seton Learning Center, for Pastor & Church Workers Appreciation Day, for our annual Spaghetti Dinner & 2012 Open House Kick Off, for Student Appreciation Day, and for MSS Spirit Day. If you missed any of the celebrations, be sure to put it in your calendar for next year or bookmark www.mothersetonschool.org for constantly updated events.

CSW also marks the beginning of the 2012-2013 enrollment period and new student registration. If you or someone you know is looking for a school that provides a values-based environment, coupled with outstanding academics, Mother Seton School is a perfect choice - and more affordable than many think.

To find out more, visit one of our upcoming Open Houses on February 15 and 29, from 10-1 p.m. or 7-8 p.m. MSS has so much to offer - a rigorous curriculum, a commitment to the faith formation of students, numerous clubs and activities, transportation, financial aid and scholarships, before & after care for working parents, and so much more. Best consideration is given to those that apply early - so visit soon, it may just be love at first sight!

One reason some parents have hesitated in considering Mother Seton School for their children is because we are tucked away in the hills of northern Frederick County. But did you know that, unlike many oth-

er private schools, we have numerous bus transportation options from throughout the area? Buses serve Emmitsburg, Thurmont, Taneytown, Gettysburg, Blue Ridge Summit, Fairfield, Frederick, Woodsboro, and Walkersville. My own children take the bus from Frederick, so I can attest to the convenience of using this service. Distance shouldn't get in the way of giving your child the best education you can!

Now get out your calendars and pencil in some upcoming fun:

Now what kind of Catholic school would we be without a bingo? Come join us for a Vera Bradley Bingo, Saturday, February 11. Prizes will feature newly released 2012 Vera Bradley patterns, as well as classic backpacks, duffels, hipsters, and more. Doors open at 5:30 p.m. Tickets are \$15 in advance and \$20 at the door. Call 301-447-3161 to get yours today. Make it a night out with the girls!

The Lenten season begins with an Ash Wednesday Mass on February 22 at 10:15 a.m. All of our friends in the Emmitsburg area, alumni, and homeschoolers are warmly invited to join us for this prayerful service.

Join us for an old fashioned, western style party at the 1st Annual Bull Roast on Saturday, March 3. Games of chance will begin at 7 p.m., with dancing, entertainment, and both silent and live auctions to follow. And did we mention—the fabulous ALL YOU CAN EAT buffet of pit beef, ham, turkey and all the fixins??? This is a 21 and over bash—so find a sitter, grab your “pardner”, and swing on by. Tickets are \$30 and must be purchased by February 17 at the school. You don't want to miss this.

Peeking into March, the Warm the Heart Tea is scheduled from 1:30 - 3:30 p.m. on the 17th & 18th. Yes, we're doing it for two days this year so that event volunteers can attend as well. At the inaugural event last year many dedicated helpers watched with a bit of envy as mothers, daughters, grandmothers and girlfriends, decked out in their Springtime best, enjoyed a scrumptious high tea and great entertainment. Advance tickets will be on sale until March 9.

Finally, I would like to ask for your help. I promise—it will be painless and will really make a difference to our students! Our generous home-

town grocer, Jubilee, demonstrates their commitment to helping local children with their educational needs by donating 1% of purchases to us when the receipts are submitted by MSS. So after you shop, drop them off or mail them in to us. Thank you so much.

When you get the groceries home, take a minute to look for Box Tops for Education. They're found on all sorts of groceries and other products for the home - from Betty Crocker mixes and General Mills cereals to Ziplock baggies and Scott toilet paper. Each Box Top = 10 cents for Mother Seton School and it adds up fast! Could you, dear reader, clip and save your Box Tops for MSS? You can drop them off or mail them in to MSS, 100 Creamery Road, Emmitsburg, MD 21727. For many who may not be able to make a financial gift, these are simple ways you can help our school continue to offer an outstanding, faith-based education to the families of Emmitsburg at an affordable price.

Until next month, stay warm, snuggle in with your loved ones, and give thanks for our many blessings!

MSS Students shine in Geography Bee

Students in grades 4 through 8 participated in the annual Mother Seton School (MSS) Geography Bee held on Friday, January 6. Students participated in a classroom bee and the winner from each class advanced to the school wide competition.

In the school wide Geography Bee, each round consisted of individual and group questions where students had to write down their individual answers. By the seventh round, two students were left. Answering the question “Name the Asian country at the eastern edge of the South China Sea that includes about 7,100 islands?” (Answer: The Philippines) was winner Alex Dumm. Alex is the son of Tom and Lisa Dumm of Frederick, MD and a seventh grader at MSS. By answering both final questions correctly, Alex qualified to take the National Geography Bee test, which will determine if he will be one of the 100 Maryland State Bee contestants in April.

Second place was awarded to Elizabeth Buchheister and third place was awarded to Tara O'Donnell, both fifth grade students at MSS.



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A DAY AT THE MOUNT

Freshman Year

Morning

Kyle Ott

“8:00 “MAAAAAAAAAAAAAH” Translation: “IT IS 8 a.m. GET UP!!!! GET UP, GET UP!!!”

The sound from my alarm clock always seems to fill me with a strange mix of dread and excitement. Dread because there's a part of me that just doesn't feel like getting out of bed before noon, and excitement because that means that I have a brand-new day ahead of me in the college I love. I roll out of bed (a challenge made all the more difficult by the fact that it's lofted high above the actual floor.) In those beginning moments, when my mind takes a minute to transition from the world of sleep into the waking world, I take a moment to look

out the window at the quad and the steadily rising morning sun. It's how I start every day after the alarm clock tolls to look out and see just what is happening outside. Sometimes, I'm greeted by a blast of cool air, the sight of driving rain, or thick fog. Today, however, I'm pleased to see is sunny.

8:05 Off to a brief shower, and in the short amount of time it takes to gather my belongings, I'm out the door and off to my destination.

8:35 Heading to get something to eat as few people stir about in the early hours, save for the occasional student heading to his or her work-study job or early class. The solitude suits me fine, the quiet, calm walk across campus where for five minutes I don't have to say, do, or be anything

particular. In that small span of time I get to simply exist in peace. I walk through the doors of Patriot and find that the cafeteria is almost as empty as the rest of the campus, with people filling tables sporadically, munching quietly on bagels or sipping from cups of orange juice.

8:40 – 9:00 Breakfast with champions! “Oh, so you want to change the game? Well how you do that? You gotta stay ahead of it. And how you do that? You eat a well-balanced breakfast.” Those words come from the famous online cooking show “Epic Mealtime,” and they ring throughout my groggy, exhaustion-choked mind. There's something about breakfast that wakes me up; it's not necessarily the food that does it, although it is nice to having something warm and healthy in my stomach. And, honestly, what could be healthier than bacon or chocolate-chip waffles with syrup (or both if I'm feel-

ing particularly charitable to my arteries). No, for me it's the mindset that comes with breakfast, the concept that I'm really starting my morning off on the most positive note imaginable and that all those TV commercials with talking tigers, and crazy coo-coo birds might not have been wrong.

It's a potent mix of a positive attitude, some decent food, and, above all else, some awesome fellowship. For me, it all starts with a hug. I saunter up to the dessert bar and look at Bessie, who has to be one of the sweetest ladies in the entire earth.

“What can I do for you, honey?” she asks in the same kind tone that she's had since I came to this school.

“Your finest scone, Bessie!” I bellow as I stretch my arms wide in an attempt to shake off the Monday morning blues. Spend enough time around me and you'll probably hear me utter those words in some way, shape, or form although the dessert in question

usually changes with the hour. It's funny that my mind isn't on class or the challenges of the day but on getting my favorite pastry. Sure there may be other options, but this is how I want it to start.

“Here you go, honey.” She laughs as she gives me a big hug and then hands me a plate with what has to be a phenomenal scone.

That's the attitude I begin my mornings with, and it always gets me to appreciate a wonderful day. After the ritual hug and scone, the spirit of fellowship takes another form as I meet up with my breakfast buddies. Although the group has fluctuated with time, it seems that on Monday, Wednesday, and Friday mornings you can always find me with my friends Jenna and Alex at a table in Patriot.

I look at Jenna and give her a sarcastic grin.

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

Sophomore Year

Midday

Carolyn Shields

Lunch. Mm-mm carbs. The conversation today was on Islam and its relation to the pilgrim sight Fatima. Then somehow the dangerous road of college kids' thinking took a turn and the conversation centered on Darren Criss, the Harry Potter and Glee star with a buttery voice. I'm always ashamed when my sister pulls out pretzels and carrots for lunch, or Emily (my fellow Ireland traveler) eats a banana with peanut butter. Normally I have fries and chicken tenders, or a grilled chicken sandwich that kind of falls apart in your hands...with a coke, and maybe two cookies, if they're freshly baked. It was only day three of the semester, but I was doing homework since it was

due next class, and occasionally giving my input on a Broadway show while chewing on cold fries, while fighting off yawns from the night before. It was our computer-game night, or in my case, computer-game-watching night.

Maria and David (my other fellow Ireland traveler) were talking about politics around the pool table as I entered the lounge, where we congregated near midnight. I slapped my book irately in front of Kate on the table, and then the conversation quickly turned into our readings about Ronald Reagan. Maria and Kate had a fit about the author's biased writings about the former president, and David picked up Kate's book and with his Warcraft game paused before him and his rabbit-pelt Russian hat sitting aloft his head, he shouted out a biased statement.* My only contribution to the argument was an agitated remark about buying the wrong fifty-dollar book for this class.

The gaming soon continued, and circled around the pool table with our laptops on top, Ronald Reagan momentarily forgotten, they delved into the world of orcs and peons. I tried to catch up on homework (who knew it was possible to fall behind on day

three?), but my eyelids were too heavy.

So I hit the sack at 2 a.m. last night and woke up at 8:45 a.m. today. And to be honest, lunch is kind of when I start my day. Even if I'm up before then, that doesn't mean I'm functional.

I rock in my chair as a pack of seminarians walk by and wave at booths filled with students. Kathy, my sister, comes from noon Mass with snowflakes melting in her hair.

“Did you hear about how Fatima has connections to Islam?” I asked to my friend, shoving another fry in. (Dublin starved me. I can't tell you how nice it is to walk into a cafeteria and not have to stare at the food shelf, wishing something would appear other than the neglected can of soup).

“Yeah!” Hannah, my former ROTC, rosary loving, ridiculously car knowledgeable, and sweetest friend said. Apparently she found this cooler than I did. “Mohammad's daughter was named Fatima and—”

Woa, woa, woa. She was stealing my thunder.

“And he said the next person who is holiest after Mary is his daughter.”

“Yeah, and then when all the Muslims were kicked out of Spain years later the chief's daughter fell in love with a Cath-

olic prince.”

“I know! And she converted and then the prince married her and named the city Fatima after her.”

“Oh, and did you hear about Darren Criss the other night?”

That's about how all my conversations go. Or at least today's. All right, pretty much my entire life is scattered. I'm thinking a billion thoughts about today's homework that's due today and tomorrow's homework due yesterday. I'm alternating between writing this article, watching a 1980s movie for class, and doing French homework. I've sat down three different times to write this—during the movie, in the library, and now at lunch when I just got up and realized this was due two days ago.

Scarving down the remaining of my cold fries and collecting my thoughts, I leave for my second class of the day, which is Women of Faith at 1p.m. It may be my favorite so far. The thirst

I've recently experienced to learn about my faith half makes me ancy because there are so many books to read and so many philosophies to study. This course explores women in the Bible, and we read the most beautiful things like, “As long as there is someone, somewhere whose life breathes in time with my own, I know down deep that I am indeed needed, that I have no right to die” by Jean Chittister.

As long as we have friends (to discuss Islam, to play computer games with late at night, or to run to when our lives seem like they are out of hand), we no longer live just for ourselves.

*I emailed Maria asking for a good quote from the section, and she responds with a page long email filled with five quotes, opinions, and a link on Reagan's enthusiasm for communism.

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

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FOUR YEARS AT THE MOUNT

Junior Year Afternoon

Samantha Strub

Rushing, rushing, rushing across the parking lot with my heels tapping the pavement. This is how you'll find me on a typical afternoon. I get quite a few looks as I cross campus in my professional clothes and high heels. I should really stop wearing heels, but as any young women would say, they tie the rest of the outfit together so well that you just have to wear them. I don't ever have time to explain this to those who give me the funny looks, so I just hurry by, click-clacking away...

If you see me, I'm in the process of returning from my internship at West Fredrick Middle School. I only have about 45 minutes to get back from teaching all morning and hurry to my afternoon classes.

As I'm driving back, listening to music and drinking my coffee, I try to shift my brain from being a teacher and classroom assistant to my eighth-grade students back to being a student myself. From the outside, it might not seem like it would be very difficult to switch back and forth, but trust me, it really is. It will become second nature after a while, but right now I have to force my brain to shift back to linguistics, sentence diagrams, and American literature after focusing on synonyms, antonyms, grammar, worksheets and textual interpretations. I have to remember not to correct college students who aren't paying attention and get them back on task. I have made the transition to being a teacher so thoroughly that I don't even realize that I always

seem to be in "teacher mode," as one might call it.

Everything that I look at seems to take on a whole new perspective when I see situations through the eyes of a teacher. The activities that I once took for granted as a student I appreciate more now that I myself have to create lesson plans and find engaging material. As a student, you never realize how much time is spent creating the material that you will be learning. The activities that you practiced in class are very important because they are strategies that teachers use to increase comprehension. If I were not studying to be a teacher, I would never have this perspective on classes, assignments, lessons, and literature. Now, I find it easier to relate to my professors and strike up relationships with them.

As I'm cranking music on my car ride home, I'm usually thinking about what happened that day with my eighth-grade students and what I can do to help

and guide their education. I do get to a point, though, when I flip the switch to become a college student once again. Once I park, I click-clack across campus to either my American literature class. It is always thoroughly enjoyable to escape from the realities of life into the world of literature. During class, nothing matters except for the novel before me. It is wonderful to sit, a book in hand, with my fellow English majors and dive into its secrets. I suppose that is part of the reason I want to be a teacher—to show others how to escape into this magical world.

Afterward, I click-clack across campus once more to go to work. I work in the Education Department as a secretary. Being an Education major has given me a wonderful opportunity to build relationships with all the professors in the department as well as have a great job that I go to for a couple of hours. What I do there really depends on the day, but generally I'm making copies

for professors, answering phones calls, running errands across campus and doing random odd jobs. On slow days they are generous enough to allow me to do homework. This is a very nice bonus, because few jobs offer that option when days are slow.

Being able to do homework is helpful because once I finish working I usually click-clack back to my apartment to grab a quick bite to eat. After I get home from work I'm normally in my apartment for less than an hour before I have to rush out again to go to my night class. I'm in class again from 6 to 9 p.m., learning all those important and necessary strategies that I need to help my students learn to the best of their abilities.

So my evenings are spent in classes instead of enjoying all the crazy nights the seniors have...

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

Senior Year Evening

Julia Mulqueen

I just feasted upon Mount food at a table full of my fellow seniors, and now it's time for my crazy night to begin. I have to stop by the library for a few hours before I allow myself to head back to my dorm room. I can feel the weight of my textbooks digging into my back. My neck aches; my eyes are tired from the long day. Gingerly, I walk up the steps to our library, open the door and step inside. I climb the stairs to the upper level, and move toward the windows. Ah, my spot awaits! For four years, I have nestled into the same chair at the same desk to do my homework. I know the curve of the chair in which I sit. I know the number of bugs stuck to the outside of the window: 3. I know the initials carved into the desk: AMS+AMM forever.

So I force myself to sit down in "my" chair. I pull out my laptop and my *Gathered for the Journey* book. This year it has been especially difficult for me to concentrate on my schoolwork. I know that a job awaits me after I saunter across the stage at graduation, and I am ready for the changes that await me. Fortunately, I also know that I must graduate in order to keep that job, so I force myself to open up the book. I gently crease page 58, and I settle in.

After I finish this reading assignment for class tomorrow, I have to finish up a book by Hans van Balthasar for my senior seminar class. As a senior, I am required to take a seminar course in each of my majors. Last semester, I took German senior seminar. This semester, I am in

Theology senior seminar. The course meets once a week. We read large articles or even entire books and then discuss them in class. I love it! I live for seminar classes in which all actively participate in the discussion. Having completed the Mount's core curriculum, too, I am able to connect our theological readings to more than just the Church. It is a great feeling to know that all of those hours spent in my core classes have truly helped me in other aspects of my studies.

I finish up my first reading assignment, and then I move on to the van Balthasar book. Van Balthasar was a Swiss theologian, and his book *Razing the Bastions* is an intricate look at how the Church is to relate to the modern world. I am a geek, and I absolutely love reading van Balthasar. As a senior, I have perfected my reading style. I read quickly, but maintain my focus on the work. As I read, I underline and star sections and sentences which stick out to me. I scribble comments in the margins.

Pretty soon, I am finished reading van Balthasar, too. Next, I need to start reading a book for my honors project, but with my laptop in front of me I am easily distracted. I look at pictures of funny animals. I google current events. I watch pop videos from the eighties. After 15 minutes or so, I am ready to return to my studies.

So I pick up this next book for my honors project. For the next hour, I am beautifully focused. I am the model student. I look out the window minimally, and I do not allow myself to surf the internet. As the clock approaches nine, however, I find myself in need of a pick-me-up. I slowly peek my head out from the desk at which I am sitting. My roommate Dasha is sitting opposite me; we are divided by shelves on the desks. As I peak my head out, she starts to peak her head out, too; she gives me the look. The look is something that has been part of our friendship since our freshman year. The look signals that we need a break from studying. This break always includes a trip to the Mount Café for some sugary, caffeinated treat. So together we walk across the street to the café and order some snacks. Naturally, chocolate makes an appearance.

Once we have eaten our food, we trudge back to the library to do some more studying. Again, I am able to focus for an hour or so, and then my eyelids start to fall and my hands seem incapable of holding my book any longer. I realize it is time for me to head back to my dorm room. I start to pack up my books, and Dasha follows suit. We walk giggling back to our suite.

Upon reaching the room, I ground my backpack and flip on the TV. After waking up so early in the morning to work out, sitting through hours of classes, and

then forcing myself to put some small dent in my homework, I am ready to relax for the night. Unfortunately, it is getting quite late as it is already approaching 11pm. I tear myself away from the TV and set two alarms for tomorrow morning. Then I get ready for bed and slide under my covers ready to fall fast asleep.

At 5:30am I hear the distinct beeping of my alarm. I jump out of bed into the chill and smack my alarm clock until it shuts off. As I

brush my teeth, I think about yesterday. Sure, my night was none too glamorous or exciting, but I wouldn't trade it for the world. Soon my trips to the café with Dasha will just be a memory and my spot at the library will have a new occupant. I only ask that future Mount students get as much out of their time here as I have.

To read other articles Julia Mulqueen visit the Authors section of Emmitsburg.net.

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THE GRADUATE

Class for the teacher

Katelyn Phelan
MSM Class of 2011

The start of this month brings back a years long tradition for this new teacher—class. Being a student is one of the things I've missed as I've begun my first year of teaching. Unfortunately due to the kind of course it is, I'm not as thrilled to be a student again as I could be. This semester I start the first of many classes I'll take to become a certified teacher in Pennsylvania. My process is a little backwards because most people take education courses before they walk into a classroom ready to teach a class.

As of this date the only education course I have to my name is one three credit class my freshman year at the Mount. At the time I took that course I was considering art education. But I changed my mind about midway through the course, namely because I couldn't bear the thought of taking education courses my entire undergraduate career.

I found the education major very limiting, and, I'll be honest, dry. I had little desire to fritter away precious credit hours on things like Content Area Pedagogy or Educational Technology Lab when there were classes like Age of Dante or Religions of the World available. As much as I dreaded taking education classes, I was passionate about taking other things—art, English literature, theology, and history. If I stuck to art education, that was all I could do.

Because the art education major required so many courses, I would have had few, if any, electives available.

I decided it wasn't worth it. I didn't want to spend my precious years in college, the years where I could devote myself to exploring history, culture, religion, human thought, and so much more, on learning something I didn't much care about. I wanted to take advantage of the plethora of courses available to me; I wanted to do too many other things.

Additionally, I felt very strongly that taking education classes does not in itself make one a good teacher. In my opinion, the best teachers are the ones who know what they're talking about and are passionate about it. If someone is standing in front of a class with little to say, then who cares if that person knows the stages of development according to Piaget or the proper format for a lesson plan? To me, the most important thing for a teacher to have is thorough knowledge of content and passion for learning themselves. Not that people who major in education don't know what they're talking about or don't have passion, but the education courses didn't do that for me. I would have worn out plodding through a mountain of mundane courses.

So what did I do instead? I took on two majors—art and English—and two minors— theology and history. I studied abroad in Florence, Italy where I was able to investigate Dante,

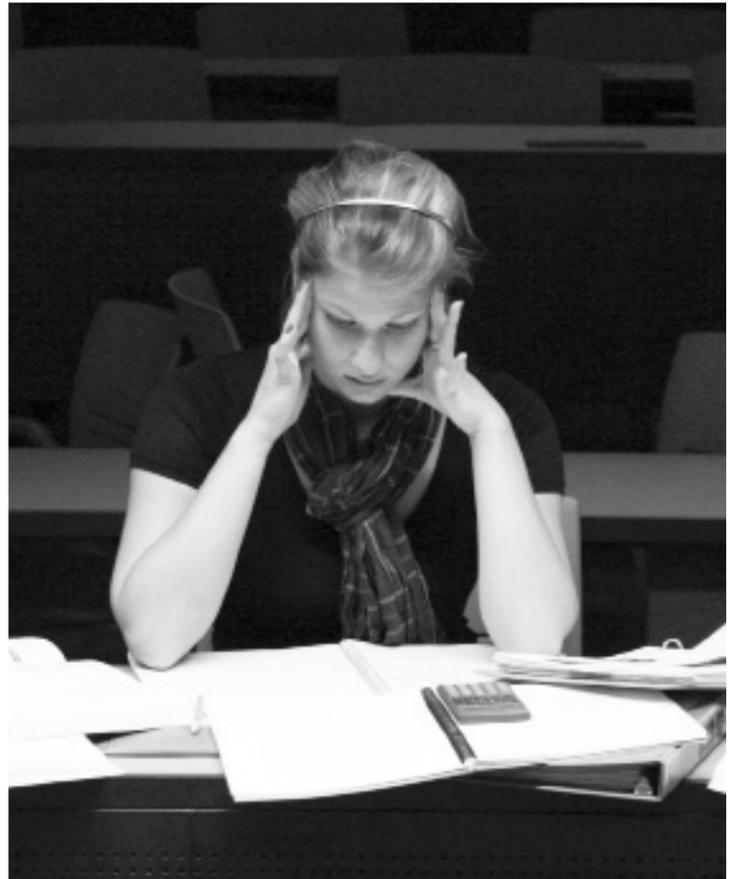
see famous artwork, and travel extensively. It wasn't much of a competition between all of that and an education major which frankly bored me.

I didn't see this path as an elimination of my becoming an educator, but rather as following things that I was passionate about. Which is what you're supposed to do when you're young, right? I figured I could always do a master's program and get my certification and masters in one fell swoop, or I could get a job in a Catholic school where requirements for certification and things aren't as stringent, or I didn't have to do education at all. I ended up in a Catholic school, certification-less.

So not I'm on the hunt for my certification. I'm completing it through Wilson College, in Chambersburg, Pennsylvania and I have a slew of classes to complete. I'll work on these in the evenings and over summers. The first class I'm taking will be on Tuesday nights, from 6-9. Which means that after getting up at 6 in the morning, driving an hour to school, teaching all day, and driving an hour home, I'll have to go to my own course at night once a week.

Unfortunately I'm not any more jazzed about these education courses than I was about the ones at the Mount. I'm still dreading them, but at least there are less of them and I'm not missing out on taking things I love. I don't think I'm the world's most wonderful teacher and "above" education courses, but I do think I'm doing a decent job so far. I also do not believe for a second that I would be better if I had taken education courses before teaching.

I think that the reason I have been successful thus far is because of teachers that I have had in my own life, both wonderful and terrible. From sitting in classrooms for sixteen of my twenty-two years on this earth I saw plenty of teachers with distinct styles, lessons, projects, tests, forms of organization, comments, and everything



else you can imagine. I saw what worked and what didn't and saw what I liked and what I hated.

As a student I devoted a great time to analyzing different teaching methods and approaches to material, when it came to designing my own classes, I was (more or less) a natural. I emulated the teachers who were most effective for me and stayed far away from things that horrible teachers did. Do I think there are some things I can learn in this education program I'm about to start? Probably. Will it change my life and make my experience as a teacher so much easier? Probably not.

Do I regret the path I took to my teaching job? Absolutely not. While this path meant a bit more stress my senior year as I fretted about what I was doing next with my life and extra coursework to complete in the evenings after work, I think what I did made me a far better teacher than I would have been otherwise. I think my experiences and interests have served me well so far in the classroom. Photos of my travels—Rome, Assisi, Venice, Florence, and Athens—cover my bulletin boards and are even blown up to 2x3 foot posters hanging on my classroom wall. Other posters include famous paint-

ings I studied in art history, like van Gogh's "Starry Night," Raphael's "School of Athens," and Velazquez's "Las Meninas."

I've used pieces of art to introduce themes in literature, to serve as inspiration in creative writing, and to talk about interpretation of events. I've used information learned in history classes to offer background on different pieces of literature we've read in class. I've used my own stories of traveling, people I met, and things I saw to help explain concepts or give students ways to remember content. I've even used pieces of my own art to tell stories to my class.

I've seen these things spark the interest of my students. It's prompted them to think differently and ask questions. It's exposed them to culture and other ways of life. I think that this is one of the most important things for a teacher to do—expose students to the vastness of learning and prompt them to want to explore it on their own. This is one of my goals as a teacher, and it's something I hope I've been able to achieve, even on the smallest possible scale, education degree or not.

To read past articles by Katelyn Phelan visit the Authors section of Emmitsburg.net.

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TIME IS ON MY SIDE

A bundle of surprises

Jackie Fennington
MSM Class of 2010

I was supposed to write this article five days ago, and then life got in the way, preventing me from writing anything. It is now the end of the month and I am rushing to get it done. This is the story of my life.

As I sit down to write this article, I realize that I lost my train of thought I had three weeks ago for a good article... It was one of the moments when I was removed from the world, an outsider looking in, simply taking in the world as it passed by in front of me. I was sitting right outside Lucy's room on the floor against the wall, patiently waiting for her to doze off to sleep before I would sneak in to give her one more kiss goodnight. While I waited there, I heard cars speeding by outside and I thought, "Why is everyone going so fast?" It was a weekday around 8:00 p.m. — where were people going? That's when I lost my train of thought because Lucy was officially asleep. So naturally, life continued on, I stopped daydreaming and returned to my nightly routine — one more hour of work, laundry, fold the laundry, realize there is more laundry to do the next day, prepare Lucy's food for the next day, write tomorrow's to-do list of all the stuff I didn't get to today, and then get tired enough to call it a night.

I begin every day with a plan of action. Well, my plan of action starts the night before with vowing to wake up early. Sometimes I even set the coffee pot on delay brew, thinking the smell of freshly brewed coffee will lure me out of my comfy bed while it is still dark outside. It never works. I also set three separate alarms at night that are strategically timed thinking I will trick myself out of bed. That works on occasion, but I usually end up staying in bed and repeatedly pressing snooze every 10 minutes. Lucy is the most efficient alarm clock!

Lucy is more than my alarm clock; she is the deciding factor of whether or not I will follow through with my plan of action for the day. For instance, if all goes according to plan, Lucy takes two naps and I can usually get in most of my work hours during that time and then start dinner before Sean gets home. If she never has an explosion on her clothes (we'll keep this polite and refrain from too many details), then I never have to do an impulse load of laundry or give her a bath when it's not bath time. This situation is fairytale and rarely happens.

Some days Lucy naps twice for a total of five hours and other days she

only naps once for two or three hours. Almost every day there is at least one explosion that ends up all over Lucy and her clothes. There is no point in trying to clean it up — just stick her in the tub! Then comes the laundry, the folding, more laundry, more explosions, and on and on. I rarely get dinner started before Sean gets home.

As I have admitted before, I am obsessive compulsive about writing to-do lists and I also love schedules and routines. So, for when the babysitters come, I wrote out a schedule about Lucy complete with notes and instructions for everything imaginable. Well not everything...

When my first babysitter, Traci, started watching Lucy, I never gave her too much detail with instructions because she was familiar with infants and only had to play with Lucy for a few hours. I gave Traci instructions about feeding Lucy a bottle, but other than that everything was understood. Easy stuff, right? I felt like if I gave too many instructions it would just be annoying.

One day I come home from work and ask the usual question, "How did everything go?" expecting to hear the usual response, "Great!" but not this time! Traci began to nervously tell me that Lucy had a little bit of an accident that turned into a huge mess. She ended up stripping Lucy down and putting her in the bathtub because it was the only solution to the disaster that occurred. Who knew such a tiny, cute little baby could make such a big mess! Poor Traci didn't even know where Lucy's towels were and, thinking on her feet in the moment, ran to my bedroom to use my big towel for Lucy. Traci thought the accident was her fault for putting on the diaper wrong and kept apologizing as she was telling me what happened. I guess I didn't do a very good job preparing Traci for everything!

I just laughed and told Traci not to worry, that it wasn't her fault at all and that Lucy has these explosions almost every day. She was shocked! I don't know if that was too comforting to hear, but at least she knew it wasn't her fault. The same thing happened the past three times that Traci has babysat. Lucy must really like her! And Traci must really like Lucy because she miraculously keeps coming back for more. The last time Traci was here, I warned her that I thought Lucy might be testing her because it seemed like little Lucy saved up her explosions for when Traci was here. When I returned home from work that day Traci said the same thing happened again and agreed that Lucy was definitely testing her. We'll see if she comes back this week!

I am living and learning as a new mom. Now whenever a babysitter comes over, I go over every situation imaginable in extreme detail. It is probably information overload, but at least I am covering all bases. First I take the babysitter on a tour and show her where everything is, and then we go through Lucy's routines. Now I have Lucy's handy dandy schedule typed up and on the fridge, which should also cover all bases.

No matter what I do to "cover all my bases," there will always be a surprise waiting for me. Every day is a surprise and an adventure. When I go into Lucy's room every day to say, "Good morning," I wonder what new thing she will do that day. Like I said, she is the deciding factor of how my day will go. So far I like her plan of action better. I may not get as much done on Lucy's plan, but it's more exciting and impulsive than mine.

To read more articles by Jackie Fennington, visit the Authors' section at Emmitsburg.net.



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SIMPLE SERVINGS

Reclaim your resolutions

Sharon Racine

Ah, February. Month number two of the New Year and your squeaky-clean slate of neatly printed resolutions has begun to smudge. Your new sneakers haven't been used since you signed up for the gym last month, your resolve to eat healthy has started to wane, and you're wondering if you'll ever get out of your slacker slump.

Sound familiar? Yeah, we've all been there, or are there right now (I'm eating chocolate chips straight from the bag as we speak...). The most important thing to remember on your quest to a healthier you is to not be discouraged. Exercise and healthy eating take time, patience, and a lot of practice to assimilate into your daily life.

While sweating it out is one of the most effective ways to stay healthy, eating well also plays a vital role in maintaining your body's well-being. When I started training for my October half marathon, I found my body literally craving the nutrients it needed to fuel my long runs. I filled my diet with protein, whole grains, and fresh fruit, and I made a conscious effort to reduce unhealthy processed and fast foods.

Don't get me wrong – cutting back on the comfort and conve-

nience of readily available meals and snacks wasn't easy. But when I thought about the negative effects processed and fast foods can have, my decisions became a little easier. Think of it this way: your exercise results are physiological capital, a savings account of sorts for your body. You've worked hard for your "savings," so why blow your hard-earned "cash" on things that you really don't need? Obviously there will be times that call for "retail" therapy (see chocolate chip comment above), but always remember to keep your healthiest interests at heart.

So how exactly can you continue (or start) to keep your 2012 resolutions? I usually create healthy, simple meal plans with new ingredients that I'm excited to experiment with. Usually I'll make a new or different recipe for dinner and keep the leftovers for lunch the next day, which I'll then pair with a stick of light string cheese or a few whole grain crackers. One thing that's important to note: do NOT be afraid of carbs – your body needs them! Try to stick with whole-grain breads, opt for brown rice over white rice, and eat in moderation (for more information on whole grains, see last month's Simple Servings article on bread baking). One last piece of advice: eat small meals or snacks with

whole grains, fiber and protein frequently throughout the day. This will keep your blood sugar level stable, thus preventing drastic dips that can cause over-eating and poor food choices.

Now that I've said my piece, it's time for you to get cookin' on those resolutions. Here are some simple, delicious, and healthy recipes to get you moving in the right direction!

Turkey and Quinoa Meatloaf From AllRecipes.com

Ingredients

1/2 cup water
1/4 cup quinoa
1 teaspoon olive oil
1 small onion, chopped
1 large clove garlic, chopped
1 (20 ounce) package ground turkey
1 tablespoon tomato paste
1 tablespoon hot pepper sauce
2 tablespoons Worcestershire sauce
1 egg
1 1/2 teaspoons salt
1 teaspoon ground black pepper
2 tablespoons brown sugar
2 teaspoons Worcestershire sauce
1 teaspoon water

Instructions

1. Bring the quinoa and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water

has been absorbed, about 15 to 20 minutes. Set aside to cool.

- Preheat an oven to 350 degrees F.
- Heat the olive oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the garlic and cook for another minute; remove from heat to cool.
- Stir the turkey, cooked quinoa, onions, tomato paste, hot sauce, 2 tablespoons Worcestershire, egg, salt, and pepper in a large bowl until well combined. The mixture will be very moist. Shape into a loaf on a foil lined baking sheet. Combine the brown sugar, 2 teaspoons Worcestershire, and 1 teaspoon water in a small bowl. Rub the paste over the top of the meatloaf.
- Bake in the preheated oven until no longer pink in the center, about 50 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C). Let the meatloaf cool for 10 minutes before slicing and serving.

Healthy Coconut Oatmeal From AllRecipes.com

Ingredients

3 1/2 cups plain or vanilla soy milk or almond milk

1/4 teaspoon salt
2 cups rolled oats
1/4 cup pure maple syrup
1/3 cup raisins
1/3 cup dried cranberries
1/3 cup sweetened flaked coconut
1/3 cup chopped walnuts (optional)
1 (8 ounce) container plain yogurt (optional)
3 tablespoons honey (optional)

Instructions

Pour the milk and salt into a saucepan, and bring to a boil. Stir in the oats, maple syrup, raisins, and cranberries. Return to a boil, then reduce heat to medium. Cook for 5 minutes. Stir in walnuts (optional) and coconut, and let stand until it reaches your desired thickness. Spoon into serving bowls, and top with yogurt and honey, if desired.

*Note: Oatmeal can be substituted for brown rice, if desired.

Brown rice with spinach and garlic-sautéed sweet potatoes
Created by the author.

Ingredients

1 cup brown rice
2 1/2 cups water
1 large sweet potato (or 2 small), diced
1 Tbsp olive oil
2 garlic cloves, finely chopped
1 cup spinach, chopped
Salt and pepper, to taste
1 tsp brown sugar
Dash of red cayenne pepper (optional)

Instructions

Bring rice and water to a boil, cooking approximately 25 minutes or until all water has been absorbed and rice is tender and chewy. In a separate pan, heat olive oil and add diced sweet potato, sautéing over medium-low heat until slightly tender, about 15 minutes. Add chopped garlic and spinach, sautéing until spinach is wilted and fully cooked. Season with salt and pepper to taste. When rice has finished cooking, combine with sweet potato mixture and add more salt and pepper if desired. Top with brown sugar and dash of cayenne pepper to taste. Yields 2 large servings.

Healthy Cookie Dough Dip From ChocolateCoveredKatie.com

Ingredients

1/2 cup chickpeas (1 can, drained) (250g)
1/8 tsp plus 1/16 tsp salt
Slightly over 1/8 tsp baking soda
2 tsp pure vanilla extract
1/4 cup nut butter (such as peanut butter or almond butter)
1/4 cup milk of choice (start with 1 Tbsp, and add more as needed)
2/3 cup brown sugar
1/3 cup chocolate chips
2 to 3 Tbsp oats or flaxmeal (You can omit, but also omit milk if you do)

Instructions

Add all ingredients (except chocolate chips) to a food processor and blend until very smooth. Stir in chocolate chips, and enjoy with graham crackers, fruit or a spoon!



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Move & Groove (SENIOR CITIZENS) Tuesdays, Jan. 10-Feb. 28, 9:30-10:30a	Beginning Guitar for Adults Thursdays, Jan. 19-Mar. 8 • 7-9p \$170 (S190)	Painting Fundamentals Mondays, Feb. 6-27 • 6-8p MATERIALS LIST PROVIDED
Stappin' Out 2 (GRADES 4-6) Wednesdays, Jan. 11-Feb. 8 • 3:30-5p	Mommy & Me Creative Movement Mondays, Jan. 23-Feb. 13 • 9-10a \$42 (S47)	Make & Take Polymer Clay Jewelry Mondays, Feb. 6 & 13 • 5:30-8:30p \$64 (S72) + MATERIALS \$15
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Let there be art!

Kathryn Franke
MSM Class of 2013

I hope everyone had a wonderful January! Can you believe it's already the second month of the year? It seems like just yesterday we were counting down as the ball dropped bringing in 2012. And now the month of good ol' love is upon us, as I'm sure you can tell from the swarm of pink and red hearts that is rapidly taking over stores everywhere.

Since Valentine's Day is quickly approaching, I felt that it is only fitting that I share with you one of my favorite crafts for the holiday. Exchanging Valentine cards is one of the things that makes this holiday so exciting, especially for children and their classmates. I can remember searching through all of the Valentines and choosing the ones that were just right to hand out to all of my friends. One time, I came across a homemade Valentine that was not only fun to make, but also fun for the recipient to open, or should I say, unwrap.

To start, take brown construction paper and cut it in the shape of a Hershey's Kiss. The card can be any size you'd like. Next, write your message on the cutout shape. The next step is to cut a long rectangle of white paper and write the famed "HERSHEY'S" writing that is found on the candies. After that, tape the white strip onto the brown Hershey's Kiss cutout. Last but not least, wrap the whole thing in tin foil, and you have a simple and creative way to let that special someone know how much you care! This is a great card for someone of any age, and kids will love making them for their friends.

Now, onto the task at hand. I'm sure you want to know the happenings of the local art world this month. There are a lot of really interesting and diverse events and programs going on in the Gettysburg area throughout this month. To start off the month, The Gettysburg Retail Merchants Association is sponsoring "First Friday," where

there will be countless special sales, book signings, artist receptions, demonstrations, and extended business hours. Look for the First Friday banner at participating Gettysburg shops, restaurants, galleries, and tours.

Another fun event for the family will be held from Friday, February 10th to Sunday, the 12th at Liberty Mountain Resort. They will be hosting "80's Weekend," featuring many all-day, family fun events. There will be a 1980's Reagan Ball on Saturday night at 8pm. The resort is located at 121 Sanders Road in Carroll Valley. Call 717-642-8211 for details.

Next comes a form of art that we haven't really been introduced to so far: the art of reenacting. On Saturday, February 18th, the Winter Lecture Series will teach us "How to Become a Re-enactor." In Part 2 of this series, reenactors can learn "How to Develop Your Persona." This lecture will be held at the 1863 Inn, located at 516 Baltimore Street. It will be held from 10 a.m. to noon and 2-4 p.m. The cost is \$10 per person, and you can call 717-338-1776 for details.

On Thursday, February 23rd, the Majestic Theatre will present "The All New Original Tribute to The Blues Brothers." The theater is located at 25 Carlisle Street and the show will begin at 7:30 p.m. Call 717-337-8200 for ticket information.

You can continue the fun into the weekend because on Saturday the 25th, the National Military Park Museum and Visitor Center will be hosting, "An Evening with the Painting." Learn all about the Gettysburg Cyclorama and see it up close. This incredibly detailed, spectacular oil painting by Paul Dominique Philippoteaux brings the Battle of Gettysburg to life and seems to capture history within its very essence. This night is sponsored by The Gettysburg Foundation and will be held from 5-6:30 p.m. Call 717-338-1243 for ticket information.

The Adams County Arts Council (ACAC) is offering many classes this month that are great opportunities

to learn more about a variety of mediums. On Mondays from February 6-27, you can explore the basics in the "Painting Fundamentals" class, held from 6-8 p.m. Discover how to use your brushes, paints, and turpentine by learning the key elements of painting successfully with oil paints. Students will learn about value and composition, and they will learn the relationship between positive and negative space, and how to utilize negative space to bring out the positive space. A materials list will be provided upon signing up. The cost is \$85 for members of the ACAC and \$95 for non-members.

On Mondays, February 6th and 13th from 5:30-8:30 p.m., you can make some stunning jewelry in the "Make It/Take It Polymer Clay Jewelry" class. This class will give you the opportunity to "create wearable art," as the ACAC describes it. Students will learn how to layer colors and also accent your creations with glitter, gold foil, translucent colors, and specialized carving tools. You will be able to make unique brooches and large beads. The cost is \$64 for members and \$72 for nonmembers, plus \$15 for materials.

A new class will be offered called, "Fused-Glass Candleholder." This will be held on Tuesday, February 7th from 10 a.m. to 12 p.m. You can make your own votive candleholders from glass that you select and assemble. Each student will get to make two candleholders by stacking colored glass to create

your very own unique set. Keep them for yourself, or give them as a gift! The pieces will be fired in a kiln to make the colors fuse and create a gorgeous end result. This class is great for people of any skill level because everyone will work at his or her own pace. The cost is \$21 for members and \$24 for non-members, plus \$30 for materials.

Yet another new class is the "Mixed Media" course held on Tuesdays from February 7-28 from 1-3 p.m. The materials for this class are the very definition of eclectic, as you will be using paints, pastels, colored pencils, and different kinds of paper to create your own unique collage work. The class will focus on abstract compositions. This class costs \$85 for members and \$95 for nonmembers, plus \$15 for materials.

Back by popular demand, the "Introduction to Watercolor" class will take place on Wednesdays from February 8-29, from 9:30-11:30 a.m. This class is designed for beginners, and it will teach you to how to use the brushes, paints, and papers used for watercolor paintings. A materials list will be provided, and the class costs \$85 for members and \$95 for non-members.

Just in time for Valentine's Day, the ACAC will be offering a cooking class so you can learn how to make a romantic dinner for you and that special someone in your life. "Love at First Bite" will take place on Saturday, February 11th from 3-5 p.m. Students will

learn how to cook smoked salmon with cappellini, cucumber and caviar, filet mignon Oscar topped with jumbo lump crab and Béarnaise sauce, accompanied by rice pilaf and asparagus. Also on the menu is chocolate mousse with macerated berries. Couples are encouraged to attend! Classes are \$21 for members and \$24 for nonmembers, plus \$15 for materials.

Lastly, you can explore "Layering and Filtering Techniques for Digital Photography." Held on Tuesday, February 21st and the 28th from 6-8 p.m., this class will teach you the techniques you need to transform your digital photographs by using a variety of techniques. You will learn how to use layers to create a collage out of multiple images, add graphic shapes or text to an image, or create special effects like a drop shadow or glow. You will also be taught how to use adjustment layers to hold color or tonal adjustments that affect the layers beneath it. In addition to that, you will learn how to use filters to create a watercolor effect, lighting changes, and brush strokes. Some experience with digital photography is necessary for this class, which is \$42 for members and \$47 for non-members.

To sign up for any of these classes, please visit the ACAC's website (<http://www.emmitsburg.net/lacac/index.htm>). As you can see, there are plenty of great opportunities to develop a new hobby this month!



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SPORTS

Elite youth baseball program launches in Northern Frederick County

Megan Kinsella
MSM Class of 2013

Friends, Romans, countrymen, lend me your ears! Okay, so the announcement I am about to make is nowhere near as historically significant as Mark Antony's funeral oration for Julius Caesar. But, it is just as momentous...Travel baseball is coming to the Catoctin area! Beginning this spring, the Catoctin Cougars Elite Baseball team will be holding tryouts for 9U and 12U teams, with a vision to expand the team offerings in 2013 and beyond. Both teams will travel to elite tournaments where they will gain exposure in the baseball world and face tougher competition than they would otherwise see in Emmitsburg and the surrounding areas.

"We wanted to provide the opportunity for baseball players to play elite travel baseball and represent Northern Frederick County through their athletic abilities," commented Ed Lowry, the program's founder (who also happens to be a graduate professor here at the Mount). "We have found over the past few years that players in

this part of the county who wanted to play a [high] level of baseball are forced to go to Frederick and beyond to get the opportunity," Lowry said. The Catoctin Cougars will travel to tournaments on Sundays, which will enable kids to get the exposure that is so crucial for improvement, while still letting them play for their local Emmitsburg, Thurmont, and Fairfield teams during the week.

"This area has a rich tradition of baseball success," Lowry said. "The hope is that the Catoctin Cougars Elite Travel Program blends the best of all of those programs together. Pretty tough recipe to compete with if you ask me." Speaking of local teams, boy do we have a lot of talent in the Catoctin area! Last year, the Thurmont Little League team won the District 2 Little League Title, while Emmitsburg fielded a team that won the District 1 Cal Ripken Title. "The nice thing about Sunday play is that these kids can play for their local organizations and get a taste of travel ball as well. It is a nice compliment for the baseball player who wants exposure outside of their in-house



league" commented Lowry. "Come tournament season, their kids will already be playing at a high level. We'll pride ourselves in preparing them for that."

Lowry will coach the 9U team, along with assistant coaches Dave Shipton and Mark Wood, while Jamie Grimes and Les Fisher—long-time assistant to Mike Franklin at Catoctin—will coach the 12U team. As of now, tryouts are to be determined. The teams will start traveling to tournaments in early April, and each team will play approximately ten to fifteen games. Tournaments will be in different parts of Frederick County and Montgomery County, and home games will be played in Thurmont. The Cougars tryouts are open to anyone who wants a shot; there are no restrictions due to geographic location. The program is looking to fill 12 to 14 roster spots on each team.

Personally, I understand the importance of what Mr. Lowry and Co. are accomplishing here. I played high school basketball for

three years and would have benefited tremendously from a local elite travel team. In my case, Tuesday and Thursday nights after school during the spring were spent driving to and from Philadelphia (2 hours round trip), where I played for the Comets travel program. As you can imagine, this was a bit of a hassle: it wore us out physically and a horrific amount of money was spent on gas. After a while, we decided that mental sanity was more important than travel basketball, and so I stopped. I only wish there had been a local elite travel program for me to play on! The Catoctin Cougars are your answer to problems like this. Their hope is that they can give kids in the Catoctin area the same experience they would get playing for a team in Frederick, but with much less hassle. Sounds like a pretty darn good deal if you ask me!

"Baseball at this age level has become more and more competitive and we feel it is important socially and otherwise to keep these kids local for the communities' sake," Low-

ry said. "Travel baseball in particular offers that sense of community." He also said that the program is already getting a good amount of community support, but they could always use more. As with any volunteer organization, time and resources are limited. The Catoctin Cougars are currently looking for someone to manage their website and also someone to manage their sponsorship programs. Their aim is to differentiate the program as the organization grows, so there will be need of added expertise on their board of directors, as well. Umpires are also needed, so if anyone has experience, this is a great way to volunteer and give back to your community!

Tryout dates, times, and locations for the 9U team are as follows:

Sunday February 12, 2:00-3:00 pm, Mount Saint Mary's ARCC Field house
Saturday February 18, 2:00-3:00 pm, Mount Saint Mary's ARCC Field house

Tryouts for the 12U team have yet to be determined. If you are interested in playing, helping out, or supporting the program in any other way, call or email Ed Lowry directly and he will contact you when more specific dates are available.

Ed Lowry
267-664-5059
lowry@msmary.edu
Visit their Facebook page at Catoctin Cougars Elite- Travel Baseball Club

It's that time of year again! Fairfield Baseball/Softball registrations will be held on the following dates:

- Saturday January 28, 10:00-1:30
- Wednesday February 1, 6:00-8:00
- Saturday February 4, 10:00-1:30

Registration is for boys and girls, ages 4-15.

With questions, please contact Mike Ball at 717-642-3768.



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MOUNT CREATIVE WRITERS

A silk gown and a kiss?

Kelly Conroy
MSM Class of 2012

Arlene's dark brown hair gently lifted off her shoulders as the wind rushed through it. She wore brown boots that laced up above her ankles and she skipped up the hill covered in damp grass. It had just rained, but the sun was out now. Arlene was going to take advantage of this opportunity to climb to her favorite spot. *There it is*, she pointed. Her index finger looked as if it was the same size as a large portion of the water from the North Channel. *Belfast, as I know it*, she sighed.

Then her gaze turned downwards. Factories glistened in the sun and the shoreline was lined with shipbuilder after shipbuilder, including the Harland and Wolff Company. Arlene turned her back and looked the other way. Rolling hills and small cottages spotted the view. She liked the way that it looked like a painting—and no one had planned the painting. Something made her turn back to the line of shipbuilders. Arlene peeled her eyes but she couldn't find the ship Sean was working on—the one with the big blue mask.

Arlene didn't just have "bacon and cabbage love" for Sean. "Bacon and cabbage love" is the type of enjoyment we find in pleasures like freshly baked bread, ferris-wheels, or big bonfires. Arlene knew that it was much deeper than that. She felt like she had been shot by Cupid's arrow and it just wouldn't come out. She didn't really want it to come out either. Her grandmother had once told her about the four types of love including affection, friendship, romance, and unconditional love. Affection, as Arlene recalled, is usually described as fondness among family members; it happens through familiarity. The next level is friendship; it is often initiated by two persons sharing a common activity. True friends are made when each begins to look for the best for the other. Arlene's grandmother explained that this caring can turn romantic if it becomes exclusive and emotional. Finally, the last type of love is the highest and its essence is found in God, who is unconditional love.

Arlene knew that she was true friends with Sean as she looked over the hills in her beloved Ireland, but she was wondering if it could turn into something more. *How can I make him notice me? Will he ever like me? What can I do to get him to like me?* Her thoughts churned until she stood up with a start. *I'm supposed to be at work!* She dashed down the hill, tossed small, wild daisies on the wooden table in her kitchen, tied back her long hair, grabbed a cream sweater that would have to match her blue cotton dress, and yelled "Goodbye" to anyone who might have

been home as the door slammed.

The factory smelled like sweat and the air was sticky. She looked for her opening in the linen assembly line. *I must be on folding duty today*, she thought. Arlene saw her friend John in the threading line. *Maybe they won't notice that I'm in the wrong station*, Arlene slipped into the open station next to John. She immediately set to work and only after a couple minutes glanced up.

"Oh, hi John! I hadn't seen you there," Arlene smiled.

"Hey Arlene," John grunted back.

Arlene kept smiling, "So how's everything going? Have you seen Sean lately?"

"Good. A little," John replied.

"You don't seem much in the mood for talking," Arlene's mood changed a little.

"Hmph."

Boys! Arlene thought to herself. No worries, I'll just continue as planned. She smiled again. "Have you thought about going to the St. Valentine's Day shindig? I know you heard what I was saying to Katie the other day. Don't you dare tell Sean I want to go to the St. Valentine's Day shindig with him!"

John glanced up for the first time. "You know Sean pretty much just spends his time at the ship-yard, right?" he asked.

"Oh, of course," Arlene replied, "Just don't you dare tell him that I want to go with him!" Arlene walked away to her folding station in triumph.

Arlene had her methods—her strategies of trying to get a boy's attention in 1912 in Ireland. But she didn't know if they were working. After work, she walked slowly home. The door creaked and then slammed closed; the house was quiet.

"Hi honey," Arlene's grandmother whispered from her coach where she was crocheting a scarf.

"Hi," Arlene sighed and sunk down into the spot next to her grandmother.

"You have the boy blues; I know the look," her grandmother looked over at her.

Arlene squirmed her body deeper into the coach, "Grandma," she asked, "How did you and grandpa get things going—like when you first started?"

"Hmph," her grandma stopped crocheting, "Are you ready for my little secret?" She went on without waiting for a reply: "I nabbed HIM!"

"What?" Arlene's eyebrows lifted.

"Don't whisper a word to anyone, Arlene, but I relied on an old folklore...it allows women to ask men to marry them during a leap year!"

"Can you really do that?"

"Only if the girl wears a red petticoat," her grandma held up her finger, "If the boy refuses, then he

has to give the girl a silk gown and a kiss."

"Grandma, this year is a leap year!" Arlene grabbed her coat and ran out the door.

The line of ships stretched along the main dock and curved around the corner. Men were up high on the ships, on the main decks and everywhere in between. They carried supplies back and forth from the dock to the ships and from the ships to the dock. The chirping of birds mixed with the voices of men yelling to one another. A younger guy whistled at Arlene as she walked past. She pretended to ignore him, but she cracked a smile and pushed her shoulders back a little more. Suddenly, a man walking in front of Arlene tripped over a rope that was lying on the dock and his water jug flew into the air. Arlene jumped out of the way, but as she did, she tripped on another rope that was lying on the ground. Her body made contact with the wood dock and a huge splash of water from the jug covered her skirt. The man gasped, froze in his place and stared down at her. From her spot on the ground, Arlene pushed the water jug back upright with her feet and she burst into laughter.

"I guess we both weren't watching where we were going!" Arlene exclaimed.

The man smiled back and reached out to help her to her feet. A hand from another man grabbed Arlene's hand instead.

"Sean!" Arlene raised her voice, "Did you see all of that?"

"Yeah, I was surprised you didn't start crying or something," Sean smiled, "You were pretty cool about that. You ok?"

Arlene froze as her hand was caught up in Sean's grasp. "Oh yeah, I'm fine," she mumbled with a smile.

"That's good," Sean said quickly. His freckles especially stood out today and his red hair was disheveled on top of his head. His legs started twitching and he glanced back towards his ship.

Arlene peered intently at him with her blue eyes. "How are you?" she asked.

"I'm good. Gotta head back to work," Sean swung a rope over his shoulder and quickly headed towards the ship with the big blue mask. He turned to smile back at her once more before he reached his ship.

That was it—that was all he could say before getting back to working! Arlene yelled as she walked home. *My only comfort is that he smiled at me. And he came to help me up. I just have to wait for the right moment.*

The Valentine's Day shindig was approaching—or perhaps it should be called the *Saint Valentine's Day shindig*. St. Valentine was somewhat of a mystery to Arlene, but she had heard her grandmother say his name for years.



This St. Valentine that she talked about lived during the reign of Emperor Claudius II in 3rd century Rome. The Emperor outlawed marriage for young men because single men were often better soldiers. St. Valentine was outraged at the injustice of this order! He performed marriages in secret. The result was his own martyrdom.

Arlene carried on the tradition of honoring St. Valentine when she bought a pink and red card with hearts on it for Sean. She stared down at the note she had written and wondered what he would say.

The lanes were decorated with lights and bright colored flowers peeked through the trellises. Stages were set up on almost every street corner and there wasn't a quiet spot in the town of Belfast. The pubs were packed and smoke drifted out of their open doors. Arlene wore a purple dress that suited her light complexion. She linked arms with some of her girlfriends and strolled through the streets.

"He's at the ship-yard," John told Arlene before she could even ask.

I know he'll come, Arlene tried to comfort herself. She listened to a fiddle quartet, danced through the streets and ate lots of chocolates. She kept looking. This way then that way. Into pubs. In dancing groups. In the food lines. But she couldn't find him. It started getting dark and Arlene found a bit of grass to sit on and listen to a group of fiddlers playing slower melodies.

"Hi," a soft voice spoke behind her and she knew it was him.

"Want to join me?" Arlene made room for Sean to sit down. *He must have stayed at the ship-*

yard until it was too dark for him to work anymore, Arlene realized.

"Can you read this?" Arlene asked as she pulled the card out of her pocket. She hoped it was the right moment.

"Of course," Sean took the card and read it: *"I'm sure you know it is St. Valentine's Day, but did you also know that it is also a leap year? You work a lot, but I can't help but think you might like me? It's a leap-year folklore that women are allowed to ask men to marry them during the leap year. I'm wearing a red petticoat as the folklore requires, so if you refuse me, you would need to give me a silk gown and a kiss. What will your answer be?"*

"Yes," Sean handed the card back to Arlene, "I will marry you."

Sean and Arlene Stewart were married in 1912. They decided that they were going to start their lives together in America because there were more opportunities in this land. Shortly after their marriage, Arlene set sail to join her uncle's family in a little town named Emmitsburg, in a state called Maryland. Sean planned to join her after he finished working on the ship, which was nearly complete.

Arlene's uncle, who had left for America when she was still in her mother's arms, had been singing the town's praise in letters to her mother. In the most recent letter he described Emmitsburg as "the most wonderful place on the earth, where the soil is rich, the air clear, the water is mountain pure, and the people are as good as gold... the perfect place to raise and family."

...To be continued in next month's issue of the Emmitsburg News Journal.

FIRE COMPANY AWARDS BANQUETS

Vigilant Hose Company



2011 Top 10 Responders - Chris McKenna, John Javior, Matt Volchanski, Randy Myers, Jason Powell, Dale Fogle, Josh Brotherton, Kenny Shoemaker, Alex McKenna, Cliff Shriner



Immediate Past President John Damskey presenting the President's Award to Treasurer and the world's greatest mailman Steve Hollinger



Receiving a 70 Years of Service Award is Tom Hole (center) flanked by Deputy Chief Jim Click (L) and Immediate Past President John Damskey (R)



Newly inducted Hall of Famer, Cliff Shriner, Cliff Shriner



Outstanding Member of the Year Award presented to Dale Fogle by immediate Past President John Damskey as Chief Frank Davis looks on

Administrative Officers: Timothy M. Clarke, president; Arthur Damuth, vice president; Steven W. Valentine, secretary; Thomas Vaughn, assistant secretary; Steven M. Hollinger, treasurer; and William D. Boyd, Jr., assistant treasurer.

Board of Directors: John A. Glass, John S. Hollinger, Randy Myers, Douglas D. Orner, and Carl A. White

Line Officers: A. Frank Davis, chief; James E. Click, deputy chief; Christopher A. Stahley, assistant chief; Christopher Ryder, captain; Keith Hurtt, lieutenant; Bob Rosensteel, Jr., lieutenant; and Chad M. Umbel, lieutenant.

Fire Police: Paul Krietz, captain; Samuel B. Cool, 1st lieutenant; and Stephen Orndorff, 2nd lieutenant.

The following individuals were recognized for their longevity of service:

John Hoyle and Charles Stuart, five years; Chris Ryder, 10 years; Paul Krietz, 15 years; Frank Rauschenberg, 20 years; John Glass, Bob Rosensteel, Jr., and Dave Vaughn, Sr., 25 years; Hugh Boyle and Steve Hollinger, 30 years; Herb Click, Jr., 35 years; Larry Glass,

40 years; Mike Orndorff and Roland Sanders, 45 years; Patrick Boyle, 50 years; John Hollinger, 65 years; and Tom Hoke, 70 years.

Top fire police responders recognized were: Sam Cool; Monroe Hewitt; and Paul Krietz.

Rocky Ridge Fire Company



Top ten responders: Front row, L to R – Matthew Moser, Bonny Hurley, Leon “Buddy” Stover Jr, John Reese, Christina Hurley. Back Row, L to R – Andy Mathias, Dennis Mathias, Paulette Mathias, Donald Kaas Jr, Melissa Mathias, Joseph Youngerman



Operations Officers for 2012, L to R: Chief - Alan Hurley, 2nd Asst Chief - Larry “Luke” Humerick Jr, Sergeant - Andy Mathias, and Kevin Albaugh. Missing from picture is 1st Asst. Chief - Jim Rice.



Long time supporters of the Rocky Ridge Fire Company - Pauline Duble, Betty L Mumma, Libby Fuss, Anna Burrier, & Helen Burrier

The directors for 2012

Paulette Mathias, Andy Mathias, Jamison Mathias, John Reese, Steve Wolfe, Craig Hovermale, Donnie Kaas

FIRE COMPANY AWARDS BANQUETS

Harney Fire Company



Donald Yingling, Chief; James Waybright, President; Richard Yingling, Secretary; Gene Curfman, Utilities Treasure; Charlie Blocher, Vice President; Lee Bowers, Trustee; Bobby Baughman, Recording Secretary; Larry Bowers, Trustee; Jeff Sowers, Co. Delegate; Leonard Bowers, Activities Treasure.



President James Waybright (Jim) and Lee Bowers



Chief Donnie Yingling, Gene Curfman - Assistant Tres. (hidden), Charlie Blocher- Vice President Charlie Miller, Jeff Sowers, and Larry Bowers



Eithel Long - Great Grand Mother, Madelyn Bowers - Great Grand Daughter Loretta Bowers-Eithels daughter

Harney officers for 2012

Chief	Donald Yingling Sr	Secretary	Richard Yingling
President	James Waybright	Recording Sec.	Robert Baughman
Vice President	Charles Blocher	Chaplin	Jennings Martin
Activities Tres.	Leonard Bowers	County delegate	Jeff Sowers
Utilities Tres.	Gene Curfman	Trustees	Larry Bowers, Lee Bowers, Donald Yingling Jr

Top Ten Responders for 2011

- | | |
|--------------------------|--------------------------|
| 1. Chief Donald Yingling | 6. Christopher Waybright |
| 2. Lee Bowers | 7. James Yingling |
| 3. Kyle Nye | 8. Richard Strickhouser |
| 4. Matthew Vosburgh | 9. Robert Baughman |
| 5. Matthew Nye | 10. Bradley Waybright |



Officers front row, L to R – Dale Kline-President, Dennis Mathias-Vice President, Melissa Mathias-Secretary, Christina Hurley-Asst. Secretary, Bernard Wivell-Treasurer. Back row, L to R – Rev. James Russell-Chaplain, Paulette Mathias-Director, Jamison Mathias-Director, Donald Kaas Jr-Director, Craig Hovermale-Director, John Reese-Director, Bonny Hurley-Asst. Treasurer



Linda Northrup presented Dennis Mathis with the Charles Mumma"Fireman of the Year" Award



Linda Northrup presented Dennis Mathis with the Charles Mumma"Fireman of the Year" Award



Linda Northrup presented Larry Eyler with Honor Member



Linda Northrup presented Leon" Buddy " Stover Jr with the Robert Albaugh Award

COMPLEMENTARY CORNER

Oh, how sweet “it” is!

Renee Lehman

Sweetie Pie, Honey Bun, Sugar Daddy, Sugar Lips, Sweet Pea, and Sugar Pie. What do these have in common? They are all nicknames that represent a term of endearment. The inference is that the person you are referring to is as sweet as sugar. And the presumption for this is that sugar is sweet, which is true. However, what is even sweeter than standard table sugar? High fructose corn syrup (HFCS), and fructose (if sugar is a 100 on the sweetness scale, HFCS is 120, and fructose is 173).

This month I will be writing about the amount of sugar that Americans consume and its effects on the body. In March, the article will deal with Traditional Chinese Medicine's view of sugar, and in April the article will deal with hidden sugar in foods, and alternative sweeteners.

Sugar and Sweetener Consumption

Over the past 35 years, the total amount of added sugars and caloric sweeteners available in America has increased. According to the United States Department of Agriculture's (USDA) Economic Research Service's per capita food availability data, our consumption of sweeteners increased from 119 pounds per person in 1970 to 132 pound in 2010 (this had actually peaked at 156 pounds in 1999). America's sugar consumption in 2010 was 66 pounds per person (50% of total sweetener consumption), while HFCS consumption in 2010 was 64.5 pounds per per-

son (approximately 50% of total sweetener consumption) (<http://www.ers.usda.gov/publications/sss/2011/05May/SSSM273.pdf>).

HFCS was discovered in 1966 in Japan and was introduced to the USA in 1975. It is corn syrup that has been processed to increase the fructose content and then blended with pure corn syrup. It was so cheap, about ½ the price of sugar (made from cane and beet sugar), that it made its way into everything (replacing regular sugar). Plus, when the low-fat diet became so popular in the 1980s, HFCS was added to processed foods because it made the low-fat processed foods more palatable!

In a 2008 press release, the Center for Science in the Public Interest (CSPI) stated that scientific evidence demonstrates that there is no difference in the health effects of HFCS and sugar.

To make sure that we are all on the same page, know that table sugar, also known as sucrose, is made up of 50% fructose and 50% glucose. HFCS is 42-55% fructose and 45- 58% glucose. Just remember how much sweeter fructose is than sucrose (and glucose, which is a 74 on the sweetness scale).

Finally, fructose does not suppress ghrelin (a hormone that comes from the stomach, and stimulates the brain to increase appetite). Fructose does not stimulate the hormone insulin because there is no receptor cell for fructose in the pancreatic cells that make insulin. Because it does not stimulate insulin, it therefore, does not stimulate the hormone leptin (which that tells your

brain that you are full). What is the importance of this? If you were to drink a regular soda prior to a meal, even though you have just consumed 150 calories from the soda, you will not eat less. You would actually eat more because your appetite would not be suppressed, and your feedback loop that normally tells you that you are full would not be stimulated (<http://www.ncbi.nlm.nih.gov/pubmed/15181085>).

Sugar Metabolism in the Body

(Video reference: Sugar: The Bitter Truth (July 30, 2009), Robert H. Lustig, MD)

Let's say that you consume 120 calories of glucose (2 slices of white bread). Then 96 calories (80% of the total calories) will be used by every cell in the body, because every cell in the body can use glucose. The other 24 calories (20% of the total calories) will be metabolized by the liver. This will result in: 1) the stimulation of the pancreas to make and release insulin, 2) the production of ATP (our basic source of energy), 3) the storage as glycogen in the liver (for energy production later on – for example, when running a marathon), 4) and will create citrate that is involved in the cycle that turns sugar into fat (in the form of Very Low Density Lipoprotein, VLDL). As a side note, VLDLs are one of the things that cause heart disease. But, the main point here is that out of 24 calories, you end up with about ½ of a calorie of VLDL. Also, since insulin is stimulated, this will “shut off” your eating.

Fructose Metabolism in the Body

(Video reference: Sugar: The Bitter Truth (July 30, 2009), Robert H. Lustig, MD)

Let's say that you consume 120 calories of orange juice which is

50% glucose and 50% fructose (per the USDA). A total of 60 calories come from glucose (48 calories will be used by every cell in the body, and 12 calories will be metabolized by the liver). The 60 calories coming from fructose will all go to the liver since only the liver can metabolize fructose. In total, 72 calories must be metabolized by the liver (12 from glucose and 60 from fructose). This will result in creating the waste product, uric acid, because of the initial stages of fructose metabolism. You probably have heard of uric acid. It is excreted by your kidneys, and is known to cause gout. Therefore, fructose consumption increases your risk for gout (*Choi and Curhan, British Medical Journal, 2008; 336:309*). Uric acid also causes high blood pressure. Therefore, consumption of fructose increases your risk for high blood pressure (*Johnson et al., American Journal of Clinical Nutrition, 2007; 86(4)*). In fact, there is a significant relationship between HFCS sweetened beverage consumption and the increased incidence of gout and high blood pressure in adolescents (*Nguyen, et al., Journal of Pediatrics, June 2009*).

Also, citrate will be created during fructose metabolism. Remember that this turns sugar into VLDLs. This time, though, it produces **many more** VLDLs (fat) than from the glucose metabolism! Therefore, when you consume fructose, it is like you are consuming FAT! Plus, because the hormone leptin is not stimulated, the brain doesn't know that you are full and you continue to eat! Therefore, one is at an increased risk for developing obesity (*Lustig, et al., International Journal of Obesity, 2004; 28*).

Finally, long term fructose metabolism creates fatty acids which accumulate as fat droplets in the liver and muscle tissue. These fat deposits lead to non-alcoholic fatty

liver and insulin resistance which in turn can progress to Metabolic Syndrome (a combination of obesity, type 2 diabetes, lipid problems, high blood pressure, and cardiovascular disease). Even if you don't develop metabolic syndrome, you are at a higher risk for developing high blood pressure, dyslipidemia (abnormal amounts of blood lipids), pancreatitis, obesity, and insulin resistance, among other medical problems.

Now you may be thinking that fructose is found naturally in fruits and vegetables. This is true. Some examples include: honey (1 Tbsp) has 9 grams/serving; a medium size apple has 11 grams/serving; 1 cup of blueberries has 7 grams/serving; and a medium tomato has 2 grams/serving. Are you wondering if they are “bad” for you? Well, as Dr. Joseph Mercola stated in an article on his website (www.mercola.com) on January 2, 2010:

“If you received your fructose only from vegetables and fruits (where it originates) as most people did a century ago, you'd consume about 15 grams per day — a far cry from the 73 grams per day the typical adolescent gets from sweetened drinks. In vegetables and fruits, it's mixed in with fiber, vitamins, minerals, enzymes, and beneficial phytonutrients, all which moderate any negative metabolic effects.”

Other Ways that Sugar Effects Your Health

Sugar consumption will suppress the immune system for several hours after ingestion. Sugar can contribute to hyperactivity, anxiety, depression, concentration difficulties, and crankiness in children. Sugar interferes with absorption of calcium and magnesium. Sugar can produce an acidic stomach. Sugar can speed the aging process, causing wrinkles and grey hair (Appleton, *Lick the Sugar Habit* (1996) Avery, 2nd edition). There are more consequences from chronic over consumption of sugar than I have space on this page.

I would recommend that you watch the YouTube video entitled, Sugar: The Bitter Truth (July 30, 2009). In it, Robert H. Lustig, MD, of the University of California at San Francisco Division of Endocrinology and Metabolism talks about sugars and their effects on our bodies. I also recommend the New York Times Magazine article, Is Sugar Toxic? by Gary Taubes on April 13, 2011 (<http://www.nytimes.com/2011/04/17/magazine/mag-17Sugar-t.html?page=2>).

Renee Lehman is a licensed acupuncturist and physical therapist with over 25 years of health care experience. Her office is located at 249B York Street in Gettysburg, PA. She can be reached at 717-752-5728.



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FITNESS AND HEALTH

Health, fun and winter

Linda Stultz

Most people make New Year's Resolutions or at least think about them. Is your New Year's Resolution still going strong, somewhat being done or just gone completely? Sometimes we are so excited about a new year starting and still charged up from Christmas that we overdo our expectations. The key to starting any new part of your life is to know your abilities and make a plan with that in mind. Once, you meet your set goal you can and should always push yourself a little more.

Back to setting your goals to your ability. We all know how much we feel comfortable in doing but comfortable (as I tell my clients) is not a word we use around here. Being comfortable with an exercise is great to start out with but very soon your body becomes use to the energy it needs to complete that exercise. Once your body can complete the exercise it no longer is challenged to push itself and therefore stays at that level.

Please don't misunderstand, you

will reach a point that you can not use heavier weights or do more repetitions. What I mean with the previous statement is that you need to start out light and easy and push forward to a challenging weight and pace to keep your body building muscle and strength.

Strength and conditioning is very different than body building. Many people think they need to lift heavy weights to achieve a stronger, better body. The fact is that most people, unless you are going for body building competition, need to use lower weights and do more repetitions. I explain this to many people and they realize that their ideas of weight lifting change. They now understand that they do not have to do the exercises and weights they see on TV or hear others talking about at the gym. I so wish everyone would try some type of weight bearing exercise, even if they just pick up a can from their pantry and lift it over their heads. Doing this everyday for a week would show them that just a little weight use each day can help improve strength.

Lifting weight is not the only type of strength and conditioning. Weight bearing exercise can also be walking, carrying your laundry up the stairs, lifting the baby while playing, or anything that uses your muscles. Sitting is a big, big enemy of your muscles. The old saying of "use it or lose it" is so very true. Moving everyday is the way to keep feeling your best and being able to keep moving. I understand that as we age our energy declines and aches and pains set in. The fact is that if we keep moving our energy level maintains and the aches and pains are prolonged from bothering us. I also understand that when people retire they do not have the routine and responsibilities they have when they were younger. That is when you need to make a plan. Join a group at the town community park, the hospital, the gym or anything that interests you and keeps you active.

Some people are not as outgoing as others but find something that you enjoy and will keep you active. The days of retiring and sitting on the front porch in your rocking



chair are gone. That may sound great at first but it will catch up with you and take your energy and strength away quickly.

Taking this back to the New Year's Resolution, even if you did not make one or you have lost motivation for the one you did make, decide today to do one, just one, exercise to keep you moving. Your energy and strength are so important to your overall health. Talk to your doctor if you do have a medical condition that may limit your exercise ability. Most health problems can be improved with

exercise but you need to know how to start and your individual abilities.

Make this your year and you will feel better for it. Talk to someone trained in the strength and conditioning field. They will be able to point you in the right direction to improve your health and energy. Feel free to call me at 717-334-6009 with any questions. My New Year's Resolution is to help as many people as possible learn how they can feel better this year.

Remember Keep Moving, You'll be Glad You Did!!

Ask the trainer

Inga Olsen

Question: Can I get your thoughts on all of the nutrition and fitness information that you find in the popular magazines? What do you think of Fitness, Runner's World, Men's Health, and the like?

Answer: In my experience, I can say that the content is probably better than it's ever been. Years ago, most of the articles were full of myths, inaccuracies, and marketing hype. And don't get me

wrong, you can still find this in certain articles in some of the most popular magazines. That said, many publications now hire editors that have solid credentials in nutrition, fitness, or disease prevention and management, and they have researchers on staff as well. Plus, many editors want to see the sources that their writers use before they approve an article. Historically, the focus was always on selling magazines, and that hasn't really changed, but the magazines themselves have come to real-

ize that well-researched, accurate content does just that. If you're ever confused by something you read in a magazine, just ask a local expert (trainer, dietitian, or health profes-

sional) to give you their honest feedback. You can also post it in the community section of Anytimehealth.com!

Inga Olsen is the Certified Conditioning Specialist and

Weight Management Specialist at Anytime Fitness in Thurmont. To submit a question for future articles, please contact the author at thurmontmd@anytimefitness.com.

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ASTRONOMY

The night sky of February

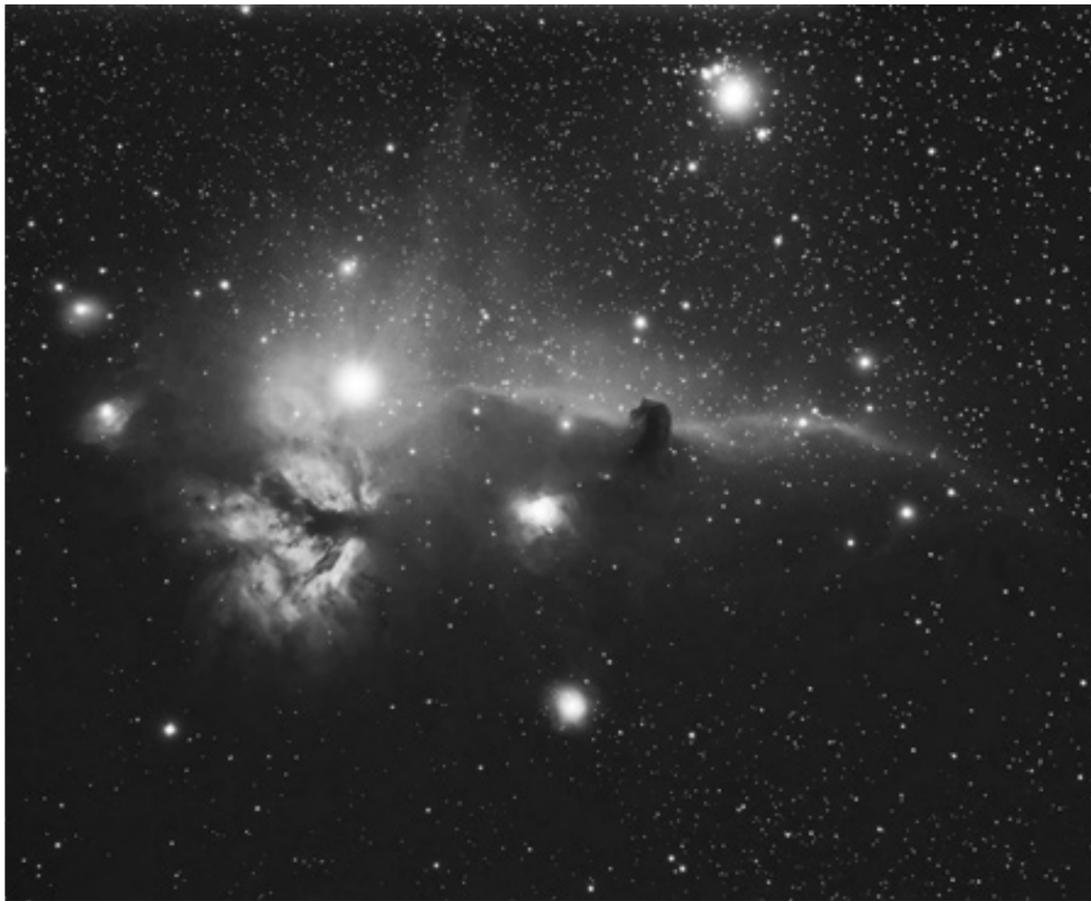
Professor Wayne Wooten

For February 2012, the Moon will be full on February 7th; this is the “hunger” moon in Native American tradition, when most of the food store up for winter was almost gone. The first week finds the moon waxing in the evening sky, then waning in the morning sky for the middle weeks of this month. The waning gibbous moon lies nine degrees south of Mars in the morning sky on February 10th. The moon then passes six degrees south of Saturn in morning sky on February 12th. Last quarter moon sits high in the sky and half-lit at sunrise on February 14th. The new moon is on February 21st. The waxing crescent moon passes 3 degrees north of Venus on February 25th, then passes 4 degrees north of Jupiter on February 27th.

Venus dominates the evening sky, so bright she can be seen in daylight if you know where to look. She sets about 8:30 PM on February 1, with a disk 15” across and 74% sunlight. By Leap Day at month’s end, she is closer to us, with a disk 18” across, but only 63% sunlit and sets about 9:10 PM. Through the telescope, Venus now appears as a small, round disk, on the far side of the Sun. She will appear larger as she approaches Earth and overtakes us, but her phase will become less sunlit as well.

It was Galileo in 1611 who noted that Venus goes through this entire phase cycle, and correctly deduced this proved she orbited the Sun, not us. Covered with sulfuric acid clouds, her bright disk reveals only her phase, with no visible cloud details in the scopes. She will in fact pass directly between us and the Sun on the afternoon of June 5, 2012, a transit which will be visible with the naked eye with properly shielded solar viewer, from about 5 PM CDT until sunset about 7:30 PM that evening. This rare transit will not recur for another century, so hope for a clear afternoon then to see this event.

Mars is currently in the late evening sky, but will be coming to opposition and rise at sunset on March 2nd. As the earth



The Horsehead Nebula is a dark nebula in the constellation Orion.

overtakes Mars this month, the planet’s size increases from 12” on February 1st to 14” on February 29th, and it rises in southeastern Leo at 8:30 PM on the 1st, but retrogrades westward and rises by 6 PM at month’s end. As Mars lies on the far side of its elliptical orbit now, the Red Planet only gets up to magnitude -1.2 this opposition, so it will be far more distant, smaller, and fainter than during its famed close approach to earth in August 2003. Still, its red color will catch a lot of attention from stargazers looking in the east after sunset this month.

Jupiter starts the month 40 degrees above Venus in the SW at month’s start, but rapidly moving Venus overtakes the second brightest planet on March 13th; by the end of February, Venus lies only 12 degrees below Venus. Jupiter will be vanishing into the sun’s glare by the end of March, so enjoy the four moons and its belts and zones through the telescope now.

Saturn is now in Virgo near the bright star Spica, and rising about 10 PM by month’s end. The ringed planet will be coming to opposition on April 15th. The rings are gradually starting to

open up again, but still rather thin, only tilted about 10 degrees now, compared to 27 degree when fully opened at Saturn’s solstice in 2016; when this open, the huge reflecting surface of the ring’s ice boulders will double the planet’s brightness.

The constellation Cassiopeia makes a striking W in the NW. She contains many nice star clusters for binocular users in her outer arm of our Milky Way, extending to the NE now. Her daughter, Andromeda, starts with the NE corner star of Pegasus” Square, and goes NE with two more bright stars in a row. It is from the middle star, beta Andromeda, that we proceed about a quarter the way to the top star in the W of Cassiopeia, and look for a faint blur with the naked eye. M-31, the Andromeda Galaxy, is the most distant object visible with the naked eye, lying about 2.5 million light years distant.

Overhead is Andromeda’s hero, Perseus, rises. Between him and Cassiopeia is the fine Double Cluster, faintly visible with the naked eye and two fine binocular objects in the same field. Perseus contains the famed eclipsing binary star Algol,

where the Arabs imagined the eye of the gorgon Medusa would lie. It fades to a third its normal brightness for six out of every 70 hours, as a larger but cooler orange giant covers about 80% of the smaller but hotter and thus brighter companion as seen from Earth.

At Perseus’ feet for the famed Pleiades cluster; they lie about 400 light years distant, and over 250 stars are members of this fine group. East of the seven sisters is the V of stars marking the face of Taurus the Bull, with bright orange Aldebaran as his eye. The V of stars is the Hyades cluster, older than the blue Pleiades, but about half their distance.

Yellow Capella, a giant star the same temperature and color as our much smaller Sun, dominates the overhead sky. It is part of the pentagon on stars making up Auriga, the Charioteer (think Ben Hur). Several nice binocular Messier open clusters are found in the winter milky way here. East of Auriga, the twins, Castor and Pollux highlight the Gemini. The pair is associated with Jason and the Golden Fleece legend, for they were the first two Argonauts to sign up on his crew of adventurers.

South of Gemini, Orion is the most familiar winter constellation, dominating the eastern sky at dusk. The reddish supergiant Betelgeuse marks his eastern shoulder, while blue-white supergiant Rigel stands opposite on his west knee. Just south of the belt, hanging like a sword downward, is M-42, the Great Nebula of Orion, an outstanding binocular and telescopic stellar nursery. The bright diamond of four stars that light it up are the trapezium cluster, one of the finest sights in a telescope. Around the bottom star, Mintaka, of Orion’s famed belt is the very faint (needs at least a 10” telescope!) but photogenic Horsehead Nebula (our photo this month), with the larger and brighter Flame nebula to the left, closer to the belt star Mintaka.

In the east rise 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 by 7 PM, and as it rises, the turbulent winter air causes it to sparkle with shafts of spectral fire. Beautiful as the twinkling appears to the naked eye, for astronomers this means the image is blurry; only in space can we truly see “clearly now”. 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, a reminder of Spring coming; look for the bowl of the Big Dipper to rise, with the top two stars, the pointers, giving you a line to find Polaris, the Pole Star. But if you take the pointers 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”. Fitting for our cosmic king of beasts, whose rising at the end of this month means March indeed will be coming in like a Lion. Mars is below the eastern “feet” of the Lion, but retrogrades westward toward the Lion’s front feet during February.

Almanac

Mid-Atlantic weather watch: Snow in the northern part of the region, rain in the south (1,2,3). Fair, rather cold (4,5,6,7,8,9). Nor’easter with (15,16,17). Cloudy, milder (18,19,20,21) with more snow and rain (22,23,24). Fair, cool (25,26,27) with continued fair weather, windy and colder (28,29).

Full Moon: The full moon for

February, 2012 will occur on the 7th at 4:54 EST. It was originally named Hunger Moon because many Native Americans living in cold and temperate climates had great difficulty finding food during this month. It has also been referred to as Wolf Moon because so many wolf packs would boldly wander closer and closer to villages and camps in search of something to eat.

Holidays: Look for “Punxsutaney Phil” to make his much antic-

ipated prediction on the coming of Spring on Thursday, February 2nd. Do something really spectacular for your special someone this Valentine’s Day, Tuesday, February 14th. Be sure to show your love and appreciation to that one individual who completes you. The birthdays of Lincoln (Sunday, February 12th) and Washington (Wednesday, February 22nd) are both remembered on President’s Day, Monday, February 20th. Shrove Tuesday falls on February 21st this year and marks

the beginning of Mardi Gras and Ash Wednesday is celebrated on Wednesday, February 22nd.

The Garden: Begin uncovering perennials, especially if you live in areas where Spring comes early. Begin to do some light pruning on those days when you can smell Spring. Make sure to seal all cuts well. Don’t get rid of too many low-hanging evergreen boughs, though. You may need them to protect ground plants from that

late-winter blizzard. Cut branches of flowering shrubs like forsythia, pussy willow, quince, and magnolia and bring inside for forcing. Stay away from birches and maple for now; they often bleed sap when cut this time of year. They should be pruned in late Summer or early Fall. Keep tabs on your houseplants. Make sure they are getting enough humidity. Start feeding them again once they begin to show signs of new growth. And please, remember to feed the birds!

COMPUTER Q&A

To update or not to update?

Aysë Jester (Stenabaugh)

Many of my readers are wondering what is safe to update and which updates are the most critical to your Windows system. If you are concerned about automatically updating a program you can always go directly to the program and update (usually found in the help or about menu) or visit the products website to get the most recent version.

Why updates are so important: Updates are there for a reason! Many times they deploy subtle increases in performance or changes that will enhance the users experience in some way. The majority of the time they patch security holes which if left un-patched could leave your computer vulnerable to hackers and other threats.

Automatic updates: There are two main items that you should always have automatically updated. Windows updates and your Antivirus software should be set to update automatically. Just because it is set to automatic doesn't mean you shouldn't pay attention to the updates. Sometimes your computer may require a reboot after updating Windows. Windows deploys its major security updates the second Tuesday of every month. Be sure to check to see that your computer has updated and to see if it requires a reboot to apply the updates.

To check to see if Windows is up to date visit www.update.microsoft.com you will have to run an active x control by clicking on the tan bar that appears at the top of the webpage. Once you have done that click express to see if your computer needs updated.

Note: If you are using Microsoft Office on your computer it is likely you are using Microsoft update. This is NOT the same as Windows update. Microsoft updates are designed to update both Windows and your Office software. This can significantly slow down your computer when you boot it up and are not necessary. To disable this update service, visit the website above and click on "change settings" on the left side of the page. At the bottom of the page you will see a gray box that says "To Stop Using Microsoft Update." Check the box and click "apply changes now" to stop using this service. You will continue to receive automatic Windows updates if you were using that service previously.

To verify that your antivirus software is updating you will need to open the software and find where it says "check for updates." Most antivirus software update at least once daily, many others update several times a day. Some updates may require you to restart your computer in order for them to

be applied. If your antivirus software has not updated in the past few days I would contact support to determine the problem. Those who have purchased AVG Internet Security Anti Virus from Jester's Computers can contact them for support for their products.

Why is this program asking for an update anyway?

Java: is a programming language used in many computer applications. Java can be found on computers, gaming consoles, and even cell phones. If you do not have Java you will be surprised at how many applications will not run. It is very important to keep Java updated since many of the programs you use are associated with this

programming language. A good example of something that uses Java includes games found on Yahoo. They are Java based and without it installed on your computer you would not be able to play

Flash: Flash is a product of Adobe which is used to run certain flash based applications as well as to stream videos. A good example includes many games found online and videos found on YouTube.

The bottom line is you should always update software to ensure that it is secure and efficient. You may not be able to see the flaws or security holes in a program but that doesn't mean they are not there. Not keeping your computer updated is a serious risk that can be easily avoided.

Java Web Start

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Name: Microsoft Apple emulator

Publisher: Microsoft

Type: Never happen application



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Renovating the master bath

Andrew Wivell
Wivell Homes, LLC

Renovating your Master Bath can be a rewarding endeavor. It can provide years of functional use, relaxation, and a return on investment on re-sale. There are many reasons to undertake a Master Bath renovation. They include updating the style, replacing worn out fixtures, or adding a whirlpool tub just to name a few.

As with any renovation, the project begins with a budget and defining the source of the funding. A realistic floor plan/design and scope of work can only be generated after the budget is established. Since bathroom renovations move quickly (about 3-5 weeks), I like to have all faucets, fixtures, vanities, etc. in hand prior to commencing. This avoids taking a Bathroom out of service



Before the renovation

in a busy home only to find that something critical is "back ordered" - causing delay and aggra-

vating all parties involved.

The internet is an excellent source for ideas in the design stage. Many floor plans and photos of finished Bathrooms are literally at your fingertips. Use this valuable resource to narrow your focus and save time. It is also important to distinguish between needs and wants. For example, you might decide that you need a soaking tub, but if the budget allows, you would want to upgrade to a whirlpool tub with jets.

The design stage is appropriate time to incorporate natural light into the room. Many Bathrooms already have a window. Consider if the window should be taller, wider, or multiple windows ganged together. If exterior wall space will not allow windows, you may be able to incorporate skylights or sun tunnels into the design.

I have been involved with the construction and renovation of



After the renovation

many Master Bathrooms. Here are some design elements that I have done that you may want to incorporate in your Bath Project: Heated

ceramic tile floors, wall niches (both in and out of the showers), steam showers, multiple shower heads, body jets, shower seats, heat lamps.

I have recently done several Master Showers with no door - you just walk in. The shower head(s) are strategically placed to angle away from the door. In addition to not having to buy a door, you also do not have to clean glass - very smart! If you are including glass in your design, make sure to ask about the "self-cleaning" glass. It is a special coating applied to the glass in the manufacturing process that helps the glass break down and resist residue build-up.

Choosing the right cabinetry can also present a challenge. This is an area where a well defined budget will help guide you thru the process. There are countless possibilities between all the types of wood, wood finishes, and layout configurations. Therefore, I will just focus on a few general elements to consider when selecting your vanity cabinets.

An important element to consider is the height of the vanity - nothing is standard anymore. Do you need a knee space to sit and apply make-up? If you do not have a closet in the Bathroom, you may want to incorporate a tall linen for storage as part of the vanity. One popular trend is to use "space saver" vanities. These are vanities that have half of the cabinet as a drawer stack and half as a single door for storage of larger items. The lavy bowl is centered on the overall cabinet. Note: remember to rough-in the plumbing on the door side of the vanity and not the drawer stack.

There are also many vanity tops from which to select. If you want the integral bowl and top look, you will probably stick with the popular cultured marble. If you want the upgraded look of the drop-in lavy bowls, you can choose from any of the popular kitchen counter materials of today including granite, Corian, Silestone, Cambria, just to name a few.

If you are considering a Bath Renovation, please visit our website at www.wivellhomes.com, or call me at 301-748-5344 to schedule an appointment.

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Wednesdays

Strawberry Hill Nature Preserve's Wednesday walk in the woods. Start the New Year off right and join us for a walk in the woods! We'll pick a new trail each week, and get fit while having fun. Free. For more information call 717-642-5840 or visit www.strawberryhill.org

Saturdays

Hauser After Hours - live music featuring acoustic artists through full bands provide rousing entertainment. Wine and Cider is available by the glass or bottle. Admission to Hauser After Hours is always free. Hauser Estate Winery, 410 Cashtown Road, Biglerville. For more information call 717-334-4888 or visit www.hauserestate.com

Saturdays & Sundays

To mark the 150th anniversary of the Civil War's second year, the Gettysburg National Park is offering a free winter lecture series which will explore events and personalities who figured prominently in 1862. For more information visit www.nps.gov/gett or call 717-334-1124 x 8023.

Feb. 1 & 4

Fairfield Baseball/Softball registrations, Registration is for boys and girls ages 4 - 15. For more information call Mike Ball at 717-642-3768.

Feb. 2

The Adams County Council of Republican Women's 57th Annual Lincoln Day Dinner. Everyone is welcome to attend. More information about the dinner can be obtained by calling Marcia at 717-334-8376.

Feb. 3 & 4

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Saint John's Lutheran Church's Fried Oyster & Turkey Dinner - 8619 Blacks Mill Road, Creagerstown. Museum and a Movie Night at the National Shrine of St. Elizabeth Ann Seton. Free family

fun event; free will offering appreciated. FREE popcorn! For more information call 301-447-6606

Feb. 11

Vera Bradley Bingo at Mother Seton School. Doors open at 5:30 p.m. Bingo starts at 7 p.m. For more information or tickets, please contact MSS at 301-447-3161, or Lena at 301-717-8860. Snow date: February 18.

Feb. 19

St. Mary's Church All You Can Eat Spaghetti Dinner. St. Mary's Church, 256 Tract Road, Fairfield. Dinner \$7.00, \$3.00 children 6-12. Information 717-642-8815

Feb. 23

The Majestic Theater presents an "all new" Original Tribute to The Blues Brothers. Dust off your pork pie hat, dig out your shades and prepare to party like never before! Join the Blues Brothers for a night of the finest music, moves, thrills and spills you're likely to see this side of Chicago! The Majestic Theater, Gettysburg. For more information call 717-337-8200 or visit www.gettysburgmajestic.org

Feb. 24

St. Joseph's Holy Name Society and The Knights of Columbus's annual fish fry. St. Joseph's parish hall. Fairfield High School Class of 2012 Crab Cake/Fried Shrimp dinner at the Fairfield Fire Hall. Dinners will be served from 4:30-7:30 p.m.

Cost per ticket is \$15. (Crab cakes are being made by the Vigilant Hose Company). To purchase tickets, please contact one of the following individuals by February 10: Carole at 717-642-6865; Lisa at 717-642-5424, or Laurie at 717-642-5893. This event benefits the FHS Class of 2012 After Graduation Party.

Final day to sign up for the Adams County Master Gardener Edible Gardening in Your Environment classes. See page 20 for more information.

Feb. 25

Maple Sugaring at Strawberry Hill - For more information see article on page 15.

Emmitsburg's Eighth Annual Burns Night, JoAnn's Ballroom of the Carriage House Inn. Snow date is

Sunday, February 26, same time and place. The event is a fundraiser for the Emmitsburg Osteopathic Primary Care Center. Tickets are \$50 per person. Guests are encouraged to recite Burns's poems or sing his songs. Many typical Scottish dishes will be on offer, including haggis. For more information contact Bill O'Toole at 301-447-2690 or otoole@msmary.edu, or visit www.burnsnite.com.

Feb. 27

Catoctin Youth Association Competition Cheerleading Sign-ups and Parent Meeting. Thurmont Regional Library. For more information call Penni Wilttrout 301-748-0765 or Carrie Ridenour 240-315-5021 or email us at cyacompetitioncheer@hotmail.com.

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Valentine's Day

Tuesday, February 14th

Roses, Roses, Roses!

Jubilee has a beautiful selection of roses for Valentine's Day at great prices that are so much less than traditional florist shops!

Give Your Special Someone A Valentine Pinch!

LIVE LOBSTERS

Tuesday, Feb. 14th!

\$9.99 lb. Avg. 1-1/2 lbs.

While Supplies Last!

Orders Must Be Placed by Mon., Feb. 13th!

1 DOZEN ROSE BOUQUET
With Baby's Breath & Ferns
\$19⁹⁹

MIXED ROSES & FLOWERS
With Baby's Breath In An Attractive Vase
\$8⁹⁹

THREE ROSE VASE
With Baby's Breath
\$8⁹⁹

SINGLE ROSE VASE
With Baby's Breath
\$4⁹⁹

MOUNT ST. MARY'S UNIVERSITY

THE MOUNT CELEBRATES A CHAMPIONSHIP SEASON

Mount St. Mary's University will celebrate the 50th anniversary of the 1961-62 men's basketball National Championship during the team's final home game at Knott Arena on Feb. 18 against Monmouth. Game time is 7 p.m.

Legendary head coach Jim Phelan, along with several players and team managers, will be honored during a halftime ceremony and will be presented with a special gift. Fans attending the game will receive commemorative 50th Anniversary Rally Towels and 50th Anniversary Pins. Prior to the game, the Mount will also honor its 2012 senior class.

The road to the championship in 1962 began after a stunning loss to rival Randolph Macon. The team piled into the bus for the long ride back to Emmitsburg. Halfway through the season, the team had lost six contests, as many as the previous season. The team held a meeting in the back of the bus and announced to Coach Phelan they would not lose the rest of the season.

One month, and nine consecutive victories later, the players found themselves in Evansville, Indiana, facing Sacramento State in the championship game. The Mount lead by six points at halftime, but Sacramento State tied it at the end of regulation. With their lucky charm, a four-inch tall leprechaun named Clancy the Cobbler, seated on the team's bench, the team remained confident and won the game in overtime, 58-57, on a shot by Ed Pfeiffer—earning the Mount its first national title in school history.

Don't miss our video series *Un-Raveling the Bow Tie* which includes retrospectives on all of the games that season by Coach Phelan, and the players and managers. You can see the series at www.mountathletics.com.

For tickets, call the box office at 301-447-5700, or visit www.mountathletics.com



COME OUT TO KNOTT ARENA ON FEB. 18 AND JOIN THE MOUNT IN CELEBRATING THE 50TH ANNIVERSARY OF THE 1961-62 MEN'S BASKETBALL NATIONAL CHAMPIONSHIP. GAME TIME IS 7 P.M.



HOME MEN'S

BASKETBALL GAMES:

THURSDAY, FEB. 2 VS. ST. FRANCIS (PA), 7 P.M., WELCOMING RCS FINANCIAL

SATURDAY, FEB. 4 VS. ROBERT MORRIS, 4 P.M., WINTER HOMECOMING AND HALL OF FAME DAY – HONORING THE FOUR NEWEST MEMBERS OF THE MOUNT'S ATHLETIC HALL OF FAME!

WEDNESDAY, FEB. 8 VS. WAGNER, 7 P.M., WELCOMING PNC BANK

THURSDAY, FEB. 16 VS. FAIRLEIGH DICKINSON, 7 P.M.

SATURDAY, FEB. 18 VS. MONMOUTH, 7 P.M., HONORING THE 1962 CHAMPIONSHIP TEAM

HOME WOMEN'S

BASKETBALL GAMES:

SATURDAY, FEB. 4 VS. ST. FRANCIS (PA), 7 P.M., WINTER HOMECOMING AND HALL OF FAME DAY – HONORING THE FOUR NEWEST MEMBERS OF THE MOUNT'S ATHLETIC HALL OF FAME!

MONDAY, FEB. 6 VS. ROBERT MORRIS, 7 P.M.

WEDNESDAY, FEB. 15 VS. WAGNER, 7 P.M.

SATURDAY, FEB. 18 VS. FAIRLEIGH DICKINSON, 3 P.M.

MONDAY, FEB. 20 VS. MONMOUTH, 7 P.M.



Master of Business Administration Information Session

FEBRUARY 15 (Wednesday) 5-6 p.m.

Frederick Campus
5350 Spectrum Drive
Frederick, MD 21703

Earn your MBA at the Mount

Learn about our 8-week accelerated evening courses offered in Emmitsburg, Frederick, and Hagerstown.

Register online to attend the Information Session at www.msmary.edu/mbainfosession.

For further information, contact Deborah Powell, Director of Graduate Business Programs, at 301-447-5326.



Spin Classes at the Mount

Join us for spin classes at the ARCC beginning Feb. 6th. Classes are open to members and non-members.

For more information, visit www.msmary.edu/fitness or call 301-447-3810.



Want to keep up-to-date with Mount happenings? Follow us on Facebook. www.facebook.com/MSMUniversity

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