

Emmitsburg NEWS-JOURNAL

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

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Wayfinding signs coming to Thurmont

Thurmont's Board of Commissioners approved the design of twelve wayfinding signs throughout town during their February 5 town meeting. The twelve signs will help identify facilities and features throughout town such as the Thurmont Historical Society, Carnival Grounds, Library, Trolley Trail and Farmers Market, just to name a few.

These twelve signs are part of a three-phase project to secure and install new signs throughout Thurmont. Phase 1 included the approval and installation of the town's first two Gateway signs, which replaced the older Main Street Maryland signs located on Tippin Drive and West Main Street. This first phase was completed last fall. The twelve wayfinding signs will complete phase 2 of this project and were fully funded by grants from the Maryland Heritage Areas and from the Tourism Reinvestment in Promotion and Product Program through the Tourism Council of Frederick County.

The two grants awarded totaled \$12,300 each, for a total of \$26,400. The signs will be placed along the four major gateways into

Thurmont: Tippin Drive, Frederick Road, Water Street, North Church Street, East and West Main Streets. Regarding phase 3 of the project, Economic Development Manager Vickie Grinder informed the Board that she is continuing efforts to acquire funds to purchase and install two more Gateway signs. These signs would be placed at the Route 15 north exit and the other one would be placed at the end of East Main Street by the Elementary School.

Shannon-Baum Signs out of Eldersburg, MD designed the wayfinding signs that will each stand at three feet in height. The design concept behind the signs was to match the branding of the Gateway signs already installed at two of the town's entrances. They will feature Thurmont's logo with directional arrows pointing towards facilities of interest throughout town. Additionally, as part of the grant requirements, the Maryland Heritage logo will be placed at the bottom of each sign.

Two bids were received for the production of these signs. Town staff recommended the lowest bid of \$24,600 from Shannon-Baum

Signs. The second bid, from Signs Central Inc, came in at \$27,272. Shannon-Baum Signs was awarded the bid, and the town will be responsible for the installation of the signs once they are manufactured.

All Commissioners were on board with the installation and design of these wayfinding signs. Commissioner Bill Buehrer remarked to Grinder, "I can't emphasize enough for what you do to bring the tax dollars back to our community." This is just one of the many projects that Grinder has been a part of to enrich the economic development of the town of Thurmont and the Main Street community. Countless hours are put into securing grant monies for projects of this kind, but it was truly a group effort by the entire town staff. "We were lucky to obtain a match grant for this proj-



Visitors to Thurmont will soon be greeted by twelve signs that will help them access the many amenities the town offers.

ect, which comes along once in a blue moon... but it takes a team to get to this point," stated Grinder.

Town staff hopes to have these signs installed before summer, hopefully by May. Work to secure funds for the final phase of this project will continue.

Marty Qually announces bid for re-election

On March 1, Adams County Commissioner Marty Qually officially announced his bid for re-election from his home in Gettysburg, surrounded by friends and family. Qually is hoping to be re-elected for his third term as Commissioner, continuing to serve the constituents of Adams County. "Over the past seven years it has been an honor serving the people of Adams County. While this board has many successful projects under our belts, I believe we need to always challenge ourselves to do better. I have the experience, the vision, and the building approach that will continue to benefit Adams County," stated Qually.

In the past four years alone, Qually has accomplished several milestones for the County. He helped to build new Human Services Building; created the first county-wide electronic covered device recycling event; increased funding to the Economic Development Corporation and Industrial Development Authority; created the General Authority to increase bank qualified lending to area nonprofits; and negotiated the sale of historic county farms to the Civil War Trust at no loss of tax payer funds.

When asked about what he has

been most proud of in terms of a goal or milestone achieved thus far as a Commissioner, Qually remarked: "My biggest accomplishment isn't a single project; it is that people can see that county government works. Too often the only image we have of government is one of state and federal partisan gridlock. While I am proud of the new 911 Radio System, the Human Services Building, the Electronic Recycling program, and the Mercy House Recovery project, I am most proud that as a board we work together for the betterment of our community."

Looking forward, if elected for another 4-year term, Qually has a few accomplishments and projects in mind. The success of the Mercy House Recovery Center would be his first goal. The overarching project goal, which is currently underway, is to convert the empty Mercy House on High Street in Gettysburg to the first Substance Recovery Center in Adams County. Most of the renovation funding will come from grants and the county will still own the renovated property beside the old St. Francis school while collecting rent from the RASE Project who will manage the program and supervised facility.

Secondly, with the departure of

the County Manager, the next elected board will have the opportunity to structure county government to benefit from the strengths of their existing directors. "We have a great team of employees and we need a manager to help communicate their concerns to elected officials and maintain a professional standard within our workforce. Elected officials need a strong workforce to efficiently and effectively deliver service for residents," stated Qually.

Lastly, Qually noted that the board needs to create a long-term capital improvements plan; a critical goal for the long-term financial health of county government.

However, more importantly, regardless of his desired personal achievements, Qually will listen to the public and prioritize the coun-



Marty Qually, County Commissioner will be seeking his third term in the General election this fall.

ty's needs based upon their concerns. "No one knows what challenges we will face in the years to come, but with vision and a willingness to learn, together we can face our challenges."

The Adams County Primary Election will be held on May 21. Let your voice be heard and cast your vote for your next County Commissioners.

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EMMITSBURG NEWS

2018 budget transfers approved

Emmitsburg's Board of Commissioners discussed the allocation of overflow revenue from the FY18 budget to capital projects in the FY19 budget during the February 4 town meeting. The town had additional revenue funds in the amount of \$152,758 in the FY18 general funds that needed to be moved to capital projects funds for FY19. Town staff recommended a potential break down of fund transfers to ongoing and new projects in 2019.

Town Manager Cathy Willets recommended a total of \$56,462 to be allocated toward storm water management projects in 2019. Of this total, \$27,000 would go toward 2019 required storm water projects mandated by the state, including a baseline impervious assessment, standard operating procedures development, and yearly storm water inspections. \$6,035 would be spent to excavate a storm drain that was filled in behind a residence on Provincial Parkway. The drain, which was heavily clogged with sediment, needs to be dug back up and re-piped. Finally, \$23,427 would be set aside for large storm water restoration projects that need to be completed by 2020 per the state of Maryland.

Two suggested budget transfers by town staff would balance out already existing line items. A \$1,467 budget transfer to the Building line item, specifically 300A S. Seton and a transfer of \$2,634 within the Signs line item were both recommended. With these transfers in place, the mentioned line items would stand at zero.

Other projects include the purchase and installation of ShoreScan at a cost of \$8,300. This program will allow the town to scan documents into a cloud-based system that can then be easily searchable by staff. The town's out-dated way of filing documents can be updated through this program, to allow everything to be computerized, freeing up both space and time for staff. \$18,000 was recommended for the engineering study for Rainbow Lake, and \$7,200 would help cover the 25% grant match for the renovation of the community pool bathhouse. Within public works, \$11,000 would be allocated towards two salt dogs and salt spreaders for snow removal and \$12,500 would purchase a new utility vehicle to help salt the roads, street sweeping and help with park maintenance during the summer months. Community park upgrades, specifically for the

all-inclusive park, were budgeted at \$28,845. This budget transfer will help cover the cost of the 25% grant match for this park.

One project that caused debate among Commissioners was a \$5,000 budget transfer that would be allocated for the 25% grant match to install a disc golf course in Community Park. The town has already secured a grant for this project that would include the installation of eighteen holes, and town staff hopes to begin construction this spring. Commissioners Tim O'Donnell and Elizabeth Buckman both mentioned their hesitancy to use grant monies for a recreational sport that seems to be out-dated. Neither seemed certain that the course would be used. However, as discussed by Willets, building the course would be a good way to utilize empty space in Community Park, and through research she and town staff found that disc golf is still a popular sport. Many who play form leagues and travel between courses. This could be another way to help create economic development in the town.

The budget transfers were accepted by a vote of 4-1, with Commissioner O'Donnell against.

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Proposed 'onerous' sign ordinance draws ire

A proposed wholesale replacement of the existing town's six-page sign ordinance with a 60-page legalistic document is drawing the wrath of members of Emmitsburg's business community. One member described it as so onerous and cumbersome, that it will drive out what remains of the once thriving local business community.

Unlike past ordinance updates, Emmitsburg's town staff has instead proposed completely throwing out the current sign ordinance, which has been on the books since the 1990's, and replacing it with the 60-page 'Model Sign Ordinance' developed by the Pennsylvania Montgomery County Planning Commission.

In presenting the proposed replacement during the February 4 town

meeting, town staff stated that the current sign ordinance was not in compliance with a 'recent' Supreme Court decision. It was subsequently determined that the Supreme Court decision that supposedly served as the driver for the need to change the existing town's sign ordinance was "Reed vs. the Town of Gilbert," which addressed censorship of sign content, not sign size and location. A review of the current town ordinance found no language that censored sign content.

When this fact was brought to the attention of the town staff, the staff instead replied that the current ordinance was not in compliance with state requirements, but when asked to enumerate those non-compliances, they were unable to do so. In addition, the town failed to respond to a request

for a copy of the town's lawyer's determination that the existing ordinance was not in compliance with any existing requirement.

Thurmont and Taneytown sign ordinances, found all nearly identical to the current town ordinance. None of those municipalities felt their ordinances were out of compliance with any existing requirements.

While town staff claimed in a presentation to the town's Commissioners that the new 60-page model sign ordinance would be more "business friendly," the local business community disagrees vehemently. Whereas the current six-page sign ordinance is written in plain, easily understandable English, the proposed 60-page replacement ordinance is so legalistic written that business owners

are complaining they have no idea if their existing signs will be in compliance, and if not, if they will be forced to take them down and have them replaced at a great cost.

Their concerns are not unwarranted. For example, the proposed sign ordinance will reduce the allowable sizes of banners advertising baseball sponsors in the local ballparks by 25%, and limits where they can be placed on the fence. In addition, the new ordinance places new requirements for a professional engineer's certification (and an annual 3-year re-certification) for all signs not specially located on the business's property, such as the sign advertising the mass hours for St. Joseph's Church on South Seton Ave.

In addition to placing new require-

ments on businesses, the proposed sign ordinance also imposes requirements on the allowable size of signs in residential areas, like those used to advertise yard sales, block parties, &c., with fines for violating ordinance requirements.

Concerns of the business community were succinctly summed up by one business owner who said, "I have no idea what's in the new ordinance. I can't understand it, which puts me at the mercy of the whim of unelected town bureaucrats. I can't do business under conditions like that. No one can. They've already marched in and shut one new startup down. Emmitsburg might as well hang up a sign saying: 'Closed for Business.'"

Business owners plan to attend the March 4 town meeting to voice their concerns and present questions to Town Commissioners.

Emmitsburg news-briefs . . .

Rutter's gas station coming to town

A new filling station to be located at the intersection of US Route 15 and MD 140 may be coming to Emmitsburg within the next few years. The commercial plan was submitted as a large filling station, slated to be a Rutter's, and will operate as a 24-hour gas station. Town Manager Cathy Willets and Town Planner Zachary Gulden believe this new commercial development could "spark development in town," more specifically development along Route 15.

Commissioner O'Donnell, although supportive of the new facility, cautioned town staff to address light pollution, signage and the overall aesthetic of the facility when reviewing plans in the future. "This is a gateway location on

your way into town, and we want it to have a positive reflection of our community," said O'Donnell.

RSV Pools hired for three-year pool contract

Emmitsburg's Board of Commissioners voted to approve a three-year contract for a pool management company during their February 5 town meeting. The pool management company that the town used last year, RSV Pools, submitted a bid for \$58,596. This price jumps to \$63,654 in 2020 due to a projected increase in chemical costs and minimum wage, but then drops back down to \$61,620 in 2021. The second bidder, USA Management, submitted a bid for \$56,021. They did not include projected increases in the

remaining two years of the contract, but town staff estimates that they

would also increase their costs due to the same factors as RSV Pools.

Staff recommended continuing service with RSV Pools, as they have worked with them in the past.

RSV Pools will look to hire locally and may offer swimming lessons if desired. The motion was carried 3-2 for a three-year contract with RSV Pools.

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FAIRFIELD/CARROLL VALLEY NEWS

Liberty considers contract with Carroll Valley police

Liberty Township Supervisors hosted representatives from Carroll Valley's Borough Council, Police Chief Richard Hileman and Borough Manager Dave Hazlett, in regards to the Police service proposal during their early February meeting. The resignation of Liberty Township's Police Chief Brand Briggs back in November threw the township into a conundrum over what to do next with their Police Department. Should the township continue to keep their own Police Department and hire another Police Chief, while supplementing with the already present part time officers, or should they look to contract with Carroll Valley?

During the February meeting, Hazlett reviewed the Borough's proposal with Liberty Township Supervisors and residents. The Borough used the already existent agreement with Fairfield Borough as a guideline to help create a proposal for Police Services to the township. The proposal, as presented by Hazlett, is a five-year contract and includes an average of 27 1/2 patrol hours per week at a cost of \$97,082.20. Patrol hours are considered hours that an officer would be present and patrolling in the township; it does not include administrative work. Additionally, the township, just as they do now, will have access

to Police coverage by Carroll Valley 23 hours per day.

The schedule for officers would vary, with "unpredictable" hours as opposed to set hours throughout the week, hopefully limiting the predictability of officers' patrol times in the township on any given day. Hazlett also noted that a Police Officer would prepare a report and attend the township's monthly meeting to review the officers' duties and statistics every month.

Carroll Valley cannot offer this contract with Liberty Township under their current Police Department staffing; the Borough would have to

hire another full-time Police Officer. However, all municipalities would benefit from the addition of another officer, as it would put another officer "on the streets." "We are a community...we share these resources," stated Chief Hileman.

Liberty Township Supervisors raised concerns to Borough Council members. According to Council member Richard Matthews, after much discussion, and a better understanding of the township's needs, the entire Borough Council is now behind the contract and is enthusiastic about the opportunity to continue partnering with Liberty Township.

Liberty Township Supervisors have already interviewed all four Police Chief candidates, but were waiting to hear Carroll Valley's proposal before moving forward with any decision. If Liberty chooses to disband their Police Department they cannot reinstate it for at least three years. However, according to Town Solicitor John Lisko, the township could choose not to disband their Police Department by keeping it "open," without any active officers on duty.

With only approximately \$92,000 budgeted for the Police Department this year, Liberty Township has some thinking to do, and must weigh all their options.

FASD to hire school safety officer

Fairfield Area School District officially voted to hire a School Safety Officer during their January 28 School Board meeting. This topic has been up for discussion since last summer, when the Board voted to allocate \$57,000 within the school's budget, with the intention to hire a Safety, Security and Loss Prevention Specialist (SSLPS) at the beginning of the school year. Now, eight months later, the Board is ready to begin the process of hiring this position.

The SSLPS will be responsible for everything related to safety and prevention within the school district. The job description includes many

duties such as: "the review, development, implementation and overseeing of programs, policies and procedures designed to provide a safe and secure environment for students, teachers, staff, parents, and visitors; the development of school safety and security assessments and administration of grants; and creating a comprehensive school safety program. These duties will all be carried out through proactive identification of hazards and exposures, and prompt mitigation of those exposures, while simultaneously providing a consistent physical presence to serve as a deterrent for unsafe behavior and as

a confidant for the school community at large. This will include, but is not specifically limited to working with local law enforcement and emergency services agencies, district personnel, students, families and community groups."

"We need to do what's best for our children," was a message shared by many of the School Board members during the January 14 School Board meeting. However, some felt as though hiring this position now, right before budget time, was an unwise decision. The District's Business Manager, Caroline Royer, mentioned that a lot of the school's curriculum

needs to be updated, which can be costly, and perhaps the Board should wait to see the budget before any decision is made. However, as mentioned by other members, funds are already available for this position since the district already budgeted for an SSLPS last June.

Several residents in attendance during the January 28 meeting showed support for hiring a SSLPS for the district. However, others noted a nervous feeling about employing an officer that would carry a gun while on duty. The Board assured the residents that this topic was discussed in length and experts were consulted; the officer that would be hired would be a trained

expert, and his/her weapon would be concealed at all times.

This position will be contracted with G-Force Investigations, a local security company that employs professionals for businesses and schools across many local counties in the state. This position will be hired at a flat salary rate, with no benefits included, and the contract will be for a year and a half. At the end of this time period, the Board may evaluate services provided and decide at that time to contract for a longer period of time or terminate the contract.

The Board will move forward with the process of hiring an SSLPS, in hopes of having one on the district's premises soon.

Fairfield area news-briefs . . .

Hamiltonban launches 2019 Great American Cleanup of PA

Hamiltonban Township will be organizing a 2019 Great American Cleanup of PA event, to be held on April 13 from 8 a.m. to 5 p.m., throughout the township, and is looking for volunteers to participate. Community and civic associations, school and youth groups, families and friends, business employees, hunting and fishing clubs, conservation organizations, sports teams, and others can organize their members and participate in Hamiltonban Township's 14th Annual Highway Cleanup.

The Great American Cleanup of PA is a program of Keep Pennsylvania Beautiful and is held in conjunction with Keep America Beautiful's Great American Cleanup; the country's largest community improvement program that engages more than four million volunteers and participants from more than 20,000 communities across the country to take local action to create positive change and lasting impact. During the 2018 Great American Cleanup 108,638 volunteers were instrumental in cleaning up 6.6 million pounds of trash during 5,362 events held across the state.

"We are so grateful to our volunteers and sponsors who help make the Great American Cleanup of PA, Pennsylvania's premier community improvement initiative possible," said Shannon Reiter, President of Keep Pennsylvania Beautiful. "Many communities

depend on volunteers to clean up litter. This initiative provides the tools and resources our residents need to keep our communities clean and beautiful. This year we hope to inspire even more Pennsylvanians to come out between March and May to participate in the Great American Cleanup of PA."

Hamiltonban Township Supervisor and Vice-Chairman Doug Woerner stated "Last year we had volunteers from all around the Township and organizations, such as Fountaindale Fire Company participated, some for the day, others for an hour or two. Whatever time you give makes such a difference for the environment and community where we live."

For more information visit the Hamiltonban Township website at www.Hamiltonban.com or contact the Township Office at 717-642-8509.

Bartlett Tree Experts donates service to Strawberry Hill

Bartlett Tree Experts understands the importance of healthy trees. Often by the time a tree shows outward signs of distress, the underlying issue has already progressed to the late stages. This was the case for an eighty-foot oak tree that, until recently, towered over the nature center at Strawberry Hill.

In December, Derek Furry, a Bartlett arborist representative, inspected the tree and provided his recommendation. Realizing that Strawberry Hill needed the tree removed, but did not have the budget to do so, Bartlett Tree Experts offered their services as a donation to the nonprofit organization.

On January 26, team members from Bartlett performed the necessary work. The removal provided a textbook training scenario for Bartlett employees and students from Penn State Mont Alto's Forest Technology program. "It was a great learning experience for our students to get more chain saw practice and to work safely alongside trained arbor-

ists," said Craig Houghton, professor at Penn State Mont Alto.

"Our commitment to safety, education, and training was a priority for me and our team at Bartlett Tree Experts during this project," said Furry. "It allowed us to give back to the community, and the people and programs that helped us get where we are today. By using this tree to train arborists and involve students, the lessons learned will continue to make an impact for years to come. We are thankful to have strong relationships with

Penn State Mont Alto and Strawberry Hill, and look forward to our continued partnership."

"We are grateful for this generous donation of time and labor by Bartlett Tree Experts. It is inspiring to see a group of twenty people outside on a cold day doing really hard work for our nonprofit. The efforts of Bartlett employees and Penn State Mont Alto students helped make our campus safer for the thousands of visitors who enjoy Strawberry Hill each year," said Kara Ferraro, Executive Director of Strawberry Hill.



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THURMONT NEWS

Cunningham Falls State Park undergoes upgrades

Cunningham Falls State Park is undergoing several construction-related projects this year, some of which may have a direct impact on visitors to the park. Mark Spurrier, Park Manager at Cunningham Falls State Park, gave a presentation regarding both the ongoing and upcoming park renovations and upgrades to Thurmont's Board of Commissioners during their February 19 town meeting.

Park representatives knew that in order to continue accommodating the nearly 400,000 guests who visit Cunningham Falls State Park annually, a few changes needed to be made. The picnic pads, which are used heavily by visitors who swim at the lake during the summer were in rough shape, warping and becoming unsafe for visitors

to use. 40 picnic pads were rehabilitated, using concrete slabs as the base instead of wood to give the pads' life more longevity. Some of these new slabs are also larger, housing four or five picnic tables to accommodate larger groups of people. Grills were also installed within these concrete picnic pads.

In an effort to speed up entry into the park, the park will be constructing dual lane entry and a brand new contact station. The two lanes and two new pay stations will allow traffic to pass through more efficiently. Spurrier hopes this change will help speed up the line of entering traffic so visitors can enjoy more time within the park during its busiest times of the year.

Additionally, Cunningham Falls will soon be welcoming a newly

renovated nature center. The facility, which was originally a bathroom, turned beech front store, will now be repurposed into a nature center. Within the 334 square foot, single room facility, park staff hopes to do interpretive activities and crafts both inside and outside the building. A new sidewalk, sinks and a new roof will help turn this into a working nature center.

One project of note that may negatively impact visitors to the park for a period of time is the demolition and re-construction of the Point Bathroom, which is located near the boat rentals by the lake. The building has already been demolished and is currently awaiting construction. The bathroom will be built completely from scratch and is projected to take

nearly two years to complete. The equipment that is being used to construct this bathroom is being stored on site, taking up a portion of the parking area. For visitors, this means there will be reduced parking and the chances of reaching capacity at the lake's parking lot are much higher than in years past.

Next year, the park will undergo work to create a new beachfront area at the park's largest beach area, the south beach. This will include the installation of a rock base to help decrease the amount of sand and soil that washes away each year. Erosion control and new storm water management objectives will also be initiated next year.

Two additional projects that are currently underway, and have been in the works for a few years, are the

restoration and conversion of the Museum of the Iron Furnace and the stabilization of the Iron Master's House. Cunningham Falls has a partnership with the Catoctin Furnace Historical Society, and through grants and various methods of fundraising they have been able to work on restoring the building back to its original state. Approximately \$75,000 in grant monies has already been received to stabilize the Iron Master's House.

In closing the presentation Mayor John Kinnaird noted his appreciation for all the renovations that are being made at Cunningham Falls State Park. It is a great attraction for all those who visit the area, and garners business and support for the whole town of Thurmont.

Thurmont news-briefs...

Nature Trail in the works at Thurmont Library

The Thurmont Regional Library, in collaboration with the Catoctin Forest Alliance, Thurmont Green Team, Town of Thurmont and Frederick County School's SUCCESS program, has a nature trail in the works. The trail will be located at the Thurmont Regional Library.

When asked by the library to establish an ADA trail, the SUC-

CESS program representatives knew that this project would fall into the overall objectives of the program. The SUCCESS program is a secondary transition/vocational education program designed for students 18-21 years of age with disabilities. For the past six years members of this program have worked on several other projects with Cunningham Falls State Park, Gambrill State Park and the Cato-

ctin Furnace Historical Society.

This nature trail will be part of the trail system for the town of Thurmont and will tie into the ADA Trolley Trail behind the library. So far, pre-work has been done including marking/flagging the trail and clearing out the trail. The group still needs to remove some additional invasive species before construction may begin. Along the 1/8 mile, ADA accessible trail would be native

plants, shrubs and flowers, two butterfly habitats, a barred owl box, bird houses and bat boxes.

The proposal for the trail includes using crushed stone for the path, however Commissioners advised looking into asphalt instead. Chief Administrative Officer Jim Humerick proposed this project be sent to the county for possible Capital Improvements Program funds.

Speed monitoring program officially adopted

Thurmont's Board of Commissioners voted to approve an ordinance to implement speed cameras within the town's school zones at their February 15 meeting. Last month, Police Chief Greg Eyster brought a proposal to the Board of Commissioners to install speed-monitoring cameras in the school zone. The Board voted to approve the cameras, but before installing them and continuing for-

ward with the program, needed to pass an ordinance.

Commissioner Marty Burns, who stood strongly opposed to the implementation of this program, brought up the hours of operation listed in the ordinance. Instead of having the cameras running from 6 a.m. - 8 a.m. Burns urged the Board to consider changing the hours of operation from one hour before school to one hour after school ends. Commissioner Bill Buehrer countered by recommending a trial period for a few months, in order to evaluate the number of violations that occur during each hour. If the hours need adjustment after the trial period, the town could vote to do so.

The Board voted to leave the hours as is, operating Monday through Friday from 6 a.m. to 8 p.m.. The hours can be changed in the future if necessary. Three cameras will be installed, one at each school in town.



Thurmont Business Showcase

Saturday, April 27
11 a.m. - 2 p.m.
Thurmont Event Complex
13716 Stratford Drive, Thurmont

The Thurmont Business Showcase is an event featuring Thurmont Business Community products, services, and innovations offered by local businesses. Invite your friends, family, and neighbors to the Thurmont Business Showcase! Come out and meet local businesses and non-profits to see what valuable services and resources they offer in Thurmont all under one roof!



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

If you are a business in the 21788 zip code you may download an application at: thurmontmainstreet.com under the events tab or contact Vickie Grinder at vgrinder@thurmontstaff.com

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 <h3 style="margin: 0;">STELLA ARTOIS</h3> <p style="margin: 0;"><i>Cidre</i> 6 PAK CANS</p>	 <h3 style="margin: 0;">Michelob ULTRA</h3> <p style="margin: 0;">PURE GOLD 12 PAK BOTTLES</p>	 <h3 style="margin: 0;">Michelob ULTRA</h3> <p style="margin: 0;">8 OZ. MINI 12 PAK CANS</p>	 <h3 style="margin: 0;">KONA BREWING CO.</h3> <p style="margin: 0;">BEER VARIETY PAK</p>
<p style="margin: 0;">ALL WINTER VARIETY BEER AVAILABLE!</p>	 <h2 style="margin: 0;">Paul's Pit Stop</h2> <p style="margin: 0;">DISCOUNT BEER, WINE & LIQUOR Website: m.paulspitstop.net</p> <p style="margin: 0;">150 S. Seton Ave., Emmitsburg 301-447-6262</p> <p style="margin: 0; font-size: x-small;">Monday - Thursday 9 a.m. - 10 p.m. Friday & Saturday 9 a.m. - 11 p.m. Sunday 11 a.m. - 8 p.m.</p>		 <h2 style="margin: 0;">JIM BEAM</h2> <p style="margin: 0;">TRIPLE BATCH</p> <p style="margin: 0;">750 ML</p>

100 YEARS AGO THIS MONTH

March 1919

Company and Luke is once again in his old stall in the Bollinger stable.

Strickland was a former pastor of St. Mary's Church in Fairfield.

March 7

Tragic Death Of Child

Last Sunday morning, while Mr. & Mrs. Saylor were attending services at the Graceham Church, the children were playing about the house. The daughter, Mary, age 7, who has been weak minded from infancy, went into the summer kitchen where a rifle, not loaded, was hanging on the wall. It was surmised that this child, who, in spite of her weakness, has strong observation faculties, often noticed how they would load the rifle and took it down to play with and probably loaded it, and in some way must have been pointing a rifle at the door when her the younger brother, Charles, age 5, entered. He was struck in the head, the bullet entering above the left eye. The older boys who were outside rushed to the scene and carry the boy who was bleeding profusely into the house. One of the boys rushed to a neighbor, who telephone the Moravian parsonage and in a few moments the parents were at home followed by Dr. Birely. The boy was taken to the hospital and Frederick but died soon after they reached the operating room.

Harney Wife Taken To Sanitarium

Mrs. Frank Kaiser, of Harney, who killed her husband February 12 by shooting him through a closed door of their home, has been taken to the Sykesville, Maryland sanitarium for treatment. After the shooting, Mrs. Kaiser was arrested and was due to appear for hearings on Thursday.

Dies From Cranking Car

Exerting and cranking his autocar caused Theodore Bollinger's death, according to a coroner's jury. The strain resulted in a violation of the heart and he died ten minutes later. After three years of being nagged by his wife, Mr. Bollinger finally broke down and traded in his trusty horse Luke, who had served him faithfully for twenty years, for a Ford Run About. Mr. Bollinger had often told friends that his wife's nagging would be the death of him – apparently he was right. As Mrs. Bollinger is herself unable to crank the car, the car was returned to the Emmitsburg Motor Car

John Cunningham Dies In 97th Year

John Cunningham passed away last Saturday morning at the advanced age of 96 years three months and nine days. He had been in feeble health for a long while and had lost his sight. He was a native of the county, born in Freedom Township. He farmed many years in Highland Township, then moved to Fairfield where he engaged in the mercantile business and conducted a store. He enjoyed the esteem and confidence of a wide circle of acquaintances during his long life.

March 14

Waives Hearing

Mrs. Frank Kaiser of Harney, who killed her husband by shooting him through a closed door several weeks ago, has returned to her home this week from the Sykesville sanitarium, and has waived hearing of her case. The case now awaits the action of the Grand Jury, which meets in May.

Public sentiment of women folk in the area is that Mr. Kaiser, a member of the Former Former Boozers Association, had it coming to him, as he was constantly spending money on booze needed for the upkeep of their home, and that no woman should have to put up with that. Mrs. Annan, head of the Emmitsburg Chapter of the Loyal Temperance Legion, said that the shooting of Mr. Kaiser should serve as a wake-up call for the drunks in town to get their act in order. Mayor Annan, when told of his wife's comment as he was headed into the Hotel Sledge's saloon, refused to comment. The newly formed Emmitsburg Branch of the Loyal Temperance Legion, comprised mostly of wives of members of the Former Former Boozers Association, is dedicated to stopping the flow of booze in Emmitsburg. The Legion will hold twice monthly meetings at the Reformed Church.

Strickland Recovering From Wounds

Word has been received that Rev. Harry Strickland is recovering his sight in an American hospital in France. He was blinded by German mustard gas while serving as a chaplain with the 28th Division. Father

Stolen Goods Found

Several weeks ago a notice was inserted in this paper to the effect that tools, &c., taken from Comus Fox's stable and belonging to Harry Fox returned, nothing would be said. The missing articles were not returned in the specified time. Mr. Fox therefore had warrant sworn out for the three youths residing near Thurmont, viz: Samuel Stambaugh, George Black, and Carroll Miller. The boys were arrested and on being questioned the boys confessed, and another young man, Earl Bentzel was implicated. A search warrant was issued and much of the stolen property was found in the buggy shed at the Bentzel's home. Stambaugh, Black and Bentzel were held on bail. Miller, being underage, was released to his father, upon promising Fox that he would 'whoop' his son to within an inch of his life.

Turnpike Officials Scorn Road Offer

The president of the Woodsboro Turnpike Company received notice from the County Commissioners that the board would take over that turnpike and abolish the two tollgates at five dollars per share for the stock of the company. The road begins in Woodsboro and ends in Detour. The turnpike board rejected the offer as they thought it underestimated the value of the company. Instead, they countered with an offer to sell the road for \$20 per share.

March 21

Motor Car Company Suit Settled

John Sauble settled his suit against the Emmitsburg Motor Co. yesterday afternoon when both sides agreed to pay half the cost, amounting to about \$21. According to the testimony, Sauble employed the Emmitsburg Motor Co. to remove some furniture from Baltimore to his home near Emmitsburg. While in route, near Taneytown, a mishap occurred with the result that some of the furniture was damaged. The damaged pieces were brought by the company to a shop in Emmitsburg for repairs. The damage to the furniture was appraised at \$37.50 which was paid by the com-



The Emmitsburg Motor Car Company in its heyday, when it was an all-purpose garage, selling and servicing Fords, as well as gas and tires.

pany. While the furniture was awaiting repairs, Sauble retrieved it and brought suit against the company to pay the cost. The judge suggested that the parties divide the cost and close the case. Both sides agreed.

Fairfield Band Supper

The Fairfield Band held a chicken and waffles supper Saturday evening in the Old Fellows Hall at Fairfield. The band rendered a delightful concert throughout the evening. Proceeds of the affair amounted to \$103 from which \$65 will be used for band instruments. The remainder of the proceeds will be used to buy booze for the band to ensure it has an ample supply to 'wet their whistles' prior to performances once prohibition becomes law.

Rocky Ridge Property Sold

John Snook, who is a candidate for County Treasurer on the Republican ticket, has sold his handsome home to Edward Craham, of Woodsboro, who will take possession of it April 1. The property is situated in the village of Rocky Ridge and has all the modern conveniences, including indoor, flushable toilets. No announcement of the price was made but it is supposed to be about \$4,000.

March 28

Taneytown Approves Electric Company Franchise

The Burgess and Commissioners of Taneytown have approved the ordinance granting the Union Bridge Electric Company a franchise to extend its line to Taneytown. It now

goes to the public service commission for confirmation. It is said that the company is ready to begin extension work as soon as all the formalities are settled.

Joseph Williams Killed In Action

William Williams, colored, living along the Taneytown Road between Emmitsburg in Taneytown, has received word from the War Department that his son, Joseph Williams, was killed in action on the battlefields of France. William's son had sent no word from France since October and his parents feared that he had fallen in one of the big drives. He left here with the first colored contingent during the summer of 1917.

Emmitsburg To Have Picture Theater

Workmen are busy reconstructing the Helman building for a motion picture theater. The ground floor is being altered for this purpose, an addition of 30 feet is being added at the rear. The new venture is due to the forethought of Mr. E. L. Annan, the owner and promoter, who realizes that rational diversion is the demand of the local people. It is Mr. Annan's intention to have only the best and most interesting photo-plays, and to this end he requests the people of the community to state their preference as to those plays that most strongly appeal to them. The new theater will open about April 15.

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

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FROM THE DESK OF...

County Councilman Phil Dacey

Readers, I am pleased to have been invited to write a monthly column to update what has been happening on the Frederick County Council. I am pleased to report that as a group we have been working together well on the business of governing the county.

While we have philosophical disagreements on policy, we have been sticking to the issues and moving from one topic to the next. Recently, the Council has been tackling issues that deal with land use and property rights from various perspectives. I should disclose that I write from a perspective of general support for individual property rights, and look for

ways for owners to be able to do what they want with their own property.

First, the Monocacy Scenic River Plan has been a topic that has been in the news for several years now with a very convoluted history. After several years and several drafts incorporating comments from Frederick and Carroll counties, this plan was adopted by the Carroll County Commissioners with the support of the adjacent landowners because of additional language which makes it clear that the Monocacy River Plan should not encumber the property owners current rights to utilize their land.

While this plan has been contentious, I believe that supporters and

opponents are not so far apart. I believe that all sides share some values in that everyone wants a plan that will protect the scenic Monocacy River and the treasure that it is without government encroaching upon an individual's private use of their property. I am hopeful that we can bring this issue to a resolution with these shared principles.

Most recently, the Council voted down a proposed solar farm off of Biggs Ford Road in Walkersville. It was a unanimous decision because the application did not meet the criteria outlined in the law (size was too large, it covered 100% pure farmland, etc...). The neighbors played an

important part in voicing their concerns about this location. Whether the ordinance is unnecessarily restrictive is something that will need further examination.

It does raise the issue of how to best meet state and federal goals of increased renewable energy production. We do need more solar energy in Frederick County. In fact, Frederick County is well positioned to provide renewable energy because of our proximity to London County Virginia. If you didn't know, 70% of the world's internet traffic is routed through web servers in London County. All of those servers need a lot of energy, and we all benefit from not having that energy produced by coal power plants. So moving for-

ward with what we have learned about the economics and feasibility of larger scale solar projects, the current ordinance may need some adjusting to allow more flexibility.

And bringing it back to the rights of property owners, if an owner wants to use their land to generate renewable electricity, which has benefits for all, generally the county should work to find ways to allow it.

Editor's Note: Phil Dacey was elected to the County Council as one of the two County Councilman At-large in November. He has graciously accepted our offer to write a monthly column to keep the residents of Northern Frederick County up to date on the issues being brought before the Council.

County Notes

New Bicycle and Pedestrian Advisory Committee

In response to citizen feedback, on Feb. 7, County Executive Jan Gardner announced the formation of a Bicycle and Pedestrian Advisory Committee to help prioritize trail projects in the county's six-year Capital Improvement Program.

"Citizens have advocated for a connected network of bikeways and trails across Frederick County," said Executive Gardner. "And now we want citizen input on which projects to build first in our six-year capital improvement budget."

The mission of the Bicycle and Pedestrian Advisory Committee is to support implementation of the Bikeways & Trails Plan and promote bicycling and walking throughout the county.

Committee members include: Citizen representatives Shayne Boucher and Xavier Bruce; Executive Director John Fieseler, Tourism Council of Frederick County; Thurmont Mayor John Kinnaird; Capital Programs Director Adnan Mamoon, Frederick County Public Schools, and County Council Member Jerry Donald.

Executive Gardner also announced members of her new Adequate Public Facilities Advisory Committee, which will provide recommendations to help shape budgets, make suggestions about

the Adequate Public Facilities Ordinance and review information related to public school capacities, enrollments, facilities and growth trends.

Legislation to Better Manage Residential Growth

On Feb. 1st, Frederick County Executive Jan Gardner detailed legislation she is proposing that would better manage residential development outside of municipalities. During her public information briefing, Executive Gardner outlined a measure to limit the use of legal contracts known as Development Rights and Responsibilities Agreements, and to require any future agreements to include an enhanced public benefit for Frederick County taxpayers.

"Residential growth continues to be a hot topic in Frederick County," Executive Gardner said. "My goal is to ensure that new housing is timed with the County's ability to provide roads, schools, and other services so that we maintain our high quality of life. Our citizens deserve nothing less."

The proposed legislation would limit the use of DRRAs to housing projects with 1,500 or more dwelling units. The bill would:

- prohibit the freezing of fees during the life of the agreement;
- clearly specify the laws and fees that apply to land developed under a DRRA;
- limit the term of a DRRA to no more than five years, with one possible extension of up to five years; and
- specify requirements for amending an agreement.

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clearly specify the laws and fees that apply to land developed under a DRRA;

- limit the term of a DRRA to no more than five years, with one possible extension of up to five years; and
- specify requirements for amending an agreement.

During the briefing, the County Executive also discussed two annually required reports that have been submitted to the County Council, one that recommends updates to the county's impact fees and the other to school construction fees. A copy of both reports and the draft DRRA legislation is available online at www.FrederickCountyMD.gov/ResidentialGrowth.

Department Of Social Services Awarded National Accreditation

The Frederick County Department of Social Services (FCDSS) announced this week that it has achieved national accreditation through the New York-based Council on Accreditation (COA). FCDSS, the local office of the Maryland Department of Human Services, is the only public human service agency in Frederick County. About half of the 24 local Departments of Social Services in Maryland have achieved accreditation.

FCDSS provides family and adult services and financial assistance through federal and state programs to include protective services, family preservation services, foster care, adoption, adult services, guardianship, food supplemental programs, medical assistance and temporary cash assistance. COA evaluated all aspects of FCDSS's programs, services, management, and administration. Nearly 170 employees worked over 18 months to complete the accreditation process.

"We are pleased and excited to join

the other local Departments of Social Services agencies across Maryland in achieving accreditation through the Council on Accreditation. This accomplishment validates the hard work the employees at FCDSS do on a regular basis to provide services that meet or exceed national standards of best practices in human services," said Martha Sprow, Director of Frederick County Department of Social Services. "During the accreditation process, FCDSS was thoroughly evaluated and was determined to meet or exceed national standards that promote continuous quality improvement for human services. This process helps to ensure that Frederick County is served by a high functioning public human service agency and workforce. We are proud of this accomplishment that shows our active engagement with community partners and our commitment to improving the safety and well-being of Frederick County residents."

COA accreditation is an objective, independent, and reliable validation of an agency's performance. The COA accreditation process involves a detailed review and analysis of an organization's administration, management, and service delivery functions against international standards of best practice. The standards driving accreditation ensure that services are well-coordinated, culturally competent, evidence-based, outcomes oriented, and provided by a skilled and supported workforce. Following a review of written evidence and a three-day on-site review and interviews, the Accreditation Commission voted that FCDSS had successfully met the criteria of accreditation.

Founded in 1977, COA is an independent, not-for-profit accreditor of the full continuum of community-based behavioral health care and social service organizations in the United States and Canada. Over 2,000 organizations – voluntary, public and pri-

etary; local and statewide; large and small – have either successfully achieved COA accreditation or are currently engaged in the process. COA has been named by the US State Department and the US Department of Defense as the sole accrediting agency for their programs. To learn more about COA, please visit www.COAnet.org.

Frederick County Partners with the National Weather Service

Do you have an interest in weather, specifically, heavy rain and flooding? Would you like to be able to help your local National Weather Service office by providing the ground truth on the atmosphere that we observe from radar, satellites and various reporting stations? Then consider attending the SKYWARN® program flood course.

By attending this course, you will be trained by NWS personnel to recognize different types of flooding, learn how it is forecast and what causes it to occur, and get an in-depth look into the science of hydrology. The SKYWARN® Basics course is not required prior to attending this course -- everyone is welcome!

At the end of the course, you will be assigned a SKYWARN® spotter number which will be maintained in the official database at the NWS in Sterling. You will also be directed on how to report this vital weather information. For those who have attended in the past but want a refresher, please feel free to attend. We would love to see you again!

This SKYWARN® Spotter Class is offered free of charge from the combined efforts of your local National Weather Service Forecast Office and the Frederick County Division of Emergency Management. A National Weather Service meteorologist will teach the class and provide related materials.

The course will be held Tuesday, March 26, from 6 p.m. - 8:30 p.m. at the Frederick Senior Center, 1440 Taney Avenue, Frederick. You must be at least 14 years old to become a Spotter. Registration is required to attend the class and is available on a first come, first served basis at www.tinyurl.com/SkywarnFrederick.

Contact the Division of Emergency Management at EM@frederickcountymd.gov for questions or concerns regarding the class.



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GOVERNMENT—SOUTH OF THE BORDER

County Executive Jan Gardner

There are a lot of good things happening in county government! It's a busy time with the state legislature in session and work gearing up on the county budget.

Veterans Advisory Council

First, I am excited to share that our Veterans Advisory Council is taking shape after their first-ever meeting at the end of January. Frederick County is home to more than 17,000 veterans. The Veterans Advisory Council was created to connect our veterans to the services and support that they need, like education, job opportunities, and other resources. For years, traditional veteran organizations like the American Legion and VFW have provided support to service members, but we know that fewer of our young people are joining these organizations.

When I considered applicants for the Veterans Advisory Council, I did so with an eye to making sure that every geographic part of the county was represented as well making sure members were from all the different branches of the military. The council also includes representatives of veterans' organizations and agencies, higher education, Workforce Services, healthcare providers, and officials at the local, state and federal levels.

At their first meeting, members selected Fred Schumacher to serve as chair of the council. Fred brings a lot of energy and enthusiasm to the job as well as a stellar military career. I am confident Fred will do an outstanding job! The group brings years of experience, knowledge and commitment to make life better for our veterans. The Veterans Advisory Council will meet on the third Wednesday of every month in Winchester Hall at 6:30 p.m.

If you are a veteran, want to get involved or have your voice be heard, please attend the next Veterans Advisory Council meeting and let them know what you think. It's up to you to make a difference to our veterans and to the future of Frederick County.

State Legislature

We are halfway through this year's General Assembly session in Annapolis. As County Executive, it's my job to advocate for funding and for leg-

islation that would help the citizens and businesses of Frederick County. It is also important to bring attention to bills that need changes or must be opposed because they might be detrimental to county government or local interests.

Some of the key priorities this year for the county are Next Generation 9-1-1, school construction and education funding, and paratransit.

Next Generation 9-1-1

You may have heard a little bit about Next Generation 9-1-1 and wondered just what it is. Our 9-1-1 emergency call centers were based on landline telephones. Now that most people use cell phones, we need to upgrade and modernize the technology. Next Generation 9-1-1 will allow our 9-1-1 call center to locate people who are calling from a cell phone almost instantly. It will accommodate text-to-911, which we already use, and allow callers to send video of an incident to the 9-1-1 center.

How we implement and pay for Next Generation 9-1-1 is under discussion in Annapolis. Frederick County is recognized as a leader in Maryland for the work we are doing to bring Next Generation 9-1-1 to our citizens; we are leading the way on its implementation. Citizens deserve the best technology and 9-1-1 emergency services that are reliable and efficient. It is critically important that all 9-1-1 centers in Maryland work together to implement the same systems so we can communicate with each other and with surrounding jurisdictions in nearby states. Legislation has been introduced in Annap-

olis that will allow counties to make essential upgrades, coordinate our efforts, identify funding, and make sure we deliver the best technology has to offer. It's all about keeping our community safe.

Education Funding

Education is a hot topic in Frederick County and around our state. There are several bills under consideration to jump start school construction using dedicated revenue from state casino or gambling revenue. How this will work and how local governments can come up with their local match is under discussion. It is my intent to seize the opportunity and take advantage of new funding to help eliminate school overcrowding and modernize some of our older schools.

At the same time, a two-year Kirwan Commission just completed its work and made recommendations on how to improve education across the state by implementing early childhood education, improving the career ladder for teachers, allowing more classroom time for teaching, and addressing special needs and students in poverty. While these recommendations are inspirational and would no doubt improve education outcomes, it comes with a huge estimated price tag of \$3.8 billion over ten years which would need to be cost shared by state and local governments. Depending on how this advances, it could have significant implications to the county budget. I've been actively monitoring the discussion about how state education funding may be determined and distributed to the counties in the future.

Paratransit

One of the many services Frederick County's TransIT provides is Paratransit. Paratransit provides essential transportation to seniors and people with disabilities to medical appointments. More than a quarter of the Paratransit trips in Frederick County are to dialysis centers. Dialysis trips account for nearly \$350,000 of the Paratransit budget in our county. The demand for dialysis transport has increased almost 10 percent over the last five years. With a growing senior population in our community, we can expect demand to continue to rise.

The County currently pays 70 percent of Paratransit costs. The State funds the remaining 30 percent. Dialysis providers, who are part of a billion-dollar, for-profit industry, do not pay anything. That's why I am supporting legislation in Annapolis that would set up a commission to study ways to share the costs for non-emergency medical transportation with medical providers. I testified last month before the House Health and Government Operations Committee along with Delegation Chairwoman Carol Krimm, urging them to approve the legislation. This bill has passed out of the sub-committee.

Budget

It is budget season and I want to hear your ideas about how to shape Frederick County's budget for the coming fiscal year. I believe the budget is my most important responsibility. How we allocate our communities dollars should reflect our values and priorities. For example, last spring residents from Brunswick and Jefferson packed the public hearing room to advocate for a regional park in the southwest part of the county. We have since broken ground on the new Othello Regional Park.

I always hear advocacy for public education, public safety, and for our libraries and parks. I would like to hear from you. Stay tuned for an online survey that will allow you to identify your priorities.

This year's public hearing on budget priorities is scheduled for Thursday, March 14, at 7 p.m. in Winchester Hall. Come share your thoughts on the county's budget. If you are unable to attend, you can watch the discussion on FCG TV, cable channel 19 or online at www.FrederickCountyMD.gov/FCGTV.

If you have questions or concerns about any topic, please feel free to email me at jgardner@frederickcountymd.gov or call my office at 301-600-3190.

County Calls for Maryland Agricultural Land Preservation

The Frederick Agricultural Land Preservation Program has opened up an application cycle for the Maryland Agricultural Land Preservation Foundation (MALPF) Easement program. The MALPF program purchases agricultural preservation easements that forever restrict development on prime farmland and woodland. Since the MALPF program began in 1977, it has preserved more than 21,800 acres of farmland in Frederick County.

The Foundation was established by the Maryland General Assembly in 1977 and is part of the Maryland Department of Agriculture. MALPF is one of the most successful programs of its kind in the country. The State of Maryland, with the work of the Foundation and its state and local partners, has preserved in perpetuity more agricultural land than any other state in the country.

Applications will be accepted in the office of the Division of Planning & Permitting, 30 N. Market Street, until 4 p.m. on Monday, April 1. Information about the program may be found by visiting www.FrederickCountyMD.gov/agpres. For more details, contact Land Preservation Planner Shannon O'Neil at 301-600-1411 or via e-mail at soneil@frederickcountymd.gov.

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FROM THE DESK OF...

Carroll Valley Mayor Ron Harris

It is March and two years ago on March 1st the Adams County Library at Carroll Valley along with the Carroll Valley Borough office opened for service in our new building. Time flies. Remember to turn your clock forward one hour to mark the beginning of Daylight-Saving Time on March 10th at 2 am. We celebrate St. Patrick's Day on March 17th. Watch out for that green beer. If you get a green glow about you, do not drive. The National Collegiate Athletic Association March Madness begins on March 17th and ends on Monday, April 8. Spring starts on Tuesday, March 20th.

Once again, the Carroll Valley Borough's 5th Annual Daddy Daughter Dance – Ties & Tiaras held on Saturday February 16th was a tremendous success with approximately 270 people in attendance. As the dads escorted their lovely daughters down the red carpet into the magical realism of the Ties & Tiaras event, these special young ladies were photographed by their followers and the Mom-a Razzi. I also took a few. To see, go to ronspictures.net. I believe everyone had a great time. An event of this size could not have been accomplished without the people who were willing to give up their time for others.

The 35 volunteers involved were: Kathy Beard, Amanda Bell, Jayden Bell, Steve Bell, Lori Borden, Councilor Beth Cool, Crystal Durbin, Shelby Durbin, Deana Duvall, Pat Fester, Magie Ditez, Justine Gibbon, David Hazlett, Chuck Hughes, Tammy Hughes, Jeni Jarrell, Gina Johnson, Jesse Kraft, Jessica Kraft, Mary Kraft, Charlee Marthers, Gayle Marthers, Karson Miller, Dana Mohr, Hunter Paulus, Amber Skoczen, Rachael Skoczen, Councilor Sarah Skoczen and Heather Walter. Special thanks to chefs Commissioner Marty Qually and Elizabeth Meighan Qually and the Gamma Phi Beta Sorority of Gettysburg College who provided the service.

Basic Life Support or Ambulance Services will look a little different as of Sunday, March 3, 2019 when Fairfield Fire/EMS officially merges all Ambulance Services with Adams Regional EMS. With volunteerism at a historic low and demand for services increasing; Fairfield Fire/EMS took a critical step forward in order to continue to provide qualified first responders to our community. The contract with Adams Regional keeps both ambulances in the Fire Station in Fairfield with personnel on duty 24 hours, 7 days-a-week. The ser-

vice will be upgraded to paramedic level giving our family and loved ones quick professional treatment.

If you are a current Ambulance Club member Adams Regional will honor that membership until June 30, 2019 when you will be able to join their club. Fairfield Fire/EMS will be sending a letter to each household in early March introducing the new company and the membership process. Questions regarding the services provided by Fairfield Fire/EMS can be sent to manager@fairfield-ems.org or call 717-642-8842.

The 25th Annual Fairfield Fire & EMS Awards Banquet will be held on March 9th in the Banquet Room of the Fairfield Fire Hall located at 106 Steelman Street. There will socializing at 5:30 pm. Dinner will be served buffet-style at 6 p.m. and followed by Volunteer Recognitions. For more information contact the Fire Company at 717-642-8842. Hope to see you there.

Expand your personal enrichment horizons on Community Education Day on Friday, March 15, from 8:30 a.m. to 2:30 p.m. at HACC's Gettysburg Campus. Participants can choose three educational sessions from among 11 topics that range from Silent Stories: Investigating Gettysburg's Civil War Monuments,

Birding Basics, Dealing with Difficult People: Lessons from Eisenhower & D-Day, Good Ground: Cemetery Hill during the Battle and After (walking tour), My, My, My Generation, Savvy Social Security, and much more. Sessions are presented in a short workshop format and led by HACC faculty or community presenters. The cost of \$49 per person includes the choice of three class sessions, morning refreshments and a bagged lunch. To view the schedule of sessions and register, visit hacc.edu/GettysburgCommunity or call the campus Welcome Center at 717-337-3855, ext. 119903.

Save March 22nd Friday evening even to attend the "Cocktails For A Cause" fundraising event being held by the Adams County Children's Advocacy Center (CAC) in partnership with Survivors, Inc. The event will be held at the Gettysburg National Military Park Museum and Visitor Center – 1195 Baltimore Pike Gettysburg. Tickets are \$50 per person. Hors d'oeuvres and signature cocktails will be served. Guest will have access to museum film, cyclorama and the museum. An adult scavenger hunt with prizes will be held. All proceeds will be provided to the Adams County Children's Advocacy Center and Survivors, Inc. Contact CAC at 717-337-9888 to get your tickets. You may want to visit

the CAC website www.kidsagaincac.org to access what other Community Fundraisers are being planned.

The Central Pennsylvania Blood Bank will be holding a Blood Drive on March 28th, Thursday. If possible, you are asked to arrive around 3:15 pm. Registration and blood collection will be performed in the Carroll Valley Council meeting room from 4 to 7 pm.. If you can, please donate your blood. Blood is the most precious gift one can give to another – it is the gift of life. The Trout Fishing Season Opens in our area on Saturday, March 31st at 8 a.m.. I have been told the Carroll Valley Fishing Derby will be held in April. As of this writing, no specific date has been decided. However, if you are interested in helping with the Fishing Derby, please contact me at mayorronharris@comcast.net or 301-606-2021.

The Borough will be holding the following meetings in March: Planning Commission (Monday – Mar 4th), Tree Board (Thursday – Mar 7th), Borough Council (Tuesday – Mar 12th), Sewer/Water Authority (Mar 18th), Finance Committee (Monday – Mar 25th) and Parks/Recreation Committee (Wednesday – Mar 27th). If you have any questions, contact me by email at MayorRonHarris@comcast.net or 301-606-2021. Watch the speed while driving on the trails.

David Bolton, County Commissioner Candidate

Recently, Adams County manager Al Penska announced he is leaving to pursue other opportunities. We wish him the best. Since I was going to write about "Operational Excellence" for my article this month, it is time to address the white elephant in the room: Do we need a county manager?

I have heard from many over the

past five years and even more so recently. Questions about why we have/need a county manager; thoughts on the level of compensation; frustrations over division of labor and oversight in the courthouse.

Mr. Penska was hired by the previous Board of Commissioners just prior to the current Board

being elected. This Board has never known county governance without him. So, how will this change the operations of the courthouse? It has been stated that Penska was key to much of the financial success over the past 8 years, so what happens now that he is gone? Leadership at the courthouse has yet to offer anything definitive.

As a candidate for County Commissioner, I say leave the seat vacant. Here's why...

County Commissioners have various responsibilities, and those in much larger counties have a need for a strong manager to keep up with the daily functions of the courthouse. It is our opinion that three educated, qualified Commissioners should be able to handle these responsibilities between them. Perhaps a "chief administrator" could be promoted or hired, should the need arise. This would forgo the six-figure salary that Penska enjoyed and allow the Commissioners to be more directly-involved in county operations.

The Directors at the courthouse should be empowered to run their departments without the previous tight-reined approach, so they can "manage-up" and help the Commissioners run the county. Additionally, when "Direct Reports" become better at self-leadership, they enable their Directors to be better leaders. It does us no good to pay competitive wages but not give staff the latitude to perfect their skills, nor should they be subject to dominant micromanagement.

I believe that leadership is a partnership where the elected Commissioners and staff use their skills to make each other better, which betters operations overall.

As a County Commissioner, I would see that the staff at the courthouse is given every opportunity to expand their skills and grow their abilities by investing in them in lieu of the extra expense of a county manager.

But the responsibility to better personal skills do not stop at our staff and Directors. With my involvements through municipal government, I have been able to attend classes and receive certifications through the Pennsylvania Department of Community & Economic Development and the Pennsylvania State Association of Boroughs (PSAB). Acquiring over 90 credits in municipal government, legislative and legal coursework, holding leadership positions in various organizations and speaking at events on municipal issues, I have been recognized for results in getting several laws passed in Pennsylvania to help our citizens with awards from the PSAB and the Adams County Boroughs Association

As a County Commissioner, I will immediately enroll (at my own expense) in the Academy for Excellence in County Government, a four year program through the County Commissioners Association of Pennsylvania which certifies elected leaders in the various skills (legal, financial, personnel, best practices) important to proper county governance. After two terms in office, I do not believe any of our incumbents have enrolled in or attained this certification. With over 30 years in business management, a BS/BM and an MBA, I would like the opportunity to serve as Commissioner and learn more to better my service of the people of Adams County.

For more information on David Bolton's candidacy visit: www.David-WBolton.org



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GOVERNMENT—NORTH OF THE BORDER

County Commissioner Randy Phiel

On Tuesday, February 12, the Adams County Commissioners held a neighborhood informational meeting, at the Prince of Peace community room, regarding the Mercy House Substance Recovery Center project. The tenor of those attending was very positive and the information provided answered numerous questions. It was reinforced to the group that Mercy House Center will be a very structured living environment, with clients being accepted only after a thorough screening interview, and that residents will be required to hold down a 40 hour per week day shift job, attend mandatory counseling sessions in the evening at the center and adhere to a 10 p.m. curfew. The residents sign an agreement to follow the policies and any deviation leads to immediate expulsion from the program.

Besides administrative and counseling staff there will be a 24/7 live-in resident supervisor. Computer tracked door swipes, cameras, and monitored ingress/egress will also enhance security. The center will be administered by the RASE Project which is short for Recovery, Advocacy, Service & Empowerment. The RASE Project has experienced better than average success in running several similar centers in Central Pennsylvania. The Commissioners have visited the RASE live-in center in downtown Lancaster which is a block from the Lancaster County courthouse. Seeing with our own eyes how the center operated in a former residence similar to Mercy House relieved some of our initial concerns.

Besides the needed and primary benefit of providing recovery services for our residents, this historic and currently abandoned county owned building is slated to be renovated largely with grant funding through Adams County's Health/MHIDD joinder with York County. Adams County will still own the building and collect rent from the RASE Project, and the historical integrity of the building will be preserved. Generally, the only changes in the historic exterior footprint will be the addition of new historically appropriate windows and an elevator shaft in the rear.

On some days when you go by the new Adams County Human Services Building the parking seems like it is already 3/4 full. Looking back it's a good thing the parking was expanded during construction! As planned and anticipated, a number of Court Hearings have transitioned to the Adams County Human Services Building. MDJ Beauchat has been there for the past year, Central Court moved out there in November as did Juvenile Court, Dependency Court and Domestic Relations Court. MDJ Harvey relocated from E. Middle Street to HSB on January 3. The HSB has built in technology and digital recording of proceedings has have been phased in. Initially

there was a court reporter to make sure there were no gaps in a complete record. This process has now progressed to hearings being conducted fully with digital coverage without court reporters. This naturally results in monetary savings. Both the public and staff seem extremely pleased with the facilities and especially the free ample parking. Public transportation is available to the complex 4 times a day Tuesday - Friday via the Freedom Transit Blue Line.

Here is some information for seniors having to fill out those pesky income tax forms. My colleague, Commissioner Jim Martin, is on the Board of Directors for Adams County Office of Aging and reminds our residents that are over 60 years of age, there is an opportunity for free tax preparation service provided by the Adams County Office for the Aging. The service is available to low and moderate income individuals with less complicated returns (i.e. rental income). It is a very popular service and may require waiting for an available agent. Waiting time is generally longer in the mornings. The agents that help with the preparation are volunteers trained to assist with tax return preparation. The Office For Aging is located on West Middle St. in Gettysburg between West St. and the Foursquare Gospel Church. For information on dates and appointment times call 717-334-9296.

As the County Commissioner Association of Pennsylvania Board of Directors Region 3 Representative, I represent Adams County and 9 other counties to our west. As the New Year begins, Pennsylvania County Commissioners have cho-

sen six legislative priorities for 2019, each of which highlights a commitment to county core responsibilities and ultimately to the residents and communities of Pennsylvania.

The counties' priorities are led by a call for a strong state-county partnership to meet the requirements of a recent litigation settlement agreement between the Pennsylvania Department of State and the Jill Stein campaign which, among other things, requires voter-verifiable paper audit trail voting systems to be in place by April 2020. The State has the authority to de-certify existing machines - even though they leave a paper trail and work well. While Gov. Wolf's administration has indicated its intention to seek state funding of at least 50 percent of the cost of new systems, a chief county objective under this priority is obtaining full funding, noting that every dollar that does not come from federal or state funding will come from local property tax. The price tag is estimated to be \$500,000 for Adams County.

Counties also continue to prioritize the expansion of resources to allow more options for care and treatment of individuals with mental illness and developmental disabilities outside of the prison system. Commitment of full state and federal funding for human services also remains a county priority. Programs have suffered more than fifteen years of funding stagnation or decline, even in the face of the daily challenge of serving the ever-growing needs of vulnerable residents. Funding is critical to protect children suffering from abuse, those fighting substance abuse issues, individuals with mental illness, and seniors in need of long-term care.

The 2019 priorities are rounded out with a focus on developing strategies for rural broadband expansion, encouraging all counties to use newly developed tools to maintain fair and uniform assessment practices, and implementing a comprehensive approach to addressing substance abuse in all of its forms. As a Board member of the Pennsylvania County Commissioners Association (CCAP), I will keep you apprised of the status of these priorities as we progress through the year.

On December 11, Commissioner Jim Martin and I announced that we would be seeking another term. In a contested campaign a variety of messages are thrown out there for public consumption. Commissioner Martin and my campaign message is a very simple message that we very strongly believe in, and reflects both our personal commitment as well as the work we have done as elected officials. The message is not complicated: Experience, Leadership, Common Sense, Vision = Results. Right now Adams County is a product of those results and is in the best overall shape in recent memory.

The following are some examples of major successes. We have an extraordinary and unique working relationship with our federal & state legislators that has provided proven results for our residents. We have effectively consolidated, realigned and restructured several departments for a variety of benefits. Nothing is more important than the safety and welfare of our residents and emergency responders. At the beginning of our term we took a critical county-wide emergency radio project that was sitting stagnant and un-funded, funded it, created strong fiscal over-

sight, implemented, tested, blended it for a period with the old analog system to assure coverage, and then turned it on with overwhelming positive results. The Adams County Human Services Building will be an asset for decades offering dramatically improved service to our residents while also being fiscally responsible in relieving taxpayers of approximately \$475,000 per year in rents and leases.

Due to a public/private partnership that I helped lead, the long awaited Adams County Law Enforcement Firearms Training Range beside the 911 Center became a reality at no expense to county taxpayers. I am very proud to report that the state of Adams County fiscally is in excellent shape because of overall fiscal conservatism, prudent budgeting, good investment, and effective fiscal oversight for the past seven years that have resulted in 2 bond increases. On a professional note, besides being the Adams County Commissioners Board Chairman, I am also on the County Commissioners Association of PA Board of Directors, selected by my peers from Region 3, not only representing Adams County, but also nine other counties to our west. This statewide engagement allows me to better serve our Adams County residents. As I complete my second term, I can sincerely say it is an honor and a privilege for me to serve my life-long community in this capacity.

Adams County has so much to offer. Regardless of what you do, get out there and experience all the extraordinary historical, recreational, agricultural, natural and cultural opportunities that beautiful Adams County has to offer!

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GOVERNMENT—NORTH OF THE BORDER

County Commissioner Jim Martin

As a regular contributor to the Emmitsburg News Journal, I have provided readers with seven years of relevant articles featuring Adams County and its governmental affairs. It has been a pleasant challenge to inform readers with these subjects of interest; I hope to continue to do so for years to come.

This year marks my eighth year serving as an Adams County Commissioner. It has been a time filled with notable accomplishments and I wish to continue on the same course; therefore, I am running for re-election along with my fellow incumbent commissioner, Randy Phiel.

Over the course of time in office, many constituents have asked me if I am having “fun”. “Fun” is not quite how I would describe it. I would best describe a commissioner’s life as “rewarding” because of the positive benefits that I have helped bring to the residents of Adams County. Some of my most rewarding experiences have been serving on various boards of directors for county and non-profit agencies, one of these being the Office for Aging Board of Directors. I regard this agency as an important component of our community to assist seniors with life challenges, both physical and financial.

Therefore I advocate for its support.

One thing that defines the present board of Adams County Commissioners is that we regard commissioner duties as a full-time commitment. Previous commissioners divided their time with a second job. I do not have a second job by design. Before I ran for office I prepared myself financially so I could be devoted to the office full time and not be distracted by external pressures. Also I have seen County government becoming more complex over the past 10 to 15 years and the demands of that complexity have increased with time. Devoting more time, I believe, is

now essential to fulfill the commitment of the office.

The need for full-time commitment was evident shortly after I took office when we were faced with how to replace our failing county emergency radio system. Multiple options and funding mechanisms were researched daily. Through our leadership and collaborative efforts we delivered a top-notch emergency communication system. We initiated various levels of oversight to ensure the system performed as designed. We also held the contractors to strict financial oversight.

The new system utilized totally new technology that the skeptics doubted would work as promoted in

our taskforce meeting. Many others holding doubt gave high marks for the overall performance of the system. This did not happen by chance. It came as a result of our proper leadership and vision. Having the major success of this project was rewarding and provided Adams County voters with confidence that they had put the right individuals in the commissioners’ office.

In future articles I look forward to featuring other accomplishments that exhibit Phiel and Martin leadership, experience, vision, and common sense. We appreciate your continued support as we move Adams County through future challenges.

Robert “Bobby” Keilholtz, Candidate for Liberty Townships Board of Commissioner

I have lived in Liberty township, Adams County, for 20 years. Although I am a native of Maryland I grew up just south of Emmitsburg, Md. on the family farm which is still owned by myself and siblings as 4th generation owners.

I went on to be part owner with my father at his trucking company, Blue Mt. Express, Inc. I also served as V.P. and secretary to our company, to which we sold in 2000. I then moved on to work as Operations Manager at R. B. Rudy, Inc. located in Frederick, from 2000 until April

of 2018 when I decided to retire.

My wife and I are members at Jacob’s Church on Harbaugh Valley Rd. where we both have served on the consistory and I have also served as an elder and also president of the board of elders.

Now that I have retired, I would appreciate giving back to our community. I feel I am more than capable to bring a strong business sense and organization to our township.

I want to ensure our citizens of their safety and well being and that their tax dollars will be spent correctly and the best interest of our township.

I will be running for the Republican nomination in the primary to hopefully fill the seat that will be vacated by Mr. John Bostek in 2020, who has served our township 2 terms for 12 years.

While I understand there is a lot going on here in Liberty Township of which predates the position I will be running for, if I am elected, I can assure the citizens that I am committed to working with the other supervisors and law enforcement to reach a resolve.

State Rep. Dan Moul

On Feb. 5, Gov. Tom Wolf delivered his state budget address to a joint session of the General Assembly, unveiling a plan that proposes to hike spending by \$927 million or 2.8 percent over the current year. The increase exceeds the rate of inflation and does not reflect the fiscally responsible government and sound economy that most Pennsylvania citizens and job creators want, but this is only the beginning of the budget process.

While House Republicans have traditionally taken the lead in funding PreK-12 education, money is clearly not the only answer. We must ensure that our education dollars are being spent wisely and are producing positive results. I was pleased to learn recently that the governor understands and supports our need to focus on workforce development and training. A strong commitment to career and technical education will help put our citizens to work and strengthen our economy.

Wolf’s insistence on a dramatic increase in the minimum wage is raising concern as many fear it would thwart economic growth. When the governor proposed a \$12 per hour minimum wage hike last year, the Independent Fiscal Office estimated it would result in the loss of 33,000 jobs in the Commonwealth. While it may well be time for a minimum wage adjustment, our focus is on creating more family-sustaining jobs and not locking people into entry level positions with no chance for advancement. This session, we are working on several major initiatives including career and technical education

to prepare Pennsylvania students for careers in high-demand, well-paying jobs.

The House Appropriations Committee is currently conducting its annual budget hearings, which examine the budget requests by each department, agency and stakeholder that relies on state funding. I will be paying particular attention to ensure our state revenues are being spent wisely and are moving the Commonwealth forward.

Two summers ago, in the midst of a state budget impasse and calls for a billion-dollar bond to cover the budget shortfall, I assembled a group of about 30 Republican House members to join me in finding the funding necessary to settle the budget. Known as the Commonsense Caucus, our group examined the budget – line-by-line – and uncovered billions of dollars in unused taxpayer dollars sitting idle in various state government accounts.

Since that time, we have been advocating for the transfer of these “shadow budget” accounts to balance the state budget. While Wolf initially denied the existence of these funds, we are delighted that the governor is now coming around to our way of thinking. It makes no sense to squirrel away money we have already collected from taxpayers and ask for more.

As always, I welcome my constituents to call 717-334-3010 or stop by my office at 30 W. Middle St., Gettysburg, with any questions or concerns. It is my pleasure to serve you!

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FOUNTAINDALE FIRE COMPANY AWARD BANQUET



27 members of the department were recognized for working bingo fundraisers throughout 2018.



Sarah Ginn accepting this year's Fountaindale Volunteer Fire Company's Chief Award from Chief Dave Martin & Vice President Dale Buffington.



Life member Christa Wills was given a rose and challenge coin in memory of her husband Donald Wills Jr. Don was a member of Fountaindale VFD for over 40 years and passed away in February of 2018. A moment of silence was held in his memory.



2018 Top Ten Responders - Front row: Colleen Rudisill, Sam Ginn. Back row: Zachary Haines, Brad Hartdagen, Sarah Ginn, Peggy Martin, Dave Martin, Claudia Rudisill



Junior Members Claudia Rudisill and Olivia Scott, recognized for their dedication over the past 4 years. Both ladies, now 18 years of age, are Senior Members.



Dale Buffington was the 2018 "Polly" award recipient.



Ron Face accepting the 2018 Community Award from Chief Dave Martin.



2019 Administrative Officers: Front row - Colleen Rudisill, Sam Ginn, Dale Buffington. Back row - Karen Rudisill, Sarah Ginn, Dave Martin, John Ruppel, Peggy Martin.

2019 Administrative Officers

Keith Rudisill	President
Dale Buffington	Vice-President
Sarah Ginn	Secretary
Karen Rudisill	Assistant Secretary
Peggy Martin	Treasurer

2019 Line Officers

Dave Martin	Chief
Sam Ginn	Deputy Chief
Steve Yingling	Assistant Chief
Sarah Ginn	Lieutenant

Board of Directors

Chris Corle, Sam Ginn, Colleen Rudisill, John Ruppel, Steve Yingling

Top Ten Responders

Steve Yingling	Brad Hartdagen
Zachary Haines	Sam Ginn
Peggy Martin	Claudia Rudisill
Chris Corle	Dave Martin
Colleen Rudisill	
Sarah Ginn	

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COMMENTARY

Words From Winterbilt

The wall & security

Shannon Bohrer

The wall & security

The President has been consistent with his message that we need a wall on our southern boarder for safety and security. He says that the people crossing our border are dangerous; they are criminals, drug offenders and even terrorist. We generally agree that we have a failed immigration system and since we also continue to experience individuals entering illegally into the United States, a problem does exist.

To correct the problem, the president has proposed a wall, running the entire length of the border. The border between the United States and Mexico is 1,954 miles long. Currently there are 650 miles of wall/fencing, along the border. According to the Secure Fence Act, a law passed in 2006, 700 miles of fencing was authorized to be built. So some fencing already exists.

"Things that are obvious are not necessarily true, and many things that are true are not all obvious."

—Dr. Joseph LeDoux

According to the president this is a national emergency and it's getting worse. However, the facts don't support his assertion. The undocumented immigrant population that had entered the U.S. crossing

our borders was estimated at 12.2 million, in 2007. Since the recession in 2008, more undocumented immigrants have left via our southern border than entered the U.S. via our southern border. The illegal immigrants currently living here is below 11 million, a 13 year low. We have had net negative numbers for a few years, at least on the southern border. Another way to examine the problem is by the number of arrests. In 2000, the Border Patrol arrested 1,676,438 immigrants for crossing our borders. In 2018, the Border Patrol arrested 396,579 immigrants for crossing our borders. Arrest on our southern border is the lowest since 1971, a 46-year low. While the problem has been declining that does not mean the problem has been resolved.

I believe that it is important that we give some credit for the decline in illegal crossings to the Border Patrol, which includes over 20,000 agents. The 20,000 number was reached in 2011, under President Obama, who gave credit to his predecessor, President Bush for some of the increases. In 2004 the Border Patrol numbered around 10,000, so it doubled in 8 years. The authorized numbers have not really increased since 2011.

We should also credit The Secure Fence Act, which occurred in 2007. The act was intended to increase security along our southern border. The security measures have been

improved and upgraded and more work is already slated. There are currently walls, electronic alarms, aircraft, boats and drones, all assisting the agents. The ideas for many of the improvements have been to incorporate smart technology. The improvements along with the increased number of agents appear to have been successful.

While the news on immigration seems focused on the southern border, immigrants arrive by air, sea and land. More than one million, arrive each year, most of them legally. In a 2006 Pew Research Project, it was estimated that "nearly half of all the unauthorized migrants now living in the US entered the county legally through a port of entry, such as an airport or a border crossing where they were subject to inspection by immigration officials." Since the Pew Research Project, the major growth factor of undocumented immigrants is the overstays of visas and in the Visa Waiver Program (VWP). The Visa Waiver Program allows citizens from 38 countries to visit the United States for up to 90 days, without obtaining a visa.

Every year, about half of the million people coming into the country arrive with temporary visas for education, work and tourism. An issue with the visa system is that when someone enters the U.S., the information is collected, but we do not record any information when they leave. We are the ONLY industrialized nation that does

not collect this information. The Department of Homeland Security cannot provide any statistics on the, "percentage of undocumented immigrants who overstayed visas" (Politi-Fact, Virginia 2016). Individuals arriving in the U.S. on the Visa Waiver Program are subsequently tracked after their arrival, but only on other air travel within the country. Currently, it is estimated that there are 40 million people living here that were born in another country. 40 million is a large number.

While the immigration problem on our southern border is a concern, there are more undocumented people crossing the northern border. The number of undocumented immigrants entering the U.S. from Canada has increased 142 percent just since 2017.

The immigration issue is often placed into the context of safety. The concept, or idea that we are in more danger because of the immigrants, is not always true. In a recent study from the University of Wisconsin and Purdue, the conclusion was "...undocumented immigration does not increase violence." There have been numerous studies that tell us that immigrants commit crimes at much lower rates than native-born Americans. Obviously some immigrants will commit crimes so stopping them and having the ability to conduct background checks is important. It may not matter to a person that immigrants commit fewer crimes, if that person or a family member is a victim of a crime committed by an immigrant.

The president also has repeatedly told us that many of the immigrants from the southern border are terrorists. The U.S. maintains a terrorist watch list of suspected terrorist that immigration and border patrol use when checking anyone entering our country. In a recent six-month period, 41 people were stopped on the southern borders that were on the terrorist watch list. Of the 41 people stopped, 35 were American citizens. Only 6 were not citizens. On our northern border during the same time period 91 people were stopped that were on the terrorist watch list, with 50 of those being American citizens. There were 2,170 persons that were prevented from flying into the U.S. because they were on the terrorist watch list. Being on the Terrorist Screening Database does not mean the person is a terrorist, but it does mean they should be screened more. The non-citizens on the terrorist watch list are denied entry while the U.S. Citizens on the list are allowed entry.

The facts are that most of our threats are not coming from our southern border. Maybe we should direct our focus on our northern border and a better visa tracking system. Of course, the U.S. citizens on the terrorist watch list, re-entering the country, are still able to purchase firearms.

Who knew that border security was so complicated?

To read past editions of Words From Winterbilt, visit the Author's section of Emmitsburg.net.

Common Cents

Game over?

Mel Gurtov

Report card on our planet's environment - unrelenting warming

The World Economic Forum's Global Risks Report for 2019 indicates that most experts point to environmental problems as being the most serious threats to global stability—just as they found in the previous two years. That report follows on one in October 2018 by the UN Intergovernmental Panel on Climate Change (IPCC). It said with "high confidence" that at the current rate of greenhouse gas emissions, "global warming is likely to reach 1.5°C between 2030 and 2052 if it continues to increase at the current rate." Avoiding the worst-case consequences would require measures that have "no documented historic precedent."

As Americans see the evidence of climate-influenced destruction, they're on edge: Seventy-two percent of those polled late last year considered climate change "important," a 15-percentage point increase over 2015. Sixty-nine percent were "worried" about it.

So here we are again, facing another round of bad news on the environment. Actually, the news is worse this time around. 2018

was the fourth-hottest year on record; 2015-2017 are the other three. The Arctic experienced its second-warmest year ever. The head of the World Meteorological Organization said: "The 20 warmest years on record have been in the past 22 years. The degree of warming during the past four years has been exceptional, both on land and in the ocean."

Rising sea levels, according to the IPCC, "will continue beyond 2100 even if global warming is limited to 1.5°C in the 21st century (high confidence). Marine ice sheet instability in Antarctica and/or irreversible loss of the Greenland ice sheet could result in multi-metre rise in sea level over hundreds to thousands of years." Greenland's and Antarctica's ice loss has recently received extensive media coverage as scientists have discovered just how far off their earlier predictions were. Antarctica's enormous ice reserves are melting six times faster now than they were between 1979 and 1989. Glacier melting in the Himalayas, on which South Asian agriculture is heavily dependent, is proceeding at a very fast pace—so much so that by the end of this century, two-thirds of the glaciers may be gone at current climate change rates, and one-third under the most optimistic climate change scenarios.

Ocean temperatures are the warmest on record, and the warming is occurring at a terrifying pace: 40 to 50 percent faster than the United Nations had previously estimated. That could spell trouble for marine ecosystems, phytoplankton in particular. These basic food organisms sustain the underwater food chain. If they die off or shift, as is already detectable in changing ocean color, the impact on fisheries will be catastrophic.

Rising seas also threaten water supplies and US island-based military installations. No wonder the Pentagon, in its latest risk assessment, considers climate change a threat to national security. It can wipe countries off the map. Kiribati, the island group in the southwest Pacific, is a case in point. A nation disappearing due to climate change is something that's never happened before and, so far, is something people seem unable to imagine.

Time for Mega-solutions

Several conclusions are readily apparent from this information. First, planet-wide environmental deterioration is happening faster—much faster—than scientists had anticipated. Second, the kind of deterioration now taking place, involving oceans and glaciers in particular, tell us that life itself is already endangered in many parts of the globe. Third, some consequences of cli-

mate change, such as rising seas, are irreversible. Fourth, resistance to scientific findings and their implications for political, economic, and social changes constitutes nothing short of criminal negligence. Fifth, people are more aware of and concerned about climate change than ever before, if the US poll mentioned above is accurate.

Sixth, solutions to the problem must be up to the scale of the problem. Tiny, personal steps to reduce carbon footprints feel good, but it's panic time, folks. In the US, the renowned environmentalist Bill McKibben suggests two priority steps: switching immediately away from fossil fuels and protecting cities and coastal areas from ocean inundation. Strict efficiency standards for industry and autos, and a carbon tax such as has been enacted in Europe, would significantly reduce carbon emissions. Then there's the Green New Deal resolution introduced in the US Congress. The resolution calls for a "ten-year national mobilization" to bring carbon emissions down to zero via a combination of renewable energy, infrastructure repairs, and community-level projects.

The next Democratic president should declare a national emergency, identifying climate change as a top-priority national security matter and presenting the Congress with an agenda for climate-change legislation.

As the IPCC report makes clear, mitigating climate change requires across-the-board and multilevel changes, from sustained international cooperation, including funding the most affected developing countries, to addressing poverty and health care deficits. Political leaders, who always have excuses for ignoring problems that will outlive them, can point to other issues that require their immediate attention. Even the most liberal among them hesitate to embrace the up-front financial costs and social challenges of a serious climate change agenda, though they know full well that the benefits of a green economy—in jobs, energy, reduced waste, and public health, for instance—will outweigh the costs.

That leaves the fight up to this generation of ordinary citizens. How inspiring to learn that all across Europe, tens of thousands of young people are demanding action to save the planet. They are organizing a "global strike" on March 15. But if their elders won't act, or even acknowledge the urgency of global warming, it is hard to imagine that all the wonderful grassroots environmental and energy initiatives underway around the world will be enough to save us and future generations.

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

The American Mind

Power corrupts

William Hillman

The manufactured outrage du-jour in last month's article centered around the young Covington High School boy in a MAGA hat smiling at an American Aboriginal man. The media had a wonderful time jumping to conclusions and publicly shaming the young boy. As history would predict, the narrative that the news media presented proved to be contrived and full of lies.

This is just one in a growing list of manufactured stories formed to advance the political agenda of the writers and editors. If there was any honesty left in press outlets like CNN, The Washington Post, and The New York Times, there would have been deep soul searching, a review of editorial procedures, and front-page apologies. Instead, The Washington Post elected to spend Five Million Dollars on a Super Bowl propaganda ad to convince us that the mainstream news media is the defender of good honest government. Something any honest critic knows is simply no longer true.

Right on que, we have Jussie Smollett. Smollett, (apparently, an actor on some TV show that I've never heard of), was the latest victim of those evil Trump supporters. He told police he was attacked at 2 a.m. on Jan 29 in Chicago by two people who yelled racial and homophobic slurs, tied a rope around his neck, and poured a chemical on him. His assailants then yelled, "This is MAGA country."

The News put on its outrage blinders once again. The press ignored the fact that it was minus 16 degrees out at the time of the attack, Chicago is hardly MAGA country, and when Smollett called the police hours later he was still "wearing the rope." Through the entire "attack" Smollett incredibly never dropped his sandwich. Small little hints to the unbiased observer that maybe something was amiss with his story and it might be best to avoid a rush to judgement, but all lost to the "outrage blind" news media.

The Washington Post's Eugene Scott, "To many, the Smollett incident — and the political nature of the assault — is yet another reminder for many black gay Americans that this president's vision of a 'great America' does not appear to include them."

The New York Post's Zachary Kussin, "Empire Star Jussie Smollett Beaten in Homophobic Attack By MAGA Supporters, this is unbelievably disturbing. I also hate when cops investigate this kind of blatant shit as a 'possible hate crime.' This is obviously a hate crime."

There is an important connection between these two events. Both were linked to "Make America Great Again". To the news media, MAGA is the new dog whistle. All someone has to do is accuse their opponent of being MAGA and the media ignores all impartiality, common sense and goes into attack mode. Why does the news media accept these obviously incredible stories without

question? Ben Shapiro writing for the Nation Review put it best, "Because it perfectly fit narratives that the Left loves: the narrative of America as racist, homophobic hellhole; the narrative of Trump supporters as violent bigots; the narrative of Trump himself as an inspirational figure for such violent bigots. The story was too good to be true. So, no one cared whether it was or not."

It seems with each broadcast and story printed, the news media destroys their own claims of impartiality and honest reporting and feeds the argument of "Fake News". This is not good for a free nation.

In 1787, Thomas Jefferson famously wrote to a friend, "Were it left to me to decide whether we should have a government without newspapers, or newspapers without a government, I should not hesitate a moment to prefer the latter."

The above quote was lifted from an editorial that appeared in the New York Times in August of last year titled, "A FREE PRESS NEEDS YOU". The editorial rightly argues that a free press is vital to a free people. Yes, the Press should be a check on the power of the government. But, it is elitist and insulting to suggest that the Press should be excused from such checks on its own power.

The framers of our constitution understood the need for checks on all forms of power. The news media is not invulnerable to corruptions and needs its own check in the form of public criticism and alternative forms of news distribution.

For example. The media demands "diversity" in government, private business, and organization. But among its own ranks, claims immunity. There is practically no diversity of political ideology, as represented in the American public, in the news media. If you are anything but a card-carrying democrat-socialist-progressive, you better keep your mouth shut.

Democracy and progress only happen when people are free to discuss and present alternative positions and ideas. How is honest debate possible when the moderator (the news media) has chosen to defend one side and portrays any oppositions as not just wrong but "Evil".

I have an old friend who is a writer for a prominent newspaper who also happens to be very conservative and politically Republican (though registered independent for obvious reasons). He's expressed to me in order to hold his position he must hide his political beliefs. On the rare occasions when a writer is "outed" as having conservative leanings, you can start the clock on the end of their career.

Former CBS's foreign affairs correspondent, Lara Logan, in a recent interview described the news media as a mostly left-wing and partisan Democrat news landscape in the U.S. and abroad.

From her interview:

"Visually, anyone who's ever been to Israel and been to the Walling Wall has seen that the women have this tiny little spot in front of the wall to pray, and the rest of the wall is for the men. To me, that's a great representation of the American media, is that in this tiny lit-

tle corner where the women pray you've got Breitbart and Fox News and a few others, and from there on, you have CBS, ABC, NBC, Huffington Post, Politico, whatever, right? All of them. And that's a problem for me, because even if it was reversed, if it was vastly mostly on the right, that would also be a problem for me.

"My experience has been that the more opinions you have, the more ways that you look at everything in life — everything in life is complicated, everything is gray, right? Nothing is black and white.

"One ideological perspective on everything never leads to an open free diverse tolerant society. The more opinions and views ... of everything that you have, the better off we all are. So, creating one ideological position on everything throughout your universities, throughout academia, in school and college, in media, and everywhere else, that's what concerns me. I don't have to agree with everybody.

"Although the media has historically always been left-leaning, we've abandoned our pretense — or at least the effort — to be objective, today. ... We've become political activists, and some could argue propagandists, and there's some merit to that."

Lagan later added, "Any journalists who are not beating the same drum and giving the same talking points," she insisted "pay the price" for not going along with the liberal crowd."

To read past editions of *The American Mind*, visit the *Authors section* of *Emmitsburg.net*.

Down Under

Shamocracy

Submitted by Lindsay!
Melbourne, Australia

Sir, the pretending to extraordinary revelations and gifts of the Holy Ghost is a horrid thing — a very horrid thing.
—John Wesley, 1719

We live on our beliefs. Babies don't need to believe until they can distinguish time and have the ability to choose, but everyone else does. From the normal belief of the sun rising to the complex one of relationships, from believing they will be paid for the work they do to that of having the right to speak freely, we depend on belief.

We are prepared to trust those in power because we believe what they say and promise. Well, one time, long ago we did, but now? Hardly. Society was ordered on belief, we obeyed because we were made to believe we would suffer if we didn't. Belief was essential when the first clans formed, for we necessarily lived on trust, and trust is the brother of belief.

This trust has been eroded over the past hundred years or so, little

by little so we wouldn't notice its loss, as the deck of belief began to be marked so the powerful could pick the right card — sorry, strategy — to keep is in the game, keep us believing they had not only our interests at heart, but that we would win. Win the things that we believed mattered, like money, jobs and independence. Yes, you and I, suckers all. A little reward every day if we keep playing the game, a casino of promises.

Back then they were amateurs, but now professional persuaders have done their degrees and gone to work for multinationals who reward them with real things — money, power, belief in themselves and accolades.

Then came the internet, which has exponentially increased the power they have over our lives. Now these master manipulators are wet with orgasm at their success, a drug-induced sweat of glory, yet just regular people with ideas of genuine grandeur — or so they believe — but who in many ways are just as gullible as us, because there is a master behind even their works.

I could call him the Wizard of Oz, but that would pour ridicule on this country of ours, so let me call him the last great emperor. Just as

Rome fell on hard times when Caesar started the god thing, America is going down the same fairway with the laurel wreathed master of deception. He's using the conditioning that we have absorbed from the psychological marketers to steer us into believing the greatest lie of all times: That he is god, able to put everything to rights, give everyone who supports him a place in heaven, to banish our enemies to hell, to protect us from unbelievers.

To do the impossible. All knowing, all seeing and all powerful, he's in his heaven guiding us poor sinners to the Promised Land.

The horror of this is that he believes it. An even bigger problem is that his hard core followers believe it also. They trust him, and that reveals the core of the problem — that they don't want to think. They are so conditioned into accepting the authority of a president and a god; they are happy to just believe. Even when the promises are as substantial as smoke they believe.

They are of the faith. They have abrogated their intellect, are happy to be told what to believe; it is simpler and easier to do just that, to not look reality in its ragged face, to accept that poverty is for now, tomorrow in heaven they'll be rich. And they really can no longer think. Not critically, not analytically, not

even simply. Yes, many Americans believe in God but still can turn a critical mind to certain areas like belief in hell and damnation, but Mr. god wants them dumb. His gospel could be in Aramaic, so confusing it is, but he cannot lie or cheat, his tweets are heavenly, his song sublime.

They see barbarians at the gates — Jews, blacks, Mexicans, Muslims — all strangers who defile the purity of their race, (their compatriots are naturally the only pure ones), and they have learnt to be quiet, to use smugness as a wall of superiority. They believe in his will, not theirs and if it is his will that decrees hurricanes, ice down to Florida, raging fires summonsed from the underworld, then that to is right.

And that has led to the saddest thing, Isolation. When you cannot tolerate your neighbour, when others try to tear down your beliefs, you have to ignore them. You cannot fight back, there are too many of them, and somehow it is them who have the money. When the enemy lies its way into congress you know the devil is at large. And they ignore calls for help from non-believers, they don't get the plight of Samaritans because he doesn't, and while they take all the handouts they can from a crooked government they do because they know it is their right.

They may think democracy is

alive and well because that is what god has told them, but shrug their shoulders and will not believe any slander that he is corrupt, indulges in base misconduct, is a self-serving egomaniac that brags about his genius, and is a confirmed chauvinist. They simply accept that these things are the privileges of being god.

If asked, they will say that democracy means freedom. That is, freedom to believe what they do, not what you do. They come from a long line of so-called believers who, having buried reason and tolerance, set out to kill the unbelievers. The pilgrim fathers took the example of the crusades to establish their faith to the exclusion of all others, and these poor folk are following in that tradition.

When someone stands before the people and speaks as though imbued with the Holy Ghost, it is wise to run as far as you can. Two hundred years ago John Wesley condemned someone for just this. Whether you are a Christian or not it is an insult to truth and decency, a shame for a country as great, honest and caring as yours. Trump does not deserve to run any nation, Christian or not.

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

THE PASTOR'S DESK

A different way of thinking

Pastor Richard Baker
Emmitsburg's Trinity
United Methodist Church

The text for this message comes from Luke 6, verses 27 through 38, using the Message Bible by Eugene Peterson for the translation. Jesus asks us to adopt a radical way of thinking. Someone once said that Jesus takes our way of thinking and turns it upside down and inside out. Jesus' Sermon on the Mount is an example of that, and those words speak truth to the scripture that says, "There is a way that seems right to man, but in the end leads to destruction." If we're honest with ourselves, most of what Jesus said goes against what we usually think. Jesus said that we're to "Love our enemies," or "Turn the other cheek" when someone hurts us. What do you think about lending people money and not expecting that person to repay you?

There is one saying from Jesus that should bring each one of us to our knees. "Not everyone who says to me, Lord, Lord, will enter the kingdom of heaven, but only he who does the will of my Father who is in heaven." Jesus laid down a marker with that verse, and James picked up that marker and ran with it saying, "Anyone who sets himself up as 'religious' by talking a good game is self-deceived. This kind of religion is hot air and only hot air. Real

religion, the kind that passes muster before God the Father, is this: Reach out to the homeless and loveless in their plight, and guard against corruption from the godless world." We can look religious. We can even quote scripture, but unless God lives in our hearts, we may find ourselves coming up short on Judgment Day.

This Scripture follows the Beatitudes where Jesus gave us nine specific examples for how believers should react to the world around them. He said we would be blessed by doing what he asked, and the word blessed actually means happy. What Jesus was asking us to do isn't difficult. It's something that just seems natural after we've come to understand the grace we've been given.

There's an analogy that I think helps us understand what Jesus accomplished at the cross. Imagine having a credit card for the first time. You can go out and spend and not think about what you did. After all, all you did was use a piece of plastic. You don't think about the bill coming due.

And when the bill comes, you discover you can make a minimum payment, and later on as the debt increases, they offer to give you more credit. They raise your limit, and so you keep on spending. But one day, you get a statement and realize just how much what you've spent, and

how the minimum payment is more than you can afford. Imagine seeing that next month's bill in the mail. You're afraid to open it. You know what's inside, and when you finally get up the courage to open it, you look at your balance and discover that someone paid your bill in full. You're debt free.

Now you have a choice. You can start spending all over again, or you can seek out the one who paid your debt and say thank you. The truth is we're all sinners. We all have a sin debt and every day it gets bigger. Occasionally, we go to God and offer a half-hearted prayer, but we don't change until the enormity of that sin debt settles in, and that's when we realize we need help, and that's when Jesus comes to us and offers to wipe the slate clean. Now our choice is: will we start sinning all over again or will we come to the author and perfecter of our faith and say thank you and ask what we can do for him?

Jesus was saying that once you realize the gift you've been given, then your heart should be moved to respond by doing what he asked. He said, "Love your enemies and pray for those who persecute you." Let Jesus' love bring out the best in you.

If someone is giving you a hard time, stop and think before you respond. Maybe they're not bad people, maybe they're just having a bad day, and you just happened to be in their path. Jesus said pray for them. If someone takes advantage of you, use it as an occasion to practice the love Jesus told us to model. I love the way the Message Bible says it. "No more tit-for-tat stuff. Live generously."

John the Baptist said many of the same things. He told his followers to share whatever extra they had. He told them to be honest when dealing with money. Learn to be content with what God gave you. Don't accuse people of things they didn't do. But Jesus took John's word up a notch or two.

If you lend someone money, "Don't look to be repaid. Help out without expecting anything in return. Don't pick on people. Don't jump on their

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mistakes. Don't put people down." He stings us by saying that even sinners can do good things. He asked why good people think they should be rewarded or recognized for doing what is right.

Here, we are given the Golden Rule: "Do unto others as you would have them do unto you." Again, I like the Message Bible interpretation of that verse: "Ask yourself what you want people to do for you; then grab the initiative and do it for them! Live out this God-centered identity the way the Father lives towards us, generously and graciously, even when we're at our worst."

Jesus ended this passage by saying, "Give away your life; you'll find life given back, but not merely given back—given back with bonus and blessing. Giving, not getting, is the way. Generosity begets generosity." Believers in Jesus Christ are called to a

higher standard of living, but unfortunately Christians aren't acting like their Christ. But we are reminded; Jesus said that one day there will be an accounting for all we have done. And on that day, will your life mirror the words and actions of Jesus Christ or will your life be indistinguishable from the rest of the world?

As I said, believers are called to a new and better way of living, and Jesus' words are the criteria by which we will be judged. These words are God's prescription for a hurting world, and even though they sound contrary to how the world thinks, God gives us the strength to live them through his Holy Spirit. May God bless you during this holy season! Amen.

To learn more about Emmitsburg's Trinity United Methodist Church, join them for Sunday service at 9 a.m..

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THE BOOK OF DAYS

The nature & folklore of March



March is the first month of Spring. He is Nature's Old Forester, going through the woods and dotting the trees with green, to mark out the spots where the future leaves are to be hung. The sun throws a golden glory over the eastern hills, as the village-clock from the ivy-covered tower tolls six, gilding the hands and the figures that were scarcely visible two hours later a few weeks ago.

The streams now hurry along with a rapid motion, as if they had no time to dally with, and play round the impeding pebbles, but were eager to rush along the green meadow-lands, to tell the flowers it is time to awaken. We hear the cottagers greeting each other with kind "Good morning," across the paled garden-fences in the sunrise, and talking about the healthy look of the up-coming peas, and the promise in a few days of a dish of early spinach. Under the old oak, surrounded with rustic seats, they congregate on the village-green, in the mild March evenings, and talk about the forward spring, and how they have battled through the long hard winter, and, looking towards the green churchyard, speak in low voices of those who have been borne thither to sleep out their long sleep since "last primrosetime," and they thank God that they are still alive and well, and are grateful for the fine weather "it has pleased Him to send them at last."

The early-yearned lambs have now become strong, and may be seen playing with one another, their chief amusement being that of racing, as if they knew what heavy weights their little legs will have to bear when their feeders begin to lay as much mutton on their backs as they can well walk under — so enjoy the lightness of their young lean days. There is no cry so childlike as that of a lamb that has lost its dam, and how eagerly it sets off at the first bleat the ewe gives: in an instant it recognizes that sound from all the rest, while to our ears that of the whole flock sounds alike. Dumb animals we may call them, but all of them have a language which they understand; they give utterance to their feelings of joy, love, and pain, and when in distress call for help, and,

as we have witnessed, hurry to the aid of one another.

How beautiful the cloud and sunshine seem chasing each other over the tender grass! You see the patch of daisies shadowed for a few moments, then the sunshine sweeps over them, and all their silver frills seem suddenly touched with gold, which the wind sets in motion.

Our forefathers well named this month "March many-weathers," and said that "it came in like a lion, and went out like a lamb," for it is made up of sunshine and cloud, shower and storm, often causing the horn-fisted ploughman to beat his hands across his chest in the morning to warm them, and before noon compelling him to throw off his smock-frock and sleeved waistcoat, and wipe the perspiration from his forehead with his shirt sleeve, as he stands between the plough-stilts at the end of the newly-made furrow. Still we can now plant our "foot upon nine daisies," and not until that can be done do the old-fashioned country people believe that spring is really come. We have seen a grey-haired grandsire do this, and smile as he called to his old dame to count the daisies, and see that his foot fairly covered the proper number.

Violets, which Shakespeare says are "sweeter than the lids of Juno's eyes," impregnate the March winds with their fragrance, and it is amazing what a distance the perfume is borne on the air from the spot where they grow; and, but for thus betraying themselves, the places where they nestle together would not always be found. Though called the woodviolet, it is oftener found on sunny embankments, under the shelter of a hedge, than in the woods; a woodside bank that faces the south may often be seen diapered with both violets and primroses. Like the rose, it retains its fragrance long after the flower is dead.

The perfume of violets and the song of the black-cap are delights which may often be enjoyed together while walking out at this season of the year, for the blackcap, whose song is only equalled by that of the nightingale, is one of the earliest birds that arrives.

Daisies, one of the earliest known of our old English flowers that still retains its Saxon name, are now in bloom. It was called the day's-eye, and the eye-of-day, as far back as we have any records of our history. "It is such a wanderer," says a quaint old writer, "that it must have been one of the first flowers that strayed and grew outside the garden of Eden."

Sometimes we catch sight of the germander-speedwell, one of the most beautiful of our March flowers, bearing such a blue as is only at times seen on the changing sky; we know no blue flower that can be compared with it. The ivy-leaved veronica may also now be found, though it is a very small flower, and must be sought for very near the ground. Now and then, but not always, we have found the graceful wood-anemone in flower in March, and very pleasant it is to come unaware upon a bed of these pretty plants in bloom, they shew such a play of shifting colours when stirred by the wind, now turning their reddish-purple outside to the light, then waving back again, and showing the rich white-grey inside the petals, as if white and purple lilacs were mixed, and blowing together.

While listening to the singing birds in spring, you will find all their voices hushed in a moment, and unless you are familiar with coun-

try objects, will be at a loss to divine the cause. Though you may not have heard it, some bird has raised a sudden cry of alarm, which causes them all to rush into the hedges and bushes for safety. That bird had seen the hovering hawk, and knew that, in another moment or so, he would drop down sudden as a thunderbolt on the first victim that he fixed his far-seeing eyes upon; and his rush is like the speed of thought. But he always remains nearly motionless in the air before he strikes, and this the birds seem to know, and their sight must be keen to see him so high up as he generally is before he strikes. In the hedges they are safe, as there is no room there for the spread of his wings; and if he misses his quarry, he never makes a second dart at it.

What a change have the March winds produced in the roads; they are now as hard as they were during the winter frost. But there was no cloud of dry dust then as there is now. When our forefathers repeated the old proverb which says, "A peck of March dust is worth a king's ransom," did they mean, we wonder, that its value lay in loosening and drying the earth, and making it fitter to till? In the old gardening books a dry day in March is always recommended for putting seed into the ground.

Historical

We derive the present name of this month from the Romans, among whom it was at an early period the

first month of the year, as it continued to be in several countries to a comparatively late period, the legal year beginning even in England on the 25th of March, till the change of the style in 1752. For commencing the year with this month there seems a sufficient reason in the fact of its being the first season, after the dead of the year, in which decided symptoms of a renewal of growth take place. And for the Romans to dedicate their first month to Mars, and call it Martins, seems equally natural, considering the importance they attached to war, and the use they made of it.

Among our Saxon forefathers, the month bore the name of Lenetmonat, — that is, length-month, — in reference to the lengthening of the day at this season, the origin also of the term Lent.

"The month," says Brady, "is portrayed as a man of a tawny colour and fierce aspect, with a helmet on his head — so far typical of Mars — while, appropriate to the season, he is represented leaning on a spade, holding almond blossoms and scions in his left hand, with a basket of seeds on his arm, and in his right hand the sign Aries, or the Ram, which the sun enters on the 20th of this month, thereby denoting the augmented power of the sun's rays, which in ancient hieroglyphics were expressed by the horns of animals.

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ECOLOGY

The value of forests

Karl Sowders
Strawberry Hill Foundation

Most people think cutting down trees is bad. In some cases, I would agree. We all like seeing trees and it's hard to not get a lot of value out of their presence. I particularly love the really big trees I come across during my time spent walking through the forest. As a student of the Forestry Program at Penn State Mont Alto, I have learned that most forestland property owners want to keep their trees for one reason in particular: to enjoy being among the flora and fauna.

Many people see trees as valuable natural resources that, although sustainable, belong in the landscape and not at the lumber mill or the paper factory. We all know that the wood in our homes, whether furniture or cabinets, came from somewhere. In one way, we are desensitized to the fact that we use trees for almost everything, but in an intrinsic way, we also want all the trees to be preserved.

Back in the nineties, my grandfather decided he wanted to own forested property. My grandparents purchased fifty acres in Pennsylvania that abutted the Michaux State Forest. Growing up, my summers were spent at my grandparents' property, going for walks to pass the time. I vividly remember my whole family venturing to this wondrously big oak tree near the property line on the Michaux side.

When I started my first semester of forestry fifteen years later, I

learned that the tree I had always remembered was the state champion northern red oak. It actually held the Pennsylvania record for being the largest tree of that species. As you can imagine, this was really exciting to me! To this day, I feel if I had not grown up spending time outdoors, especially in the forest, I would have never ended up studying forestry in college.

For most people, owning forested property is an unlikely investment. For others, their livelihoods are embedded in the forests and they take what the forest offers and turn it into mortgage payments, support their families, and find happiness in working for the resources that forests provide. Reality is, forests are managed for monetary gain in one industry in particular, lumber and paper pulp. Personally, I would like to be one of those people.

I have learned how to ensure a forest will grow back after harvesting trees in an area. There is a right way to make money in forestry, and a wrong way. Many people see clearcut forests as a bad thing. If managed properly, those forests can be restocked with trees within five to ten years. They can be harvested again in say 50-100 years. Clearcutting is not necessarily the wrong way to manage the forest for money, selective harvesting is. Selective harvesting means only cutting down the big, most valuable trees and leaving behind the trees with poor form and slow growth. This management practice

is seen as a big detriment to the forest because the leftover trees are less valuable and repopulate the stand with more undesirable trees. To repopulate the stand with genetically dominant trees after harvesting, a few large valuable trees should be left standing. The large trees will function as the new seed source and the property owner will still get some aesthetic value out of their harvested lands.

Additionally, harvested forests will do more than invigorate new tree growth; they will also attract wildlife. Forest openings are likely to provide habitat for small rodents like mice and voles. The rodents will then attract birds of prey. The forest will grow back quickly if the deer are kept out by putting up a deer fence, and keeping the Japanese stilt grass in check. If the soil is right, the first species to regrow in a freshly harvested forest are likely to be black cherry, quaking aspen, sweet birch, and black locust. All of these trees provide food sources for important migratory birds and rodents. The initial trees to fill in are eventually out-competed and overtopped by more long-lived species like white oak, red oak, hickory, and beech. The secondary trees are highly favored by deer, squirrels, birds, and almost any wildlife you might relate to the forest. Raccoons favor hollow trees for dens, owls are the same way, and wild turkeys often roost on the branches of big trees. Forests, in turn, are valuable to wildlife.

Forests are important for more than just wildlife. They provide essential water conservation and purification for the world's fresh water. The property that my grandparents owned was located at the base of a steep incline where a spring came bubbling out of the side of the mountain. This was always a very special place to the entire family because the water would flow out of a small cave-like opening. You could see the water dripping off of the roots and soil and we could have consumed the water right there without filtering it. This was made possible because the ground water moved downhill from the top of the mountain to the spring and was filtered by the soil along the way. If the forest had not been not managed



While forests, such as the ones pictured above at Strawberry Hill Foundation, are beautiful and allow us to escape our daily worries, they also hold the key to reversing the rising sea levels, changing climate, and future development of sustainable harvesting practices.

properly, and the soil was exposed rather than covered by leaves and vegetation, the water would have been contaminated and foul. Forests, therefore, are extremely valuable to the water cycle and overall natural water filtration.

Water filtration and air purification seem to go hand-in-hand with forests. Among the many benefits they provide, the trees that make up a forest breathe in carbon dioxide. Through the process of photosynthesis, they use energy from sunshine to break apart the carbon dioxide, keep the carbon for energy storage, and release the oxygen atom. The trees take in the greenhouse gasses we produce from driving and burning coal, and give back one of the basic elements we need to stay alive. A single tree collecting carbon and keeping it out of the atmosphere does not make a significant difference to the overall global pollution, but the more trees we have the more difference there is to make. Forests are a huge component of the fight against global warming and climate change; signifying their value is much greater than just a place to hike, hunt, or get lumber to build our homes.

In short, we owe a lot to the forests. I feel as though I belong in

the wilderness appreciating all of the valuable resources that it provides. From the time I was a child walking around my grandparents dream property, to the day I have to leave my re-creation of what that property was to my family and I. We can all appreciate the fact that forests provide all of us with clean water and air. For those who are like me and enjoy being in the forest, they provide a place like no other to feel connected to something natural and greater than ourselves. Forests are not just a place for our species to live; they are a legacy for wildlife. We do not, and cannot exclusively find value in forests now, because they hold the key to reversing the rising sea levels, changing climate, and future development of sustainable harvesting practices.

Strawberry Hill Nature Preserve and Environmental Center is a non-profit environmental education and conservation organization located in the foothills of the Blue Ridge Mountains of south-central Pennsylvania in Fairfield, Pennsylvania. To learn more about all they offer, we encourage you to visit them at 1537 Mt Hope Rd, Fairfield, or visit them on-line at www.strawberryhill.org.



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REAL SCIENCE

Energy generation in the United States

Michael Rosenthal

One of the frustrating things in the life of the scientist comes when you pick up the daily paper and see how many issues are being discussed (or argued) in which the scientific basis is being ignored. One of these, which we see almost daily in the newspapers, is the issue of the effect of energy generation on the environment. I have an excellent education in science (a great small college undergraduate background and a first-rate PhD in chemistry), and some 50+ years of experience in college science teaching and continuing to study science. All the answers as currently understood are always available for reference. Many topics require continuing study and research and an ongoing reinterpretation of the results to form revised conclusions. The underlying laws of nature, however, do not change. New interpretations arise and new discoveries are made, but you can count on, for example, the Law of Conservation of Energy to be stable and permanent.

The negative impact of the use of fossil fuels on the environment is real and will not change. Global warming will continue to occur as long as

we pour carbon dioxide and other combustion products into the atmosphere. The frustrating thing to me is that we possess the capability to generate electricity with minimal impact on the environment, but bad judgment, financial gain, and yes, political considerations, affect our decisions on the topic.

One of the interesting aspects of this issue is how varied the leading methods of energy production are from state to state in the United States. The New York Times recently published a great story (Jan. 28, 2019) reviewing how each of the 50 states produces energy.

First of all, they report that coal is no longer the leading energy generation source. It has been replaced in the leader's role by natural gas! Natural gas is better for the environment than coal, but there are even more environmentally friendly ways to produce electricity. Coal produced more than half of the United States' energy in in 2001, and now its portion is down to less than one-third. Recyclables, wind and solar, have made progress in raising their share of energy production, but they still have a distance to go to realize their full potential. I believe that each new house built should have solar pan-

els as part of their construction cost. Wind now produces more than six percent of our energy and solar sources produce almost 2 percent.

Here is the current data on energy production in the United States from 2017: Natural Gas produced 32% of our energy, surpassing coal, which produced 30%. Nuclear power produced 20% of our energy. Hydroelectric sources produced 7% of our energy; wind produced about 6% of our energy, petroleum produced about 1%, and solar sources produced nearly 2%. Coal remains the main source of electricity in 18 states, down from 32 states in 2001.

There is wide variation state-by-state in how energy is produced. While some states import energy from other states, there are states that export energy, producing more energy than they need. Let's look at some of the states, beginning with our home state of Maryland.

Maryland's leading source of energy is nuclear, followed by coal, with smaller contributions from natural gas and hydroelectric. Our neighbor Virginia's primary energy source is natural gas with a strong contribution from nuclear and a smaller contribution from coal. In Pennsylvania, coal powered the bulk of electricity through 2014, when nuclear energy and natural gas sources surpassed it. West Virginia is still coal country. More than 90% of its electricity comes from coal, and because it produces more energy than it consumes, West Virginia exports electricity across the Mid-Atlantic region.

California has been the leader in energy awareness. The overwhelmingly top source of energy there is natural gas, but half the power there now comes from renewable sources: solar, wind, geothermal, and hydro.

Wyoming is still almost entirely coal; Vermont was very strongly nuclear, but their only nuclear plant closed in 2014, and the majority of its energy now comes from renewable sources, mostly imported from other states.

Hawaii has imported petroleum for the last two decades to produce its electricity, but now has put a long-term plan in place to generate renewable power from local sources.

In New Mexico, a bill is being considered that will require electric utilities to get 50 percent of their power from renewable resources by



If you're reading this paper on a dark calm night, chances are your lights are being powered by electricity generated at a nuclear power plant.

2030. Nevada approved such a bill last November.

Governors of Colorado, Illinois, New Jersey, and New York have pledged to pursue goals of getting energy from zero-carbon sources.

Another serious problem is transportation emissions. In December, nine Eastern states and the District of Columbia announced they would seek through a variety of efforts to reduce emissions from their transportation vehicles.

Economic competition is a major factor in some states. The availability of cheap natural gas has allowed it to replace coal as its overwhelmingly primary source of energy.

Texas, with its uniqueness is worth a look. My family and I lived in Texas for some 6+ years, and I can assure you that Texas goes its own way! There is a bumper sticker there, "Texas - it's another country". And it is! Texas has produced more electricity than any other state in the United States since 2001, with natural gas the top source and with coal in second place. Wind power is also on the rise there.

Nineteen states and Puerto Rico have formed the United States Climate Alliance, a group that has vowed to uphold the Paris Climate Agreement. This covers one-third of America's greenhouse gas emissions and nearly half its population. A good summary of individual state actions can be found in The New York Times for Feb. 10, 2019.

So how does this picture look in relation to the problem of global

warming? I absolutely assure you that the threat of global warming is REAL! Natural gas is a whole lot better for the environment than is coal, but it still produces considerable amounts of greenhouse gases. We need to utilize more low or zero carbon sources of energy!

An Update on vaccines: Anti-vaccine activists in Washington State are vigorously opposing a bill that would make it harder for families to opt out of vaccination requirements for measles, mumps, and rubella. This is amid the state of Washington's worst measles outbreak in over twenty years. Why are they doing this? Anti-vaccine activists believe that the vaccines injure or sicken children, and even claim that they cause autism. There is absolutely no scientific evidence that vaccines cause autism in children. How does opposition to vaccination on grounds that have no science behind them get started?

Well, some people simply believe what they want to believe which, in my mind, is a human failing, especially when potential sickness or death of children is involved. The Pacific Northwest is the home of some of the United States' most vocal anti-vaccination activists. This has led to vaccination rates in Washington, Oregon, and Idaho to be some of the lowest in the United States. The World Health Organization listed vaccine hesitancy as one of the top ten global threats of 2019.

To read past articles by Michael Rosenthal visit, the Authors section of Emmitsburg.net.

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IN THE COUNTRY

Catoctin area winter bird count

David Smith
Frederick Bird Club & Audubon
Society of Central Maryland

What they are and what they tell us about bird populations, distributions, and the effects of climate change

Folks interested in birds have many ways to express that interest these days, with access to vast sources of information at our fingertips. Some folks are casual observers or photographers of birds; others like attracting birds to their yards with food, water, or shelter; while more hard core bird enthusiasts or “birders” as they are called participate in more active bird watching pursuits. These can include trips to nearby or distant areas to look for birds or it can include participation in various seasonal bird counts.

In Maryland, birders have two statewide organizations whose focus is birds. The National Audubon Society (NAS), which has been around for more than a century, is focused primarily on bird conservation and advocacy. There are five active chapters of NAS in Maryland in the District of Columbia, plus a statewide organization. The local chapter is the Audubon Society of Central Maryland, which includes all of Frederick County and portions of Carroll, Howard, and Montgomery counties.

The chapter supports two 100+ acre sanctuaries in eastern Frederick County with seasonal fundraisers, including birdseed sales and a native plant sale. The chapter board meets irregularly to conduct business. The Maryland Ornithological Society or MOS, which was first started in 1945, seeks to promote the study and enjoyment of birds. Many chapters of the MOS occur primarily at the county level. In Frederick County, the Frederick Bird Club is the active local chapter of the MOS. The club meets the first Thursday of each month at 7 p.m. between September and May for talks on birds and other areas of natural history. In

addition to meetings, there are bird walks and the aforementioned seasonal bird counts.

This time of year finds Frederick County “birders” involved in several types of winter bird counts. The first of these is the Audubon Christmas Bird Count run by the NAS for well over 100 years. Prior to 1900, many Americans participated in what was referred to as the Christmas “Side Hunt.” Teams would go into the field, rifles in tow, and whoever brought in the most birds and mammals won the event. Around the turn of the twentieth century, the appreciation, rather than the exploitation, of nature was beginning to gain popularity, and many people began to question the practice of the holiday “Side Hunt.” In 1900, Frank M. Chapman, an ornithologist at the American Museum of Natural History in New York and an early officer in the newly formed NAS, proposed a new practice designed to count the numbers of birds over the holidays rather than shoot them. This practice, referred to as the “Christmas Bird Census,” spread throughout the country and soon replaced the hunt with a tally of all birds in winter.

The census, now known as the Christmas Bird Count, has continued since 1900, and is now conducted throughout the Western Hemisphere, though the vast majority of counts occur within North America. Counts are a single day tally of the numbers of individuals of all species of birds from within a circular area with a 15-mile diameter. They can be run on any day between December 14 and January 5, but must first be registered with Audubon and specific protocols followed, before the data will be accepted. Information about the count, including count data, can now be viewed electronically by visiting the Audubon Christmas Bird Count website at: www.audubon.org/conservation/science/christmas-bird-count.

The 2019 count next Decem-



Members of the Frederick Bird Club & Audubon Society of Central Maryland were out in force throughout December and January assessing the health of area's bird population.


ber will mark the 120th season of the Christmas Bird Count. Folks living right here in Northern Frederick County may not realize that a Christmas Bird Count has occurred in their backyard so to speak for over 60 years! The Catoctin Mountain Christmas Bird Count was started in 1950 by John Richards, a professor of Physics at The Mount. Centered just outside of Thurmont, Maryland, the count includes much of Northern Frederick County and a small piece of southern Adams County, Pennsylvania and western Carroll County.

The 66th Catoctin Mountain Christmas Count was held on Sunday, December 16, 2018. Considerable rain had fallen in the previous days causing the larger rivers to flood their banks, making driving and birding in some areas a challenge. Even so, the current count compiler, Kathy Brown, reports

that 63 species of birds were found on the day, slightly higher than the previous year. Kathy reports that this total included species not seen every year, such as Lapland longspur, rusty blackbird, purple finch, and eastern phoebe.


While the Christmas Bird Count has occurred in early winter since its beginnings, many birders over the years noticed that some birds are still migrating in early winter, having not yet reached their true wintering grounds. For this reason, many states have adopted additional counts later in winter when all but the most nomadic of bird species are finally settled in for the winter. In this way, the count would reflect true winter bird distributions. In Maryland, these midwinter bird counts were begun in the mid 1980s. Counts are done on a countywide basis on a given day generally between mid January and early February.

The Frederick Bird Club did not have a midwinter bird count until 1995 when I organized the first count. I have served as the county count coordinator ever since. The 2019 Frederick County Midwinter Bird Count was the 25th consecutive midwinter count. We had a team of over 30 people that spread out throughout Frederick County to count all birds within the fields, forests, rivers, ponds, and cities and towns. It was a cold day, but dry and calm. Most still water was frozen, but the rivers and creeks were flowing. We managed to find nearly 30,000 individuals of 88 species, including one species, American Woodcock, which had not been previously reported during the first 24 years of the count. The woodcock, an upland shorebird with short legs, a long stout beak, and an odd aerial courtship display, was the 135th species of bird observed on the count.



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IN THE COUNTRY



One very noteworthy thing revealed during the recent Catoctin Christmas Count and Frederick County Midwinter Count is that the numbers of Carolina Chickadees (above) and Tufted Titmice (below) were at historic lows.



crop of caterpillars. Therefore, it was a perfect storm for chickadees and titmice, with bad timing to begin with and a poor year for the production of inch worms. This likely meant that very few young chickadees and titmice survived to fledging last year. Survival of small songbirds in general is relatively low, so without the recruitment of young in 2018 and with the normal mortality rate of adults from predation, disease, etc., by December and January these populations saw a dramatic decline. Hopefully, this year's nesting season will be more successful and we will see a bounce back in chickadee and titmice numbers on next year's counts.

So why do we intrepid birders leave the warmth of our homes and risk frostbite every year to count birds in winter? The answer is to better understand how bird populations and distributions are doing over time and to see how these have changed with changes in land use and climate. Long term data sets, such as the Audubon Christmas Bird Count and MOS midwinter counts, are ideal for showing these changes. One example is the chickadee and titmouse declines observed this year. Another example observed over a longer time frame is of a formerly common wintering sparrow in our area, the American tree sparrow. This species has been declining in the Piedmont region by -4.63% per

year over the past several decades. At the other extreme, the black vulture, one of two primarily scavenging birds of prey species in our area, has been increasing by 6.73% per year over that same time. This species was not even observed on the Catoctin Christmas Count until 1976, but is now seen every year and in increasing numbers. What becomes apparent from looking more deeply into the Christmas count data is that with average temperatures generally increasing over the past several decades, a species like the American tree sparrow is no longer migrating as far south in winter as it once did. This species breeds near the tree line in far northern Canada and Alaska and generally winters across most of the northern US south to North Carolina and Tennessee in the east. However, the greatest increase in the percentage of wintering American tree sparrows (3.66% per year) is for birds in the boreal taiga plains of north central Canada, suggesting that these birds may be remaining farther north rather than migrating to our area.

Sadly, these winter counts have also noted the extirpation of some of our former bird species, such as the northern bobwhite. This smallest eastern chicken-like species was once a common sight in the rural farmland of Frederick County. However, with changes in farming practices in the 1960s

and 1970s, including the removal of hedgerows between fields, these birds no longer are found in the county or even within the region. They have never been recorded on the Frederick Midwinter Count and the last bobwhite was observed on the Catoctin Christmas Count in 1983.

So I hope you now have at least an appreciation for those of us who brave the elements each winter to document the birds that call our neighborhood home. While it can sometimes be an uncomfortable day in the field, it is nevertheless interesting to see what species are still within the various patches of habitat within the count circle or county. And knowing that the data help to explain observed changes in winter distribution or population sizes and may someday help to guide conservation practices, makes it all the more rewarding. If you are interested in knowing more about the birds in Frederick County, consider joining the Frederick Bird Club or Audubon Society of Central Maryland. You can find out more about the Frederick Bird Club, and the MOS as well, by visiting the chapter website located at www.frederickbirdclub.org. You can find out more about the Audubon Society of Central Maryland and Audubon Maryland/DC by visiting the website at www.centralmdaudubon.org.

Over the years, we have seen some truly amazing species of birds. Most are the usual species that are either year round residents or regular winter residents. However, in some years we have had species that are considered irruptive, meaning that they do not normally stray this far south in winter, but because of failed food resources farther north, they must go farther afield to survive. These have included snowy owl, crossbills, redpolls, and northern shrike. Other oddities have arrived after being blown way off course during their migrations, including a northern lapwing from Europe, a white-winged dove from down south, and a rufous hummingbird from out west. Still other species are unusual because they normally leave our area before winter sets in, but may remain in our area in some years. These have included brown thrasher, gray catbird, common yellowthroat, and chipping sparrow. A brown thrasher was present during this year's count, only the sixth time it has been recorded in 25 years.

One very noteworthy thing about both the recent Catoctin Christmas

Count and Frederick County Midwinter Count is that the numbers of Carolina chickadees and tufted titmice were at historic lows. For the midwinter count, the tufted titmouse numbers were 64% below the previous 24 year average. The Carolina chickadee numbers were even more dismal, with a 71% drop over the 24 year average. Both of these species are considered quite common throughout the state so why did we see such an unprecedented decline over the preceding year? Some have speculated that it has to do with one of the worst nesting seasons in history during 2018.

Chickadees and titmice feed their young almost exclusively on inch worms, those little caterpillars that emerge about the time the first leaves begin to open on the trees in late winter or early spring. Normally, these birds time their breeding activity to coincide with leaf-out to take advantage of the bonanza of inch worms to feed their young. However, the late winter and early spring of 2018 was cold and rainy, leaf-out was somewhat later than usual, and produced an exceptionally poor



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THE MASTER GARDENER

Bird feeding – a winter activity

Mary Ann Ryan,
Adams County Master
Gardener Coordinator

My brother-in-law is in the military. As a military family, they move a lot. We have visited them in a few of the places they have been stationed, particularly Fort Drum, NY and more recently, Fort Lee, Virginia. Here is my experience with wildlife when visiting.

Over a Thanksgiving holiday, my family visited my husband's brother and his family in Fort Drum, NY. The neighborhood was straight out of the 50's – all the homes looked the same on the same size lot, the same distance apart. There were little to no plants or trees as the neighborhood was just completed. It snowed about five inches on Saturday and an additional dusting on Sunday. When venturing out on Saturday morning, kids were out building snowmen and shoveling snow. I saw a couple of kids pulling sleds, although I have no idea where they were headed. June Cleaver was probably inside baking cookies waiting for Beaver to come home after a busy day in the snow.

But bird life? There was none to be seen. No plants with seed heads to attract the playful feathered friends, no feeders on posts or attached to trees to bring the birds to the neighborhood, no evergreens to give shelter - a sad outcome of any new neighborhood that's been started

from scratch. The neighborhood was alive with people, but void of wildlife.

Their home in Fort Lee wasn't much different – in reference to wildlife. Their home was inviting, as always. Although this time when we were visiting, the neighboring homes were empty. No one was around, no kids, no adults. As he climbs the ranks, the homes become larger and families become older. This neighborhood was newly constructed as well. There were a few trees planted, with the typical evergreen shrubs on each side of the porch. Somehow, my sister-in-law makes things so inviting for guests and visitors. We are always welcomed to their home, wherever it is. However, the bird activity in this location was rather quiet, yet again. The few perennials that may have been planted were all cut back. There was little food for any feathered friends. And as a bonus, the crepe myrtle that was planted was basically buried. The mulch was piled so high – 18" high – on the trunk that the lives of those trees are limited.

So what do these two environments tell us? It tells me that we can fix these flaws in construction. Unfortunately, neighborhoods like this are not limited to the military. These neighborhoods are all over the country.

Understanding and educating folks on the benefits of planting properly and environmentally friendly maintenance practices can go a long way for our feathered friends.

Watching birds in the winter is enjoyable and fun to do. During the dreary days, we can lift our spirits by watching the little creatures flitting around the feeders and seed heads of perennials, and in and out of evergreen trees and shrubs. Our feeders are outside our family room windows, and I can watch the activity for quite a long time as the birds visit different feeders.

Many types of birds visit in any given period of time. Red-bellied and downy woodpeckers, chickadees, juncos, white-throated sparrows, house finches, cardinals and tufted titmice grace us with their presence. An assortment of feeders and food choices will attract a larger variety of our flying friends.

Plant Life: When planning for winter visitors, plant things that have seed heads that can remain through the winter months. Common perennials such as black-eyed susans, coneflowers, and asters will provide seeds. Evergreen shrubs and trees, like inkberry holly, American holly and white pines will provide shelter for the birds. Deciduous shrubs like viburnums, winterberry holly and sumac provide berries. Allow old, dead trees to remain standing if safety to any buildings is not an issue. These will provide nesting holes in the summer, but also the woodpeckers and other birds like blue jays love to use the trees to break open seeds and nuts.

Take advantage of the winter months to plan for a bird habitat. Research the sizes of shrubs and trees, study the best locations to plant bird attracting shrubs, trees and perennials. Understand and see the beauty of a less than tidy garden, as the dead stems and thick brush are the reason bird activity will happen in any given area. Keep in mind the visibility of the feeders from inside your house so you can properly locate the plants for your view of the bird activity.

Supplemental Food: We can supplement this natural food source by providing additional



Watching birds in the winter is enjoyable and fun to do. During the dreary days, they can lift our spirits, and if you're religious in your feeding routines, you'll even begin to recognize individual birds, and they you.

seed through bird feeders. Many styles of feeders are available, from tubes and platforms to nets and hoppers. The more variety of feeders you provide, the more variety of visitors you will have. Tube feeders typically attract finches, while the platform feeders will attract larger birds like cardinals and blue jays and the netting can be filled with suet for the woodpeckers.

Probably the most versatile feeder is the hopper. At our hopper, one located on our deck the other outside the kitchen window for easy view, we have finches, juncos, titmice and chickadees visiting daily. We keep it full of black oil sunflower seed. Another feeder that we use is a suet feeder. This feeder allows the birds to feed on the underside as the holes are below the suet cake. Mostly woodpeckers hang out at this feeder, literally. It's really enjoyable to watch them!

We also have a net that we fill with suet or a peanut butter mixture that includes sunflower seeds. This attracts the woodpeckers, but we get flickers and

jays flitting around as well. A piece of a wooden post with holes that we spread the peanut butter/sunflower mixture provides cardinals and blue jays as well as finches and titmice a feast to partake. Gold finches love the tube feeders. The gold finches will feed upside down, making this an interesting watch.

Just as there is a variety of feeders, so goes the types of feed. Millet, sunflowers, corn and peanut butter can all be a food source for birds. The most versatile seed is the black oil sunflower seed. This seed can be mixed with peanut butter and put into the suet feeders, and it can be used in hoppers as well as platform feeders for the cardinals, chickadees and titmice.

The least useful type of feed is millet. Typically when buying a bird feed mix, the millet is what the birds will scratch to the ground and discard. It's mostly just a filler to add weight for the bag. Niger (thistle seed) is used in the tube feeders for the finches. These are tiny seeds and are typically on the pricier side, but the finches just love it!

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THE MASTER GARDENER

A winter tradition in our family is to smear peanut butter onto pinecones and hang them on the trees. We also use orange and apple slices, string them together and have an outdoor tree for the birds! Even at 25 and 22, our daughters still enjoy this winter tradition.

Feeder Location: When locating the feeders, whatever type you choose, remember one important element: shelter. The birds need to feel protected and have a quick get-away from any potential hunters, like hawks and cats. Be sure to locate the feeders near evergreen trees or near brush or plants that they can quickly fly to when danger is in their midst. Our feeder on our deck has evergreen trees to one side and a dense, deciduous tree to the other. This allows them cover from potential predators.

Water: For best bird activity and bird health, not only should you provide a food source (whether with plants or store-bought bird feed) and shelter, but you should also provide water. A heated birdbath can provide that. There are many types of bird baths and heaters on the market. Small fish ponds, or just a clean dish of shallow water set out each morning can provide this source of water as well.

I remember, not long ago, thinking that bird watching was for the older generation. In the early days of dating my husband, I can remember visiting him in San Francisco. At the time, he was working with the U.S. Dept. of Interior, researching waterfowl in the bay area. As an

avid bird watcher in his mid 20s, the first place we went after he picked me up at the airport was “some place” in this marshy area looking for a black rail. All these birds, with their scopes, binoculars, and other gear that I didn’t understand, were just waiting for this little bird to “flush” out of the grasses. I thought they were all crazy, including my boyfriend. (I suppose that should have been my first clue...)

But now, in my early fifties, I, too, find this a hobby worth the time. Maybe I’m now a part of that “older generation” I not so long ago deemed worthy of bird-watching. Look into acquiring field guides to help you identify the birds visiting your feeders in the winter. Some guides you may want to look at are Peterson Field Guide to Birds of North America and Sibley Guide to Birds. A website to check out is the Cornell Lab of Ornithology All About Birds (www.allaboutbirds.org).

My guess is, when spring comes, you’ll be more aware of the bird activity around you and utilizing a guide even more frequently than you have during the winter. Enjoy the quiet of the winter and the flurry of bird activity. When we get “snowed-in” again this winter season, remember to take the time to relax and watch the birds. Enjoy the relaxation now, because spring is just around the corner!

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

Small Town Gardener

Edibles for Container Gardens

Marianne Willburn

This is America. We super-size everything from our sofas to our fries. And when it comes to our plants the same rules apply – we want Mortgage Lifter tomatoes and Dill’s Atlantic Giant Pumpkins.

Or do we?

This is also America in a new millennium. Increasing amounts of would-be-gardeners are looking around smaller yards, balconies and patios, and wanting to make the most of what they have. And the seed companies are responding.

Over the last decade, plant breeders and seed companies have risen to the challenge of tight spaces and busy schedules and gifted the small-space gardener with many wonderful choices.

This doesn’t mean that the balcony gardener will have to cut up eighteen cherry tomatoes in order to make a respectable BLT, or that the patio gardener will have to supplement the microscopic chile relleno on her plate with three cups of Spanish rice. Most of these varieties have been specifically selected in terms of growth habit and production – giving you more for less, so to speak. Here are some of my favorites:

Great edibles for container gardening

‘Garden Babies’ lettuce (Renee’s Seeds) – Hands down my absolute favorite lettuce. I’d grow this beautiful butter lettuce whether I had a tenth of an acre or ten. Tight heads, grows quickly, makes a container look like a million bucks, and the superb texture and taste that is indicative of high-end salads that cost you a lot more than a packet of seeds.

‘Super Bush’ tomato (Renee’s Seeds) – Another big winner from Renee’s. This variety gives you plenty of those Campari-sized tomatoes, but takes all the hassle out of tomato growing. Stems are thick and do not need staking – making them a terrific option for resident gardeners who hate wrestling with tomato cages.

‘Dolce Fresca’ compact basil (Park Seed, Territorial Seed) – A 2015 All-America Selection, this basil doesn’t turn into a gawky teenager as soon as you turn your back. The texture is tender, the taste is right on the money, and keeping a couple pots going means that you can alternately harvest one and prominently display the other.

‘Picklebush’ cucumber (Burpee) – I have been a



fan of this older variety for many years as the vines stay compact and manageable. The fruit is a perfect pickle size but can be picked earlier by foodies who like to serve their own cornichons at parties where cornichon is considered a food group.

‘Numex Easter’ pepper (Park Seed, Totally Tomatoes) – Boy did I enjoy this All-America Selection winner last year. It was such a productive, beautiful plant, and the rainbow-colored medium-hot peppers dried so well that it will now be a staple in my container garden or as an edger in the front of other garden beds.

Bushel & Berry® container soft fruits – (Stark Bros, Big Boxes) – If you’ve got a sunny patio, you can grow expensive soft fruits like blueberries, raspberries and blackberries. Bushel and Berry® gives their compact cultivars cute names that are easy to remember like ‘Jelly Bean’ and ‘Raspberry Shortcake,’ but there’s nothing ‘cute’ about the amazing amount of fruit they produce whilst maintaining an attractive size. An added bonus of growing berries in a container is the ability given the home gardener to easily monitor and control soil pH – that minor detail of soil chemistry that spells the difference between berry bliss and berry blah.

Tips for successful container gardening

When you’re planting up pots of edibles for maximum ornamental value, it’s often wise to use ornamental container shrubs in large ‘anchor’ pots to center your display and provide eye-candy when you’ve just harvested a good deal of the visual interest. Think along the lines of good, compact foliage with high interest such as ‘Golden Elf’ spirea or the evergreen presence of a variegated boxwood.

As with any potted garden, your plants will rely on you more heavily than will their cousins in the ground. Adequate water on a daily (sometimes twice daily) basis is crucial. Once a plant dries out, it takes a long time to recover, as does your desire to continue watering a dried up has-been of a raspberry.

Don’t let that happen, and remember that feeding your plants on a regular schedule will also ensure success. Fertilizer isn’t necessarily about shaking green pellets out of green tubs – there are plenty of organic options for the gardener who doesn’t want to artificially super-size his veggies. I use Espoma’s Garden-Tone for my container vegetables. It’s easy to use, gentle, and gives them extra nutrients in a very acceptable 3-4-4 formulation.

So grab some seeds, grab some seed flats, and start planting. Your container garden is just a season away.

Marianne is a Master Gardener and the author of Big Dreams, Small Garden.. You can read more at www.small-towngardener.com

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PETS

I need to talk about crows

Jennifer Vanderau
Cumberland Valley
Animal Shelter

I know, I know, you think I've finally lost it – and truly, I'm never too far from that ledge at any given moment – but hear me out. This one might get you like it got me and it does have a pretty interesting point.

Under normal circumstances you know I'm all about the cats and the dogs and the rabbits and the guinea pigs we have at the shelter, but sometimes I forget that all animals, in general, can teach us amazing things and give us incredible stories.

This one just happens to be from crows.

I came across a fascinating tale on Facebook the other day about a little girl who feeds crows. It began when she was a toddler and most of the feedings happened by accident. Little ones tend to drop a lot of the food they eat (or so I've heard) and will litter the ground around them with delicious morsels.

This little girl would get out of the car and a chicken nugget or two might just fall out behind her. The crows in her neighborhood realized this and started to look for her arrival.

When the little girl understood why the crows were coming around her, she and her mom (and sometimes her little brother) began deliberately feeding the crows.

And thus, a pattern began to emerge. The crows would begin to watch for the little girl and her mom and would squawk happily when they provided some peanuts for them.

Peanuts, incidentally, are apparently a good energy food for crows. (See the interesting things you can learn?)

Once this family developed a routine, something kind of magical happened. The crows would bring gifts to the little girl. Now, these aren't the kind of sparkly gifts you would find under a Christmas tree in December, but in the world of a crow, I'm going to bet they were pretty valuable.

There were beads and buttons and paper clips and nails and screws and even some earrings. Bless her heart, the little girl actually has a collection of the gifts that she keeps in special containers to remind her how grateful her crows are for her care and consideration.

The crows would likely use the items to build a nest, so the little girl feels incredibly honored to be given something of such value in the crow world.

And now we've arrived at the part of the story that completely blew my mind. Hang onto something.

The little girl's mom began developing an interest in photography. She got a very nice camera and would take pictures of her family (obviously), but also enjoyed snapping shots in nature. One day she found a gorgeous bald eagle and followed him throughout his journey in the sky to get some amazing photographs of him.

Along the way, she accidentally dropped her lens cap over the side of a bridge and saw it lying on a shelf just a few feet below her. She attempted to reach it, but her efforts

were to no avail. Figuring she could get another lens cap, she made certain to be incredibly careful with the camera until she could purchase one.

When she got home, she closed up her camera as safely as she could and went about her day – including feeding the crows with her daughter.

When the time arrived for the present collection, can you guess what the crows had waiting for them?

The lens cap she had dropped at the bridge.

Is your jaw hanging open? Mine sure was. This means that not only are the crows capable of recognizing what the family does for them every day, but they may actually follow them and watch out for them and help them.

Can you even believe it? Animals – even our feathered friends – continue to amaze me.

My mom and dad have been feeding the birds outside their home for a while now and let me tell you, they've amassed quite a gang outside the window. Whenever I visit it seems like there are always birds hanging around, almost watching them inside the house.

Both mom and dad tell me when they take food out to them, the birds will squawk and squawk until the feeders are full. They said it really seems like the birds are talking to them and indeed, they probably are.

It reminds me of a song from a Disney movie years ago – Pocahontas. She sings of man's greed when it comes to nature and the planet by expressing, "You think you own whatever land you land on. The Earth is just a dead thing you can claim. But I know every rock and

tree and creature has a life, has a spirit, has a name."

How much of the world around us really does have incredible spirit and energy? What do we miss by not noticing the purity of the snow or the scent of the wind or the thoughtfulness of a crow?

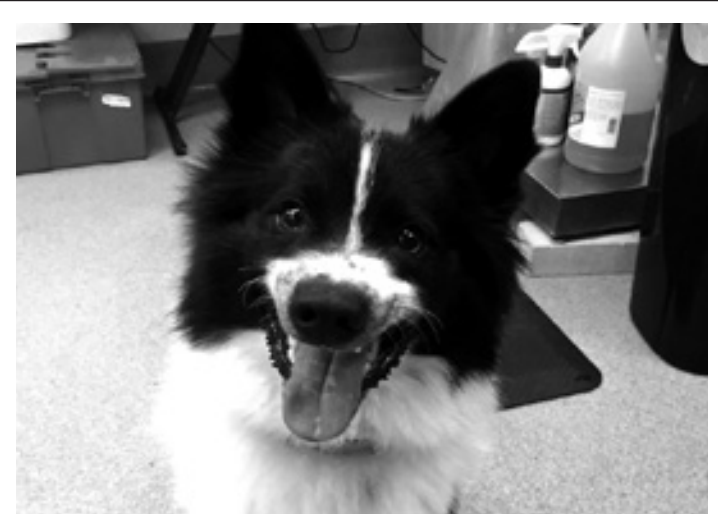
Nature can have huge benefits for humans if we take the time to really listen. We are a part of this earth just as all the plants and flowers and animals are. If we search out that innate connection that every one of us has – put down the cell phones, turn off the television and really notice what's around you – I think you'd be surprised how beneficial it can

be to your health and spirit.

So keep your eyes open and I think you will be stunned at what lessons await our learning.

Even ones from a crow.

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



Dr. Pepper is a 1-year-old border collie/spitz mix who has been back and forth a lot for his young age. Dr. Pepper would probably be best as the only pet in the home. Since he is still a puppy, he has a lot of puppy behaviors, and will need someone who has the time and patience to work with him on training. He tends to bark, too, so he may not be suitable for apartment living. Due to his history, an age restriction for children may apply, so please discuss this with shelter staff. If you understand the border collie behavior, stop out to meet Dr. Pepper!



Hank was brought into the shelter in a trap and we found out he was already neutered and quite a nice boy. No one came to claim him, so now this 7-year-old fellow is looking for a home. Hank really loves attention and kitty treats! He will make someone a wonderful companion.

For more information about Dr. Pepper and Hank visit the Cumberland Valley Animal shelter.



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County Council urged to amend animal ordinances

Carla Hodge
Frederick AdvoCats

Each day, an average of 11 animals are admitted to Frederick County Animal Control. That added up to a total of 3,955 in fiscal year (FY) 2018, 58% of which were cats, 26% dogs, and 16% other types of animals. Most dogs and cats that arrive at the shelter are owner or guardian surrenders and strays.

For these animals entering the shelter, there are six possible outcomes. They may be dead-on-arrival, die while there from illness or injuries, or be euthanized. Other animals have a more positive outcome of adoption, transfer to rescue, or are returned to their owner. In FY 2018, the live release rate, the percentage of animals leaving the shelter alive, was 84% of dogs and 51% of cats. Cats are euthanized at the shelter at double the rate of dogs (44% vs. 19%) and don't get returned to owners anywhere near as often as dogs (4% vs. 38%). Disparities in the outcomes for cats and dogs suggest that many of the cats entering the shelter are community cats.

Community cat is an umbrella term that includes any un-owned cat. These cats include strays, lost or abandoned pet cats forced to survive on their own, as well as feral cats born outdoors. The cats may be domesticated and friendly or feral, un-socialized, and fearful of people, or anywhere in between. The term, community cat, reflects the belief that when cats are not owned by any individual, they belong to the community as a whole, which has collective responsibility for their care.

Though not always visible to us, as cats tend to be active at night and avoid people, there are a lot of community cats. They are all around us, in our neighborhoods, parks, along roadways, and around business establishments, in both cities and more rural areas, they come in search of food and shelter. It's hard to say exactly how many community cats live in Frederick County. Using the shelter and outdoor cat population calculator developed by the

University of California, Davis, Koret Shelter Medicine program, based on approximately 1 cat per 7 people in a community, there are an estimated 36,500 un-owned cats in the county.

Currently, Frederick County has no effective program to deal with the ever-growing number of community cats. Left unaltered and allowed to free-roam outdoors, cats are prolific breeders. If we factor in another 25,500 pet cats that are allowed outside, based on 2011 pet cat population estimate from 2012 AVMA Demographic sourcebook, we have approximately 62,000 free-roaming cats in the county.

Trap-and-Kill at the shelter will not reduce this overpopulation. Less than 4% of the estimated number of free-roaming cats in Frederick County were housed at the shelter in FY 2018. Recent science tells us that about 50% of a population needs to be removed through admission to a shelter or sterilized in order to achieve long term control. Shelter admissions don't come anywhere near this level.

An alternative exists to the killing of community cats. Using the well-established targeted Trap-Neuter-Return (TNR) strategy, cats are trapped, sterilized, vaccinated, and returned to their colonies, moved to safer locations or adopted out. A two-year study, "Effect of high-impact targeted trap-neuter-return and adoption of community cats on cat intake to a shelter", focused on TNR efforts in Alachua County, Florida. The research was conducted by principal investigator Julie Levy, DVM, PhD, the Maddie's Fund professor of shelter medicine at the UF College of Veterinary Medicine and published in The Veterinary Journal. Study participants sterilized 54% of the feral cat population in that area. Levy reported a 70 percent decline of animal control cat intake from a baseline of 13 cats per 1,000 residents to four cats per 1,000 residents at the end of the study. In contrast, outside the target area, the county saw only a 13 percent decrease in animal control intake. Study results showed that euthanasia declined 95

percent, from a baseline of eight cats per 1,000 residents to less than one per 1,000 residents. Euthanasia rates only dropped 30 percent in the surrounding non-target areas.

TNR is the right, most cost-effective and humane approach for effectively dealing with community cats and has been adopted by many large and small cities across the nation including Baltimore City and County, and Anne Arundel County in Maryland. According to the Alliance for Contraception in Cats & Dogs, it costs between \$52 to \$123, average of \$87, to euthanize a cat at the shelter and between \$104 to \$550, average of \$327, to shelter and adopt, with no end in sight! It costs an average of \$65 to TNR a cat and is often paid for by grants and private citizens. It's time for Frederick County to implement the TNR approach to save cat's lives and taxpayer dollars.

Frederick AdvoCats, a network of cat welfare advocates, is asking the county council to please consider approving an amendment to the animal ordinances that supports an effective TNR program. Currently, county ordinances are completely silent in dealing with community cats and animal control doesn't have a policy on TNR. "Animal Control officials in Montgomery, Carroll and Howard counties are among those who said they work with animal advocates so some feral cats are neutered and released" as stated in an article by Lisa Rossi, entitled, "Feral Cat Issue Divides Counties, Residents in Maryland" published March 13, 2012 on Patch. Frederick AdvoCats is counting on our county coming together and for our elected leaders to do the right thing for cats and our community.

About Frederick AdvoCats

Frederick AdvoCats is a network of cat welfare advocates who envision a world in which every cat enjoys a good life. As cat advocates, our mission is to protect the rights of cats in our community, promote policies that improve their quality of life, and hold our officials accountable for what happens to cats in Frederick County, Maryland. Working together, we seek coordinated solutions to stabilize the cat population and create a better life for felines and community members in our county. For more information nf Frederick AdvoCats visit them online at www.frederickadvocats.weebly.com.



As a non-aggressive 'biter,' Will Wheaton would be considered un-adoptable by an animal shelter and euthanized. But he got lucky. Instead of going to a shelter after being trapped, he got a job as barn cat, and is now the happiest cat you can imagine.

Taking ownership

Linda Shea
Frederick County
Animal Shelter

Of the over 2,000 animals the Frederick County Division of Animal Control and Pet Adoption Center has taken in since July 1, 2018 over 1,100 were previously owned. Of those animals, over 835 were surrendered in the hopes of getting their pets rehomed. Patch is just one of the many cats in that population surrendered when her owners chose to move.

She was with the same family her whole life. Being at the shelter caused some anxiety for this classic-looking 8-year-old. At this point, Patch has acclimated well to shelter life and we are certain a forever home is not in the far distant future. However, given the volume of animals brought to us from a large variety of situations, we are not able to rehome all of them.

Some owners relinquishing pets admittedly no longer care about the animal, no longer want it, and have no strong feelings on their pet's outcome. For others, they are unaware of how strongly they do care for their pet—until they are in a situation where they must part with it. Regardless of circumstances, we stress the fact that relinquishing owned pets to any shelter should be a last resort.

In fact, we have multiple efforts

in place to reduce the number of animals relinquished to us by owners. Rescue Well, 410-456-1392, is an organization that helps owners rehome pets through marketing and screening measures. Project Hope was designed to provide options for pet owners who would consider keeping their pet, but are experiencing financial distress or need assistance in resolving behavior issues.

For owners who do end up at the shelter's intake area prepared to surrender their pet, we show them a 2-minute video that relays the message that we are not able to rehome all the animals (2,180 since July 1 and counting), that the shelter should be a last resort, and that by relinquishing a pet they willingly give up all rights—including those associated with life or death decisions that can occur immediately. Animal shelters environments can be stressful.

While Patch overcame her initial anxiety, some animals never do. Some animals stop eating. Some animals become defensive. Some animals demonstrate aggressive behavior or temperament that would be entirely unfamiliar to their previous family, making them unadoptable or even dangerous. Stress can do that. For those reasons and more, surrendering a family pet to any shelter should be a last resort.

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

To a poor and lonely stray I'd give:

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

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

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

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

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

-- Author Unknown

petco foundation

HEALTH NOTES

What you need to know about colorectal cancer

Kelsey Shupe
Frederick Memorial Hospital

This year, the American Cancer Society estimates 97,220 new cases of colon cancer and 43,030 new cases of rectal cancer. Overall, the lifetime risk of developing colorectal cancer is about 1 in 22 (4.49%) for men and 1 in 24 (4.15%) for women.

Colorectal cancer starts in the colon or rectum and occurs when cells begin to grow out of control. Most colorectal cancers begin as a polyp on the inner lining of the colon or rectum and change into cancer over the course of several years (though not all polyps lead to cancer).

You're never too young or too old to be diagnosed with colorectal cancer. While people over the age of 50 are at higher risk, colorectal cancer is also on the rise for people under 50. The Colorectal Cancer Alliance, a national orga-

nization committed to ending colorectal cancer through prevention, research, and patient support, confirms that 1 in 10 people with colorectal cancer are diagnosed before the age of 50.

So, whether you're 29 or 59, what can you do to limit your chances of getting colorectal cancer? Know the signs and symptoms, learn the risk factors, listen to your body, talk to your doctor, and know your family health history. A healthy lifestyle, knowledge, and early detection are the keys to prevention.

Lower Your Risk—Learn the Risk Factors

A risk factor is anything that affects your chance of getting a disease or cancer. You have control over some risk factors, like diet or exercise. Other risk factors are out of your control, like your age or family health history. Having a risk factor does not mean you'll get cancer, but it does increase

your chance of developing it at some point in your lifetime.

A number of lifestyle factors, which can be changed, have been linked to colorectal cancer. The American Cancer Society even found that the links between diet, weight, and exercise and colorectal cancer are some of the strongest of any type of cancer.

You may be at risk for colorectal cancer if you have any of these changeable risk factors—now's the time to talk to your doctor about healthy lifestyle changes you can make to break these habits:

- Being overweight or obese
- Lack of physical activity
- Diets high in red and/or processed meats
- Smoking
- Heavy alcohol use

There are a number of colorectal cancer risk factors you cannot change. These include:

- Being older—your risk increases as you age
- A personal or family history of colorectal polyps or colorectal cancer

Your racial and ethnic background—The American Cancer Society reports that African-Americans have the highest colorectal cancer incidence and mortality rates of all racial groups in the U.S.

Having Type 2 diabetes

If a family member has a health history of any of the following, you may be at risk for colorectal cancer:

- Colon or rectal cancer
- Cancer or rectal polyps
- Stomach or bowel problems
- Other cancers such as endometrial, kidney, stomach, small intestine, and liver
- Crohn's or colitis

As each generation ages, important information about your fami-

ly's health history can be forgotten or lost. Start a conversation with your family and learn everything you can about your risk factors for colorectal cancer and other conditions. Share your family history with your doctor, make copies of your health history for your family, and ask family members to share this information with their doctors as well.

Know the Signs and Symptoms

A number of warning signs could be an indicator of colorectal cancer:

- Anemia
- Rectal bleeding (dark or black stool)
- Change in bowel habits
- Diarrhea and/or constipation
- Narrowing of stool
- Persistent abdominal discomfort (cramps, gas, pain, or feeling bloated)
- Unexplained weight loss
- Weakness or fatigue
- Nausea or vomiting
- Crohn's, colitis, or irritable bowel syndrome

Often, colorectal cancers can bleed into the digestive tract. Sometimes this is seen in the stool, other times it appears normal. That's why, for many people, the first sign of colorectal cancer is a blood test. In addition, many symptoms can be caused by other conditions like infections or hemorrhoids, so it's important to see your doctor immediately to find and treat the root of the problem as needed.

Prevention and Screening for Colorectal Cancer

Did you know that colorectal cancer is up to 90% beatable when caught early? Screening is the number one way to reduce your risk of colon cancer. Despite its high occurrence rates, colorectal cancer is one of the most preventable and most treatable cancers—if it's caught early!

Beginning at age 50, the American Cancer Society recommends that men and women at average risk for developing colorectal cancer should have the following screenings:

- Tests that find polyps and cancer
- Colonoscopy every 10 years
- CT colonography (virtual colonoscopy) every 5 years
- Flexible sigmoidoscopy every 5 years
- Double-contrast barium enema every 5 years
- Tests that mainly find cancer
- Fecal immunochemical test (FIT) every year
- Guaiac-based fecal occult blood test (gFOBT) every year
- Stool DNA test every 3 years

If you're at high risk, you may need to start screening before the age of 50. Talk to your doctor about screening recommendations based on your specific health and family history.

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Interpreters are available by advance request. Please call 240-566-4370 at least one week before each session to request an interpreter. • *ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 240-566-4370. • ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 240-566-4370.*



Taneytown welcomes Firehouse Pottery & Arts

If you're looking for a local place to be creative with friends or family, look no further because Firehouse Pottery has everything you need! Co-owners, and mother-daughter team Harmony and Melody, officially opened the doors to Firehouse Pottery & Arts on February 7.

What started as a "paint your own pottery" studio in downtown Mount Airy back in 2005, Firehouse Pottery has grown, changed ownership and made the big move to Taneytown. Having outgrown the space in Mt. Airy, and in an effort to expand the business, Harmony and Melody moved to the nearly 5,000 square foot facility at 115 E. Baltimore Street in Taneytown. Being a native of Taneytown, and knowing the area had a need for a space that offered people of all ages the opportunity to be creative, Harmony decided to bring Firehouse Pottery & Arts to the community.

Daughter, Harmony, graduated college with a degree in Psychology and a minor in Education and worked as a Senior Vice President of a Financial Institution for several years. However, with time, she decided that what she really wanted to do was spend more time with her family. Having always been a crafty and artsy person, and seeing the positive effects that art and creativity can have on children and adults, the mother-daughter team knew that

purchasing this business would be a good move.

The studio is truly a family-run business; not only is it owned by a mother and daughter duo, but Harmony's children are actively involved in the business as well. This was a goal for Harmony, to not only create a space in which she can spend more time with her family, but to create a space in which everyone who enters is treated like family. And that is truly what sets Firehouse Pottery & Arts apart - it's the little touches every day that allow them to make each person who visits the studio feel special. From handwritten notes and birthday cards to special treats given to birthday boys and girls, these little touches truly make every visitor's experience unique and special.

Visitors can expect a wide variety of options when walking into Firehouse Pottery & Arts, as the studio offers many kids' and adult classes and workshops including: paint-your-own-pottery, pottery wheel, canvas painting, glass fusing, stained glass, and more recently, woodworking. Local artisans will also be invited to teach other art classes at the studio.

Not only does Firehouse Pottery & Arts offer an array of classes for every age range, special events are also offered, including birthday parties, bridal showers, summer camps, ladies' nights, and family events. In addition to the regularly scheduled

events such as paint nights, after school art club and story time and art for kids, Firehouse Pottery & Arts studio has many new and exciting events planned for the future. A "Paint your town" series, to feature various towns throughout Frederick County including Taneytown, Emmitsburg and Union Bridge, is coming up. Participants will be able to paint landmarks, special buildings and places of interest within the featured towns. Additionally, this summer there will be an "Art in the Park" series to get people outside to enjoy creating in the outdoors.

As a native of Taneytown for several years, Harmony truly believes in what it means to be a part of ones community. Personally, she is a member of the Chamber of Commerce and is actively involved with the Boys and Girls Club. It was important to her, when deciding to relocate the business to Taneytown, that the business be an active participant in the community as well. "Art is therapy for all ages," stated Harmony. She hopes to continue working closely with many organizations and groups within the community including the Boys and Girls Club, local schools, youth programs, after school programs and retirement communities, in order to provide an outlet of creativity for both the youth and adults in the area. Also, in an effort to allow more people to access the



Morgan Kenney paints a newly 'minted' mug for her mother during the open house.

classes offered by Firehouse Pottery, art classes will not only be offered at the studio, but private events can be arranged, outside the studio.

The response received thus far, within the first few weeks of being open is great! People were excited even before Firehouse Pottery & Arts made the move to Taneytown. Residents reached out to Harmony on Facebook, and also reached out to the town explaining their excitement for having a business of this kind make its way to Taneytown. Not only have residents shown their support for the studio, but so have many businesses up and down Main Street. "Other local busi-

nesses in town have already shown an outpouring of support for us, which has been truly unbelievable," said Harmony, "we are so incredibly excited to be here, in Taneytown." It's so important to create community partners on Main Street. When all businesses work together as a community by coming together to help each other, everyone benefits. "We want to be here for the community," emphasized Harmony, "and so do many other businesses in this town."

To learn more about Firehouse Pottery & Arts visit them online at www.firehousepottery.com or call 443-331-3243.

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WWI NEWS REPORTS FROM THE FRONT

Europe teeters on the verge of anarchy



Allied leaders keep a weary eye as the chaos that gripped Russia threatened to spill over into Germany.

March 7

Conferees Agree On Big Questions

Agreements, which are expected to be the final work of the Peace Conference, have been reached on all the great questions confronting the Peace Conference, save those of German boundaries, the Adriatic question, and the left bank of the Rhine.

The Polish question has been one of the most perplexing, given that the Poles are striving to obtain ownership of Danzig as that will give them an outlet to the sea, while Germany is claiming that it is a historical German city. The peace delegates have yet to determine if the city will remain under German hands or fall under the control of the League of Nations. It is possible that it may be stipulated that the Czechoslovakians also will be given an outlet through Danzig by agreements with the Polish government.

The Committee on Reparations has estimated that 24 billion pounds is the amount that the enemy countries ought to pay the Allied powers. France is demanding immediate payment of one billion pounds, part in gold, part in materials, and part in foreign securities; the remainder of the amount to be payable in 25 to 35 years.

The eighth week of the Peace Conference opened with increased efforts to bring the conference to conclusion.

No one is more anxious for prompt action than the French, who want to hasten the completion of the peace treaty. French apprehension is growing over the danger of Bolshevism and anarchy in Germany, and the French therefore, desire to hasten the conclusion of the peace treaty and incorporate in it measures for the protection which they have expected from the League of Nations.

The provisions for dismantling the fortifications of Germany on its coast and canals have raised concerns with the American delegation, who fear that it might become a precedent - which could then be used to force the United States to remove its own canal and harbor defenses such as those on Cape Cod or along the Panama Canal. The American delegation claims this will be an encroachment on the Monroe Doctrine and said it will not agree to the terms of the League of Nations unless an exemption is made for Americans' sole control of the Western Hemisphere.

It is thought that the conference may consider amendments, such as may be regarded in America as necessary to remove the ambiguity of clauses that might affect the Monroe Doctrine; the right of succession from the League; and, the methods of using force against recalcitrant nations.

Germany will be bound hand and foot by the imposition of the Allied military terms. The terms are even more

severe than recommended by the Allied military leaders. Germany is to disarm down to twenty divisions of 10,000 men each, including fifteen divisions of infantry and five of cavalry. The naval terms now before the Council provide not only for the complete suppression of Germany's submarine force, but also for the termination of all submarine warfare by all nations throughout the world, and in doing so, ends the use of submarines in naval warfare.

This means that Germany, who has already surrendered most of her heavy artillery and is now to be deprived of a fleet and instruments of war, will be reduced to a condition which will make a new German attack upon the Western world unlikely for at least a quarter of a century. Steps have been taken to provide for the creation of Rhenish Republic that when such an attack comes, if it does, its first pain will be born not in the French or Belgian industrial districts, but in the German-speaking regions of the Rhenish Republic.

Lenin Attacks West

Nikolai Lenin's latest utterance is an open letter to European and American labor for publication in the foreign Bolshevik press in commemoration of the outbreak of the Russian Revolution.

The Russian Bolshevik chief says that the Allies are now beginning to quarrel over the sharing of Russia. "Wilson's hypocritical phrases about democracy and the League of Nations were startlingly revealed when it was shown that Siberia, Archangel, and Baku have been occupied by French, British and American capitalists."

Lennon pays tribute to Eugene Debs and other advancing industrial workers with world ideas. "They are men," he says, "who understand that only the destruction of the middle class, the annihilation of middle-class legislative institutions, and the establishment of a proletariat dictatorship can safeguard the victory of socialism."

Despite frequent attributes to socialism, he draws his thick, black line not between socialism and other political creeds, but between Bolshevism and every other political creed, socialism included.

Hun-Russ-Bolshevik Plot Reported

The greatest concern at the moment is the possible spread of Bolshevism through Germany into England and particularly France. As a consequence, the leaders of all nations assembled in Paris are insisting that some concrete policy be arranged immediately to combat its spread.

Since the apparent breakdown in the plan to bring various Russian elements to combat Bolshevism in the East, other means are now being considered. As a result of these deliberations it is extremely likely that the Allied powers will begin at once to tender concrete aid to all the anti-Bolshevik states in Russia in order that all plots of the Reds to spread westward may be overthrown.

The dangers of the spread of Bolshevism will increase from now until harvest early in the summer, and at

no moment will England, France and other countries antagonistic to the Bolsheviks be able to breathe easily until the crisis is past.

Meanwhile, the German National Spartacus League and the greater Berlin Communist League have issued an appeal for immediate general strike and the overthrow of the national assembly and the present German Republic.

The organizations have instructed their followers to assemble at factories to prevent work and directed them to avoid street demonstrations, in order that the government may have no opportunity to crush the movement by force.

The aim of the proposed strike, as called by the Berlin Bolsheviks, included the introduction of factory councils to regulate factory affairs, and ultimately, the taking over of the factories and the formation of a red guard under the control of the Soviets, which would take over all military and police powers. The German Bolsheviks also called for an immediate conclusion of peace with Russia and the establishment of diplomatic relations with the Russian Soviet Republic.



In spite of Republican opposition, President Wilson stood by his plans for a League of Nations.

March 14

Republicans Go On Record Opposing League Of Nations

The Republican National Committee has declared to have placed the national organization of the Republican party on record as opposing the League of Nations. "While we seek earnestly for methods lessening future wars and will go far indeed an honest effort to that end, we will not accept indefinite internationalization as a substitute for American nationalism."

This statement conforms closely in spirit to the declarations of leading Republicans in the Senate. It runs on all fours with Sen. Borah's demand for specific exemption of the Monroe Doctrine from the League's expectations.

Republican politicians say that it is quite probable that profoundly important changes in party affiliations in this country may grow out of the agitation of this question. They said that the Republican National Committee and the Republicans in Congress continue to keep clearly before the people their idea of the League of Nations with pretensions of full American rights, differentiating between that

and the president's plan charged with carrying a yielding of American rights, and the taking on of internationalism as against nationalism, they may attract Democratic and independent support.

In New York, a new organization is being formed, known as the League for the Preservation of American Independence. Its purpose is to support those senators who have taken a stand against the President's plan. According to its leaders: "We are fighting a League that is wrong in order to get a League that is right, and one that does not impair the sovereignty of the United States, infringe upon the Monroe Doctrine, nor require us to participate in European wars or administer the affairs of foreign peoples."

President Wilson, however, made it clear that he is opposed to any radical changes in the proposed organization of the League of Nations. The President said he wants the people of the United States to have mass meetings to discuss the League of Nations. President Wilson asked all the Democratic committeemen to get together with all the Republican committeemen throughout the country and cooperate with holding mass meetings to bring out public opinion on the League of Nations.

Germans To Lose 7 Million People, 30,000 Square Miles

The Allies have settled on Germany's new frontiers. Germany will henceforth stop at the Rhine on the Western frontier, and on the East, the new border with Poland will be that which existed prior to the first partition of that state in 1772. In addition, Germany will lose the Danish-speaking population of Schleswig and the Polish-speaking population of upper Silesia. By contrast, she will probably acquire German-speaking regions of Austria, the provinces which were victims of the Habsburg Empire when it began this process of expansion many centuries ago.

Conceivably the Rhenish Republic, which is to be created on the left bank of the Rhine may alternately be returned to Germany, but even with this addition, Germany will be smaller in area than Spain.

However, the measure of Germany's loss is not expressed in square miles, but in the reduction of industrial resources. She would lose the iron deposits of Lorraine and the coal districts of the Saar outright to France. She will also lose her highly industrialized districts in Silesia to Poland.

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MARCH 1919



Without a seat at the Peace Conference, the harshest of terms were placed on Germany – setting the stage for the Second World War.

Clearly defined and still approaching settlement is the vexing question what restitution Germany must make. Calculations as to the utmost Germany can pay vary widely from 10 billion to 40 billion pounds, and even such payments will have to be stretched out over the years.

Following the precedent of the German occupation of France in 1879, and thereafter until the payment of the indemnity, Allied troops will occupy the left bank of the Rhine as a guarantee against payments. Moreover, the dependence of Germany upon the outside world for food supplies will leave her completely at the mercy of the Allied blockade.

In addition to dealing with Germany, the delegates to the peace conference have before them the gigantic task of erecting on the ruins of the Austrian and Hungarian Empire and on the western frontiers of Russia, new states based upon ethnic division.

The map of the new Europe now shows the new states of Czechoslovakia, Yugoslavia, the new boundaries of Romania and German-speaking provinces of Austria, which would join Germany. In constructing these new states, Europe is following in the east the policy the Congress of Vienna in 1815, where an effort was made to put barriers along the eastern and northern frontiers of France to make new French wars of conquest impossible. Europe is seeking to establish states along the highway of German expansion to the East, and upon the success, the failure of these obstacles will depend on the future peace of the world.

March 21

Germans Stand Ready To Oppose Treaty

The present feeling in Peace Conference circles is that after the Allied and associated powers have reached a complete understanding regarding the conditions to be imposed on Germany, the German delegates will be called to table, but they will not be allowed to discuss the conditions. The intention of the Allied and associated powers is to dictate peace, not negotiate it. The German delegates must accept the terms and sign, or the state of war will continue.

However, if the Allies load the

peace treaty with conditions going beyond President Wilson's fourteen points, the German National Assembly said it would refuse its consent to the treaty.

"Germany is prepared to sign peace, but is not prepared to commit Hari-kari," said the President of the new German Republic. "Rather than political and economic death, Germany will choose political and economical madness. If the Allies offer us, instead of a peace based on Mr. Wilson's fourteen points, which is nothing more than a knife with which to commit Hari-kari, Germany will embrace Bolshevism and join Russia and become an outlaw nation."

"We are holding Germany together almost by political magic. There is hunger, idleness, starvation, war neurasthenia and fanaticism in our land. We are executing our own people and holding the demoralization of the hordes in check. We have one hope against Bolshevism - a peace that will not strip us of industrial and commercial power. If this peace is not given to us, the present government must refuse to sign it, and with the refusal the present government will fall into the abyss and Germany will turn its back upon the world and flee into the arms of the Russian monster. Nothing can prevent it."

"The confiscation by France of the Saar region, the annexation of the left bank of the Rhine, the demand for indemnification exceeding the income of the nation, the reduction of the Army in the face of the growing Bolshevik danger and the looting of the German colonies in Africa, all lead to one outcome - a second world war."

"It is not a matter of national vanity. Germany is no longer concerned with the fine points of nationalistic honor. It is a matter of life and death for us. If we give the Saar region, Danzig, Alsace-Lorraine, the southern frontier, and the African colonies away, Germany will be unable to support itself, let alone pay her war debts."

The German minister said the German people had unlimited confidence in President Wilson, and hope that the League of Nations covenant as promulgated, would not be adopted, as he declared, it was a compromise of the ideals of President Wilson with the imperialistic aspirations of some of the Allies.

The minister accepted that Germany was prepared to accept the vote of Alsace-Lorraine as to its future, but he referred to reported aspiration of France respecting the Rhineland, and

Poland's claim to Danzig, as crimes. He demanded that what is German will remain German.

March 28

League Of Nations Charter Amended

The League of Nations commission has accepted various amendments to the League's covenant. The text of the amendment proposed by the Swiss Delegation that: "This covenant shall not be interpreted as containing anything contrary to the sovereignty of the states except in so far as to state itself by adhering to the covenant should not interfere with the internal affairs of any of its members," was warmly received.

While the amendment does not mention the Monroe Doctrine, it is tactfully understood to apply to it. Some of the members of the American delegation are inclined to accept an amendment of such lines, feeling that it would meet the demands of the United States for some declaration in the spirit of the Monroe Doctrine.

Meanwhile, it is reported that the German government is disinclined to send a mission to Paris for a meeting with the members of the Allied Peace Conference if reports are correct that the Allied powers will not permit a discussion of the draft of the peace treaty.

The German delegates consider that if they are not to be given a hearing they can spare themselves the trouble of a trip and instead send a messenger to bring the draft of the peace treaty to Weinmar.

Bolshevik Control Of Hungary Stirs Peace Body To Action

A Bolshevik army of 70,000 men has crossed the river Dniester, south of Lemberg. The army is composed mainly of Hungarians and Bulgarians who were prisoners of war in Russia.

Upon hearing of the invasion, the Hungarian President and his cabinet resigned, resulting in a reign of terror throughout the country as it plunges into the control of Bolshevik gangs.

The question on the barrier, which the peace conference intends to erect against the spread of Bolshevism into the former Central Powers, has come sharply to the front as a result of the situation in Hungary, where Bolshevik elements have seized power and declared that a state of war exists between Hungary and the Allied powers.

Rioting is reported to have occurred in Budapest. The extremist elements in Hungary are said to be in absolute control, and has been in wireless communication with Premier Lennon at Moscow. In addition, it has called on the workers of adjoining countries to rise against their capitalist governments.

Extremists are also active in Czechoslovakia, where the Bolsheviks' movement is reported to be strong. Meanwhile, it is reported that German Bolsheviks are studying the methods of the Soviets. They have sent one of their senior secretaries in the Foreign Ministry to Moscow to see the chiefs of the Soviet



The fall of Hungary into the hands of the Bolsheviks sent shockwaves through the war-weary western Allies.

government and to furnish an accurate report on the situation, which will allow the German foreign minister to study methods as to the bringing about of closer political and economic relations with the Russian Bolshevik government.

The conditions in Hungary seem to have affected German Austria. Reports have been received that there is a transformation of the existing government in Austria into a Bolshevik-style government that will cooperate or merge for the government of the Hungarian Soviet.

Diplomats Fear Red Menace

Satisfied that Bolshevism in central Europe has now assumed the proportion of an actual menace, Allied officials and diplomats had no hesitancy today in saying that the time has come for the powers at the Peace Conference to immediately take some definitive action against the spread of this sentiment.

The Allies should lose no time in adopting a program, which would mean the exertion of all possible force in checking the menace, which is looming so formidably. That a strong military offensive is now imperative no one will deny. Considering the present military situation of the Red Armies since the acquisition of Hungary, and triumphs in Ukraine and elsewhere, the future is said to be anything but

bright for the powers engaged at the Peace Conference.

Actual warfare looms as the only means of stopping the Reds. There are those in Washington who fear that the Allied powers have paid too little attention to this growing menace in the East. They blamed the French and the British for their indifference. They contend that they should have taken drastic steps many weeks ago. They should have quickly responded to the appeals of the moderate in Russia as well as those from the Republican governments in Poland.

What is looked upon as one of the most serious aspects of the present radical grip of Central Europe, is the strong possibility of Germany's position becoming strengthened, probably to such an extent that the final terms of peace may be a mild and generous nature.

Many who are watching the developments closely believe the Allies, in their late efforts to cope with a red advance, may be forced to turn to Germany in this crisis. In that event, Germany may have the opportunity to prove themselves the savior of civilization in central and western Europe, and they would be in a position to bargain about terms of peace, if not actually suggest the final price.

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HISTORY

The life & times of Mike Fitzgerald

Edison Hatter
Part 2

Mike had a passion for gardening and forestry. He developed two gardens on the Shamrock property. Many years ago he was practicing “farm table” before it became the rage. His home-grown tomatoes were known far and wide, and he had folks loving kale years before it was recognized as power-food. Family, employees and customers all marveled at how many hours Mike labored in the garden. He kept it practically weedless! Star Sparkman, one of the longest tenured employees, tells how he kept working out there on even the hottest days, always in long sleeved shirt and dress pants, black shoes, no hat. The servers would take him a tall, cold lemonade in hopes he wouldn't get overheated. Star has worked at the Shamrock twenty-eight years and says that Mr. Fitz was always knowledgeable and helpful whenever she had questions. Another long-time employee who has worked at the Shamrock for twenty-six years shared fond memories of Mr. Fitz.

His love of trees was evident in the landscape he maintained. He started several oak trees from the great Wye Oak acorns. Two of those oaks stand in the yard near the garden. Another special pin oak tree towers over the front of the building. It came from the foot of the mountain behind the restaurant. His brother Jerry had a fruit orchard on Kelbaugh Road. The tree was carefully moved from

Jerry's land in 1967 and replanted in front of the Shamrock. At the time it was only about five inches in diameter, less than twenty feet tall. Soon after the tree was planted Mike's brother Jerry died suddenly of a heart attack. He was only in his late thirties. Mike cherished and protected that precious tree the remainder of his own life.

Mike kept an end section of his garden to grow seedlings. He brought acorns from his mountain land and nurtured them until the saplings were big and healthy enough to return and replant in the mountain. One year he replanted more than seventy-five trees that he started from acorns.

Mike was also an expert at cutting down trees and could ensure they fell safely where he intended them to go. Cody Fitzgerald, a grandson, fondly remembers accompanying his grandfather while “felling” trees. “He calculated it all so precisely,” Cody said, “he knew exactly where the tree would land when he cut it and he made sure that it wasn't going to land where it would hurt anything.”

Mike also enjoyed hunting. In the 1970's he traveled to Wyoming several times to hunt. He returned with a number of trophies and displayed them in the Blarney Room at the Shamrock. There are elk, moose, mule deer, antelope, jackalope and geese. Several are still there today. Mike had a cabin in the woods above Emmitsburg. No running water or electricity. But it provided countless memories for family and

friends who joined him annually for hunting and sometimes just a rustic meal cooked on a woodstove. One year he took young grandsons Cody and Dillon and they recall his bringing along ten pounds of fried chicken for just the three of them!

Another of Mike's favorite things were really large machines like submarines and trains. At Landis he worked with and around huge equipment and he was always impressed with machines of great size. In the 1990's he was thrilled to be able to go down in a submarine with long-time friend Congressman Roscoe Bartlett. A combination of two of his favorite things! Military and machinery. One of the family's favorite pictures of their dad was of him leaning and waving out the window of a train engine on an excursion with son Dean in western Maryland.

Mike was active in his community and contributed time and talent to its improvement. One of his earliest titled positions was as charter president of the Thurmont Jaycees, a chamber of commerce organization for business leaders under the age of thirty-five. As president he spearheaded the establishment of the Thurmont Community Park. He not only oversaw the acquisition of the land, but also the physical clearing and layout. Years later the group donated the land to the Town of Thurmont.

Back when the Colts football team called Baltimore home, Mike was a key member in the founding of the Thurmont Colt's Corral #12. He was charter president of the club and busloads of hardcore Colt fans left often from the Shamrock parking lot for home games in Baltimore.

During his tenure with the Thurmont Tourism Council it's most noted accomplishment was the founding of the Catoclin Colorfest, first held in 1963, the year the Shamrock began. Originally the Colorfest was not an arts and craft festival, but rather focused on fall nature walks and the beauty of



In his early twenties, Mike undertook the formidable challenge of building a home for his growing family. He harvested the few remaining chestnut trees from the nearby Catoclin Mountains & used rocks from Roddy Creek for the beautiful stone fireplace, the only source of heat for many years.

our area and its parklands during autumn. After a few years the event was drawing tens of thousands of people. In 1973 arts and crafts stands were added at the Thurmont Community Park and history was made!

Later Mike served as President of the Frederick County Economic Community Development Commission. Among other projects he negotiated the location of the Ryan Homes Plant on the Albert Zentz farm in Thurmont. Today it is known as NVR.

Mike was also key to the foundation of the Catoclin Youth Association. The depth of his involvement wasn't widely known. Ms. Charlotte Thompson, a former kindergarten teacher, tells that Mike partnered with his friend and fellow businessman Vernon Myers to start the athletic organization. While Mr. Myers was the beloved familiar head of CYA, and rightly so, Mike lent his support behind the scenes as a major fundraiser for its formation. Their teamwork set the CYA in motion.

On February 28, 2016, Donald “Mike” Fitzgerald passed away in the home he built with his own two hands, surrounded by his loving family. He was eighty-five. He was buried in St. Anthony's Catholic Church Cemetery surrounded by several generations of family members; his parents and grandparents, brothers, nephews and a son and grandson.

The Shamrock continues today under the guidance of daughters Donna and Dawn, son David and grandson Cody.

Another longtime employee who has worked at the Shamrock for twenty-six years shared fond memories of Mr. Fitz. Dee Monath went to school with Donna and some years later was seeking a job. Donna hired her to work in the kitchen. She has worked there for twenty-six years. Dee claims that Donna and Mike taught her everything she knows about the business. And she remembers how Mike would come into the restaurant in the morning with a friendly hello and ask her to make breakfast. She laughed remembering that he

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HISTORY



Donna and Dennis Fitzgerald enjoying the good life.

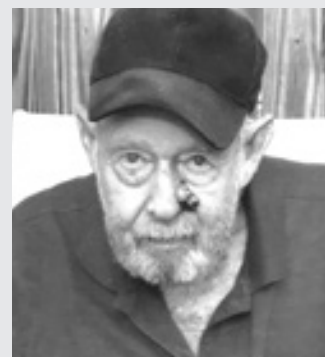
liked his oatmeal runny, and one day she made it too thick and how he complained about it! However she said he always complimented her on the soups she made, and that he always liked fresh sliced strawberries and peaches. "He was the nicest man," she said, "he was like a daddy to me. He was always so sweet and we all miss him so much. There was not a person that he wasn't kind to."

A quick glance through the on-line guest book attached to Mike's obituary reveals dozens and dozens of condolence messages. "I loved working at the Shamrock," wrote one former employee,

"especially when Mike was there to educate me on things that I never knew. He was a great boss along with the rest of the family." "I fist met Mike in 1967," wrote a longtime patron, "He was always a fine host and I have maintained dining at the restaurant since then. I have always enjoyed the largest and tastiest soft shell crab sandwich in the state. " "I loved spending time with you," wrote another longtime friend, "with you and your bulldogs at the pond beside the Shamrock while we were renting your house for many years up until 1976. My niece Marilyn and I used to play

in your barn and feed and water your two horses. Thank you for being so nice." "Mike was a very giving and kind person," read another comment, "he was always a warm and friendly host at the Shamrock Restaurant. I always enjoyed going there for dinner." "We will miss your smiling face and warm greetings," said another patron, "you were a special part of our welcome to Thurmont in 1972, "Dinner on St. Patrick's Day at the Shamrock, and the Irish Coffee with Tullamore Dew, were and always will be special for us." " He was truly a great man to work for and with," said another former employee, "I truly enjoyed working at the Shamrock with all of you." "I consider myself to be very blessed to have known and loved Mr. Fitz," another couple commented, "he had an incredible ability to be tough and warm and loving all at the same time. He taught me many lessons over the years. His love and commitment to God, Family and County were unwavering and something for us all to emulate." Mike lived along and fulfilling life, during which he accomplished many noteworthy feats, and it is clear that his memory will live on with the thousands of people whose lives he touched.

Charles Scheufele



Charles G. Scheufele, 86, Gettysburg died Thursday, February 14 at Gettysburg Center.

He was born March 10, 1932 in Catonsville, MD the son of the late William G. and Abilene Fish Scheufele. Charles was predeceased by his wife, Mary Scheufele.

For many years, Charles was a mechanic and truck driver for the Maryland State Highway Department, working on all types of trucks, plows and

mowers. In his retirement he delivered "The Merchandiser" in the Gettysburg area. Before his wife's passing they enjoyed building lawn ornaments and birdbaths.

Charles is survived by a niece, Charlene Caple of Hanover, PA., nephew George Mullinix of Westminster Md., Grandniece Ginny Clouser, Grandnephews Glen Caple and Brad Caple of Hanover. Many nieces and nephews from the Kramer and Unglesbee families of Maryland. Also, dear friends Denise Sevagio and Leslie Persee of Emmitsburg.

A Memorial service was held February 21 at Monahan Funeral Home in Gettysburg. In lieu of flowers memorials can be made to the Adams County SPCA, 11 Goldenville Road, Gettysburg, PA 17325. Online condolences available at monahanfuneralhome.com.

His legacy of hard work, family love, patriotism, friendship and community involvement will be long cherished. He leaves a hole in the hearts of his wife, nine children, seventeen grandchildren, twelve great-grand-

children, hundreds of former and current employees, and countless friends.

To read other local historical articles visit the History section of emmitsburg.net.

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MOM'S TIME OUT

Is Snapchat evil? A mom's perspective

Mary Angel

Asked this question, "Is Snapchat an Evil App?" The answer to that question is obviously no, but is it really that simple? Again the answer is no. Boy would this be an easy test. I am being a little funny, but this is a very serious matter.

The app itself is not inherently evil but what the app encourages, allows, and makes possible is. Please don't misunderstand; this is not the most dangerous of the apps. This is, however, a very accessible and inappropriate app where the content that people post disappears after it is viewed. It has a ton of appeal to the kids nowadays. There are group chats, filters, and streaks. According to my kids and their friends, there are no other apps that they can use to group chat like this one. The streaks are what my older two loved when they were first introduced to the app. As long as they have contact back and forth on a daily basis with another person (In my lingo it would be equivalent to texting back and forth), the app tracks the number of days in a row this happens. The filters can change the look of a person's face, i.e. make them into a bunny rabbit or a squirrel. Again, let's not forget the argument from the kids that there is no app like this one.

Here is the truth from my perspective. There are plenty of apps that have filters. There are actually apps that are nothing but filters. The group chat argument is a little ridiculous since you can have a group chat on basic texting. There are also apps specific to group chats like GroupMe. This app, in particular, is great if you are part of a large group (from say a summer camp, missions trip, or other wide spread group) who would like to stay in touch. Please keep in mind, though, that it is still a social media app and can easily be used for negative reasons. The one plus over Snapchat is that what is posted doesn't disappear after it is viewed. There is almost nothing that encourages bad behavior in teenagers than the promise that what they say or do will disappear forever (or does it?).

Of all of the times I have heard about boys requesting inappropriate pictures from a girl or boys and girls sending inappropriate pictures of themselves, it has never been through regular texting or an app that retains information. These requests have only been made through apps whose information disappears when viewed or apps that promise anonymity. I would say that at least 50% of the boys my daughter has friended on Snapchat have either sent her inappro-

priate pictures or have requested them from her. Of, course you can block and unfriend people but not before you have been caught off guard and discovered someone's true core. I don't want to discriminate so let me also mention that this app has allowed, dare I say encouraged, many girls to send catty, witchy, bullying comments to my daughter and her friends. When all she had was regular texting, she never received these negative comments, inappropriate requests, and appalling pictures. The kids today are smart enough to know which apps have a permanent record and which don't and guess where they choose to misbehave?

Again, Snapchat hasn't cornered the market as an inappropriate app, there are way worse. For example, the app Lipsi – anonymous messaging – is an app that allows texting without anyone knowing who you are. You can tell someone they are beautiful or that they are the most useless, ugliest person on the planet and they will never know who it is coming from. When my daughter, briefly, had this app she loved it at the beginning. She would have people tell her how pretty she looked, that they loved a sweater she was wearing, or maybe even that they saw her in the hall and she seemed a little down and then give her words of



encouragement. Although it was an anonymous app eventually the person with the sweet comment would come forward in person. Then it turned ugly, someone proceeded to tear her up and explain to her what a horrible person she was, how ugly she was, ultimately how she was a waste of a human being. There is nothing good or productive about an app that allows you to destroy another human being (especially without coming face to face with them), nor is there anything redeeming about an app that allows you to behave inappropriately with the

comfort of knowing what you have said or done will disappear after it is viewed.

I have done some research into Snapchat and have become aware that they rolled out an anti-bullying campaign a while back. This is, in general, a good thing for any company. However, if they aren't changing what makes them appealing to bad behavior and are still making it so easy then how are they really against bullying? According to the kids I have spoken to, yes you can report someone on Snapchat and they are removed temporarily, but then they are back on again. This cycle apparently can go on and on.

Part of the problem is us, their parents, and our lack of parenting. Yes, I am including myself in this. I never checked my daughter's phone frequently enough, whether it be because I didn't want to invade her privacy or I was just clueless. I also didn't make her immediately delete the app when the first request for pictures of her "curves" came across her phone. The reasons don't matter. She no longer has Lipsi or Snapchat and it is amazing the amount of stress and anxiety that have left her. Please understand that our teenagers are just that... teenagers, children! If they want privacy they will have plenty of it when they are grown and out of the house. So far when my daughter doesn't want me to see her phone, it has been because of some silly little girl reason, but I am still going to ask and still going to look. If your child truly doesn't want you on their phone or in their room, maybe it is because they are doing something wrong. I also want to encourage you to talk with other parents and ask them to keep you informed about your child and tell them you will do the same. If we are all in this together then we can fix the problem.

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Is a CSA right for me?

Kay Hollabaugh
Hollabaugh Bros., Inc.

Subscriptions to CSAs have really taken the country by storm! But perhaps you've heard the term but aren't really clear on what it is? What does CSA stand for? CSA stands for "Community Supported Agriculture" and has a range of definitions. In its infancy – and still for many small growers – a CSA provides necessary income to a farmer early in the season when typically little money is coming in, but rather – a lot of money is going out for seeds, fertilizers, soils, pots etc.. By selling "shares" in his small business, the farmer gets the necessary cash up front to help him get started. He can also gauge what to plant based on how many shareholders he has. But there's more to the beauty of this program. For the shareholder? He or she is guaranteed produce (and perhaps other things) that have been grown by someone that she likely knows and trusts. It truly becomes a partnership between the grower and the shareholder. Additionally, an interesting twist in the whole idea is that the shareholder might experience "the pain" of being a farmer! If there is not enough rain, perhaps the produce will be scant and small. If there is too much rain, the "tote" might have some items that have some less than pretty offerings. And worst case? If a crop is totally wiped out? For instance, if my sweet peas that are planted in March are frozen out in April? There won't be any peas in the tote this year!

Hollabaugh Bros. in Biglerville has offered a CSA offering for years. We actually have four throughout the year. As you might guess, there is a spring, summer, fall – and yes, even a winter meat and dairy CSA! You could try one or two – or all! Our spring CSA will kick off on May 2 and run through June 22. New for us in 2018 was the offering of a full share AND a half share. The full share easily feeds 2 to 4 people per week. The half share is perfect for a couple, or single person – ideally feeding 1 to 2 people. Because we have a large retail storefront, there is always the option to add things on to your CSA, which sets us apart from many other CSAs

that are offered. We can add on dairy products as we deal directly with Apple Valley Creamery in East Berlin. And we can also add on a pie or a dozen of apple cider donuts!

But we're not the only show in town! Google CSA in your area and you might be surprised at what all is offered – perhaps within a few miles of where you live. Regardless of where you get your CSA, I highly recommend trying one! Truly, you can't get much fresher produce than when it is grown locally, harvested, and put right in our tote/box! If you have any questions, don't hesitate to give us a call!

And since you will be reading this in March – just a bit before we'll be harvesting anything on our farm, let's talk about Irish dishes! Ireland is famous for cabbage and potatoes. St. Patty's is celebrated on Sunday, March 17! I hope you enjoy a few recipes and that they will bring out the best of the luck for you – whether you're Irish or not!!!

Fried Cabbage

Ingredients:
3 Slices Bacon, Cut into Thirds
1/3 C. Vegetable Oil
1 Tsp. Salt
1 Tsp. Pepper
1 Head Cabbage
1 White Onion
Pinch of Sugar

Directions

Place the bacon and vegetable oil in a pot and cook over medium heat. Add salt and pepper. Cook for 5 minutes or until bacon is crisp. Add cabbage, onion and sugar. Cook and stir constantly for about 5 minutes or until the cabbage is tender.

Irish Brown Soda Bread

Ingredients
4 C. King Arthur Flour or Whole Wheat Flour
3 T. Sugar
2 Tsp. Salt
1 Tsp. Baking Soda
1.5 C. Buttermilk
2 T. Butter, melted

Directions

Mix dry ingredients and make a well in the center. Add butter-

milk and melted butter. Knead 5 to 10 times on a floured baking sheet/surface.

Transfer to a greased sheet and cut a cross into the top of the dough.

Bake for 10 minutes at 400 degrees. Then rotate the pan and bake at 375 degrees for another 30 minutes. The bread will sound hollow when done.

Best eaten warm Or within 2 to 3 days.

Cheesy Potato Cakes

Ingredients
1.5 Cups Grated Raw Potatoes
1 C. Flour
1/2 C. Shredded Cheese
1 C. Leftover Mashed Potatoes
1/4 Tsp. Salt
1/4 Tsp. Pepper
1 Egg
2 T. Ranch Dressing
1 T. Milk
2 T. Vegetable Oil

Directions

Mix potatoes and flour. Stir cheddar cheese and mashed potatoes into the potato mixture. Beat egg and add Ranch dressing and milk in a separate bowl. Pour this into the potato mixture. Form into cakes and pan fry for 3 to 4 minutes per side.

Beef & Guinness Stew

Ingredients
4 Slices Bacon, Cut in Small Pieces
2 1/2 Pound Boneless Chuck Roast Cut in 2" Pieces
1 Tsp. Salt
Black Pepper
2 Onions, Coarsely Chopped
4 Cloves Garlic, Minced
14.9 Oz. Dark Beer (Guinness)
1/4 C. Tomato Paste
4 Sprigs Thyme
3 Carrots, Cut in 1" Pieces
2 Stalks of Celery, Cut in 1" Pieces
1 Tsp. Sugar
2 1/2 C. Chicken Broth
4 C. Mashed Potatoes (Optional)

Directions:

Fry bacon in skillet until done – about 3 to 4 minutes. Remove from the heat and place into a large stew pot. Season the beef generously with salt and black pepper. Turn heat to high under the skillet and sear beef pieces in the hot fat on both sides until browned – about 5 minutes. Place beef in stew pot with bacon,



leaving fat in the skillet. Turn heat down to medium. Cook and stir onions in the retained fat in the skillet until lightly browned, 5 to 8 minutes. Season with a large pinch of salt.

Cook garlic with onions until soft, about 1 minute. Pour beer into skillet and stir with a wooden spoon, scraping up and dissolving any browned bits of food into the liquid. Pour cooking liquid from skillet into the stew pot. Stir in tomato paste, thyme sprigs, carrots, celery, sugar, 1/2 tsp. black pepper and enough chicken broth to cover.

Bring stew to a gentle simmer, stirring to combine; reduce heat to low and cover the pot. Simmer stew until

beef is fork-tender, about 2 hours. Stir stew occasionally and skim fat or foam if desired.

Remove cover and raise heat to medium-high. Bring stew to a low boil and cook until stew has slightly thickened – 15 to 20 minutes. Remove and discard thyme sprigs. Add salt/pepper if desired.

Arrange mashed potatoes in a ring in a serving bowl and ladle the stew into the center of the potatoes.

To learn more about these recipes, call 717-677-8412 or visit www.hollabaughbros.com. Hollabaugh Brothers is located at 545 Carlisle Road, Biglerville, Pa.



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LIBRARY NEWS & EVENTS

Blue Ridge Free Library Standing Events

Monday - Story Time starts tonight at 4:30 p.m. immediately followed by Legos and Wee Build Imagineering until 5:30 p.m..

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

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

Saturday - Join us at 11:15 a.m. for Story and Craft Time and all of its festivities! What could be better than a great book and a fun craft?

Upcoming Special Events

Teen Tech Week Begins! On Mar. 4th at 6 p.m. at the Blue Ridge Summit Free Library. Teens will be making Calder inspired mobiles! Bring your creative mojo! 7

Scherenschnitte class with Bill Hammann will be on Tuesday, Mar. 5th, from 6 - 7 p.m. All ages are welcome, children must be accompanied by an adult. If you have par-

anticipated before, please bring your knife and board.

Teen Tech Week at Blue Ridge Summit Free Library continues on Mar. 6th at 6 p.m. we will be showing the movie "Avengers Infinity War", rated PG-13.

Teen Tech Week concludes Mar. 9th at Blue Ridge Summit Free Library. At 12:30 p.m. it's Tool Time! Make your backyard birds happy and build an amazing birdfeeder!

The Family movie "Ralph Breaks the Internet" is being shown at the Blue Ridge Summit Free Library on Mar. 14th at 6 p.m.. "Six years after the events of "Wreck-It Ralph," Ralph and Vanellope, now friends, discover a wi-fi router in their arcade, leading them into a new adventure."

Zero, our wonder therapy dog, will be at the library from 5:30 - 6:30 p.m. on Mar. 19th for the ever popular "doghouse sessions". He loves a good book and great company so stop on by!

The Summit Stitches Quilt Club is also meeting at 5:30 p.m. on Mar. 19th. New members and new projects are always welcome! Any skill level may attend. If you have always wanted to learn how to quilt, now is the perfect time to start!

The Dining Car Food Club will be

meeting at 6 p.m. on Mar. 21st. The theme this month is "bread" so please bring a dish to share.

"Summit Radio" plays on at the library on Mar. 25th at 6:30 p.m.. Travel back to yesteryear when families gathered around the radio.

Please join us at the Library on Mar. 26th for the new knitting /crocheting club, Knit 1, Purl 2, You Can Too! The club starts at 6 p.m.. Beginners, experts, and in-betweens all welcome!

The Train of Thought Book Club will meet on Mar. 28th at 6 p.m. This month's book discussions will be about "Brooklyn" by Colm Toibin and "When I Was Puerto Rican" by Esmeralda Santiago.

On Mar 28th we will have a special movie showing of "Fantastic Beasts: The Crimes Of Grindelwald", rated PG-13, at 6 p.m.. "In an effort to thwart Grindelwald's plans of raising pure-blood wizards to rule over all non-magical beings, Albus Dumbledore enlists his former student Newt Scamander, who agrees to help, though he's unaware of the dangers that lie ahead."

Frederick County Library

Emmitsburg Branch

Stories and Stations (Ages 3-8) - Saturday, March 2, 10 a.m., enjoy stories and stations featuring art, science and math with a Dr. Seuss theme.

STEM Monday (Grades 3-8) - Monday, March 4 and 18, 4 p.m., come explore Squishy Circuits (3/4) and LEGO WeDos (3/18).

STEAM Café Drop-ins (Grades 6-12) - Saturday, March 9, 1 p.m., it's Teen Tech Week! Explore tech gadgets and games.

Elements of Art (Grades K-5) - Saturday, March 16, 10 a.m., create art

using elements of line, shape, color, value, form, texture, and space.

Claymation Basics (Grades 6-12) - Saturday, March 16, 1 - 3 p.m., create a mini claymation movie in this hands-on program.

R.E.A.D.® with Wags for Hope - Thursday, March 21, 5 - 6 p.m., children read to Reading Education Assistance Dogs.

Story Lab (Grades K-5) - Saturday, February 23, 11 - 10 a.m. STEM stories followed by hands-on activities. March: Ada Twist Scientist

Women's History Month: St. Elizabeth Ann Seton's Legacy (Adult) - Thursday, March 28, 6:30 p.m., local historian Tracy Lewis discusses St. Elizabeth Ann Seton, the Daughters of Charity, and their impact on our community.

Thurmont Regional Library

Onsite at Catoctin Mountain Park: Storytime and Hike (Ages 3+) - Friday, March 1, 10 a.m., Storytime followed by a short hike. Meet at Visitor Center, 14707 Park Central Rd, Thurmont.

Baby Art (Ages 9-18 months) - Friday, March 1, 10 a.m., sensory art experiences for young children ages 9-18 months.

Fortnite Party (Grades 6-12) - Friday, March 1, 1 p.m., celebrate your love of the game and connect with other fans.

NEW Musical Storytime (Ages 0+) - Saturday, March 2, 9, 16, 23 and 30, 10 a.m., music, movement, and stories for the whole family. Designed for ages 0 and up with a caregiver.

Harry Potter Escape Room (Adults and Teens) - Saturday, March 2, 11 a.m., use your magic to solve puzzles and unlock clues as you traverse a Harry Potter-themed escape room.

TweenCrafts (Grades 4-6) - Sunday, March 3, 2 p.m., each month we'll make a different cool creation!

School Skills for Preschoolers - Tuesdays, March 5, 19, 26, 2 - 2:30 p.m., practice school-readiness skills with cutting, tracing, play, and other literacy activities.

Preschool Fun (Ages 2-5) - Wednesdays, March 6, 13, 20, 27, 2 p.m., afternoon arts and crafts, games and play for preschoolers!

Nature Sprouts (Ages 3-10) - Thursday, March 7 and 21, 2 p.m., explore the natural world through stories and fun activities.

Wii Party (Grades 6-12) - Thursday, March 7, 5 p.m., compete with other gamers. Mario Kart, Smash Bros, Raving Rabbids and more. Refreshments provided.

STEM Learning Club (Grades 3-8) - Friday, March 8, 1 p.m. Sara Arnold, Program Assistant for 4-H Youth Development from UMD Extension presents a four-week STEM program for children in grades 3-5.

Chess Club - Saturday, March 9, 11 a.m. - 12:30 p.m., stop in to learn, play, or sharpen your skills. All ages and skill levels welcome.

Youth Art Month Reception - Sunday, March 10, 1 p.m., stop in for punch and cookies then walk around the library and enjoy original art from Catoctin High, Thurmont Middle and home schooled students.

Slime Lab (Grades 6-12) - Wednesday, February 13, 6 p.m., try new slime recipes every month with unique colors, textures, and additions.

Choose Civility: Gardening Group - Thursday, March 14 and 28, 2 - 2:30 p.m. Help the Thurmont Green Team prepare the library garden to become a way-station for monarch butterflies. Recommended for ages 3 and up.

Open Memory Lab - Sunday, March 17, 2 - 4 p.m., use our equipment to convert your photos and analog home videos to digital formats you can share and enjoy today! Lab volunteers will be available to help. Formats accepted: mini DV tapes, VHS tapes, VHS-C tapes, photos, slides, and negatives. This project was made possible in part by the Institute of Museum and Library Services and the Maryland State Department of Education.

R.E.A.D. with Wags for Hope - Saturday, March 23, 11 to noon, children read to Reading Education Assistance Dogs.

Plaque Your House: A Property Research Primer (Adult) - Sunday, March 24, 2 - 3p.m., introduction to the Frederick County Landmarks Foundation's Plaques program, followed by an introduction to house and property research. Co-sponsored by Frederick County Landmarks Foundation and the FCPL Maryland Room.

Curious Minds: Thru-Hiking the Appalachian Trail (Adult) - Monday, March 25, 2 - 3 p.m., Appalachian Trail Museum Manager Nate Shank shares humorous slides about his 2012 Southbound Appalachian Trail thru-hike, current projects, and tips on equipment.

Teen Advisory Board (Grades 6-12) - Wednesday, March 27, 6 - 7 p.m., let your voice be heard and influence the library! Gain leadership experience and discuss what the library can do for you.



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Our school system's budget priorities

Brad Young
Frederick County School Board

The Board of Education has shared our budget request for Frederick County Public Schools for the next school year with our county leaders. This year, like every year, we were mindful that our county leaders must balance the needs of many worthwhile programs and services across our community. We are extremely proud of the budget we presented, because it is a clear roadmap for allowing our schools to continue to make progress and continue to improve.

One of our top priorities continues to be making sure our teachers are fairly compensated. FCPS teachers are talented professionals. We need to ensure we do everything possible to retain the best teachers in our class-

rooms and attract the best new teachers to our community. Our budget sets the foundation for that. At the same time, we also need to address other urgent goals. Enrollment continues to grow across the county. Security and safety continues to be our most important responsibility. And the basic costs of doing business keep going up. Our budget speaks to all of these needs.

Specifically, our budget calls for nearly 78 new teaching positions. This will support enrollment growth and enhance services for students with special needs such as dyslexia, dysgraphia and dyscalculia. It builds on our nationally recognized school security program, funding mental health professionals to support students who may be heading for crisis, and improve IT security to help safeguard our

data. And it earmarks funds to refresh textbooks and instructional technology.

All of those are vital. But more broadly, it is important to remember what an outstanding investment our schools in Frederick County are. Out of the 24 school systems in Maryland, FCPS ranks 23rd, next to last, in what we spend on our students. But despite that amazingly low cost per pupil, our students continue to academically outperform their peers across the state. Year after year, they demonstrate outstanding achievement.

This year's budget calls on our community to continue that wise investment so that we can continue to enjoy excellent returns. Our best investment in Frederick County will always be our young people. Outstanding public schools are a leading driver of

economic growth and vitality in our community. The success of our students and schools boosts

our quality of life, attracts businesses, and ensures our county's long-term competitiveness. That is something that should make every community member and every taxpayer proud!

Foundation announces scholarships



The Community Foundation of Frederick County is pleased to announce its scholarship application is available for the 2019-2020 academic year beginning Friday, March 1, 2019. For the fourth consecutive year, just over \$1 million is available to students pursuing post-secondary education or vocational training. By completing one general application, students may qualify for more than 250 scholarships. The completed application with required attachments must be submitted online no later than Sunday, March 31.

Details about the scholarship program and the application are accessible through www.ScholarshipsFrederickCounty.com.

Students about to complete their senior year of high school, students already enrolled in a trade school, college or university, and non-traditional students over the age of 21 are eligible to apply. Scholarship criteria are established by the scholarship funds' founding donors. Some scholarships do not consider financial need. All students are encouraged to apply.

Outdoor learning

Elizabeth Ryan
Strawberry Hill Education and Outreach Coordinator

I have worked at Strawberry Hill for the last six years and I have seen the impact that environmental education has on children and even adults. To this day, I have people in their early 20's talking about an activity they did in the stream 10+ years ago. Or parents that learned about the maple sugaring process years ago and come back for a refresher. Or summer camp kids that come to camp year after year because of all the fun they had exploring in the woods. Hands-on environmental education impacts people for the rest of their lives.

At Strawberry Hill, we offer nine programs geared towards children in pre-kindergarten all the way up to high school age. Programs are usually held at Strawberry Hill, but most programs can be adapted for any age and many other locations.

One of our most popular programs (and my favorite program) is our animal ambassador program. We sometimes have people ask us: "Why does Strawberry Hill maintain a program animal collection? What is the mission of the program animal collection and how does this play a role in the overall mission of Strawberry Hill?" The answer is that program animals play an important role in conservation education by developing emotional ties to wildlife and fostering an appreciation for the natural world. The presentation of program animals can provide the compelling experience needed for visitors to reevaluate or reinforce their own relationships with nature. The presentation of program animals is a powerful catalyst for learning for a variety of reasons including: increasing the length of time that people are engaged with the program animals, thereby lengthening the

potential time period for learning and overall impact; providing the opportunity to personalize the learning experience; allowing the visitors the opportunity to make specific inquiries about topics in which they were interested; and enhancing the delivery of cognitive and empathetic messages.

Not all learning happens in a classroom. Children need to get outdoors and explore nature, especially in this age of TV, smartphones, and video games. Studies show that spending time outside lowers stress and anxiety levels. Environmental education also fosters healthy living.

Environmental education is not just for children. Adults can always learn something new about the natural world they live in. For instance, in January, we hosted a nature journaling series. People got together and learned about the stress-relieving skill of re-focusing your energy on the nature around you and expressing it through journaling.

One of our education goals for 2019 at Strawberry Hill is to implement monthly, themed, guided hikes. These are free for the public and offer a great opportunity to get people outside and learning about the environment around them. In January, we offered a "Tree Hugger" hike led by one of our educators, Alexa, who has a degree in Forestry. Alexa highlighted some of Pennsylvania's common tree species and how to identify them based on their bark and form.

Our seven-week long summer camp is a great way to get children outside. The days consist of various activities related to a theme as well as outdoor exploration.

For those of you that cannot do a formal environmental education program, I encourage you to explore and learn on your own. Take a walk outside and take

notice of your surroundings. Look for patterns in nature. Encourage your children to step away from the phone and do the same.

I can only hope that by teaching others about the outdoors that it will encourage them to protect nature for generations to come.

For more information on Strawberry Hill, see strawberryhill.org or call (717) 642-5840.

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FOUR YEARS AT THE MOUNT

As St. Patrick's Day approaches, we asked our writers to reflect on their cultural heritage -- Irish or not! -- and its importance in their lives.

Freshman Year

From heritage to responsibility

Harry Scherer
MSMU Class of 2022

Flannery O'Connor once said, "I write to discover what I know." When beginning to consider my heritage and how it has affected me, I began to immediately relate to this sentiment. Heritage is not a subject upon which I frequently ponder, but it is a worthy topic, especially in the month during which it seems to be discussed the most. While a cradle Catholic, I am not Irish, an apparent blasphemy in the month of March.

Merriam-Webster defines "heritage" as "property that descends to an heir." While respecting the true meaning of the word, I intend to expand the definition of this seemingly nebulous word for the sake of this reflection.

When I consider that which has been passed down to me, the heir, from those who have come before me, I am overwhelmed by the mass of spiritual and material gifts that I have received. With all authenticity, I am who I am because of those who have lived before me. Primarily, my existence relies entirely of

the most important Being who has lived before all of us. The Being of Christ, Humility Himself, emerged into this world not in wrath against the generations of sin that preceded Him, but in the ultimate vulnerability of a woman's womb. He worked for thirty years and died hanging on the wood of a Cross to liberate His people from servitude into freedom. Finally, to remind us that His Love cannot be conquered by even death itself, He rose after three days.

I cannot imagine meditating on my heritage, on that which descends to me, without considering the infinite merits which were won for me and all who will come after me on the Cross. Now, I am able to consider the heritage which is rooted in the foot of the Cross.

About thirteen centuries after this Cross was uprooted, a man was given the articulation to describe the Being of God, an admittedly impossible feat, with the brilliance of some of the greatest scholars the world has ever seen and the with a complementary humility that made all of his works so much richer. At the end of his life,

St. Thomas Aquinas said "The end of my labors has come. All that I have written appears to be as so much straw after the things that have been revealed to me." Thirteen years of my primary and secondary education took place at an institution named after this brilliant mind. There was certain formative significance in the fact that all the work of myself and my peers was done under the intercession of this Dumb Ox.

Seven centuries after this great saint died, another one was born in the hills of Albania. She was to live her life in service of the poorest of the poor, a vocation which came straight from the mouth of God. St. Theresa of Calcutta lived her mission in a different way which Thomas Aquinas did, but both vocations were rooted in the Heart of Christ. With a deep love for those whom the society discounted as insignificant and worthless, she brought into this world the gaze of Our Lord's merciful Love.

Finally, after all of the love which the saints before us have displayed, the heritage which I hope to carry on is a dedication to that which is true, good and beautiful. This dedication has been displayed to me by my friends, teachers, family and, most impor-

tantly, my parents. All of these groups and persons, in some way or another, have been able to display to me a mere glimpse of the true purpose in life. I am incredibly grateful for this glimpse, for it a greater sight than many who have come before me have ever seen. These persons, either directly or indirectly, have taken a snapshot of Heaven and displayed it through their eyes, as they see as Christ does; through their mouth, as they speak as Christ would; and through their feet, as they walk as Christ would.

A recognition of these truly beautiful people leads me to reflect on the purpose that I have as a result of knowing them and receiving the "property" which has "descended" to me. It would be irresponsible, and arguably wrong, of me to recognize the gifts which have been given to me and not make a firm resolution to devote every one of them to the spiritual utility of those I encounter.

Would it not be selfish to take the gifts which we receive and use them only for ourselves? If we do believe that it is in "giving that we receive," as St. Francis of Assisi put so beautifully in his prayer, then it is not just an ability, but a responsibility to take all of the

gifts we have received and throw them back into the world for the benefit of others. This is not a defense of the utilitarian thought that humans are only good for the social benefit they create with their capital. In fact, my claim is a repudiation of that thought because the assumption comes from the recognition of every human person's inviolable dignity and human's responsibility to give as a choice, not a coerced act. This is the heritage we are called to introduce to the next generation across all walks of life.

This is my heritage. It would be disingenuous to even consider any material possessions or national bloodline as a significant part of my heritage without first recognizing the immeasurable positive consequences of knowing the people whom Our Lord has introduced to me over the past eighteen years. It is because of these people that I can even write these words. It is because of them that I can have hope for the future, introduced by faith and buttressed by reason. It is because of them that I can conceive of my purpose, and it is through them that I can even start to act it out.

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

Sophomore Year

What money can't buy

Angela Guiao
MSMU Class of 2021

Growing up, my mother loved to remind me how easy I had it growing up in America. I used to think she was so silly. Every single little thing seemed to be absolutely amazing, sometimes to just look at; every small action something I should wholly appreciate being able to do. I didn't understand.

Sometimes, we'd be eating dinner and she'd tell me just how lucky I was to have food to eat. Huh? Food is so plentiful here in America. The thought of hunger and not eating didn't strike me as familiar. The thought itself was reserved for the few homeless I saw on the street or scenes of poverty in movies. It wasn't a real thing for me.

Every now and then, my mother would tell me stories of her growing up in the Philippines. It was a very rags-to-riches tale, but even then, the riches side didn't seem as great as the ones we enjoy while living here in America. My grandfather was a farmer. He and my grandmother had nine children, including my mother. For the majority of my mother's childhood, they grew up poor. She told me how my grandparents valued education and would save up money each year just so they could send all their children to private school.

Paying tuition meant they had very little for anything else. Each year, my mother had a total of three shirts and one skirt, and they were hand-me-downs from her older sisters. She also had a pair of shoes, but when they got too old and fell apart, she'd go to school without any. My grandmother was only able to give her 15 pesos for lunch each week. It was a struggle, but she made sacrifices to prioritize her family. Now for us Americans, imagine one American dollar is the equivalent of approximately 50 Philippine pesos. It seems little for us, but even for her then, it meant she could only afford the cheapest food being sold on the street market.

When my mother got older and went off to college, my grandparents had earned enough money to buy some land. They started a citrus farm, and it turned out to be very successful. After that, they were considered "well-to-do."

But my mother and her siblings never forgot the times when they were poor. I didn't fully understand the extent of what she meant until I visited the Philippines a few years ago. When my grandparents died, their wealth and land was divided between the nine siblings. But despite their wealth, my aunts and uncles appeared to have completely ignored their newly acquired wealth. My uncles' hands were calloused and dirty and their skin sunbeaten and tan from working on the farms. My aunts would wake early in the

morning to head to school to teach and be awake late into the night preparing for their class the next day. They had enough money to live comfortably in the Philippines without having to work, but made the choice not to. I didn't understand why.

When I asked my mother, she told me it was because of how they were raised. Growing up poor in the Philippines was hard. It was much harder than the poverty we know in America. When you were poor in the Philippines, you had nothing. No food. No shelter. And no government to provide assistance. The jobs were very scarce, even in the provinces, and they paid only a few pesos each day. There were no programs to help those in need, whether they be children, disabled, or veterans. If you were poor, you were poor.

Being poor allowed my mother and her siblings to realize the importance of education and of working hard. Every single one of them graduated from college. They understood that money can come and can go, but more importantly, that money doesn't teach you anything. Despite their inheritances, they all chose to continue working simply because they wanted their children to learn from their example. It was important to be a good role model.

Life in the Philippines is community- and family-centric. It is about helping one another and learning how to support yourself. It is about valuing things other than money and material

things. I didn't fully realize what that meant until I spent a whole month there without air conditioning. I sometimes forget that the Philippines is still considered to be a third world country.

While I was there, I realized just how much more in-touch the people there were with their surroundings. The streets were lined with fruit-bearing trees, and their cuisine was always cooked from fresh seafood and meat.

The roads in our province were still made of dirt, and cars were scarce. Instead, people traveled in side carriages that were pulled along by motorcycles called tri-cycles, or decorated open-air buses called jeepneys. It was obvious that the older people were respected more than everyone else because they were always prioritized or being helped.

The streets in the city were always full of people, and street shops were everywhere. But what intrigued me the most was this:

although the majority of regular folk in the Philippines were considered poor because of their lack of material possessions or wealth, they always seemed to be smiling. The majority of the people there were happy.

Growing up in America, I was surrounded by the newest technology and the next coolest toy. The streets were too dangerous to roam around without parents and my mother was always at work. I got everything I wanted as long as it could be bought. And you know, there's nothing wrong with that. The fast-paced, innovative environment of America helped shape who I am today. But I am forever grateful for my roots in the Philippines for teaching me the importance also of family and community, and self-awareness—the things money can't buy.

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

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ST. PATRICK'S DAY

Junior Year

The making of me

Morgan Rooney
MSMU Class of 2020

Growing up, I always knew the general origins of my ancestors. My mom is mostly Norwegian and my dad is mostly Irish. It's not something I thought much about at the beginning, but as I got older, and as a fifth generation American, I began to wonder more about how I ended up here.

My grandma had always researched into our family history on my maternal side, but I wanted to learn more. I knew that it was much more complicated than just fifty percent this and fifty percent that. Alike most people in this country (and in the world for that matter) I'm just a mixture of so many different cultures; at this point in time, it's very difficult to figure out exactly what you are, although DNA testing is growing more common and the science is improving quickly.

I've researched into my dad's family and found out about my many other Scandinavian ancestors and of the immigration story of my Irish ancestors to northern Wisconsin in the 1840s. I learned of their families, their jobs as laborers and lumberjacks, and even visited the town they settled in where many generations of my family

lived, including my grandparents. Most people in my family have already visited Ireland, or hope to visit sometime in their life. I was given that opportunity as well which gave me a lot to think about.

Every year when I was growing up, my mom's side of the family had a tradition pertaining to the Norwegian roots in my family. On New Year's Eve, as we sat at the dining room table, she would light a burgundy candle which sat in a wooden carved lamp. She would say that whoever sat in the lamp's light New Year's Eve would be blessed for the following year. This Norwegian Blessing Lamp still exists throughout my mom's family is a tradition that we practice each year to this day. It's the only specific thing that I can trace back to Norway in my family. That, and the distant relatives that are my Facebook friends. I have read through all my grandma's research on my great-great-grandparents from Norway and learned of their jobs as cobblers and their reasoning for coming to the United States. I also know about how they died young and even my grandfather never got to meet them.

Last year, in a history class I was taking, we were asked to write a paper on a migration story for a family member considering that we live in a country where 99 percent of people are immigrants or descendants of immigrants. I didn't know exactly whom I'd write about but I

knew exactly who could help me out. I gave my maternal grandma a call and instead of telling me a story, she sent me an entire book which was published by a distant cousin in our family who shared a common ancestor. The book was written about my fifth great grandfather and his migration journey from Lisburn in modern day Northern Ireland to the mountainous west in the United States.

Reading the book gave me a thought that was new to me. This is just one of thousands of ancestors I have and his story was so elaborate. There are so many more stories there were never recorded and written down, so I will never know them, but they all existed and I wouldn't be here without a single one of them. The probability of my birth was miniscule, but I am here thanks to them. I try to remember that as much as I can.

It wasn't until three or four years ago that I ended up getting a DNA test out of curiosity of my identity. This was before it became very popular to get DNA testing, so I had never known someone who had gotten one done before. Unlike most people, I can't say I saw anything particularly surprising. There were no surprising discoveries of Native American blood. With the assumption that my results are not flawed in any way and are completely accurate (which is unlikely considering how much my results have changed with updates) I am

100 percent western European with a mixture of Irish, Norwegian, English, and a dash of French (which was actually a slight surprise). Just being able to look at the pie chart of everything that I am was an awesome purchase. I would definitely recommend this to anyone curious in their family history and identity.

As these tests are growing more popular, I have been able to connect with many relatives who have appeared as DNA matches. My family has had some very interesting discoveries with DNA matches, including discovering family members we never even knew existed.

I definitely feel like it's important to acknowledge those who have died, especially those who are responsible for our existence and complicated lives.

As St. Paddy's day approaches, many of us will get in touch with the Irish in us, whether or not there's a lot, to connect with another fun holiday to celebrate (which there is no shame in). Either way, it is important to think back to how we got here and who made it possible. So many lives contributed to you, so you are a mix of so many different people from the past. When



I learn of their struggles, it gives me a different perspective of life and what I think of as my own struggles today. Some things I struggle over are so small in comparison to the life-or-death situations of the past. Of course, there are different issues that have come to be with time, but they are so different.

As I finished my family tree several years ago and showed my grandma how far back I went, her response was, "And each one of those people love you." That comment made me smile because they are what made me, me.

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

Senior Year

Among the living

Shea Rowell
MSMU Class of 2019

St. Patrick's Day (St. Paddy to friends and family) is fast approaching, and soon every American will be Irish-for-a-day, or at least we will feast like we are! Irish blood runs thick in my family, as my maternal grandmother's family was nearly exclusively of Irish descent until my grandmother, Nana as we call her, married my late Italian grandfather, Papa, whose name was Ronald Alessi. According to the dinnertime stories shared since my childhood, both of my grandparents' families maintained the rich cultural traditions of their homelands, in everything from the family slang to their holiday celebrations. They were each raised in neighborhoods divided by culture. My grandmother grew up surrounded by "The Irish" and my grandfather "The Italians." They had their own churches and stores, respective "parts of town." It must have raised a few eyebrows when an Irish woman married an Italian man!

And so, I was raised in an Irish-Italian family, at least on my mother's side. The residual cultural practices from our European past are easiest to see in our religion, as most of the family is still Catholic, and our appetites, as Italian food is always on the menu at holiday gatherings, the recipes passed down by

memory through the generations. Yet, there is great distance between who I am and who my ancestors were. I do not share their struggles or their joys. My Italian vocabulary is limited to cuisine, and my pronunciations would likely be appalling to a native. I could not tell the difference between a northern and southern Irish accent. I do not know what Ireland looks like in the summer, nor could I name the towns where distant relatives might still live. I have never prayed in an Italian church or eaten at an Italian table. I have never felt the hunger pangs or persecutions which pushed them to give it all up and board a boat to a new world.

While someday I hope to travel to these places, I can never share the experience of my grandmother's grandmother, who travelled on a boat from Ireland to the United States alone as a teenage girl. I will never feel the alienation of walking unfamiliar streets with no one to ask for directions, or making a new life in a land full of strangers. I will never know the guilt and the terror of losing the old culture in exchange for a new one that doesn't quite understand where I've been. This is the part of my heritage that I will never share.

While my connections to the lands of my ancestors grow weaker by the generation, I have grown into an American, simply by being born and raised here, a feat that was much more difficult for my grandparents and their grandparents to

achieve. The nation has, thankfully, changed since their time. My world is not divided into the "Irish" and "Italian" sides of town. Barriers that once divided America into a world-at-war are breaking down at last. My Americanness is a gift given to me by those brave ancestors who came for the freedom, the opportunity, the fresh start. I was born here because they wanted to live here; they wanted their children to live here, and their children's children, too.

I'll never know them, but I am grateful for their gift. They have given me a new culture, American culture, to embrace. American culture, while imperfect in many ways, has a beauty all its own. As Americans, we have maintained the grit of the immigrants who came and still come to our shores ready to work for a new life. We aim to be a nation where all cultures are embraced and appreciated for their unique contribution, even though sometimes we fall short. We have the beauty of the Rocky Mountains, the Eastern forests, and the Western shores. We proudly claim our status as the nation that has valued democracy since its birth. It is a heritage to be proud of.

Even in a nation that values cultural difference, many of the cultures we once knew have fallen behind the advancement of time. There are, however, a few ways to remember the heritage we value from our families, especially the heritage given to us by our family members while they were alive. I

will never know my Irish or Italian ancestors, but I can remember and retell Nana's stories about who they were, the phrases they used to say, the parties they used to throw, the meals they used to cook. I may never touch a skein of authentic Irish wool, but I cherish the memories of Nana teaching me to crochet with wool from the local craft store. I can share the work of her hands and mine with my children and their children, and teach them the skill that is a part of my heritage. I will never sit at Papa's Christmas dinner, but I can learn the recipes from Nana that were served at the table, and one day serve them at my own.

My heritage still lives in my grandmother and my parents. While I live and while my children live, that heritage will not be forgotten, for it is too precious to abandon to time's eventual obscurity. Their stories will one day be my respon-

sibility to remember and tell, their traditions my duty to pass on. I will remember my heritage, and forever be grateful for the gift that it has been to me.

I leave you with an Irish blessing (found on irelands-hidden-gems.com) dedicated to Papa, the Italian man who turned an Irish woman into my Italian Nana who gives me my heritage each time I see her.

*May the road rise to meet you,
and the wind always be at your
back.*

*May the sun shine warm on
your face
and the rains fall softly on your
fields.*

*And until we meet again
May God hold you gently in the
palm of his hand.*

Happy St. Patrick's Day!

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FASHION

Remembering Karl Lagerfeld

Valerie McPhail
MSMU Class of 2015

At 85 years old, Karl Lagerfeld, the legendary fashion designer for the House of Chanel, was pronounced dead at The American Hospital of Paris on the morning of Tuesday, February 19th. Reports confirmed the cause of death was pancreatic cancer.

Lagerfeld, known as Karl in the industry, was a phenomenon. At the loss of a fashion maverick and cultural icon, we also say farewell to a fashion period, with which he carried dominance. With commemoration, co-founder of fashion and female empowerment blog, Man Repeller, Leandra Medine wrote: "He believed in a divisive fashion industry, and even though that belief is currently dated, he stood by it; he committed to it, until the very last minute. There was an unapologeticism about him that — combined with the tremendous ripple effect of his impact — enabled a separation between him and his work, right or wrong."

Death has a way of leading one to reflect. Upon consideration, we have lost a pertinent perspective. No longer are there spearheads in the fashion industry the way Lagerfeld created. Agreeing that he lent a voice in the fashion industry that has now become virtually extinct, his legacy doesn't end lacking. In a world where fashion commentary comes from the narrative of the youth — their opinions and success stories monopolizing the industry — Karl Lagerfeld operated differently. With criticism, unpopular opinion and audacity, the designer created a career out of places the majority wouldn't dare to engage. When the media proposed positive opinion and adoration around celebrity, Lagerfeld shared his not so glamorous regards. While the press pursued stories that supported female body positivity for all shapes and sizes, Karl Lagerfeld said that British singer Adele "is a little too fat." Lagerfeld also addressed the royal family at a time of their media fame and obsession. Commenting on Pippa

Middleton, he remarked, "I don't like the sisters' face. She should only show her back." We know these are his opinions because he boldly shared them. He criticized his cultured industry with expectation for more.

However, after all the attention and noise around his vocalized opinions, the media persona that rivaled was a concluded pretense, in actuality he was an inventor. If his public figure was a mystery, the heart of Lagerfeld could be found in his work, clothing designs for Fendi, Chanel, and his own name-sake brand, Karl Lagerfeld.

First came Fendi in 1965. Working as a freelancer by the family, he and Fendi sisters, Franca, Anna, Paola, Carla, and Alda, successfully built the fur and women's fashion market for the Italian label. But that was just the beginning. This intimate relationship became the crux for the 'longest fashion collaboration of history.' In a report published by Harper's Bazaar on the relationship between Lagerfeld and the brand, the designer shared, "I'm not on an ego trip. I'm only interested in the craft and the design and to work with people I enjoy." He must have enjoyed working as a fashion designer, for after assuming the Creative Director title he took on more work. Remaining with Fendi, in the year 1983, he joined the House of Chanel as head designer to cater to the struggling presence of the brand after the death of Madame Coco. At Chanel, Lagerfeld resurfaced the iconic pieces of the brand, the little black dress, and the tweed jacket to prominence. A year later



Lagerfeld at a Chanel show finale.

he launched his brand name, Karl Lagerfeld.

Juggling, as one does with talent, the German designer cultivated a presence respected unlike any other. His white ponytail, large square black sunglasses, suits, and skinny tie look remains a distinguished figure across fashion cities and into pop cultural reference. The image, along with playful kitty shapes as an accolade to Choupette, the designer's cat, became a statement of his label sold in suburbia shopping towers: Bloomingdale's, Lord & Taylor and Saks. While Fendi and Chanel showed extravagant couture shows on the fashion week calendar, the Karl Lagerfeld brand expressed a subdued, black uniform collection of design on the runway with off - motorcycle gloves, and leather tote bags, graphic t-shirts, and A-line dresses. The opulence of the Houses he took under his care contrasted with the commercial brand he showed on the runway under his name. This reality is a story the media should have chased, rather than focus on his fearless commentary. After all, most of fashion is for the show.

A lot of fashion - its work, culture and industry are also consumed with discipline and dedication. Karl Lagerfeld's career revealed this reality. In his early thirties, he started at the House of Fendi, and only after years of devotion to the brand did he become the beloved white-haired fashion figure known to those in and out of the industry. Without having any personal engagement with the designer and minimal interaction with Chanel and Fendi fashions, through reports, vintage stores, and friends who own the classic boy chain-linked Chanel handbag have I come to know the brand labels he dedicated his career to. I can confidently exclaim that clothing speaks through form, color, and style. Time after time, season after season an element of surprise, evoking a feeling of anticipation rides fashion week as designers release their collections. Lagerfeld evoked this feeling upon fashion editors through risk on the runway — Moana Pozzi and strippers walking his 1993 collection for Fendi — when he wasn't vocalizing his opinions. His criticisms came from the expectations he built his successful career on. Fashion and its shows are only as scandalous as its creator.

Just as James Joyce criticized his local church, I see a comparison relating to Karl Lagerfeld, who demanded the fashion industry. Both passionate legends employed criticism to further the success of their devotions. For Joyce, it was the Church and for Lagerfeld, fashion and culture. In modern day, they are relational with mutual interest. And their fascination with one another is reciprocal.

Show of personal expression or show for approval: Lagerfeld recognized that clothing was an approach for how people engaged with themselves and others. One could wear the knit dress because it makes them happy, evoking an emotional response, and for other reasons, because people will see them wearing Chanel and relate to them socially or as a magnet, appealing to current fascination and trend. In memory of Karl Lagerfeld, we can pursue fashion among our routine lives so that it becomes an expressional statement of our existence. That is fashion worth reporting and designing.

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

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Songs of Ireland: A Celtic celebration!

Jean Grubesky
Majestic Theater

Celebrate St. Patrick's Day at the Gettysburg College's Majestic Theater on Thursday, March 14, at 7:30 with the Songs of Ireland: A Celtic Celebration. Presenting an exhilarating and unique musical approach to universally loved songs and arias, The Songs of Ireland use all original arrangements drawing from Irish Traditional folk song; opera arias, duets, trios, quartets and ensembles; songs from the great American songbook; Broadway hits; and "modern" contemporary popular repertoire.

This Celtic celebration includes eight Irish vocalists, accompanied by a lively ensemble featuring piano, uilleann pipe, accordion and an Irish fiddle. Program will include "Down by the Sally Garden," "Bridge Over Troubled Waters," "Somewhere" from West Side Story, "Last Rose of Summer," "Isle of Hope," and "When Irish Eyes Are Smiling."

Tickets starting at \$35, can be purchased at gettysburgmajestic.org, by calling 717-337-8200, or at the Box Office, 25 Carlisle Street, Gettysburg. The Box Office is open Monday through Saturday, 12 – 7 p.m. and Sunday, 1– 5 p.m. Free parking and roundtrip shuttle service for each



performance is available from Gettysburg College's Constitution Parking Lot. Shuttle starts one

hour before each performance and is ADA accessible. Metered parking is available at the Gettysburg

Borough Parking Garage in Race Horse Alley as well as along Carlisle Street.

Philadelphia Brass concert

Gettysburg Community Concert Association will once again host the Philadelphia Brass in concert. The Philadelphia Brass was formed in 1988 by professional musicians of Eastern Pennsylvania to pursue their common goals: performing the best of brass quintet literature of all periods and styles, and educating the public to the pleasures, subtleties, and complexities of chamber music. It has collaborated in performances with bands, choruses, organists and dancers. Philadelphia Brass has also played benefit performances for Habitat for Humanity, Cure Autism Now and the Chesapeake Bay Foundation.

Critics and public alike have enthusiastically praised the appealing diversity of repertoire, technical virtuosity, humorous and informative educational programs, and superb musicality of the ensemble. The ensemble's playing has been praised as "artistry of the highest caliber" and "dazzling technique" by presenters.

One of the unique strengths of Philadelphia Brass is the palpable sense of respect, affection and musical enjoyment among its members. This allows the players to perform with exceptional flexibility and cohesiveness, and enhances the ensemble's appeal to audiences of all ages.

The performance will take place

March 25 at 7:30 pm at the Gettysburg Area High School Auditorium, 1130 Old Harrisburg Road, Gettysburg. Tickets are available at the door for \$20; children and college students with ID are free. For more information call 334-7776; or visit www.gettysburgcca.org.

The Gettysburg Community Concert Association (a non-profit membership organization) 2018-2019 Season is supported in part by a grant from PA Council for the Arts, a state agency funded by the Commonwealth of PA and the NEA, a federal agency; the Adams County Arts Council's STAR Grant Program which is funded by the Adams County Commissioners and the



Borough of Gettysburg; the Robert C. Hoffman Charitable Endowment Trust; Adams Electric Coopera-

tive, Inc.; Service 1st Realty; ACNB Bank; the Rice Family Foundation and Enbridge Foundation.

Way Off Broadway's My Fair Lady

Currently celebrating its 25th Silver Anniversary Season, The Way Off Broadway Dinner Theatre is set to bring the most requested show by its audience members to the stage when it presents a brand new production of the classic Lerner & Loewe musical My Fair Lady. The beloved musical will be the dinner theatre's spring 2019 presentation following its area premiere production of Gilligan's Island – The Musical.

In My Fair Lady, Eliza Doolittle is a young flower seller with an unmistakable Cockney accent which keeps her in the lower rungs of Edwardian society. When Professor Henry Higgins tries to teach her how to speak like a

proper lady, an unlikely friendship begins to flourish. This Broadway classic features one of musical theatre's greatest scores, including "Wouldn't It Be Lovely?" "With a Little Bit of Luck," "The Rain in Spain," "I Could Have Danced All Night," "On the Street Where You Live," "Get Me to the Church on Time," and "I've Grown Accustomed to Her Face."

The musical, which has become a classic since it first appeared on Broadway, is based on the play Pygmalion by George Bernard Shaw, which was originally presented in 1913. Interestingly, Alan Jay Lerner and Frederick Loewe were not the first Broadway writing team to try their hand at adapting the play into a musical.

Oscar Hammerstein and Richard Rodgers had, at one time, tried to adapt the story but ended up abandoning the project.

Following two out of town try-outs – the first in New Haven, CT and the second in Philadelphia – My Fair Lady arrived on Broadway on March 15, 1956. Starring in the production was Rex Harrison as Professor Henry Higgins and Julie Andrews as Eliza Doolittle, roles the two would be forever remembered. The show was an immediate success and went on to play for six and a half years, racking up over 2,700 performances. Two years after opening on Broadway, My Fair Lady opened in London with Andrews and Harrison reprising their roles.

In 1964, Warner Bros. released a film adaptation of the musical with Harrison again starring as Higgins and Audrey Hepburn as Eliza. Producers offered Hepburn the role over Julie Andrews because they felt she had a bigger name and Andrews had no film experience. The film won eight Oscars including Best Picture and Best Actor.

Since its original production on Broadway, My Fair Lady has seen four revivals. The first was in 1976 at the Lunt-Fontanne Theatre. Five years later, the show was once again remounted

with Rex Harrison returning to the role of Henry Higgins. That was followed by a brief revival in the early 90's starring Richard Chamberlain as Henry Higgins. The fourth revival is currently running on Broadway at the Vivian Beaumont Theatre with Tonny-winner Laura Benanti as Eliza Doolittle and Harry Hadden-Paton making his Broadway debut as Henry Higgins.

My Fair Lady has a book and lyrics by Alan Jay Lerner and music by Frederick Loewe. Way Off Broadway's staging is directed by Bill Kiska, with music direction by Jordan B. Stocksdales and choreography by Melani Drummer.

Way Off Broadway's production will run from March 22nd

through June 1st with performances every Friday and Saturday evening and matinees on the 1st, 3rd, and 5th Sunday of each month. There will also be a special added matinee for Mother's Day on May 12th.

For evening performances, guests arrive for dinner at 6 p.m. with the show beginning at p.m. For matinees, doors open at 12:30 p.m. for lunch with the show beginning at 2:15 p.m. Tickets for a Friday evening or Sunday matinee are \$46; Saturday evenings, tickets are \$50. Tickets may be purchased by calling the Box Office at 301-662-6600. To learn more about The Way Off Broadway Dinner Theatre or any of its productions, visit www.wayoffbroadway.com.



In like a lamb, out like a lion

Chloe Corwin
MSMU Class of 2020

This March there are a plethora of opportunities to immerse yourself within the Mount community. The Visual and Performing Arts Department has six upcoming events, and some unlike ever before.

The first is a Faculty Recital with the remarkable adjunct professor Jeff Stern. Stern recently began teaching percussion lessons to the MSMU students and he is doing his first performance on campus.

Stern is a young and up-and-coming face in the percussion world, and his talent is undoubtable. According to Stern's personal website, he has an Artist's Diploma from the Yale School of Music, as well as multiple degrees from other reputable institutions. He is currently on staff at two universities and a member of the percussion group known as icarus Quartet.

Jeff Stern's solo event will be held March 14 at 7:30 p.m. in the Knott Auditorium, and is one you will not forget.

That same weekend, the MSMU Chorale has found a fantastic opportunity for students and professors alike. The Chorale will be one of six groups to sing alongside the Frederick Symphony Orchestra on March 17 at 3:00 p.m. at the Coffman Chapel at Hood College.

The Faure's Requiem is the primary musical selection for the event, which is a seven-section piece composed by Gabriel Faure. The requiem was written in the late 1800's as a tribute to the composer's late father.

The program also includes works Eugene Gigout, Maurice Ravel, and Camille Saint-Saens.

Dr. Andrew Rosenfeld, the chair of the Visual and Performing Arts Department and Chorale director, notes, "It is exciting when the Chorale gets to collaborate with great musicians, especially on a work as beautiful and important to the twentieth century as the Faure Requiem."

Rosenfeld is also Assistant Director of the Frederick Symphony and will be conducting the first three pieces of the program.

Mount representatives will also be in the orchestra, as Shea Rowell, C'2019, will be playing trumpet in the event, as well as history Professor Dr. Theresa Rupp on the viola.

Tickets and more information are offered on the Frederick Symphony Orchestra's website, fredericksymphony.org.

Next, the Sotto Voce Quartet is returning the Mount on Friday, March 22 in the Knott Auditorium at 7:30 p.m.

One of MSMU's very own, Dr. Mark Carlson is an active member in the group.

The Quartet includes two tubas and two euphoniums. This group is like no other, with its unique composition. Visual and Performing Arts communication team members Moriah Tyler and Kelly Van Dyke state, "the quartet enthusiastically challenges preconceived notions about what tubas can do by composing, arranging, and commissioning

virtuous new works that highlight the diversity of their ensemble and its unique membership."

This event is free and open to the public.

Following that, the theatre subject area is involved in a co-sponsorship with the Mount's chapter of Amnesty International for a poetry night celebrating Women's History Month.

Poets from the Baltimore and Washington region as well as students will be invited to share their work in the Horning Theater at the Delaplaine Fine Arts Center.

This event will be held on March 23, and is open to students and faculty.

The art subject area is also holding an event this month, as the Khanh Le Art Exhibit closes on March 15. On March 28, the Simon Brute Student Art Show will make its way into the Gallery. Students will submit artwork created on campus throughout the month of March to the show for an anonymous juror to judge for a variety of awards and prizes.

The reception will be held on March 28 from 5:00 to 6:30 p.m. in the Delaplaine Fine Arts Center with complimentary refreshments.

Typically March is described as going in like a lion, and out like a lamb. Well, for the Visual and Performing Arts department, that is not the case. The music subject area is going out with a bang this March with the Wind Ensemble Concert on March 30.

The Wind Ensemble has been presented with the challenge of the iconic Johan de Meij symphony The Lord of the Rings.

This five-movement symphony is based on the themes and charac-

ters of the infamous book series and is now on its thirtieth anniversary. Carlson has aspired to perform this piece for many years, and says it is the most challenging work the Mount Wind Ensemble has ever done.

He states, "I am very proud of the student's hard work, they impress me at every rehearsal."

Dr. Carlson has also paired up with English Professor Dr. Sean Lewis in dedicating the whole weekend to honoring J.R.R. Tolkien's dream of sub-creation. The pair has created an interactive two-day event in which students and Emmitsburg citizens can share their mutual love of creativity, magic, and "nerd culture."

Dr. Lewis describes how this event came to be: "Mark met with me to discuss co-curricular events that would also celebrate J.R.R. Tolkien's work and thought. We both enjoy his fictional works, and as a medievalist, I also greatly appreciate his academic work in medieval literature... I suggested focusing on Tolkien's theory of art because, unlike many other artists, Tolkien actively wanted fans to add to his world of Middle Earth through new art. De Meij's symphony is a perfect example of this 'fan art.' One reason for Tolkien's stance was that he thought of art as "sub-creation" (his own term), for essentially theological reasons. In Genesis, we find that the Lord God created human beings in his own 'image and likeness'; as a devout Catholic Christian, Tolkien took that phrase to heart and used it to develop his theory of art."

On Friday, March 29, three events will be held to honor this idea of "sub-creation" with a series of lectures and games.



Actors of the Mainstage Production in rehearsals in preparation for their opening performance: April 5, 6 & 7.

At 12:00 to 1:00 p.m. in the Gelles Conference Room in Patriot Hall Dr. Lewis will hold a lunchtime lecture titled "Artists Like God: Tolkien's Theory of Sub-creation." Participants are welcome to bring food and eat and listen throughout the talk.

Next, from 1:00 to 4:00 p.m. on the third floor of the Knott Academic Center, Professors Benjamin Buhman, Nick Hutchings, and Dr. Jordan Loveridge will be heading "Sub-creation with Twelve-Sided Dice: Dungeons and Dragons at the Mount." There, the professors will be leading games of Dungeons of Dragons. Participants do not need any prior gaming knowledge to attend.

Then, at 5:00 p.m. a dinner lecture will be led by Theology Professor Emeritus Dr. Bill Collinge titled, "Tolkien and 20th-Century Spirituality: John Dunne and Sub-creation." Again, par-

ticipants are invited to bring their meals.

Finally, the following night the Wind Ensemble concert will be held at 7:30 p.m. at free admission in the Knott Auditorium.

The abundance of unique and exciting events for the month of March offers so many opportunities for students and Emmitsburgers to enjoy the arts.

The Mount St. Mary's University Department of Visual and Performing Arts is located in The Delaplaine Fine Arts Center and can be contacted by phone at 301-447-5308. Like our Facebook page @msmuvpa for more updates. For more information about the department, search for Visual and Performing Arts on the Mount St. Mary's University official website www.msmary.edu.

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LOCAL SPORTS

Winter sports come to an end

Grace Kovalcik
CHS Class of 2021

The early months of 2019 have brought lots of success to Catoctin's winter athletes. Specifically, in the month of February, both the bocce team and wrestling team have made great advances towards finishing their seasons with glory.

Catoctin's unified bocce team is made up of about fifteen student-athletes, four of whom are seniors. Within their regular season, the team competed individually against four different high schools. Their first match was against Oakdale High School. With less than half as many people as the Bears, the Cougars knew that Oakdale would be hard to beat. In the end, Catoctin defeated the Bears and secured their first win of the season.

Next, the Cougars traveled to Tuscarora High School to play against the Titans. After a tough match, the Cougars went home with their second win of the season. Following this was Catoctin's match against Urbana, on the Cougars' home court. This close match resulted in Catoctin securing their third victory and maintaining their winning record. Additionally, the team had a ceremony to celebrate their seniors, Bri Kaas, Emma May, Savannah Smith Sanchez, and Megan Eiker.

Catoctin's last regular season match was against Walkersville High School, who had won the state title the previous year. Determined not to let the crowd of people rallied in the stands down, the Cougars pulled ahead in points and

successfully won their fourth and final match. Finishing their season with a win, the Cougars were eager to proceed into the County Tournament, and eventually States.

After finishing the season with an undefeated record, the Cougars traveled to the County Tournament, which was hosted at Tuscarora High School. To better their chances at going to States, the team was split into two. The Cougars' first team was made up of Savannah Smith Sanchez, Emma May, Max Bingman, Sarah DeGrange, Jayden Ruby, Megan Eiker, Makayla Waldron, Paige Price, and Summer Clausen. Together, the athletes earned a gold medal after two victories over Frederick and Oakdale and would be moving on to the State Tournament the following week.

Catoctin's second team consisted of Jordan Kaas, Seana Peter, Natalie Bosche, Grace Kovalcik, Bri Kaas, and Emily Dewees. The team played first against Walkersville, winning 10-2. The Cougars then went on to play against another one of Walkersville's teams, who overcame Catoctin 7-2. Losing their second match put the Cougars in second place, meaning they would not advance to States.

On February 13, an approximately 300 student-athletes arrived at Hagerstown Community College. After entering the gymnasium and attending the opening ceremony, which recognized all of the competing high schools, each team received their brackets and schedules. Catoctin, who was placed in division three, would play one of the first seven concurrent matches. They would first face

Thomas S. Wootton High School.

Beginning promptly at 11 a.m., Catoctin's first match consisted of five frames. The Cougars scored one point in the first frame, giving them an early lead. Within the next frame, Catoctin scored once more to bring the score to 2-0. Wootton High School scored a point in the next frame but was quickly met with three more points from Catoctin in the fourth. In the fifth and final frame, Catoctin scored two more points, sending the Cougars onto the next round with a final score of 7-1.

The next team to play the Cougars was Walt Whitman High School, who had advanced in the tournament after beating Governor Thomas Johnson High School in the first round. Catoctin began the match in the lead again after scoring one point in the first frame. The Cougars scored again in the second frame, bringing the score to 2-0. In the third frame, Whitman stole the lead after scoring three points, then scored two more points in the fourth. At the end of the fifth frame, Whitman had reached seven points while Catoctin remained at two. Whitman scored two more points in the sixth round to bring the match to an end with a final score of 9-2. Catoctin's loss to Whitman would send the Cougars to the Consolation Bracket, to compete for third place.

Challenging Catoctin for third place was the La Plata Warriors, from Charles County. The first point of the game was given to La Plata during the first frame, which was quickly met by Catoctin, scoring a point in the second frame. Soon after, the Cougars scored their second point in the third frame to bring the score to 2-1. La Plata took the lead again when they scored two more points in the fourth round, and four points in the fifth round. In the last frame of the match, La Plata gained two more points to raise the score to 9-2. This final match put La Plata in third place and Catoctin in fourth overall.

Although the Unified Bocce team was disappointed they did not advance further in States, the players were grateful to have a perfect season leading up to it. "To have an undefeated season means that everyone did



Catoctin's Ryan Orr wrestles senior Jayden-kan Milongo from Frederick High school in the semi-finals of the County Wrestling Tournament

their part as a team member," commented head coach Charmane Nesbitt. "Everyone complemented each other and worked so well together." Both Coach Nesbitt and the student-athletes look forward to next year's season and moving on to Unified Track in the spring.

Catoctin's Wrestling team has also begun to wrap up their season. Over the last couple of months, the Cougars' numbers have decreased from thirteen wrestlers to nine. However, the team still posed a fierce threat to its competitors. Of the original thirteen wrestlers on the team, Ryan Orr, Travis Fields, Wyatt Payne, Nick Veronie, Colby Keilholtz, and Jake Baker all held winning records during the regular season. Additionally, despite having one of the smallest teams in the county, Catoctin managed to defeat Governor Thomas Johnson, Francis Scott Key, and Silver Oak as a whole.

On February 15, the team ventured to Walkersville High School, where the Frederick County wrestling tournament was being hosted. With little numbers, the team could only fill nine of the fourteen weight classes. In the 106 weight class was freshman Dodge May, who placed fourth in his bracket. Next, freshman, Theodore Adams, weighed in at 120 and wrestled with great efforts, but did not place. Colby Keilholtz, also a freshman, placed second in the 126-pound weight class, securing his spot at regionals. At 132 pounds was Freshman Justin Clair, who, despite putting up a fight, also did not place. Sophomore Nick Veronie wrestled at 138 pounds and finished in fourth place. Senior Pablo Archila weighed in at 145 but did not place. Placing second in the 152-pound weight class

was senior Wyatt Payne, who would be moving on to regionals. Finally, at 170 pounds, Sophomore Ryan Orr also would be heading to regionals after placing second in his weight class. With all the points that the Cougars racked up, Catoctin ended the tournament in fifth place out of ten schools with 88 points.

In the words of Assistant Coach William Orr, on February 22 and 23, Catoctin would have to compete within "the toughest region in the state." Despite this, the Cougars' performance in the tournament would be exceptional. Wrestling again at 126 pounds, Keilholtz fought his way through his bracket, landing him in fourth place. Payne also finished the tournament in fourth, weighing in at 152 pounds. At 160 pounds, Fields was the third of Catoctin's wrestlers to place fourth in his bracket. Finally, Orr wrestled in the 170-pound weight class. Despite putting up a fight, Orr lost to a senior from Williamsport and did not place in the tournament. As a result, Alumni and Head Coach Collin Schildt would send three of his wrestlers to compete in the Maryland State Tournament the following week.

With plenty of wrestlers moving up from the youth program next year, the future for Catoctin wrestling looks promising. Additionally, the team will only be losing two seniors at the end of this year. Once the season ends, both the coaches and wrestlers will anxiously wait for next year, while putting efforts into growing and expanding the team.

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MOUNT SPORTS

Mount races for the NEC outdoor track & field title

Collin Riviello
MSMU Class of 2020

Mount track & field and cross country head coach Jay Philips has seemingly worked some kind of magic as of late, leading the men's track & field team to its first NEC outdoor track & field title in 21 years last spring, then five months later taking the men's cross country team to the top of the podium with its first NEC cross country title in 20 years. Now, he's done it again by leading the Mount women to their first NEC indoor track & field title in 22 years. Yep, the Mount athletics program has won three NEC titles in a span of just 10 months.

The men and women's track & field teams travelled to the Ocean Breeze Track & Field Sports Complex in New York to compete in the 2019 NEC Indoor Track & Field championships on February 15-16. Historically, both programs have been built and designed for outdoor competition, so when the men were picked to finish second in the coach's annual pre-season poll and the women third, Philips knew something big was poised to happen.

Day one for the women started off with a bang... no literally, the starting gun makes a loud bang. Sophomore Kayla Barnes eased her way through to the finals that day in the 200m dash and the 60m sprint, placing first and second respectively in the prelims. The defending indoor 60m sprint champion also broke the school record in the 200m dash with a time of 24.55. Freshman Dominique Jeffery also qualified for the 200m dash finals by placing sixth. In the 400m dash prelims, Jeffery placed seventh to advance to the finals. Sophomore Najae Nickerson who went fourth in the 60m hurdles also qualified to compete on day two.

Adding to the Mount's chances of scoring points in the finals were sophomores Chalys Caruth and Chardane Logan who went two and three in the 500m prelims to advance. Graduates Clarke Hooper and Erin Jaskot also made it out of the prelims in the 800m run with Hooper finishing in 2:21.17 and Jaskot in 2:20.02. In the mile, junior Maddie Kole placed fifth to secure her spot in the finals as well.

For the men, senior Benjamin Finnigan and sophomore Isaac Kole placed third and eighth in the mile respectively to advance to the finals.

The women didn't have to wait until day two to see a glimpse of their future though, as the Mount women finished day one in the lead with 40 points, 19 more than second place LIU Brooklyn.

Arguably, the most dramatic race of day one came in the women's 3000m run. Jaskot, who was in fourth place by a considerable margin with one lap to go, made an impressive kick to catch the lead runner at the line. Jaskot walked away with the win and the 3000m title with a time of 10:10.00. The second-place runner finished in 10:10.07. Kole, who finished in 10:21.91, placed sixth.

Also scoring points that day were

high jumpers Chelsea Wright and Rene Rosso. Rosso placed in fourth with a height of 1.64m and Wright took sixth in the event (1.61m). Junior Elizabeth Shodiya set a personal record in the long jump to take second in the event with a mark of 5.67m. 11 points were earned for the Mount in the weight throw alone as senior Erin Sample finished fourth with a mark of 14.97m. Junior Jesslyn Manni went fifth with a mark of 14.75m and junior Emily Wood placed in seventh with a mark of 13.52m.

Back to the men's side, senior Colin Waitzman and sophomore Carter Nave tied for third place in the pole vault with a mark of 4.40m. In the shot put, the Mount took fourth, seventh and eighth-place and was led by junior Alex Devine (15.18m). Junior Matthew Selba was seventh with a mark of 14.75m and Zachary Delker was eighth with a mark of 14.47m. In the 3,000m, senior Nicolas Fransham took home fourth place with a time of 8:36.83 while junior Mitchel Wileczek was sixth with a time of 8:46.75.

On day two, the Mount women captured points in 10 of the 14 events enroute to a commanding 33-point margin of victory with 138. Barnes won the 200m dash in 24.53, but was unable to defend her 60m title, placing in second with a time of 7.70 seconds. However, she redeemed herself in the 4x400m relay by anchoring the Mount's relay team in a come-from-behind fashion to help set a new meet record with a time of 3:50.07. The previous record of 3:50.37 was set by the Mount just last year.

Jaskot's ability to make miracles happen didn't stop on day one, as she anchored the Mount's distance medley relay (DMR) team to a first-place finish, also in a come-from-behind fashion as well, to earn 10 points. Kole, Nickerson, Hooper and Jaskot took the win with a time of 12:08.45. The second-place team finished in 12:08.96. Jaskot also finished second in the 800m run final



The women's track and field team scored 138 points for the win, that's 41 more points than last year's team score! Photo credit: Larry Labanti

with a time of 2:14.27. Fellow teammate Hooper finished in fourth-place with a time of 2:16.02.

Seeded fourth in the 60m hurdle finals, Nickerson outperformed the competition by winning the race in 8.83 seconds. In the 500m Chardane and Caruth finished fourth and sixth respectively, running times of 1:16.51 and 1:16.82. Jeffery placed sixth in the 400m with a time of 57.67 and third in the 200m with a time of 24.78.

Junior Rachel Finn placed second in the pole vault with a height of 3.75m. Two women scored in the shotput, Sample with a throw 14.83m placed second and freshman Courtney Hawkins placed fifth with a mark of 12.52m.

The Mount took home four performance awards in conjunction with the team title. Jaskot earned the women's MVP award as she garnered 21 points for the Mount. Barnes took home the Most Outstanding Performer in the sprints award, Sample took home the Most Outstanding Performer award in the throws and Jeffery was a co-winner for the Co-Rookie of the Meet award. Jaskot is the first woman to earn MVP honors for the Mount since 1998 and Jeffery is only the third Mount woman to win Rookie of the Meet honors.

Fairleigh Dickinson took a surprising second place in the team standings after being picked to finish seventh in

the preseason poll (105). LIU Brooklyn, the defending champs, took third (98). Sacred Heart (67), Central Connecticut (63), Robert Morris (63), Saint Francis U (54), Wagner (51), Bryant (15) and St. Francis Brooklyn (9) followed.

The men finished in sixth place as a result of injuries to several key athletes this season, most notably, junior Justin Kimble, who last year won the Most Outstanding Performer for the sprints award after winning the 60m sprint title and placing second in the 200m.

Fransham finished in second place in the 5,000m run with a time of 15:06.33. Wileczek took fifth with a time of 15:20.92. Finnigan was third in the mile run with a time of 4:13.99 while Kole finished in seventh with a time of 4:19.61. The DMR squad of Kole, sophomore Branden Roach, sophomore Brandon Briscoe and Finnigan placed second with a time of 10:13.42, while

the 4x400m relay team of freshman Justyn Seivright, senior Andrew Humm, sophomore Dhane Schmelun and sophomore Tyler Howard placed seventh (3:23.32).

Freshman Dylan LaNoue was fourth in the high jump with a height of 1.92m. Selba took fourth in the weight throw with a mark of 15.74m and sophomore Zachary Delker took seventh with a mark of 14.88m. Junior Sam Shinn was able to score a point for the Mount in the weight throw by placing eighth.

LIU Brooklyn won the team title on the men's side with 127 points, followed by Saint Francis U (122.5), Wagner (101.5), Central Connecticut (98), Fairleigh Dickinson (73), Mount St. Mary's (70), Sacred Heart (33), Bryant (23) and St. Francis Brooklyn (13).

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COMPLEMENTARY CORNER

Worrying? Be present!

Renee Lehman

There seem to be many things to worry about: Paying off your mortgage, planning for retirement, the health of a loved one, your teenage child driving alone for the first time, or your child moving across the country for a job, etc. All these life experiences may have caused you to be filled with worry. So, take a moment to assess yourself. What causes you to worry? Does this worry support you? Most times the answer is, "No!" Worrying often increases your suffering. It tends to make the situation larger than it is.

In Traditional Chinese Medicine (TCM), the Stomach and Spleen organs are responsible for the ability to think, memorize, and concentrate. They also give us the ability to "deliver" an abundance of love, nurturing, compassion to oneself and to others.

In TCM, natural laws are followed. Do you remember how in the December 2018 article it was discussed that we should follow Natural Law and conserve our energy during the winter? If we don't follow natural law, and we deplete our energetic reserves, then we are more likely to feel worn out and get sick. As Grand Master Nan Lu states, "If you break a human law, you go to jail. If you break a Natural Law, you go to the hospital."

The Five Elements as observed by the ancient Chinese, are felt to be the prime energetic building blocks

from which everything in the material world is composed. The Five Elements also organize all natural phenomena into five patterns: Wood, Fire, Earth, Metal, and Water. So, every living thing and every person are a unique embodiment and combination of these Five Elements.

The Five Elements reflect a deep understanding of natural law, the Universal order underlying all things in our world. It provides a master blueprint that diagrams how nature interacts with the body and how the different dimensions of our being impact each other. Together, they help us to understand the process of dynamic harmony and balance in the whole system of energy. Therefore, when it comes to our health, if all Five Elements are in balance within us, then we are at a state of optimal health/wellness.

When the natural laws that pertain to the Earth element and the Stomach and Spleen are not followed, i.e., chronic worrying, anxiety, and over thinking, then this pair of organs becomes negatively affected on a body/mind/spirit level.

You may say, "Worrying is natural." Yes, it is. However, chronic worry is not. Chronic worry is analogous to your car tires being stuck in the mud - your tires keep spinning, but you don't get anywhere! Here is another example about chronic worrying. Can you see how unproductive worrying is?

Worry is like a rocking chair, it gives you something to do but you just don't go anywhere!

What can you do if you consider yourself a chronic worrier?

From a TCM perspective, you can do things to strengthen your Stomach and Spleen (and therefore, decrease your susceptibility for chronic worrying). Such as:

Eat yellow or orange foods, foods that are harvested in late summer, or root vegetables.

Eat mostly cooked or warm foods. Drink room temperature or warm beverages.

Eat dinner before 7pm - this gives your Stomach time to do its digestive work, and then rest overnight.

Massage the area between your sternum (breastbone) and your umbilicus (belly button). Place one hand on top of the other and slowly make five circles, clockwise. Repeat with five more circles. Then do this routine in a counterclockwise direction. Repeat this routine for five minutes.

Practice Qigong (Energy exercise): Practice The Dragon Stands Between Heaven and Earth along with Grand Master Nan Lu (www.tcmworld.org/qigong-for-stress-relief-and-weight-loss).

Play in the dirt. As you work in the garden, planting flowers, fruits, or even pulling weeds, the Earth has a way of absorbing all of the negativity, so we can see life situations from positive perspectives.

Once you've identified that you are chronically worried, write a mantra that you can repeat to yourself to make the daily worries a bit more manageable. You might repeat, "Everything happens for good." or "My purpose in life is to be happy." Whenever you find the worry creeping in, breathe and repeat your mantra. Help yourself to see the bigger picture and to focus on the good.

Be present.

"The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly."

-Buddha

"If you are depressed, you are living in the past. If you are anxious,

you are living in the future. If you are at peace, you are living in the present."

-Lao Tzu

Consider the following question: Can you change or control those situations? If not, learn to let the worry go. This is the first step toward finding your own inner freedom.

Consider the following:

In the Buddhist philosophy, nothing is considered concrete or permanent. However, we tend to attach ourselves to everything - our personal possessions, our jobs, our relationships, our family, etc. We tend to take life too seriously. We worry about everything. It can even be said that we are attracted (attached) to things that cause worry.

In Buddhism, worry is a form of suffering. Buddhist teachings are aimed at ending our suffering. So, from a Buddhist perspective, Shantideva (an 8th-century Indian Buddhist monk) says, "If you can solve the problem, then what is the need of worrying? If you cannot solve it, then what is the use of worrying?"

In other words, 90% of the things you worry about are out of your control so it's not helpful to worry. The other 10% you can control so do something about it instead of worrying.

Psychologist Ellen Hendrickson (Boston University's Center for Anxiety and Related Disorders) explains that there are two types of control. "When we think of 'control freaks,' we usually think of types who always want to keep everything under control, but there is also another form of control which involves accepting things that cannot be controlled." 'Primary control' is about trying to change the world around you. 'Secondary control' is about adjusting to what is happening around you. Research showed that people who have a higher level of secondary control are more satisfied with their lives than people who score higher on primary control.

So, if you want to experience control without stress, look inside instead of outside. Accept that you simply can-

not control everything. This will help you stay calm when things go differently than planned. Try to be flexible and to move with what happens. If you move along with the flow of life, it will give you energy, for if you try to change the world around you, you'll lose energy. As Marcus Aurelius (a Roman Emperor) stated, "If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment."

"The longer I love, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude...I am convinced that life is 10% what happens to me and 90% how I react to it. And so, it is with you...we are in charge of our attitudes."

-Pastor Charles Swindoll

"Be anxious for nothing, but in every situation by prayer and petition, with thanksgiving, present your request to God."

-Philippians 4:6

"I've lived through some terrible things in my life, some of which actually happened."

-Mark Twain

Renee Lehman is a licensed acupuncturist, physical therapist, with over 30 years of health care experience. Her office is located at 249B York Street in Gettysburg. She can be reached at 717-752-5728.

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FITNESS AND HEALTH

The herb blurb

Susan Evans

March brings us the first signs of spring. Soon those spring bulbs will be peeping out of the snowdrifts. Tulips, hyacinths, and primrose are starting to appear in garden centers and grocers and longer, warmer days are interspersed with snowstorms. Enjoy skiing, sledding, skating, and all that frosty beauty before it melts away. Plan an adventure!

This month's herb of the Month is Cayenne

My first intimate encounter with cayenne came when, as a budding herbalist, I found an article that recommended sniffing a pinch of cayenne up the nose for congestion. I was

having a dinner party and was quite congested so I gave it a snort. It did indeed clear up congestion, setting fire to my cranium, as fluid ran out of my nose, eyes, and mouth. It provided a good laugh for my husband and callous guests.

That said, cayenne is a very healing herb and helps with digestion and improves circulation.

It is high in Vitamins A, C, B complex, calcium, and potassium. Capsaicin, an extract of cayenne and other peppers, is used topically to reduce nerve pain. It works by reducing substance P, the primary chemical used by nerves to transmit pain signals. I've read that if you apply the powdered herb to an open wound it will stop the bleeding. But what will stop

the screaming? I can only surmise this was written by the same sort of sadistic herbalist who recommended the sinus snuff.

Use cayenne as a seasoning in recipes like the follow:

Orange Jicama Salad with Cayenne Lime Dressing

Ingredients

4 seedless oranges/tangerines or 8-10 mandarins (cuties), peeled and separated

1 ½ cups peeled and julienned jicama, you could substitute thinly sliced fennel root

1 small red onion, peeled and sliced very thin

¼ C. chopped fresh chopped cilantro

Gently combine ingredients, add



enough dressing to coat. Serve on baby greens and garnish with cilantro sprigs.

Cayenne/Lime Dressing

1/3 C. avocado or olive oil

¼ C. fresh lime juice

½ Tsp. ground cumin

¼ C. plain yogurt

½ - 1 Tsp. cayenne pepper

1 Tsp. ground coriander

1-2 Tbs honey or agave

Salt and ground pepper to taste

Mix well and store extra in refrigerator.

Exercise may help decrease allergy symptoms

Linda Stultz

Certified Fitness Trainer

Allergies have arrived! Allergy medication, shots and staying inside as much as possible are what get people through this time of runny eyes, noses, coughing and just feeling overall miserable.

A doctor once told me that walking may help relieve some of the congestion and give my energy and immune system a boost. Exercise will raise your endorphin level and help relieve depression so it makes sense that it may make you feel better when your body is fighting off any illness.

Having something to look forward to each day can give you a positive attitude and that will always make you feel better. I realize that going for a walk or jog may be just the thing that will set off some people's allergies because as soon as you set foot outside the door you are sneezing and coughing. Try to prepare ahead of time before the buds and allergens are in full force. Being outside in the early morning may help some people because the air seems fresh and cooler in the morning before the sun gets hotter.

Find some DVDs that you can use in your own house so that you can walk or do a cardio routine right

in your living room. Maybe you can get to the gym early in the morning or later in the evening when the wind calms down and is not blowing the allergens around so much. Think about a spin class or some other inside activity that you can do to stimulate your system and get your cardio and strength training workout in without being outside.

Talk to your friends and maybe you can get together for some exercise as well as social time. I have read different articles that suggest sharing social time with friends is just as beneficial for weight loss and many illnesses as the medication you may take or the treatments you may receive. That is not saying it should replace your medication or treatment. Being around other people can also help strengthen your immune system.

Exposure to germs will boost your ability to not contract or fight off illnesses. You know how children seem to catch every bug that is going around school because they are in close contact and in a small area with others that are sick. Even though they pass around their germs, they are also building up a resistance to the same illnesses. This exposure is how we are able to avoid getting sick. When you do get sick it may be

a milder case or you wouldn't get sick as often.

I think sharing and spending time with people can let you see that you are not alone and many others have gone through or are going through right now what you are. This time together can improve your mood, give you ideas and help you find help you may never have heard about if you stayed to yourself. We can learn so much and help each other just by talking to each other. I am always learning something new from my clients because they share what they have read or heard or learned from personal experience. That's why I end my articles saying, if you have any questions or suggestions you can contact me at 717-334-6009. I am always trying to learn more so I can help my clients and readers.

Remember, Keep Moving!!

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

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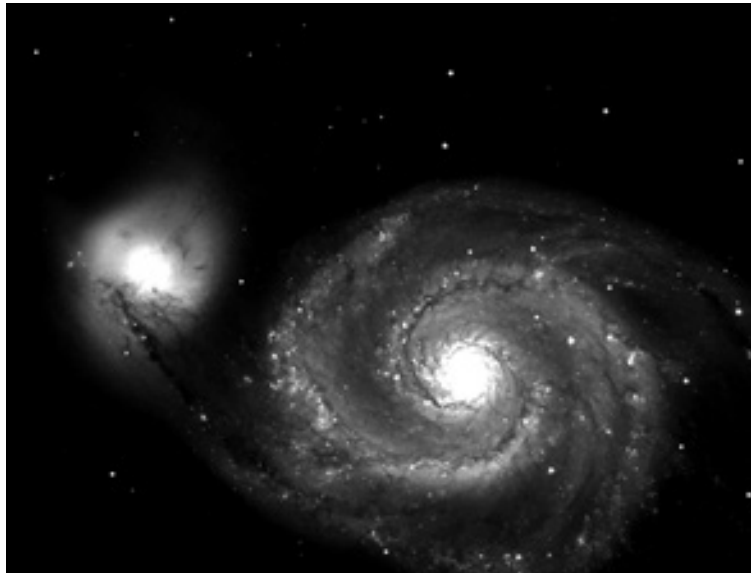
ASTRONOMY

The night sky of March

Professor Wayne Wooten

For March, the moon is waning crescent just west of Saturn on the morning of March 1st, and then just west of Venus the following morning. It is new on March 6th. The waxing crescent passes south of Mars in the evening sky on March 11th. First quarter moon is March 14th, and the Full Moon, the Grass Moon, is on the same date, March 20 as the Vernal Equinox, the beginning of Spring. The equinox is at 4:58 P.M., while the full moon is at 8:43 P.M..

As the Sunday following the Full Moon following the Vernal Equinox is the date of Easter, this should make Sunday March 24th Easter. But it isn't! The ecclesiastical Easter will fall on April 21, 2019, whereas the astronomical Easter will take place March 24. In my research, I found the following; "For simplicity's sake, the Church has set a fixed date for the equinox, March 21, though astronomically, the vernal equinox may also occur on the 20th. The paschal full Moon always falls on the 14th day of a lunar month; because ancient calculations (made in 325 a.d.) did not take into account certain lunar motions, it may differ slightly from the actual full Moon date." Yes, it is indeed confusing, especially this year! The waning gibbous moon is just east of Jupiter in the dawn sky on March 27th. The moon is last quarter on March 28th. The wan-



Whirlpool Galaxy (M-51) colliding with its neighbor galaxy. The Whirlpool Galaxy has been extensively observed to understand galaxy structure (particularly structure associated with the spiral arms) and galaxy interactions.

ing crescent is east of Saturn on March 29th. On the 31st, it lies just west of Venus on the dawn horizon, with both rising about an hour before sunrise.

Mars is the only evening planet, in the SW sky. It passes below the Pleiades cluster at month's end. In the morning sky, Jupiter is in Ophiuchus, northeast of bright red Antares in Scorpius. Saturn is east of the teapot of Sagittarius, and Venus still closer to the Sun in Capricorn. Venus will go behind the sun in a few weeks, to emerge in the evening sky by late summer.

The constellation Cassiopeia makes a striking W in the NW. South of Cassiopeia is Andromeda's hero, Perseus. Between him and

Cassiopeia is the fine Double Cluster, faintly visible with the naked eye and two fine binocular objects in the same field. Perseus contains the famed eclipsing binary star Algol, where the Arabs imagined the eye of the gorgon Medusa would lie. It fades to a third its normal brightness for six out of every 70 hours, as a larger but cooler orange giant covers about 80% of the smaller but hotter and thus brighter companion as seen from Earth. At Perseus' feet for the famed Pleiades cluster; they lie about 400 light years distant, and over 250 stars are members of this fine group.

East of the seven sisters is the V of stars marking the face of Taurus the Bull, with bright orange Aldebaran as his eye. The V of stars is the Hyades cluster, older than the blue Pleiades, but about half their distance. Yellow Capella, a giant star the same temperature and color as our much smaller Sun, dominates the overhead sky in the northwest.

It is part of the pentagon on stars making up Auriga, the Charioteer (think Ben Hur). Several nice binocular Messier open clusters are found in the winter milky way here. East of Auriga, the twins, Castor and Pollux highlight the Gemini; it is directly above us as darkness falls in early March. UWF alumni can associate the pair with Jason and the Golden Fleece legend, for they were the first two Argonauts to sign up on his crew of adventurers.

South of Gemini, Orion is the most familiar winter constellation, dominating the southern sky at dusk. The reddish supergiant Betelgeuse marks his eastern shoulder, while blue-white supergiant Rigel stands opposite on his west knee. Just south of the belt, hanging like a sword downward, is M-42, the Great Nebula of Orion, an outstanding binocular and telescopic stellar nursery. The bright diamond of four stars that light it up are the trapezium cluster, one of the finest sights in a telescope and among the youngest known stars.

In the east are the hunter's two faithful companions, Canis major and minor. Procyon is the bright star in the little dog, and rises minutes before Sirius, the brightest star in the sky. Sirius dominates the SE sky as darkness falls. At 8 light years distance, Sirius is the closest star we can easily see with the naked eye from West Florida.

When Sirius is highest, along our southern horizon look for the second brightest star, Canopus, getting just above the horizon and sparkling like an exquisite diamond as the turbulent winter air twists and turns this shaft of starlight, after a trip of about 200 years!

To the northeast, look for the bowl of the Big Dipper rising, with the top two stars, the pointers, giv-

ing you a line to find Polaris, the Pole Star. Here it sits unmoving 30 degrees high in on our northern sky locally. If you take the pointers of the Big Dipper's bowl to the south, you are guided instead to the head of Leo the Lion rising in the east, looking much like the profile of the famed Sphinx. The bright star at the Lion's heart is Regulus, the "regal star". The folk wisdom that "March comes in like a Lion" probably refers to the head of Leo rising just after sunset in early March.

If you follow the handle of the Big Dipper to the south, by 9 p.m. you will be able to "arc to Arcturus", the brightest star of Spring and distinctly orange in color. Its color is an indication of its uniqueness. Its large speed and direction through the Milky Way suggests it was not formed with our Galaxy, but is a recent capture from the Sagittarius Dwarf Galaxy, a smaller satellite galaxy now being assimilated by our huge spiral galaxy. Many of its lost stars, like Arcturus, follow a band across the sky at about a 70-degree angle to our galactic plane. Arcturus is at the tail of kite shaped Bootes, the celestial bear driver chasing the two bears from his flocks. Spike south then to Spica in Virgo. But stop off on this arc just below the end star of the handle, and you will find our featured deep sky object, the famed Whirlpool Galaxy, M-51. This view of the colliding galaxies shows how this first galaxy whose spiral shape was observed in 1845 appears in our larger scopes at our deep sky. Our own Milky Way is now interacting with three neighboring smaller galaxies; image how complicated we look from the same top on vantage point!

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Farmers' Almanac

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade"

—Charles Dickens (1812-1870)

Mid-Atlantic Weather Watch:

Fair, cold (1, 2, 3) with Nor'easter, heavy snow (4, 5, 6). Fair, cold again (7, 8, 9, 10, 11) with showers mainly in the southern part of the region (12, 13, 14). Fair, cool (15, 16, 17) with more showers (18, 19). Fair but colder (20, 21) with yet more showers, some snow in the north (22, 23). Fair and cool (24, 25) with storms mainly in the south (26, 27). Showers (28, 29) turning fair and cool (30, 31).

Full Moon: March's Full Moon will occur on March 20th. Native Americans came to call it Sap Moon because sap begins to rise and run during this time of year. It has also been referred to as Worm Moon because earthworms begin to appear in abundance due to the

warmer temperatures softening the frozen soil.

Special Notes: On Sunday, March 10th at 2:00 AM EST, Daylight Savings will begin. Don't forget to reset all of your clocks and watches and 'spring' ahead an hour. The Vernal Equinox will occur on Wednesday, March 20th and signals the arrival of Spring (at last!). March is known for its high winds so take advantage of that and "go fly a kite" with your kids. Nothing is as exhilarating except maybe flying itself!

Holidays: Wednesday is March 6th in 2019 and the first Sunday in Lent is Sunday, March 10th. Be sure to wear something green in honor of St. Patrick on Sunday, March 17th.

The Farm: Best days for planting root crops (1, 2); weeding and stirring the soil (13, 14); planting above-ground crops (15, 16); planting root crops (21, 22); harvesting all crops (25, 26, 27); setting hens and incubators (14, 15, 16, 17, 18,

19, 20, 21, 22, 23, 24, 25, 26, 27, 28); slaughtering/butchering meat (6, 7, 8, 9, 10, 11, 12, 13); transplanting (6, 7, 8, 9, 10, 11, 12, 13); harvesting and storing grain (1, 2, 3, 4, 5, 27, 28, 29, 30, 31); the weaning of all small animals and livestock (1, 2, 3, 4, 5, 6, 7, 26, 26, 27, 28, 29, 30, 31).

The Garden: Get started early if the weather allows. Test your soil for pH to see if any amendments are necessary. A general rule of thumb is to add 4 lbs. of lime per 100 sq. ft. of garden for every pH point below 6.5, or 1 lb. of sulfur per 100 sq. ft. for every pH point above 7.5. March is prime time for feeding shrubs and perennials that bloom in the Summer months. Begin pruning early-flowering shrubs, roses, fruit trees, grapes, and raspberries. It's time to start tomatoes, lettuce, and many other vegetable seeds indoors. And do try to plant your peas on St. Patrick's Day!

J. Gruber's Thought For Today's Living

"If you don't expect the impossible, you will never be disappointed"

COMPUTER Q&A

Computer maintenance

Aysë Stenabaugh
Jester's Computer

I know that you're probably thinking "technology is Greek to me" or "I don't know anything about computers", well It's okay to admit that you aren't knowledgeable on technology, after all we are all good at something. So when we explain to our customers why maintenance is important to keep computers running well, we tend to use the car analogy. In (most) states you have a yearly inspection be it for the vehicle maintenance or emissions. Each time you take your car for an inspection and if anything doesn't meet safety standards it will need to be repaired or replaced before you will get your shiny sticker. Computers, while they are electronic devices, need their own kind of maintenance too.

Every March and September here at Jester's Computers we provide a \$20 discount off our Clean-ups to help give everyone the incentive to have yearly computer maintenance. Our regular clients love to take advantage of our special because they know that we will work to increase your computers performance, correct errors and issues and address any potential hardware issues that may be occurring.

What maintenance do computers need?

Updates - Your computer will perform regular updates for Windows and will alert you that some programs need updated. Under some circumstances updates may not download or install successfully. Sometimes, Windows updates don't download because you may have a metered or slow internet connection. Updates may fail if there are compatibility or hardware issues with your device. Even though other software will alert you that updates are ready, often times they are ignored, these updates can fix performance issues and patch security issues.

Unwanted Software - or PUPS (potentially unwanted software) is one of the more obvious and common reason you may notice that you are ready for a clean-up. Unlike viruses, PUPs get into your computer only when you give them permission to do so. Many times these programs are bundled with free software or you may be told from the website that you are on that you NEED this program to perform a task. If you notice a lot of pop-up ads or notifications when you are on your web browser they were likely enabled by clicking a box that popped up. Sometimes these pop-up boxes can be misleading so don't feel bad if you accidentally end up with something you didn't mean to install.

Unnecessary Files - Browsing

the web and downloading files can leave what are called temporary files behind taking up hard drives space you might need for other data. As you use your computer and you install and un-install software, your computer may accumulate registry errors. The registry is like the your computers "index" where your hardware and software are given commands that make everything in your computer work as it should. Over time you may have extra entries in the registry that are no longer needed. These entries known as registry errors can cause a decrease in performance and have been known to cause error messages.

Virus & Malware - In some cases you may have malicious files or software that could be causing problems within your device. Even if you have antivirus on your device, because new viruses are being written every day, it can still occur. Many times, we clean-up behind antivirus's software that doesn't do a great job. If your antivirus isn't performing well we can recom-

mend one that might work better for you.

Should I just get a new computer? - Back to the car analogy, if your car gets a flat tire do you run out and look for a new car? No, you would more than likely replace the tire or get it patched. Computers are no different except for the fact that in most cases computer issues are software related. This means that if you were to re-install your operating system or clean-up existing issues that it can run well again without spending funds unnecessarily on a new device and spending hours re-installing software, transferring data and configuring your device to work with your printer etc.

If you would like to take advantage of our Spring Clean-up special, visit Jester's Computer Services any-time during the month of March to receive \$20 off your clean-up. We are located at 5135 Fairfield Road in Fairfield. For more information contact us by calling 717-642-6611 or visit our website at www.jesterscomputers.com.



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UPCOMING EVENTS

March 1 & 2

Elias Lutheran Church's Spring Supper and Yard Sale. Supper includes: Roast Beef, Turkey, Ham and all the home-made trimmings with dessert. Yard sale, Bake Goods and Crafts: 100 W. North Ave., Emmitsburg. For more information call 301-447-6239.

March 2

Strawberry Hill's Mount Hope Maple Madness. Sugaring, the art of making maple syrup, has been practiced for thousands of years. For more information call 717-642-5840 or visit www.strawberryhill.org.

Harney VFW's Oyster, Chicken and Pit Beef Feed. For further information call 717-334-4048 or visit www.stfcc.org.

mation or arrangements to obtain tickets, please call the post at 410-756-6866 or Frank M. Rauschenberg at 410-756-5444.

Third Annual Abolitionist Day. Among the local abolitionists to be featured will be a tableau of the people who gathered in 1836 at the home of James McAllister to form the Adams County Anti-Slavery Society. The McAllisters operated a mill on site that later became part of the Underground Railroad. This event is free and open to the public. It will be held in the Charles Sterner Recreational Building in the Gettysburg Recreation Park. For more information call 717-334-8943.

YMCA School of Dance Mid-Year Performance. For more information, call 301-663-5131 or visit www.fredrickymca.org.

March 8, 15, 22, 29

Taneytown's St. Joseph's Annual Lenten Fish Fry Friday's. Carry-out dinners available. Menu: Choice of kettle fried Catfish or Pollack, baked Catfish or Tilapia, fried shrimp or Salmon cakes, kettle fried potato wedges, choice of two vegetables, succotash, stewed tomatoes, green beans, or applesauce. Roll and beverage. St. Joseph's Parish Center, 44 Frederick Street, Taneytown. For more information call 410-775-7500.

March 14

The Majestic Theater presents - Songs of Ireland - A Celtic Celebration. Songs of Ireland presents an exhilarating and unique musical approach to universally loved songs and arias with all original arrangements drawing from Irish Traditional folk song; opera arias, duets, trios, quartets and ensembles; songs from the great American songbook; Broadway hits; and "modern" contemporary popular repertoire. This Celtic celebration includes eight Irish vocalists, accompanied by a lively ensemble featuring piano, uilleann pipe, accordion and an Irish fiddle. Program will include "Down by the Sally Garden," "Bridge Over Troubled Waters," "Last Rose of Summer," "Isle of Hope," and "When Irish Eyes Are Smiling." For more information visit www.gettysburgmajestic.org.

St. Francis Xavier Parish's 8th annual Lenten Fish Fry Dinners. Xavier Center, 465 Table Rock Road, Gettysburg. Dine In or Take Out. Children under 5 eat free. For more information call 717-339-1334 or visit www.musicgettysburg.org.

March 15, 22, 29

St. Francis Xavier Parish's 8th annual Lenten Fish Fry Dinners. Xavier Center, 465 Table Rock Road, Gettysburg. Dine In or Take Out. Children under 5 eat free. For more information call 717-339-1334 or visit www.musicgettysburg.org.

Frederick County Master Gardeners seminar: "Project Wild." Do you love to educate and interact with children of any age in developing an awareness and appreciation for nature? Unleash your wild side. This national environmental education program aims to help children learn how to think, not what to think, about wildlife and the environment. For more information call 301-600-3576.

March 16

Music Boosters' Annual Designer Bag Bingo- featuring Kate Spade, Coach, Michael Kors, and Vera Bradley prizes - are on sale now! Please join us March 16th (snow date March 23rd) in the Francis Scott Key High School cafeteria for a fun-filled evening of both regular and special bingo games, raffles, 50/50, door prizes, and great food! Doors will open at 5pm; Early Bird Special game will begin at 6:45pm; regular games will begin at 7pm. Admission tickets are \$20 in advance and \$25 at the door. Questions or ticket requests may be directed to fskimb-bingo@gmail.com.

Music Gettysburg presents Songs of Garth Baxter and Hollis Thoms - Two Baltimore composers present their compelling settings of glorious texts. Music, Gettysburg! is a premier concert series featuring international, national, regional and local musical artists for the greater south central Pennsylvania region. The United Lutheran Seminary Chapel is at 147 Seminary Ridge in Gettysburg. For more information about this and other concerts in the Music, Gettysburg! schedule, please call 717-339-1334 or visit www.musicgettysburg.org.

March 17

Emmitsburg Council of Church's Community Lenten Service. Tom's Creek United Methodist Church, 10926 Simmons Road, Emmitsburg. Lunch Noon, service 1 p.m.. Come for food and fellowship.

March 20

Frederick County Master Gardeners seminar: "Planting the Family Garden." Join us in the Demonstration Garden for a hands-on experience planting the home garden. Learn

March 23

Frederick County Master Gardeners seminar: "Planting the Family Garden." Join us in the Demonstration Garden for a hands-on experience planting the home garden. Learn

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UPCOMING EVENTS

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Mother Seton School HSA Gala in the Garden at The Links at Gettysburg, 601 Mason Dixon Rd, Gettysburg. Join us for a night of fine dining, auctions, and games in support of Catholic education at MSS! Live and silent auctions, raffles, and more. Contact Donna at jefsoa@msn.com for tickets and more information.

Cumberland Valley School of Music's Musicales Series Featuring: Stuart Ryerse, guitar & piano; with Ritma Cordia: Marlin Barnes, marimba and Jane Peatling, cello. Kick off spring with Stuart Ryerse who is a pianist, guitarist, and juggler! Stuart's fresh style and diverse, energetic program will be sure to entertain you. During our beginning social time, enjoy the music of husband and wife team, Ritma Cordia. This unique combination is delightful to watch and hear-an evening of great fun! Socialize in this beautiful historic home enjoying sweet and savory hors d'oeuvres with wine and non-alcoholic beverages. For more information visit www.cvsmusic.org.

March 25
Gettysburg Community Concert Association presents the Philadelphia Brass. The Philadelphia Brass performs the best of brass quintet literature of

all periods and styles, and educates the public to the pleasures, subtleties, and complexities of chamber music. It has collaborated in performances with bands, choruses, organists and dancers. The ensemble's playing has been praised as "artistry of the highest caliber" and "dazzling technique" by presenters. One of the unique strengths of Philadelphia Brass is the palpable sense of respect, affection and musical enjoyment among its members. This allows the players to perform with exceptional flexibility and cohesiveness, and enhances the ensemble's appeal to audiences of all ages. The performance will take place at the Gettysburg Area

High School Auditorium, 1130 Old Harrisburg Road, Gettysburg. For more information call 334-7776; or visit www.gettysburgcca.org.

March 27
Emmitsburg Council of Church's Community Lenten Service. Trinity United Methodist Church, 313 W. Main St., Emmitsburg. Dinner 5:30, Service 7 p.m.. Come for food and fellowship.

March 30
Frederick County Master Gardeners seminar: "Pollinator Friendly Garden Certification." Find out how to get your yard certified as a Pollinator

Friendly Garden. Best practices include growing plants that provide food and reducing or eliminating the use of pesticides and herbicides to control weeds and garden pests. Your yard makes a difference! For more information call Lisa Strong at 301-600-3576.

Music Gettysburg presents Baroque Brilliance. Faculty of the Sunderman Conservatory present some of the liveliest, most moving music of

the 18th century. Music, Gettysburg! is a premier concert series featuring international, national, regional and local musical artists for the greater south central Pennsylvania region. The United Lutheran Seminary Chapel is at 147 Seminary Ridge in Gettysburg. For more information about this and other concerts in the Music, Gettysburg! schedule, please call 717-339-1334 or visit www.musicgettysburg.org.



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UPCOMING EVENTS

March 2 - INDOOR YARD SALE
Limited number of spots still available

March 29 - SPEAKER SERIES
David Peters presenting:
"Winston Churchill's favorite spy, Krystyna Skarbek"
\$25 per couple / \$15 per individual
Tickets include refreshments

April 6 - SPRING CRAFT SHOW
Don't miss our First Show of the season!

April 20 - EASTER EGG HUNT
Sponsored by SGI
Bounce House, Prizes, and Games

May 4 - BASS FISHING TOURNAMENT
Sponsored by Cobblestone Hotel & Suites
Adult and Youth Divisions / Cash and Door Prizes

For more information or to purchase tickets for events call 301-241-5085 or visit www.thefrcc.org

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REUNION WEEKEND • JUNE 8, 2019



RUN THE RACE AND SUPPORT THE TRAIL!

Join us for a 5K fun run/walk in memory of Elizabeth DiNunzio, C'09. All proceeds benefit the Elizabeth DiNunzio Memorial Trail.

- » Post-race refreshments will be provided
- » T-shirts will be provided for those that pre-register
- » Enjoy prizes for age groups

SATURDAY, JUNE 8, 2019 | 8:30 AM

Race Day Check-In: 7:30-8:15 a.m.

Registration Fee: \$20 Individual
\$10 Children 12 & Under

Mount St. Mary's University

PNC Sports Complex
Emmitsburg, MD 21727

*Start and finish at the
Trailhead Plaza near the tennis courts*



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