

Emmitsburg NEWS-JOURNAL

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NEWS

Fire museum to open

After 10 years of planning, the Fire and Rescue Museum will open on April 2. **Page 3**

Emmitsburg community garden

Grow your own fresh vegetables this year in a new community garden. **Page 3**

COMMENTARY

Pure Onsense

Intervention in civil conflicts within sovereign nations is among the most important unanswered questions of our time. **Page 9**

Down Under

A bit of fearful trembling – a twist on the arguments against global warming. **Page 9**

ARTICLES

The Book of Days

Learn the significance and history of "Mother Sunday." **Page 11**

In the Country

The Rocky Ridge 4-H. Never before have so many kids done so much for so many. **Page 13**

The Master Gardener

Become a better gardener with this spring's Master Gardener's learning opportunities. **Page 16**

Pets Large & Small

Looking for a lover? Alan is a handsome, 2-year-old brown tabby... **Page 18**

Little League Baseball & Softball

A look at the sponsors who keep the league alive. **Page 20**

History

The history of Harney. A century ago Harney was a thriving town. **Page 24**

Cold War Warriors

A look back to 1958, the dawn of the Guided Missile Era. **Page 26**

Mount Creative Writers

Did you forget it was April Fool's Day? **Page 36**

Mount Sports

Baseball is an American passion **Page 37**

Arts

Looking for a great scene? You don't need to drive far for some of the very best. **Page 38**

JOURNALS

The Retired Ecologist

A look at the human need to name all things. **Page 12**

The Graduate

Every woman hopes to find her prince charming. I found mine. **Page 35**

Run for the Sun Raise money for a good cause

For the past six months, members of different Emmitsburg churches have been raising funds to return to Kenya on an ecumenical mission that started in 2009. The latest fundraiser is a 5K run/walk called the "Run for the Sun." The run will be held on April 16 at 8 a.m. at the Knott Athletic Complex at Mount St. Mary's University.

"I'd be happy if we got 60 people to participate. I'd be more happy if we got 100 and anything over 100, I'd be thrilled," said Pastor Jon Greenstone of Elias Lutheran Church.

The Run for the Sun will also include a 1-mile fun run for kids. All participants will receive a t-shirt to show that they competed. The shirt features the run's logo, which was created by children at the Pathfinder Academy in Kenya.

Participants can compete in either men's or women's divisions in the following age brackets: 8-12 years old, 13-17 years old, 18-40 years old, 41-59 years old, and over 60 years old.

The run will be on open roads that

won't necessarily be closed and traffic will not be stopped for the runners. Runners are expected to obey any traffic signals. The race will happen rain or shine, except in the case of severe weather.

All proceeds of the Run for the Sun will benefit the Pathfinder Academy and Common Ground Project in Kitale, Kenya. An eight-member team from Emmitsburg visited there in 2009. They conducted Bible school for children, held medical clinics, installed a solar-powered well pump system and gave the children solar flashlights and mosquito netting.

The mission this summer seeks to build on the work of the 2009 mission. The 12-member team will leave on July 10 and return July 26. The goal is to install a solar-power lighting system for the Pathfinder Academy, do teacher-to-teacher skill development, teach how to disinfect water, hold medical and dental clinics and conduct Bible school for the children.

The solar lighting system will



Mount Junior Mike Rath, one of many participants from the Mount and surrounding community for the The Run for the Sun 5K at the Mount, gets a lesson in how to start a race from Mount track and field stars (and News-Journal columnists) Megan Kinsella and Kathryn Franke.

provide the Pathfinder Academy with six hours of light each day from 2 kw of solar panels and many batteries.

Greenstone said he is expecting that approximately 30 suitcases full of medical and dental supplies will also accompany the team.

While team members are raising their own travel expenses, the Emmitsburg Council of Churches is seeking to raise funds for the medicines (\$4,000), solar-power lighting system (\$18,000), Bible school (\$1,500) and other items

that the missionary team is taking to Kenya.

"Our total goal is to raise \$30,000, which will be used to accomplish the goals of the mission," Greenstone said.

The churches have raised more than \$21,000 in donations or pledges so far, including a huge contribution from Trinity United Methodist Church.

For more information, e-mail Pastor Jon Greenstone at jsgreenstone@verizon.net

Nine graduate from EMT class

It's not often that high school students in this area can save the life of their principal, but that's what nine students at Fairfield Area High School got to do as they saved Principal Wayne Sherrard's life... over and over again.

"I was a practice dummy for the students to practice some of the things they learned in the EMT class," Sherrard said.

When the Fairfield Fire and EMS Service found itself needing volunteers, it decided to train its own. The Fairfield Area High School, Fairfield Fire and EMS Service, and Harrisburg Area Community College worked together this school year to offer an EMT training class to juniors and seniors at the school.

"We were glad that the school district could help out with this," said Superintendent William Chain. "We feel very good about being able to offer the program because there's a real need for it in the community."

The course began in September at the school. However, HACC provided the instructors and the ambulance company paid the \$500 fee for each of the nine students who took the class. What followed was 140 hours of classroom and hands-on training programs in Maryland and final testing in Lancaster where only students scoring

perfect grades on the day of testing were certified.

By the end of January, eight of the nine students had become certified EMTs and the ninth student was preparing to retake his tests.

"These kids are now working as EMTs," Chain said. "Some are doing volunteer work and some even have paid positions." They are also full members of the Fairfield Ambulance Company with skills that will make them valuable members of any community where they live.

Chain said that it was a tough course that challenged the students, but with the aid of local EMTs, the students succeeded. He said that the ambulance company volunteers welcomed the students into the station and helped them train and study for their testing.

"It was a good example of how the community can get behind the kids and help them succeed," Chain said. "I wish every kid could have the kind of support those students got from the volunteers."

The idea for the class came from the Neal Abrams with the Fairfield Ambulance Company when he was the company captain. He had heard about high school training programs in Maryland and became a big proponent of one for Fairfield.



"Neal really campaigned for this and made it happen," Chain said.

Once Abrams sold Chain on the idea, the two of them began to put together the pieces to make the program a reality. The students not only trained during their school class, but they went to the fire company once a week in the evenings to get additional help.

Though the program is a success, its future is uncertain. Chain said there is talk that Adams County Emergency Management may begin offering an EMT course county wide. Sherrard said that there also needs to be enough students to support having the class.

"It was a fun class, though, and the students are impressive," he said. "I do hope it runs again."

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NEWS

Around the Borough

With Gettysburg Bike Week planning on moving closer to Carroll Valley, the Carroll Valley Board of Commissioners have decided to consider passing an event ordinance in the hopes of heading off any problem that having thousands of motorcyclists staying in nearby Granite Hill Camping Resort.

"Everybody is looking at this (event ordinances) because Bike Week is moving closer to the borough," said Borough Manager Dave Hazlett. Carroll Valley is one of a number of townships in southwestern Adams County considering adoption of an event ordinance.

The council, Mayor Ron Harris, Police Chief Richard Hileman and Borough Manager Dave Hazlett began talking about the types of things that needed to be covered in an events ordinance. At its simplest, the event ordinance might simply require that the borough be notified of special events that will be occurring so that any

borough services that might be involved, such as police and emergency services, could be prepared. However, more could easily be needed for a large event like Bike Week.

"What are the standards for an event?" Councilman Frank Buhrman asked. He said that the ordinance should focus on when the borough should be notified of an event and how large an event should trigger that notification.

Hileman explained that if the event is commercial, then the organizers should be expected to pay for the additional services the event requires. It shouldn't need to be paid for by the taxpayers.

Bike Week is scheduled to be held July 7 to 10.

Borough considering Farmer's Market

The Carroll Valley Parks and Recreation Committee is collecting information with the goal of putting together a farmers' market to start this

summer. Currently, the most likely location for the market is in the Ranch Trail Park area. The market is expected to run weekly and culminate with a fall festival to end the season. The plans should be finalized soon.

Borough seeks volunteers

Carroll Valley Borough is seeking volunteers to fill opening in the various borough committees. The current openings are:

- Parks and Recreation Committee (3 vacancies)
- Planning Commission (1 vacancy)
- Sewer and Water Authority (1 vacancy)
- Finance Committee (1 vacancy)
- Zoning Hearing Board (1 vacancy)

Anyone interested in helping their community should contact the Carroll Valley town office at (717) 642-8269.

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Fairfield Notes

The new wastewater treatment plant that Fairfield Borough was ordered to build has been sent out for bids. The submitted bids will open on April 4 with groundbreaking on the project expected to be sometime in May.

Related to this, water and sewer rates will be going up 10 percent. The increase in the sewer rate is needed in order for the borough government to

be able to pay off the loan. Two-thirds of the multi-million-dollar project is funded by the federal government, but that still leaves a substantial portion that the borough needs to pay for. The water lines need to be replaced because they are old and developing too many leaks.

Fairfield Borough Council President Pat Smith noted that it has been four years since the rates were last

raised. "We held off because we were in a positive cash flow and had no major projects planned," she said.

Borough considering event ordinance

With Gettysburg Bike Week planning on moving from Gettysburg to Granite Hill Camping Resort just outside of Fairfield, the Fairfield Borough Council is considering passing an event ordinance in the hopes of heading off any problems that

may arise from having thousands of motorcyclists staying nearby.

The council members are looking at the ordinances passed by other townships in the area in order to pick and choose the elements they like.

The council has been told that the borough will not have to deal with a motorcycle parade through the borough. The event organizers have told them that they plan to have the parade in Gettysburg.

Bike Week is scheduled to be held July 7 to 10.

Temporary parking restrictions in April

Parking will be restricted in Fairfield Borough during the Civil War 150th Anniversary activities on April 22 and 23. On Friday, April 22, no parking will be allowed along either side of Main Street from Fifth Street to Spring Street. On Saturday, April 23, no parking will be allowed on Main Street from North Miller Street to Spring Street.

Around the Town

Emmitsburg now has a year-round water restriction. Residents are not allowed to use water from the town's system to water lawns, shrubs, flowers and gardens from 9 a.m. to 6 p.m.

Town Manager Dave Haller said, "It requires you to water outdoors when it's most effective and there's the least evaporation."

The restriction was approved during the March 7 meeting. The hope is that it will reduce or end the need to apply similar seasonal restrictions that are passed when the water supply begins shrinking.

Violations of the new ordinance will be considered a misdemeanor and carry a fine of up to \$250 per incident. Haller explained that the fine amount needed to be high enough to encourage residents to abide by the law because apparently few people obeyed the voluntary, temporary bans that that town council has passed during the summer months.

The ordinance passed 3-1 with Board President Chris Staiger voting against it. "There's too much regulation," he said. "People pay for the water they use."

Emmitsburg to apply for grant to help pay for senior housing

The Emmitsburg Town Council approved a request from Homes for America to apply for \$500,000 Maryland Community Development Block Grant. If received, the funds would go to offset some of the costs of converting a portion of the St. Joseph's Provincial House into affordable senior housing.

Nancy Rase, president of Homes for America, said this could be considered the town's contribution to the project that was promised when the project was approved last year. "So the town contribution is really just the use of municipal power," added Mayor James Hoover.

Rase said that Homes for America would even prepare the grant application and any other paperwork so town resources would not be devoted to the project.

The Provincial House, which is owned by the Daughters of Charity, currently contains apartments for the Daughters of Charity, the National Shrine of St. Elizabeth Ann Seton, Daughters of Charity offices and archives, St. Vincent Care Center, St. Catherine Nursing Center and the

Villa St. Michael Independent and Assisted Living Center. However, there is still a great deal of underutilized space in the building.

Homes for America plans on developing some of that unused space into 50 senior housing units.

New receptionist approved

Despite some hesitation from some of the Emmitsburg commissioners, the board approved hiring a new full-time receptionist to work in the town office.

The decision was delayed from the March 7 meeting where it would have been a tie vote and approved during the March 21 meeting.

The position is funded in the current budget and will pay \$11.47 per hour plus benefits. Since the last receptionist resigned, the town has been paying a temporary worker more than \$18 an hour to do the work.

Town takes steps to become more walker friendly

The Emmitsburg Mayor and Board of Commissioners are working to make getting to Emmitsburg businesses on foot much easier. Mayor James Hoover said that work should begin soon on creating a full-functioning crosswalk with Walk/Don't Walk lights at the East Main Street and Silo Hill Road intersection. Additionally, plans are

being created to construct a sidewalk from the entrance of Brookfield on North Seton Avenue and connect it to the existing town sidewalk on the road. This will allow residents of the subdivision to walk downtown without having to walk along the shoulder of North Seton Avenue.

Hoover on charter writing committee

Emmitsburg Mayor James Hoover will be helping Frederick County government draft a charter that could lead to the reorganization of how county government runs.

Hoover was appointed a member of the Frederick County Charter Writing Committee on March 10.

"I'm excited about being selected to serve on this committee," Hoover wrote on his web site. "It's not going to be an easy task to come up with a new charter proposal; the committee will require a substantial commitment from all members."

The county's most-recent attempt at creating a form of government that is headed by a county executive was in 1991. The committee held its first meeting on March 30.

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Tim Biggins announces candidacy for Magisterial District Judge

On March 26, Tim Biggins of Menallen Township announced his candidacy for Magisterial District Judge in District 51-3-04. Biggins, a 41-year-old lifelong resident of Adams County, has served as a police officer with Cumberland Township Police Department for the past 16 years.

Throughout his career, Biggins has investigated all types of criminal cases with specialized training in child abuse investigation, domestic violence, narcotic investigation, and Driving Under the Influence (DUI). A certified K-9 handler, Biggins currently works side-by-side with his K-9 partner, Max.

Since 2005, Biggins has served as the coordinator for the Adams County DUI Task Force, for which he oversees all aspects of the county's DUI grant from PennDOT. He has also been a narcotics investigator with the Adams County Drug Task Force since 1997.

As District Judge, Biggins said

he will work with both the state and local police departments to improve and better coordinate service to the public and cut costs to save taxpayer dollars.

Outside of his police work, Biggins has served as a Franklin Township Supervisor. In that capacity, he worked with two other supervisors managing six full-time employees and managing nearly a million dollar budget. He is also a life member of the Cashtown Fire Department.

Biggins is a member of the following community organizations: Saint Francis Xavier Church, Sons of the American Legion Post 202, Adams County Fish and Game Association, Tri County Lodge #76 of the FOP and the Adams County Hand Gunners Association.

Tim's wife, Christine, is a teacher with the Gettysburg Area School District. The couple lives with their two sons outside of Arndtsville.

News Briefs

Solar farm at the Mount goes before Board of Appeals

The proposed \$60-million solar farm went before the Frederick County Board of Appeals recently. The board decided to take no action until it receives proof of interest in the project from Constellation Energy and findings from the Frederick County Historic Preservation Commission.

Board of appeals approval is needed because a portion of the property is zoned institutional and an exception is needed to operate a nongovernmental utility on it.

The project would construct a 15.9-megawatt thin-film solar power plant on 100 acres of Mount Saint Mary's University. If approved, the project is expected to employ an average 75 workers throughout the construction.

The plant is expected to produce 21 million kilowatt hours of electricity each year and the State of Maryland has signed a 20-year agreement to purchase energy from the plant. Construction is projected to start in June and be finished in 2012.

Ed Hatter who has a farm adjacent to the proposed site raised concerns about the visual impact of

the solar farm and glare from the solar panels with the board.

The board of appeals is expected to take up the issue again this month.

Catoctin Mountain Park Announces 2011 Youth Conservation Corps

The National Park Service is now accepting applications for the 2011 Youth Conservation Corps (YCC) program at Catoctin Mountain Park. It is an opportunity for high school students to spend their summer doing meaningful work in a National Park site. The YCC program begins on June 20 and ends on August 12. The workday will begin at 8 a.m. and end at 4:30 p.m.

The program is open to young men and women 15 through 18 years of age. All applicants who meet the eligibility requirements listed on the application will be considered. The position requires daily outdoor labor, working in heat, and using a variety of hand tools. The 2011 work projects include monitoring of fish populations, gypsy moth monitoring, exotic plant control and removal, trail maintenance and construction, and painting projects. Enrollees will be selected through a

random drawing. Previous enrollees may only be considered in the event that an insufficient number of new applications are received. The rate of pay will be \$7.25 per hour.

Applications may be obtained from local high school guidance counselors or by contacting Becky Loncosky at Catoctin Mountain Park, 6602 Foxville Road, Thurmont, MD 21788. Completed application forms must be mailed by April 15. If you have any questions concerning this program, please contact Loncosky at 301-416-0536.

Mother Seton School announces science fair winners

Mother Seton School held its annual science fair on March 23 allowing students in grades 3 to 8 to explore scientific questions in their areas of interest, such as extracting DNA from fruit, diamagnetic materials and temperature and temperature's affect on the strength of glue.

The winners were:

Grade 3: Michaela Mulqueen (1st), Ana Hand (2nd) and Lea Roberts (3rd).

Grade 4: Hannah Hartness (1st), Adrianna Bussey (2nd) and Samantha Mariano (3rd).

Grade 5: Maya Hand (1st tied), Stephen Hochsild (1st tied), Elijah Archie (3rd) and Jude O'Donnell (honorable mention).

Grade 6: Alexander Dumm (1st), Brandon Benitez (2nd), Sean Vietri (3rd) and Kathryn Thomas (honorable mention).

Grade 7: Nicholas Durski (1st), Leo Koterski (2nd), Makayla Beehm (3rd), Justin Shanholzer (honorable mention) and Payne Harrison (honorable mention).

Participation is required for students in grades 5, 6 and 7. It is optional for grades 3, 4 and 8.

Volunteers needed to help with His Place Car Show

The 2nd Annual His Place Car

Show will be held at Mother Seton School and Bill Kuhn could use some help. Proceeds from the event help support Mother Seton School and the Emmitsburg Osteopathic Primary Care Center so Kuhn relies on volunteers to keep costs at a minimum in order to generate more money for the school and primary care center.

Kuhn could use help directing traffic in the parking area and helping set up and take down items used for the car show. You can expect to be there from around 8 a.m. to 2 p.m. and you'll get a free lunch and drink.

If interested in helping out two community businesses, call Kuhn at 301-447-2800.

Mount has record-breaking number of applications for new freshman class

The Mount St. Mary's Office of Admissions recently reported that the number of applications for Fall 2011 has broken a Mount record.

"The Mount has more applications now than it did during all of last year and will exceed 5,000 applications by the end of the recruitment year. It's an all-time high," said Dean of Admissions Michael Post.

The increased interest is coming from eastern Pennsylvania and states outside of the Mid-Atlantic region.

Lions Club Chicken Barbeque and Yard Sale on May 14

Delicious chicken barbecue, cooked the way only the Emmitsburg Lions Club can do it! Plus, you can buy or sell other items at a yard sale from 8 a.m. to 5 p.m. the same day.

The chicken barbecue and yard sale will be held Saturday, May 14. If you reserve a table space, you can begin selling at 8 a.m. and go until 5 p.m. Chicken dinners begin selling at 11 a.m. and won't stop until they're all sold! Each dinner comes complete with half a chicken, fresh roll, applesauce and potato salad.

The barbecue and yard sale will be held on South Seton Avenue, near Route 15, across from Getty's Gas Station. Proceeds help support the many community projects the Emmitsburg Lions Club conducts throughout the year.

If you want to sell items at the yard sale, the cost is \$5. Call Zurgable Hardware at 301-447-2020 to reserve a table.

Thurmont's 3rd Annual Heritage Days runs April 16-17

The Thurmont Heritage Days Group will hold their 3rd Annual festival on April 16-17th, 2011 on Eylers Road in Thurmont. There is no admission and parking is free.

St. John's Lutheran Church in Creagerstown will be selling soup, sandwiches, dessert, and drinks. Antietam Dairy will provide ice cream.

Children can enjoy inflatable and swinging rides, including everyone's favorite, the mechanical bull ride for the cowgirls and cowboys.

D & D Pony Rides will have a petting zoo and pony rides. The famous barrel train, featured in many parades in the tri-state area, will be on hand to give kids rides. The covered wagon will take passengers on the annual tractor ride through the country on Saturday morning at 9:30 a.m. Passengers will be on a first come first serve basis for \$1.

You can also enjoy a tractor competition; blacksmiths, woodcarvers and shingle makers demonstrations; tractor parade; live music and a craft sale.

A new Heritage Days King and Queen will be chosen on Saturday night. Contestants must be 21 years old and dressed in period costumes. King and Queen candidates must also be from the Catoctin area district.

For information about Thurmont Heritage Days, call any member at 301-271-2023; 301-271-2917; 301-271-7729 or 301-241-3610.

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NEWS

New book looks at Fairfield in the Civil War

As the country prepares to remember the 150th anniversary of the Civil War, a new book details Fairfield, Pennsylvania's role in the war. The Fairfield Sesquicentennial Committee commissioned an 84 page book, *Fairfield in the Civil War*. The book is a fundraiser to support the sesquicentennial activities taking place in the borough in April.

To begin the books, Sarah Sites Thomas presents a brief account of Fairfield's founding through the years leading up to the Civil War including the names of the residents that lived there in August, 1860. A

project that was originally begun by Sarah's great grandfather, Dr. Henry Stewart of Gettysburg, to list the soldiers from Adams County who served during the Civil War, has been carried forward by years of research by David Eisenhart, Licensed Battlefield Guide. *Fairfield in the Civil War* lists the names of 154 Civil War soldiers from Fairfield, Hamiltonban and Liberty Townships.

Historian Tim Smith recounts Confederate General J.E.B. Stuart's Pennsylvania raid of 1862 that resulted in the capture of hundreds

of horses, Fairfield's postmaster and eight other Fairfield civilians including the town's Justice of the Peace. Smith also locates the clashes between Union and Confederate forces before and after the Battle of Fairfield in the summer of 1863.

Gary Kross, Licensed Battlefield Guide, and local historian Dean Thomas have collaborated to recount other stories of the role of Fairfield in the Civil War, including: The Battle of Fairfield and its aftermath; Medal of Honor recipient, George Platt; Corporal D. Schuh, the first Union Infantryman

killed on the pursuit of General Robert E. Lee's army Gettysburg, July 5, 1863 and Major Samuel Starr, Commanding the 6th U.S. Cavalry at the Battle of Fairfield, July 3, 1863.

The book concludes with photographs of the buildings on Main Street that were standing from 1861 1865.

For information on the 150th Celebration in Fairfield and surrounding areas, contact the Gettysburg Convention and Visitors Bureau at 717 334 6247 or www.gettysburg.travel.

Fairfield in the Civil War is \$8 and can be purchased online at www.thomaspublications.com or at the following locations: Alexander's Plumbing and Pumps, Back the Alley Florist, Carroll Valley Borough Office, Fairfield Borough Office, The Fairfield Inn 1757, Fairfield Mini Mart, Gettysburg Dance Center, Hamiltonban Township Office, McKesson House Polish Pottery, Metz's Hardware, Sanders Square, Sunny Ray's Grocery, Thomas Publications, Tom's Shipley Stores, Ventura's Restaurant and The Village Book and Table.

Emmitsburg approves community garden

Emmitsburg residents should be able to grow their own fresh vegetables this year in a new community garden. Located in the northeast section of Community Park, the garden will have 12 plots, measuring 10 feet by 5 feet, that residents can use.

The Emmitsburg Town Council had fast-tracked the request for

a community garden in order to allow residents to be able to use it this year. The idea was presented and discussed on March 7 as a recommendation for the Citizens Advisory Committee and approved unanimously on March 21.

The location was one of two considered for the garden. The Community Park location was

chosen because of its closeness to the town and available parking.

Residents can reserve their plot with a \$20 security deposit that is refundable at the end of the growing season. The person who uses each lot will be responsible for weeding and maintaining it during the season and cleaning it up at the end of the season. Water for the gardens will

be available from rain barrels set up near the pool buildings.

"It's great for family involvement," said former Commissioner Denise Etris during the March 7 town meeting. "It's sort of a green activity, and it promotes people from different areas of town getting together." She added that it is something

that residents have been asking about for years.

Commissioner Patrick Joy said he had been in contact with other towns in the area—Walkersville, Frederick, and Westminster—that have community gardens and they all have found them beneficial. In addition, there is very little problem with liability issues and vandalism.

County fire museum opens April 2

After 10 years of planning, the Frederick County Fire and Rescue Museum will open on April 2 as part of Frederick County Bell and History Day.

"The displays are up and the

equipment is inside," said Clarence "Chip" Jewell, fire historian and director of Frederick County's Emergency Communications Center. "It's not all there yet. I expect things will be fluid over the summer

as we finish things up."

The opening ceremony for the museum takes place on Saturday, April 2 at 10 a.m. The museum will be open for visitors until 2 p.m. Thereafter, the museum will be open every Saturday from 10 a.m. to 2 p.m. Guests and representatives from the county fire and rescue companies, National Fire Academy and Emmitsburg town government will be on hand for the ceremony.

The museum is in the former Emmitsburg Community Ambulance Service building on South Seton Avenue. The front portion of the building is occupied by pieces of firefighting equipment, including an 1835 Rumsey hand pumper used to fight the courthouse fire in Frederick in 1861. The former social hall area has firefighting artifacts, more displays of artifacts, and a timeline of the history of the

fire service in the county.

"We will have something from every company in the county," Jewell said.

A portion of the social hall will also be used in the future to house the National Fire Heritage Center, which will have an archive of America's fire service in the same way the Army Heritage Center in Carlisle, PA, maintains materials relating to the army. Some major fire service organizational and private collections have already committed to donating their memorabilia to the proposed center.

"Ultimately, we hope to do a lot more work with the building," Jewell said.

Plans to remodel the front of the building to look like an old-time fire house and a mural on the side are still in the plans, but it won't happen until sometime in the future.



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One hundred years ago this month

April 7

Story of the Mountain

The first volume of the story the mountain, the complete history of Mount St. Mary's College, has just been issued by the weekly Chronicle press. The book is a large size, 555 pages, and is printed on fine quality antique paper with generous margins. Great care has been taken in the use of different sizes of type to designate the relative importance of the printed matter. It is profusely illustrated by fine halftone engravings of prominent men connected with the history of the college, old college buildings, views of the surrounding country, etc. – all of which are printed on special coated paper. The binding is one of the best quality buckram cloths of an attractive color and stamped in gold. Orders for copies of edition will be filled at the Chronicle office. Price is \$2.50 per volume.

Ready for Commencement

With the close of this week, the senior class of Emmitsburg high school will only have five short weeks to serve as students. Then comes the dreaded examination week after which they are granted a two-week vacation to prepare for commencement. Because this is the largest graduating class and also because of the extended improvements that will be made to the school, these young people have worked very courageously to make this coming commencement week a banner one in the history of the institution.

Toms Creek Spelling Bee

A spelling bee will be held at Toms Creek schoolhouse, by teacher Ms. Madeline Frailey, on Thursday, April 13. All are invited to attend.

April 14

Free Trip around the World

On the evening of April 18, Rev. Mr. Stonebraker, under the auspices of the Emmitsburg high school, will give a free, illustrated lecture on a trip around the world. This trip will include a visit to Omeramergau and the Passion Play. The expenses incident to the lecture will be met by Silver offerings. Rev. Stonebraker's lecture is one of great interest and a large audience will undoubtedly avail themselves to the splendid opportunity. The lecture will be given in the high school building.

Fireman's Field

At a Vigilant Hose Company meeting last week, a motion was passed providing for public statement of the company's finances as far pertaining to the purchase of the field, now known as Firemen's Filed. The field was purchased for

\$1,018, of which \$583 had already been paid, leaving a balance a \$435. This means that the firemen have contributed a sum of \$583 to the purchase of the semi-public property. A supper and bazaar will be held on April 21 and 22 to give the public an opportunity to contribute to a completion fund for the property payments.

There can be no wiser provision for town than the maintenance of such a park. The firemen realize this and being a long and strongly established organization, they took it upon themselves to acquire land for the purpose. The Vigilant Hose Company is self-maintaining and provides voluntary services in case of a fire. In all cases so far, the company has been of inestimable value to the town.

April 21

Nomination of Corporation

At a meeting of the voting citizens of Emmitsburg held on Tuesday evening in fireman hall, the following nominations were made for the election to be held on May 1: For Burgess - Samuel Rowe, G. Gillelan and Dr. Zimmerman. For the Commissioner's seat of Mr. Shuff - E. Frizell, Oscar Frailey and Harry Harner. Mr. Shuff refused to allow himself to be nominated to serve again and he was excused.

The registration list of eligible voters shows that 13 names have been taken off and one added, making the total number of eligible voters 157. The meeting on Tuesday night was unique in that it was called by the board of commissioners with the idea of giving the citizens an opportunity to nominate candidates of their own selection without regard to parties, cliques, organizations or any affiliation. The president of the board outlined the idea in a few remarks he made at the meeting. It was his suggestion that no less than three or more than five names be nominated. Mr. Sebold was in the chair.

Emmitsburg Pike is Now State Property

On Saturday the pike was thrown open for free travel. About 2:30 the first gate, just south of town was ordered down and by 4:00 the whole line was open. Travelers were greeted by neat little signboards, "Free Road," and were saved from reaching into their jeans for toll money.

This action, of course, means that the pike is now state property. For about 66 years, the former owners, the Emmitsburg and Frederick Turnpike Co., have maintained this thoroughfare, and for the last 18 years, the road has been under the management of Mr. Hammacher, its efficient su-



The covered bridge over Toms Creek, once a toll road leading into Emmitsburg (now South Seton Ave). For those unwilling or unable to pay the toll, access to and from Emmitsburg was through rutted side roads and stream fords, at times unpassable because of weather.

perintendent. In that time, notwithstanding the fact that the road crosses many streams which are often torrents, and runs part of the way along the foothills of the mountains, no accidents of any consequence have happened, and not a single award of damages has been made. The state is to pay \$1000 per mile for the property, a total of \$21,500 and the old company will cease to exist.

Large Car Passes Through Town

A large furniture van of the Kaufman Storage and Packing Company, Baltimore, passed through Emmitsburg for Monterey yesterday afternoon. The conveyance was as large as a boxcar and had a capacity of three tons. It was propelled by 120-horse power gasoline engine, and was chain driven.

Easter Celebrations

As usual all the Emmitsburg churches made elaborate prepara-

tions for the celebration of the festival of Easter. This did not stop at mere decorations, but included other features of the service. Floral decorations this year were probably better than heretofore. Potted plants and cut flowers gave a truly festive appearance to the churches and this, with the specially prepared music, made the services dating for the day.

April 28

Protest Against Liquor License for Hotel Slagle

Through the Anti-Saloon League a protest was filed against issuing a license to Mr. Lawrence Mondorff for a hotel here in Emmitsburg, the Hotel Slagle. The objections are being met by Mr. Mondorff and the hearing will be held today.

Items of interest

Mr. Joseph Elder has sold his

restaurant business to Mr. William Agnew. Mr. Elder expectedly left Emmitsburg for Hagerstown. The improvements to the Matthews' store are about complete and the new firm now has one of the best stands in town. Herbert Ashbaugh is making extensive improvements to his business establishment on Gettysburg Street. This week workmen are engaged in raising the roof of his shop and adding another story.

The record of accidents was largely increased this week. Dwin Adelsberger sprained his arm falling from his bicycle. Charles Orendorff broke his arm during the Firemen's festival. Lester Topper sprained his ankle while playing ball at Gettysburg with a local high school team. He is now able to be about.

The firemen's festival given by the ladies of this town was a great success. The net proceeds were over \$200.

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GOVERNMENT—SOUTH OF THE MASON-DIXON LINE

From the Desk of County Commissioner Billy Shreve

Tsunami's in Japan and the nuclear meltdown, Riots and the toppling of Dictators in the Middle East and North Africa, Financial Meltdown in America... This is the world we live in. Our World will constantly change, evolve, and regress. One of my favorite quotes is "Revolution is OK as long as you are on the Right side." These are the cards we are dealt. We can either fold and walk away or take the lemons and make Lemon Aide. Every day when we wake up we make the choice... Pull the covers over our head and hide or embrace the realities and challenges that lie ahead. We have a choice. We are responsible for our own destiny.

This World needs leadership more than ever right now and it needs people to stand up and fight for what is right. It needs Leaders to make tough decisions. I can tell you that this Board of Frederick County Commissioners (BoCC) is 100% committed to making the tough decisions. We are committed to reinventing the Government of Frederick County and showing compassion for the tax payer. As Commissioner Kirby De-

lauter says... "Government has never had a revenue problem, they have had a spending Problem". This Board will control spending and will not raise taxes. We will work to reduce taxes and burdensome fees on our citizens.

Every day costs money. This BoCC starting cutting ASAP which means the savings fell to the bottom line ASAP. We have cut / reduced and eliminated 175 positions in this proposed budget cycle! That is 7% of the county workforce. These positions were budgeted through June 1st - that saving fell to the bottom line. Of the 175 positions, 106 real people are out of a job - that also saved in OPEB (Other Post Employment Benefits - Healthcare, Pensions, etc).

The BoCC relinquished Head Start back to the Federal Government, an immediate savings of over \$2 Million Dollars for the 2012 proposed budget. We were the only county in the state running this program. These are tough, but necessary fiscally responsible decisions that this BoCC is making. No stone is left unturned as we re-focus our Government on essential services: Education,

Roads, Water, Solid Waste, and Public Safety. We believe Less Government, Lower Taxes, and Job Creation is the path to Economic Recovery and Prosperity.

This following is a synopsis of our commitment to taking on the challenge of balancing the budget... with full cooperation from the Board of Education... and not taking 6 months to do it. We are moving at an aggressive pace because we have compassion - compassion for the taxpayer.

When the Frederick Board of County Commissioners presented a balanced budget on March 8, the board also dealt a deep blow to the county's structural deficit problem that has been growing since FY 2002. The structural deficit occurs when the county spends more money on programs and services than it receives in revenues and must balance recurring expenditures with one-time fund balances.

When the board took office on December 1, 2010, it not only faced an \$11.8 million deficit, but also a \$31 million structural deficit. The pro-

posed budget removes the budget deficit in FY 2012 and reduces the structural deficit to \$19 million.

Complicating the structural deficit further, Frederick County is generating less revenue from property taxes from one year to the next due to lowered property assessments.

The Frederick County Budget Office believes that this is the first time in recent memory that the constant yield tax rate -- the real property tax rate for the coming year that will generate the same amount of revenue that was generated during the current tax year -- would suggest that bringing in the same property tax revenue in FY 2012 would require an increase in the tax rate due to declining assessments.

Board President Blaine Young commented, "While a major accomplishment of this board is that we presented a balanced budget with no tax increases, we still have work to do to reduce the structural deficit. What I continue to shout from Winchester Hall is that we cannot continue to spend more money than we receive in revenue unless our citizens want to

pay more in taxes and fees, something we are adamantly opposed to."

The board gave President Young authority to work with a budget review committee to make proposals to reduce the deficit, which were later approved by the board. Other than income tax revenue increases, most of the savings resulted from reorganizations or position eliminations, which are personnel decisions not meant for public sessions.

A copy of the Recommended Budget for FY 2012, estimated at \$448 million, may be found at www.FrederickCountyMD.gov/budgetpublications.

The public is invited to comment on the County's budget at a hearing on April 5, at 6:00 p.m. at Catoctin High School, 14745 Sabillasville Road, Thurmont, Md. The hearing will be televised on FCG TV, cable channel 19, and webcast on www.FrederickCountyMD.gov/video.

For additional information, contact Budget Officer Michael Gastley at 301-600-1122 or via e-mail at mgastley@FrederickCountyMD.gov.

From the Desk of Town Council President Chris Staiger

The month of March saw a full schedule at both meetings, although, admittedly, some items were carried from one meeting to the next.

An outdoor 'watering' ban from 9am through 6pm, year round, was approved on March 7. Historically, the Board has enacted seasonal bans on ALL outdoor water use from municipal sources as water resources declined later in the summer. I believe the new ordinance is seen as a better way to be pro-active in managing those resources. In deciding to

vote against the proposal, I was concerned about establishing more punitive regulation that no one could prove would lead to any benefit.

While there is an assumption that the seasonal bans resulted in some impact, none has ever been proven and levels always continued to decline. Also, no one has ever outlined just when our ability to supply water would be threatened. We don't need more unenforceable "feel good" regulation. In the end, people pay for the water they choose to use. If you de-

cide to water your lawn, you actually pay for sewer access you never use. A surcharge on usage above a certain threshold would be a more effective (and enforceable) method to drive conservation. But I don't see anybody voting for that one...

A proposal from the Citizens Advisory Committee to establish a Community Garden was approved and a location selected south of the tennis courts in Community Park. A similar proposal was made by at least two town residents a few years ago but never gained any traction at the Board or staff levels. I think our commitment to supporting grass roots proposals developed through the Committee helped this time around. There was not 100% satisfaction on the location, but a decision was made to proceed on the site and re-evaluate at the end of the season. If you are interested in participating, please contact the Town Office for details.

The Board agreed to a proposal from Homes for America requesting the town to submit a Community Development Block Grant application seeking funds for their project to establish low income Senior Housing at the Provincial House. This application would constitute the municipality's 'contribution' to

the project - instead of fee reductions or property tax credits. This is a good deal for the town and the developer since it maintains standard growth related requirements but potentially provides a high dollar funding prospect. As I said at the meeting, "An eighty percent chance for a \$500,000 grant is probably a better bet than the \$10,000 in 'contributions' the town might make directly..."

The Board also heard a request from another potential developer to modify the Conservation/ Recreation zone definition. The change would better reflect the Board's original intent: the designation was meant as a 'holding zone' for undeveloped, private properties where infrastructure resources are not available in the short or medium term. The Board requested that staff propose language more directly addressing the town's willingness to re-assess the zoning should those resources become available.

Commissioner O'Donnell was authorized to conduct a 'Pedestrian Audit' of the town in order to identify areas for future improvement related to walking and biking access throughout town. A well done audit may allow for grant financing of potential projects. He will work with town and county staff to pull an effective audit together.

After some division of opinion, the Board approved continued funding for the recently vacated full time Receptionist position. We need a town employee in that position handling day to day administrative duties, scheduling, and answering the phones. This is a better choice than having other employees periodically cover the tasks - distracting them from their regular duties and resulting in a less positive experience for the public. Continued outsourcing of the position through a temp agency was not yielding any savings @ \$18.75/hr and still resulted in disruptions. I recommended that we wait till budget time to discuss structural costs such as staffing levels.

Finally, the Board has been pursuing the installation of a "splash park" (softer surface with water fountain-like equipment) to replace the traditional baby pool that is in constant need of repair or total replacement. Last year, a decision was made to continue full funding of the walking trails in Community Park instead of reducing that scope and reallocating grant funds to the splash park. These types of projects are typically funded with a seventy five percent contribution from state/county Project Open Space grants. Due to state budget cuts, the grant monies are not available this year as anticipated - requiring us to wait for the funding OR fully fund the \$60,000 project ourselves. The Board has agreed to tentatively pursue full town funding - potentially taking the money from the 'rainy day' fund and adding the project to this year's budget. I disagree and feel we should wait until grant funding is available.

Thanks for your time and have a great month - Chris Staiger.

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GOVERNMENT—NORTH OF THE MASON-DIXON LINE

From the Desk of Commissioner Candidate Phiel

There is no doubt that in these economic times government management, at every level, has become a very challenging proposition. As I travel throughout the County, people ask me why I would want to be an Adams County Commissioner with all the stresses and problems that come with the job in these difficult times.

My reply is: "I feel I have the ability to make a difference! I feel I have the proven background, skills, personality, commitment to my community, vision and common sense to make a difference! After thirty years of service in Federal Law Enforcement and reaching mandatory retirement age in 2008, combined with small business and community service experience, it is my desire to continue public service in a significant manner. I can think of no more significant endeavor than serving the community you love – the community where you have been raised, have raised your family, and lived and worked all your life."

My extensive background of public service has prepared me to be an effective county commissioner. I received a BS in Administration of Justice from American University. I received a Master's in Public Administration from Shippensburg University and served as a Graduate Assistant in the Center for Local & State Government. As a U.S. Law Enforcement Ranger, I supervised one of the largest and most recognized Volunteer Crime Watch groups in the country, was the Park Tort Officer related to claims against the government, an Acting Safety Officer, and am a certified incident command Public Infor-

mation Officer. I am currently a Cumberland Township Supervisor, am on the board of the Cumberland Township Municipal Authority and serve on four Gettysburg Main Street Committees helping to plan and prepare for our community's 150TH Anniversary commemoration – including April's Kick-Off events in Fairfield and Gettysburg. I have been a small business owner since 1984 and have been the Operations Principal for the Annual Gettysburg Civil War Reenactment. I manage all reenactment operations including a community staff of 150-400 – depending on the year and size of the event.

I am pleased that I have received the rare endorsements of the Adams County Police Chiefs' Association, the Adams County Fire Chiefs' Committee and the Adams County Volunteer Emergency Services Association. These emergency responders are part of the strong fabric of our community - in every corner of Adams County. To receive any one of these endorsements is a privilege; to receive all three is indeed an honor.

I am often asked: "What do you think is the most significant issue facing Adams County?" It is my opinion that there is one broad-based issue that encompasses most of the other issues, one that will define the legacy we leave behind for our generation and future generations of Adams County residents. That issue is: "How do we balance and maintain the rural quality of life that we embrace, yet reap the benefits of business, development and industry." We

want jobs, economic stimulus and tax relief; but we do not want truck traffic, noise, environmental pollution and water run-off. We need to seriously address this issue while supporting our necessary infrastructure and still keep Adams County an affordable place to live. There are viable options. We must promote and seek economic stimulus options such as agri-tourism, agriculture technology, general technology, retail and light commerce. We should look at enhancing development areas for the retiring baby boomer market. These are folks who build homes, pay taxes, generate service industries, have expendable income and cause limited infrastructure requirements to our schools and community. We need to aggressively pursue these initiatives while still enhancing our existing agricultural and tourism opportunities. That vision of balanced progress needs to begin with the Adams County Commissioners. My campaign theme, "Preserving Our Past – Shaping Our Future," defines what I believe what our legacy should be to future generations.

After what has occurred in the past year, it would be negligent not to discuss the county-wide tax reassessment and the bigger issue of tax reform. There is no doubt the reassessment has been a painful experience, and many residents, especially our seniors and low income citizens are experiencing great difficulty and anguish from the re-assessment and other economic conditions. Should 21st Century have been hired in

hindsight? Debatable. Was the onsite evaluation process in many cases too limited and flawed? Yes. Were the coefficients within the prescribed limits? Also debatable and the court will decide. Could some better adjustments have been made during the process? Yes. Could the communications and information coming out of the courthouse, during all phases of the process been better for everyone's benefit? Yes. So what have we learned - other than the fact that more than \$2.5 million dollars of taxpayer money for assessment and massive appeals is not coming back? We need to make sure that every citizen has common sense, fair, neutral and easily available assistance from our county government to review and appeal their assessment if they feel it is unjust. We need to assure the assessment process is the best that it can be to mitigate this situation in the future for Adams County residents. We need to emphatically assure this piece of Adams County history does not repeat itself.

A matter related to the re-assessment is the tremendously unfair tax burden placed on property owners. This is an unconscionable situation that affects our most vulnerable residents. To lose your home, to not be able to afford the tax on your home, or to have to help pay your parents property tax for them to stay in their home, is not my idea of the American Dream. Our taxes need to be proportionately shifted to a combination of sources.

With a \$50,000,000 county budget, 600 county employees and the

economic challenges that face us, I feel the future Commissioners must take a fiscally conservative and a visionary, global approach to effectively lead Adams County into the future. Commissioners need to focus not only on the day-to-day details of running the county, but also with vision on larger issues like seeking appropriate economic stimulus and effectively lobbying our legislators for funding and support. The commissioners need to analyze county operations, be the leaders in promoting regionalization and sharing of services and reach out to all areas of the county. Commissioners need to proactively be good stewards and ambassadors for our wonderful community. We are fortunate to live in a community that is known and respected throughout the world. I will embrace that privilege and vision to ensure that we are not only responsible to maintain our quality of life in Adams County today; but we are also responsible for tomorrow.

The May 17 primary is very important for the future of Adams County. We need to restore faith in county government and move forward in a positive manner. I hope that readers will take the time to go to the polls on May 17 to express their views and democratic privilege. Readers may go to my website www.JoinRandyForCommissioner.com to join, help and support me in making sure the quality of life in Adams County is preserved and protected for our generation and future generations.

From the Desk of Carroll Valley Mayor Ron Harris

I am sure you are enjoying the warmer weather and have changed your clocks. Well, I too, finally did it. I just hate to lose that hour of sleep. But showing up so early for appointments didn't go well. Actually, Daylight Saving Time has been in use since World War I. It was an effort to conserve fuel needed to produce electric power. Maybe the practice will help our energy expenditure today.

I had the pleasure of being invited to and attended the Blue and Gold Banquet held by Cub Scout Pack 76 of Fairfield, PA at the Carroll Valley Park pavilion. The theme of the banquet was "Building Character for the Next 100 Years," and was highlighted midway through the program when the Pack 76 Cub Scouts competed in a Lego-building contest during which they built structures that illustrated how they would improve the community they live in.

The winning entry by Christopher Shaffer and Jeremy Whitmore showed people doing volunteer service in their community. Kevin Bream, father of Webelos scout Cameron Bream, opened the banquet by reading a Gettysburg Times newspaper article from 1958 that described the first Blue and Gold Banquet ever held by the Fairfield Pack. Special guests in attendance at this year's banquet were Pastor Christopher Fry of St. John Lutheran Church in Fairfield, the charter organization for the pack;

Gene Pecher of the Fairfield Lions Club; and a contingent of Fairfield Boy Scout Troop 76 scouts and assistant scoutmasters. Tiger scouts Aidan Baker-Miller, Alphie Cisar, and Ross Clements earned their Tiger ranks and Bear scouts Christopher Shaffer and Jeremy Whitmore earned their Bear ranks, all of which will be awarded at the March 31 Pack Meeting. The Tiger den leader is Alphie Cisar and the Bear den leader for the Pack is Bill Randall.

The Arrow of Light awards, the highest award in Cub Scouts, were awarded to Webelos II scouts Cameron Bream and David Randall. Cameron and David then bridged to Fairfield Boy Scout Troop 76 and were welcomed into the Troop by assistant scoutmaster Kent Benjamin, senior patrol leader Mateo Benjamin, and Boy Scouts Christopher Bream, Anthony Venzin, Austin Mackey, Bradford Shughart, Evan Hull, Ian Clements, and Kevin Auginbaugh, as well as assistant scoutmasters Matt Hull and Roger Venzin. The Fairfield Cub Scout Pack 76 always welcomes new scouts from grades one through five. For more information, launch their website www.BeAScout.org or call 717-642-8471.

On March 6th I watched Jacob Arbutus receive an Eagle Scout award, the highest honor a Boy Scout can achieve in Scouting, at the Court of Honor ceremony held at St. Mary's

Catholic Church in Fairfield. Jacob has been a member of Troop 76 since 2006. He served as Patrol Leader and Assistant Senior Patrol Leader, and is a Brotherhood member of the Order of the Arrow Scouting honorary. Jacob is a 10th grader at Fairfield High School who has excelled academically, earning high honors each semester. He played for the Fairfield High School Junior Varsity Soccer Team last Fall and competed in the shot put for the Fairfield High School Track Team last Spring.

To earn the Eagle Scout, Jacob had to progress through each of the Scouting ranks and complete a minimum of 21 merit badges, of which 12 were required. In addition, he had to be active in his troop and patrol, demonstrate spirit by living the Scout Oath and Scout Law in his everyday life, serve in a leadership position for at least 6 months as a Life Scout, complete a community service project, and pass an Eagle Scout Board of Review. Jacob's Eagle Scout community service project entailed raising funds for the project, gathering a team of Scouts, and purchasing and planting 10 October Glory and Sunset Maple trees on the property at St. Mary's Catholic Church. A representative for U.S. Representative Todd Platts presented Jacob with a United States flag that had been flown over the U.S. Capitol, and said that Congressman Platts wanted

Jacob to know how proud we all are of his achievement and service to the community. State Representative Dan Moul representing himself and Pennsylvania Commonwealth Senator Rich Alloway also acknowledged Jacob's achievements and the vital role of Eagle Scouts. If you are interested in seeing the pictures go to www.ronspictures.net.

2011 begins the commemoration of the 150th Anniversary of the Civil War. As part of the "Invasion of Pennsylvania" – a series of four

Sesquicentennial kick-off events are scheduled in Adams and Franklin Counties. Fairfield is hosting a celebration on April 22nd and 23rd and Gettysburg is hosting their celebration on April 29th and 30th. In Fairfield, planned activities include a Civil War era Good Friday service at St. John Lutheran Church, a Civil War Vigil and Main Street Illumination. The evening will conclude with the playing of "taps" and reading of those who lost their lives in the Battle of Fairfield. On Saturday, you will be able to visit re-enactor encampments, and join a Civil War house tour. At noon, experience "High Tea" at the Fairfield Inn.

The reenactment of the Battle of Fairfield will be held on the Landis farm. Later in the afternoon, the Confederate General J.E.B. Stuart's raid of Fairfield and the kidnapping of the Postmaster and Justice of the Peace will be reenacted. There is lot to

experience and to learn about Fairfield area's involvement in the American Civil War. A fascinating yet in-depth account of the area's involvement has been brilliantly recorded in an 84-page book entitled "Fairfield in the Civil War". The book costs \$8.00 and worth the read. You can purchase it online at www.thomspublications.com or at various locations through the local area including the Carroll Valley Borough Office. All the proceeds are being used to fund the 150th Kick-off events in Fairfield.

CVCA has invited Bicky Redman, Director of Environmental Services for Adams County, to speak at their next meeting on April 15th. CVCA will be holding their annual Carroll Valley Trail Walk on Saturday, April 16th. It is a great chance for residents to walk up and down their Trail and pick up trash. Contact Charles Dalton at (717) 642-5844 for further information. The Borough will be holding the following meetings in April: Planning Commission (Apr 4th); Finance Committee (Apr 11th); Borough Council (Apr 12th); Sewer & Water (Apr 25th); and Parks & Recreation (Apr 27th). Check our website for the details on the Carroll Valley Fishing Derby scheduled for the morning of April 23rd. If you have any questions, please do not hesitate to contact me by email at mayor@carrollvalley.org or by cell at (301) 606-2021.

COMMENTARY

From the Track

Kip Hamilton

Some random thoughts... First, did you know the title "From the Track" is the title of the column in the old Emmitsburg Chronicle of 1911 for news of the Fairfield and Carroll Valley areas? Me neither.

Unfortunately, there will be some additional confusion this year concerning the mailings some of you will receive from Fairfield Fire & EMS. Once a year the fire department sends out a solicitation letter in the mail to residents in our coverage area seeking donations to our operating fund. If we don't hear back from you, we send out a follow up letter. Then (ideally) about 4 months later, we send out a third mailing with applications for our ambulance memberships.

If a family decides to send in their annual membership dues, in the event that they need an ambulance during the year, there is no charge to them or their insurance company for our EMS services. (This is a really good deal, by the way.)

So, for clarification, the donation to the fire company and the ambulance membership dues are two different things. We are seeing some confusion

from people who had sent a donation to the fire company and thought they were covered as far as the ambulance membership goes. Unfortunately, this year we experienced some "technical difficulties" and the follow-up fire department mailing was delayed and will unintentionally overlap the initial ambulance dues mailing, so, on behalf of the department, I apologize in advance for the confusion. Just remember that one is a donation for the fire department and the other is for the membership dues for the ambulance company.

On a related note...in case you haven't heard, the venue for the Gettysburg Bike Week event (July 7-10) has been changed from the Eisenhower complex to the Granite Hill Campground on Fairfield Road, which puts it right in the lap of Fairfield Fire & EMS. We have been told to expect in the neighborhood of 10-13,000 guests in our area each day of the event! As a follow up to last month's column, even though there are plans being made to cover the event, we sure could use

some new members before July!

Ok...down to business... let's see a show of hands, please. How many of you think ours is a single democratic country? I knew I

would see some hands up on this one. Those who did find their hands raised, please don't feel bad... the instruction of history in our schools has been woefully lacking for years. (Ever wonder why this is?) Did you know that at the end of the Revolutionary war, King George III signed the *Treaty of Paris* in 1783 in which he recognized not one nation, but 13 separate, independent and sovereign states? We know the term "state" at that time was recognized as meaning the same as "nation."

It was the intent of our Founders that the United States be formed by the 13 sovereign states (nations) as a voluntary union mostly for their mutual protection and to oversee the interactions between the individual states. They drew up the Articles of Confederation in 1777 (from which the Constitution was created) in which they specifically held that even though they had loosely joined together, each state retained its sovereignty, freedom and independence. That would make each Governor a Head of State, right?

So why did the original individual states join together in this union? One has to look no

farther than the first sentence of the Constitution: "We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America."

In order to insure that this new government would be contained at a small, manageable level, in Section 8 of the very first Article, the founders listed 18 specific duties of the Congress (the so-called Enumerated Powers – I encourage you to look them up). Among the duties of the Congress include coining money (please note they said "coining", not printing worthless paper promissory notes... "oh, but it's so much easier to manipulate the value of the "currency" if it is not tied to gold or something else with a tangible value" – that's a whole other discussion), establishing post offices, creating a navy, declaring war, etc... things that would affect all of the sovereign states more or less equally.

In order to keep the new federal government out of the sovereign states' business, some thoughtful men also included the 10th Amendment to the Constitution which states that "The powers not delegated to the United States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people."

So, according to the 10th Amendment, if it is not one of the 18 enumerated powers, the authority to do it is reserved to the individual states or the people; the government has no business doing it. The main purpose of the Constitution was to direct the handful of chores We the People expect from our government and to limit the scope of the government's intrusion into our daily lives. Unfortunately the Civil War changed all of this and now we have our government so far up in ourson faces, they have eved Thomas Edison's light bulb. It's unbelievable.

So why are we talking about all of this? Look at some of the Constitutional overreaches we've seen lately...the wire-tapping, the taking of the reins

of a public corporation, the Administration attempting to dictate to the State of Arizona what they can and cannot do to protect themselves from a foreign invasion, federally mandated and controlled health care...the list is way too long for the scope of this piece.

We can plainly see what is happening around us, but why is it happening and why is it happening now? Are the crises in our housing industry, our oil industry, our banking industry, our food industry, our clothing industry, our economic system, our healthcare system and the complete meltdown of the Middle East just an unfortunate series of coincidences? What do you think? Who would benefit from the "fundamental transformation" of our great country?

How can we work together to stop this transformational wave before it breaks over us? The best way is for the individual states to man up, to pick up the Constitution and read it (maybe for the first time??), paying close attention to the 10th Amendment, and to start flexing their sovereign muscles. "No, it's not all right that the federal government dictate our State's security." "No, it's not all right for you to prohibit us from extracting a natural resource that is under our own ground." "No, it's not all right that you tell us we must welcome and absorb the economic burden posed by those who have ignored our laws and are here without our permission." "No, it's not ok for you to dictate the kind of food we eat, the kind of car we drive, the kind of toilet we use." It's not ok that you flagrantly disregard the laws of our country. The most important question is: Why do we put up with this nonsense? These people work for us!! Assuming you could afford a housekeeper, would you permit her to jerk you around like this? Of course not!

Our country was founded on the paramount principle of individual liberty. It's time for each of us to take a stand against the Federal government's abuse of power and shout out in one strong, clear voice the immortal words made famous by the 1976 movie, "Network": "I'm mad as hell and I'm not going to take it anymore!"

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Pure Onsense Intervention in civil conflict

Scott Zuke

The conflict unfolding in Libya underscores that the issue of international intervention in civil conflicts within sovereign nations is among the most important unanswered questions of our time. Are nations legally and morally allowed to intervene in the internal affairs of other sovereign nations? Conversely, are nations sometimes morally obligated to do so, and if so, what proper means are at their disposal to carry out the necessary intervention? These and many related questions have been an undercurrent in national and international dialogue since the UN Charter and the Universal Declaration of Human Rights in the 1940s, and huge gaps still remain in our ability to answer them either from an ethical or legal framework.

The result has been a growing history of glaring inconsistency in intervention policy since the end of the Cold War, from Somalia to Rwanda, from Kosovo to Iraq, and recently throughout the Middle East, where our responses to Iran, Egypt, Bahrain and Libya have all taken different form for various reasons as difficult to justify as they are to explain. And of

course there is Sudan and probably dozens of other serious conflicts that have gone neglected, or just plain ignored.

There are any number of context-specific explanations for differences between the US and international handling of Libya now as opposed to Iraq in 2003 and all the other crises mentioned above, but there's also a fundamental tension that underlies them all. On one hand, we hold a commitment to national sovereignty, the belief that a country's internal affairs are its own business and, as long as it doesn't impact third parties, they should be left to sort it out themselves. This belief has been around a long time, but has had special significance since the creation of the United Nations and the end of the Cold War.

On the other hand, globalization has made it next to impossible for a nation's internal conflicts to go unnoticed or remain isolated. Not only do nations now have more direct interest in each other's affairs due to their impact on trade relations, etc., but the international community has also come to recognize certain moral imperatives to protect vulnerable people against human rights violations committed by their own

governments. They see a "responsibility to protect" those who suffer under governments that are either unwilling or unable to secure basic human rights. Rwanda remains one of the clearest examples: once the international community recognizes genocide is occurring, the nation's sovereignty is void and outsiders have the responsibility to intervene. If they don't they are morally complicit in the atrocity.

Consider an analogy of domestic spousal or child abuse. In America we recognize a certain "sovereignty of the household," a belief that what people do inside their homes is their own business. Unfortunately in the past this meant that police would turn a blind eye to clear cases of domestic abuse. But since the 50s and 60s we've come to recognize that household sovereignty has limits, and that when domestic abuse is recognized, the community (through its police force) has a moral duty to intervene. Does not the same principle apply when foreign governments abuse and kill their own citizens? Are they not acting upon the same violent, patriarchal impulse? Who else is there besides the external community to protect the abused against their more powerful oppressor?

The analogy demonstrates an important point about how communal moral values evolve over time. Just as police used to be able to ignore domestic abuse, the in-

ternational community used to be able to ignore civil conflicts in foreign lands. Some have rightly argued that the Founding Fathers never intended the US to have the level of international entanglement that it does now, but on this point, we must recognize that that past is behind us. Isolationism is no longer morally defensible in a world where new media and mass communication allow atrocities to become public knowledge within hours.

Where the analogy doesn't quite fit is also instructive. Who are the "police force" in international intervention? The way things currently run through the UN Security Council or NATO, there isn't really any dedicated police force, but rather a coalition of armed states utilizing their own militaries. This would be more analogous to vigilanteism, like a raiding party composed of the fathers and sons from neighboring households going in to set the abusive husband straight. Somehow this doesn't seem right, perhaps in the same way it feels wrong to send American troops into harms way to fight a battle that has no direct impact on US national security or well-being. But if we're not willing to do what we agree is morally required, then who will?

Police forces were developed out of a need for security that goes beyond an individual's ability to defend himself through gun ownership. There needs to

be an external force composed of individuals who volunteer to put themselves at personal risk for the benefit of the communities they serve. When they were first instituted they lacked the organizations and legitimacy they have today, and there will always be paranoia about their ability to abuse power to impinge on individual rights. Nevertheless, they are rightly viewed as a necessary feature of a just and secure community. Does this also say something about how we ought to view the United Nations? Should we support the creation of a truly international, volunteer military force with the specific purpose and authority to prevent, intervene in, and mediate civil conflict?

It's a question that understandably evokes caution and skepticism, but as the "global community" becomes a reality, it may only be a matter of time until moral attitudes change and solutions to the problems of intervening in civil conflict become a necessity for protecting human security. In the meantime, there truly will be no action that the President or the international community can take in places like Libya that will not receive strong and valid criticism from many angles.

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

Down Under A bit of fearful trembling

Submitted by Lindsay,
Melbourne, Australia!

Let me remind you what the wary fox once said upon a time to the sick lion:

'Because those footprints scare me, all directed your way, none coming back'

"Horace, Epistles book 1, abt. 10 BC

(Note: This article was written before the horrific events on the east coast of Japan. It is not meant to poke fun or be glib about this and other major earth-shattering events, whose seriousness can never be underestimated. My heartfelt sympathy goes to all those suffering in consequence of such things, and my profound respect goes to the truly brave and unflinching people who are striving to bring the reactors back to safety - and therefore the peoples and economy of Japan. Tectonics is independent of anything man does, and while the movement of the plates is well documented, they cannot be controlled. The big question remains, however: How did the electric companies get permission to build in such an unstable area in the first place?

Lindsay, March 22

I have been writing quite a bit about global warming and catastrophic weather over the last few months, but this month I'm going to retract most of what I have said. Mea Culpa. Shame, and so on. The fact is, there is a much more fundamental phenomenon falsifying the facts that are all the go at present.

The world is simply out of balance.

No, I don't mean morally or politically – although they come into it – I mean physically. A relatively new development allows anyone to determine this for themselves. Google up Google Earth. This incredible piece of space journeying technology shows what we here in Australia have long suspected: There's too much stuff north of the equator.

Have a look at the earth at night, either on G. Earth or the NASA composite, and as you rotate the image you'll see the north is all lit up and the south hardly at all. In the north, even the bits that shine sparsely have enormous populations, outback China being an example. And then there's the Himalayas. My goodness, they're big. They

weigh far more than all our mountains put together. And the dams, those enormous manmade water storage areas, constructed just so the enormous populations can survive.

Apart from that, there's simply more land. If you add up what's up, then subtract what's down, you will see that there's a 20% imbalance in land area alone. That means there's a similar imbalance in mass between southern and northern, which, when coupled with the huge population difference, means the poor old earth is top heavy.

Of course the earth is far bigger than we realize, and is not easily perturbed by such things as piddling little differences in north/south mass differences. Or is it?

It turns out that this difference has had a cumulative effect over the centuries, and what was once a minor vibration has now developed into a measurable shake. It is this shake that is causing the current problems.

OK, Antarctic ice sheets. They are not melting, they are being shaken loose. If you go there, put your hand on a glacier. You can actually feel the vibrations. Don't leave it there long, you may get stuck to it.

A warmer atmosphere. Not due to CO₂, but the extra heat that is being shaken out of the core. Don't believe it? You try shaking a bucket of burning coals and see if the bucket doesn't get hotter.

Earthquakes?

Poor Christchurch in New Zealand. There's a weakness that runs beneath that city. It's called a fault line. A weak spot. Start shaking a globe, and the weak spots are the first to go. And there's a few of these around. Good morning, San Andreas, I think Horace had you in mind as the sick lion. (See the quote at the heading) Hi there, Baja California, thinking of slipping away to a quiet place in the pacific? Thought you were going to break it up ages ago. Or Mt St. Helens. Here's your chance to vent again.

Crazy weather? That extra core heat has to go somewhere. The atmosphere is the logical place. If you were the atmosphere, what would you do? Yes, you'd go crazy too.

Then there's the social consequences. Heat from the earth's mantle is escaping faster than before, thanks to our quivering earth. We used to believe that the heat felt by government was a figure of speech. Not so. It's literal, and those poor representatives can't sit still long enough to formulate even a half-baked policy, let alone get the quiet time needed to consider the long term effects of their decisions. Feverish in mind and body, too busy to consider this unbelievable excuse.

But then so is the average city dweller. Hot, baby, hot, is the cry not only of the frenetic, but anyone aiming to survive. The

earth gets hotter, and it spreads as contagion. Egyptians know it. Algerians, Moroccans, all are suffering the effects. Revolting, isn't it? The outcome, that is. Africa, Mexico, The Kashmir are inflamed. Even international trade has succumbed. Why else would China be making so much money and the USA so little? There can only be one explanation, the vibrations have loosened the Chinese inscrutability and done a differentiation on American debt. After all, Enron knew the heat was on. So did the sub-prime lenders. Iceland, Greece, Ireland Spain and others all found out just how hot it was. So China's cool, even though it's part of the problem.

Is there an answer, I hear you cry?

Of course there is. If about 30% of the population of North America came to the southern hemisphere the planet would gradually stop shaking, things would settle down, and we could all breathe a sigh of relief. It all began with global migrations. They just didn't go far enough. And they didn't stop the politicians from going with them, so please bar those folk from leaving. We have enough problems as it is. See you soon.

Happy April 1, and don't get too hot under the collar. Please.

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

FROM THE PASTOR'S DESK

Our final journey

Joyce Shutt
Fairfield Mennonite Church

Both of my sisters chose to share their last journey in life with me. My older sister entered Hospice care in our home. I made several long trips to Indiana when my younger sister was sent home to die.

My father was fascinated with customs surrounding death. He read books about near death experiences. He scoured the Scriptures for references of what comes "after." Dad saw humor in the whole dying business. He kept us laughing with the information he'd gather. He found a company that made furniture that doubled as a coffin: a solid oak wine chest, a walnut coffee table, a cherry corner cupboard.

As a family we debated the virtues of cremation over embalming. Funerals versus memorial services. Dad arranged for representatives of funeral homes to talk to our church. Both parents made pre-arrangements with the funeral home. Both put their wishes in writing, so when they died we knew what to do.

My father's fascination with death helped prepare me for pastoral ministry. Walking with families before and after death is one of the important jobs of a pastor.

Several shared death experiences stand out. The most meaningful was when my parishioner, who suffered excruciating pain, broke out in a beatific smile, lifted her arms as if to embrace someone, then slowly stopped breathing. Even more amazing was the incredible sense of "a presence" that stayed in that room with us for over an hour. Another time my friend looked in my eyes and simply stopped seeing.

One of the "spookier" experiences

was when I was sitting with a dying parishioner. Suddenly her husband grabbed me. "Look," he gasped, "there she goes! I think she's waving to us!" Literally, we could almost see her spirit leave the room.

Everyone's favorite death story at the Fairfield Mennonite Church, however, is the time I fell into a grave. It happened early in my ministry when there was still a great flap about ordaining women. It was March and it had rained for weeks. As I began the graveside service, the ground collapsed under me and I slid into the grave. Calmly, the mortician (who looked like someone out of the Adams Family) pulled me out by my coat collar. Covered in red clay, trying to keep a straight face, I conducted the interment service, hearing in my head the words "in the name of the Father, the Son, and into the hole she goes!"

Once home I said to my husband. "You'll never believe what happened to me today. I fell into the grave." He just looked at me, then quipped, "well, that should take care of any critics of women's ordination. After all, who can challenge one who has returned from the grave?"

In the "old days" people died at home. Family members bathed and clothed the body, made the casket, dug the grave. They sat with the body. They cooked the food for the funeral meal. These activities gave families tasks to help them process their grief. Today we run from death. Many refuse to even talk about dying. We spend a fortune on vaults and sealed caskets. We pay others to make the deceased look "alive." We go to extreme lengths to prolong life even when it causes intense suffering. Yet death is part of life.

I am so grateful that my sister's doctors took time to talk with us about her options when we learned that her leukemia had advanced. Contrary to what opponents of health care reform tried to call "death panels," getting information about what lies ahead, what could and could not be done was very helpful. Families need to discuss all treatment options from extensive treatment to no treatment at all. Being able to have that discussion was a wonderful gift. Knowing what she was facing gave my sister a chance to get her affairs in order and to go into Hospice. Not only that, but Hospice was able to give her three good quality, pain free months. Up until 3 days before she died she was anticipating going with us to a retreat in the Pokonos.

The first day she entered Hospice care she told me, "when I am bedfast and can't go to the Jon myself, I am out of here." The night before she died, she fell trying to get to her potty chair. When I found her, she was kneeling by her bed. Her last words were, "thank you." Within 18 hours she was gone.

While my older sister didn't talk to me about her feelings about dying, she did confide in our pastor. Something of an agnostic, she approached her death with humor and grace. If she was afraid of dying she never talked about it. What she feared was becoming pain riddled and helpless. Hospice kept that from happening.

My younger sister was amazingly articulate about her final journey. Soon after she was released into Hospice care she insisted that she'd been healed. "I'm a six on the Enneagram. Sixes are fearful. I've been terrified since getting cancer. My chemo has been excruciating at times. But God answered my prayers. I've been healed of both my fear and my pain."

On those last visits we read together from FINAL GIFTS, a book written by several Hospice nurses. What a wonderful experience for both of us. Periodically, she'd stop me. "Read

that again. Oh it's good to know that's a normal part of dying. Oh yes, that's exactly what I've been experiencing."

FINAL GIFTS encourages caregivers to listen carefully for cues their loved ones give them and to trust and honor them. Many dying individuals talk of seeing people who have died, of "unseen" guests, of leaving their body only to return. The authors insist these experiences are very "real" to the dying. Hospice caretakers witness these phenomena over and over again. They insist they are not side effects of morphine or other medications, but real experiences for both believers and nonbelievers.

When my younger sister first entered Hospice care, she complained of "bad dreams that made her afraid to go to sleep." One day she gasped, "Can you see those three men sitting at the foot of my bed?" "How do they make you feel?" I asked. "Good. Peaceful." I smiled. "Your angels have arrived."

She often spoke of someone who stood just behind her left side.

Frequently, as we read or talked, she'd smile, and point to her left shoulder. She often spoke of being part of a story. "It's not the same as a dream. It's more like a play that I have a part in. It's hard to describe." Sometimes she'd say. "I don't know where I am supposed to be. It's as if I am caught between two worlds and I don't know where to go." Once she said, "I was going down this long hallway. When I got to the end I couldn't open the door because it had no doorknob. So I came back."

She had a bucket list. She wanted to finish a quilt for her granddaughter. She wanted to teach her husband how to prepare his favorite recipes. She wanted to give her son the recipes for his favorite childhood and comfort foods. She wanted a private conversation with her daughter-in-law. She wanted to see certain people one last time. As she achieved each of these things, she'd say, "Well, now that's in my suitcase."

The evening she said goodbye to her small group, she told them

that she'd soon be climbing a high mountain. "But I won't need any climbing equipment. Someone will take my hand."

The Wednesday before she died, I talked with her husband. She was too weak to stand or sit unassisted on the potty chair. The nurse suggested that it was time to disconnect the oxygen. Her husband began to weep. "I can't do it. It feels as if I am killing her." From the depths of her inner world they heard her say, "pull the plug." What an incredible gift!

Do I still have doubts about what lies after death? Of course. Do I think there is something out there after we die? I certainly hope so. Is God truly a God of unconditional love who does not condemn his broken flawed children to eternal damnation? Oh, please let it be true, for that is the basis on which I have shaped my life and faith. Life is so filled with mystery and unknowns, but miracles happen every day. Scripture promises that love is stronger than hate, stronger than death.

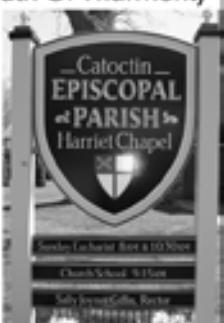
Watching my precious sister waste away, I found myself viewing death more as the "new birth" than an ending. What if our dying is what Jesus meant when he said "you must be born again"? What if this life is the gestation period for the one to come? What if this world is a gigantic womb? At times, I'd look at her and think about how she began as two tiny cells that grew into the person she became, now ready to move down a different birth canal into "new life."

Being with my sisters was like waking from a spell cast by a doubting world. My younger sister especially pointed me toward something beyond, something worth believing in, not as a reward for faith, for going to church or self-denial, but because life is a precious gift and God is love.

So, thank you, precious sisters. Thank you for reminding me that in spite of my doubts, in spite of the fact "that the world is too much with us" there is something more, something better, something worth striving for. Thank you for being there, for sharing your final journey, for being so open and gracious and loving in your unique ways. Thank you for just being you, quiet unassuming messengers of God.

Joyce Shutt is the pastor emeritus of the Fairfield Mennonite Church in Fairfield, Pa.

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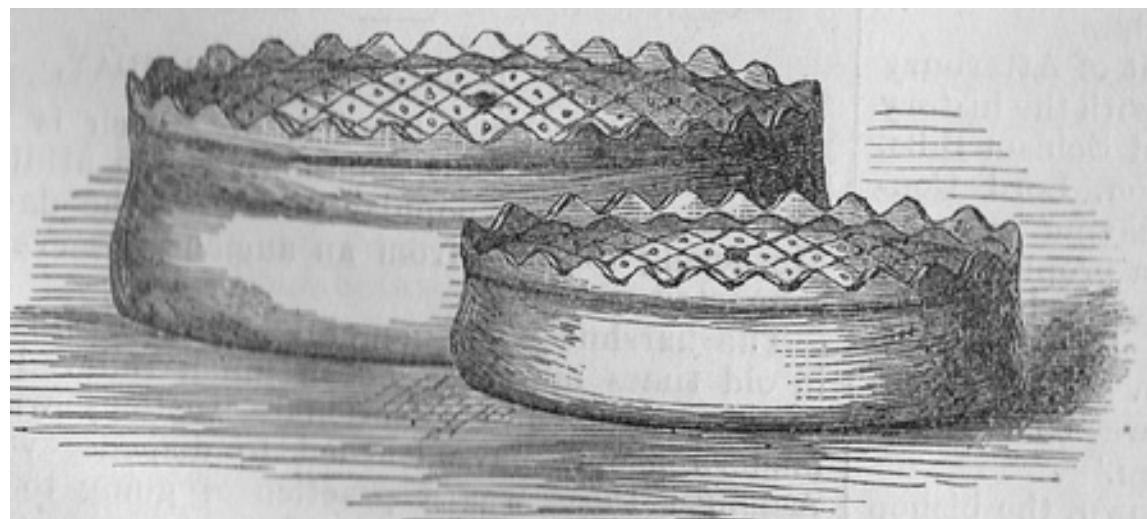
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THE BOOK OF DAYS

Midlent, or Mothering Sunday



In the year 1864, the 6th of March was the fourth Sunday in Lent, commonly called Midlent Sunday. Another popular name for the day is Mothering Sunday, from an ancient observance connected with it.

The harshness and general painfulness of life in old times must have been much relieved by certain simple and affectionate customs with which modern people have learned to dispense. Amongst these was a practice of visiting parents, and especially the female one, on the present, such as a cake or a trinket. A youth engaged in this amiable act of duty was said to go a-mothering, and thence the day itself came to be called Mothering Sunday. One can readily imagine how, after a stripling or maiden had gone to service, or launched in independent housekeeping, the old bonds of filial love would be brightened by this pleasant annual visit, symbolized, as custom demanded it should be, by the excitement of some novel and perhaps surprising gift.

There was also a cheering and peculiar festivity appropriate to the day, the prominent dish being fumety—which we have to interpret as wheat grains boiled in sweet milk, sugared and spiced. In the northern parts of England and Scotland, there seems to have been a greater leaning to steeped peas fried in butter, with pepper and salt. Pancakes so composed passed by the name of carlings: and so conspicuous was this article, that from it Carling Sunday became a local name for the day.

He here obviously alludes to the sweet cake which the young person brought to the female parent as a gift: but it would appear that the term ‘simnel’ was in reality applicable to cakes which were in use all through the time of Lent. We are favoured by an antiquarian friend with the following general account of Simnel Cakes.

It is an old custom during Lent and Easter, and also at Christmas, to make a sort of rich and expensive cake, called Simnel Cakes. They are raised cakes, the crust of which is made of fine flour and water, with sufficient saffron to give it a deep yellow colour, and the interior is filled with the materials of a very rich plum-cake,

with plenty of candied lemon peel and other good things. They are made up very stiff, tied up in a cloth and boiled for several hours, after which they are brushed over with egg and then baked.

When ready for sale the crust is as hard as wood, a circumstance which has given rise to various stories of the manner in which they have at times been treated by persons to whom they were sent as presents, and who had never seen one before, one ordering his simnel to be boiled to soften it, and a lady taking hers for a footstool. They are made of different sizes and, as may be supposed from the ingredients, are rather expensive, some large ones selling for as much as half-a-guinea, or even we believe, a guinea, while smaller ones may be had for half-a-crown. Its form, as well as the ornamentation, is nearly uniform and will be best understood by the accompanying engraving.

The usage of these cakes is evidently one of great antiquity. At the beginning of the 17th century it was the custom for young people to carry simnels as presents to their mothers on Midlent Sunday (or Mothering Sunday).

It appears also from some other writers of this age that these simnels, like the modern ones, were boiled as well as baked. The name is found in early English and also in very old French. It appears in mediæval Latin under the form simanellus or siminellus. It is considered to be derived from the Latin simile, fine flour, and is usually interpreted as meaning the finest quality of white bread made in the middle ages. It is evidently used, however, by the mediæval writers in the sense of a cake, which they called in Latin of that time artocopus, which is constantly explained by simnel in

the Latin-English vocabularies.

It is quite evident that our image is a rude representation of a cake, exactly like those still made in Shropshire. The ornamental border, which is clearly identical with that of the modern cake, is perhaps what the authorities mean when they spoke of the cake as being foliata. In the Dictionaries of John de Garlande, compiled at Paris in the 13th century, the word simineus or simnenels, is used as the equivalent to the Latin placenta, which are described as cakes exposed in the windows of the hucksters to sell to the scholars of the University and others.

We learn from Ducange that it was usual in early times to mark the simnels with a figure of Christ or the Virgin Mary, which would seem to show that they had a religious signification. We know that the Anglo-Saxon, and indeed the German race in general, were in the habit of eating consecrated cakes at their religious festivals. Our hot cross buns at Easter are only the cakes which the pagan Saxons ate in honour of their goddess Eastre, and from which the Christian clergy, who were unable to prevent people from eating, sought to expel the paganism by marking them with the cross.

It is curious that the use of these cakes should have been preserved so long in this locality, and still more curious are the tales which have arisen to explain the meaning of the name, which had been long forgotten. Some pretend that the father of Lambert Simnel, the well-known pretender in the reign of Henry VII, was a baker and the first maker of simnels, and that his cakes have retained his name as a result of the celebrity he gained by the acts of his son.

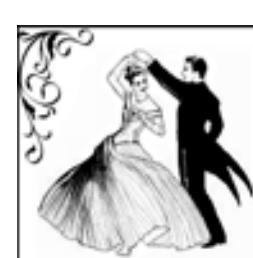
There is another story current in Shropshire, which is much more picturesque, and which we

tell as nearly as possible in the words in which it was related to us. Long ago, there lived an honest old couple boasting the names of Simon and Nelly, but their surnames are not known. It was their custom at Easter to gather their children about them, and thus meet together once a year under the old homestead.

The fasting season of Lent was just ending, but they had still left some of the unleavened dough which had been from time to time converted into bread during the forty days. Nelly was a careful woman, and it grieved her to waste anything, so she suggested that they should use the remains of the Lenten dough for the basis of a cake to regale the assembled family.

Simon readily agreed to the proposal, and further reminded his partner that there were still some remains of their Christmas plum pudding hoarded up in the cupboard that they could use as filling, which would be an agreeable surprise to the young people when they had made their way through the less tasty crust. So far, all things went on harmoniously, but when the cake was made, a subject of violent discord arose; Sim insisted that it should be boiled, while Nelly no less obstinately contended that it should be baked.

The dispute ran from words to blows, for Nelly, not choosing to let her province in the household be thus interfered with, jumped up and threw the stool she was sitting on at Sim, who on his part seized a besom, and applied it with right good will to the head and shoulders of his spouse. She now seized the broom and the battle became so heated that it might have had a very serious result, had Nelly not proposed as a compromise that the cake should be boiled first and afterwards baked. This Sim acceded to, for he had no wish for further acquaintance with the heavy end of the broom. Accordingly, the big pot was set on the fire and the stool broken up and thrown on to boil it, whilst the besom and broom furnished fuel for the oven. Some eggs, which had been broken in the scuffle, were used to coat the outside of the pudding when boiled, which gave it the shining gloss it possesses as a cake. This new and remarkable production in the art of confectionery became known by the name of the cake of Simon and Nelly, but soon only the first half of each name was alone preserved and joined together, and it has ever since been known as the cake of Sim-Nel, or Simnel!



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THE (retired) ECOLOGIST

The need to name, or, Santa Rosalia laughs last

Bill Meredith

"...and whatsoever Adam called every living creature, that was the name thereof." Genesis 2:19.

"The first thing in science is to know one thing from another." Karl von Linne, a.k.a. Carolus Linnaeus

Each morning while completing breakfast and the daily Sudoku puzzle, I jot down the names of the birds I see through the kitchen window. Unless my wife chases me out of the kitchen prematurely, the list always includes at least 15 species; it got up to 24 once this winter. This is not remarkable; our yard provides a variety of trees and shrubs for shelter, and birds learn quickly that seeds and suet are always there for them. It is also not remarkable that I should be able to recognize the different species; I knew many of them before I became a biologist because my parents encouraged me to be curious about such things. I have many friends who are not biologists who have the same ability.

How this happens is illustrated

by my friend, Claire, who will be three this month. As a baby, one of the first things she learned to do with her hands was to point at things, even before she could say her first word. This is the universal expression of curiosity. By this time last year, having more or less mastered the art of walking, she was starting to venture into the world, and everything she saw was new and unknown. Her vocabulary then was dominated by two words: "What that?" Those two words were a wise choice; the first step toward knowing is to learn what things are called, and by the end of summer she could name many generic categories of things like rocks, flowers, birds, bugs, worms, leaves, grass, and trees. By the end of the coming summer she will know robins, sparrows and cardinals, as well as dandelions, violets and clover. Everyone who reads this will have gone through the same process, at about the same age.

Human societies had to go through much the same process in order to survive. Prehistoric parents had to be able to name things so they could teach their

children which plants were good to eat and which were poisonous, and which animals could be eaten versus which would eat them. Names were practical and necessary, and when people lived their whole lives within a few miles of their birthplace, they would know the names of all of the local plants and animals. Inevitably, though, societies became more complex, and as new means of travel were invented, people were exposed to new plants and animals that were quite unlike the ones in their native lands. As ships became capable of crossing oceans and the New World began to be explored, the numbers of plants and animals kept growing, and since many of them were either economically valuable or of interest to a curious public, naming them became a matter of scientific importance.

In the mid-1700s a Swedish physician, Karl von Linne, somewhat naively set out to name every living thing in the world by assigning "scientific names" which consisted of two parts, a noun and a modifying adjective. At that time, all scientific writing in Western culture was done in Latin, and von Linne even Latinized his own name to Carolus Linnaeus. People sent him newly discovered plants and animals from all over the world, and like Adam, he named them... over 4,000 animals and 6,000 plants. Ironically, he suffered a stroke and lost the ability to recall names, even his own, but the system he started is still in use.

Skeletal humor aside, Hutchinson's theory has come to have great relevance in present-day ecological problems. Briefly stated, he proposed that the presence of many different kinds of animals gives an ecosystem stability. In simple ecosystems where there are only a few species at each level in the food chain, when one population gets out of control it will disrupt the populations of all of the other species. The classic example of this is the Canadian Arctic, where the climate is so

severe that few species can survive. The food chain there is a simple linear series: grasses and sedges are eaten by lemmings, which are fed on by arctic foxes and snowy owls (there are a few other species, but they are small in numbers). Every few years the lemming populations overproduce; the snowy owls and arctic foxes feast on them and have large litters, but the lemmings keep reproducing until they destroy all of the grasses, and then they crash. The foxes then starve in large numbers, the owls are able to migrate south searching for food,

biological sciences. The question has changed from "What shall we call them?" to "Why are there so many of them in the first place?"

The man who gave the best answer to that question was one of the founders of modern ecology, G. E. Hutchinson. On vacation in Sicily in the 1950s, he visited a cave where some bones were encrusted in limestone. According to local legend, the bones were the remains of Santa Rosalia, a female hermit who had lived there around 1100 AD. Hutchinson was more interested in several species of insects he found in the cave; he published a paper about them and, in a jocular mood, suggested that perhaps Santa Rosalia might become the patron saint of evolutionary studies because she led him to a theory that explains why so many different kinds of animals exist. This turned out to be a better joke than he intended, because a few years later someone investigated the bones more carefully and found they were not human, but rather, the remains of a goat. Santa Rosalia, if she ever existed at all, must have lived in some other cave.

Skeletal humor aside, Hutchinson's theory has come to have great relevance in present-day ecological problems. Briefly stated, he proposed that the presence of many different kinds of animals gives an ecosystem stability. In simple ecosystems where there are only a few species at each level in the food chain, when one population gets out of control it will disrupt the populations of all of the other species. The classic example of this is the Canadian Arctic, where the climate is so



often as far as Emmitsburg, but most of them do not survive. Thus the arctic ecosystem is unstable, and exists in a permanent "boom and bust" cycle.

In temperate and tropical ecosystems where more species are present, food chains are web-like rather than linear, and ecosystems are more stable unless they are disturbed by human activities. However, as the human population expands, we disrupt natural ecosystems by removing native species of plants and animals and replacing them with crops and domestic livestock, or worse, by cities and residential developments. This leads to instability in the form of outbreaks of pests... starlings, pigeons, Japanese beetles, stinkbugs, gypsy moths, fire ants, kudzu vines, multiflora rose... often alien organisms that are brought in accidentally, but sometimes intentionally.

The term used by ecologists for the multitude of species of plants and animals that exist in normal ecosystems is biodiversity. Hutchinson showed us why it is important, and nowadays most people have heard of it. But it appears that few people realize how important it is. The need to preserve it is the reason ecologists are so concerned about preserving endangered species. Individually, endangered species may sound trivial; often they have silly names, like the Furbish Lousewort or the spotted owl, and often they live where we wish to build something. If only one such species became extinct, it might not matter. But when many are on the verge of extinction, the stability of ecosystems hangs in the balance.

Claire has not yet heard of biodiversity, but she is learning about it. She remembers the tree frog we caught last summer, and she is eager to go to the Great Forest behind my house to look for the spring peepers we hear singing there. If we catch one, I will encourage her to name it Hyla, the name Linnaeus gave it; and by the end of summer she will know how to tell tree frogs from toads and regular frogs. Learning starts slowly, but it picks up speed. Before we know it she will be in school and will learn words like biodiversity. Let us hope that when she is my age there will still be biodiversity for her to see, and to protect her world.



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IN THE COUNTRY

The Village Idiot

Jack Deatherage, Jr.

God called, by way of the house phone, back in February. I'd been expecting to hear from Her, though the method She chose to contact me was a little disconcerting. She sounded exactly like my friend Marty.

"Jack." She begins.

"Yeah. What's up?" I brightly reply, not having a clue as to who I'm actually talking to.

"You know how you're always going on about wanting a bigger garden to work?"

I feel panic beginning to build. This isn't Marty, this is Her!

My homesteading friend in Texas warned me that God, the Universal Creator, was going to grant my desire for a garden of marketable size and scope. I was to get ready to accept or reject, but I'd better know my mind because She was going to make the offer soon!

"Uh... yeah." I was still having trouble with God sounding like Marty, but I was hanging in.

"Well, how 'bout you working the acre between my house and Hillman's place? There's a good source of water and the acre hasn't been cropped with anything but grass for the last five years so you could probably get it certified "organic" if you wanted too."

I don't think I paused very long to consider. After all She has offered me things in the



past, a million dollars comes immediately to mind! So I said "yes" this time, though I was thinking Great. Here I am 56 years old and the last 35 years I've been a slug, and NOW She wants to give me an acre to work?

"I'll help you out as best I can." She says with that Marty voice. "I can turn the sod with the tractor and disk it for you. After that you're on your own."

"You got a deal... uh... Marty. Boy, did She sound like Marty.

Wanting to be certain Marty knew about the deal I called him the next day and sure enough, God had taken care of that too. I was to confirm my use of the acre with Marty's brother Mike, who was also agreeable to the idea.

Yee HAW!!! We gots us an acre to garden! I was on-line spreading the news among my several homesteading/gardening/farming friends before the fact of an acre set in. Mark Zurgable posed the question while I was looking over the seeds and tools I figured I'd need from his hardware store.

"Jack, do you actually know how big an acre is?"

Of course I did, I'd looked it up the day before. "Forty-one thousand square feet bigger than anything I've ever gardened before." Oh, I thought I was ready.

Mark gave me that sad smile he usually gives me when I'm talking

nonsense. (He often smiles at me like that.) After trying to caution me about just how big an acre actually is Mark allowed he could

you actually know how big an acre is?" I do now! I don't think me and my little 6 hp rototiller are going to survive this.

We discuss how the wind rakes the field (I've decided it ain't a garden, it's definitely a field!) Where we should plant the perennial crops like asparagus, raspberries and eventually blueberries. Which crops are likeliest to be deer ravaged and whether planting them nearest the house (at the west end of the field) would deter deer. (We all doubt it.) And what would we cover crop most of the field with? We still hadn't decided that as we went home.

I allow I was more than a little giddy when I went to bed that night and it wasn't from the half glass of wine I sipped. I'd gotten over the shock of how big 43,560 square feet actually is. (Out of sight, more likely to delude oneself.) We could do this! Years of playing at gardening could turn into something to replace the factory when it finally closes and leaves me collecting aluminum cans for cash. I dozed with visions of plum trees in my head and grape vines supplying me with fruit I could ferment. All to be lifted in praise to Her of course.

The tick I found imbedded in my chest the next morning eventually caused Doc Curley to comment, "Jack, that's an infected deer tick bite."

Always hoping for the best I asked "Do you mean the bite is infected or the tick was?"

"Both."

Sometimes reality sucks. Ask the tick that died as I pulled her loose. I knew there was a balance to be met when I accepted the acre as our next garden. Honestly, I figured I'd be hoeing away at some weeds around about mid July when my heart would quit. That may happen yet, but the tick is a slap up side the head. A reminder that I'm stepping out of my relatively safe life into a world I'm not ready for. (When I last walked along woods edged fields on a regular basis no one here had ever heard of Lyme's disease!)

Brought down from the clouds, I'm taking a more reasonable look at what we have been given. We simply don't have the money needed to go full-bore at an acre of anything. What we do have is a desire and a willingness to work as much of the ground as makes sense for two people their first year out. We're going to make mistakes and we're going to learn from them. If I don't drop dead in the field, and She doesn't change Her mind causing Marty and Mike to regain their senses, we'll eventually establish a market garden on that acre.

Of course, I really wouldn't wander over to the Hillman's place to avoid hoeing weeds. I'm sure they'd find even more odious work for me to do there!

supply most of what we'd need to get started once Marty had opened the acre for us. (Us being Dear Wife (DW), who, while on board with the whole idea, thinks it will end up being more work for her and an excuse for me to wander over to Hillman's place to play with his dogs and avoid pulling weeds. Women!)

Still floating on my little cloud, DW and I picked up Marty and went over to survey the acre. Hoo boy. It's actually closer to an acre and a half, or so Marty thinks. We didn't have a tape to measure it with. Evidence of deer as thick as ticks on a stray dog was everywhere! Groundhogs have center stage on the acre plus! Having gardened (off and on over the last decade) on the farm Marty lives on, I'm well aware of vegetable eating insects in that area that I've never had to deal with in town.

Looking across that very long lay of grassy ground; Mark's question comes to mind. "Do

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IN THE COUNTRY

Rocky Ridge's 4-H

Katelyn Phelan
MSN Class of 2011

I'd like to call this meeting to order!" Konnar Miller, a high school junior, authoritatively called to a gathering of more than fifty people at the Rocky Ridge 4-H club. Miller is the President, and she, along with three other high school students, Taylor Clarke (Secretary), Maggie Lanham (Vice President), and

learning opportunities in the club.

Part of 4-H's mission is to do as much as possible for the community and their pledge reflects that: "I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service, my health to better living, for my club, my community, my country, my world." 4-H is determined to improve the community by helping all members be the best that they can be, and this is done partly through service.

Halloween parties, pizza parties, and other good social events for kids in the community to come together and grow in friendship. Miller spoke with pride about the close bond that Rocky Ridge's 4-H club has with each other. She has been in 4-H since she was allowed to join at age eight. She joined because her dad had been a 4-H member when he was a boy and remembers his experience fondly. Miller wasn't disappointed by any

interest meetings. For example, there are separate meetings for swine, goat, rabbit, sheep, and beef enthusiasts. Each group organizes different events to educate others and bring group members together. For example, an upcoming event for members interested in rabbits is a county-wide rabbit workshop. Those interested in learning about rabbits and showing them can come to an informative meeting led largely by experienced 4-H kids who have shown rabbits before. These older members will be involved with teaching the younger ones.

have additional meetings. Next month, the craft club is making small lambs and eggs out of wool. These categories—crafts, cooking, and photography—are also eligible for entry into different fairs around the county.

The club, though championed by capable and enthusiastic student leaders, is largely run by two tireless and involved adult leaders, Brenda Seiss and Becky Clark. These women have been involved in 4-H since they were in the club as young children. The two are sisters and share similar sentiments about the importance of 4-H because of



Ashley Barto (Treasurer) form the student leadership of Rocky Ridge's group.

This section of the 4-H club is the largest in Frederick County, with fifty-one members. Kids ranging from 8 to 18 belong to the club and attend monthly meetings that are largely dedicated to planning events and participating in service. That's part of the reason Barto enjoys 4-H so much. "It's about giving back to the community," she said. Clarke agreed, chiming in about the variety of service

The club does different service projects each month. March's project was collecting cards for people like soldiers or nursing home residents. The project for February was to collect tea towels for the 4-H camp center for use at summer camps. Not all the service is organized by adult leaders, though. Students are responsible for organizing extensive service projects in order to achieve certain levels of membership. This is based off the Boy Scout model. 4-H has six levels which require members to accomplish certain leadership tasks like chairing committees and acting as camp counselors. The final project, the diamond clover project, is a large event organized by one 4-H member. Margo Sweeney is in the process of completing her diamond clover project and is organizing a petting zoo and offering pony rides as well as scooping ice cream at Gateway Farm Market on May 1st to raise money for the 4-H therapeutic riding program.

As a whole, the 4-H club does a great deal of fundraising. The officers rattled off a list of fundraisers they had done just off the top of their heads. They have visited nursing homes, sold sandwiches, peddled Wolfgang candy, and made pet treats. The money they raise goes to places as varied as their projects. Money has gone to animal shelters, a 4-H scholarship fund, and to finance service projects like army care packages. Money also goes into a general 4-H fund where the students withdraw money to have fun, because fun is part of the club's mission also.

4-H hosts Christmas parties,

expectations she may have had. She spoke of her 4-H club warmly as a great place to socialize and gain important skills. Many of the kids have gone to school with one another for many years, but she credits 4-H with really bringing them together in close friendships.

And that, according to these leaders, is what 4-H is all about—friendship. They also spoke of the club's role in promoting leadership and responsibility, and cited this emphasis as reasons why they love 4-H. For Clarke, who joined at age eight, that's one of the most important things that 4-H has given her. As secretary of the club she has many responsibilities; the weightiest one being taking attendance. She realizes the importance of accuracy because 4-H members need to attend a certain number of meetings in order to remain in the club. Because 4-H is so important to her, she never wants to make a mistake which would result in the unfair expulsion of a member. Before becoming a club leader she also had other responsibilities in 4-H. She began taking care of cows and horses in order to show them in an important 4-H fair, which is a main focus of this club.

The 4-H club of Rocky Ridge focuses mostly on the livestock market and preparation for a large fair in Frederick in the summer. At this fair, 4-H members can show animals, like goats, rabbits, beef, swine, and sheep, and they can even sell their animals. There are several opportunities throughout the year to show animals, though the fair is the largest one.

The club also holds specific

Rocky Ridge's 4-H is largely animal based, which is what nine-year-old Jason Baust loves. His favorite part of the club is that "you get to be around animals!" He loves working with the cows, his favorite animal, and listed washing them, blowing them dry, and brushing them as some of his favorite things to do as a club member.

But, as Clarke was quick to point out, animals are not the only thing that 4-H deals with. "There are plenty of things for any member to do; 4-H has something for everyone," she said. In addition to animal groups, there are also groups that focus on cooking, crafts, and photography. These groups also

the difference it made in their lives. Seiss loves being surrounded by the youth, and especially seeing the "second generation," or children of 4-H members whom she remembers working with in their youth. Becky enjoys seeing the kids grow and the observing the difference it makes for kids, both personally and socially. Both leaders attribute the success and popularity of this service organization to good parents and enthusiastic kids.

Rocky Ridge 4-H is always accepting new members. To join this close-knit, active club call the Frederick County 4-H Development at 301-600-1589.

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THE MASTER GARDENER

Master Gardeners opportunities

Mary Ann Ryan
Adams County Master Gardener

This year is no different than any other gardening season. Spring is here, and we are all itching to get out and dig in the dirt. Just as soon as the soil is workable, you and every other gardener will be getting our hands dirty, if just to feel the soil again for the start of another gardening season. Maybe you have been scanning the garden catalogs this winter, or visiting your favorite greenhouse wishing spring to come. Whatever your weapon, spring is coming and the Master Gardeners have lots of opportunities for you to learn about good gardening practices.

This growing season, our Master Gardeners will be covering all topics, including backyard orchards, vegetable gardening, attracting wildlife, soils and compost, annuals, pollinators, and many others. Not all programs will be at one location, so you should be able to find an event near you that you can attend to learn from the Penn State trained Master Gardeners all you need to know about gardening.

At the Adams Eden Community Garden, located at the Agricultural and Natural Resource Center in Gettysburg, the Master Gardeners will be discussing specific topics concerning problems or practices in the vegetable garden throughout the growing season. Saturday, April 2 at 9 am we will be talking about cold season crops: what they are and how to plant them. Get the garden season off to a great start by starting your cold season crops at the proper time! Crops like broccoli, Brussel sprouts,

peas and onions and potatoes are just a few of the vegetables that will be discussed.

Also at the Community Garden, we will be teaching about compost, different mulches and weed control. This takes place on Saturday, May 7 at 9 am, Mother's Day weekend, which has always been the "magic date" for gardeners to begin planting. Keep in mind that the last frost date in our area is May 15, so any tender annuals should wait till after the 15th to go outside. Not only do our plants begin to grow in May, but so do those unwanted weeds! Take this opportunity to learn more about the different techniques of mulching.

Although the Adams Eden Community Garden consists of only 20 garden plots, all our educational workshops are open to the public. All of these workshops are free, and many Master Gardeners will be on hand to answer your gardening questions.

Friday, May 6 from 9am – 6pm and Saturday, May 7 from 9am – noon brings our yearly plant sale at the Agricultural and Natural Resource Center. We are always pleasantly surprised on Friday morning by the variety of plants our local greenhouses supply to us. Look for interesting perennials, annuals and vegetables when you visit us on the 6th and 7th. Master Gardeners are here to answer your questions while you shop, so take advantage of the fantastic gardeners and the great information they can share with you!

Saturday, June 12 marks the first weekend of the Gettysburg Fringe Festival. In the Community Garden at 9 am, we will be discussing insects



Many of us have heard of Colony Collapse Disorder, which affects the honey bees. We need to keep our native pollinators because they are great at what they do! Native plant species like Echinacea are useful for attracting bees.

that attack our vegetable plants as well as unwanted diseases. Learn how to control these problems by using Integrated Pest Management Practices (IPM) to reduce pesticide usage and increase beneficial insects. Also at this time our Master Gardeners will be in the trial gardens and native plant garden giving tours, gardening advice and information throughout the morning. Take advantage of all the Master Gardeners on June 12 and learn all about great gardening practices and ideas! After visiting our gardens, take a look at the Arts Festival being held in the Agricultural and Natural Resource Center. Many vendors will be present with lots of interesting items.

Also keep an eye out for Master Gardeners throughout the county. We will be teaching at Ace's Hardware in Littlestown on April 15 from 6pm – 9pm, topics include basic gardening practices and insect control. This event is Ladies Night!

so be sure to visit the store, pick up some good gardening information, and have a snack or two while perusing the store between speakers. (contact Ace's Hardware at 790 W King St Ste 3, Littlestown, PA 17340, 717-359-7038 for more information).

On April 30 we will be at Taylor's Greenhouse located at 265 Fairgrounds Road Biglerville, PA 17307 (717) 677-7471 answering vegetable questions and any other gardening questions you may have. April 16, April 23 and May 7 at 9am we will be at Boyers Nursery, 405 Boyer Nursery Road, Biglerville, PA 17307, 717-677-8558. Our talks will focus on maintaining the backyard orchard, compost and soils, and birds, butterflies and natives. (Contact Boyers for more information.)

So for every gardener, young and old, there's lots to be learned from our Master Gardeners. Spring is

here, and we all want to dig in the dirt, like every other year. However, this year is like no other. Many opportunities are available to learn how to garden. Our passion for gardening and teaching everyone that will listen about all aspects of gardening, from soil and compost, to vegetables, to ornamental plants is high on our radar. Take advantage of the Penn State Master Gardeners of Adams County. They are a great group to learn from!

Now to your Garden ... Spring Blooming Native Perennials

Many of us have heard of Colony Collapse Disorder, or CCD, which is affecting the honey bees. Much research has and still is going on to understand what is happening to the hives. Although much has been learned about this problem, a very interesting concept has been born from it, which is we need to keep our native pollinators because they are great at what they do!

Our native plant species are the



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very plants many of our pollinators are attracted to. Plants like foamflower, Echinacea, phlox, and asters are great for attracting not only bees but hummingbirds and butterflies. What better way to enjoy your garden than to enjoy the plants and the activity that surrounds them! And on a quiet afternoon, the humming of the hummingbird moth on a summer afternoon can be the most relaxing sound!

So let's focus on a few of these spring blooming, native plants.

Phlox stolonifera is a part shade loving perennial that likes well drained soils. They have colors of purple, blue and white. Butterflies are attracted to this spring beauty.

Tiarella cordifolia, or foam flower, is a lovely little perennial that sends up white spikes in the spring. Bees are attracted to this plant as well as butterflies. It takes part shade, but I have seen it grow in full sun as well. The fun thing about this little guy is its foliage, which remains throughout the growing season. There are many variations on the foliage, from size to shape and colors. This plant is definitely one to check out.

Another spring blooming native perennial worth checking out is *Iris cristata*, dwarf crested iris. This little guy will bloom in May with purple flowers. It only reaches about eight to ten inches and does great in part shade to full sun. It has sword-like foliage with the small iris flowers spattered throughout. Bees are attracted to this plant.

Chrysogonum virginianum, also called green and gold, is a sweet ground cover plant that develops yellow flowers in April – May. This

plant requires well drained soils and part sun. Bees will visit this perennial when in bloom. An easy to grow perennial and often overlooked, this one should be considered as a ground cover for a part sun location. *Baptisia australis* is a great spring blooming native perennial! This beautiful perennial gets about 4' tall and loves well drained soils and full sun. This is a plant you would probably put in the background, due to its height. Its brilliant blue flower color on tall spikes is just a delight in any garden! Pollinator activity is great with this one!

Aquilegia Canadensis, columbine, is a sweet native perennial that attracts hummingbirds as well. This spring bloomer has flowers that are yellow and red, blooming in late April through May. It naturally is found on wood's edge in rocky locations, so if growing in a soil that is very high in organic matter, the plants may not do real well. Part shade is best for this.

Dicentra eximia, our native bleeding heart, blooms in early spring, and unlike the large growing bleeding heart, the foliage will remain throughout the summer. This woodland plant has dissected leaves that add a soft texture to a woodland setting. Well drained soils are best for this part shade perennial.

As these are just a few native spring perennials, my hope is to inspire you to check out what is blooming this time of year in your natural habitat, and try to repeat some of our native plants in your yard.

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The Small Town Gardener Beans or beach?

Marianne Willburn

One of the things they never tell you in all the pretty gardening handbooks as you are dragged deeper and deeper into this gardening lark, is that you may no longer go on vacation. Not for you summer trips to Yellowstone for two weeks or a cross-country tour to find the world's largest ball of string. Don't even think about visiting Paris in the springtime, much less in the fall. Nope, as a gardener, your watch begins at the end of February and doesn't conclude until the last tomato is harvested in October. Of course, you can throw caution to the wind and go if you want to, but you'll pay. Oh how you'll pay.

Almost all of our extended family lives in Northern California, though I'm happy to report that they don't have bleached teeth or wear roller blades to work, and as far as I know, all parts of their bodies are original. This geographical distance poses an enormous problem for me as a gardener. I love my family. I want to visit them. I want to foster bonds of great tenderness between grandparents and grandchildren. I also want to grow a decent head of broccoli. Sadly, the two desires are mutually exclusive. Sacrifices must be made, and unless I'd like my father to take out a copy of the will and a good eraser, I'd better rethink my first instinct.

If it is a year that we have decided to visit our family the question is always "when"? Seedlings are started in February, the Cold Frame Shuffle is scheduled for March, and the rest of the spring/summer months from April onwards? Fugeddaboudit. The fall is about the harvest, and I'm hardly likely to cosset and cajole three hundred pounds of vegetables only to leave them hanging come October. November and December are peak holiday flying times (read: expensive) and our family does not live in Bermuda, so I am not too excited about visiting in January. Snow is snow, whether it has a tan or not. Do you see my quandary?

Even a late summer's week at the beach is a concern to those of us who till the soil and squish lawn grubs with gusto. Our Mid-Atlantic climate acts like a magical elixir to weeds, grass, vines and all things green. Leave for a week, and an Amazonian jungle greets you upon your return. You may have paid the neighbor boy to feed the dog and water the potted plants, but did you also pay him to nip and tuck the cleome, dead head the daisies, shear back the chrysanthemums and reattach the heavily laden rose trellis to the house after a bout of gale

force winds? Of course you didn't, no one has that much money.

So you come back, exhausted from your vacation to find what? The dog and the terracotta blooms have survived, but where are the eighteen cabbages you planted in July? They are stalks only, eaten down to their spindly foundations. Beans have ripened too long on the plants and sent them into a downward spiral, and the dratted lemon balm has flowered and scattered seed all over your lawn. This would be just fine if you hadn't spent previous weeks covering the little cabbages with love and tenderness...if you hadn't gone out faithfully every morning picking beans to keep the plants producing...if you hadn't taken valuable time to shear the lemon balm each week to prevent the merest suspicion of a flower from setting seed.

But perhaps you think you've got this one solved. This year you plan to ask a trusted friend to swap gardening chores with you when you each go away. Well, make sure you take a good hard look at the actual exchange of labor and have a lawyer review the contract before you sign anything. My friends now know to run a mile or change the subject when it looks like I am itching to tread upon foreign soil. One week tending my garden is worth fourteen weeks tending their pots – I can't imagine the amount of under-breath cursing that my plants have been exposed to over past years – poor darlings. The plants I mean – my friends should have read the fine print.

So what is the poor gardener to do? Send your family off on a holiday without you, but with promises to come back with lots of pictures? Hire a full-time under gardener with full board, so he comes to regard your garden as his own and isn't offended when you take off to see the Great Salt Lake in May? Or simply come to the realization that there's going to be a certain amount of...er...collateral damage, should one spontaneously visit Disney World in September? Life is a series of trade-offs, as I have come to realize after an undisclosed amount of years on this planet. This year it will be a crop of early brassicas that will most probably suffer as I fulfill grandparent dreams and familial obligations at the end of this month.

I guess you truly can't have your squash and eat it too.

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PETS LARGE AND SMALL

A four-legged calling

Jennifer Vanderau
Cumberland Valley
Animal Shelter

When I was a kid, I remember watching an episode of Facts of Life (still love that show, btw -- the 80's may have been an embarrassing decade, but the nostalgia will never get old for me) where Blair's step-sister Meg (played by Eve Plumb of the Brady Bunch fame) came for a visit to tell Blair she wanted to be a nun.

She said she had a calling and I remember being so confused when I first saw this. I didn't get it. A calling? What in the world was that? I remember thinking, how would you know for sure? How could you devote your entire life to something like that?

Well, as a kid, attention spans are pretty close to nil and there were always other things going on in my life -- homework, Atari, playing little cars with my siblings, trips to Boyer's with my aunt and grandma, family dinners -- so I didn't dwell too long on the plot of that episode. As the years passed, I moved on to endeavors in my own life from teaching to being a tour guide to working at a newspaper

to a host of other activities. And then I found the Cumberland Valley Animal Shelter.

We had always had animals growing up -- living in the country it was practically a given. Dogs named after Star Trek characters (anyone remember Tribbles? My dad was a trekkie of old), cats and kittens who my sister can track the lineage of to this day.

I remember my first day at the shelter being so distracted by the barking in the kennels. It was a noise I certainly wasn't used to hearing while at work. Eventually, I got assimilated into the place and started to hear the stories.

When I heard that a woman had returned a dog because he "didn't match her couch" or a woman couldn't handle a kitten because he "messed up her hair," I couldn't believe it. It had to be a joke.

Nope. The reasons were written in ink on the paperwork. Unbelievable. It seems backwards, but working at an animal shelter really gives you a remarkable insight into what people are capable of and that's what I had started to learn.

I also started to see how quickly the animals recognize who we are as staff members at the animal

shelter. Dogs would look to me for comfort if they were unsure or even just if they needed a familiar face. Cats would hear my voice and respond with a purr or soft meow.

I'm not married and I don't have children, so it was a novel feeling for me to experience that kind of connection. Here was another life reaching out to me for comfort and reassurance. When I would take animals out of the shelter with me to help them find homes, I started saying out loud to them, "Don't worry, baby, nothing's going to happen to you on my watch."

And you better believe I make sure of that to this day. It's a powerful emotion to have the welfare of an animal in your hands.

This is a job that can be remarkably frustrating, though. We get phone calls where people tell us if we don't take their dog, they'll shoot him when they get home. Or those who need to surrender their Saint Bernard because he outgrew their house.

I'll never forget the day when I had simply had it. The stress was too high, dealing with people was just too much and I said to myself, "This is it. I'm done. I'm going to quit."

Oh I was fired up. I can't even really remember what the circumstances were that had torqued me so badly, but I went stomping out the back to my car, determined to put this place behind me.

Well, it just so happens that in order to leave through the back, I had to walk right past the dogs in our isolation kennels. The last cage is literally beside the back door.

I was huffing and puffing and mumbling to myself (I learned that from my mom) and as I reached the door, I saw him. The little dog who had just come into the shelter -- I can't remember why -- in the last kennel by the door. He looked up at me and his big brown eyes were



Alan is a handsome, 2-year-old brown tabby with a friendly face. This guy loves getting petted and a little canned cat food as a treat, but he's not too crazy about other cats. He'd prefer to be the king of the house. He's been at the shelter for more than a year! Please help him out!!

so scared, so uncertain, so upset.

And it hit me like a literal punch to the gut.

This wasn't about me. My job, my career, wasn't really mine. Dealing with the people, fighting with the ridiculousness, coming to work every day, talking about the shelter to anyone who will listen had absolutely nothing to do with me.

It's for them. I realized in that second, that moment in time, that for the first time in

my life, I had a reason beyond myself to get up in the morning.

When my alarm goes (and I hit the snooze button a few times because, quite frankly, I'm not a "jump out of the bed" kind of person), I know that I will go through my day not for me, but to make the world a little better for the animals in our kennels. I like to joke that I have almost one hundred four-legged bosses on any given day.

Our motto at CVAS is "the animals have no voice but ours" and I know, after almost ten years of shelter work, that I will continue to speak for them until I can't draw a breath to form words anymore.

I now know what Blair's step-sister was talking about from that Facts of Life episode all those years ago.

I have found my calling.

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

Starting with this edition, Jennifer will be a regular contributor to the News-Journal.

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PETS LARGE AND SMALL

Not an emergency

Kimberly Brokaw DVM
Walkersville Veterinary Clinic

One of the more difficult things of being a pet owner is deciding when your pet needs to see a vet and when you can wait it out. Sometimes the situation obviously warrants veterinary care, i.e. the dog chewed his leg off. Yes, an owner really did page me and say the dog chewed his leg off, (and the dog has four legs and is fine now). Other situations can be less definitive. As a veterinarian, I would prefer that if there is any doubt that the client call and ask what they should do. Truthfully I would rather have the over reactive client as opposed to the ones who ignore their pet's clinical signs for weeks, or worse, try to medicate the pet with old drugs they have remaining around the house. Clients don't always understand that certain medications have the ability to interact in a negative manner.

I have a list of certain things that I would consider an emergency and should be treated in a timely manner. Almost any injury relating to an eye or a joint, colic, uncontrolled bleeding, having trouble breathing, or any other potentially serious problem warrants a call. Eye emergencies include a painful eye, an eye that the animal will not open fully, or an eye that tears constantly. Colic/belly pain, is usually an emergency. If a horse seems to be in pain, won't eat his dinner, or is constantly looking at his sides, I want the client to call me. Any bleeding that turns into puddles on the floor, rather than a spattering of drops, is a potential emergency. Difficult, rapid or noisy breathing can be an emergency, particularly if it persists after the animal is calm. Repeated vomiting can be an emergency. Anything that causes an animal to be disinterested in his surroundings is a potential emergency.

I find that some of my clients have a tendency to panic unnecessarily. Worms in the stool does not constitute an emergency so please don't call me at midnight. Yes, your dog needs to be treated, but it can wait until the next morning. In one particular situation, the puppy had been dewormed that day and received a check-up. Clients are routinely told that after deworming, worms can be seen in the stool. The gross out factor with worms was too great for this client to handle and I received a panicky call. She wanted to know if the puppy needed to come back to the vet, if she or her kids needed to rush to the emergency room, and if the puppy was going to die. The puppy later received additional deworming medications and he was fine. Although I wasn't happy to be awakened, I was happy that the owner called rather than worrying all night.

One particular client is the worst about panicking unnecessarily. She is a good owner and cares about

her pets but doesn't seem to know much about what constitutes an emergency. Whenever she calls me and sounds panicked, I know that if she is able to call me, as opposed to having to lock herself in the bathroom and vomit, the animal is fine. Beth (and I can use her real name because she is my engineering grad student little sister) can't handle the sight of blood. For those who follow my articles, remember her response during "the cheese incident" between the duck and the dog? In the "cheese incident," the duck tried to take a piece of cheese from the dog, and had his beak bitten. There was a tiny hole, which healed unremarkably. As an aside the duck is still doing very well and happily spending his days in the swimming pool or horse water trough. He still gets brought into the house every evening and naps on the sofa with the dogs. As he has gotten older, his personality has gotten more colorful. It was jokingly suggested that his name be changed from "Cher Ami" to "Petite Monstre" as he has a habit of chasing dogs and people and biting at their toes. My father loves the duck. My mother feels the duck would make a lovely roast. I'm sure that eventually I will get an emergency call because my mother is plucking the duck and putting him in the oven.

One afternoon, Beth called. Initially she sounded calm on the phone telling me that my veterinary

skills were needed. As she proceeded to talk, she started getting more panicky as she described a puppy "fight" and the resulting injuries. She claimed that there was blood everywhere and that the dog's leg looks badly injured.

The duck was not involved this time and was still sitting on the hassock shredding newspaper and pushing them onto the family room rug. Again, knowing this is my sister, and how she tends to over react, I asked her to describe what she meant when she said there was blood everywhere. I asked if there were large puddles on the floor and splatter on the walls? She replied that no there wasn't that much blood.

I asked again for her to quantify it in terms of how many cups of blood. She told me that there probably wasn't even a cup's worth of blood and the dog was walking without a limp. I continued asking her questions until we got down to the final answer that there were a few drops of blood and the dog seemed fine. She sent me a text message with a photo of the dog's leg. No stitches were needed, nor were any antibiotics. A little bit later that day one couldn't even find the (and I use this term loosely) "wound" on the dog. Sometimes a good cell phone photo can save everyone from an emergency visit and the consequent expense and loss of sleep for all.

Emergency calls are important. Even though I value my sleep, I am

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Dr. Brokaw and her horse Bart

happy to talk with a client and help determine the proper cause of action when there is a potential emergency. I know that even my sister is grateful that she can reach a vet when she is worried, no matter what time of day. At the end of my sister's last pseudo emergency call she thanked me for my help and said that if her professional

services can ever be of use to just let her know. I laughed and told her that I can't think of a single situation when someone has yelled "Help! I need a biomedical engineer ASAP!"

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

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EMMITSBURG AND FAIRFIELD...

Sponsors keep the league alive

Emma Haley
MSM Class of 2011

The snow has lifted, the birds are singing and the Little League fields in Emmitsburg and Fairfield are just about ready for the first pitches to be thrown! The two most long awaited words will finally be heard; yes it's finally for the man in blue to yell, "PLAY BALL!"

Last month we were fortunate enough to get an inside look at those wonderful dedicated people who offer their time to coach the children we love so much. As we've determined, the coaches play a distinctive role in both baseball and softball in our area.

I'm sure many of you know they are not alone in their efforts. Parents, teachers, and fans also have an active role in supporting the games we gather around. There is one more group of outstanding individuals who serve as the backbone to Little League baseball and softball in the Emmitsburg and Fairfield area- that special group is our sponsors.

I've spent the last few weeks contacting sponsors of each team - and let me tell you, there are plenty! Every sponsor I was able to speak with me reminded me how great it is to be in a small close knit community. Each local business or company was willing to spend a small part of their day answering my questions and giving me good insight into why they value sponsoring a team.

There was a common theme that kept occurring with each person I spoke to- they do it for the kids. It could easily be said that these sponsors give money to get their name in the community and gain some promotion, but that's not the case. The mentality in our local area is to support and bene-

fit others, and to keep baseball and softball alive. It's refreshing to see how important the community is to so many.

Each sponsor understands the historical significance of the baseball culture in Emmitsburg and Fairfield. However, Mike Hillman, the editor of the Emmitsburg News-Journal and president of the Historical Society, has many insights into just how much baseball and softball in Emmitsburg and surrounding areas has impacted the culture and way of life in our very own neighborhoods.

Recalling some old articles in local news history, Hillman remembers the accounts of games between grade schools and high schools, the Mount and other local colleges. "Long before TV took us away from active participation in sports, baseball was a way of life for the people of Emmitsburg." He explained that up until the 50s the stands surrounding the ball fields in town were crowded 6 to 15 people deep with spectators. "Just about every night, starting with the first warm weather of spring to the first front of the fall, 'Play Ball!' could be heard in all the parks in the area."

Although some active participation may have dropped, the fan base is still extremely strong in both Emmitsburg and Fairfield. Hillman himself has noticed the remarkable enthusiasm the local area has for the leagues. "Since moving here in 1989, I've been impressed with the dedication of the league officials and team coaches who have continued this rich tradition and I've always wanted to help the league help the kids."

As dedicated to the community as Hillman is, he has never coached a little league team. When asked why, he confidently



replied saying he would have respectfully declined once people got wind that he had been cut from his seventh grade baseball team (where he played third string second baseman and second string score keeper). To make matters worse, his own father was the coach who cut him! But years later, while in the military, he got the opportunity to occasionally help his father coach his little brother's team, and came to appreciate how much fun it was.

Little league baseball still holds a strong place in his heart. And, although he may not be the best candidate for coaching (baseball that is, word is he's a great riding coach), he realizes he has other opportunities to support the programs. "When the opportunity opened up this year to help the league financially, I took it. And in doing so, if the money gives just one kid the opportunity to dream,

even if just for a moment, that they might make the big leagues, then every penny spent would be more than worth its weight in gold!"

Sponsorship and recognition of just how imperative these leagues are for the community is extremely important to Hillman, "It is my hope that the coverage this paper is giving the two leagues this year will result in increased turnout, not only for kids playing, but for spectators cheering them on, and in doing so, reenergizing the old community spirit that made Emmitsburg such a wonderful place to grow up and live."

I can only hope his attitude is contagious for others who may not have the time or talent for the sport, but have a little something extra to give in order for children in our own area to have their moment of fame! Even if all you can give is your support as a fan, I know the league would be grateful. So, members of the community, head to the garage and pull out those lawn chairs buried under the snow shovels and get to the local field to see your very own superstars shine.

I believe that Mike Hillman's last point really speaks to the crowd when he says, "with the rising price of gas, a good league gives people every reason to stay at home. Why drive to Frederick or Baltimore to watch baseball when you have the very best little league and college baseball in your very own backyard!" Who knows, you may even be the first to see the next O's player right here in Emmitsburg or Fairfield- wouldn't that be a cool thing to say!

Along with Hillman there are many other local businesses in the area that generously sponsor a team or support the leagues by purchasing signs at the field. And, just like the coaches I interviewed last month, many of the sponsors I spoke with were unsure of how many years they had been dedicat-

ing their services to little league.

Tim Wetzel, owner of Tim's Garage in Emmitsburg says he has been sponsoring for the last couple years and though, the team he sponsors has varied, he has many plaques of his winning teams hanging at the house. Tim feels strongly that baseball and softball are very valuable for the kids, because it keeps them active and out of trouble. When asked how important sponsors are for the leagues, he explained that "they keep the baseball rolling in the community, and without sponsors we wouldn't be able to create the environment we have."

His thoughts are clear; sponsors are a crucial aspect in order to maintain the Little League culture we have here in our towns. This year Tim will be using business funds to sponsor the Giants. Part of what's great about small communities is the cycle of giving back; when you use Tim's Garage for your automobile needs, you're also supporting the community. So the next time you need to fine-tune your car, stop by Tim's Garage for some great service, including mechanical work and custom exhaust work. They are the only one in the Emmitsburg area that can bend pipes, which if you're riding to the games in an older cruiser, is very important for your vehicle!

Just down the road from Tim's Garage is a great place to grab some Italian cuisine. Carleo's Pizza and owner April Martin has been sponsoring the leagues for the past two years. Martin was asked to sponsor when she became the owner of Carleo's and she is "a firm believer that kids need something to do and has always been big sports fan." Martin explained that baseball has always been her kids' passion as she had two sons who once played baseball in Emmitsburg. She hopes to see the sport continue, and as well as continued and new sponsorship. Carleo's offers a variety of Italian dish-

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...BASEBALL & SOFTBALL LITTLE LEAGUES

es and run specials for both lunches and dinner. They appreciate the local community, and the business they get when people come into their restaurant. They enjoy giving back by putting their resources into sponsoring the leagues!

But sponsors of the leagues give more than monetary donations; Wayne and Sean Andrews owners of Andrew & Sons Excavating are perfect examples of this. Their company has done work on the grounds to make sure the fields are ready for play. They have put in hours of work so kids have adequate fields. They believe "sponsoring is important to keep the kids busy. Without sponsors who donate their time and money we wouldn't have things such as team sports that teach these kids how to work together for a common goal—things like baseball are where they get skills and first training for the work force." Andrew & Sons Excavating sees just how important the youth in our community are. They hope to give each youngster every opportunity to socialize in a healthy atmosphere.

The example of Wayne and Sean Andrews shows that there are many ways to help support the sport of baseball. Thanks to their company the fields will be ready for some serious action! Besides dedicating their services to prepping the field they also do work on sewers, preparation for landscaping, driveway pads, and dirt removal. Now you may need a special stain remover to get rid of the dirt that has stained your ball player's uniform, but if you need a lot of dirt removed from either a residential or commercial location, Andrew & Sons Excavating is the company for you.

Another sponsor and former Little League player Brian Reaver of Reaver's Woodworking has been a supporter of baseball in Emmitsburg for years. Growing up playing baseball in the seventies Mr. Reaver remembers those who coached him and the generous businesses that sponsored his teams. Remembering how important they were to the league back in the day, Reaver wants to honor the league by sponsoring a team to carry on the tradition that he valued so much as a child. Reaver has seen the league grow and develop into a strong program with more divisions and hopes to see this growth continue.

He strongly encourages any business that doesn't already sponsor to get involved. "It's great just to be a sponsor and see the joy when the players hit one. I consider all of the kids mine because I'm a part of the league. Seeing them progress makes everything worth it."

Reaver's Woodworking is your very own one stop shop for custom cabinets or other woodworking pieces. Everything built is handmade and comes according to your specifications. Next time you need something just right for you Reaver's expertise and quality care is waiting for you!

Small town companies such as Reaver's Woodworking who have been supporting the leagues for years are great examples to first

time sponsors. Brian Barth who works for the Emmitsburg News Journal is in his first year of sponsoring a team. He has seen the value the sports have in the community and gives his donations to give kids a chance to succeed. Barth explained that contributions to the leagues are endless and you don't need to have a child on a team in order to help. "I do it because I enjoy the game and enjoy helping the community; there is nothing better."

Another first time sponsor is Danny Scott owner of Scott's Body Shop in Fairfield. Scott's Body Shop has over 30 years of experience in auto body repairs, paint, mechanical diagnostics, tires and other areas. Scott received a letter about sponsoring and he and his wife thought it would be a good way to show appreciation for the area they live: "We have a business in the community and we like to help out with the youth programs. I do a lot of these kids parents work and I appreciate that." I like Fairfield because it gives kids a lot of support beyond baseball. I have shadows from the local schools who are interested in body work that come down to see if they would like this career or someday would like to own their own shop." Scott's involvement in the community outside of baseball shows just how wonderful the relationships in our area truly are.

Rich Boyd is yet another example of long term support in the Emmitsburg area. Jubilee Foods has been a supporter for approximately ten years. "We feel we're an integral part of the community and in our working with several organizations, whether churches or elementary schools, we feel we're really part of the community—and well, we're a great community to be a part of." Boyd is correct; we live in a great community. He continued to say, "baseball is one of the few sports that is right in our own backyard where the kids can join in wholesome fun, the league is run very well and fairly. It teaches the kids sportsmanship and teamwork, which are lessons to live by."

I thought ten years was a long time to support a team, don't get me wrong—it is! However, Bob Hance from the Carriage House has been a sponsor for twenty-five years. As an active member of many boards in Emmitsburg, Hance had some promising words about the league, "I have been supportive for 25 years and will continue to be supportive. We think it's one of the most outstanding organizations in this town. Period. The service they provide to the youth of this town is single handily the best organization for youth of this town and Fairfield." I think his thoughts speak volumes for the league, and honestly, I couldn't have said it better myself.

There are many ways to get involved in being a part of the amazing community of Emmitsburg and Fairfield baseball and softball. Just because you don't have your own business or company doesn't mean you can't get involved. The

league will accept any type of donations. Stop by your local Jubilee and pick up some drinks and hot dogs for the concession stand, or supply a case of balls for the teams to practice with. These contributions all give children in the area a chance to play a sport that will instill in them lessons for life.

It is evident how deep the passions and generations for baseball and softball run in our area. Beth Wastler of Wastler's Barbershop in Fairfield grew up playing both baseball and softball in the league. She knows how important it is to have supporters and generous people to donate funds for adequate equipment and a proper field. Stop by Wastler's small town old-fashioned barbershop to get a great trim before opening day!

Also in the Fairfield area is Kojak Graphic Communications, a full service printing and apparel company run by Joe Macharsky, who will be sponsoring the Fairfield Fury for the third year. Macharsky has kids who play in the league and thinks that, "youth athletics promote the right environment for kids to grow into young adults. They teach discipline along with self-respect and get the kids out doing some physical activity."

The link between coaches and sponsors continue, as Mike Ball of State Farm Insurance will be in his seventh year of sponsoring and coaching of the Reds. He began his business in 2000 and thought getting involved with the leagues would be a good thing to do to support youth programs. "State Farm agents are local in the community and since the local community supports our business we try to give back as much as we can. Agents around the country support local baseball teams."

Another long term supporter is Chuck Szarowski of CRS Insurance INC. He has been in the Fairfield area for 43 years, and has run his family owned and operated insurance company for 33 years. Realizing he had been involved for so long, I asked Chuck how he initially got involved in sponsoring. He told me how back in the day, a certain man came up with an idea about having bulletin boards at the fields for sponsors to hang signs (creating both promotion for the businesses and raising funding for the league). Today, we've moved past the bulletin boards to more sophisticated methods, but Szarowski has been involved all the way through! This year, his 30th year of sponsorship, Szarowski will be supporting the Phillies. Szarowski played baseball his whole life and loves children, "It is a good activity for the youth and gives them an outlet. When my son was growing up, I coached his team which then led to the sponsoring." Oh, how the connections continue!

Unfortunately there are several members in the community who may not be able to pay the initial registration fee of \$50.00. Thankfully, the league doesn't turn anyone down, but I know they would appreciate any monetary donations for this cause alone. I would hate to see an all-star athlete miss the chance

to play because they couldn't afford it. Any small act of generosity is appreciated, and it can be seen in each of the youngsters eyes as they get a chance to participate in a league such as the ones we have right here in our own area.

We're one lucky community here in Emmitsburg and Fairfield. As the days until the first pitch is thrown grow closer, I hope we can come celebrate the long awaited season!

Emmitsburg's opening day Celebration is April 2nd. They will be holding the annual parade at 2 P.M. Join the celebration as the Color Guard, Vigilant House Co. and the Emmitsburg Volunteer Ambulance Co. will be leading the march! If you want to see how important the leagues are to the area, come to the parade to discover the recipient of the Guy McGlaughlin award, awarded to a community member for 20-30 years of volunteering services that provide the youth of Emmitsburg to play ball. Fairfield will be holding their opening day celebration on April 16th by having a parade through town. The parade will begin at 9 A.M. with the introduction of all teams, coaches, and players around the field!

While you wait for opening day of our treasured Little Leagues don't miss out on many opportunities to see some older kids throw the ball around! That's right, Mount St. Mary's University's baseball and softball programs are in full swing—literally! Both teams play on campus and their schedules are available on mountathletics.com. Bring your youngster down to pick up some tips from the big sluggers!

So, as you enjoy the special moments that both Emmitsburg and Fairfield baseball and softball bring, make sure to remember both the people who are standing in the dugouts, but also those who silently but actively support each and every ball player in the field.

We couldn't the program we have today without our sponsors, both large and small. Next time you're at the field enjoying the games, take a

moment to think about what our sponsors have done for the community, and know that a great way to give back show your thanks and indirectly give to our community is to support their business.

Hats off to the awesome community we live in, the coaches who teach our youth life lessons through sports, and the sponsors who back everyone up in all they do!

Emma Haley is a Communications major at the Mount, and we sadly only have her for one more edition before she heads out to take on the world!

Emmitsburg Little League Sponsors

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26 Panthers - Briggs Associates

Wildcats - Friend of the Family

Thundercats - Emmitsburg News Journal

Cubs - Quality Tire Service
Tigers - Harrington & Sons

Cardinals - VFW Post 6658
Giants - Tim's Garage

Orioles - Coleman Cadillac
Red Sox- American Legion Post 121

Orioles (Junior League) - Reaver's Woodworking

Renegades - Genesis Security Systems, Germantown

Redwings - W.S. Drywall
Blue Jays - Med One Pharmacy

Giants - EBPA Orioles (tball) - Emmitsburg Lions Club

Phillies - The Ott House

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EMMITSBURG BASEBALL HISTORY

A brief history of the Emmitsburg Little League

John Miller
Emmitsburg Historical Society

The Beginning Years 1955-1959

On January 28, 1955, the Emmitsburg Chronicle ran an article headlined "Lions Club Will Sponsor Little League." This was the beginning phase of what would become the Emmitsburg Little League, as we know it today. At a meeting in the Lutheran parish hall, president J. Ralph McDonnell discussed the possible creation of a boys little league. It was voted that the Lions Club would sponsor at least one team to be called the Emmitsburg Little League, which would operate independently (scheduling games with nearby towns and also with Emmitsburg's own teams) and not becoming part of the Official National Little League. Mr. Paul Claypool, who was general chairman at the time of the little league project, announced that he had enlisted many volunteers who were willing to help coach, manage, and direct the clubs. Heading the committee for the organization and formation of a team(s) were Herbert W. Rogers, George L. Wilhide, John J. Hollinger, and

Mr. Claypool himself among other volunteers.

As the plans for Little League progressed, by March, five men were interested in managing (Coach) Emmitsburg's Little League Teams: James McKeon, Carlos Englars, Jack Rosensteel, Chick Topper, and T. C. Harbaugh. To make the league work, it needed funding. They ordered \$150.00 worth of equipment for the four teams to be created. Canisters were placed at local businesses for the collection of donations in the hope of raising at least \$1000.00 to pay for the complete equipping of the four teams and other maintenance items throughout the season. The members of the four teams also sold booster tickets in effort to help raise the money they needed.

Advertisements and schedules for the project were hung in the local stores around Emmitsburg, waiting for public interest. Sources confirmed that a list of at least 75 candidates was received by March 25, 1955. The majority of the children playing baseball that year came from three local schools in the Emmitsburg District: St. Euphemia's, Emmitsburg Public School, and St. Anthony's.



One of the earliest known photo of an Emmitsburg baseball team ~ circa 1915

Back: Less Topper, Joe Rowe, Eagar Annan, Frank Rowe, Sam Annan. Middle: M. J. Thompson, Arthur Stokes, Frank Topper, Charles Sellers, Chick Rosensteel, Sterling Galt, Ben Sebold. Front: Ward Kerrigan, Jess Stone

By April, a meeting was held to discuss registration, practice, and game schedules for the coming season. To be eligible to play, children had to be between the ages of 8 and 12 years old, with a deadline of August 1 for children whose birthdays were approaching. For the first season, they also planned to use the Emmitsburg Civic Association grounds (east of town where horse shows were held). By April 1, at least 175 boys were eligible for competition; however, only 60 boys would play baseball through the season after passing their tryouts. Shortly afterwards the equipment for the teams arrived.

May 13, as tryouts finished up, Mr. Claypool announced that 56 children would field with the four teams and that 11 managers and coaches had been chosen for the

task of leading the teams for the season. They were named after the professional baseball organizations as follows:

The Official 1955 Roster

The Giants: Dennis Daly, Bill Wilvell, Butch Myers, Terry Byard, Fred Trent, Bob Louis, Mike Kelly, Ronald Stouter, Gene Lingg, Bob Zimmerman, Sonny Toooper, Gene Miller, Pat Zimmerman, and Tom Plunkett. Coaches: Dick Harner and Carlos Englars.

The Yankees: George Wagaman, James Hewitt, Carlos Englars Jr., Dennis McLauhlin, Allen Beale, Dennis Joy, Ernest Sweeny, Edward Meadows, Terry Fleagle, Clarence Umble, James Houck, Jack Topper, James Wills, Austin Umble. Coaches: Jack Rosensteel and Chick Topper.

The Cards: Robert Beale, Rob-

ert Gingell, Wayne Hawks, Kenneth Swomley, David Eversole, Wilbur Topper, James Topper, Don Sweeney, Allen Beale, Don Fisher, Robert Wills, Robert Wagaman, and Joe Beale. Coaches: Leonard Zimmerman and Edward Lingg.

The Red Sox: Mike Roddy, Jack Dillon, Harry Harner, Steve Wilhide, Fred Hawk, Bill Zimmerman, Barry Rosensteel, Ed Orndorff, Harry Maddox, Bob Rosensteel, Jack White, Joe Elliott, and Robert Eyler. Coaches: "Tip" Harbaugh and Jim McKeon.

On June 19, a meeting was held at the fire hall announcing that a section of the Community Field was obtained for the youngsters to practice. The season was fast approaching and the necessary actions needed to be taken if the first season was to be successful. Mr. Claypool also announced that adequate coaching was obtained and that 65 local schoolboys had signed and were ready to participate. Mr. Guy R. McGlaughlin, who was the president of Pen-Mar's Little League, was to head Emmitsburg's Little League as president. Team uniforms were ordered and were scheduled to arrive by July.

Little League games were scheduled every Tuesday and Thursday evening, with the game time starting at 6:15 p.m. Umpire positions were given to local men interested in the sport. John J. Hollinger, Allen Bouey, Dr. W. R. Cadle, George F. Rosensteel, Thomas F. Sayler, William F. Sterbinsky, Frank S. Topper, and James J. Phelan were appointed by Vincent Topper who was the chairman of the umpiring committee.

Selected to umpire the first game on Tuesday evening was John J. Hollinger who was behind first plate. Also umpiring



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EMMITSBURG BASEBALL HISTORY

the game will be George F. Rosensteel and James J. Phelan. Thursday Vincent Topper and William F. Sterbinsky umpired the night's game.

By June 24, the Emmitsburg Chronicle reported that the Cardinals had taken the opening game beating the Yankees 4-0. The Chronicle also reported that a fairly good turnout support the Little League players at the community field. Mayor Thornton Rodgers, who tossed out the first ball while the Boy Scouts raise the flag, conducted the activities with ceremonies. The Emmitsburg Municipal Band under the direction of Walter Simpson provided music. The teams had outstanding pitching with the Cardinals allowing only four hits and of which they had two doubles to lead.

July 1, the Emmitsburg Chronicle reported that the Giants broke open a tie ballgame in the fifth inning by scoring three runs, dropping the Yankees into the cellar of the Emmitsburg Little League. By July 4, at Community Field, the biggest crowd turnout to watch the League play a doubleheader in their brand-new uniforms. The first game was the Red Sox versus the Yankees, and the Yankees lost 8-1. During the second game had to be called because it was too dark at the end of the fourth inning, leaving the Cardinals in first place in the League standing winning against the Giants 8-2.

During the later part of July, the officials of the image were asking public assistance for the Little League to help in getting the new field ready, which was under construction. The new baseball field was 200 x 300 feet in dimension. Permission was granted by St. Joseph's College to use its grounds that were adjacent to the community field.

At the end of the season, during the last game up for Little League championships, the Cardinals defended their final, winning 12-9 against the Red Sox who were the runners-up. All players were asked to wash their uniforms and to return them to their managers or to Houck's.

By July of 1957, when the Em-

mitsburg Little League All-Stars played their first tournament on July 27 against Thurmont, the season was in full swing. Unfortunately, Thurmont overwhelmed Emmitsburg at a whopping 4-3 score.

As I was going through the information about the Little League in 1958, I soon realized that the articles were getting few and far between. Then I came across an article published in the Emmitsburg Chronicle dating April 25, 1958; it stated, "Adult interest in the league has dropped since the establishment's creation in 1955." The article doesn't state why there was a sudden lack of interest, but, when reading over the documents, I noticed that they deal mostly with sign up information for the up-coming season.

Also in 1958, for the first time, children who were eligible for participation in the upcoming season were required to bring a birth or baptism certificate as proof of age. Practices began shortly after registration and were held on Saturdays throughout the remainder of the school year. Official games began at the end of the school year and, due to the limited number of players who could play, sign ups were to be done as early as possible to guarantee the child's participation.

Elections were held and Tom Bollinger was elected president of the Emmitsburg Little League. The position of umpire in chief was given to Tom Gingell, Paul Claypool was named head of league financial activities, and Chick Topper was appointed to arrange the benefit bingo. Dr. W. R. Cadle was unable to serve as president that year.

In 1959, the players would not be certified to play unless the proper age certificates were presented. Officers were elected and Richard J. McCullough was elected as the league president; he remained president for many years afterwards. In the 1959 season, the Yankees were the dominant team in the Emmitsburg Little League.

1960-1969

In 1962, attempts were made

to form a Babe Ruth baseball league with a large number of youths who declared their intentions of joining. At least 15 players were needed before the team could be granted a franchise. During the 1963 season, the Emmitsburg Little League sought donations to purchase a new wire fence for its field at a cost of \$10.00 a panel.

In 1965, Thomas C. Harbaugh was elected and served for several years as the League president. The Little League Park was renamed to McCullough Memorial Park and president Thomas C. Harbaugh planned a formal dedication. The agenda for the park maintenance was topsoil, a new wire fence from the backstop, and the dugouts complete with advertisement signs, which were repainted and a new backstop was added. Donations were also accepted to keep the Little League of Emmitsburg alive.

The public's interest was dropping fast during the 1960's. It seems that the Little League teams were suffering from this lack of public support. Most of the articles seem to repeat themselves throughout the 1960's, suggesting that funding for purchasing new equipment and help with the field were cut because of the lack of proceeds.

In 1966, the Emmitsburg Little League geared up for the All-Stars with a game played at Baker's Park and Frederick Maryland. However, the Emmitsburg Little League never saw the state championships.

In 1967, printed on April 21 in the Emmitsburg Chronicle, president Thomas C. Harbaugh announced a list of donors to the league as follows:

- The American Legion
- Veterans of Foreign Wars
- Dr. W. R. Cadle
- Walter and Edna Crouse
- Charles F. Stouter
- John "Buzz" Walter
- Guy and Neal Sinclair
- H. O. Toor Shoe Corp.
- Mount St. Mary's College
- Ralph F. Irelan
- Frank Gebbert
- Emmitsburg Pharmacy

- Sperry Ford sales
- Benard S. Kaliss
- Frank S. Topper
- Mount Manor Restaurant
- Irwin Watkins
- St. Joseph Church
- 7-Up Bottling Co.

a hot topic in 1971. During that year, a fifth team was added to the Emmitsburg Little league with support from the Knights of Columbus. The new team was named the Orioles.

In March of 1972, president Thomas Harbaugh wrote a letter to the editor of the Emmitsburg Chronicle stating that, due to personal reasons, he had to resign all his activities with the Little League. He wrote, "It hurts me very much to do this, but there is nothing I can do about it. I hope in the future you the citizens of Emmitsburg, will give your full support to league. This organization has lasted longer than any other thing that has ever happened in Emmitsburg. There is one thing I would like to mention before closing this letter. The parks and recreation committee of Emmitsburg has drawn up a plan for a new ball field and other recreation for this town. In their plans, I have read nothing about helping the Little League and I think they are making a grave mistake by not including the Little League in the plans. Thank you very much, Yours truly, Thomas Harbaugh."

Also 1972, a sixth team was added to the Little League organization. The new team was named the Dodgers. Ever since its creation in 1955, the Little League has expanded. This was considered a good thing because it showed that the citizens of Emmitsburg were interested in their younger citizens. Some changes were made with the most important change was that the games were being scheduled on Monday, Tuesday, and Thursday nights. There might have been games scheduled for Friday night if was necessary. The league officers and managers felt that Friday nights should be eliminated when possible for the convenience of parents.

In March of 1974, Thomas Harbaugh resigned his position as president of the Little League. Bob Sayler was elected as the new president of the Emmitsburg Little League. In 1975, with the proceeds gained from the donations a concession stand was built and completed.

1970-1979

In 1970, the Emmitsburg Little League was desperately in need of donations. Several letters were sent out to businesses and organizations asking for help in funding the 1970 season. They hoped that enough donations would be received to fund 60 new uniforms, in addition to replacing all the equipment, which was badly needed. A cry for help from the Little League stressed that, if anyone hadn't received a form for donation to the Little League, donations were desperately needed for the upcoming season.

The cry for donations was also

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| 1:05... \$200 Cash | 2:05... \$200 Cash | 3:05... \$200 Cash | 4:05... \$200 Cash |
| 1:10... \$400 Cash | 2:10... \$400 Cash | 3:10... \$400 Cash | 4:10... \$400 Cash |
| 1:15... \$100 G. Cert. | 2:15... \$100 G. Cert. | 3:15... \$100 G. Cert. | 4:15... \$100 G. Cert. |
| The Palms | Red's Tavern | Drive & Jane's | Chubby's Barbecue |
| 2:00... \$400 Cash | 2:20... \$400 Cash | 3:20... \$400 Cash | 4:20... \$400 Cash |
| 2:25... \$200 Cash | 2:25... \$200 Cash | 3:25... \$200 Cash | 4:25... \$200 Cash |
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HISTORY

History of Harney

Part 2

J. W. Beck

First preaching

In 1839 John Rathfan, a local United Brethren preacher, bought about 120 acres of land from Eliza Reck. This tract is all on the eastern side of the Gettysburg road. He improved the property with a full set of new buildings, but during this work, he still remembered his ministerial duties, and after his barn was completed, he held preachings and nearly always attracted a large audience. This we are told was about the first preaching held in this community. Prior to this, the majority of the people of this community attended church in Taneytown.

We remember having been told by Samuel Reck, who is born and raised about 2 1/2 miles north of this place, about his going to catechism in his young days. He said, "The young people of the community would all walk to Taneytown on Saturday afternoon, and the boys and girls would carry their shoes as far as Piney Creek. They all washed their feet and put on their shoes and stockings to walk into town. When they started home they would come out to the edge of town and all would again take off shoes and stockings and go home barefoot." This of course was "old times," and happened about 80 years ago.

Rev. Rathfan soon discovered however that farming and preaching did not work well together. He decided to abandon the farm, and in 1842, rented his farm to Samuel Null, who farmed the place for several years before moving to his father's farm, or what is known today as the old Null property. It is occupied by Greenberry Null. Mr. Null had a large family, 10 boys and two girls. One son passed away when he fell into a fence of this country near Harper's Ferry during the late rebellion. His remains lay peacefully at rest in the Reform cemetery at Taneytown. In 1866, Mr. Null moved to Lafayette County, MO, where he resided until his death on Nov. 14, 1888.

About 1843, Jacob Kreglo bought the old Lichtenwalter property from Elizah Eckenrode and started shop-keeping. During this period Jacob Kreglo purchased a tract of land directly opposite his father's property on the Gettysburg road and built a cabinet-making shop; he afterwards sold his property to his brother Jonas, who built an addition to the

shop and used the new part for a dwelling, and used the old shop part for a store. About the end of the 40's, John Rathfan sold his farm to Solomon Snider who resided there until 1854 when Snider sold out to William Fream. Fream built a blacksmith shop and carried on the business until 1876, when his son George took charge of the shop and carried on the business until 1878.

In 1834, old Jacob Kreglo sold his property to Philip Shriner, who started wagon-making. Sometime between 1845 and 1850, Jacob Kreglo bought the old Eckes property from John Kump; he lived there for a few years, then decided to quit housekeeping. He left the property and made his home with William Cornell, his son-in-law, who then lived about a quarter of a mile from his place, on the property where Abraham Hill now resides. James McIlhenny became the next owner of this place, and the property was rented for a number of years and finally torn down.

About 1854 or 1855 Jonas Kreglo sold out his store and property to Jeremiah Reinhart, who, we are told, continued in business for three years. During this time he built the house now standing on the corner of Emmitsburg and Taneytown streets. This house was built for the purpose of being rented and was a rough two-story building put up on our very cheap plan. Daniel Good, its present owner, built an addition to it, had it weather-boarded and painted, and today it makes a very respectable appearance.

Post Office Established

In 1856, the people of the village began to think the place was of sufficient size to have a Post Office, and the petition was gotten up at Reinhart's store, which contained the signatures of nearly all the people of the community, praying for the government to grant the establishment of an office at this place. When the petition was sent in, they were promptly notified that there was no mail route through this place, and it would be impossible to have an office where there was no mail route. Consequently, the first duty of the citizens would be to establish a route by which the mail could conveniently reach this place. Just how this could be done seemed to be the principal topic for discussion, but in the latter part of 1856 or perhaps the early part of 1857, William Fate of Gettysburg, conceived the idea that



The "Old Grand Harney Hotel"

a stage line running from Emmitsburg to Hanover would be a paying line, and he promptly started it. This seemed to create new life in the people of the community, as all seemed to think of nothing but the general convenience of having their mail brought almost to their doors, besides the great advantage it afforded them in the way of travel.

The Town Named

The next thing that presented itself was a proper name for the place. Prior to this the town had no particular name, but was commonly called Monocacyville. As there was already one Post Office in the state by that name, it was necessary to change the name before the office could be opened. Quite a number of names were suggested, but none could they definitely settle on, as there always seemed to be another place by the name suggested. At last Mr. Reinhart went to Emmitsburg to examine the Post Office directory so that a name might be chosen that was not already on the list of offices. It was then decided that James Elder, postmaster at that time, as well as a prominent and influential citizen of Emmitsburg, should have the honor of naming the place.

It 1850, Utah was organized as a territory by the United States government when Brigham Young was appointed governor by President Fillmore. His appointment was subsequently renewed by President

Pierce. In 1857, however, charges of violence towards the officers of the federal government in Utah were brought against the Mormons. In June of that year, General Harney was appointed to the command of a large body of troops who were to accompany Mr. Cumming, a new governor appointed in Brigham Young's place by Mr. Buchanan, to the scene of his duties.

When Mr. Elder was informed that he was to name the new Post Office, he had just finished reading an account of the above named troubles that he promptly replied, "We will call it Harney, after General Harney." The name was sent on to the Post Office Department where it was accepted, and the office established with Jeremiah Reinhart, who is well known throughout Carroll County, as the first postmaster.

A short time after this, however, Reinhart sold his store and property to William Hiteshew, who used

the place for a dwelling as a store for a short time, when he saw the necessity of having a larger and more suitable room for the accommodation of his rapidly increasing trade. He built a very respectable brick storehouse on the corner of Gettysburg and Littlestown streets, where he moved his store and filled it up with nearly a full line of new goods.

First Public School

Prior to this time (1887), we had no public school in this place. Our children were compelled to walk to Piney Creek, and in the winter when the roads were bad, many of them had to stay at home. Thus the education of many of our young people was sadly neglected. An effort was made during this year, and a public school started in a room above S. S. Shoemaker's store. Mr. J. A. Angell was appointed its teacher. The school was kept in this room for several years, until Mr. Shoe-



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Harney Public Square ~ 1920

maker built an agricultural warehouse, and finished the second story for a schoolroom. H. O. Harner has been employed as teacher for several years. The school generally numbers from 40 to 45 pupils.

Buildings, Business, Fires, etc. In 1888, James Eckenrode built the Union Hotel. He conducted the business for some years when the property went into the hands of its present owner, Mr. T. H. Eckenrode. Since that time the property has been rented. During this year, J. V. Eckenrode built a frame house on Emmitsburg Street, and fitted it up for a cigar factory. In the fall of 1887, the factory had been started up in J. W. Hess's summer house by J. V. Eckenrode and Jacob Newcomer, with William Yearly as foreman.

In the Spring of 1888, Mr. Newcomer bought Mr. Hess's property, moved to town, and as soon as the new building was completed, the factory was moved and the business conducted by the firm of Eckenrode & Newcomer. At one time they employed about 44 cigar-makers, and the business was flourishing.

In 1889, George Kemper and Daniel Hess each built new houses on Littlestown Street. In the Fall of 1890, the firm of Eckenrode & Newcomer was dissolved, and the factory has since been run by Mr. Eckenrode. During this year, the Lutheran church was built, a full account of which will be given in our history of the churches. Mr. Eckenrode built a double house on Emmitsburg Street, adjoining his cigar factory. These houses have been rented to different parties ever since.

In the Spring of 1891, Mr. Newcomer started a cigar factory in Andrew Degroft's building, which had been previously occupied by G. M. Myers, a jeweler. On May 15th, 1891, a castle of the Ancient Order Knights of the Mystic Chain was instituted in the room over Newcomer's cigar factory. Soon this Order began to grow and the room became too small. Mr. S. B. Shoemaker then put up a building on Littlestown Street. He fitted up one of the lower rooms for H. A. Heck's boot, shoe and harness factory, and the other for J. W. Neck's barber shop. He reserved one room for his own use; this room, however, has since been rented to J. Newcomer, for his cigar factory. The entire upper part was fitted up for a lodge room, which has been handsomely furnished and occupied by the Order ever since.

In February of this year, Daniel Good's barn caught fire early one morning, and was entirely destroyed. How the building caught was unknown. This caused great excitement for a short time, but as it was pouring down rain at the time, and the wind was coming from the south, no other property was in any particular danger. In 1892, John A. Bishop bought a lot on Littlestown Street from J. W. Siagenhaupt, and built a new house. Grier Shoemaker also built a very large, as well as one of the most handsome houses in the community, just at the edge of town on a tract of land bought off of the Peter Sell farm.

In January of this year, Andrew Degroft's large machine shed, just in back of the U. B. Church, caught fire one evening about 9 o'clock, and was destroyed with

its entire contents, which consisted of two steam threshers, one clover seed huller, and many other articles, besides a full set of farming implements. The origin of this fire is unknown. This time a portion of the town was greatly in danger, and it was only through the earnest efforts of the citizens that no further damage was done.

In 1891, Shoemaker sold out his store to W. A. Snider, who is presently conducting the business. Henry Kemper also built a new house on Littlestown Street, near the square. In the early part of the present year, 1895, John T. Ohler built an addition to his house on Emmitsburg Street, and weather-boarded the old part, finishing up with several coats of paint, making a decided improvement to his property.

We will now leave the town for a short time, and go to the west about a quarter of a mile. We find ourselves on the bank of the Monocacy, perched upon the summit of what is known as "Red Rock." This cliff of rocks rises to the height of nearly 100 feet from the waters' edge. From this point we desire to view the western section of the community. We see in the distance the famous Blue Ridge Mountains extending north and south for many miles, and as we come nearer, we see the country decked with beautiful farms and magnificent forests.

A Famous Old House

We look again, and we see the bright sparkling waters of Marsh creek come slowly rippling down amid rocky hills, through green meadows and shady forests. Across this stream several miles above its mouth, we see just at the foot of Harper's Hill,

the natural dam, which is a ledge of rocks 15 or 20 feet high, extending from one bank of the stream to the other, thus forming a complete dam. The waters from this place were used many years ago to run an old mill which stood a short distance below. We come on down past several fine farms until within about half a mile from the mouth of the streams, and we observe an old brick house standing upon its right bank, which was built in 1793, some say by a man by the name of Stewart, but we are inclined to believe this to be only supposition.

This house stands exactly on the Mason Dixon Line, one half in Pennsylvania, and the other in Maryland, with the line running through a large hall passing through the center of the house. Upon asking why the house was built that way, we are told that the builder was a slave owner, and desiring to keep his slaves to "work on his farm which lies principally in Pennsylvania, he built the house so that he could keep his slaves on the Maryland side."

Later on, a man by the name of Watterson may have owned the property, and finally it was bought by William Walker, but so far as we can learn, Mr. Walker never lived on the farm. But we are told that for many years he kept one room furnished on the Pennsylvania side. Why this was done we have not been able to learn.

While he owned the property it was rented to quite a number of different parties; among the first was a family by the name of Patterson. Mrs. Patterson, we are told, was a very cruel woman. It is said that they had taken a small boy to raise, and that they almost starved him. And when he was so weak that he could not work, the woman caught him and ran a flesh fork through his ear and pinned him down to the floor, beating him shamefully. Then she put him up in an old shed, where he died shortly afterwards. A post-mortem was held, and the stomach cut open and found to be entirely empty. The woman was given a trial at Gettysburg and cleared, but it is supposed that money is all that saved her. This did not clear her in the minds of the people and she was hanged in effigy to a large oak tree near Piney Creek Church, thus plainly showing the opinions of the people. This, of course, was long before lynching

became so popular.

After this, the farm was rented to Stultz, Spangler, Shriner, Sandoe, Lightner and perhaps others, whose names we have not learned. Finally, however, the property came into the possession of Joseph Witherow, who lived there until his death in 1890. Since that time the property has been in possession of his heirs. Several years ago, Mr. Witherow had a new roof put on the house as the first roof consisted of shaved cypress shingles, and had been on the house for 96 years.

This family seems to be rather unfortunate people: Mr. Joseph Witherow had a leg broken; his son John, also a leg broken; Washington, was kicked by a horse, Mrs. Lydia Witherow and her grandson were both nearly killed from being kicked by a horse; a few years ago Mr. Witherow's house was burned; and lastly, Miss Emma Witherow narrowly escaped with her life by the horses running off with the binder while cutting the harvest this year.

Part 3 next month

Ana Antolin passed away on February 22, 2011 at her home in Alexandria, Virginia. The cause was complications from diabetes. Born in Madrid, Spain, she immigrated with her family to Toronto, Canada, where she lived for 6 years before moving to Fairfield, Pennsylvania in 1961. She went to Mother Seton School and then to Fairfield High School, graduating in 1973. She graduated from Elizabethtown College in 1977, and obtained her Masters Degree in Library and Archival Science from McGill University in 1983. She was a research librarian for 25 years at the library of the Daughters of the American Revolution in Washington, D.C., until her retirement in 2009. She was an enthusiast of classical music, cooking, and gardening, and an avid historian. She is lovingly remembered by her mother, Ivanka Antolin, sisters Ivanka, Vida, Helena, Meta, Katherine and Kristina, and brothers Pavel, Tomaz, Michael, Stanislav, Jozef, and 26 nieces and nephews. A memorial Mass will be on April 15 at 11:00 a.m. at St. Joseph's parish in Emmitsburg, MD. The family has established a fund in her honor to support educational programs at Mother Seton School. Persons wishing to make a donation can send it to:

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COLD WAR WARRIORS

An Interesting Night with the Snark

Captain James Berrall, USAF, Ret.

Back in 1958, at the dawn of the Guided Missile Era, (which does not seem so long ago to me) the Air Force announced that it had openings for the first formal class intended to create Guided Missile Launch Officers.

I was the youngest member of the class - a pretty green First Lt. We began our classroom instruction at Amarillo Air Force Base, where we learned about "Snark," the SM-62. "Snark" seems to mean something else now, but then it was an air-breathing missile and flew through the air similarly to what we now call a cruise missile, a very BIG cruise missile. (It was actually somewhat longer than the famous Flying Fortress of World War II).

The warhead section traveled ballistically for the last 90 seconds or so of its trajectory, after the missile had - theoretically - chugged all the way across the arctic for about 10 hours and broke apart over the target. It had an extreme range of almost 7000 miles. Then something the size of a trolley car came screaming down from about 50,000 feet. But that was the only time any part of the flight was ballistic.

"Well, maybe we'll nail their victory celebration," I always liked to say.

During training there were a lot of rumors going around about the Snark program getting cancelled and then we would all get transferred to either the Thor or maybe the Jupiter program, which would have meant becoming real BALLISTIC missile launch officers - and overseas duty in either Turkey or Italy, oh boy! But it was not meant to be.

From Amarillo we went to Cape Canaveral for integrated crew training. After that, in June of 1959, we went to Presque Isle AFB in Maine.

At Presque Isle maintenance crews assembled work stands all summer, for there was little else

to do. There were no missiles to be seen and once again rumors flew. But finally the big C-124s started to come in, sometimes twice a week. Big shrouded shapes would be rolled off - missiles with wings unattached and folded up beside them. They were trucked up to the missile area, put in one of the buildings where they were assembled. That was someone else's job - Northrop employees who could not believe they were still in the United States. They could not wait to get all the missiles done and get out of there - out of the desolate Northland and back to sunny southern California!

If they thought it looked desolate then, in summer, they should have seen it later, under six feet of snow!

Then we started final crew training. I was outranked by all the other officers in the class, so the first seven launch officers were made instructors and their crews. I had the first crew, R-08 - a regular run-of-the-mill, straight-duty alert crew. When we passed our Stan Board exam, we were declared combat ready. That made me the youngest Combat-Ready Intercontinental Missile Launch Officer (later "Launch Director") in the USAF, indeed, I suppose, anywhere, unless there was a 24 year-old at Vandenberg with the Atlas-D squadron that I never heard about.

Not that I dwelt on that, in fact I never thought about it. What I did think about some was that people did not seem to take me very seriously.

Well, we still had some more training to complete. As some readers may well be able to remember, there was the Northrup way, the Air Force way and then, the SAC way. Most of it involved standardization and detailed checklists but one part of it was called "positive control" and involved a list of 100 questions which you had to get right - all of them. Some questions involved



Thermonuclear Warheads, so I thought that was a pretty good idea. That was the only time in my life I have ever been perfect.

There were many events that happened during those days and days to come at that base which people (especially safety officers) would find horrifying and unbelievable now, but this was early in the game and we were sort of breaking trail. One particularly interesting event for me happened one black night, during our final count-down training...

Ice-water was falling in sheets from the sky. We had gone to full power for the last sixty seconds before simulated launch. The bird was out on the launch pad.

Screaming, I had counted down the last ten seconds over the intercom and pointed at (NOT touched) the launch switch (not a button, nor yet a key). I looked out the heavy glass window at the pad, thumbed the mic and said, "Missile away - booster separation normal." Then, normally, we would retard to idle, let the engine cool down, go to "engine stop," lower the launcher and tow the bird around to the other end of the building where it would be checked over and readied for another run.

But not this time.

We had told the missile to retard to idle and it had ignored us!

The cursed thing was still out there on the pad, reared up on its launcher with its wings spread, thundering away, shaking the ground and the building, proudly telling all the base, the town of Presque Isle and all the surrounding territory for miles around that it was one GREAT BIG POWERFUL MONSTER - lunging at its leash - trying to burst its hold-downs and leap into the black sky, impatient to get going on the long icy, stratospheric trek to... where?

We were not supposed to know what our targets were, that information was on tapes used by the guidance system and the targets were changed monthly.

But one night, being bored, we decided to try to find out. My guidance troops opened up part of the system and got a reading of the "alpha counts," which meant, "how far?" Knowing that, in miles, when I went home the next morning, I took some string and measured the distance (very roughly) on my world globe.

The nearest city I could find at that range was Minsk, but who knows? It could have been some other target hundreds of miles away or even thousands, at the same range but up in Siberia.

At any rate, we had lost control completely. We might as well have been trying to send messages to the coffee pot. There seemed to be nothing we, the instructor crew or even the two "observers" (another student Launch Officer and his instructor who were there) could do about it. The Northrup tech-reps were called, but they were home in bed. Well, there was one on duty, actually, and he did eventually arrive but he did not have a clue either. My missile chief, Johnson and his instructor were sent to the pad to unbolt the access panel and try to retard the throttle to idle manually. Their efforts showed on the engine rpm graph, but every time they pulled it back, it advanced itself right back up to 100%.

Now, this was all very exciting,

but not catastrophic you might think, just let it go and eventually it will run itself out of fuel, right? But as with most things, there was a catch. The bird now thought it had been launched, you see, and was on its way to Minsk, or wherever. Most of us would not have bet on it even clearing the telephone poles on top of the hill beyond the pad, let alone the town of Caribou or the traffic pattern full of B-52s at Loring AFB 20 miles north. It was, as we say, a "somewhat flawed" weapon.

Even THAT would have been O.K. - it occasionally even happened inside the missile building during the countdown. There would be some loud CLANGS! that echoed up and down the length of the long building, because the "Jetavator Rings" (big inch-thick steel rings that fit around the outsides of the rocket booster nozzles that maybe influenced flight direction during the boosters' brief four seconds of thunderous life) had banged against their stops and the bird, thinking it had been launched, would start "flying" right there in the building.

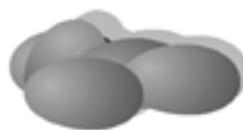
If you chose to, or were paralyzed in horror, you could let it go on and after awhile see the elevons on the wings deflect as it tried to bank away from Newfoundland.

But it was not O.K. There was, if I can remember, about 200 gallons of fuel in a tank on the launcher to use while firing up the engine and finishing the final few minutes of the count - or deal with the unexpected, as we were now doing. Once that fuel ran out, the bird would start using internal fuel - fuel contained in the missile itself. No sweat, right? Plenty of fuel, thousands of gallons in there, right? Yeah, well here comes the catch: the fuel cells in the bird were bladder cells made of Neoprene. As the fuel was sucked out they needed to be pressurized to keep them from collapsing.

There was a little valve under the wing designed to open at launch and bring in air to

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CIVIL WAR HISTORY

Diary of Joseph E. Wible 1861-1862

John Miller
Emmitsburg Historical Society Civil War Historian

Saturday, Nov. 23 – It rained all last night, and this morning it commenced snowing a little after which it cleared off. We had two trials today at electing a Second Lieutenant, but were not successful in either ballot. The first ballot [Albert] Hunter received 41 votes and Walker 34 and the second Hunter 43 and Walker 32 after which the election was postponed until the week following. It requires 45 to elect.

We have had quite an exciting time this afternoon. There was a man undergoing a pretty severe punishment for some small offence and the man becoming exasperated, relieved him, which in turn exasperated the commanding officer and he set half the men in camp at work to find him – twenty of our company was ordered out on horseback to guard the different roads leading from town. I was one among the number sent out. I was under Sergeant McMillen out at the junction of the Gettysburg and Woodsboro roads. We were relieved about eight o'clock, the prisoner having been found in camp. We had a very pleasant time while we were on picket duty this evening. We met a very pleasant young lady who promised to bring each of us a pie next week and I am now anxiously waiting for the pie "in prospective".

Sunday, Nov. 24 – This morning was clear and cold, but about eleven o'clock it commenced snowing. The snow continued to fall afternoon and this evening it cleared off again. Was at Catholic Church this morning and this evening at the Methodists Church.

Monday, Nov. 25 – The weather has been very changeable today – for awhile it snowed and inclination to snow, but at last came to the

conclusion to do no more than be cold and disagreeable. We took (that is the Company) a ride down the Baltimore Pike this afternoon and many of our fellow got pretty well "in".

Tuesday, Nov. 26 – Today has been cold and warm by turns. We succeeded this morning in electing A. [Albert] W. Hunter our Second Lieutenant. Hunter received forty-nine votes, was declared by the Major, elected and he has now entered upon his duties, with the good wished of the company. He seems disposed to be very accommodating.

Wednesday, Nov. 27 - It has been raining nearly all day and very cold. Our camp is very disagreeable and muddy – went to bed without roll call tonight.

Thursday, Nov. 28 – Today was ushered in with music and the firing of cannon – it is Thanksgiving Day. No services in camp and no permission to go to town to church.

Sunday, Dec. 1 – The weather today has been cold and cloudy, but cleared off this evening. I went to the Methodist Protestant Church this morning, and this evening went out with a church squad but instead of going to church went with Mr. Knott to see several young ladies. We spent a very pleasant evening.

Monday, Dec. 2 - Today dawned upon us warmer than usual but toward dinner time the weather became uncommonly cold and still remains so. Spent a tolerably pleasant time with those young ladies in whose society I reveled last night. The clouds have appearance of snow tonight. We drilled on the pike both forenoon and afternoon today.

Tuesday, Dec. 3 – Today has been uncommonly cold. Went down to the pike today to meet General Banks who camp up today with his Bodyguard in advance of his division which are falling back in this direction. General Banks rode at the head of

about one hundred cavalry. We went down to the Federal Junction where several regiments were in the act of encamping.

Wednesday, Dec. 4 – Today has been very pleasant – the sun shining nearly all day. The regiment which has been encamped here with is left today. They went about two miles from town and encamped in Worman's Woods. Captain Curles' Cavalry Company left here for Hagerstown this afternoon. We escorted them about a mile out of town. The town is very much crowded with soldiers today. So much so that a person can scarcely get along the street. Went out in town this evening with Mr. Knott's to call on the ladies, remained till near nine o'clock then returned to camp.

Thursday, Dec. 5 – Today has been very pleasant. The Maryland First passed through here today at noon. Tonight the Wisconsin Third came to town and camped in a field adjoining us. Henry Buckingham one of our messmates received a box of nice things from home today. We all enjoyed the good things very much and the kind donors have our sincere thanks.

Friday, Dec. 6 – This has been an uncommonly warm day and has again loosened up the congealed mud in camp greatly to our dissatisfaction. Went out on dress parade this evening to encampment of the First Regiment of the Potomac Home Brigade. The 28th New York, the 5th Connecticut and the 46th Pennsylvania Regiments passed through here today at noon. They are a fine looking set of fellows.

Saturday, Dec. 7 – We took a trip to a camp on the other side of the Monocacy along the Baltimore pike this morning. There were ten of us detailed this afternoon as mounted orderlies for Generals Williams and Hamilton, five in each squad and a corporal to each. Plummer has command of our squad and Longwell of the other. We reported ourselves to General Williams and then returned leaving one of our men behind to make the necessary preparations for our long visit.

Sunday, Dec 8 – We arose this



Our 1st. Lieutenant paid us a visit today.

Tuesday, Dec 10 – This morning opened upon us cloudy and rainy but soon gave way to better weather.

Saturday, Dec 14 – This has been a beautiful day. We were all ordered to be ready by eleven o'clock to accompany the General and his Brigade about four miles from Camp for a review by General Banks and Staff. The Brigade performed very creditably and I think to the satisfaction of both General Banks and Williams. The Michigan Cavalry passed along the road while we were drilling – there was about twelve hundred of them – a very fine, stirring body of men. They encamped a few miles from town on the Emmitsburg pike. We got back from the review about six o'clock cold and hungry.

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James Houck
American Legion Historian

Born in Martinez California January 27, 1954 Ben grew up in Las Vegas and graduated High School in 1973. Ben loved to play sports of any kind and played on the school baseball and football teams and ran track all through junior and senior high school. Ben liked being in the water because Las Vegas was always hot and what better way to stay cool than swimming. Ben was an excellent swimmer and was on the schools swimming and diving teams where he racked up numerous awards.

After graduating high school Ben worked for United Airlines and in 1975 there was a strike and he decided to find another job. Three days before Christmas he decided to talk to a recruiting officer and before the day was over Ben was signed up for the USAF. The date was December 22, 1975. He reported to duty on June 1, 1976.

Ben did his basic training in San Antonio, Texas and then went to tech school in Wichita Falls Texas where he studied to become a technical engineer in heating and air conditioning and maintaining boilers. For the next eighteen years Ben worked as a stationary engineer keeping power plants operating, hospitals operating, helping to build barracks - and even working in missile fields! Ben said he would do it all over again if he had the opportunity.

Ben's first duty assignment was in October 1976 at Randolph Air Force Base in San Antonio as a stationary engineer, after two years he was reassigned to Nellis Air Force base in Las Vegas (back home where he was raised) for two

years. He was then reassigned to the Osan Air Force Base in Korea. Ben liked it so well he stayed for four years. He returned to the states to Ellis for fifteen months before returning to Osan for another year.

It was then onto McClellan Air Force Base in Sacramento where he spent five years before once again returning back to Osan. Ben's final assignment was to the base in Buloxi Mississippi. Hurricane Andrew hit about three months before Ben retired and the time went fast because it was spent cutting trees and cleaning debris from the storm.

After retirement Ben returned to school to get a grade one stationary engineers license and refrigeration license and a gas fitters. Ben now works at the National Naval Medical Center at Bethesda Maryland where he does the same type of work he did for the Air Force.

Ben resides between Emmitsburg and Fairfield just off the Tract Road and belongs to the American Legion Post 121 Emmitsburg and frequents the Post Home to support the functions and will help whenever needed. He also belongs to the Gettysburg VFW and is in the process of joining the Fairfield AmVets. Ben hopes to continue resid-



ing in the area for a long time to come.

Ben has done a lot of fishing but has not hunted since he has been in the area but he finally got all his rifles and guns out of storage and cleaned them and has them in his gun cabinet ready for next hunting season. Ben likes to bowl and play golf but has had surgery on his shoulder and had a tumor removed from his left leg and after two and a half years has just been released by the doctors and plans to enjoy both sports from now on.

He has a passion for a great drink-

ing sport called darts and belongs to a dart league. Ben is in the process of building a deck around his house and keeps busy most of the

time being an all around handyman. I consider Ben to be a valuable asset to the community and am proud to call him friend.



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STAGES OF LIFE

Mom's Time Out

Mary Angel

With all that has been happening in Japan between the earthquake, tsunami and consequently the problems at the nuclear plants I have found myself counting my blessings more than ever before. As I look at my children from preschool to middle school aged I am reminded of a blessing that I often overlook. The blessing of a great teacher.

This article is going to concentrate and give thanks to the many great teachers my children have had and to thank two in particular who have been amazing. When my kids started school I was nervous, of course, but their kindergarten teachers have been so sweet and had great dispositions for working with small children that my apprehensions were quickly relieved. As the years progressed and the school work became harder and more involved the teachers I have encountered have stepped up to the challenge.

In second grade, my oldest son was running into some problems with "zoning out" when he was in class. He was not disruptive at all and, therefore, would have slipped through the cracks. But his teacher, the lead teacher of second grade,

the gifted and talented teacher, guidance counselor, and the assistant principal got together in a meeting with me to see if there wasn't something we could do to catch the "zoning" as it was starting or prevent it all together.

As my family was going through a trying time, with all kinds of tests for my son including seizure disorder and an array of other exams, these teachers put in the extra effort to try and help my child. In the end the lead teacher (a saint in my eyes) asked me if I would mind my son being moved to her advanced class. I was thrilled to try anything. This was the best thing they could have done, between her exuberant style and the curriculum being more challenging he thrived in her class, with very few episodes from then on. That little extra that those teachers put forth was a blessing for my son, and for my whole family.

My second son has no problems in math, in fact he excels, but reading and writing are a constant struggle for him. When he reached third grade he couldn't stand reading and writing was only slightly less of an argument. Near the start of the second quarter I had a parent teacher conference with his math and ELA (english/language arts) teachers. During this meet-

ing I almost fell over as the ELA teacher complimented my son. I never expected an ELA teacher to do that. Please understand, they had never been negative but always struggled with him as I did in the subject. Then she turned to me and explained that there were certain things that were required for the students to do for their grade but that they were able to adjust other things to meet a student's needs.

With this comment she then explained that the yearlong reading and writing program that they had was to encourage the students, not to discourage them, which was the case for us. So she altered the curriculum slightly for my son and sat with him periodically to discuss what he was reading and gave him tons of positive reinforcement. Now he has found some books that he actually enjoys and although he it is still a struggle he is doing so much better. This teacher made a difference for my child, and without letting him off the hook or making him feel stupid. She was awesome.

Now suddenly I find myself the mother of a middle schooler and boy are we both overwhelmed. But what a blessing I found at Northwest Middle. My oldest was always a great reader and loved to write too. Math wasn't the best but he did alright. On the other

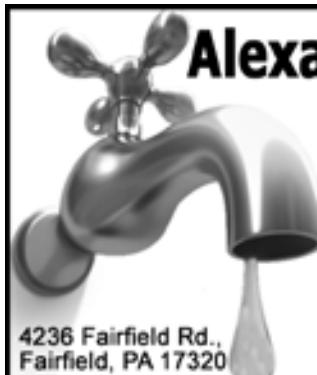
hand, he had no interest in Science and Social Studies. This all changed when he met Mr. Reily and Mr. Leader. Mr. Reily teaches science and Mr. Leader social studies. From day one they both had so much enthusiasm that my son could hardly contain himself when he would get home. He would all but babble, "in Mr. Reily's class we...", and in Mr. Leader's class we..." on and on he would continue.

And it wasn't just the great stories or experiments they were doing, but the information was being retained. They made such an exciting and engaging environment that the kids couldn't help but learn. And neither one of them was so focused on the grades that they forgot the kids. For them it was all about the kids and knowing that they learned something in their class. If he gets something wrong they encourage him (and everyone else) to come in and fix it. They want to know that they understand what they are learning and are retaining the information.

In Mr. Reily's class he makes jokes, tells stories, and does exper-

iments that keep the kids interested and engaged. My son enjoys his stories so much he has asked if we can have Mr. Reily over for dinner. In Mr. Leader's class there are stories and jokes and he is one of the teachers in charge of an after school club, not to mention his notebooks. Mr. Leader has each child keep a notebook with their notes, handouts, vocabulary, drawings and any other information they might need on the current topic. My son has learned how to take notes and amazing organizational skills from this notebook alone. This is not to mention everything else he has learned from these two men. They are truly amazing teachers and a blessing for sure.

A great teacher is a teacher who goes the extra mile, who helps out when a child needs that extra attention, who thinks out of the box when there is a unique circumstance. A great teacher knows when to be stringent and when to be lenient and bend, they engage the children and care just as much about their education as their grades. Mr. Reily and Mr. Leader are "great" teachers and I thank them.



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Applications and copies of job descriptions may be obtained by calling 301-600-1024 between 8 a.m. and 5 p.m. Completed applications should be submitted to CDI Head Start, 401 Sagner Avenue, Frederick, MD 21701 or PO Box 3439, Frederick, MD 21705. We will be accepting applications until the positions are filled.

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STAGES OF LIFE

American Youth Soccer Organization

March certainly came in like a lion this month. As the weather calms down and warms up, soccer players and coaches alike are eagerly waiting for clear fields and a chance to get their cleats muddy. American Youth Soccer Organization (AYSO) teams are formed and ready to attack the pitch as soon as they are given the word! My daughter's U10 team is impatient and anxious to get outside and play!

So what do all these letters and numbers mean? We tend to use division acronyms like U6, U12 a lot in AYSO. This refers to the age of the players. A player's age is determined on July 31st at the beginning of the season. "U" stands for "under."

A U6 team would consist of players that were under the age of six as of July 31st. The U8 teams consist of players that are six and seven years old. U10 has players that are eight and nine. U12 encompasses 10 and 11 year olds, and so forth.

The first day of games will be Saturday, April 2nd. Teams in the U6 and U8 divisions will play all their games at Ranch Fields in Carroll Valley. U10, U12 and U14 teams play about half their games at home at Ranch Fields and the other half visiting surrounding regions.

I am very excited by this season's U5 program. U5 is a program designed for four-year-old children. This season we have 30 players joining us to learn about soccer. U5 is taught in a "Jamboree" format. All 30 players meet once a week. They divide into small groups and participate in games and activities that introduce them to soccer. After some fun and games, the players separate into teams and play a 3-on-3 scrimmage. There is no pressure; the only goal in U5 is to get the players used to kicking the ball and playing with teammates. If you have a child that will turn four by 07/31/2011, consider registering them in the fall for the U5 program. Feel free to drop me an e-mail at beckybeq@yahoo.com and I will be happy to send you a notification when fall registration starts.

In upcoming events, AYSO Region 709 will be having our Kick-Off Picnic on Saturday, April 9th at 2pm. In the event of rain, the picnic will be moved to April 30th.

AYSO will be providing chicken. Each team will receive a request for an item to bring. We are looking for a few volunteers to help with the set up of the picnic. Please contact Darren Hebenton

at 717-642-5762 or mrdsh@hotmail.com to help out.

May brings in AYSO's annual Vera Bradley Bingo Fundraiser. Bingo night will be held on Thursday, May 12 at Fairfield High School. There are some gorgeous bags up for prizes and we are working on filling them with some great goodies! We are still looking for donations of prizes for this fundraiser. If you own a shop or business, please consider making a tax-deductible donation of an item. We provide a receipt for your tax records and a mention of your business in the night's program. AYSO is looking for volunteers for this event to help set up, hand out bingo cards and help with the food table. Please contact Darren Hebenton to donate your time.

You may have noticed a common thread to AYSO's upcoming events; it is the need for volunteers. AYSO runs entirely on volunteer efforts. Unfortunately, it seems to become harder and harder each year to fill the needed positions.

As parents, we are all busy. We are trying to get more done in less time. The proliferation of cell phones, e-mail, Facebook and Twitter make it difficult to take a break from work, errands and to-do lists. At some point, it can be a relief to step away, take a breather and participate in your child's activity. Even if it is a 15-minute volunteer job like painting the lines on a field, your help is greatly appreciated. We currently have regional board openings for a Field Coordinator to help set practice usage, an Equipment Manager to pass out equipment at the beginning of the season and receive it back at the end. AYSO is also in need of a Fundraiser Coordinator to direct and coordinate our annual bingo night.

There are volunteer opportunities for referees, and we provide training. This is a great opportunity for high school students who need community service experience. Smaller, less time consuming jobs include assisting in the initial setting up of the fields (a few hours pre-season), lining fields (which can be done during practice) or assisting at the concession stand. To see a list of volunteer jobs that take as little as 15 minutes, please check Volunteering 101 at www.ayso.org.

"I always wondered why somebody didn't do something about that. Then I realized that I was somebody" – Lily Tomlin

"We make a living by what we get, we make a life by what we give" – Winston Churchill

Simply Maya



Spring is coming. Spring is coming, trying to reach us through each bare branch and shriveled leaf, trying to push itself through the earth and clouds, trying to persuade the wind to give up being so bitter and cold. March 20 says "Spring" in big, orange letters on my calendar, but it doesn't feel like it's quite here. Yet it's right around the corner! It's almost here!

Usually when we think of flowers, we think of adult, big, "boom!" flowers. When spring starts we gain a new perspective on life, on nature. We see tiny leaves and green stems just sprouting out of the ground. We forget about the freezing, dreary days when plants hovered over the earth, shriveled up, as gray as the sky.

With Spring coming we see the bright, golden sun, shining down on those tiny leaves just making their way through the earth, unwrapping themselves to the warm, fresh air, coming back to life. Every little while we peer over at them, admiring this warm, beautiful, content feeling they give us. We keep waiting, and waiting, and watching, and waiting, waiting for a change. And one day, one time, one moment, we see just a dash of

color through a green canopy, and we feel a tiny leap of excitement inside. Then, the green canopy slowly opens its lace and the colorful petals seem to smile down at us.

The Spring rains sprinkle down, each tiny drop glistening in the crisp, golden sunshine, dripping from leaf to leaf, petal to petal, petal to leaf, and leaf to earth, then soaking deep into the rich soil, flowing back into all the streams and rivers, dancing with the small current again, making tiny ripples upon the surface of a silver pond, rings flowing outward. The raindrops are stretched bands of water when they're falling, but become tiny, glass stones once they land, or spatter, into a flat, damp spot on a rock.

The next sun, the land is soaked, and the golden rays dry it out. We listen closely to the songs of the birds while they hop from rock to rock and flutter from tree to tree. They dig the tips of their beaks into the soil, searching for worms and insects, and they fetch twigs for their nests. We watch them: robin, cardinal, blue jay, dove and goose. Squirrels skip and scatter about with their quick, acrobatic actions. Rabbits come out of their dens and start leap-

ing around again. Fish flap their tails from side to side, charging upward through the water to jump from the surface. We look out, and off into the distance where the indigo mountains meet the periwinkle sky. We feel the streaks of sunshine on our skin. We absorb this beautiful, peaceful feeling.

We feel the small breeze that Spring and the wind agreed on. It twists and turns around and passes us like a cool, silk scarf being waved through the air. It flies with the robin through the trees. It glides over the grass, rustling the green ribbons. It hops into a bush with the rabbit and skitters up a tree with the squirrel.

Spring is a time to look at nature from a new perspective. We listen to nature's music as the birds hum with the flowers, and the wind rustles in the grass and trees. The mountains stand firm in the distance, yet they still sing a song, the sun smiling upon them with her golden rays. Nature sings for us. It sings a song of peace, of harmony, of hope. The rain glides down from the sky and soaks into the soft, rich soil, and it also soaks deep into our hearts. So we stand there, with the harmony of nature, and we connect with it.

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

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A TEEN'S VIEW

England!



Kat Dart

Though all the Girl Scouting is fun, our main reason for going to London was to learn and appreciate the history of this great city for ourselves. We didn't need a lot of prompting to see and enjoy the history. One of the most incredible things we had known about London, even before we had gone, was the sheer amount of historical significance it holds.

I sat in the old Westminster Abbey, surrounded by tombs from the 15th century and up, encasing Kings and Queens of England's past. Westminster Abbey actually has a sarcophagus on display from the fourth century AD, and a retable (a shelf located behind the altar in a church) from 1270 AD. How insane is it to think about how much time and dedication it has taken to save these relics?

But there is not only Westminster Abbey that holds significance - we visited the Tower of London and read myths and legends associated with it. It was amazing to go through the different parts of the Tower from the Chapel, where more tombs are, to the Jewel House, where so many old and beautiful crown jewels are held in an incredibly advanced security system.

I saw the Bloody Tower, and it was amazing to think I was standing right in the same room as important prisoners were kept, only to later 'disappear.' I walked through some dungeons and learned about the inhumane torture some prisoners were put through. I learned about specific people, such as Lady Jane Grey, who at 16 was Queen for nine days before being murdered for treason. My sister and I discussed the story of two princes. Who murdered them? Their uncle, Richard III?

I walked up to the White Tower and viewed all the authentic pieces of armor that the kings would have worn and what their horses would have looked like. I saw weaponry-swords and maces that were either given as gifts or used in battle.

The Tower of London is an incredible sight; I am extremely pleased to say that I had spent more than a few hours exploring it.

We also managed to book a Ghost Tour, and traveled around London to various places where ghosts had been spotted. We saw the building where Benjamin Franklin lived, and actually found a road that remained unchanged

from the 1800's, except for the lamps being electric instead of gas.

However, London was not the only place in which I viewed historical significance. I had and took the opportunity to see a Medieval Wonder of the World-Stonehenge.

Stonehenge from a distance looked pretty cool. Stonehenge up close nearly gave me a brain break. How did humans, hundreds of years ago, before machines or anything, manage to place huge rocks on top of other tall stones? On the Summer Solstice, the sun comes up directly in between two pillars, and on the Winter Solstice, it comes up again between two other pillars. How did they so perfectly line up the Stones so they worked like a calendar?

As a Girl Scout group trip, we had to raise a lot of money so our whole Troop could go. Some of that came from something everyone knows about - Girl Scout cookie sales. However, we also stayed outside for a few hours at a time and sold cookies at a booth. We've cooked and sold hot dogs and sold sodas, and have done a yard sale.

However, the money was only half the battle. We also had to come up with and sign a behavior contract, and create and sign permission forms. Everyone had to obtain a passport, and talk to the Girl Scout Council so this was a legal trip. Then, we talked about what flight over and back we would take, in what hotel we would stay, and what sights we wanted to see.

I would recommend traveling for other teens. It was an incredible experience for me, after working my butt off for months to help raise money, working in yard sales and hot dog booths. My trip has definitely changed me. I am more culturally aware of people, and I feel my respect for other people living outside of the United States has gone higher. I now understand why traveling is so difficult, yet how rewarding it is. I've learned a lot about many different things by first hand experience.

I learned about different cultures and the difference in how some people live compared to us, and I learned about different religions and how they are practiced.

In a weird way, I also got some practical math applications-converting pounds to US dollars so I didn't go over my limit. I definitely learned a lot of new history from exploring the Tower of London, Westminster Abbey, and from taking the Ghost Tour.

After all of that, the other girls and I will never forget this trip to London, nor will we forget the amount of work it took to make the trip possible. Some of us had already traveled before, but for others, this was only the first in a series of trips to other nations. Well will be getting back out there, whether it's to help out at Pax Lodge, or to work overseas, or just as another vacation.

I can't wait!

My true friend



Olivia Sielaff

Part 2

"The most beautiful discovery true friends make is that they can grow separately without growing apart."

- Elisabeth Foley

Yet again I've forgotten when Carolyn Shields' birthday is. For some reason I always think it's in April. Every year, I have the same conviction, and every year Carolyn so graciously reminds me a week or two before her actual birthday that it's in March. By the time you read this article, her birthday will have passed, but while I'm writing this, I only have one week to think of something good to give her.

How is it that I could forget my best friend's birthday every year? Honestly, I don't know. It's probably because I don't have the best of memories when it comes to memorizing dates and names, but that's no excuse for my best friend who's birthday I've celebrated for the past eleven years. If remembering certain facts about people were the way to gauge someone's level of friendship, I would fail as a friend. Thankfully, that is not the case. Although I have forgotten many things about Carolyn, things she's told me, or things we've done, Carolyn is always there to remind me of the smallest details or slightest incidents that happened between us - some of which I purposefully try to put out of my mind.

Anyhow, there are certain times that would be hard for me to forget, especially these past few years Carolyn and I have grown into young adults.

Carolyn will remember when I mention that one night a few years ago I slept over at her house and said half jokingly, "We're growing up so fast!" while both of us were cuddled with our stuffed animals. We both laughed then, but it really is true (or so I think - Carolyn still laughs at that). It only seems like yesterday when we were little tween nerds playing chess all the time or making a time capsule, which we never finished. And now, reality is setting in for both of us. We have to make big decisions for our future, graduate from college, and get used to being "adults."

But I'm getting ahead of myself. I wouldn't have gotten to where I am as a young adult today, if it weren't for my friendship with Carolyn throughout our highschool years. Although we went to different schools, we shared the same ups and downs every teenager goes through. Complaining to each other about our stupid tests, questioning the importance of certain school projects, and crying over our boatload of homework assignments were common ways we shared our misery. But we also shared many joys, like going to school dances, making Honors, and laughing over the embarrassing things that happened to us during school.

As Carolyn and I grew more and more busy with highschool, we couldn't spend everyday together like we used to. Sometimes we wouldn't see each other for an entire week, even though we live right across the street from each other. The longest we've gone without seeing each other though was for five or six weeks when Carolyn and her family went out West for a summer vacation. And we didn't have Facebook or Skype then. Those were a few of the most uneventful weeks in my life. I think Carolyn would agree with me that as we began to hang out with each other less and less, I feared that our friendship would loosen. It's hard to keep a close friendship with someone if you don't get to talk often, and then when you do see that person you forget what you want-

ed to say. At any rate, Carolyn and I were soon used to our hectic schedules and found ways to slip in a few hours with each other.

Although we don't do many of the things we used to do as kids, like exploring in the woods, playing dress-up, or sending secret coded messages, I'm all right with that. We've matured together and so have our interests - yes, driving around the Gettysburg battlefields at night scaring our pants off is mature. Since Carolyn is attending the Mount now, we like to have lunch together in the cafeteria, go to Mass, or she even lets me go to some of the events at the Mount. Plus, she's introduced me to some of her college friends. And now that I can drive (ahem, Carolyn still needs to work on her license), we're able to go places further than our backyards to have some adventures!

There was one event that has really made me think about our friendship over the years. It was Carolyn's transition from highschool to college. I was so lucky to have been at Carolyn's highschool graduation ceremony. When she walked across the stage to receive her diploma, it made me think of all the good and bad times we shared up until where Carolyn was that day. I gave her a little purple flower and a hug, and couldn't believe how fast we had grown up. We had always said, "When we get to college..." as if it were some far away place where mature people went, and now we're here. Carolyn is in college and I'm on my way.

However, I've realized that there will be so many more opportunities to build our friendship. But even though some of our best memories will be in Emmitsburg, we can create so many more wherever we are. Even though I'll be the one to leave her this Fall, and Carolyn will be moving into a new house, and we'll go our separate ways, I know that our friendship will stay right where it is. And even though I will still forget Carolyn's birthday every year, I will never forget all that we've done together.

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

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FOUR YEARS AT THE MOUNT

Freshman Year Trust!

Carolyn Shields

My sweet goodness. This freshman is stressed. I guess it all boils down to putting my trust in God. To surrender your life to Him, you must trust him, and to trust him you must understand how much He loves you. It's hard to reflect on God's love and your struggle to trust him when your thoughts are scattered across the infinite plains of your mind, but nothing is more important than keeping Him at the vanguard of your thoughts. Stress gives us a chance to surrender our worries to God, but it must be this order: love, trust, surrender.

In the fall during those first precious Mondays at Adoration, I felt my heart grow in size to contain His love. And now I'm reflecting it back. The Mount has finally restocked on White Out Mountain Dews? Thanks God, I love you! Another PEOPLE magazine with Kate Middleton's face on the front? Thanks God, I love you! So the next step is trust,

I guess. And it's so much harder.

I'm nineteen years old; the year is almost over; I'll be in a foreign country in a few months, and when I return my college experience will almost be half over! So why hasn't 'that guy' shown up yet? And if he's already here, why can't I tell?

Then I take a breath. God has made me feel silly not trusting Him and stressing over so much stuff in high school when it all worked out in the end. Periorbital abscess? Cured. Father leaving for Iraq? Returned. Agentless? Agented. So I should trust him! It should be easy! "You have given my heart more joy" than anyone one else (Ps4:8)! And two verses above that, it simply says, "Trust in the Lord." So why is it so hard? Because in the words of the founder of Fellowship of Catholic University Students, Curtis Martin, "we were made for more."

But the problem is we want more now. We were not meant to be fully pleased on this earth because this isn't our home. We know what awaits us, yet the Bible says, "I believe I shall enjoy the Lord's goodness in the land of the living" (Ps27:13). I'm not trying to get too

philosophical because frankly, I'm not entirely sure what philosophy is and I haven't taken any theology classes yet. But my point is, it's hard placing my trust in a Being so supreme that he could give me anything at any moment (a certain future, a firm heart) and for reasons beyond my comprehension, he doesn't. At least not yet. So this is where trust comes in.

It's not just that my heart is driving me nuts, and I have to tell it a thousand times each day to trust in God but my future. I'm leaving for Ireland for three months in the fall. I'm living in an apartment. Holy cow, I'm living in an apartment in a city. Holy moly! I'm living in an apartment in a city in a foreign country! When I come back I need to buy a car, and I want to go on a mission trip to Belize next summer; in short, money is stressing me out. Though I have an agent looking at my full manuscript, I haven't heard back from her yet. As I packed boxes of Barbies on a rainy Sunday afternoon, I began saying goodbye to my childhood home as my family prepares to move. There is so much on my mind. Papers worth 10% of my grade disappearing on the computer, vacations needing planned for this

summer. With our hectic lives, we forget that God should always be at the forefront of our thoughts. Love, TRUST, surrender. It should be a mantra or something.

To start, God loves you with every breath. The most profound moments to experience His love are the moments after we receive the Eucharist. St. Faustina vouched for this as well, declaring those moments as the most solemn in her life. I always feel my pulse beneath my skin and am reminded how much He loved me.

And once you love Him more than anything else in this world, and once you trust Him with all of your heart, you can surrender your life to Him. Though I haven't fully got the love thing down, and certainly not the trust one yet, and I'm nowhere near the surrender, I'm trying. I'm rereading my dad's copy of "The Purpose Driven Life" which he read during his leisure time in Balad (in between getting mortared and flying ambassadors around). The author, Rich Warren writes that we should do mundane things for the glory of God. So as I priced pens today at work, I said, "This one is for you, God. You're great." But it didn't feel great. It felt normal. But you know, what shouldn't feel

habitual? Feeling the warm breath of a sleeping child on your cheek. The feel of rain on your neck as you rush to your car. The blush that creeps up your neck when you confess your sins, and the way your heart feels fresh when you leave the confessional. One of the ways to experience love is through the power of forgiveness, and this season of Lent is the time to seek it. Trusting in the Lord that your sins are washed away, you can start surrendering your life to Him and do little things for His glory. It all starts with confession.

So trust. It's laying your worries down at God's feet and trusting that He'll take care of them, be it your heart, your future, or your fears.

As our Lord trudges toward His cross this Lenten season, remember Him. As our Lord's flesh is penetrated by nails, love him. As we wait for our Lord to rise, trust in Him. And when He conquers death, surrender your all to Him. It will take more than forty days. It may take a lifetime, and it's never too late to start.

Love, trust, surrender. Love, trust, surrender. Boom. Mantra created.

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

Sophomore Year Spring is in the air!

Samantha Strub

When the buds are forming on the trees, the grass is turning green, and flowers are starting to grow it is a sure sign that spring is in the air. After being stuck inside all winter with our houses and dorm rooms pounded by snow and ice, we cannot wait to get out in the fresh air. Mount students definitely fall into the category of people itching to get outside.

Everyone is sick of walking to class and the ARCC in the cold, falling on ice, and trying to dig their cars out of the parking lot after a lot of snow has fallen.

It's interesting how our perspective changes as we go through the seasons. When the snow first falls, everyone is excited and acts like little kids who can't wait to go into the sea of white to build a snowman, have a snowball fight, and sled down Echo Field. That childlike feel-

ing wears off because as we grow older we are forced to clean snow from sidewalks and streets and in the process slip on the ice. Since we have to deal with the stress of the work that is involved with snow we quickly lose our sense of wonder.

By the time the buds slowly appear and the grass begins to turn green we know in our hearts that soon we will have flowers. At the Mount spring means that students are coming out of their dorms into the sunshine they have been longing for. Sports practices are held outside, the campus starts to look like spring with the appearance of benches, flowers at the entrances, and blue umbrellas on the picnic tables. As the students see these things that the university does we can believe that it won't be cold forever.

You don't see a lot of colleges that put such an emphasis on the landscape of the campus which I believe is one of the ways that the Mount stands out. Our campus' landscape is always beautiful, well kept, and polished. It

gives the Mount a homelike and inviting feeling, something that the majority of universities don't have. In the spring time we have the added feature of the mountains surrounding us, seeming to hug us with the green beauty of all the leaves on the trees after the long winter. The landscape is one of the aspects that have a lasting effect on prospective students and the student body. I know for myself and a lot of other people that the benches to sit on outside, the green grass and the gardens around the buildings are some of the best parts about the Mount's campus. They give the feeling of a home away from home. However, having flowers in the pots by the entrance ways until the snow falls a couple times is a little crazy to me, but that's probably because I'm from Wisconsin and flowers can't last outside very long.

The attitude of the students becomes more positive as these changes happen. Students seem happier, and sometimes when it is really nice out classes convince their professors to teach outside.

Some people would think that you can't concentrate then, trying to study and listen with hustle and bustle all around you, but I pay more attention because I am still outside enjoying the beautiful weather, instead of being inside all day, trying to listen when all I really want to do is lie outside and read.

Every student does run into trouble with procrastination when there is a beautiful 70 degree day, and they need to be doing homework but instead go outside and lie in the grass to tan, read, or play catch. When you are out there enjoying the warm weather you can bet you are going to see other people procrastinating just like you. It's awesome seeing everyone coming together to celebrate spring's coming. It's also comforting knowing that you aren't the only one anxious to go out and be active instead of being stuck inside. Even if you are reading or doing homework, there is a different feel to when you are outside lying in the sunshine compared to lying on your bed with the lights on. The sunlight cheers your mood.

The coming of spring is an exciting time at the Mount because we see the campus transform from the dull gray of winter to the beautiful colors of spring. We see the landscape being touched up, flowers placed at the entrances, umbrellas inserted into tables, and we feel the warmth of the sunshine. All of these changes give us a more cheerful outlook on life.

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

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FOUR YEARS AT THE MOUNT

Junior Year

Exchanging sorrow for love

Julia Mulqueen

Once when I was a little girl, I asked my mother a rather innocently naive question about the world and our connection to the people with whom we share this world. We had been listening to the radio in the car and had just been informed about a tragedy that had occurred in a country many miles from ours. "Mom, why do we care what happens in other countries?" I had asked her. She seemed more than a little taken aback at my uninformed world view, but nonetheless she began to gently explain to me that life is about more than us. She told me that we as human beings have a deep responsibility to care for, respect, and, most importantly, love our fellow human beings. It was for this reason that we must always exhibit a true concern for what is occurring to others around the globe, and thus, we should watch the news and

stay informed in order to offer needed support and love to our fellow brothers and sisters who might be enduring tragedy.

Her eloquent speech about the essence of our humanity and our duty to others was for the most part lost on my young intellect. Her words have remained with me, however, and as I have grown, I have begun to realize just what my mother was trying to impress upon me all those years ago. I have started to witness a deep vein of similarity that runs through all humans, especially in light of the episode in Chile and the recent tragedies in Japan.

The incident in Chile this fall was an exceptional demonstration of the beautiful inclination of people to care for others no matter if they know them personally or not. When news reporters first informed the public of the accident, it seemed that yet again tragedy had struck the world. Indeed, it was difficult to keep hopeful

as the days, and the weeks, and then months passed. Then quite suddenly relief was upon Chile and her trapped miners, and one by one they were rescued. The entire rescue mission took almost an entire day, and news' stations featured continuous live coverage of the incredible occurrence. Fortunately, I was blessed with the privilege of watching the entire event. I remained transfixed both by the incredible rescue feat and by the astounding care and compassion that the entire world had come together in expressing for the Chilean miners and their families. I found it exceptionally beautiful that we as human beings could experience such a deep connection to others without even meeting them! I was shocked at the flagrant display of heartfelt compassion that so many people exhibited for all those in Chile who were affected by the event.

Still more recently, I was moved by the events following the earthquake and tsunami in Japan. Despite the fact that not all Americans have personal ties to Japan, many were watching the news coverage with worry in their eyes and sadness in their hearts.

We may not have physically been there to experience firsthand the tragedy of the natural disasters, but many were still personally concerned and demonstrated a great deal of compassion for the victims of the calamity.

Thus in both of these recent world events, I have seen the great love of which humanity is capable. Thousands of miles, ethnic diversity, and differing political ideologies fade dramatically in the glow of the love that humans can express for one another. We really do experience deep personal bonds with our brothers and sisters, especially in the light of tragedies and misfortune. Yet again, I am reminded of the question I posed to my mother so many years ago, and I feel I am now much closer to understanding fully her answer. We care about what happens to others in the world because they are quite truly our brothers and sisters. Even in the midst of war, hatred, and violence, we are each capable of pausing for a time to extend love and support to our fellow humans. We are capable of forgetting the obstacles that divide us and can choose to focus

on the extraordinary qualities that unite us.

Despite the fact that some point to terrifying natural disasters and horrifying misfortune as indications of the disheartening lack of good in our world, I have actually seen that this is not the case. The tragedies and absolute sorrow that we have experienced recently have in reality pointed to the wonderful good that can come from calamity. We have come together as one world. We have seen that the chilly walls technology has built between us can come crumbling down in an instant. Even though we may sometimes feel disconnected from our fellow man, we can have hope. We can hope, because no matter how far we may feel from others, we are really just a step away. Humans can and will always stand together, and even in the face of disaster, we can always be secure in the knowledge that the walls that separate us are no match for the deep love that so incredibly binds us together as brothers and sisters.

Julia is a Theology and German double major at the Mount.

Senior Year

"Breaking the cycle"

Katelyn Phelan

This semester is my last one as an undergraduate at the Mount. The reality of leaving has not totally washed over me because I have been largely consumed with completing a capstone project for one of my majors, Fine Arts.

Many majors at the Mount require students to complete a large final project as part of the degree requirements. This could be a portfolio, a paper, a presentation, or other project. The idea behind these projects is that students will choose a topic of particular interest to them, use skills they have developed over their years at the Mount, and reflect on what they have learned in the major. Often, the students give a presentation of their project to faculty, friends, and even family.

For my fine arts major I chose to do my project on Buddhism. I became interested in the religion after I took a course on world religions this summer. The course focused on the world's five largest religions—Judaism, Christianity, Islam, Buddhism, and Hinduism. My original plan was to do five separate paintings, each one depicting a religion on separate 20 by 26 inch canvases. After I started the project I realized just how ambitious this plan was.

Since I had already started the Buddhism painting and had the clearest idea of my design for that religion, I decided to focus solely on Buddhism. This religion was

among the most intriguing that I studied because of the sharp contrast between Buddhist beliefs and the American way of life.

Buddhism teaches that all of life is suffering and the only way to eliminate suffering is to detach oneself from worldly things. This includes detachment from possessions, like clothing, electronics, and one's home. But it also includes detachment from one's family and even one's life. Another important teaching of Buddhism is that nothing is permanent. This goes along with the detachment; if nothing will last, why should we base our happiness on its existence?

These Buddhist teachings strike me as entirely opposite of our American way of life. As Americans we tend to be optimistic, believing in the American dream of hard work and success. Generally, we are also materialistic and determine a person's worth from their possessions or wealth.

For my art project I have done five paintings—four small ones and a large one. The four small ones show the "four passing sights" of Siddhartha. Siddhartha was a prince who was sheltered by his father because of a prophecy made about him when he was a baby. The prophecy was that he would either become a great military leader or a great religious leader. The father, wishing for military successes, prevented Siddhartha from leaving the palace.

Siddhartha was finally allowed to

enter the city when he was twenty-nine years old. At this time he saw the "four passing sights." First he saw a dead man, then a sick man, and then an old man. These sights convinced him of the principle that all life is suffering. The fourth sight he saw was an ascetic. Ascetics are people who renounce the world, eating little if anything, and meditating. Siddhartha regained hope at this fourth sight and knew that this was the path he must take.

He left his palace home, leaving behind his wife and newborn son. Siddhartha wandered in the wilderness and meditated. He sat for forty days under a bodhi tree and through these meditations, achieved enlightenment. Enlightenment is described as an awakening or a realization of truth. It is a release from the cycle of suffering known as samsara. To achieve enlightenment is to be given the choice to escape the cycle of life, death, and rebirth.

The concept of reincarnation is essential to Buddhism; the cycle of life is that we are born into this world of suffering repeatedly. To achieve enlightenment is to break the cycle of suffering.

When Siddhartha became enlightened, he was given a choice. He could either escape from earth and enjoy his enlightened state, or teach other people and lead them on a path of enlightenment. He chose the latter option, and in teaching, became known to his followers as Buddha.

My fifth painting is large (twenty by twenty-six inches) and features the enlightened Siddhartha, or Buddha. Behind his head is a mandala. Mandalas are part of Vajrayana Buddhism. They are "sand paintings" done over a period of six days by just

a few monks. The monks create an incredibly detailed geometric image using different colors of sand. The process is used as a means of contemplation but Buddhists also believe that just seeing a mandala plants the seed of enlightenment. Additionally, Buddhists believe that the gods and goddesses are actually present in the mandala; they come reside in the artwork during its creation. Mandalas also illustrate the view that "nothing in life is permanent." After the mandala is created, it is subsequently destroyed. The sand is swept inward and then poured into a river so that its graces can be carried around the world.

My project will be displayed

on April 28th in the Williams Gallery in the Delaplaine Fine Arts center at 6:30 PM. I will also be showing my work with three of my classmates, whose work varies from installation pieces to charcoal drawings to a storybook. A second show held on May 5th at the same time and location and will have the artwork of my other four classmates. These final shows are very important, not only because they will show our senior artwork which we have spent several hours on, but because this is our last event as Fine Arts majors. These shows are, of course, free and open to the Emmitsburg community, and I can promise if you come, you won't be disappointed!



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THE GRADUATE

The man, forever

Jacqueline Quillen
MSM Class of 2010

Meet Sean. He is tall, dark and handsome with light green eyes and a killer smile. He enjoys long walks on the beach and is a phenomenal dancer. Give him a beat and his whole body starts movin'. Not only is Sean a career-driven marketing professional, he is also an aspiring artist on the side and hopes to someday have his own pottery business. He also shows his artistic side in the crafty homemade cards he gives for special occasions. Interested? Sorry ladies, he is taken by yours truly!

The night we met

Sean and I were in the same grade at the Mount but never met until November of our senior year. We had many mutual friends but never knew of each other. We also never had a class with each other.

On a Thursday night in November, we both joined our separate groups of friends and other Mount students heading to the auditorium for Mr. Mount, the school's male talent show that features different clubs and sports teams around campus, i.e. Mr. Baseball, Mr. Crux, Mr. Lacrosse, etc. It was the first Mr. Mount I had been to and I wondered why I never attended this event before. I vividly remember one moment of the show – watching a student stand up while everyone else was still seated and waving his lighter in the air as if he were at a rock concert. Little did I know, that was my future husband. A faculty member immediately attended to him and he was written-up for his "ridiculous" behavior.

Many Mount friendships turn into Mount marriages... You never know who your future spouse could be – he or she could be in the same room as you for years without you even knowing it.

After the talent show, I went back to my apartment with two of my girlfriends and Sean went back to his apartment with two of his friends. My friends and I were simply hanging out in my room enjoying some wine and wondering why it seemed like there were no single men at the Mount anymore. Well, I was curious; both of my friends were involved in their own relationships. At that moment, one of Sean's roommates, Tom entered my room to visit with one of my roommates. As soon as he walked in, I exclaimed, "Tom! Where are all the men?!"

"Hold on," Tom said. He went to visit with my roommate for a quick conversation and then left my apartment. Five minutes later he returned with three guys – Sean and the two friends he was hanging out with. "Here you go," said Tom and shoved Sean and his

friends in the door and then left. Ask and you shall receive!

By the time me, Sean and our friends were all introduced and hanging it was getting late and people were ready to call it a night. We made plans to all hang out the next night as it was Friday and we were ready to celebrate the weekend with the same spirit we already had on a Thursday night.

When Sean and I first met it was not a "love at first sight" encounter. I will admit that I developed a crush, but did not know he was involved in another relationship at the time until my roommate told me. We became good friends and loved to hang out, and especially dance together. I thought of him as my dancing partner because he was so much fun to dance with. My roommate, who is a mutual friend, tried to keep us from getting together because she thought we would only end up getting hurt. But that obviously did not stop us.

The beginning

After being friends for a few months (and after Sean was single for a while) we started seeing each other every free moment we had. After parties or bar nights when everyone else went to bed, we never wanted the night to end. Sean would always get me to hang out a little longer by making late night snacks for us. My dancing partner also turned into my cooking buddy. We started eating meals together regularly, either at his apartment or mine. Sometimes he met me at Carleos or Subway in town when I was done teaching at Mother Seton for the day.

During my second semester of senior year, I was always busy – taking extra credits at school, working two part-time jobs and job searching. Sean, on the other hand, had a relaxed semester of only 12 credits and had much more free time than me. Still, whenever I had work to do, Sean pretended to have loads of homework also so we could be together. I think he spent half of that time just staring at his computer waiting for me to be done. I was oblivious at the time and actually thought he was doing work. Later I realized he could not possibly have that much homework to do

if he only class for six hours during the week.

Neither one of us was looking to get involved in a serious relationship during our last semester of college. We only have five months left until graduation and we both wanted to have a good time with our friends. It just so happened that we spent those last five months not only with our friends but also with each other, enjoying every minute of it.

I have always been a fan of hiking up the mountain and seeing wherever it takes you. I persuaded Sean to take a hike with me on a day in February when it started unexpectedly snowing during the day. It was mid afternoon and we both were free for the rest of the day. So we took some wine and a bag of cheez-it and trekked up the mountain in the snow. There was already three feet of snow on the ground from a previous blizzard, but that did not stop us. I think Sean may have assumed I knew where I was going and what I was getting us into since I proposed the idea. Think again, buddy. I let Sean take the lead in walking up and I conveniently stepped in all his footprints in the snow. I guess it was a bit more work for him to trudge through it! We found a log to rest and enjoyed our wine and cheese and the beautiful snowfall on the mountain.

Post college

As graduation was approaching quicker than any of us had hoped for, Sean and I let our relationship take us wherever it may without interfering with any post college plans either of us had. It never felt like we had to work at our relationship even though we were long distance for a while. Things worked out well for us. Our patience with each other was tested and proven well when we took a long road trip together to Manchester, Tenn. for Bonnaroo. We survived not only an extremely long car ride together, but also camping out in the middle of nowhere and providing for ourselves.

To love each other after all that, including not having showered for four days was a true test of our relationship. Sean is still trying to adapt to my constant need to



make frequent stops on road trips.

Many of the adventures Sean and I have had together are unlike any either of us have had before, which makes it all the more fun. I think our favorite pastime is cooking together and sharing meals with each other. This explains why almost every engagement present we received has to do with cooking! I have always considered sharing a meal

a very important and valuable time. It is a sign of nourishment, hospitality and love. Sometimes we are so rushed in this world we live in and have to gobble down meals while running to our next appointment. To be able to sit down and truly enjoy a meal with someone is something very special. I feel very blessed to be able share a meal with Sean every night, forever.

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MOUNT CREATIVE WRITERS

April Foolery

Kelly Conroy
MSM Class of 2012

On March 20th, springtime officially begins, and with the new season comes warmer air, brighter colors, and new life. Just twelve days into spring, the excitement of this time is especially evident.

An alarm clock ring announces your arousal from bed and morning shower. Today is just a normal Friday before school.

The only problem is that none of the shampoo will come out of the bottle. You close and open the top again, and shake the shampoo. Perhaps the bottle is empty? No. You're conscious enough to realize that the bottle is still heavy enough to be about half full. Putting the bottle back on the shelf in frustration, you rinse your hair with water and get on with the day.

But the day cannot be started without first getting dressed. Opening the top drawer in your dresser, with which you are very familiar, you grab a sweater instead of the pants you were expecting. You could have sworn that you always keep your pants in the top drawer. "Oh well," you think

to yourself, "sometimes you can place things in the wrong spots."

Then, orange juice pours out of the milk bottle. Your raisin bran cereal definitely has chocolate chips instead of raisins. And turning on the sink faucet, you get sprayed with a stream of water because someone has put a rubber band around it to force the water to go through the sprayer instead of the faucet. Your shirt is soaked and you finally remember that it is April 1, 2011.

For some of us, April Fools' Day is stumbled upon, while for others it is an opportunity to play practical jokes on family, friends, and even strangers. Not being able to shampoo our hair in the morning, or having to eat chocolate chips instead of raisins in our cereal, can be found humorous upon immediate discovery, or upon later reflection. Getting our clothes soaked may not ever be funny. It is this kind of trick that sometimes calls us to action.

April 2nd might as well be called "National Revenge Day." How many of us have forgotten about the baby powder that filled our hair dryer or the hidden alarm clock that went off every hour

during our sleep by the next day? No, we usually want to play a prank in return, similar or maybe worse, on our jokester. We want to prove to our friend that we really are more creative, and that they will pay a penalty for inflicting these annoyances upon us. A prime example of this is on college campuses. Groups of friends can easily gang together to take all of the furniture out of another group of friends' apartment. The next day, the other apartment will not only be missing all of its furniture, but there will also be saran wrap on the toilet seat and garlic salt in the toothpaste. Prank wars can wage for years.

There's a very good chance that these harmless tricks will be forgotten at some point – at least until the next April Fools' Day rolls around and we remember the previous year's jokes. A few tomfooleries, however, have been so outstanding that they are not so easily forgotten.

What happened when a famous fast food chain—none other than the infamous Taco Bell—claims, via a full page advertisement in *The New York Times* in 1996, that the company has purchased the Liberty Bell in order to reduce the country's debt, and has renamed it the "Taco Liberty Bell?" People believed the advertisement.

In 1962, thirty-four years before the Taco-Bell scheme, people in Sweden were fooled with technology. There was only one TV channel in the country at this time and it aired only in black and white. On April Fools' Day, a technical expert appeared on the news and gave instructions on how to cover the TV screen with a nylon stocking in order to produce color images. The thousands of people who followed this tip did not receive color programs until color broadcasts began in 1970. Just to keep the humorous spirit alive in Sweden, this beginning of color programming was on April 1, 1970.

The "Great Comic Strip Switcheroo" was as funny as its name sounds. In the April 1, 1997 edition of an American newspaper, forty-six comic strips looked different than usual. The artists had worked together to write each other's strips and so characters were all mixed up. The result was hilarious: *Family Circus* suddenly had corporate cynicism in which the mother told her child to "work cuter, not harder," (since it was written by the writer of *Dilbert*); Garfield was seen eating a Dagwood sandwich from *Blondie*.

Another classic April Fools' Day joke was the pronouncement made by *This Day Tonight* news program that Australia was switching to metric time. There would be 100 seconds in a minute, 100 minutes in the hour, and 20-hour days. Frustrated viewers called the show with questions and complaints, such as the trouble with switching a newly purchased digital watch to this new system.

We are not always on our



guard for deception, and even if something sounds outstanding, it could still be true in our 21st century world. We live in a time in which we have traveled to the moon, chatted with people on the other side of the globe, and explored the deep caves of the sea. We have interesting looking animals with trunks, hamburgers at our immediate access, and athletes being paid millions of dollars to play a sport every year. Nothing seems too impossible to believe.

But let's be honest. Perhaps we fall into April Fools' Day traps because we 1) forget the date or 2) take ourselves a little too seriously. The former is solved simply by setting a reminder on the calendar of your iPhone or Droid. The latter is a little more difficult to overcome. The English author G.K. Chesterton once deemed, "Angels can fly because they take themselves lightly." We are serious people, and often believe as fact everything that we hear and see. Are we able to laugh in our 21st century world and not be so serious about ourselves? If we relaxed and did not stress ourselves, maybe we could "fly" like the angels, that is, not be weighed down by our own selves.

So the question is "Will you be participating in this year's Fools' day?" The name of the day could seem derogatory. We could be associated with fools if we participate in the festivities. I would suggest that we are fools, whether or not we engage in trick playing. Sometimes people are called fools for appreciating a children's game or for square dancing, but really they are transformed into fools by being afraid of making fools of themselves.

Once we realize that we are fools, we can look around us and find other fools. Chesterton claimed about friendship, "There are a good many fools who call me a friend, and also a good many friends who call me a fool." Chesterton points out a type of fool who imagines friendship without really knowing the other person. Then, Chesterton praises his true friends for calling him a fool. They know Chesterton well enough to realize that he does not fit into the mold in society

in some way. Chesterton believes that our true friends know that we are fools, but accept us anyway. In fact, our friends are willing to become fools with us.

The decision to be foolish could actually be more important than we think. If we think that we know everything, we are really fooling ourselves. Only God, whose "foolishness is wiser than man's wisdom" can make such a lofty claim (1 Cor. 1:25). We might look like a fool when we stand up for a friend who is being made fun of, but in the end we have been a good friend. We might seem foolish for training in a sport every day, but we will experience the satisfaction that comes with hard work. No one who makes funny faces to encourage a baby to laugh should be called foolish.

Throughout history, there have been multiple noteworthy "fools," people who were able to make a difference in society by sticking out from the crowd. Thomas Edison did not think himself a fool for trying for the 6,000th time to find a fiber that would work for a light bulb. He worked for over two years on this experiment that eventually gave us one of the greatest inventions. His perseverance was definitely not foolish.

After escaping from slavery, Frederick Douglass protested the awful treatment of African Americans in the United States in the 1800s. He became a leader of the abolitionist movement through his speaking and writing. Many people thought that his efforts were useless, but this fool is known as a hero for equality.

Mother Teresa, a Catholic nun who founded the Missionaries of Charity religious order, gave up over forty-five years of her life in service to the poorest of the poor in the streets of Calcutta. She cared for the most neglected in society – the poor, sick, orphaned, and dying. None of the people whom she served would think that she was foolish in loving them.

Let us consider all of the stories we have just shared, and for this April 1st, let us all make fools of ourselves in one way or another. Happy April Fools' Day!

Kelly is a junior at the Mount majoring in Communications

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MOUNT SPORTS

Mount Baseball

Megan Kinsella
MSM Class of 2013

Citizens and students, men and women, young and old: lend me your ears! Hello there, Megan Kinsella here. I am a sophomore Communications major at the Mount and I will be covering sports for our community. Not just any sports, though... Mount sports. Yes, that's right, I will be your source of information on upcoming soccer games, the most exciting tennis matches, latest lacrosse championships, and much more. Considering my experience as a Division 1 Cross Country and Track runner, compounded with personal relationships with my fellow athletes, I would say I have a pretty good understanding of the ins and outs of sports here on campus.

Enough with the formalities; let's get down to business. What's on the agenda for this month's sports scene, you ask? Well, I thought we would start at the beginning, with America's pastime. Spring is upon us with the summer months soon to follow. The days are getting longer. All of the snow is melting (knock on wood) and the grass is starting to grow again. The chirping of birds and droning hum of cicadas will soon be forming the soundtrack of summer evenings spent in the great outdoors. What does all of this mean? Ladies and gentlemen, baseball season is upon us.

Yes, it is that time of year again. Your kids are getting antsy for thoughts of summer vacation and your neighbor is pulling the cover off that backyard pool. Along with this, baseball is absolutely everywhere. Friendly neighborhood games are organized. Little league sign-ups are posted and the season gets underway. Minor and major league baseball games are on TV again and some are even close enough for us to go see in person. The closest professional baseball action can be found just down U.S. Route 15 with the Frederick Keys and Baltimore Orioles. Even more exciting, however, are the games played right here at the Mount St. Mary's E.T. Straw Family Stadium, home of Mountaineer's Baseball.

Beginning its 22nd year as a member of the Northeast Conference, this year's baseball team's prospects are

both exciting and promising. Picked to finish sixth in the Northeast Conference by a preseason coaches' poll, the Mountaineers are off to a good start. Throughout the fall and winter the team was hard at work getting in shape for the spring season, conditioning themselves through weightlifting, pool workouts, pilates, and even yoga. Senior starting pitcher Max Brittenham explained, "Running and being in aerobic shape is extremely important for position players and pitchers alike. Along with improving individual speed for position players, it builds strength to allow pitchers to play deep into games without getting tired."

The team's goal this spring, as it is every year, is to win the NEC conference tournament and advance to the NCAA Regionals. The last time the team moved on to the NCAA tournament was in 2008 and the men are confident in their ability to return again this year. Brittenham, who was injured last spring, returns this season ready to lace up his spikes and take on the NEC with full force. When commenting on the teams in the NEC that will provide the Mount with their toughest competition, Brittenham said that Monmouth, Sacred Heart, and Wagner always have strong squads. Also, Central Connecticut won the conference tournament in the 2010 season, while Bryant won the regular season championship. This seems like a whole lot of hard-hitting opposition, you say? Heck no! Brittenham said, "In conferences, because the teams know each other so well, it is a very even playing field." Our guys are prepared to step up to the plate and take the challenge.

The team opened their season with a non-conference game at George Mason on March 2, where they lost in a close game. Next, the men traveled to Florida for six days over spring break to compete in the RussMatt Invitational. The last time Mount baseball made a trip to the Sunshine State was for a tournament in 2009, where they finished with a tournament record of 1 and 6. This year, they bettered their record to 2 and 3, finishing up the week with wins over Miami of Ohio and Central Florida, both proving to be very exciting



victories. Against Miami, the Mount trailed 2-0 heading into the bottom of the ninth. After scoring a pair of runs to force extra innings, they rallied to score 3 runs in the tenth, sealing the hard fought victory. In their March 8th game, superb pitching sealed the deal against nationally ranked Central Florida. A combined effort of different pitchers did not allow a single run in the first six innings of play, and the Mount was victorious with two runs in the bottom of the 8th.

Next, the team traveled to Philadelphia on March 11 for more non-conference play in the Villanova Classic. Over the three day tournament, they posted a 5-1 win against Villanova and losses to Temple and St. Joseph's University. The two losses were extremely close games, as they were both decided by a single run. Two days later, the team trekked to Princess Anne, Maryland, where they secured a pair of wins over University of Maryland Eastern Shore. "The team looks great so far," Brittenham said. "We have games where we have had great pitching and little hitting or games with great hitting and poor pitching. The important part is putting both ends together once we get to our conference games."

After eleven non-conference games, the Mountaineers played Wagner in their first conference match-up of the season, March 18-20 in Staten Island, NY. After going 2-2 against Wagner, the team advanced their overall record to 7-8. Up next for the baseball team is another non-conference game against Bucknell on Wednesday afternoon, March 23. The Mount's home opener will take place Friday, March 25, when

they face Quinnipiac in their second conference four-game set of the year.

Scott Thompson, head coach and the squad's fearless leader for the past 14 years, has built the team into a strong, annual contender for the NEC title since his first season in 1998. In 2008, Thompson led the team to its first ever NCAA tournament appearance, a feat he and his players hope to accomplish again this year. "The injuries that we had last year were huge in us not making the tournament and we are very happy about getting those players back," he said. "Six guys were injured last season and now that they are recovered we're really counting on them for the 2011 season."

His expectations for the team in 2011 are very high and he is confident that, with the return of injured upperclassmen and support from freshmen and sophomores, his team is a strong contender for the NEC championship title. "We're very deep offensively with 12 or 13 players that we can go to and feel very comfortable with, and on the mound we are more solid than ever."

In addition to the Quinnipiac match-up the weekend of March 15th, the Mountaineers will play 17 more games at home, in the friendly atmosphere of the newly revamped Straw Family Stadium. Conference opponents coming to the Mount

to take on our heroic squad include Fairleigh Dickenson from April 1 through the 3rd, Sacred Heart April 21st through the 23rd, and a final four game series against Monmouth from May 13th through the 15th. A more detailed game schedule can be found online at www.mountathletics.com. While you're at it, be sure to check out the Women's Softball team schedule and keep your eyes open for next month's sports scene article.

The timeless image of Uncle Sam on a famous WWI recruitment poster is patriotic and motivating. "I want you for the U.S. Army. Enlist now." Consider this my own personal call to action. Whether you are the parent of a little-leaguer, energetic Mount student, fine citizen of Emmitsburg, or a baseball fanatic in general, the Mount baseball team wants YOU! With exciting baseball action just five minutes away from home, there is no need to travel all the way to Frederick or Baltimore. The personal setting, low cost (it's free!), and pure entertainment provided by Mount Baseball is something you just don't want to pass up.

"At Mount games, you know every player and have easy access to autographs and phone numbers," Brittenham said. "It's right across the street, it's free, and we promise that every time out we will give you 110 percent."





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THE ARTS

Local art scene is “Out of this World”

Kathryn Franke
MSM Class of 2013

Before I tell you about all of the fine arts activities that have been in the area recently, allow me to tell you this story. It's not every day that you go on an 80-minute run with two of your teammates and come back with a job offer. Little did I know that as my teammates and I started our run that one fateful day that this would be the case. Megan (who is now the sports writer for this paper), Steph and I were just about to turn around and head back to school when we saw a man approaching us from his driveway. Not until later on did we find out that he was Mike Hillman, the editor of this very paper that you are reading right now. At first we were unsure and to be perfectly honest, a little hesitant to keep going in the man's direction. I mean, who wouldn't be? But as we got closer, he asked us if he could take a picture of us to put in the newspaper, so we of course willingly obliged. What girl turns down a photo shoot, right? As he asked for our names to put in the caption for the picture, he asked what our majors were and told us he'd love to have us write for the newspaper. And then, as we thanked him and promised to contact him about the newspaper, he told us to be sure to come back any time to and he'll throw us on one of his horses!

So here I am, the new Fine Arts writer for the Emmitsburg News Journal. Allow me to introduce myself. My name is Kathryn Franke, and I am a sophomore at Mount Saint Mary's University. I am working on a double major in Fine Arts and Communications, and I have a minor in Spanish. I am a member of my school's cross country and track and field teams, which as I said before is ironically the reason I came across this opportunity! I am one of those people who thrives off of being busy, which might explain the

ever-growing amount of clubs and activities I am involved in. I blame that on running. I'm convinced that the fast-paced attitude of racing spread over into my everyday life. I am on the Marketing Committee of our Student Government Association and my class ring committee that designs our class rings that we will be purchasing soon. I am on a Library Ad-Hoc Committee with faculty members that aims to revamp the library on our campus over the next few years, and how can I leave out the karate classes I take with Executive Vice President Dan Soller every Tuesday and Thursday morning? Out of all of these interests, the thing that I am most passionate about is art. I love everything about art, and I am so excited that I get to write about all of the different ways that art is prevalent in the Emmitsburg area.

Now let's get back to business. There have been many interesting events going on in the region that hopefully you got to attend! The first was the Celtic Concert that was held on Thursday, March 3 at the Knott Auditorium at Mount Saint Mary's University. This concert has been held annually at the Mount for five years, and it is always an evening filled with traditional and contemporary music for people of all ages to enjoy. The opening performance set the stage for a dynamic event by showcasing the members of the locally based Teelin Irish Dance Company. Following that were outstanding performances by two other very popular bands, Edsall Road and Tinsmith. The Emmitsburg and Thurmont libraries, in partnership with Mount Saint Mary's University and the Town of Emmitsburg, present this event to the public annually.

For those who were unable to attend the event or would just like to know more about the groups that performed, Edsall Road is a group of four musicians with backgrounds in American Fife and Drum Corps. Passionate about Celtic music, they



are able to blend traditional and modern Irish, Scottish, and American folk music to create a unique, cultural rhythm that has brought them audiences all over the DC-metropolitan region. These musicians are able to push the boundaries of Celtic music and also maintain their traditional roots. They provide a unique combination of what is traditional and modern and never fail to keep the audience enthralled.

Tinsmith is a folk band made up of high-energy musicians that play traditional music of Ireland, Scotland, and Appalachia. Tinsmith has influences ranging from blues to bluegrass, funk, jazz and mountain music. This band takes traditional songs and makes them a part of the new century, tying in the old with the new, the past with the present. Tinsmith has been putting on energetic performances for their audiences since 1997, and they have been very successful from the start.

They have won the WAMMIE (Washington Area Music Association) multiple times and have played at a variety of respectable places, including The Barns at Wolf Trap Park for the Performing Arts, Potomac Celtic Festival, The Institute of Musical Traditions, and Blackrock Center for the Performing Arts.

FCPL Director Darrell Batson says, "This celebration is a wonderful way to pay tribute to the heritage of our community, and to promote our

library services in the northern part of the county. We are pleased as always to partner with the Emmitsburg community." This was indeed a community event, with almost the entire auditorium being filled up at the night of the concert! There were around 450 guests in attendance. This event holds a special place in the hearts of many people throughout the Emmitsburg area. Derek Gee of the Emmitsburg Library states, "By using the facility at the Mount, we have benefitted from a cross-promotion of programs around the North Region. Activities in the town and at the library are advertised through Mount St. Mary's avenues and we in turn have promoted for them. Celtic music has always had a place in this part of the County and now we have a way that we can celebrate it annually, in a centralized location that people can depend on from year to year."

According to Susan Cardella of the Emmitsburg Library, the event "has somewhat of an 'educational' tone-the musicians will talk to the audience about specific musical instruments, and give the background and origins of the songs." Along with highlighting the Celtic heritage, the concert goes beyond that and speaks to people of all backgrounds. Cardella said, "I believe that it makes every person aware of his or her own individual heritage. Since 'Celtic' heritage itself is diverse, there are lots of people who fit into that very large 'ethnic' family. I believe the

event to be the only one of its kind or magnitude in this area, so it certainly could be said that it's the only event that spreads its particular level of culture and diversity. It's also free and open to every single person. It's also a great event to just sit and enjoy the music." The event proved to be a success as usual, bringing the Celtic heritage to Emmitsburg through music and performances with a global influence.

Another event that took place was the annual BookFest, a free, local festival that brings fun and education to the whole family. On March 12th and 13th, there were activities planned at five Frederick County Public Library branches, including C. Burr Artz Public Library, Thurmont Regional Library, Urbana Regional Library, Emmitsburg Branch Library, and Walkersville Branch Library. This year marked the third year of BookFest. Last year, the theme was Superheroes. This year, BookFest took everyone on a whole new type of adventure. This year, BookFest had an "out of this world" theme. The event was filled with things related to science fiction, fantasy and science. According to Liz Bowen, Library Associate at the C. Burr Artz Public Library, "BookFest has always been an incredible event, providing both free entertainment and educational programs. Last year, we had a 'superhero' theme, from promoting everyday heroes to comic book heroes. This year, BookFest is leaping terrestrial bounds with an 'out of this world' theme with anything from outer space and fantasy to exploring the unknown."

At BookFest, children were able to meet characters like Darth Vader and watch "out of this world" movies such as Wall-E and Star Wars. The adventure continued while those who attended learned about science fiction, astronomy, paranormal research, costume making, and fan fiction. An event specific to the Emmitsburg Branch Library was "Cosmic Adventures Traveling Planetarium," where families could come into the dome and marvel at the constellations, moon phases, and visible planets of the night sky. The goal of BookFest is to promote literacy and reading by offering informational programs for any age group.

The libraries in this area have been going above and beyond to put forth activities and programs that highlight the importance of the arts in our lives. The arts are not only things like drawing, acting, and singing; they are a way for us to utilize our creativity in a way that makes our lives more interesting and unique. With just these two events, you could learn about your heritage, or maybe a heritage that you have never known about before. You could take a trip out of this world and learn amazing things about outer space. You could expand on what you know and then go on to explore the unknown. The possibilities are endless, and more and more opportunities are being made for each of us to make fine arts more influential in our lives. So be sure to be on the lookout for more exciting events coming your way!

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SIMPLE SERVINGS

Asian cooking: Not your average takeout

Sharon Racine

I don't know how well-acquainted the rest of you are with Chinese food, but it used to be something that I would only order as takeout and rarely concoct in my own kitchen. I've always been a fan of the variety of flavors and textures that Asian cuisine offers, but had never really attempted to create them on my own, save the meager combinations of rice and frozen vegetables that I tried to pass off as stir fry.

Perhaps the idea of cooking Asian never crossed my mind because really, why try to perfect the already-flawless delicacies that doubled as the ultimate hangover cure in college? General Tsao's chicken was my go-to meal, made all the more delicious by a side of veggie fried rice. Of course these cheap dishes were all that I knew of Chinese food, but I loved them nonetheless. Yes, life was good with those white paper takeout containers of processed, gooey goodness.

I didn't think that my extremely contented view of Chinese cuisine could possibly change, but it did, and for the better: last year, my boyfriend Dan surprised me with two tickets to an Asian cooking class in Boston for my birthday. I was very excited to get up close and person-

al with one of my favorite types of food and even more excited to wash it down with the delicious wine that was included with the class. They say red wine gives the worst hangovers, but we were not fazed – after all, we would have plenty of homemade Chinese food to cure our potential day-after maladies.

Seeing as there were only a few bottles of wine, Dan and I were excited to note that the class was relatively small – only five others joined the tutorial. The small class environment was very beneficial, and working with a partner made the chopping and frying actually quite enjoyable. The instructor taught us some valuable knife tricks, such as to cut away from the body, to not lift the knife tip off of the cutting board while slicing, and to use the side *opposite* the blade to scrape chopped veggies into a wok or pan. We learned some interesting cooking techniques as well, but the instructor put an end to those when a classmate's attempt to toss veggies in the pan while stir-frying ended up on the linoleum floor.

Many of the ingredients that we cooked with during the class were new to me, such as bok choy and bamboo sprouts. While we benefited from the availability of these odd ingredients during class, I won-



dered where I could buy them locally when I wanted to create the recipes again. The class instructor immediately quelled my concerns when she informed us that all of the ingredients in her recipes could be purchased from any specialty or gourmet grocery store, such as Whole Foods. I recommend searching online for the closest specialty grocery store; you can even purchase Asian cooking ingredients online from websites such as asian-foodgrocer.com.

After three hours of full-fledged chopping, frying and tasting, Dan and I left the class well-informed and approximately five pounds heavier. Don't get me wrong – the recipes that we created were on the healthier side; it was the moderation that I hadn't quite mastered. In any event, I have finally decided to share the wealth with these delicious and simple recipes straight from our Asian cooking class. I promise that they are healthier (and more delicious!) than takeout.

Egg Rolls

INGREDIENTS:

One package egg roll wrappers
2 cups shredded napa
1 cup shredded bamboo shoots
1 cup bean sprouts
1 cup shredded pork loin (optional)
4-5 pieces dry black mushrooms (soaked and sliced)
2 cloves of garlic
2 slices ginger root
3 cups peanut oil (for frying)
Salt and pepper to taste
1 tbsp oyster sauce

Marinade for pork:

$\frac{1}{4}$ tsp ground pepper
 $\frac{1}{4}$ tsp chopped garlic
1 tsp sesame oil
1 tsp corn starch
2 tsp soy sauce

INSTRUCTIONS:

Marinate shredded pork with sauce for 5-10 minutes. Heat 1 tbsp oil in wok. Add garlic and ginger, then

stir-fry mushrooms and napa for 5 minutes. Add bamboo shoots and bean sprouts and cook for one more minute. Remove mixture from wok and set aside. Stir-fry pork mixture in a tablespoon of oil for about 5 minutes or until done. Combine all ingredients in the wok and add salt, pepper, oyster sauce and sesame oil. Remove from heat and let cool.

Once mixture is cool, wrap 3 tbsp of filling in egg roll skin. Lightly dab all corners of the wrapper with water, then roll up. Deep fry in a pan filled with about one inch of peanut or canola oil on all sides until golden brown. Drain egg rolls on paper towels and serve with soy or duck sauce.

Vegetable Lo Mein

INGREDIENTS:

1 lb fresh soft noodles
1 red pepper, sliced very thin
2 large carrots, shredded into thin strips
2 cups snow peas, cut in angular strips
1 bunch of chopped scallions
1 small bok choy, shredded
 $\frac{1}{2}$ lb bean sprouts
1 can of water chestnuts
10 black mushrooms (soaked and cut in strips)
2 cloves of garlic, minced
2 tbsp oyster sauce
2 tsp light soy sauce
2 tbsp peanut or canola oil
Cornstarch solution (1 tbsp cornstarch mixed with 2 tbsp water)

INSTRUCTIONS:

Cut asparagus into 1-inch pieces. Slice raw chicken into $\frac{1}{2}$ -inch slivers and place in a bowl with half of the scallions, the ginger, sherry and cornstarch.

Prepare sauce: rinse the black beans, then soak in cold water for about 5 minutes (to make them less saline). Drain the beans and mash with a fork.

In a wok, heat about 2 tbsp canola or peanut oil on high heat. Add the asparagus and stir-fry for about 3-4 minutes, or until tender. Remove from wok. Add another tablespoon of oil and heat on high then stir-fry the chicken in small batches until light golden brown. Remove each batch as it is completed and place into bowl with sliced asparagus.

After chicken has completed cooking, heat wok again, adding 1 tablespoon oil, black beans, scallions and garlic. Cook for about one minute, and then add the remaining sauce ingredients along with the cooked chicken and asparagus. Cook for three minutes and stir until mixture begins to bubble. Serve with rice.

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THE BUILDER'S NOTEBOOK

The first steps

Part 2

Andrew Wivell

The Contracting Process

A reality of our times is that agreements can no longer be done with a simple hand shake. The foundation for a successful building project is taking the time to formalize the project through a detailed and thorough Contracting Process. This process ensures all parties are on the same page and avoids many of the nightmare stories that have become clichés in the building industry.

Here is a Step-By-Step roadmap to follow as you begin to consider building projects:

A. Schedule an appointment and meet to discuss your project. Ideally, this meeting will be at the site of the home improvement, but may also be at the Contractor's place of business. Communicate your ideas and be receptive to new ones. This meeting should be held during normal business hours, if possible. I consider it a sign of seriousness about the project on the Homeowners' part if they are willing to take time out of their day to meet with me.

B. Share your budget! Many people are reluctant to do this because they think that the bid will come back at this same number. The truth is, my price will not change whether I know your budget or not. I break my estimates down into 50 different categories to determine my costs for the job. My costs will not increase or decrease based on a "arbitrary" budget. So, why is it so important that I know your budget, you ask? Knowing your

budget will help define a scope of work that is realistic. Typically, a contractor can pretty quickly define a price range for a specified home improvement based on experience. If your budget is not within this price range, then now is the time to either re-define the scope of work or change the budget before we waste a lot of each other's time and money. If you are financing your Home Improvement or Custom Home Project, then you should already have spoken with a lender by this stage and be prequalified for the financing.

C. Drawings - A good set of drawings or blueprints are an invaluable tool for communicating the scope of the project between Homeowner, Builder, and Subcontractors. If the project requires a building permit, you will need to submit a set of drawings with your permit application anyway. My experience has shown it is usually better to use someone with whom the Builder is comfortable or has recommended. The main reason comes back to budget. Even if you hire your own architect and you share your construction budget, they may still design something that is over your budget. Having the Builder/Contractor involved during the process helps to avoid the disappointment of not being to build something to which you've become emotionally attached. I will not name names, but I had a case this year where the Homeowner spent \$6k for blueprints prior to meeting with me and the costs for the project came back \$200k over their budget and they had to completely abandon those house plans.

D. Contract - Once you have a design that can be built within your



budget parameters, it is time to write a contract. A good "Contract Package" will include the following: the contract, the specifications, a draw schedule, signed drawings, and a buyer's right to cancel form.

- i. The Contract - This will contain a brief description of the improvement, the address, the price, the terms and conditions, and will reference any drawings to be relied upon for construction. There are other legal requirements that must be included that are too numerous to detail in this column.
- ii. The Specifications (Specs) - This is a very detailed document that identifies the materials to be used in the Project - what kind, how much, etc. I organize my Specs in the order of construction. I start out with General Conditions,

move through the construction sequence, and end with Cleaning.

- iii. Draw Schedule - This document is simply an agreement of how the Sales price will be divided up and paid to the Contractor and when. For example, Draw #3 might say "20% due upon successful framing inspection. If your Lender is paying the Draws, they will likely need to review and approve prior to the finalized contract.
- iv. Signed Drawings - A signed copy of the latest version of the drawings should be included with the Contract Package in addition to being referenced by title, date, and version in the Contract itself.
- v. Buyer's Right to Cancel - This requirement is part of the Door to Door Sales Act. If the contract is signed at a place other than the Builder/Contractor's place of busi-

ness, then the Buyer may, without penalty, cancel the contract by mailing or delivering a signed and dated copy of the Buyer's Right to Cancel to the seller within three business days from the date of the transaction.

I hope this information will prove helpful to many of you as you begin to contemplate spring projects. Even though we have snow on the ground, now is the time to start this process so your project can commence at the first sign of spring. These basic tenants of the Contracting Process are vital to follow to get started down the right path for a successful experience. If you are interested in more information or have specific project questions, please visit our website at www.wivellhomes.com or feel free to email me directly.

Spruce up your space this Spring

Is your home tired looking? Does it need a space lift? Are you bored with the same look after several years? Maybe you are thinking of remodeling, additions, redecorating, or even selling your home. The thought of spending money makes your hair stand up. Relax! Time to renew, refine, redesign—on a budget!

With the uncertain housing market in a slump, more homeowners are turning to redesign professionals to improve the value and appearance of their home. A realistic trend is to reinvest and renew your look by remodeling, redesigning, or staging to sell.

But—for a fresh renewed look, redesigning, is practical simple solutions and techniques to rearrange your treasures, creating a warm, comfortable, and inviting new look! Focus on function, and create a focal point where friends and family can gather! Whether home or office, a room redesign can achieve the results of creating a space you have always wanted, but weren't sure how

to get there! More importantly homeowners are now interested in saving time, and money, by recycling for a new personal style

Spring is the perfect time to redesign! Here are a few ideas to get you to feel welcome in your own space again!

Clean House. Organize and remove any unwanted or unused items. Box them up and sell or give them away.

Take Inventory. Set aside the things you love and place them in a storage area. Redesign one room at a time. Start with a room you enjoy most with family and friends.

Check Out Your Walls. Take a good look at the way the natural light affects each room. See if the existing color still works for you.

Pick a Color! The most inexpensive way to transform a room is to change the look of your walls, so why not paint them a different color!

Keep An Open Mind! Experiment with moving your furnishings around. You might love an old piece again after seeing it in another place—especially with dif-

ferent light!

Spruce Up Drab Furnishings. Add a slipcover to an old sofa or chair. Use a bold color or lampshade or rug to create a new look.

Dress Up Your Windows. Another simple way to renew a space is to add a matching valance or contemporary roman shade to your windows. For a warmer look, you may want to introduce wood to your window treatments.

Consider Art. To complement your new environment, add wall and table art. Promote the local artists!

Add Greenery. Place fresh flowers or live plants in the space. Bring a little of the outside in—it will change your mood!

If you can't find the time to renew refine redesign, consider the low-cost option of hiring a professional redesign specialist for a consultation to create your fresh new look!

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COMPLEMENTARY CORNER

You are your beliefs

Part 2

Renee Lehman

Just imagine that on a sunny day you are walking down the street, and in the distance you see a young girl sitting on the steps of the library. You are not close enough to know if you would recognize her. You see that she is slightly slouched over, is crying, and is wiping her eyes with a tissue. What do you think could be going on with the young girl? Are you sure?

What are the phenomena that you observed in the situation above? Remember the word phenomena can be defined as an observable fact or event; an object or aspect known through the senses rather than by thought or intuition (Merriam-Webster Dictionary, www.m-w.com). The phenomena of the situation are as follows: a girl is sitting on steps, she is slouched over, she has tears coming out from her eyes, and she is wiping her eyes with a tissue. Those are the only observable facts that you have observed.

The story that you created in your mind was basically just that, a "story". This is something called a construct. A construct is defined

as something constructed by the mind as: a theoretical entity, or a working concept (Merriam-Webster Dictionary, www.m-w.com). Basically, the story that you created about the girl on the library steps was "constructed" by your own personal life experiences or the "truths" taught to you by other people (which become your beliefs).

So what does it matter if you function from a place of the observed phenomena or within the construct that you had about a situation? It matters because from one place you are acting on the observation of the facts and in the other situation you are acting from a place of judgment that may not be accurate. The quote from the March article is appropriate to cite again: "We don't see things as they are; we see them as we are." (Anais Nin) Phenomena vs. Construct.

Don't misunderstand me; we all have "stories" about things. It is not about NOT having stories. It is important to observe how your body/mind/spirit responds to your stories, and know that they are just that, stories. Then you can come back to the phenomena and move into life from there; a place full of possibilities.

Now, think of something that scares you... a snake, a spider, a Doberman pincher, a bee, etc. What story do you have about it? Whoever "taught" you to be afraid of it may have also been "taught" to fear it. Do you remember how your "teacher" first told you about it? They probably reacted very strongly about how "bad" it was, and had a very convincing "story" about it, too (Of course if you are allergic to bees and could die from a sting, that is phenomena and NOT a construct)! This programmed your mind to think in a certain way that causes you to significantly limit yourself. In the long run, these limitations not only influence your behavior, they can also play a major role in determining your physiology and health. These limitations cause thoughts, which can then negatively influence how your brain controls your body's physiology (The Biology of Belief, Bruce Lipton, PhD). This can cause energy to become "stuck".

Wellness is about movement. Think about the vital energy or Qi (pronounced "chee") which flows through all living things. The smooth movement of this Qi is essential for health. When the Qi is balanced, moving smoothly, and in sufficient quality and quantity, health and wellness are promoted. Disease begins when the body/mind/spirit stops moving (Qi movement is imbalanced) and does not get started again. So, the goal is to OBSERVE what creates movement or shuts down in life. Don't create a story about the observed phenomena that causes limitations. Then continue to think and act in a way that creates movement. Don't try to understand what you observe. Just practice and observe what occurs. Your health may begin to improve.



We need to realize that our senses are gifts! Use them, for there is so much to observe in our lives that will benefit our health and wellness! The following example demonstrates how our senses are gifts: in the past when a doctor entered a home of a patient s/he would smell for disease. This would then help the doctor to treat the patient. Today, we have become abstract in our thinking and separated from our sensory perception. For example, we say that we "saw him on TV" instead of saying that we saw an image of him

on TV, and we give people "hugs" in cyberspace.

So, OBSERVE, OBSERVE the phenomena of the situation. This will change your health. This will take discipline, but then again, all great cultures use discipline. Be in the present. Identify your constructs and stories. What beliefs are they based upon? Are they healthy for you to continue to believe? Then practice stepping out of the realm of your stories, and act on the phenomena.

You are your beliefs!

"Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything merely because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it." (Buddha)

Renee Lehman is a licensed acupuncturist and physical therapist with over 20 years of health care experience. Her office is located at 249B York Street in Gettysburg, PA. She can be reached at 717-752-5728.



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Fitness matters

Inga Olsen
Anytime Fitness

Question: I was thinking of focusing a bit more on swimming this summer for general fitness and weight loss. What do you think—pros, cons?

Answer: Swimming is a fantastic summer exercise, and it's a great way to cross-train, so I'm glad you're adding it to your fitness regimen. It works all of the major muscle groups and is easy on the joints too, given the fact that it's a non-weight bearing activity. There is one thing that you need to keep in mind, though. Swimming can be pretty challenging, especially if you're a newbie. It actually takes 4 times more energy to swim than it does to run, so swimming a quarter of a mile is roughly equivalent to running one mile. And because some people find swimming somewhat difficult, overall duration becomes an issue, since this

can clearly affect the calorie-burning potential of your workout. Some have even questioned the effect that the water temperature has on overall calorie balance. Appetite seems to increase after swimming in cooler water, which means the calories eaten after exercise may negate the calories burned during exercise. Regardless of what you hear or read though, swimming provides a wonderful full-body workout. I definitely recommend it as an alternative to traditional cardiovascular exercise, and I encourage you to vary your swimming workouts, just like you would do with any other workout. Change up the intensity and the duration of your swims to reap the greatest possible health and fitness benefits.

Question: I've always been a big fan of using sports nutrition bars as snacks between meals, but to be honest, I've never really given much thought to

what type of bar would be best for me. Any thoughts on this?

Answer: This is an excellent question, and one that I get asked frequently. First of all, I agree—I'm a big fan of using sports bars as snacks as well. They're convenient, generally affordable, and a quick source of on-the-go energy. The only real problem is that there are so many options out there, and not all bars are created equal from a nutritional standpoint. You really need to fine-tune what you're looking for. If you truly want to use them as snacks, then you should probably look for a bar that has around 300 calories, 30-35 grams of carbohydrate, 20-25 grams of protein, and 7-10 grams of fat. Keep in mind, these are just ballpark numbers; the bar you choose could have more or less depending on your personal preference. The last thing you really need to consider when choosing a bar—and it's a big one—is the taste. It's probably best to start with the most popular brands, and while you're at it, give our Anytime Health bars a try

too. The only way you're going to find "the one" is by trial and error. Good luck!

Question: I've been a yo-yo dieter for the past few years, and for some reason, whenever I re-commit and start a new exercise program, I always seem to gain a little weight before the actual weight loss process begins. Can you explain this?

Answer: Yes, this is actually a pretty common phenomenon, but one that most people simply aren't aware of. When a sedentary or somewhat inactive individual starts an exercise program, several changes occur in the body to respond to this new exercise stimulus. The sum of these changes can add a bit to the scale, despite your hopes for the exact opposite. First of all, the muscles can increase in size, and the added protein in the muscle actually stores additional water. The body will also start to store more sugar in the muscles, and again, water storage plays a role here as well. Several enzymes that process oxygen will also increase in quantity within the muscle cells. And

if this isn't enough, your connective tissues will toughen and thicken, and your total blood volume can increase by up to one pound within a week. All of this better prepares your body for more frequent exercise bouts, and helps to improve your workout efficiency. At this point, you're probably wondering what can be done to mitigate these effects? The answer is not much. The key is to be consistent with your workouts, and avoid the scale if you're likely to get discouraged by what you see. It's important to remember that this is simply your body adapting to exercise. Believe me, your weight will trend down in the long run as you continue your program. Don't forget the old adage—good things come to those who wait!

About the author: 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.

Ask the trainer

Linda Stultz
Certified Fitness Trainer

Your yard will probably be in need of a major cleaning this spring but your body may not be up for the job. The winter may take its toll on you and you may not be ready for the task ahead. Spring is the time people get outside and realize they should have been walking on that treadmill instead of piling their clothes on it. This is also the time they jump into activities their body is not ready for. I'm sure if you start cleaning up all those branches and spreading the mulch over the flower beds you will feel a difference in your back, arms or legs. Take it slow, work will wait for you. Think of the saying, the work will be there tomorrow, but if you start too quickly you may not be able to do it. Exercising over the winter was a great idea but somehow you never got around to it. Does this sound familiar? Maybe it's too late for last winter's exercising but a great time to get started. Start now and that spring clean up may be a little easier. In fact, use the spring clean up as part of your exercise program. Do a little each day and before you know it the yard will look better and so will you. Get the family involved and the work will go faster and everyone will benefit from the exercise. People usually think of exercise as something you schedule time for and sometimes that makes it harder to work into their schedule. Exercise does not need to be a program, it can be playing outside with your kids. Take your dog outside and play with him while picking up the branches. Make a game of challenging your children to see who can have the biggest pile of leaves. They may not realize they are exercising and helping you clean up at the same time. Be inventive, that makes work and exercise easier.

I know all of this sounds easy and I realize it is not. Everyone today is so busy but life is stressful and we need to find some kind of balance. Each person needs to explore their own lifestyle and see where and what kind of exercise will fit them. Exercise, as I said before does not need to be a schedule event although, most of the time you need to make time for it or it is the first thing postponed because something else comes up. We tend to think other things are more important but we do not realize that if we feel better and are in good shape the other needs may be easier or less stressful. Many of my clients tell me that they feel better and are able to handle everyday happenings a little easier than they were before they were exercising. So many of them tell me they can do something without the ache or pain they used to have and now the task doesn't affect them as much.

The outside of your house is not the only thing that we think of for spring cleaning. Spring house cleaning is also a big chore but can be a very good source of exercise. Vacuuming, dusting and washing windows are great ways to exercise and get the house cleaned at the same time. These activities also tell us how out of shape we are when our back starts to ache and we get a cramp in our leg. Everyday work, as simple as it may be, is usually made a little easier if we keep our body in good shape. Cleaning is also something that we can use as exercise while doing something we should be doing anyway. Believe it or not, cleaning can be used for a little strength training session. Pushing the vacuum, carrying the step ladder to the window, or carrying the items you need to clean with can be a substitute for the dumbbells. Try to think of how you can use the everyday items and jobs we do to improve your strength and cardio. Spring clean up can be a little easier and less stressful if you start slow and try to make a challenge out

of it instead of looking at it as an overwhelming job that you have to do. Start slow, work steady, involve family and have fun while you work. Hopefully by the time the yard looks

good you will feel better and look forward to moving more and making exercise a daily part of your life.

Remember to Keep Moving, it will make life just a little easier!

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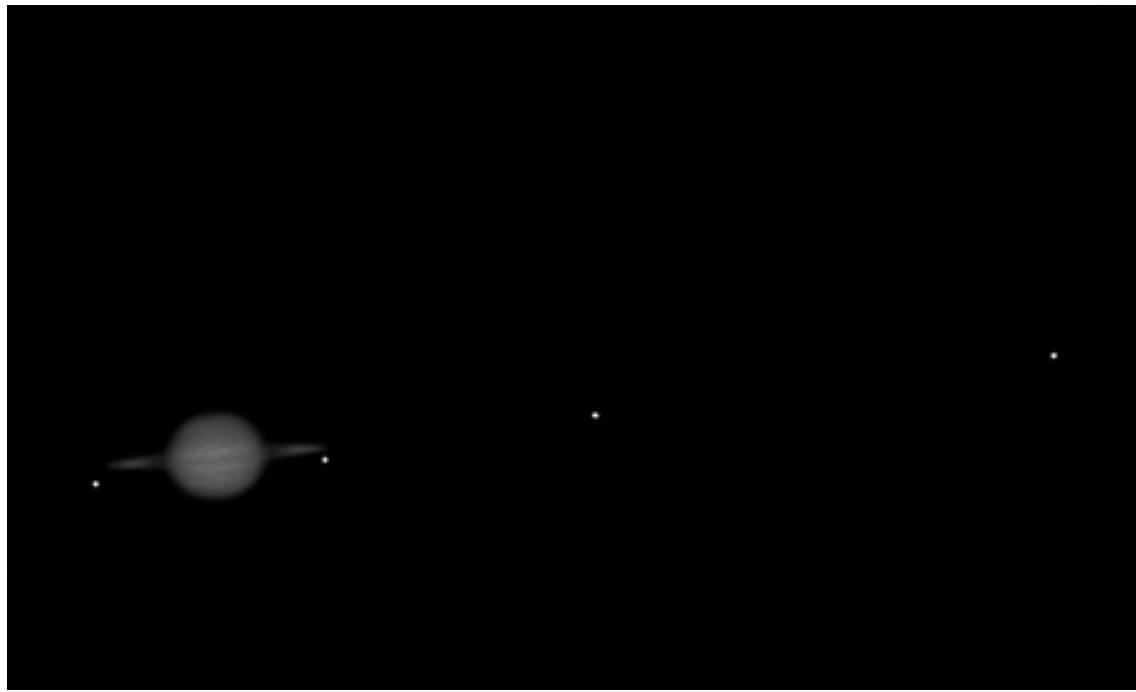
The night sky of April

Professor Wayne Wooton

For April 2010, the Moon will be new on April 3rd, the same day Saturn is at opposition as the only planet in the evening sky currently. The crescent moon is two degrees south of the fine Pleiades star cluster for Yuri's Night on April 9th. Earthshine lighting the dark upper part of the crescent should be a fine sight in binoculars as well this evening. The first quarter moon sits overhead on April 11th. The waxing gibbous moon passes seven degrees south of Saturn in the east on April 17th. The Full Moon, the Egg Moon, falls on April 18th. The moon is last quarter on April 25, and the waning crescent moon passes by Venus on the last morning of the month.

While the naked eye, dark adapted by several minutes away from any bright lights, is a wonderful instrument to stare up into deep space, far beyond our own Milky Way, binoculars are better for spotting specific deep sky objects. For a detailed map of northern hemisphere skies, about April 1st visit the www.skymaps.com website and download the map for the new month; it will have a more extensive calendar, and list of best objects for the naked eyes, binoculars, and scopes on the back of the map. Also available as the next month begins is wonderful video exploring the April 2011 sky, featuring many different objects, available from the Hubble Space Telescope website at: http://hubblesite.org/explore_astronomy/todays_sky/.

Venus is low in the east just before sunrise, and will vanish behind the sun next month. Mercury, Mars, and Jupiter will join Venus in the



Saturn hosts a huge moon, Titan, visible in most any telescope, and several smaller ones needing at least a 6" scope to spot, this image shows four of them.

morning sky at the very end of April, but all are too close to the Sun now to see Saturn is in the east in Virgo, just northwest of bright Spica, rising at sunset on April 3rd. This is the best time to observe the most beautiful object in the sky. When viewed with a telescope, the rings are open 11 degrees, and Titan and several smaller moons fall on either side of the most beautiful telescopic sight in the sky. In addition to its glorious rings, Saturn hosts a huge moon, Titan, visible in most any telescope, and several smaller ones needing at least a 6" scope to spot. Our attached image shows four of them, in line with the rings. This year, the north pole of Saturn is tilted slightly more sunward, and the rings will be a little more open and thus brighter; they will be at their best in 2017, Saturn's summer solstice, when they will double the planet's brightness.

Yellow Capella, a giant star the same temperature and color as our much smaller Sun, dominates the northwestern 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. South of Gemini, Orion is the most familiar winter constellation, dominating the southern sky at dusk.

The reddish supergiant Betelgeuse marks his eastern shoulder, while blue-white supergiant Rigel stands opposite on his west knee. Just south of the belt, hanging like a sword downward, is M-42, the Great Nebula of Orion, an outstanding binocular and telescopic stellar nursery. The bright diamond of four stars that light it up are the trapezium cluster, one of

the finest sights in a telescope. In the east are the hunter's two faithful companions, Canis major and minor. Procyon is the bright star in the little dog, and rises minutes before Sirius, the brightest star in the sky. Sirius dominates the SE sky as darkness falls. At 8 light years distance, Sirius is the closest star we can easily see with the naked eye from West Florida.

To the northeast, look for the Big Dipper rising, with the top two stars of the bowl, the pointers, giving you a line to find Polaris, the Pole Star. Look for Mizar-Alcor, a nice naked eye double star, in the bend of the big dipper's handle. Take the pointers at the front of the dipper's bowl south instead to the head of Leo, looking much like the profile of the famed Sphinx. The bright star at the Lion's heart is Regulus, the

"regal star", but brighter still is Saturn, just east of Regulus.

Now take the curved handle of the Big Dipper, and follow the arc SE to bright orange Arcturus, the brightest star of the spring sky. Recent studies of its motion link it to the Sagittarius Dwarf Galaxy, a companion of our Milky Way being tidally disrupted and spilling its stars above and below the plane of the Milky Way, much like dust falling away from a decomposing comet nucleus. So this brightest star of Bootes the Bear Driver is apparently a refugee from another galaxy!

Now spike south to Spica, the blue-white gem in Virgo rising in the SE. Virgo is home to many galaxies, as we look away from the obscuring gas and dust in the plane of the Milky Way into deep space. To the southwest of Spica is the four sided Crow, Corvus. To the ancient Greeks, Spica was associated with Persephone, daughter of Ceres, goddess of the harvest. She was abducted by her suitor Pluto, carried down to Hades (going to Hell for a honeymoon!) and when Jupiter worked out a compromise between the newlyweds and the angry mother-in-law, the agreement dictated Persephone come back to the earth's surface for six months of the year, and Mama Ceres was again placated, and the crops could grow again.

As you see Spica rising in the SE, it is time to "plant your peas", and six months from now, when Spica again disappears in the sun's glare in the SW, you need to "get your corn in the crib"....so was set our calendar of planting and harvesting in antiquity. In the arms of Virgo is a rich harvest of galaxies for modern astronomers; the Virgo supercluster lies about 50-60 million light years distant, and contains over a thousand galaxies, many larger than our own Milky Way.

Almanac

Mid-Atlantic Regional Weather Watch: Showers and cool (1,2,3). Fair and cool weather (4,5) with rain and stormy weather (6,7). Fair and mild (8,9,10) with more showers (it is April, you know!) and some heavy storms, mainly in the southern part of the region (11,12). Fair and cool once again (13,14,15,16,17,18) with yet more showers (19,20,21). Fair and mild (22,23,24,25) with still more showers and STORMS, some severe in the south (26,27,28). April ends with fair skies and much warmer temperatures (29,30).

Full Moon: April's Full Moon rises at 9:44PM EST on the 17th. It has been called Pink Moon by many Native Americans because of the many flowers and trees that begin to bloom during the month of April. It is also known as Sprouting Grass Moon because grasses are reborn and start to grow again and Fish Moon because fishing starts to improve

as the weather warms.

Special Notes: Earth Day is celebrated on Friday, April 22nd. Call The Earth Day Network at 202.518.0044 or go to www.earthday.net for green activities that will help to preserve our struggling planet.

Holidays: Don't fall for any jokes or pranks on April Fool's Day, Friday, April 1st! In 2011, Easter falls on Sunday, April 24th. Be sure to make time to attend the church of your choice on that sacred day and spend quality time with family and friends. Rejoice in this time of rebirth and celebrate the coming of Spring.

The Garden: Spring has been officially here since March 21st and the weather is getting warmer (and wetter!). Now is the time to do some serious Spring cleaning in the garden. Trim back dead foliage and gather up winter's detritus, such as small branches and excess leaves. The soil will be softer now, so weeds will be easier to pull. Trees and shrubs can be planted now, as can many perennials. If the perennial has been grown outside, rather than in a warm greenhouse, plant it as soon as you get it. Otherwise, give

it a few days outside in a sheltered location (such as in the shade of a tree) to harden it a bit. Cool season vegetables, such as spinach,

lettuce, peas, broccoli, cauliflower, and beets can be planted as soon as the soil can be worked. A good test of "soil readiness" is to take a

handful of soil and squeeze it. If it remains in a ball, it's too moist and should be allowed to dry further. If it crumbles, start planting!

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Schedule of Events
8-12 Registration
12-2 Judging
3 p.m. Awards

COMPUTER Q&A

All about monitors

Ayse Jester

One thing is apparent; technology has changed and traditional CRT monitors have replaced LCD monitors. Despite what type of monitor you own, there are a variety of problems that can arise. Here are some common problems and possible solutions.

Problem: Things are too big or small or the screen is fuzzy.

Solution: Adjust the resolution

Every monitor has a variety of resolutions that are supported. Higher resolutions will make things on your desktop smaller providing more room. Higher resolutions are sometimes needed in order to run some games. A lower resolution make things on the screen appear bigger and provides less room.

To adjust the resolution, you right click on your desktop and choose properties. Windows 7 users should click on resolution. Windows 7 users can also click on the personalize menu and click on display on the bottom left hand corner. Here you will also have the option to adjust text size. Alternatively, some computers have an NVIDIA control panel which offers additional settings over the properties menu. Here you can choose resolution.

Another possible solution to fixing odd looking displays is to download the latest drivers for your monitor. You can visit the manufacturer's website and input your model number. You will have to select the correct operating system for your computer and then you should be able to download the most recent display drivers.

Problem: Monitor is too dark or does not fit picture in screen completely.

Solution: Adjust the monitors external settings.

Your monitor will generally have physical buttons located somewhere around the outside of the screen. Usually you will have one main button to access the menu and the other buttons will allow you to choose the options and change the settings. If you are unsure where to access this menu or which options to choose you can look in your monitors manual or search online with the monitors model number to either locate a manual or find your answer.

Problem: My screen is appearing sideways!

Solution: Rotate the display back.

Some monitors support screen rotation. Some physically rotate while others rotate after using a command. Pressing Control + Alt and the up arrow will turn the setting off. In order to turn the feature on, you press Control + Alt and the left arrow.

Problem: My screen is blank or displays no signal.

Solution: A cable is loose, the monitor is no longer working, or your video card has gone out.

If your screen displays no signal, it means that the monitor is not getting a signal from the computer. Your monitor will either have a cable with a blue end or a white end depending on if the monitor is using VGA or DVI. Ensure that the cable is connected tightly on both the end connected to the monitor

and the end connected to your computer. Be careful if you decide to tighten the screws on the adapter. If you accidentally pull the cable without unscrewing it, it could damage the computer. If that does not solve your problem your computer's video card may be damaged. Try attaching the monitor to another computer to test the monitor.

If the monitor does not react after tightening the cable or trying another computer your monitor may be damaged. Most monitors carry a one year warranty and some even have a three year warranty. You can contact the company to find out if your product is under warranty.

If you would like friendly professional help with monitors or other PC related issues contact Jester's Computers located in Fairfield, PA. (717)-642-6611



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LIBRARY NOTES

Sex among the stacks

Caroline Rock

When I was an idealistic English major, I was privileged to study the great American-born poet T.S. Eliot and his classic epic, "The Wasteland." Truthfully, however, reading "The Wasteland" was more an exercise in reading footnotes, utilizing a German dictionary, and seeing how much of Dante and Shakespeare one could recall. But it is a thrilling poem, nonetheless.

Most people recognize the famous first line, "April is the cruellest month..." and apply it to tax season or the anniversaries of Waco and the sinking of the Titanic. The month of April has even been officially declared "Disaster Preparedness Month." Malicious practical jokes start the month off on a bad foot; and let's not forget that Adolph Hitler was born in April.

But none of these things matter when you are a romantic poetry student.

At the end of the semester of Eliot, my friend (and fellow English major) Mary Catherine and I stayed on campus to work odd jobs. It was pleasant to have the place to ourselves, even if we were sanitizing bathrooms and shampooing carpets. Mary Catherine and I carried handwritten copies of "The Wasteland" in our pockets as we cleaned. Our goal was to memorize the 400 plus lines of the poem before studies resumed in September.

In class we had listened to a scratchy recording of TS Eliot reading the poem himself, pronouncing the word "cruelst" as "crelest". I suppose he, like Madonna, had picked up that British hue in his speech pattern from his years at Oxford and his subsequent emigration to England. Mary Catherine and I tried to imitate his intonation as we practiced, sounding more like female Boris Karloffs than T.S. Eliots.

Over the sounds of flushing toilets

and whirring vacuums we shouted,

Summah surprised us, coming ovah the Starnbuhgahsee
With a showah of rain....

"Hey, MC, what's a Starnbergersee again?"

"It's a thing in Germany, I think."

Once as we cleaned, I heard Mary Catherine's voice around the corner, trying to get just the right emotion in its recitation, fading away and stopping altogether. I listened for her to start again, thinking she may be digging the now soggy scrap of poetry from her pocket to double-check Eliot's unconventional word-order. But she did not continue, and when I went to investigate, I found her leaning her head against door of the bathroom stall, tears in her eyes.

"It's so sad, Caroline," she said. "How can we live with such misery?"

And we cried on each other's shoulders over the devastating loneliness we felt through the poem, sobbing our desire to know the poet so we could commiserate with and console him in his sorrow. In retrospect, I wonder if Eliot wrote the poem simply so he could read it to acute and passionate college girls, who would then want nothing more than to console him in his sorrow.

If I recall, Mary Catherine and I did not get very far in our memorization, realizing we could work much faster if we were blasting U2 or Duran Duran from a radio we borrowed from the Campus Ministry office. But I still recall the opening lines of the poem, and understand them more as I get older.

April is the cruellest month, breeding
Lilacs out of the dead land, mixing
Memory and desire, stirring
Dull roots with spring rain.
Winter kept us warm, covering
Earth in forgetful snow, feeding
A little life with dried tubers.

Do you see how a young girl would swoon over such writing? At that age, one already sees the sarcasm in flowers emerging from dead land, the hypocrisy of memory mixing with desire, and the security of a blanketing snow that covers our regrets.

Sigh. Oh, to be young again, when the pain of the world was confined to stanzas and alliteration.

Recently I read a news article that would make T.S. Eliot cry, "I will show you fear in a handful of dust!" It seems that the lovely village of East Coker, the hamlet of Eliot's final resting place, is being leveled to make room for a new housing development.

Is this irony that only a school girl can recognize—that the earth where Eliot lies may soon be upturned to build homes for the living? Mixing memory and desire, breeding lilacs out of the dead? Thirty seven hundred homes are proposed for the sight.

As if he predicted this, Eliot penned a poem called "East Coker", in which he mourns

In my beginning is my end. In succession

Houses rise and fall, crumble, are extended,

Are removed, destroyed, restored, or in their place

Is an open field, or a factory, or a by-pass.

It remains to be seen how this will play out. Many concerned citizens, both in England and in the



U.S., are voicing their outrage over the proposal. I wonder what Eliot's thought would be. Would he cry,

Burning burning burning
burning

Oh Lord Thou pluckest me out!

Or would he simply shrug and say, "What do I care? I'm already dead."

So April is the cruellest month, breeding lilacs out of the dead land. But it is also National Poetry Month. Sometime during April you should stop into the Emmitsburg Library and pick up a book of poetry. Maybe you're not a fan of Mr. Eliot. That's all right. Your brand of poetry might fall among names like Maya Angelou, Emily Dickinson, Carl Sandburg, or Langston Hughes. Then again, you might be one who reads the poetry

giants such as Keats, Milton, or Wordsworth—classics, and infinitely easier to memorize than T.S. Eliot. Or maybe the child in you prefers the silliness of Jack Prelutsky or Shel Silverstein.

And if you read poetry, chances are you have tried your hand at writing it. There are numerous books describing the art and craft of composing verse. You can check them out from our Poetry Month display. I have already begun to polish my poetry skills.

Here is my day in a Haiku:

Thank you, rain. Without
You, I would not have finished
This great article.

Okay, I'm no T.S. Eliot, but you have to admit there is potential!

Oh, and by the way, "Sex Among the Stacks" —April Fools!

Senior News

April showers, Easter flowers-Spring is truly here! The Emmitsburg seniors have some **special activities** on the schedule for the month:

April 7 - Stroke awareness,
11 a.m.

April 19 - Nurse Steve,
blood pressure check, 10-11 a.m.

April 21 - Health Fair at
the Frederick Senior Center,
10-2.

New program - Living with a Chronic Disease. This is a 6-week course, beginning **April 15**, and continuing on Fridays.

Trips offered through the Dept. of Aging:

U.S. Capitol - Friday,
April 15; **American Indian Museum, April 29.** Call the center for information

The seniors encourage all eligible persons (50 years and older) to join them for regular program activities and special events. Our lunch program is open to

those 60 and older. Programs are held in the Community Center on South Seton Avenue. Call for lunch reservations 24 hours in advance. The Senior Center will close whenever county offices are closed. To register for special events or for information, call program coordinator Linda Umble, 301-600-6350, or email lumbel@frederickcountymd.gov.

REGULAR ACTIVITIES

Bowling: Mondays at Taneytown bowling center. Carpool; meet at center at 12:30 p.m.

Strength Training & Conditioning: Tuesday and Thursday, 10 a.m. Dress comfortably, wear athletic shoes. Participants will use small weights. Free.

Bingo: Alternate Wednesdays; call for April dates.

Cards, 500, and Bridge Group: Alternate Wednesdays; call for April dates.

Men's Pool: Wednesdays at 1:00 p.m.

Pinochle: Thursdays at 12:30 p.m.

Canasta & Pinochle: Fridays at 12:30 p.m.

EMMITSBURG BRANCH LIBRARY APRIL 2011 EVENTS

Snake traders - April 11, 11 am. Snakes Alive! Learn about the reptiles in your own backyard! Get up close and personal with live snakes! Children with an adult. Please register at www.fcpl.org.

Decoupage Collage Box 0 - April 14, 5 pm. Transform your own simple wood box into something sweet with some old magazines and glue through the magical art of Papier-Mache. This is a Teen program. Please register at www.fcpl.org.

The Storytime Show: Fairytale Fun - April 19, 10:30 am. Once upon a time has never been such fun! Enjoy classic fairytales with a new twist through songs and dance. Ms. Jenni will delight everyone with a silly puppet show. Children with an adult

Murder Mystery, April 28, 5pm – There's been a murder in the library and it's up to you and a cast of character to solve the crime and bring the murderer or murderers to justice! This is a Teen program. Please register at www.fcpl.org.

Catholics Returning Home



- Were you raised Catholic but do not come or attend church anymore?
- Would you like to know more about the Catholic Church as it is today?
- Would you like to feel at home in the Catholic Church again?

No matter how long you have been away and no matter the reason, we invite you to consider renewing your relationship with The Catholic Church.

Please join us for informal listening sessions and an update on the Catholic Faith. The sessions are held at:

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For more information, call Mary Myers at (301) 447-2712 or St. Joseph Catholic Church at (301) 447-2326 or email myersmary@ymail.com

MOUNT ST. MARY'S UNIVERSITY



The National Shrine Grotto of Our Lady of Lourdes *Celebrate Easter*

Palm Sunday

April 17

- Noon Mass & Distribution of Palms

Good Friday

April 22

- Noon, Stations of the Cross
- 2 p.m., Recitation of the Sorrowful Mysteries of the Rosary

Easter Sunday

April 24

- 6:30 a.m., Ecumenical Easter Sunrise Service
- 7:30 a.m. & Noon Easter Sunday Mass

Divine Mercy Sunday

May 1

- 10 a.m., Confessions
- Noon, Mass
- Following the Noon Mass: "Blessed John Paul II's Marian Teaching and Spirituality," Reverend Frederick L. Miller, Associate Professor, Mount St. Mary's University Seminary
- 1:30 p.m., Confessions
- 3 p.m., Mass
- Following the 3 p.m. Mass:
Dedication of the Blessed Pope John Paul II statue and garden with Reverend Msgr. Stuart W. Swetland, Mount St. Mary's University Vice President of Catholic Identity and Director of Pre-theology and Homiletics, Mount St. Mary's University Seminary

Located on the campus of Mount St. Mary's University in Emmitsburg, Maryland. Noon Mass every Sat. & Sun.
Group Pilgrimages, call 301.447.5318 | email: grotto@msmary.edu | www.msmary.edu/grotto

CELEBRATE THE BEATIFICATION OF
POPE JOHN PAUL II

Our newest addition to the Grotto is a life-sized, hand-carved Carrara marble statue of Pope John Paul II. The statue and a beautiful Memorial Garden in his honor will be dedicated at the Mount St. Mary's University Grotto, Divine Mercy Sunday, May 1, 2011, the same day John Paul II is beatified in Rome. This Blessed John Paul II Memorial at the Grotto is made possible by the generosity of Howard Kang in memory of his dear wife, Susan.



SUMMER SPORTS CAMPS

Robert Burke Boy's Basketball Camp

- June 26-29 (Boys Ages 8-17)

The Elite 150 Lacrosse Camp

- June 20-24 (Boys Summer Day Camp: Session I, Ages 6-9)
- June 27-July 1 (Boys Summer Day Camp: Session II, Ages 10-13)
- July 10-13 (Young Guns Rising Freshmen-Sophomore Camp, Ages 13-16)
- July 22-24 (Outback Steakhouse Invitational, Rising Grades 10-12)

Rob Ryerson Professional Soccer School

- June 20-23 (Girls Advanced Ages 10-18)
- June 27-30 (Boys Advanced Ages 10-18)
- June 30-July 2 (Boys College Prep Camp)
- July 25-28 (Co-Ed Boys and Girls Advanced Ages 10-18)
- Aug. 3-5, 2010 (Boys & Girls High School Team Camp)

Scott Thomson Baseball Camp

- July 18-20 (Day Camp Session I, Ages 7-12, 9 a.m.-12 p.m., \$110)
- July 24-27 (Overnight Camp, Ages 10-18, \$415 overnight, \$275 commuter)
- August 1-2 (Day Camp Session II, Ages 7-12, 9 a.m.-12 p.m., \$110)
- \$10 discount for siblings; Early registration is Apr. 1; \$25 discount on Overnight Camp for early registration

Bryan Whitten Girl's Basketball Camp

- July 28-31 (Girls Ages 8-15)

The Girl's Soccer College Prep Camp

- July 28-31 (Girls in High School)

For more information visit
www.mountathletics.com, scroll down and on the left click the summer camps icon.



Crime Scene Investigation Camp

June 27-July 1, 2011 (Mon.-Fri.), 1-4 p.m.

Cost: \$179. (Current MSM Employee, Alumni or Senior: \$169.)

CSI Camp is an exciting, hands-on opportunity for adults and teens ages 15+ to learn about the criminal justice system in general and crime scene analysis in particular. During this week, participants will be introduced to the field of Forensic Science. Various disciplines will be discussed in terms of what information they can yield, how evidence is collected, how forensics fits into criminal investigations, and the role of forensics in the courtroom. The week will be a combination of discussion and practical exercises, and will include the participants conducting a practical crime scene investigation.