

Emmitsburg NEWS-JOURNAL

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

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Emmitsburg loses Bo Cadle

The Founder of the much-loved Emmitsburg Regional Dispatch, William "Bo" Cadle, died on Tuesday, Jan. 21 at the age of 88.

Bo was a quiet and humble individual who, according to his family, "loved to wrestle with complex ideas, always inquiring, searching and dreaming. His sense of humor and thoughtfulness touched many throughout his life."

Bo is not a simple person to define. He loved his family; he loved cooking for friends, swapping stories, long bike rides, inscrutable books, Eastern philosophy, quantum physics, Celtic music, good whiskey and a good laugh. He loved gardens, especially the one he tended and nurtured with Jean, his wife, for over 20 years.

According to many who knew, Bo was happiest when he was sitting in a chair or on the floor surrounded by books. He was an avid gardener and birder. He would sometimes dance down the grocery aisle when he thought no one was looking; he loved Jazz, good bluegrass music and even tried his hand at the fiddle.

Bo was a collaborator who always looked for the common link

between people and built upon it. He never held the reigns of a project too close, but allowed, and even empowered others to take the lead to accomplish great things. It's because of Bo that Emmitsburg has a newspaper with its name in the title, a well-respected historical society, and a website that seems to grow bigger every day.

Cadle graduated from Frederick High School, received a degree in science from the University of Maryland, served two years in the Air Force and then earned his Master of Education. He then became an inspiring science teacher, basketball coach, mentor and VISTA Supervisor for Literacy.

Later in life, his strong desire to serve his hometown manifested itself in the establishment of the Dispatch with Jean, which was first published December 1993.

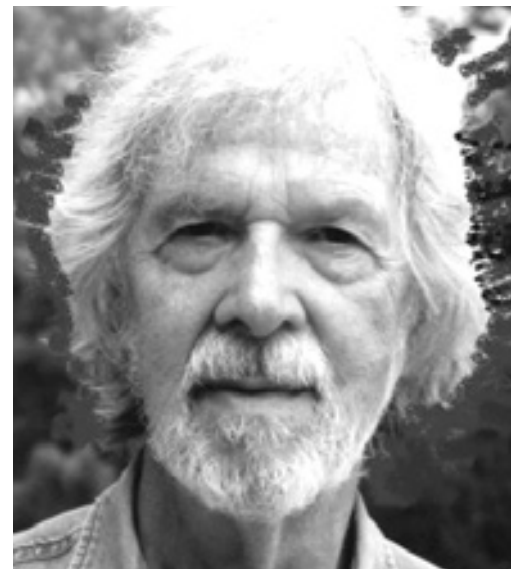
News-Journal Publisher Michael Hillman said, "Soon after he started the Dispatch, Bo asked me if I would be interested in writing for him, which led to a three-year long stint as a columnist for the Dispatch." Mike was joined in the early Dispatch by Bill Meredith —

the Retired Ecologist, Jack Deatherage — The Village Idiot, and Ray Buchheister, who would later go on to run the Dispatch with his wife Jen for 6 additional years.

"The name I chose for this paper, the News-Journal, was my way to recognize Bo's original vision of the Dispatch," Hillman said. "A paper providing community news as well as thoughtful journalistic and scientific articles."

Paul Harner, in an article called 'A bit about Bo Cadle,' said "there are no two people who have done more for this community over the past ten years than Bo and Jean. The Dispatch was not a money-making venture. It was an effort to share information and to keep the community informed about the town's progress or lack thereof."

Former Mount President Thomas Powell echoed that sentiments saying: "Bo was the first person to welcome my wife and I into



Bo Cadle, 1931 - 2020

the community when I became President. He's willingness to embrace us as friends set the tenor of the future relations between the Mount and Emmitsburg."

For almost ten years, Cadle and his wife's passion for strengthening community came out monthly. He lived the newspaper's motto of 'gaining strength from one another.' According to Jean, the Dispatch was Bo's most-treasured accomplishment.

See related article and Bo's obituary on page 26

Adams County municipalities reorganize

As mandated by state law, Pennsylvania municipalities are required to conduct a reorganization meeting on the first Monday of each even-numbered New Year. This year, the reorganization meetings were held January 6.

Carroll Valley Borough

The Carroll Valley Borough Council voted Richard Mathews as board president, with Robert Verderaime voted as vice-president. In addition, three new board members were sworn-in: Bruce Carr (re-elected), Jessica Kraft (newly elected), John Schubring (newly elected), and L. Michael Wight (newly-elected).

The council also appointed Sarah Skoczen, Steven Sites, Owen Phelan, and L. Michael Wight (replacing resigned Bruce Carr) as new members of the planning commission. The board also re-appointed Lawrence Muschamp to the zoning hearing board, and re-appointed Anthony Golden, Ron Harris, and John Svalina to the public safety committee. Lori Kolenda and Heather Wight were re-appointed to the tree board, while Frank Buhrman was re-appointed to the borough Vacancy Board. A vacancy remains unfilled on the borough

Parks, Recreation & Environmental Advisory Council.

Fairfield Borough

The Fairfield Borough Council voted to re-elect Patricia T. Smith as board president, while Phyllis V. Gilbert was elected as vice-president. Camille Cline was elected at the board's president pro tempore. Newly elected board member, Pat Pileggi, was sworn-in by Mayor Stanley.

Regarding other appointed positions approved include: Kenneth Kuykendall to serve on the Municipal Authority Board, Robert Creighton to serve on the zoning hearing board, Robert Remaley to serve as a regular member on the zoning hearing board, instead of as an alternate, Dave Metz and Carroll Smith to serve on the planning commission, Bob Smith to serve as vacancy board chairman, Phyllis Gilbert to serve as HARB liaison with no voting privileges, Dean Thomas to serve as council liaison to the planning commission, with voting privileges, Patricia Smith to serve as delegate to the Adams County Council of Governments, with Camille Cline to serve as alternate, Sarah (Sally) Thomas to serve as Pippinfest Committee liaison, Patricia Smith to serve as primary



Members of the Carroll Valley Borough Council

delegate and Susan Wagle to serve as alternate delegate to Adams County TCC, and Patricia Smith to serve as primary delegate and Susan Wagle to serve as alternate delegate to York Adams Tax Bureau.

Hamiltonban Township

The Hamiltonban Board of Supervisors voted to reorganization meeting to name J. Edward Deardorff as chairman, and Douglas Woerner as vice-chairman. Newly elected and former-township Supervisor Coleen Reamer was previously sworn-in,

and officially assumed her seat at the reorganization meeting.

Liberty Township

The Liberty Township Board of Supervisors voted at their January 6 reorganization meeting to name Walter Barlow as the board chairman, and Robert Jackson as the vice-chairman. Barlow was also voted as the township's interim roadmaster. Newly elected Supervisor Bobby Keilholtz was previously sworn in, and officially assumed his seat at the reorganization meeting.

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EMMITSBURG NEWS

Water fix could cost \$1.75 million

The long-term fix to cure Emmitsburg's town brown water blight could cost as much as, or more than, \$1,755,000, it was revealed at a special town Board of Commissioners' meeting January 22.

Town Manager Cathy Willets stated, at the lightly attended meeting, that sections of old, pre-1952 cast iron pipes under portions of North Seton Avenue, Waynesboro Pike, and DePaul Street, could cost as much as \$300,00 per 1,000 linear feet of pipe to replace (all related expenses inclusive such as materials, excavations, labor).

Specifically, pipe replacements would take place on: North Seton Avenue from North Avenue to 17349 North Seton; Waynesboro Pike from Tract Road to 9322 Waynesboro Pike; and DePaul Street from North Seton Avenue to the dead-end.

Willets said, given the pace of pursuing and applying for grant money, that the project could take up to two years to fully implement the pipe replacements.

However, in the interim, town staff and the commissioners will seek to find short-term fixes that can be more reasonably implemented to ease the brown water problem.

This could include the slow introduction of phosphate-based products which will ultimately create a seal over the interiors of the corroding iron pipes and trap the corroding metal before

pieces can flake off and enter the drinking water supply. These flakes and scales (also called tuberculation scales) break-off inside of the decrepit pipes, releasing iron and manganese into the water which leads to the brown colorization, according to Dan Fissel, Emmitsburg water and sewer superintendent.

Willis cautioned, however, that while the tuberculation in the three areas identified are a problem, they might not be the "end all, be all answer. There could be a lot of (other) things contributing to it (the overall brown water issue)." The town also increased the water's pH (a low pH can be acidic and thus potentially corrosive).

The state Division of Utilities and Solid Waste Management (DUSWM) has samples and is analyzing them in their division's laboratory, while the state Department of the Environment has offered to also conduct sampling. Willets said, "Once we have the (DUSWM) test results we hope to better understand what might be the primary cause... and what follow-up actions may be appropriate."

Also approved by the board at the meeting is the creation of a citizens' committee to conduct research and provide additional support where needed to serve as "boots on the ground" in determining the full local impact of the contamination.

Beginning in October, numer-

ous Emmitsburg drinking water customers have been expressing their concerns over the brown colorization of their tap water.

Emmitsburg Mayor Donald Briggs previously stated samples were taken and analyzed. Catocin Labs, he reported, tested water samples for lead and copper, the results of which were well below state action levels, or otherwise negligible. The mayor also stated pH of the tap water was also within state guidelines. Briggs also reported that five water samples were analyzed for bacteriological content, which showed "no presence of coliform or E. coli."

Town Commissioner Frank Davis called the confluence of adverse events as "the Perfect Storm." Davis stated, "We can't get it to clean up, it's so sporadic (not occurring on a town-wide basis). We've never had anything like this before," adding that town staff are taking complaints and then plotting them on a map to determine the impact areas in the hope of determining the contributing source or sources.

The town website also previously stated, "Although the water may not be visually appealing, it is safe to drink and continues to meet all federal and state drinking water standards. There is no health hazard associated with the discolored water."

More than 20 residents attended the commissioners' January 6 meeting, either to comment on the drinking water issue

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or simply to witness the outcome of the discussions. Several of them informed the board of actual property or financial burdens they allegedly sustained as a result of the contaminated drinking water.

Although the water has been declared "safe to drink," the claim of which a number of res-

idents remained dubious, residents stated they have suffered the consequences of rust in their water which has stained clothing (including expensive service uniforms), led to buying bottled water, and purchasing expensive filtration units, or increasing the numbers of filters they expend trying to eliminate the pollutants.

Wayside edits stall approvals

The Emmitsburg commissioners voted at their January 6 meeting to table further consideration of four proposed wayside markers until the February 3 meeting to allow edits to be made to the Emmitsburg Press signage.

Four new historical wayside signs are pending the board's approval, including signage denoting the histories of the "Great Fire of 1863," the Vigilant Hose Company, the Carriage House Inn building, and the Chronicle Press building.

While the board had no issues with three of the four pending exhibits, they did voice some concerns with the exhibit on the Chronicle Press building.

Commissioner Joe Ritz said, "At the last meeting I had a question prepared for Scott Grove, wherein I was going to ask him, 'Who verified all your historical records.' Before I got a chance to even ask it, he offered that Mike Hillman went through all four of the signs to review."

Grove is the owner of Grove Public Relations and the proj-

ect's designer. Hillman is an Emmitsburg historian and is the publisher of the Emmitsburg News-Journal.

"Well, low and behold," Ritz said, "Mike only saw three of the signs. He did not see the Chronicle Press [sign], and then he [Hillman] brought it to my attention."

"The last sentence states, 'The Emmitsburg Chronicle ceased publication in 1971, following a run of 87 years,' he said, adding, "The Emmitsburg Chronicle was alive and well in 1976,"

while in fact, "It did cease operations in 1977."

Ritz stated, "The Chronicle started in 1879... It was in publication all the way into 1918." After 1918, he said, there was a brief period in which the Chronicle was not printed until the 1940s, when it is believed the Elders took over the paper and published it until 1971. After 1971, Ritz commented, there were a few other owners, including Eric Glass.

"This sign is going to go out in front of the building where the Chronicle Press is currently located... It kind of skims over the beginning of it," Ritz said. "I think that we need some more information regarding the Emmitsburg Chronicle, not just

the reference to its run with the Elder family."

In addition, Hillman noted, "contrary to other signs, the Chronicle Press Building sign glosses over the history of the building as Emmitsburg's first public school and later high school to focus on only a single business that utilized the building."

In order to allow for the incorporation of the proposed changes, the board voted to table the approval of the four wayside exhibits until their February meeting.

The total cost of the four wayside exhibits will be \$22,024, according to Town Manager Cathleen Willets, 50 percent of which, or \$12,062, was obtained as a Maryland Heritage Areas Authority grant, the rest paid for with town funds.

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FAIRFIELD/CARROLL VALLEY NEWS

Police prepare for body cameras

The Carroll Valley Borough Police Department will be incorporating body cameras for police officers for the first time as part of a video-audio upgrade of their in-car camera systems.

The borough approved the associated expense of upgrading the in-car video camera system, which includes the new body cameras, in their 2020 budget.

Borough Police Chief Richard Hileman, told the News-Journal that the upgrade is being provided basically for free from the current in-car video system's provider, Digital Ally, Inc.

"The provider of the in-car

video offered an option to replace the in-car video," or continue to use the older, existing in-car system, Hileman said. But if the department opted for upgrading, "the body cams would be included in the upgrade free." He said the free upgrade with the body cameras included would likely represent an eight to nine-thousand-dollar savings if purchased otherwise." The upgrade will be provided for two of the existing police squad cars.

The use of police body cameras basically got off to a rocky start in the grand scheme of things, raising concerns among

some regarding issues relating to privacy and misuse.

Paul Davis, writing for The Washington Times in 2018, stated in an article titled Debunking false claims against the police, "Given that police now operate in a world in which anyone with a cell phone can record video footage of a police encounter, body-worn cameras help police departments ensure events are also captured from an officer's perspective."

As far as the department's prior experience with body cameras, "We tested one out to get a look at it four or five years ago, but

at the time the law in Pennsylvania hadn't caught up with the police use of the body cam. The times have changed regarding the expectation of privacy (which had been among the initial concerns). Today, they (the public) don't expect to not be recorded."

Hileman said the borough police began using in-car video cameras around 1992, and presently have the four patrol cars and the four-wheel vehicle equipped with the in-car systems. In addition, "We had a little remote mike on the (uniform) belt which transmitted the audio back to the camera system in the car, in addi-

tion to mikes inside the car."

However, with in-car cameras, the view is limited, since the cameras generally remain fixed on the dash, pointed out the front windshield, although the angle of the cameras can be manually changed.

Data generated by the upgraded video systems will be stored "in the cloud" at an on-line government video-secure server. That storage capacity will cost \$470 per quarter.

The first of the two police cars to be equipped with the new upgrade, including the body camera, is expected to be in service by the end of January, the chief stated.

Educational expense policies questioned

The Carroll Valley Borough Council questioned at their January 14 meeting how to recoup money spent on education for staff that subsequently left their borough positions.

Under the present police and borough staff policies, the borough can make at least a partial education expense reimbursement to employees who seek further education which may or may not be directly related to their present duties.

Specifically at issue is, 1) if the employee soon leaves borough employment after taking advantage of education reimbursement, should the borough be entitled to a pay-back, and, 2) what amount of time should transpire between the time the educational expenses are reimbursed to the time the employee before compulsory pay-back is or is not implemented.

The topic became an issue of discussion when borough

Police Chief Richard Hileman, informed the council that the police department may be losing an officer, and that he was seeking permission to proceed with civil service exams geared towards hiring a new replacement if needed.

The council voiced concerns about losing an officer after presumably paying the individual to graduate from the Police Academy.

Hileman pointed out that his department only hires police officers who have already graduated

from an academy, and thus, the borough does not pay to send officers to such a training facility. "They have to be trained before we get them," he said. "They have (already) been trained at their expense."

However, the police department employees, as well as town staff, as pointed out by Borough Manager David Hazlett, can be considered for at least partial reimbursement if they pursue further educational courses after

becoming a borough employee.

Hazlett told the council that he would support placing a rider on the terms of employment of town staff addressing educational reimbursement issues. "I would support that, definitely."

According to the borough personnel manual, employees can be entitled up to \$1,000 annually in reimbursements for educational course use. The expenditure must be pre-approved.

Approval takes into consideration the nature or applicability of the course or courses to be taken, and other criteria.

Fairfield area news-briefs . . .

'Child luring' suspect arrested

Police arrested Ronald J. Kline, 58, of Waynesboro January 12 after he allegedly approached juveniles on two occasions at the Carroll Valley borough park.

Police Chief Richard Hileman said the suspect reportedly approached minors at the borough park on November 15 and January 12 and attempted to get the children to play basketball with him. During the first incident, police stated, Kline attempted to get them into his vehicle by telling them he had a football in the vehicle.

Kline was taken into custody in Waynesboro and transported to the Adams County Booking Center where he was charged with two counts each of luring a child into a motor vehicle and corruption of minor.

Police ask anyone with information to contact Corporal Clifford Weikert at 717-642-8269.

Iron Springs Plaza project dead

The Hamiltonban Township Board of Supervisors unanimously voted January 21 to return grant and escrow money previously obtained for the now-terminated Iron Springs Plaza.

The board received a letter, dated January 20, from the developer, David Sites stating: "Unfortunately through many years of soliciting a grocery operator for my project known as Iron Springs Plaza, we have

come to the conclusion that unless significant development of residential units take place, in the Fairfield/Carroll Valley area, we will not have success in building the Iron Springs Plaza."

Sites further stated, "I hereby authorize you to release all grant monies and terminate the escrow agreement."

As a result of receiving the letter, the township voted to return a \$550,000 Commonwealth Financing Authority's Multimodal Transportation Program grant, a \$700,000 PennDOT grant, and Sites' circa \$2,000 remaining escrow.

The shopping center, initially proposed in 2008, was to be located on a 17-acre tract located at the intersection of Iron Springs and Fairfield roads, and was to have consisted of various retail establishments, anchored by a major 35,000 square-foot grocery store, and a 7,200 square-foot superstore.

Traffic control concerns officer

Liberty Township Police Chief Sherri Hansen expressed her concerns at the supervisors' January 6 meeting, regarding signage at the intersection of Route 16 and Steelman Marker Road, that she was "surprised we don't have more accidents there."

Hansen said, "If you're on (Route) 16 going towards Emmitsburg and you want to make a left onto Steelman Marker Road, if you have to stop for traffic there, I do not make a left there just for that specific certain purpose because I don't want to be rear-ended."

"We might want to think about doing a traffic study or something there and putting up a new left-hand turn sign there," the police chief said. Chairman Walter Barlow said, "I don't disagree with that. The problem is that... we would have to get the state to do that. I totally agree with that."

The board took no additional action on the issue.

Fairfield to host e-recycling

Fairfield Borough will be hosting three e-recycling events this year.

The events will be held on behalf of the southwest group which includes Carroll Valley Borough, Freedom Township, Hamiltonban Township, Highland Township, and Fairfield Borough. Highland hosted e-recycling in 2018, while Hamiltonban hosted an event in 2019.

The Fairfield e-recycling events

are scheduled for April 18, July 18, and October 17 from 8 a.m. until noon, and are for paying customers of Parks Garbage Service who reside in the mentioned municipalities. Additional details yet to be announced.

Hamiltonban increasing meetings

Beginning in February, the Hamiltonban Township will hold two township Board of Supervisors business (voting) meetings each month on the first and third Tuesdays beginning at 7 p.m.

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THURMONT NEWS

Roadway assessment plan developed

Thurmont is preparing to implement a new roadway assessment plan to monitor paving and prioritize repairs based in part on a new grading system.

Harold Lawson, director of public works, told the Board of Commissioners at their January 21 meeting, "The roads condition assessment (developed by town staff) is basically a visual inspection and grading method that can be used by town officials and

staff in decision making and the efficient roadway fund use. It may be combined with additional testing and data collection in a more comprehensive pavement management plan."

"In an effort to allow the Town of Thurmont to plan for future roadway and paving repair projects, I thought a formalized technique to manage roadway surface conditions would be helpful," Lawson said.

The director stated, "In the past this was done informally, based on staffs' judgment and experience... using a slightly more formalized technique will allow the town to inventory all local roads and streets, periodically evaluate the condition of all pavements, and use the condition evaluations to set priorities for projects and select alternative treatments."

"This is a guideline. It's not the strictest rule to adhere by. There

are also other factors you have to consider (safety, long range traffic projects, economic issues, et cetera)," he said.

Kelly Duty, zoning and utility inspector, said, "We can't all (municipalities) be spending money all the time getting engineers out there to test the roads and do all the work for them. We know our roads better than an engineer. We're out there driv-

ing them. We're looking at them. We're out there every day."

The plan will be implemented as soon as "we get together with myself, Harold and Tim Eyler (streets and parks supervisor) and come up with our worst five (roadways) in our opinions... and assess those, and then go from there."

It was also noted the data generated will serve also to keep a record of degradation and how different repair processes hold up over time.

Colorfest permit fees facing increase

The Board of Commissioners discussed consideration of vendor permit fees at their January 14 meeting, suggesting an increase is likely coming in the near future.

In presenting an overview regarding Catocin Colorfest revenues and expenditures, Town Manager Jim Humerick said, "Just to summarize, the total revenues for 2019 came to \$63,265, and total expenditures came to \$63,795, so that was a deficit of \$530."

Humerick stated the deficit is easily explained... We decreased by just about 70 (vendor) permits and that certainly can attribute to a significant decrease in revenues." The food for profit

vendor permits, he said, constitute a significant source of revenue. "We went from 32 last year to 23 for this year and "that's a significant decrease."

In addressing the possibility of future deficits, Commissioner Marty Burns recommended increasing permit fees "across the board."

Burns said, "Colorfest gave us \$5,000 (donated to the town's general fund). I know we shouldn't count that, right? But if they would guarantee, as long as it's not more than \$5,000, they would give us \$5,000, we could leave the permits the way they are." The \$5,000 Colorfest donated was not counted as part of the event revenue.

"But, when we're trying to run it like a business, revenues and expenditures, then I think it's fair to just, across the board, (increase the permits by) five bucks (and) let's move on. Everybody could afford that."

Mayor Kinnaird said, "I would counter that with I don't think we should raise the permit fees for several reasons." The mayor stated, "We get \$5,000 generously gifted to us from the Catocin Colorfest. The police department got \$1,500. The ambulance company got \$1,500. Fire company got \$1,500," as well as scholarship money, "from Colorfest alone."

"Then you look at the value that all of our non-profits get, the scouts, the churches, our different fraternal

organizations," Kinnaird said." The \$500 (deficit) is a small price, in my mind, to cover that value. Rather than raising the permits by any amount, I'd like to see us ride this through for a year and see what happens next year (2021 Colorfest)."

Burns responded, "I just don't want to lose money, so, to the taxpayers who hate Colorfest, and there are those, a small fraction that do, or impacts their quality of life for that weekend, even though we recognize the huge benefit they provide, I just want to make an adjustment now softer. It is bet-

ter than waiting to find out, what if we have less."

The board, however, decided to not raise the permit fees going into the 2020 Colorfest.

Kinnaird stated, "At some point we're going to raise our fees, probably sometime in the future, and we want to make sure that people understand that's going to happen. So I think we can safely say we won't be raising the fees this year (for the 2020 Colorfest), but I would recommend that when you send out your (Colorfest) stuff for 2021, you might put something in there; there might be an increase in fees."

Thurmont news briefs...

Thurmont buys Radio Lane property

The Board of Commissioners voted unanimously at their January 7 meeting to purchase an 11.87-acre tract of land located at 99 Radio Lane for \$285,000.

Mayor Kinnaird said, "We have our electric substation on East Main Street that's going to have to be decommissioned at some point and be improved and we need some space for a new location and this property may prove to be a good place for it."

Kinnaird also said, "We've also discussed the possibility of doing a little storm water management facility on the property to try to

alleviate some of the flooding issues we see between the property and Woodside Avenue," and the town might "be able to utilize a piece of the property for the extension of the trolley trail if we decide to go through that property."

Zoning change petitions being accepted

As part of the Thurmont Comprehensive Plan update, the town's Planning and Zoning Commission will publicly study and consider petitions from property owners who seek to change the zoning classification of their property.

If readers are interested in seeking

a new zoning classification for their property, please contact the Town Office for an application. Applications will be accepted through March 15. The rezoning application fee is \$75.

Library gains new storage

Thurmont Regional Library has gained a new storage unit for their books sales stock, courtesy of area Eagle Scouts. Eagle Scout Seth Young project was designed to relieve the need of having to store surplus books off-site. The 20 by 24 foot shed will be used to store books that will be sold during the Thurmont & Emmitsburg Community Show to help raise funds for the library.



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100 YEARS AGO THIS MONTH

February 6

Big Snow Storm

Rain began falling in the vicinity early Tuesday night, the temperature being low enough to cause sleet to form. This continued all during the night and Wednesday morning snow begin falling and a brisk wind set in. This kind of weather prevailed all day and late into the night. At times the snowfall was very heavy. Considerable rain prevented drifting to any great extent. Blinded by the snow, the Jitney driver ran his car into a culvert head about a mile north of Thurmont Wednesday morning. Sleet caused an electric line wire to break but this was soon repaired. The Frederick trolley line was tied up throughout the storm. The snow is about 8-inches on the level and is covered with a fairly heavy crust of ice due to rain falling in the morning.

Major La Grindeur

Word has been received in Emmitsburg of the death of Major Ramanus La Grindeur

in Washington. Major La Grindeur has been stationed in the west and came to Washington on official business. He took a cold, which quickly developed into pneumonia. He was born in Emmitsburg 39 years ago, entering the army during the Spanish-American war. His body was brought to Emmitsburg yesterday and buried in the family plot.

Goes to Vladivostok, Siberia

Sydney E. Donahue, of Emmitsburg, after passing a successful examination has been appointed vice counsel to Vladivostok, Siberia. He will sail from San Francisco for his new post the first week in March. During the war he served 22 months overseas and upon his return won the Knights of Columbus scholarship to the Foreign Service School at Georgetown University.

Fairfield Passes Tax Ordinance

Residents, property owners and businesses are hereby notified that an assessment of 15 mills has been levied upon all persons, property, offices and professions for the general purpose of the Borough

of Fairfield. - Enacted the second day of February 1920. Signed E.E King, President of the Town Council.

February 13

Escapes From Orphanage

Police of Baltimore City and County have been requested to keep a lookout for Hilda Morrissey, 14 years old, of Emmitsburg, who ran away from the St. Mary's orphanage in Baltimore, Tuesday morning.

Boy Scout Anniversary

Troop Number One, Fairfield Boy Scouts of America, will attend the 10th anniversary service in the Lutheran Church at Fairfield Sunday night. The celebration will continue for eight days. One of the tasks the scouts in the United States have set down for themselves is that of securing the pledge of all men, women and children in their particular community to do a good turn daily for one week.

Aviator Known Here

Lieutenant G. E. Grimes, one of the American aviators who was recently released by the Mexicans and returned to the United States, is a graduate of Mount St. Mary's College, class of 1917, and is well-known here as a football player and manager of the 1917 football team. His mother is Mrs. Katherine Grimes, of Emmitsburg. The released aviator said Monday that he had been shown every attention by the people of Guerrero Mexico, near which city he was forced to land Wednesday when the gasoline supply in his plane failed. At no time was he under guard or containment he said.

School Board Adopts Plans For New High School

In approving this year's budget, the school board included a recommendation to build a new high school building in Emmitsburg at a cost of \$75,000.

February 20

Fairfield Has Epidemic

Fairfield is in the grip of a serious

epidemic of influenza according to reports, which say a great many other residents are afflicted with the disease or sickness resembling it. On this account the Ladies Aid Society of the St. John's Reformed Church of Fairfield has called off indefinitely the Mame and Fastnacht social. The town medical society advised the action after investigating the situation. Notice of the rescheduled date for the social will be given later. In Fountandale, meanwhile, the house of Clarence Wills has been quarantined for scarlet fever.

Another Snow Storm

Another sudden change in the weather came to the area on Thursday bringing a sudden drop in temperatures and ending the thaw that the area had enjoyed for the past two days. About 4 o'clock clouds begin to gather and by sunset the warm breeze had gone elsewhere. At seven in the evening rain was falling, a light breeze coming with the rain. At 10 o'clock conditions were worse, the wind became very strong and the rain fell harder. Flashes of lightning were seen and thunder was heard from the distance. During Saturday night, snow fell and the fall and temperature Sunday was considerable, and by Monday morning it was sitting at 6°. This low temperature put the roads and streets in bad conditions owing to the great amount of snow and ice from former cold spells. Automobile travel is practically at a standstill because of the great amount of ice on the road.

Falls on Ice, Breaks Hip

While on her way to church, Sunday, Mrs. Anna Spinler, of Emmitsburg, slipped on the ice, breaking her hip. Due to her advanced age, 72 years old, fear is expressed of complications. She was removed to the home of her sister-in-law, Mrs. Catherine Welty.

February 27

County Road Blocked With Snow

Roads in every section of the county from last week snowstorm are still in very bad shape. While



Built for only \$75,000, the Emmitsburg High School once housed first through 11th grades. The basement consisted of the cafeteria, where dishes were washed by hand and upper grade students helped serve meals.

the state highways are open and are being traveled, county roads in many places are still blocked with drifts almost to the fence post tops. Weather conditions have greatly increased traffic perplexities. The thaw of last week followed by the freeze has made the main roads very dangerous. A bus operator stated yesterday that he had cut two tires to pieces, and wore out a heavy chain, making a trip from Frederick to Emmitsburg. The state roads and turnpikes have a narrow way open and the snow is so thick in some places as to make it difficult and dangerous to move out of the beaten path. Some of the roads in the vicinity of Creagerstown are closed and the State Road between Lewistown and Thurmont is in very bad condition. Many side and country roads are blocked with drifts so high that they can be hardly traveled. In some localities country stores have been almost depleted of their stock having been unable to replenish since the storm. Owing to the rains a crust has been formed on the snow in fields that will bear the weight of horses and cattle.

Hooligans Breakup Show

An attempt to give an entertainment in the Thurmont Town hall last Saturday night was frustrated by talent from Thurmont. The entertainment, as advertised, was to consist of a play entitled 'A Clean Sweep', musical specialties, and funny jokes. The players coming, it was stated, from the vicinity of Yellow Springs. The company arrived and the show began, but soon began the performance by local talent, they giv-

ing the visitors a hearty reception of cannon crackers, torpedoes, and stink bombs, forcing the visitors to leave the hall. It is stated that about 100 persons were in the hall to see the show. A number left because the building was not heated. Of course when the visitors left the stage, the crowd left very quickly.

Parents Arrested For No School Attendance

Last week a number of parents of children who have not been attending school were arrested and brought before Justice Cadow to explain why the children were not in school. In each case the parents were found guilty of not sending the child to school. A fine of five dollars was imposed in some cases, other sentences were suspended until it is see whether or not the child is present at school during the present second term. The school law says children must attend school if physically able, and the best, and only thing to do is for parents to see that their children are in school during school hours. A child cannot go to school unless vaccinated. It is compulsory. If ignored, parents are liable to be fined as prescribed in the law.

Infant Dies of Pneumonia

Russell Myers, one of the twin sons of Mr. and Mrs. Harry Mayer's, near Fairfield, died last Friday from pneumonia, he was one year, one month and one day old. He is survived by his twin brother Raymond.

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

January for the County government means that the legislature begins its 90 day session in Annapolis, and we eagerly await the repercussions of what the General Assembly may do. As has been often quoted, "No man's life, liberty, or property are safe when the legislature is in." This year in Annapolis, we are waiting to see what comes of the state budget, what the state will mandate as far as increased education spending, and what the state may do to our liberties such as the right to keep and bear arms.

On the Council level, we will have to react to any type of state mandate. There is a fear that the state will require increased spending from local governments on education for the next decade based on the recommendation of a group known as the Kirwan Commission. Of course there is no plan of how to pay for the increased state or local spending yet.

On the local level, I commend the Board of Education for taking on the issue of decreasing class sizes in Elementary Schools. Reducing elementary class sizes is one tangi-

ble way that we can make a lasting difference in children's education. When class sizes get too large in Elementary School, kids can get lost in the middle as teachers focus on those lagging behind.

More time and energy has been spent on the creating a new, environmentally focused group to advise the county on the Monocacy River. This group has been titled the Sustainable Monocacy River Commission. The group will essentially replace the old Monocacy River Commission which was created by the state and worked cooperatively

with Carroll County with a Frederick only Commission with reduced Monocacy River landowner and Farm Bureau participation in favor of increased scientific representation. The body is strictly advisory, but it is all too easy to convert recommendations made from a body such as this to law. We must be vigilant to ensure that property rights are not diminished further.

The County Council is beginning work on Question D implementation which required binding arbitration for career firefighters. I did not support Question D as I do not agree with budgetary decisions being made by an unelected arbitrator not

accountable to anyone in Frederick County. This could lead to unrealistic budget expectations that could require an increase in county revenue (read as increased taxes). It will be important to implement this in a way that does not negatively impact the finances of the county.

Finally, a note of interest to Walkersville; the old Walkersville Library was given to the Board of Education for continued public use in exchange for some other property that the Board of Education was not planning on utilizing. This was a positive exchange for the citizens to continue to make the best use of county resources.

County news-briefs...

Frederick County Sustainability Awards

The Frederick County Sustainability Commission is accepting applications for its 2020 Sustainability Awards to recognize individuals and organizations in Frederick County that have made an outstanding contribution in helping the county advance sustainability efforts.

The Frederick County Sustainability Commission represents the natural environment's critical relevance in making community decisions that will sustain for all time a healthy, abundant, affordable and inspiring place to live and work.

Awards are based on leadership, innovation, and success in sustainability. Awards are available to (a) individuals (non-students), (b) students/student groups, (c) nonprofits and (d) commercial enterprises.

Examples of outstanding efforts

include, but are not limited to, implementing energy efficiency, encouraging renewable energy, improving air and water quality, reusing and recycling, and/or supporting a sustainable quality of life.

Applications are reviewed by the Frederick County Sustainability Commission. Winners will be presented their awards at the 9th Annual Green Homes Challenge Recognition Event on March 26.

Self-applications or nominations of others is accepted. Application forms are due no later than February 13 at 5 p.m. Electronic submissions are preferred and should be sent to dashbacher@FrederickCountyMD.gov. For more information, contact Ms. Ashbacher at 301-600-6864.

Copies of the forms are available at www.FrederickCountyMD.gov/SustainabilityAwards.

Frederick County Charter Review Commission draft recommendations

On November 6, 2012 the citizens of Frederick County approved the first Frederick County Charter. The original charter called for a Charter Review Commission to be appointed in 2019 to "review the provisions of the Charter and make recommendations as to the necessity for deleting, adding, or amending its contents."

In May, the Frederick County Council appointed a Charter Review Commission and charged them with presenting a comprehensive report and recommendations before February 28.

Shortly after its organizational meeting in July, the Commission established a three-step process that it would follow in its mission. At step one, the Commission compiled a list of all of the proposals for amendments, additions, and other changes to charter government received from the public and the various stakeholders that met with the Commission. At step two, the Commission would take a vote on which of these many proposals warranted further discussion, research, and deliberation in a "workshop." At step three, after the workshop, the Commission would vote on the proposal as to

whether it merited recommendation to the County Council in this Final Report.

After sixteen public meetings and extensive public hearings, research, and deliberation, the Frederick County Charter Review Commission is making nine specific recommendations for amendments to the Frederick County Charter:

- Allow fringe benefits to be provided to the County Council
- Allow up to a 10% additional salary for the County Council President
- Make it easier for the County Council to issue subpoenas (5 votes instead of 6)
- Allow individual council members to request information from the executive branch
- Adjust the completion dates of the Redistricting Commission to compensate for presidential election years
- Require an appointed County Executive to be of the same party as the departing County Executive when he or she was elected and require the party central committees to nominate two individuals instead of one

- Reduce the permissible debt limits of the county from 5% to 3% of real property and from 15% to 9% of personal property
- Adjust the language of the budget terminology to reflect current practices
- Add a Table of Contents to future printings of the Charter

In total 41 proposals were received throughout the course of its work. The Commission decided early in the process that if a certain proposal had the support of at least three of seven members, that it would be moved to this "workshop" level of consideration and warrant further consideration. Most of these votes at this level of consideration were unanimous, with a few exceptions. If a proposal did not receive the votes of three members of the Commission to move forward, there was no further consideration of that specific proposal.

If a proposal received at least three votes of the Commission members, a volunteer "floor manager" was assigned to the proposal to lead further discussion. Most of the floor managers for the proposals that were moved to the workshop level presented written findings

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GOVERNMENT—SOUTH OF THE BORDER

County Executive Jan Gardner

Leaving a Legacy of Agriculture for Future Generations

The New Year is off to a fabulous start for Frederick County! From big crowds at annual fire and rescue banquets to exciting announcements about hundreds of new jobs, 2020 is already delivering great opportunities for our community. February promises even more good news.

On February 4th, I will be meeting with lawmakers from across the state to promote the need for a value-added agricultural facility or cooperative in Frederick County. Promoting agriculture is one of my top priorities. Farmers have faced low commodity prices and bad weather. To keep the industry economically viable, we need to advance some new ideas. I am proud to announce new legislation that will increase our investment in agricultural land preservation. Under my proposal, by adding \$1 to an existing fee on property transfers, we can significantly increase agriculture preservation and our progress toward

our goal of permanently preserving 100,000 acres of farmland.

There is a great demand from farmers who want to voluntarily participate in one of our land preservation programs. Recently, 46 Frederick County farms applied through our Maryland Agricultural Land Preservation Foundation program, but we can only afford to fund five or six of those requests.

The time to act is now. It's important that we seize opportunities to preserve our agricultural land before that land is lost to development or speculators. This initiative has broad support and also includes ag economic development grants to help farmers diversify their operations.

Creating Jobs

I am excited to announce that the Kroger Company, along with its partner Ocado, will construct a new high-tech fulfillment center right here in Frederick County. Kroger is the world's largest online grocery retailer. I am thrilled that Kroger and Ocado will bring

life to a currently vacant facility, will add up to 500 new jobs, and invest tens of millions of dollars in our community to develop a 350,000-square-foot robotic customer fulfillment center.

The new business will be located at the site of the former Toys R Us distribution center. The facility will now become a highly automated e-commerce center delivering groceries, including fresh food, to households in Maryland and the mid-Atlantic region.

County staff worked closely with the businesses for many months, facilitating a smooth process for permits, water and sewer, and other details. Join me in welcoming Kroger and Ocado to our growing and thriving e-commerce business community. Frederick County is a great place to do business!

Annapolis

The Maryland General Assembly's 2020 session kicked off in January, and there is good news to share for Frederick County! All three of the bills in our local legis-

lative package were passed unanimously by the members of our state delegation. These include expansion of a state renter's tax credit, a modest compensation increase for Board of Education members, and a change to allow elections to fill certain vacancies on the Board of Education.

The current salary for Board of Education members is \$11,000 for the President and \$10,000 for all other members. The salary has remained the same since 2006 when Frederick County first went to elected members. The Board of Education members invest a lot of time and are responsible for a \$680 million budget and decisions that impact 43,000 students. After 15 years, I think raising the stipends by \$4,000 is a modest increase, and our entire delegation agreed.

State Budget

There is more great news coming from Annapolis! This year I requested capital funding for three projects to be included in the Governor's budget. Funding to expand and renovate the public safety training center was my top prior-

ity request. Additional space at the facility is needed to accelerate firefighter recruit classes. The facility is used by all public safety agencies, including the Sheriff's Office and 9-1-1 Communications, as well as career and volunteer firefighters. Keeping citizens safe is a fundamental responsibility of local government. I appreciate the Governor funding this request at \$1.5 million, as well as several other local priorities.

School Construction

This year's legislative session is focused on education, with important bills addressing classroom education and school construction. A bipartisan statewide bill has been introduced that would increase Frederick County's share of school construction funds received from the State. In January, I testified in Annapolis alongside County Executives of both parties in support of this measure. I expect this historic bill, which will add \$2.2 billion for school construction by leveraging casino gambling revenue, to pass with bipartisan support, including support from the Governor.

continued from previous page

and recommendations on the specific proposal when the Commission considered it at this level.

At the conclusion of the "workshop," a final vote on each proposal was taken. The Commission also decided early in the process that if a certain proposal had the support of at least four of seven members, that it would be recommended to the County Council as an amendment to the Charter. Of the twen-

ty-six proposals that made it to the workshop level, nine of these workshoped proposals received the support of the Commission to be passed onto the County Council as final recommendations.

Rural Legacy Program receives \$1.26 million grant

The Maryland Board of Public Works today approved the FY2020 Rural Legacy Program grants, including \$1.259 million for Frederick County's

Mid-Maryland Frederick-Carrollton Manor Rural Legacy Area.

Maryland's Rural Legacy Program provides the focus and funding necessary to protect and preserve large, contiguous tracts of rich land from sprawl development. The program preserves large tracts of agricultural and forested lands by partnering with local governments and private land trust sponsors across the state who work with willing property owners to acquire conservation easements.

The Maryland legislature appropriated approximately \$18.85 million for the Maryland Department of Natural Resources' program. Rural Legacy purchases conservation easements or fee simple interests in real property from willing property owners, based on Rural Legacy Plans that have been reviewed by the Rural Legacy Board.

To date, 6,588 acres have been permanently preserved in Frederick County through the Rural Legacy Pro-

gram. In total, the Frederick County Agricultural Land Preservation Program has permanently preserved over 62,000 acres of land in the county.

Information about the Rural Legacy program, and about all of the agricultural preservation programs in the county, may be found by visiting www.FrederickCountyMD.gov/agpres.

For additional details, contact Program Administrator Anne Bradley at 301-600-1474 or via e-mail at abradley@frederickcountymd.

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FROM THE DESK OF...

Carroll Valley Mayor Ron Harris

Well, we are one month into the New Year and I haven't broken any of my new year's resolutions. Come to think about it, I forgot to make any. We are in the 20s "2020". What makes 2020 a special year? The answer is the 2020 Census. The Census of 2020 will be the twenty-fourth United States Census taken. The National Census Day, the reference day used for the census, will be April 1, 2020. By law, the U.S. Government is required to count the number of people living in the United States every 10 years. In 2020, households will have the option of responding online, by mail, or by phone. The Census Bureau expects many households to complete the questionnaire online, using instructions received in the mail. These instructions will also include information about how to respond by phone. Some households will receive a printed questionnaire that they can mail, postage-free, back to the Census Bureau.

A small percentage of households, primarily located in remote areas of the country, will be visited by a

census taker who will help collect the necessary information to complete the form. The Census Bureau's schedule follows. Between March 12th and March 20th, an invitation by letter will be mailed to the household, renter, etc. and asked to respond online to the Census questionnaire. Some households will also receive a paper questionnaire. Between March 16th and the 24th, you will receive a reminder letter to fill out the census form. If you haven't responded yet, you will receive a reminder postcard. If no response, then between April 8th and 16th you will receive another reminder letter and paper questionnaire. If no response is received by the middle of April, a final reminder postcard is sent before a Census taker visits you.

There are a number of questions you may have about the Census. Do I have to fill out the Census? Are my answers kept private? How difficult is it to fill out? How will my answers be used? Everyone is required by law to participate and the Census Bureau is also required by law to protect your answers. Under federal

law, the Census Bureau cannot share census responses identifying individuals with public or other federal agencies, including immigration authorities and other law enforcement, until 72 years after the information is collected. The Bureau will never ask you for: social security numbers; money or donations, bank or credit card account numbers or political affiliation. The Census questionnaire form is projected to be easy to complete. You can judge for yourself by going to www.2020census.gov and take a look at the form.

Finally, why is it important for you to participate in the census. The data collected is used to provide critical services, and support for your community. Specifically, the census data is used to: (1) Distribute federal funding for such things as hospitals, fire departments, schools, roads, and other resources; (2) Determine the number of seats each state will have in the U.S. House of Representatives; (3) Draw congressional and state legislative districts; (4) Inform business development

and investment; (5) Measure the changes in population; (6) Assess economic activity; (7) Influence a wide range of government, business, and nonprofit decision-making and (8) Identify where and how much emergency help is needed during an emergency response in the wake of a disaster. So, when you get notified, please take the time to fill out the 2020 Census form.

The Adams County Library System – Carroll Valley Branch February schedule has a Valentine's Day Bingo & Craft night for kids on February 6th at 6:30 p.m. Registration is required. On Thursday, February 13th at 6:30 p.m. a Civil War Lecture series will be given. Part 1 of the series will be a lecture on the First Day at Gettysburg – July 1st, 1863 presented by David Booz, Gettysburg College, Civil War Era Studies. This will be followed by an Environmental Lecture – Tree Planting and the Riparian Buffer on Thursday, February 20th at 6:30 p.m. The presenter will be Joe Hallinan, Watershed Specialist, Adams County Conversation District.

Mark your calendar! On Saturday

February 15th from 6 to 9:30 pm, the Carroll Valley Borough presents the 6th annual Daddy Daughter Luau – Aloha! It's a Tropical Celebration! Wear your Hawaiian shirts and hula skirts and we'll provide the leis! Enjoy an island vibe and dance to cool tunes while enjoying fruity drinks, finger-foods, and desserts throughout the night. Register at CVDaddyDaughter.eventbrite.com or call 717-642-8269. The special guests are the Pacific Rhythm and the Polynesian Dance Troupe. The Luau will be held at the Fairfield Fire Department Event Hall at 106 Steelman Street. The charge is \$40 per couple and \$10 per additional child. Hope to see you there!

The Borough meetings for February are: Planning Commission (Feb 3rd); Tree Board (Feb 6th); Public Safety Committee (Feb 10th); Council (Feb 11th); Sewer/Water Authority (Feb 24th) and Parks and Recreation Committee (Feb 26th). Borough Office will be closed on (Feb 17th) for Presidents Day. Please watch yourself when driving on the ice – especially at night.

State Senator Doug Mastriano

Transparency and accessibility are very important to me and an attribute that should be expected of every elected official.

This is why I have endeavored to meet with as many constituents and attend as many events as possible since taking office in 2019.

I work for you and if we are not connected, the job just won't get done. To that end, maintaining a

connection to our senate district requires an investment in you and your families.

As a result, I have met with literally thousands of residents, both in person and at events, participated in community discussions, and met with businesses leaders and organizations.

I have held tele-town meetings, and I have kept myself accountable

to you by using social media to post which events I am attending, and with whom I am meeting.

My official Facebook page is the largest and most active in the entire Pennsylvania Senate, and I have received feedback that constituents and Commonwealth residents appreciate the transparency.

I have held several forums in your communities, such as Grant & Loan Seminars, a committee hearing, a Lyme Disease workshop and — among other special events — veteran pinning ceremonies.

Rest assured, I am far from finished. In fact, I am just getting started.

To represent you properly and effectively, I need to hear your thoughts, ideas and concerns. As

part of this ongoing outreach, I am pleased to announce that I am holding a series of in-person town halls.

The two-hour events will be open to the public. No advanced reservations are necessary.

Town halls are necessary to be an effective legislator; where you look at your elected official in the eye and exchange ideas on how to improve life in our district.

The town halls will be held in every county that I represent. Here is the complete schedule:

- Thursday, Jan. 16th, 6:30-8:30 pm: Adams County Emergency Services Center, 230 Greenmyer Lane, Gettysburg;
- Tuesday, Jan. 21st, 6:30-8:30 pm: Franklin Fire Company, 158 West King Street, Chambersburg;

At these events, I plan to provide welcoming remarks and a brief legislative update, but the bulk of the time will revolve around you.

Please plan to attend and tell me what's working — and not working — with today's state government. Most importantly, I am seeking ideas from you on how we can improve our state government, as we are in this fight together.

I decided to serve as your state senator only after taking stock of the condition that our state and nation is in. It broke my heart that after 30 years of service in the U.S. Army, with four deployments to Iraq and Afghanistan, that I was handing off our state to my son in worse shape than how I received it from my dad (retired U.S. Navy).

It is definitely not a time to stand aside. Please consider attending one of the town halls and sharing your ideas, concerns and thoughts.

Wishing God's blessing on each of you in 2020 and I look forward to seeing you in the district.

Senator Mastriano represents the 33rd District in the Pennsylvania Senate. The District includes Adams County and parts of Franklin, Cumberland and York counties.

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GOVERNMENT—NORTH OF THE BORDER

County Commissioner Marty Qually

On January 21st Adams County hosted a groundbreaking for the county's first substance abuse recovery house. Adams County is partnering with the RASE Project, a non-profit specializing on drug addiction recovery services, to create a recovery center open to the public. The building will also house five rental apartments for adult working men in recovery. I have mentioned this project in past articles, but given its significance to our community here is another update.

The groundbreaking went well and everyone was optimistic that we are on the right path, but as with any project of this nature it was also tainted with loss. Some of those in attendance had lost loved ones to substance abuse, especially opioid overdose. And it was clear from the attendees that all had been affected in some way by substance abuse. Knowing how much county government spends on substance abuse related services, I would argue that all of us have been affected.

Over half of our inmates in the county jail have been charged with drug and alcohol related offenses. Furthermore, I would argue that some of our aggravated assaults

and thefts have been influenced by drug and alcohol use. In 2020 the cost to county taxpayers for having a jail is projected to be over \$12,000,000, or about \$110 per resident per year. Without even considering the cost to process justice through our prison system or the cost of probation after incarceration, the cost to residents for substance abuse is \$55 per year. That is not the cost to the inmate, that is the cost to taxpayers. Basically, anyone who says they have not been affected by substance abuse, simply isn't aware of how it has affected their lives. With the dawning of the opioid epidemic and now fentanyl, the cost in lives and dollars is skyrocketing across the nation.

We live in a world where we manufacture drugs capable of creating almost unmatched euphoria and we live in a country that promises children a better life than their parents. And therein lies one of the traps which lead to drug addiction. A trap where joy can be externally created and is a right to be expected. At the same time we are just beginning to understand the self-perpetuating relationship between childhood trauma and drug addiction, crime, and abuse. The old, "Just

Say No" campaign failed. Substance abuse is much more complex than simply saying, "No".

The Mercy House represents a new front on the old war on drugs, but a much different one. There staff will empower individuals fighting addiction to find inner peace, to develop a sense of self stronger than their addiction. There peers will mentor and support each other. There basic life skills will be re-learned. There we will use the science of medically assisted treatment to create the personal stability necessary to fight the drug cartels' latest strongest and deadliest drugs. There we will work to create recovery plans, find affordable housing, career paths, and recreate a personal sense of belonging. The Mercy House is where we start to put lives, families, and communities back together again.

At the groundbreaking we proved that our community has the will to begin this project, but we still need your help us finish it. I am not talking about taking down a wall or building an elevator. Those are now inevitable. What I mean is, we need your support to spread the word. Spread the word that we are fighting back, that there is hope, and that

all are welcome here. Let everyone know that if they or someone they know is suffering through drug addiction that they are not alone and they don't face it alone. And not to be trite, but we still need local donations to keep this project on track.

Our current estimate for the renovations is approximately \$1.2 million and to date we have received over \$956,000 in donations from local non-profits and individuals. Donations ranging from \$10 to \$75,000 have been coming to pay for this project. We have received large donations from the Thomas L Cline foundation, Adams County Community foundation, Robert C Hoffman Trust, Sharon Trew Cline Magraw foundation, and the Adams County Bar Association. Without these funds we could not come close to funding this project, but what floors me are the personal donations. Individuals donating funds in memory of a loved one or attendees at our chamber of commerce annual prayer breakfast donating from their own wallets. Any sized donation is accepted and will be put to good use. If you do the math, we are still over \$250,000 short of our goal, but we are still writing grants and accept-

ing donations to keep the cost to taxpayers at a minimum.

Once this project is completed and we have a final ribbon cutting, the RASE Project will still need support to provide services. If you want to learn more about them or how to contribute, feel free to contact me at mqually@adamscounty.us and I'll get you in touch with the correct staff.

Prior to the ceremony on the 21st I took some time to research the building. As a graduate of Saint Francis Xavier grade school, I knew it had been a convent, where some of my teachers lived. What I didn't know was the original mission of the Sisters of Mercy. In 1831 Mother Catherine Elizabeth McAuley founded the Sisters of Mercy. Sister McAuley dedicated her life to helping those less fortunate and created a sisterhood to further that mission in Ireland, Europe, and eventually in Gettysburg, Pennsylvania. Sometimes it feels overwhelming to put up a fight or just easier to pass the fight off to someone else. Or worse simply blame those suffering from addiction. I believe that we can take some guidance from Sister McAuley. In discussing her work to help young woman in poverty she said, "A Community in which universal charity reigns, is capable of surmounting any difficulty."

State Representative Dan Moul

I have spent a lot of time challenging the federal storm water management mandate that the PA Department of Environmental Protection (DEP) is implementing in Pennsylvania at great cost to local communities, including residents and businesses in Adams County. The program is supposed to control stormwater runoff in Pennsylvania communities, preventing sediment from reaching the Chesapeake Bay, but the DEP has failed to sufficiently demonstrate how it will measure each municipality's contribution to the problem and its success in addressing it. I view the program as another onerous government money grab whereby residents are expected to pony up with little accountability on the part of those taking their money. Some municipalities are already pushing back and challenging this mandate, and I, too, will continue to do so.

In the second half of the 2019-20 Legislative Session I will strive to continue working on other key legislative issues such as job creation, economic development, health care, public safety, criminal justice reform and more. The following outlines some of our major initiatives.

Good Jobs for PA

We kicked off 2019 with action on several bills aimed at improving career and technical education and job training opportunities for students and workers looking at a career change. Once again, our state budget invested more than

ever in our schools and students. In addition to boosting funding for basic education, we also committed more resources toward career and technical education, special education and higher education.

Helpers and Heroes

In 2019, we passed a package of bills that recognized the challenges facing the fire and emergency medical services providers on whom we rely to protect our communities. We passed more than a dozen bills that encourage volunteerism, enhance access to training and provide more flexible funding options to emergency response organizations.

Smart Justice

The House worked to improve the effectiveness of our criminal justice system to strike a balance between holding criminals accountable and protecting public safety. We passed legislation to reduce recidivism, provide certain offenders a second chance and encourage rehabilitation. The House also passed two bills that I co-sponsored to increase the penalties for assault of a prison staff member and preclude the parole board from prematurely releasing an inmate following a minimum sentence if the inmate was convicted of a violent offense while incarcerated.

Protecting Victims

We also acted on several bills to protect victims of crime, ensuring they are treated with dignity

and respect in the criminal justice process. Some of those measures were specifically focused on child victims, including passage of the Hidden Predator Act, a two-bill package designed to address the statute of limitations for victims of child sex abuse. So far in 2020, we have passed a package of bills

that take aim at human trafficking. Pennsylvania ranks 10th in the nation in human trafficking. Our legislation aims to deter this illegal and abhorrent activity and to protect victims, many of whom are women and children.

Healthier PA

Recognizing that Pennsylvanians need and deserve ready access to health care, regardless of where

they live, the House passed several bills to enhance access to care, especially in rural areas, as well as to remove barriers to treatment and better assess to behavioral health and other needs.

I welcome your questions and feedback on these or any other legislative issue. Feel free to contact me at my district office at 717-334-3010 or through my website www.RepMoul.com.



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COMMENTARY

Words From Winterbilt

February is unique

Shannon Bohrer

February is the shortest month in our calendar; the month that recognizes Presidents and lovers. February has also been described as the most hated month, specifically because of the weather. In the Northern Hemisphere we have three months of our meteorological winter, and February is the last one. So February has a lot going for it, providing one does not mind the cold, the ice and the darkness.

While February has only 28 days, every four years we have leap year, which extends the month by one day. This year 2020, is a leap year. The extension of one day is needed to keep the timing of the earth in sync with the time it takes the earth to travel around the sun, one full turn. While non-leap year calendars have 365 days, to travel around the sun; it really takes 365 days, 5 hours, 48 minutes and 45 seconds. To compensate for the 5 hours and 48 minutes, we add one day every four years. However, adding the one day every four years, actually adds too much time. To compensate for this we skip a leap year every one hundred years. Don't worry; there will not be any test questions.

Many people first think of February as Presidents month. Our first president, George Washing-

ton was born on February 22, and his birthday was established as a national holiday in 1885. Abraham Lincoln was born on February 12th, and his birthday was also a national holiday, until 1971. Starting in 1971, at least federally, we celebrate President's day on the third Monday of February, which now celebrates all of the Presidents.

President's Day, being a national holiday, is often promoted as a "Patriotic Holiday." Automobile dealerships fly American Flags, while promoting the "President's Day Sales." Of course they also fly them all year. Numerous business use flags and likenesses of former Presidents, usually Washington or Lincoln, in their advertisements for President's Day sales. Of course all of the furniture and mattress dealers also have President's Day sales, but then furniture and mattresses seem to be on sale all year. Maybe it would be nice if the patriotism that we are supposed to have on President's Day was related to the presidents and not to commercialization. Maybe, just maybe, in celebrating our Presidents Day we could reflect on the Presidents, what they contributed to our country, inspirational words and or deeds. It is our history.

In honor of President's day, a quote from Abraham Lincoln, "Character is like a tree and reputation like

a shadow. The shadow is what we think of it; the tree is the real thing." How often does one think or reflect upon their own character?

February is also known for Lover's month, as we celebrate Valentine's Day. Originally, Valentine's Day was celebrated as a Christian feast day. The purpose of the celebration was to honor saints named Valentinus, which is why it was also called Saint Valentine's day. One such Saint Valentine was persecuted for performing marriages for soldiers who were forbidden to marry. Maybe that was the connection or relationship, with love that resulted in the holiday we have today.

In any event, February 14th is supposed to be a romantic day, so in the last month of our meteorological winter, a very cold month, we celebrate our romantic warmth. We express our romantic feelings of love, by purchasing flowers, candy and stuffed dolls, including giant stuffed teddy bears. Of course, once purchased, we can transport these things in our new cars and hide them behind our new furniture or under the new mattress, until Valentine's Day arrives. It's like celebrating President's Day in preparation of Valentine's Day.

Perhaps Valentine's Day could be thought of as a reminder, that if you love someone, those feeling could be expressed - all year long, even in the warmer months of the year. One

can demonstrate their love any time during the year by purchasing chocolate, flowers and stuffed animals, well maybe not the stuffed animals.

So February has a lot going for it, including the negative fact that it has been described as the most hated month, because of the weather. Yes, it is usually cold, but by the time February arrives, our winters have been here for a while. One reason February may be disliked, is that we really do like change, and we are so tired of winter that we are looking forward to spring.

Of course, related to the possible changing weather is Ground Hogs Day, when a ground hog predicts how much more winter we will have. This event is held each year on February 2, and is followed by the local, state, federal and international news. On the morning of February 2nd, when the ground hog leaves his den, if the sun is out and they see their shadow, the ground hog goes back into the den, and we have six more weeks of winter.

I do find it a little strange that some think a ground hog will predict the weather. I am sure there is something factual or historical data behind it, or at one time someone believed there was. Maybe the groundhog weather prediction belief was at one time related to other weather predictions, like the woolly caterpillars. People still notice the caterpillars and then comment about what kind of winter we will have. Is there any scientific evidence

that ground hogs, or woolly caterpillars, can predict the weather?

According to The National Climate Data Center, the groundhog Punxsutawney Phil, from Pennsylvania, predicts a longer winter about 80 percent of the time. And yet, his predictions are only correct about 39 percent of the time. That may not sound good for the groundhog, compared to humans that are correct about 90 percent of the time, but only when making a 5 day weather forecast. However, humans' predictions over 10 days are only about 50 percent accurate. Humans' 50 percent vs. ground hogs 39 percent. Remember, the groundhog is predicting for six weeks, with no satellites or computers. In that light the groundhog's success rate is not that bad.

Personally, I like February, it is the month of my birth and I like cold weather. I also like celebrating President's Month. No, I don't go the sales. I generally celebrate president's day by reading something about our previous presidents.

*Another presidential quote,
"Truth will ultimately prevail
where there is pains to bring it
to light"*

—George Washington

Many previous presidents had a lot to say, and much what they said is still relevant. Happy February.

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

Common Cents

The better moral creed

Bob Topper

Last October Attorney General Bill Barr delivered a speech at Notre Dame during which he claimed that "Judeo-Christian moral standards are the ultimate rules for human conduct" and that "the fact is that no secular creed has emerged capable of performing the role of religion." Barr, like many other Catholic and Evangelical fundamentalists, believes that without the moral standards defined by religion, society is doomed. That simply isn't true. Look at Sweden and many other countries that are far more secular than American, yet have much lower crime rates. And in America, Christians are 20 times more likely to find themselves incarcerated than atheists. But Barr goes on to say that his moral standards "are like God's instruction manual for the best running of man and human society." Are they?

Barr would find himself at odds with Franklin and Jefferson. They believed in human nature. They were inspired by the philosophical positions of the Enlightenment thinkers, Hobbes, Locke, Hume, and Rousseau, and Spinoza, who thought that the best hope for a just society was [hu]man's ability to reason. They looked back on darker times before the age of reason when religion worked hand-in-hand with monarchy governments, and saw that both were capable of great injustices, like the horrors of the

Inquisition, hanging Mary Dyer, and the Salem witch trials. Their aversion to theocracy was as strong as their aversion to monarchy, and so they conceived a better form of government, democracy, free from religious influence, like the one we enjoy in America.

There is one reference to God in our Declaration of Independence, but it is not the God of Christianity or Judaism. It is to "Nature's God," the God of Deism. And while our Constitution guarantees freedom of religion, God is not mentioned there at all. People are free to adhere to the tenets of any religion they choose, or to not have any religious beliefs.

As products of the Enlightenment, our Declaration of Independence and our Constitution do not depend on religion. The foundation is set out in the Preamble of the Constitution: "We the People of the United States, in Order to form a more perfect Union, establish Justice and insure domestic Tranquility...." It is "the People" who would establish Justice and insure Tranquility; it is "the People" who would establish the moral creed.

Contrary to Barr's assertion, our Constitution and legal system, as designed by the founding fathers, a creed that is based upon equality and justice, and defined by reason, is a far better "secular creed." It is reason of the People that governs our moral conduct, not religion, fantasy, or superstition.

Basic principles of our nation, equality and democracy, are not Christian principles. Christianity teaches that some are chosen and rewarded with life everlasting, while those not chosen are condemned to eternal suffering. Given that more than half of the world's population is never exposed to Christianity, it is difficult to see this as just or compatible with the idea that humans are created equal. As for the principle of democracy, Christianity supported the "divine right of kings," and Jesus said "render on to Caesar what is Caesar's." Unlike the founders, he did not say rise up and rebel against Caesar's unjust taxes. And while the bloody civil war was fought to resolve that all men are created equal, pro-slavery forces appealed to the Bible to justify their belief in white superiority. To preach that this nation is, or ever was, founded on Judeo-Christian principles, one must overlook glaring inconsistencies.

Years ago my very good friend Phil passed away. Admired for his understanding, decency, kindness, and his bright intellect, Phil's friends thought him to be one of most moral and ethical people they knew. Phil was an atheist. He did not use the Bible to tell him right from wrong. He was his own moral compass, and his life demonstrated that religion is not necessary for a moral and ethical society.

Phil realized that the Bible is neither a perfect nor complete guide to ethics and morality. Consider truth. Without it, our society, any society, cannot function. Even organized crime syndicates depend on truthfulness. The eighth Commandment, "Thou shalt not bare false witness against thy neighbor," touches on truthfulness,

but forbids only one type of lie and then only against a neighbor. But our legal code is comprehensive, covering every variety of falsehoods, and misrepresentations. Law libraries are filled with volumes dedicated to contract law, slander, perjury, libel, fraud, false advertising and much more. Our legal system is dedicated to ensuring truth and justice, and does so more thoroughly than the Bible. In fact, society's requirement for moral truthfulness predates the Bible.

Our secular creed may be imperfect but is more just and even-handed. Consider that while the Bible prescribes stoning for adulterers, the eighth amendment forbids cruel and unusual punishment. And we know now that homosexuality is not a choice; that the lines between masculinity and femininity are blurred, and that a continuum exists between female and male. Today most people, especially young people, understand that gays, lesbians, bisexuals and transgender are what Nature's God wanted them to be. That they deserve our respect is something that our courts have recognized and their rights as human beings have been confirmed. And while no one likes abortion, our courts have also recognized that a prohibition based religious belief is not sufficient to deny women access. There is simply no real evidence to support the fundamentalist's views on abortion or homosexuality, and so our courts rightfully decided there can be no prohibitions. Compared to the Judeo-Christian moral creed, our legal system does a much better job of ensuring justice and is far more compassionate.

Barr's thinking poses great danger to a free society. The imposition of Christian beliefs on non-Christians is precisely what the founders and our Constitution sought to prevent. Refusing service to someone who does not agree with a religious belief is not a right of religious liberty, it is a right to religious prejudice to harm others.

It is better to follow the founder's example; respect religion but recognize that in this enlightened age, it is not the ultimate authority on moral conduct any more than it is on science, medicine, or engineering. That is not to say it is irrelevant. Jesus' most important message: "Love thy neighbor" is as relevant today as it was two thousand years ago.

Theocracy is a form of government that draws its authority from religion. Advocating for Judeo-Christian moral standards in favor of reason and our Constitution, as attorney general Barr does when he claims that those standards are "God's instruction manual for the best running man and human society," is, in essence advocating theocracy. That is at odds with the first amendment of the Constitution he has sworn to uphold. And to see where that might lead us, we need only look at the theocratic regimes in the Middle East. To address the problems of today, like global warming and wealth inequality, it will be far better for us to emulate the founding fathers and understand that the solutions are not in the Bible, but rather with good people reasoning.

To read past editions of Common Cents visit the Authors section of Emmitsburg.net.

The American Mind

What could possibly go wrong?

William Hillman

This past week I helped my son with a school report on the fall of the Weimer Republic. The interaction went something like this:

Me, "What are you writing?"

My son, "I'm writing a paper on the fall of the Weimer Republic."

Me, "Give me the keyboard and get me a cuppa tea."

An hour later his report was three times as long as the class limit, the table a mess with primary and secondary sources and my son is somewhere playing Fortnite and I never got my cuppa tea.

One of the many events that happened in 1920s Weimar Republic was the rapid increase in wealth inequality and personal debt. For the purposes of this article I am not suggesting this was THE cause of the demise of the republic, it was simply one of an infinite number of ingredients that came together at the right time and right place to form a vile end.

In the last 30 years the US, like most countries, has experienced a skyrocketing wealth gap, and for the middle class, sky high consumer debt. In fact, there has been a growing wealth gap since the inception of the nation. The only

time this gap receded was after the two world wars. Throughout modern history, war is the only event that decreases the wealth gap. Consumer debt at this level is unique to the current period.

The world wars transferred income power to those at the bottom of the economy, creating the largest expansion of the middle class in history. This expansion continued into the 1970's when real family income began to stagnate. Since the 1980's, the middle class has been decreasing. For the last 20 years, the middle class has shrunk at an exponential rate (with a noticeable slowdown in the last two years).

A word about the difference between income and wealth. Income is simply the money coming in. Wealth is the sum of assets such as property, stocks, savings, etc. Wealth is accumulated and passed down through generations.

College education traditionally has been a pathway into the upper earnings levels. This is still true today, but the value of a college degree has drastically fallen. Postgraduate degrees remain at the highest income potential but have leveled off and are dipping.

Undergraduate degree income potential has drastically fallen but still remains above high school. The flood of undergraduate degrees in the labor marketplace has eroded the earning poten-

tial of the bachelorette degree and the hyper increasing cost of this degree has many people questioning its value.

Today's income potential for individuals with less than bachelor's degree, including associate degrees, is indistinguishable from high school degree income potential.

The average income for a high school graduate in real dollars increased last year for the first time since 1971.

(I was not able to find any hard data in time for this article that compared technical education and training income to college level. But I have my suspicions. Starting salaries for trades is about \$40,000 and bachelorette degree starting salaries is \$30,000 and comes with \$60,000 of debt.)

College level education is failing the middle class and stripping wealth and limiting future wealth accumulation by indebting its students.

Today's economy is based on debt and enticing the middle class into a deeper financial hole, preventing wealth accumulation.

Americans are taking on ever larger debt loads as they struggle to maintain living standards. They are borrowing more on their credit cards, taking on a soaring levels of student debt and signing more and more personal loans, all making the next recession even riskier for those already struggling to make payments.

Housing prices and higher education costs are rising

far faster than most people's incomes, forcing them to either take on larger debts or forgo what many consider the American Dream – home ownership and a college degree. Those who take on debt often postpone marriage and having children in an attempt to catch up on debt obligations. Bill Fay - Consumer Debt Grows as U.S. Economy Expands

In the 1970's less than half of new cars purchased were financed. Most of the financing was done for half the cars' value and with less than 24-month terms. Today, eighty-five percent of the cars are financed with five- and six-year terms.

The Wall Street talking heads keep telling us consumer debt is good and today's economy is based on debt. It's in our best interest to keep it going. In the short term, they may be right, but like the monster it is, debt needs more victims.

Weighted down with college and consumer debt. A person's future earnings are already spent and there is no path for wealth creation, so the gap will continue to grow at an exponential rate until the middle class is gone.

As long as future income will pay off the debt, no one will notice the cliff ahead. But once debtors can no longer pay, either their debt has to be forgiven, or they have a permanent obligation. In the worst cases, the obligation is involuntary servitude, whether

recognized as such or not. Resentment and anger will follow.

Until the current President, industry, with the help of the government, was on a mission to export middle class manufacturing jobs from the United States to foreign countries with lower wages, lax employment, and environmental laws. (I have always been amazed at how politicians grandstand and claim to be "concerned about the environment" yet promote the transfer of manufacturing to counties with the worst environmental regulations.)

Instead of letting minimum wage for low-level occupations rise, the government permits mass immigration to keep wages low.

And then there is automation. Looking down the road, literally several autonomous trucks have driven themselves across the country. Within 5 years, professional drivers, the number one occupation, will start being displaced by automation.

In summary. We have an increasing wealth gap based on indebting the middle class and concentrating profits by eliminating labor costs. So, the current economy bubble is based on indebting a large segment of the population while eliminating their ability to pay off that debt, thus forcing them into servitude. What could possibly go wrong?

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

Down Under

A World of Extremes

Submitted by Lindsay Melbourne, Australia!

"Reality is frequently inaccurate"

–Douglas Adams, *The Cafe at the end of the Universe*

We all know that technology continues to change our lives. We are excited by all the new apps and gadgets while ignoring the things that don't grab our attention, and we can't be bothered by all the other crazy stuff like algorithms. But these things rule our lives. They run our bank accounts, our health, social security, applications for documents – nearly every day-to-day thing. Our likes and dislikes are known; we are herded into our special likes, deprived of the wide picture, and made to conform.

Most of us cannot live without this order. We are totally dependant on technology, and we'd be stranded if it wasn't there or if it stopped working. Even small outages cause havoc, so imagine (no, please don't. It's too painful) what would happen if it just disappeared altogether. Society would implode, and the people best able to cope would be those with enough arable land to grow their own food or lived on the seashore. Forget ani-

mal husbandry, chicken farming, and synthetics. They all depend on electronic technology.

Could this happen? Yes indeed – in fact, we here in Australia have just had some experience of it. The bushfires that occurred in no less than four widely spread states, (South Australia, Tasmania, Victoria and New South Wales), cover 186,000 square Kilometres, more than the area of Washington state, and bringing it to your perspective, six times the area of Maryland.

Can you imagine that?

The areas are mostly remote, mountainous, precipitous and often difficult to get to by any means. These fires did more damage than anyone can imagine, partly due to the failure of communications. A few hundred power poles down, a few million trees across roads, and some people didn't know if they had to leave, if the fire was minutes or hours away and how fast it was travelling. Firefighters, (including the group who volunteered from your place), sometimes relied on battery powered walkie-talkies, and it is a miracle that only 28 lives have been lost – so far – because the current and new fires are still burning, even after the 30 to 100 mm of rain in the past two days.

A few towns had generators, and they could still pump fuel and water, but the panic was great and many people who were caught up in the disaster now require counselling. A thousand or so tourists and locals were evacuated by boat from a beautiful town at the furthest point East in Victoria when the roads were closed; they finished up about 300 miles away, not far from where I live, on Westernport bay.

Some other stats: Over one billion animals are dead, and many more will die because their food has been destroyed. Some 1700 houses, and untold numbers of sheds destroyed; thousands of miles of fencing will have to be replaced. Dairy herds had to be shifted, Tree plantations totaled, millions of feet of timber burnt.

Businesses have no customers; services are spotty, food and water exhausted, though supplies are now slowly getting through. Tourists, a major source of revenue, have been frightened away.

The insurance bill will be enormous, and the government has made about \$600 million in funds available, some as grants, some with no interest to help small business survive. There are many heroes, notably the hundreds of volunteers who kept the firefighters fed and watered. More money has been raised by celebrities and the public than ever before – it's getting close to a billion – which is wonderful.

And this is not a one-off. It will happen again; it will get hotter, we will receive less rain, and the prices we pay for food will keep increasing. This is a picture of now, as well as one of the future, at least in Australia. It will not happen in your country, Europe or the Arctic, but something will. The changes the world is experiencing are unstoppable and the needs of all populations will be so enormous no government will be able to meet them.

Don't say, 'Oh, Climate change. Pah. It's nonsense.' or 'I blame politicians.' If you step onto the road and see a bus travelling towards you at 60 and is ten feet away, do you stop to say, 'I wonder who made that bus? Or, 'Ugh, all those fumes?'

No, you try to get out of its way.

The old saying, 'There's none so blind as those who will not see', is spot on. And the blindest of the blind are politicians. Their horizons are too close, their goals blinkered by fear, their ability, never as good as they think, is nothing more than hope.

So if we cannot expect our leaders to stop the bus, whom can we turn to? Strangely enough, it is technology that could be the best solution to climate change in all its forms – loss of water, acidification of the oceans, extremes of temperature and storms - and there are some very interesting

things in progress. Will they be in time? Who knows?

But technology cannot deal with the other, non-scientific crunches. The biggest of these is the breakdown of democracy and freedom, with rise of dictators. No dictator has ever called himself that, but they are known by their desire to rule with no restrictions. Which is a pretty good description of President Trump. The next is the economy – all kinds, in every country as they will not be able to pay for the effects of the above. This time it will only cost Australia a few billion immediately, but the effects are going to go on for decades. And our population is tiny. You also have the enormous disparity in wealth that will sink the ship, unless the plutocrats are made to pay for the results.

Timing will be different everywhere – we just happen to be the first – although the Pacific islands began to submerge at least forty years ago, but they are not newsworthy.

Capitalism, communism, coalitions like the EU will have no way of coping with it, and I don't see a magician emerging who pulls a solution out of a hat.

You have some of the greatest minds in the world. How about asking them for a solution?

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

THE PASTOR'S DESK

What is love?

Pastor John Greenstone
Elias Evangelical Lutheran Church

Is it a concept, an idea, an emotion or is it tangible and retainable? Is love still relative in today's "Me" society? Let me begin by saying simply: "God is Love." But, I know, there are a lot of different perceptions about who God is—let's get to that later. For now, let me turn to a down to earth example of what makes love what it is—or isn't. Many people say, "I love my dog or cat." I'm one them – I love my cat, Miss Precious.

I would say that my love for Precious is based on her being an adorable little creature. I admire her because she is intelligent and fascinates me with her feline character. I enjoy seeing her and listening to her purr. Examining my own idea about love for this cat – I note that my description of love is based on my own level of satisfaction from having Precious as my pet. She gratifies me by these characteristics...so I say I love her – as a cat mind you!

On the other hand, I show my love for Precious by providing what she needs. I want her to be healthy, well fed, and live in an enjoyable environment. Not to take this too far, but I think Precious loves me because I provide her all these things. However, not unlike a human being, Miss Precious could be drawn away by the love of another if they were to offer her more delicious treats or more affection or let her outside to eat the birds she so admires from my win-

dow... So we can see how quickly love's bond can get out of the bag!

True love must have deeper underpinnings, and this is what we need to learn about in order that our human love is distinguished from mere animistic, eros, sensual, or need-based love. In a Christ centered relationship, pleasure in love should follow after friendship and commitment. From a Biblical point of view, we know of brotherly love—this is Phileo, love based on fondness, likeability, love shared in a bond of friendship. Old Testament examples are: David and Jonathan, or from the New Testament: Peter, James and John. The men in these examples shared a bond of friendship and comradery. Certainly, phileo love is the path towards a healthy, lasting relationship. We want to be with someone with whom we enjoy good company and mutual interests.

The third kind of love comes into being when we commit ourselves to remain in a true love relationship. This is agape love, a love that embraces costly commitment, or a sacrificial element. To practice agape love is to place substance in and a seal over the love relationship. The Christian faith teaches that in holy marriage, the man and the woman pledge to love and to cherish one another through all phases of life. They vow before Almighty God to make a lasting covenant of service and caring toward one another – honoring one another equally.

The couple legally seals their vows by the licensure of the State.

Agape love has weight, it stands for valuing the other for the true person who they are, not just their beauty, wealth, or possessions. Agape love esteems the other with concern for their welfare in all areas of life. Agape love manifests generous concern for the other. Agape love is costly; it embraces faithfulness to remain with the other "for richer or poorer, in sickness and in health, to love and to cherish as long as we both shall live."

This kind of Love means it when we say, "I will not abandon you." Ruth, the Moabites, told her mother-in-law, Naomi, "Wherever you go, I will go" (Ruth 1:16)—she committed herself to remain with Naomi, no matter the dangers, whatever the future held—she gave herself to this relationship. Agape love stands for devotedness, a kindly concern and generosity toward the other. This is the kind of love God demonstrates through his Son, Jesus.

We catch a glimpse of God is Love when we hear the words from Isaiah directed to Israel, "Can a woman forget her nursing child, or show no compassion for the child of her womb? Even these may forget, yet I will not forget you". Isn't this a beautiful image of committed love? The idea expressed is one of mercy, compassion, tenderness, gentleness, and foundational reliability. This is the nature of God – to love us.

For the past 17 years I have had the privilege to preside over dozens of couples weddings. I like to find out how they met, what they like to do together and how they work on resolving conflicts. The part about resolving conflicts can tell a lot about how strong their love is. Can you disagree with your spouse and still love them? It requires maturity to love someone with whom we may occasionally disagree. It goes back to valuing and esteeming one other for the person God has made us to be. In true love, individuality ought to be honored and cherished. On the other hand, true love is gentle, not overbearing—a couple, in Love, ought to be merging together, not looking for wedges of separation. If you're in a relationship where you or your partner must always be right – this can't be love.

Love is gentle, kind, does not keep records of wrongs—true Love



embraces understanding and forgiveness. Here's where we must fall back to our Lord Christ's example. Jesus showed us true love when he reached out to touch the lives of many who were considered outcasts, untouchables or worse—sinners or enemies. Jesus love included everyone. He showed compassion and caring, as when he stopped to minister to those who cried out for mercy, for healing or vision to be restored. He was about his Father's Love business, but he was not so busy that he didn't have time to bless the little children or heal Simon Peter's mother in law.

If you have failed in love, don't give up on love. For every day we are given a new chance to love others around us by sharing encouragement or just being gentle in an increasingly harsh world. Say I love you more often, or try it for the first time. Love's lessons are never ending. Some of us have been great lovers, but we still have a long way to go.

I've been learning my lessons too—love is realized and recognized in the small things we do. My wife, Sandy, has cancer. It's been heart-breaking watching her go through enumerable chemotherapy treatments. Her once-fit body is now weak and I must help her dress, undress, use the potty and every-

thing in between. I said to her a few weeks ago, "Babe, this is the new making love," as I helped her put on socks that were too small for swollen feet and carefully pulled her up from the hospital bed while trying not to crack another brittle vertebrae. Love is tangible when it's practiced in the ecstasy of youth and the crucible of illness.

Love is sensual when it's given at all times, not just when we have fitness of mind or body, but giving ourselves to each other in complete surrender when we're sick with worry, angry and frustrated by the things we cannot control. Remaining together through it all...this is living in true Love. God is Love, because he gave himself for us when we were hard-hearted, self-centered, downright cruel and unappreciative of those around us. But we can now know Love, because we have seen and heard and witnessed Jesus love for us and all people.

We can love because we are loved by the true son of God who died for our lack of love and rose that we would be resurrected—by Love. Let us love one another—for when we do, we show that God, who is love is living in us. God bless you!

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THE BOOK OF DAYS

The History of Valentine's Day



Valentine's Day is now almost everywhere a much degenerated festival, the only observance of any note consisting merely of the sending of jocular anonymous letters to parties whom one wishes to quiz, and this confined very much to the humbler classes.

The approach of the day is now heralded by the appearance in the print-sellers' shop windows of vast numbers of missives calculated for use on this occasion, each generally consisting of a single sheet of post paper, on the first page of which is seen some ridiculous coloured caricature of the male or female figure, with a few burlesque verses below.

More rarely, the print is of a sentimental kind, such as a view of Hymen's altar, with a pair undergoing initiation into wedded happiness before it, while Cupid flutters above, and hearts transfixed with his darts decorate the corners.

Maid-servants and young fellows interchange such epistles with each other on the 14th of February, no doubt conceiving that the joke is amazingly good: and, generally, the newspapers do not fail to record that the London postmen delivered so many hundred thousand more letters on that day than they do in general. Such is nearly the whole extent of the observances now peculiar to St. Valentine's Day.

At no remote period it was very different. Ridiculous letters were unknown: and, if letters of any kind were sent, they contained only a courteous profession of attachment from some young man to some young maiden, honeyed with a few compliments

to her various perfections, and expressive of a hope that his love might meet with return.

But the true proper ceremony of St. Valentine's Day was the drawing of a kind of lottery, followed by ceremonies not much unlike what is generally called the game of forfeits.

Misson, a learned traveler, of the early part of the last century, gives apparently a correct account of the principal ceremonial of the day.

'On the eve of St. Valentine's Day,' he says, 'the young folks in England and Scotland, by a very ancient custom, celebrate a little festival. An equal number of maids and bachelors get together: each writes their true or some feigned name upon separate billets, which they roll up, and draw by way of lots, the maids taking the men's billets, and the men the maids': so that each of the young men lights upon a girl that he calls his valentine, and each of the girls upon a young man whom she calls hers. By this means each has two valentines: but the man sticks faster to the valentine that has fallen to him than to the valentine to

whom he is fallen. Fortune having thus divided the company into so many couples, the valentines give balls and treats to their mistresses, wear their billets several days upon their bosoms or sleeves, and this little sport often ends in love.'

There seems to have been a disposition to believe that the person drawn as a valentine had some considerable likelihood of becoming the associate of the party in wedlock. At least, we may suppose that this idea would be gladly and easily arrived at, where the party so drawn was at all eligible from other considerations.

There was, it appears, a prevalent notion amongst the common people, that this was the day on which the birds selected their mates. They seem to have imagined that an influence was inherent in the day, which rendered in some degree binding the lot or chance by which any youth or maid was now led to fix his attention on a person of the opposite sex. It was supposed, for instance, that the first unmarried person of the other sex whom one met on St. Valentine's morning in walking abroad, was a destined wife or a destined husband.

A series of essays published in 1751-6, thus adverts to other notions with respect to the day:

'Last Friday was Valentine's Day, and the night before, I got five bay-leaves, and pinned four of them to the four corners of my pillow, and the fifth to the middle: and then, if I dreamt of my sweetheart, Betty said we should be married before the year was out. But to make it more sure, I boiled an egg hard, and took out the yolk, and filled it with salt: and when I went to bed, ate it, shell and all, without speaking or drinking after it. We also wrote our lovers' names upon bits of paper, and rolled them up in clay, and put them into water; and the first that rose up was to be our valentine. Would you think it?—Mr. Blossom was my man. I lay a-bed and shut my eyes all the morning, till he came to our house: for I would not have seen another man before him for all the world.'

The origin of these peculiar observances of St. Valentine's Day is a subject of some obscu-

city. The saint himself, who was a priest of Rome, martyred in the third century, seems to have had nothing to do with the matter, beyond the accident of his day being used for the purpose. Mr. Douce, in his Illustrations of Shakspeare, says:

'It was the practice in ancient Rome, during a great part of the month of February, to celebrate the Lupercalia, which were feasts in honour of Pan and Juno, whence the latter deity was named Februata, Februalis, and Februlla. On this occasion, amidst a variety of ceremonies, the names of young women were put into a box, from which they were drawn by the men as chance directed.

The pastors of the early Christian church, who, by every possible means, endeavoured to eradicate the vestiges of pagan superstitions, and chiefly by some commutations of their forms, substituted, in the present instance, the names of particular saints instead of those of the women: and as the festival of

the Lupercalia had commenced about the middle of February, they appear to have chosen St. Valentine's Day for celebrating the new feast, because it occurred nearly at the same time.

It should seem, however, that it was utterly impossible to extirpate altogether any ceremony to which the common people had been much accustomed—a fact which it were easy to prove in tracing the origin of various other popular superstitions. And, accordingly, the outline of the ancient ceremonies was preserved, but modified by some adaptation to the Christian system. It is reasonable to suppose, that the above practice of choosing mates would gradually become reciprocal in the sexes, and that all persons so chosen would be called Valentines, from the day on which the ceremony took place.'

To read other selections from Robert Chamber's *The Book Of Days* visit www.thebookofdays.com

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ECOLOGY

Nature's Book Club

Lizzy Ryan

Wonder is the beginning of wisdom in learning from books as well as from nature.
—Mortimer Adler

Strawberry Hill is the place where the mission is “Inspiring stewardship of our natural world by connecting the community with educational opportunities.” And those participating in the Strawberry Hill Nature Book Club are dedicated to that mission.

Nature Book Club began as idea shared by a group of Master Naturalists who had completed their training in 2017 at Strawberry Hill and had a strong desire to continue learning and maintaining strong ties to Strawberry Hill. (Pennsylvania Master Naturalist is a nonprofit that aims to connect people with their local ecosystems through intensive natural science training and local conservation service work.)

The Nature Book Club at Strawberry Hill began meeting in October of 2018. A variety of attendees participate—not all are naturalists, but all appreciate nature! Over the months nature classics such as Edward Abbey’s Desert Solitaire have been read and discussed. In fact, Dr. Beth Brantley, President, Board of Directors, Strawberry Hill Foundation, led a most engaging discussion of Aldo Leopold’s seminal work, Sand County Almanac. Other selections have included Mountains of

the Heart by Pennsylvania author and bird expert, Scott Weidensaul, and Gathering Moss and Braiding Sweetgrass, inspirational essay collections of ecological educator, Robin Wall Kimmerer. We dug deeper into the science of nature with The Nature Fix: Why Nature Makes Us Happier, Healthier and More Creative by Florence Williams, specific species in Buzz by Thor Hanson, and some biographies of naturalists with The Invention of Nature: Alexander von Humboldt’s New World by Andrea Wulf and Two in the Far North by Margaret Murie. For a fun holiday supper meeting, we each shared our favorite children’s nature literature selections, as possible gifts for the special little ones in our lives.

Those who attend make suggestions of books they’d like the club to read. All titles are listed and voted on by the group. The top votes become the following academic year’s list of books. At each meeting one of the attendees facilitates the evening discussion. Often background information on the author, book location, or topic can be shared with the group. Networking of upcoming educational and nature volunteer opportunities occurs at the end of the meeting.

Participating in these book club discussions does not require anyone to be an expert in any field; in fact, the evenings truly are low-key conversations with interesting talking points, interpretations,

reactions, inspirations, and sharing of thoughts and ideas. Each gathering brings new thoughts and often lead to related topics that connect to one’s experiences.

Remaining books for this academic year are Founding Gardeners by Andrea Wulf (February 11), American Canopy by Eric Rutkoff (March 3), Eager: The Surprising Life of Beavers and Why They Matter by Ben Goldfarb (April 14) and The Genius of Birds by Jennifer Ackerman (May 12). Future title suggestions will be collected before summer so folks can find the books or start listening to them!

Meeting information is posted on the Strawberry Hill web site and Facebook page. Our next meeting is February 11, at 6:00 p.m. in the nature classroom at Strawberry Hill, 1537 Mount Hope Rd, Fairfield. All are welcome, whether you’ve had a chance to read the book or not. Please join us!

Other events at Strawberry Hill include:

- **Maple Sugaring Hike:** On February 15 from 1 - 2 p.m., a naturalist will walk you through the woods to see our tapped trees and our sugar bush. They will teach you about identifying maple trees along with basic tree tapping history.
- **Nature Bingo Hike:** On March 14 from 11 to Noon join Strawberry Hill’s Education Coordinator, Lizzy, for a family-friendly nature bingo hike! All participants will receive a bingo card to fill in as we hike the Nature Trail and Quarry Trail. The first participant with bingo will receive a Strawberry Hill prize!
- **Peeper Hike:** Join us for an evening peeper hike! We will head out on the trails around dusk to hear the call of the spring peepers and look for other amphibians! Make sure to bring a flash-



Outdoor ‘labs’ are an extra bonus for members of Strawberry Hill’s Master Naturalist’s Nature Book Club.

light for this hike. This hike will take place on April 4th from 7- 8 p.m.

- **Spring Foraging:** Join the Wild Edibles Lady, Debbie Naha, as she shows you a unique approach to appreciating wild edible plants. Debbie is a professional foraging instructor who is also a licensed nutritionist. Debbie will first take you on a walk to identify wild edibles and then will show you an example of how to prepare some of your own! This class will take place on April 25 from 1 - 4 p.m. Call Strawberry Hill for registration details!
- **Owl Prowl:** Peer into the life of an owl as you trek through Strawberry Hill at night. The hike will take place at 7:30 p.m. on May 23. During this hike we will pause to dim the lights and highlight the sounds in the night. Though the night may seem quiet to us it is full of sound

to an apex predator. Test your skills and see if you can hear the slight rustling on the forest floor from a vole or a mouse, which sounds like a steak sizzling on a grill to an owl. Before you can experience the woods alive at night, you will learn what owls can be found in Pennsylvania, their life history, and what makes them the amazing hunters they are. To help us do that, you can meet our resident barred owl, Strix, and get hands on with talons and feathers. I hope you can join us for this trek through the night, and we cannot wait to see you. Please bring a flashlight on this hike.

For more information about Strawberry Hill visit www.strawberryhill.org. For more information about Pennsylvania Master Naturalist visit www.pamasternaturalist.org.



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IN THE COUNTRY

E is for the Everglades

Tim Iverson, Naturalist

Everglades National Park is the largest designated wilderness area east of the Rockies, a World Heritage Site, an International Biosphere Reserve, and a Wetland of International Importance. Everglades National Park is also one of the most accessible national parks there is. It's surrounded by nearly three million people that live in surrounding Miami-Dade and Collier counties. Historically the Everglades tied all of south Florida together in a seasonal cycle of wet and dry. To meet the demands of Florida's population growth, the historic Everglades have been drained, diked, dammed, and disconnected from the seasons, leaving it diminished but alive.

The Greater Everglades ecosystem historically encompassed 2.6 million acres from central Florida, near Orlando, all the way down to the Florida Keys. Water flowed south into Lake Okeechobee which, during the rainy season, filled up and spilled over its banks. The flood water then made its way across a variety of habitat types – including sawgrass plains, open-water sloughs, rocky glades, and marl prairies – and finally into the Gulf of Mexico and Florida and Biscayne Bays. This vast Everglades ecosystem contains a unique array of wildlife and habitats found nowhere else on earth.

South Florida averages about 50 - 60 inches of rain annually. Florida, the Everglades in particular appears incredibly flat. When standing in the midst of the river of grass any slope is hardly discernible, yet there is one. Lake Okeechobee sits about 24 feet above sea level causing water to flow south dropping about 4 inches per mile only moving about 100 feet per day.

Water descends through slight depressions creating a river called a slough (pronounced 'slew') channeling freshwater south to Florida Bay. On the eastern side of the park Taylor slough passes through the Royal Palm area, which is home to an incredible array of botanical diversity featuring orchids, bromeliads, ferns, and more. In the center of the park the Shark River slough passes through Shark Valley and vast

swaths of marshy wetlands. A series of other sloughs that flow through the Big Cypress Swamp supply freshwater to western Florida Bay and the Ten Thousand Islands, a vast mangrove forest.

The grasses, for which the Everglades is most associated with, are located in the freshwater sloughs that bisect the park. These sloughs feature sawgrass that can grow up to six feet or more, along with broad-leafed marsh plants. Freshwater sloughs are excellent locations for bird rookeries and attract a great variety of wading birds such as herons, egrets, roseate spoonbills, ibis, pelicans, and more. Countless other birds make this a stop over during long migratory routes. Over 360 different bird species have been identified within Everglades National Park. During an expedition in 1832 John James Audubon described, "We observed great flocks of wading birds flying overhead.... They appeared in such numbers to actually block out the light from the sun for some time." Sloughs also feature a great abundance of fish, amphibians, turtles, alligators, and snakes. Further downstream where the freshwater sloughs meets the saltwater you can find crocodiles.

The Ten Thousand Islands are a chain of islands and mangrove islets along the southern coast of Florida. Mangrove habitat serve as a valuable nursery for shrimp, crabs, and a variety of other important endangered and commercial marine species. During the dry winter months, wading birds congregate here to feed and nest. During the wet summer months, these



The Everglades National Park is a 1.5-million-acre wetlands preserve on the southern tip of the U.S. state of Florida that is often compared to a grassy, slow-moving river. The notion of draining the vast wetland persisted into the 20th century. Dredging transformed large tracts from wetland to agricultural land, much to the detriment of the coastal mangroves and sawgrass marshes that are home to hundreds of animal species.

mangroves forests provide the first line of defense against the howling winds and storm surge of hurricanes. Mangroves thrive in tidal waters such as these where freshwater from the Everglades mixes with the saltwater of the bay. Everglades National Park contains the largest contiguous stand of mangrove forest in the western hemisphere.

The story of life centers around water. Most cities are built on or near a water source. Water is the lifeblood of the Everglades. However, the development of south Florida has centered on draining and controlling the flow of water. The pre-drainage system boasted over 2.5 million acres of wetlands, highly diverse biomass, even continuous sheetflow of water, and water storage between wet and dry cycles.

Beginning in 1890 diversion projects began redirecting water and draining the swamp for agricultural, business, and residential development. As a result the Everglades ecosystem has been reduced by 1.25 million acres.

Six major Everglades habitats are now only remnants of their former selves. Others are highly fragmented. Biodiversity has declined significantly. Everglades National Park supports 90% fewer nesting birds than it did prior to drainage and is home to 68 threatened or endangered species. Sheetflow and water storage has dramatically declined, disrupting natural cycles.

Historically, over 450 billion gallons of water per year flowed southward into Everglades National Park across US 41, the Tamiami Trail. Today, only 260 billion gallons of water flow along this path. The road, in conjunction with levees and canals acts as a giant dam obstructing the natural sheet flow. In 1999, the U.S. Army Corps of Engineers submitted a proposal to Congress to restore south Florida's natural ecosystem, while maintaining urban and agricultural water supply and flood control. Congress approved the Comprehensive Everglades Restoration Plan (CERP). The CERP approach is to use the best available science to restore the "right quantity, quality, timing, and distribution" of freshwater to the natural system.

There are four components to the CERP restoration plan, one of which

aims to restore natural sheetflow. Levees are being taken down, canals are being filled in, and two elevated bridges are being constructed to allow natural sheetflow to return to the environment. The entire plan should be complete by 2030 and aims to restore up to 75% of the flow the park received before construction of the canals and the Tamiami Trail.

Everglades National Park is both unique and endangered. It stretches in the north from Orlando south towards the keys. Spanning from Naples and the Gulf of Mexico to Miami and the Atlantic. It's an ecosystem of local, national, and global importance, defined and connected by water. Historically the Everglades tied all of south Florida together in a seasonal cycle of wet and dry. To meet the demands of Florida's population growth, the historic Everglades have been drained, diked, dammed, and disconnected from the seasons, leaving it diminished but alive. With the implementation and completion of the Comprehensive Everglades Restoration Project it has a fighting chance to flourish once again.

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REAL SCIENCE

Artificial Intelligence

Michael Rosenthal

A new field of study was coined in 1955 by John McCarthy, then an assistant professor of mathematics at Dartmouth College. He defined this area as Artificial Intelligence, as follows: "Every aspect of learning or any other feature of intelligence can in principle be so precisely described that a machine can be made to simulate it." McCarthy thought that one could develop machines that could "use language, form abstractions and concepts, solve kinds of problems now reserved for humans and improve themselves." Scientists believed at the time that we could quickly develop thinking machines that could do any work humans could do. It is now some six decades later, and though many advances have been made in tasks previously only done by humans, the level predicted by McCarthy has not yet been achieved.

A more realistic definition of artificial intelligence was made by Andrew Moore, Dean of Computer Science at Carnegie-Mellon University. "Artificial intelligence is the science and engineering of making computers behave in ways that until recently, we thought required human intelligence."

Some real-world applications that have been achieved include facial recognition, transforming of

audio to text, recommending videos on YouTube, and the display of personalized content in the Facebook News Feed.

Perhaps the most striking, at least to me, example of AI is the self-driving car. It makes sense of its surrounding, taking in feeds from cameras installed around the vehicle to detect objects such as roads, traffic signs, other cars, and people. What would Henry Ford say to this?

Another now common application is the digital assistant, such as Siri, Alexa, Cortana, and Google Assistant, which use AI to transform spoken words to text and map the text to specific commands. AI works with these digital assistants to detect language subtleties and synthesize human voices.

Other applications of AI now in use include advances in translation between languages, uses in medicine and health care, and one that we hear about more every day, in both reality and in fiction, facial recognition.

As I was growing up, I was a devoted reader of science fiction, a significant factor in determining my later choice to become a scientist. The ever-developing story of AI sounds so much like the fiction I have read, particularly reminding me of the work of Isaac Asimov.

New York Senator Charles Schumer has suggested that the government create an agency that would

invest \$100 billion over five years in basic research on AI. He suggests that such an investment would enable the United States to keep pace with China and Russia in the area and finance progress that U.S. companies are unable or unwilling to finance. The idea received serious presidential support for the development of AI technology but did not offer financing. President Trump ordered agencies to develop an "action plan for protecting the U.S. advantage in AI technology," but did not call for any new spending.

In other science news...

Vaping appeared for a while to be a good alternative to tobacco use. However recent developments have indicated that vaping brings with it serious health problems of its own. It appears that Vitamin E acetate is the culprit causing serious illness in many of those vaping. The chemical has been found in the lung fluid of nearly all of the sick patients. Since March 2019, vaping related lung injuries have struck more than 2500 people in the United States and killed at least 54 people. Vitamin E acetate is a synthetic form of Vitamin E which is added to many e-cigarette liquids as a thickener. It is a common item in foods and cosmetics, but it is speculated that its heating and then inhalation can damage the lungs.

It's nice to be able to report some good news! Fairfax County, Vir-



Beyond a certain point, the size of the technology within a computer becomes irrelevant because there's a minimum size to which you can reduce the button a finger press. Humans, unfortunately, are the weak component in the circuit and only get in the way.

ginia, is moving to buy energy from contractors who will install solar panels on more than 100 county buildings. The long term 25 year plan will empower three contractors to outfit at least 113 schools, community centers, and park buildings with solar energy panels. County officials say that the generation of 45 megawatts of solar capacity will save \$60 million in utility costs.

It has been reported that most U.S. research agencies will receive healthy budget increases in 2020, totaling \$125 billion. This is in contrast to the presidential budget cuts to science agencies that had been proposed. President Trump signed a funding bill that takes us to September 30. The National Institutes of Health received an increase of \$2.6 billion. The Department of Energy received an increase of \$410 million. NASA received a \$230 million increase, and the National Science Foundation received a modest increase of \$205 million. This budget is the end of a contentious year in consideration of budgets, with President Trump arguing for cuts and Congress looking for increases. The Department of Energy Advanced Research Projects Agency-Energy escaped termination and received a 16% increase.

The review of the big picture says good things about the future of United States energy production. In April 2019 renewables - wind, solar, hydropower, geothermal, and bio-

mass - produced 23% of the United States electricity, compared to 20% for coal. This is the first time such a thing has happened! The falling cost of renewable energy generation is a major factor, especially wind energy and solar energy whose costs have fallen 70% and 90%, respectively, over the last decade. Though coal's share has fallen, coal still generates more electricity than renewables on an annual basis: 28% for coal, 17% for renewables, with natural gas at 35%.

Measles is still out there causing trouble. There is clearly, by all scientific studies, a safe and effective measles vaccine, but many people still oppose vaccination, falsely claiming it can do harm. In a late December report, some 142,000 people died worldwide in 2018 from measles. In the United States in 2019, 1276 cases of measles were reported to the U.S. Centers for Disease Control and Prevention, the highest number since 1992. The number of measles cases reported in the European Region of the World Health Organization reached 92,000 for the first half of 2018, exceeding the number for all of 2019. Even worse numbers were reported for other parts of the world. Measles is totally and safely preventable through vaccination!

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



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THE VILLAGE IDIOT

The end of January

Jack Deatherage

The only day I celebrate is New Year's Day and that is observed with a feast. The DW agreed to my initiating this tradition more than a decade ago. I think she hoped to stop the incessant grumbling and carping about my marginal participation in her clan's Christmas nonsense. Whyever, we generally have ten people come to dine on steamed shrimp, some variation of oxtail stew, a broccoli salad, roasted birds (sometimes a duckling and/or a chicken) homemade breads and egg noodles wherever they'll tuck in.

It's not unusual for the offspring- if he happens to be visiting from Florida -to cook up a corn chowder he's perfected over the years. DIL- Raiza, always makes her New Rican version of empanadas. And I've been known to add a few experiments: rice noodle lasagna, various cookies and cakes, and stews made with leftovers from Turkey Day and Xmas dinners I cook for the DW and myself.

The diverse guests, especially those new to the feast, sometimes feel the need to arrive with something other than their drinks, appetites and a willingness to participate in conversation. While I grumble to myself about alien foods being brought when I've spent months planning and gathering, and days baking and cooking for the feast, I get that others have their own traditions. Especially those who've not been inside the Deatherage madhouse and have no clue what I mean when I'm inviting them to a feast.

This New Year, as plates were filled and emptied, as table chatter waxed and waned, I sat pondering those who were missing from the feast. Luke and the Mad One were likely abed eight time zones to the east. Mom D and farmer friend Marty were off doing whatever is after this plane of existence. Such thoughts brought home those friends, relatives and acquaintances who had also died, all in the month of December. I'd have been more melancholic had I known January would also see people I know mercifully end their days in a nursing facility. Evidently the "passing season" runs longer than December.

It took the DW and me the better part of a week to finish the leftovers of the feast. The dogs probably ate as much of it as we did. I ate shrimp with broccoli, with pasta, with scrambled eggs and by themselves. While the DW struggled to con-

sume leftover chowder and noodle soup, we both struggled to finish half a large peanut butter cheese cake a guest had brought. I began planning the 2021 feast.

Twelve pounds of steamed shrimp instead of eighteen. German crusty rolls instead of basic bread loaves, so more people can take bread home as they leave the table. Bourbon banana cake instead of cookies. An herb brine chicken to roast with a duckling- then strip the birds and add their meats to the double batch of yolk rich noodles I'll make. The oxtail will make a mushroom gravy instead of a stew.

The DW, the younger Jack and Raiza can do as they please, if they return in 2021. I need focus solely on quality rather than quantity to give myself a break in the mad dash to prepare so much in so short a time. And to cut back on the leftovers!

Mid January arrived to hacking, wheezing, blowing and being generally miserable. During that week I mostly napped between reading novels, studying online garden catalogs and compiling lists of seeds I'd eventually not buy. When I felt close to normal again, I wandered down to Emmitsburg Tattoo Company to talk to Don- pillar of the community and Rae- no longer an apprentice tattooer.

Whatever topic was in my head was blown away when Don turned to Rae and suggested she show me a design she'd recently finished.

The look of delight on the young woman's face sent a shiver of anticipation and apprehension through me. I thought of a mouse staring into the eyes of a rat snake as I envisioned my doom approaching- grinning ear to ear. In her outstretched hands was an iPad I knew was loaded with tattoo software. On the screen was an upright rat wearing traditional Japanese garb complete with a kasa- a straw hat shaped like a mushroom- blue koi swimming about a sash, rice paper scrolls tucked under an arm, a walking staff clutched in the opposite hand. A woven basket containing loaves of bread was slung on the rat's back. I know enough about the symbolism of tattoo designs to know when one has been drawn for me.

Rae's laughter and Don's chuckle snapped me back. I heard one of them say, "I can't believe it. We actually shut him up for a minute!"

"I told you, you won't escape my tattooing you!" Rae laughs with more delight and satisfaction than

I'm comfortable with. "You were never going to get out of your promise to be my practice skin!"

During the minute or so that I was silent, thousands of memories tore through my mind, all of them little more than a year old- the length of her apprenticeship.

"Can I harass her during her apprenticeship?" I'd asked Don after having volunteered my hide to advance her skill.

"Sure." Don allowed. "Just don't upset her so badly that she quits."

What he neglected to tell me and I was too stupid to consider myself- though Rae would inform me, repeatedly- was she'd eventually get to pay back my teasing, mockery and laughter.

As Rae's skill progressed exponentially during the year of apprenticeship I began to tell her I'd escape her clutches because she'd be a tattooer before she got to practice on me! I sure as hell wasn't going to pay for a tattoo I didn't want to begin with! She argued I was to be her "old skin" to practice on.

Don merely smiled and said, "Don't fool yourself Jack. You will get tattooed if we have to drag you from your house and hold you down."

I think back to the evening, a little more than a year ago, when I volunteered to be practice skin. Why would I have done such a thing? Oh yeah, that damnable need to patronize an artist on the rare occa-



Even we have to admit the tattoo that will soon grace Jack's virgin skin is impressive - the question is whether Jack will sit long enough for it to be completed?

sions my brain kicks that urge to the forefront.

Well, hell. Shortly after seeing the "Zen rat" I inquired about purchasing a topical nerve numbing product the shop sells, but both tattooers were adamant that I will experience a tattooing in its entirety. I suppose that makes sense. I've seen her sweep and mop the shop floor, watched her copy tattoo flash, tattoo herself and eventually begin to design her own flash.

Rae warned me again that tattooing hurts. "I won't be able to not

hurt you. But, the degree to which I hurt you is completely up to you."

All joking and teasing aside, I'm anxious to see her work on old macaque hide.

"So when do you want to do this?"

"I can fit you in at 1 PM, January 31st. It's a Friday."

My day of doom- The end of January.

To read past articles by Jack Deatherage visit, the Authors section of Emmitsburg.net.

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THE MASTER GARDENER

Starting seeds

Mary Ann Ryan,
Adams County Master
Gardener Coordinator

For the gardener, January and February brings us many seed catalogs, and if we didn't receive enough in the mail, we're probably asking other gardening friends to look through their copies of catalogs. It's also the months that many garden centers will begin stocking their own seed racks. As you pour over these catalogs and dream about spring when visiting the garden centers, consider starting your own seeds. Now is the time to get those seeds purchased so you are ready to when the time is right.

Starting your own seeds gives you the advantage of a bigger selection of more unusual varieties of flowers and vegetables. Garden centers and nurseries often carry the more popular and common varieties of flowers and vegetables in plants, making it sometimes difficult to get unusual varieties. Take advantage of seed catalogs for information as well as an opportunity to purchase unusual seeds.

One of the biggest mistakes in seed starting is timing. Often we get anxious for spring, and we start our seeds much too soon, especially if it's a mild winter. When buying seeds, be sure to look on the back of the seed packet for how long it takes the seeds to germinate. Seed catalogs often give this information as well. Count

back from the time that you are able to plant seedlings outside. Allow for one to two weeks of growing time after germination and you'll have your start up date.

For instance, I have a seed packet of red and yellow pear tomatoes. On the pack, it tells me that it takes 7-14 days for the seeds to germinate. In our area, you can safely plant out tomatoes by mid-May. Counting back two weeks for the transplants to grow and another two weeks for the seeds to germinate, I'm looking at starting these seeds in mid April. Giving a little time for mistakes or possible replant, the seeds should be started indoors by early April. How often we hear "What do I do with my tomato plants? They're getting so tall and I can't plant them out for another month!" If you time properly, this can be avoided.

After determining when the seeds should be started, giving the seeds the requirements they need becomes most important. Seeds need four things: light, water, oxygen, and heat. Getting to know your seeds makes this an easy step. Again, reading the seed packet will tell you the depth to plant the seed. Keeping the seeds evenly moist and the soil temperatures between 75°-85°F should provide just the right environment for these seeds to germinate – this is the heat and water requirements. The oxygen comes from the soil. Use a light soil-less mixture that is formulated for

seed starting. This will give your seeds and roots the oxygen that is needed for good germination and growth.

There are a few seed starting set ups that you can implement in your home. One such set up is to use a heat mat under your seed tray. Heating cables work well too. A mat or cable is put under the seed tray. This provides the needed warmth of the soil. Above the seed tray, mount some florescent lights and lower them so they are just above the tray. This will provide the needed light for germination. As the seedlings grow, the light will need to be raised.

Before planting your seeds, find out if they need any scarification or stratification before planting. Scarification refers to breaking the seed coat. This is sometimes needed for quicker germination of some seeds. For instance, morning glory and gourd seeds germinate quicker if you soften the seed coat by soaking overnight. This allows for the embryo to break through the seed coat faster. Stratification refers to the temperatures required for the seed to break dormancy and the seed to germinate. An example of this would be some types of acorns. It needs a cold period, winter, in order for the seed to break dormancy.

After the seeds begin to grow, they will send up what appears to be leaves. This first set of "leaves" is called cotyledons. Next to develop are the true set of leaves. The true leaves take on the identification features of the plant. At this point, the seedling can be transplanted into a larger container or planted into the garden,



One of the biggest mistakes in seed starting is timing. Often we get anxious for spring, and we start our seeds much too soon, especially if it's a mild winter.

if soil and air temperatures are adequate.

Before putting the plant out, you may want to "harden-off" your plant. This means that the plant needs time to acclimate to the outdoors. This is done simply by setting the seedlings outside in a protected area for a few days to one week, then planting them in the ground. Be sure there is no danger of frost if you are keeping them outside overnight. You could bring them inside each evening if you are hardening off the plants during the time of possible frost damage.

Now your plants are in the ground growing, producing flowers and seeds or fruit. You're thinking about collecting seeds for next year's crop or sharing with a friend. If you are collecting seeds from vegetables, and you're hoping for the same hybrid that you grew this year, don't bother. Hybrid plants are produced by crossing two parent plants. Therefore seed collected from these hybrids will have a mixed set of genes, making the outcome of the seeds variable. Also plants will cross-pollinate,

allowing genes from parent plants to produce a different "hybrid". Insects, wind, or other pollinators will transport pollen from one plant to another plant of two different hybrids or varieties. This is often noticed in tomatoes and squash. Before committing to collecting seeds, just be sure your plant is an open pollinated plant. These are sure to resemble the parent plant, and you won't be disappointed in your product next year.

If it is an open pollinated, fruity vegetable like a melon, tomato, or cucumber, allow the fruit to ripen completely on the vine before collecting. Harvest the fruit when completely ripened, and separate seeds from the pulp as best you can. Then allow the seeds to dry completely. Store the seeds in a cool, dry place. Your refrigerator is a good place, as long as apples and avocados are not stored with them.

In late winter, you may want to check the viability of the seeds. This is done by counting out ten seeds, planting them, and observing what percentage has germinated. Then you will know what to expect from the seeds you've collected, and you'll be ready to go again in the spring.

If you have the desire to try unusual plants this year, consider starting your own seeds. You'll find it rewarding, and keep you gardening even during the cold, winter months!

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

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THE MASTER GARDENER

Gardening Educational Opportunities

The Adams County Master Gardener Home Gardening Essentials classes will run four consecutive weeks in February. This year's theme is Four Seasons Of Color. The class will be held Wednesday evenings.

In March we will be holding our Landscaping For Our Environment series - a four-week design course designed to open your eyes to possibilities beyond aesthetics. We will focus on the impact a homeowner has on our water, pollinators and wildlife. As you develop your own drawing, we will discuss meadows, native plants, and managing water runoff that will enhance your landscape by not only beautifying your home and prop-

erty but making a home for our native critters. Each class will build upon the last. We will guide you through measurements, use of the property, concept drawings and personal needs. This course will be held on Wednesday evenings beginning March 4 and continuing March 11, 18, and 25.

All classes are held at the Agricultural and Natural Resources Center at 670 Old Harrisburg Road in Gettysburg Registration fee is \$50. To register for these courses visit www.extension.psu.edu or call 717-334-6271

Also on March 7 we will be holding a grafting workshop from 8 a.m. - 4 p.m. at the Fruit Research and Extension Center, 290 University Drive, Biglerville.

Small Town Gardener

Seeds: sort, strategize, store

Marianne Willburn

My mother has seed packets that are older than me. Frugality plays a role here I am sure, but nostalgia is probably at the heart of it. I still keep a Martha Stewart packet, long emptied of its thyme seeds, just to remind me of how high-end marketing and softly lit photos of hands grasping herbs can affect the purchasing habits of a twenty-four year old. The artfully dirtied hands with [insert garden product] motif is a popular one and still sells everything from succulents to vegetables these days - heck, I use it myself sometimes.

But I stray from the point. If you've got a lot of seed packets kicking around, you may be wondering just how viable they are. Some seeds can last hundreds of years - others are defunct after a year in storage, yet there they all are, muddled together in various degrees of potential or impotence in a box under your bed.

Do you buy more? Do you ruthlessly cull? Do you take them to a seed swap and possibly disappoint young upthrusting gardeners thrilled to get their hands on German Strawberry tomatoes? And how many seeds does a gardener need anyway?

Rhetorical.

Let's take a look at that pile of packets and create some order. Then we'll test germination rates to ensure you're not disappointed in the season ahead.

Pile One - The Cull

Toss out the seeds that you tried and didn't like, or with which you had little success. There's no need to fill the universe with rubbishy seeds.

Pile Two - The Swap

Swaps are fabulous places where you can pick up fabulous seeds from fabulous people, but they can also be repositories for other gardener's so-so seeds. Don't be part of that problem. Cull your herd first then set aside duplicate packets and the seeds which need to make room for new

varieties you wish to try this year.

If there's something you adore, and want others to adore it too, put a few in a Ziploc bag and label it for swappers. Then look up seed swaps in your area through local garden clubs or your extension service.

Pile Three - The Seed Bank

This is what you're left with. The tried and true, or at least, the yet to be tried. Group them into loose categories to make planning easier (Roots, Greens, Tomatoes, etc.), and then test germination rates.

Germination Rate and Why it Matters

Germination rate is the percent of seeds that actually germinate in a given sample. High quality seed companies look for germination rates above 80%, but over time, rates decrease as seed becomes less viable.

Testing your germination rate is easy and makes a lot of sense for direct seeded crops (those planted directly into the soil such as radishes, beans, carrots, etc.). If you are planning to sow a row of carrots, and your germination rate has decreased to 50%, you're going to need to plant 50% more seed, or buy new seed, or be carrot-less when a groundhog takes his normal tith in July.

Testing Your Seeds

To test seeds, place a damp, quarter-folded paper towel on a small plate and put 10-20 seeds on the towel. The more you're willing to spare, the more accurate your result, but this depends on how many seeds you actually have. This test doesn't make sense for ancient packets of direct sow crops that have less than 30 seeds in them. Best to discard them and buy fresh seed.

Otherwise, place another damp paper towel over the seeds and mist it every day, separating the towels briefly for air circulation. Look up the expected date of germination and add 7 days. Once that time has elapsed, count those that germinated and divide by the total amount. For example: 6 seeds germinated ÷ 10 seeds total = 60% germination. You'll need to sow those seeds generously to ensure you have a full row.

For older seeds that are indirectly seeded into flats or pots, then transplanted later, I find it makes more sense to sow 2-3 seeds per cell and cull any extras early in the germination process (heartbreaking, but necessary to retain sanity). Indirectly seeded crops like peppers and tomatoes (particularly rarer varieties) often come in small quantities and taking out 10-20 seeds makes no sense.

Utilizing The Results

Once you know what you have and what is viable, you can confidently put in orders for new seeds, hoard seeds at seed swaps and sow your existing seeds in the correct quantity to reflect germination rates.

Or you can wing it.

If you choose Option B, I strongly urge you to go through your seeds as above and be ruthless in your sorting and categorizing. It makes for a happier, more organized gardener - even if half his seeds don't sprout. Some years I test, some years I wing it. Life doesn't hand you the same cards every year.

Seed Storage

The majority of garden seeds do best in an airtight container stored in cold, stable conditions in the dark. For those of us who are well past one container but still only have one fridge, a cool pantry or cupboard will also work. Personally, I'm well past finding a large enough air-tight container that can store my collection, so I use a large wooden tray with filing markers and store them in the driest place I can find - my basement pantry. Not ideal, but I'm also not in the market to sell seed. Anything really precious - such as a seeds from a tree outside my alma mater - get stored in vacuum sealed bags in the freezer.

Sort. Strategize. Store.

It's that time of year again. If you take a few minutes now, you can avoid disappointment and chaos later and be well prepared for a wonderful growing season to come.



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LOOKING FOR TRUE LOVE? ...

Thanks to our friends at the Emmitsburg News-Journal, we're having a third month of pet photos to start the new year! These sweet babies are looking for a home and one of the greatest gifts shelter workers could get for 2019 would be to get the four-legged souls in their care out of a cage and into a forever home. If you or anyone you know is looking for a furry friend, please take a look below. The love of an animal is often one of the strongest, most rewarding relationships a person can find. If you want to help but can't adopt, the shelter is always in need of monetary or pet supply donations, including kitten food and adult cat food with meat as the first ingredient. From all of us at CVAS to all of you, we wish you the happiest, healthiest New Year.

For more information about adopting one of these pets, please call the Cumberland Valley Animal Shelter at 717-263-5791 or visit their website at www.cvas-pets.org. The Adams County Animals Shelter is always looking for humans seeking canine or feline companionship. You can contact them at 717-334-8876 or visit them on-line at www.adamscountyspca.org. And you can never go wrong dropping by the Frederick County Animal Shelter. Visit them on-line at www.frederickcountymd.gov/FCAC or call them at 301-600-1546.



Andrea didn't know what to think when she first arrived at the shelter. She took a little time to adjust to the routine of shelter life, but now she's ready to find a home to call her own! She came into us as a stray. She's a pretty tabby girl who needs a second chance.



Susan came into the shelter in December 2018 as a stray. We don't know a lot about her, but we do know that she loves attention and playing with toys. She's one of our longterm residents, which means she's been with us the longest -- more than a year. Could you help Susan out of a cage and into a forever home?



This 8-year-old orange boy came into the shelter as a stray, so we don't have a lot of information about him, but oh my word, what a loving cat! We're not sure what happened to his ear - he may have had an untreated ear infection at some point. Conan wants nothing more than to be in your arms. Whoever gets this guy will be one lucky human!



Gabriel is a black-and-white, 5-month-old fellow who is super sweet. He came into us as a stray and sometimes will curl up under his blankets in the kennel, so if you come out to meet him, make sure you look under the blankets to find him. This cutie will be the hit of the home once he finds his second chance.



Victoria is a 2-year-old calico girl who came into the shelter as a stray. We don't know a lot about her, but we do know she's a sweetheart. She loves to meow to get your attention for some pets. Victoria would love to meet you and see if you are the one for her!



Spicy came into the shelter as a stray. Look at that face! She loves attention and a good chin scratch. We think she's about 7 months old. Spicy doesn't really like loud noises, so a quiet home might be best for her. She would love to meet you!

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Amber came into the shelter as a stray, so we know very little about this girl's past. When she arrived, Amber was heavily pregnant and had a litter of puppies here at the shelter. Amber is leery of strangers and can be quite vocal with them. Once she gets to know you, though, you could not ask for a better companion. She seems to prefer the companionship of women. Because we don't have any history on Amber and due to her shyness with strangers, an age restriction for children may apply, so be sure to talk to staff about that.



Clancy was brought into the shelter as a stray, so we know very little about his past. He is a true Coonhound in that he likes to howl and follows his nose. We think he's about 11-months old and can jump fenced-in yards. Clancy is a love bug and enjoys having his ears rubbed! Clancy is a big goofy guy so he may be too much for small children in the home if they are not used to larger energetic dogs. Clancy would love to meet you and show you what a sweet boy he is!



Zander and Darcie are siblings rescued from a feral colony in October. They are approximately 4 months old. Both are shy and need sometime to warm up to you. But they are young enough that it won't take much time at all!

Zander is a gray tabby with white. He is not as shy as his sister. He is neutered, microchipped and current on vaccines. Darcie is smaller than her brother and is a brown Tabby. She is shyer than her brother. She is spayed, microchipped and current on vaccines. She does love her brother very much. She will need a little more time to warm to you.

Both can be handled and purr while being held. Both have been with other cats and dogs. Zander and Darcie can be seen in the lobby at the Emmitsburg Vet Hospital. For more information on adopting them, contact the vet hospital at 301-447-6237 or call Forever Love Rescue at 717-900-5525.



Luna was surrendered to the shelter because her owner couldn't care for her. She's about a year old and loves to get petted. Luna's not terribly fond of being held, but some bunnies just prefer to keep those feet on the ground. Luna was around a cat in her previous home and around younger children. Do you have the right spot for this pretty girl?



Krinkle is a 3-year-old tabby-and-white girl who came into the shelter because her owners could no longer care for her. She's had some ear infections. She's in our back offices and is the sweetest cat ever! If you're looking for the perfect companion, ask to meet Krinkle!



Look at Kramer's face! This guy came into us as a stray and we think he's about 2 years old. He is one sweet guy who would love to have a place of his own. Could you open your heart to Kramer?

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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

FIRE & AMBULANCE COMPANY AWARD BANQUETS

Vigilant Hose Company



Outgoing President Frank Davis presents Jim Wormley with the 2019 President's Award.



Incoming President Tom Ward and outgoing President Frank Davis present an honorary membership to Robert Wilson of State Line Gun Shop for his support of the VHC annual Gun Calendar raffle.



Incoming President Tom Ward, Chief Chad Umbel & Outgoing President Frank Davis present Josh Kehne with the VHC Member of the Year award.



Dave Zentz was the recipient of the 2019 Chief's Award.



Mount St. Marys' student Charlie Rustigian was VHC's top responder in 2019



Auxiliary Officers: Patty Kuykendall, Jo Ann Boyd, Joyce Glass, Tina Ryder, Jennifer Boyd & Katie Davis



Administrative Officers: front row - Tom Ward, Douglas Wivell, Eric Stackhouse, Sharon Keeney, William Boyd, Jr., Tim Clark. Back row - Pam Bolin, Mary Lou Little, Scott Maly, Carl White, Vance Click & Randy Myers. Missing from photo: Steve Hollinger, Doug Orner, Dave Zentz and Pastor Heath Wilson.



Operational Officers: front row - Chad Umbel, Jim Click, Josh Brotherton, Alex McKenna, Doug Yingling, Elyssa Cool. Back row - Tom Vaughn, Steve Orndorff, Sam Cool.

Administrative Officers for 2020

President: Frank Davis
 Vice President: David Stonesifer
 Secretary: Thomas Ward
 Assistant Secretary: Eric Stackhouse
 Treasurer: Steve Hollinger
 Assistant Treasurer: William Boyd
 Chaplain: Fr. Charlie Krieg

Board of Directors for 2020

Pam Bolin, Timothy Clark, Vance Click, Mary Lou Little, Scott Maly, Randy Myers, Douglas Orner, Carl White, and David Zentz.

Line Officers for 2020

Chief: Chad Umbel
 Deputy Chief: James Click
 Assistant Chief: Joshua Brotherton
 Captain: Alex McKenna

Auxiliary Officers for 2020

President: Patty Kuykendall
 Vice President: Sharel Boyle
 Treasurer: Jo Ann Boyd
 Secretary: Joyce Glass
 Financial Secretary: Mandy Ryder
 Co-Historians: Jennifer Boyd & Katie Davis

Fire Police for 2020

Captain: Tom Vaughn
 1st Lieutenant: Stephen Orndorff
 2nd Lieutenant: Samuel Cool

Rocky Ridge Fire Company



Administrative Officers: front row - Dale Kline, Dennis Mathias, Paulette Mathias, Christina Hurley, Bernard Wivell, Bonny Hurley. Back row - Pastor Jim Russell. Board of Directors: Andy Mathias, Jamison Mathias, Barry Burrier, Kenneth Frushour & Steve Wolfe.



Donald Kaas Jr. receiving the Honor Member award from Linda Northrup.



Craig Hovermale receiving the Charles Mumma Firefighter of the year award from Linda Northrup



Linda Northrup presenting the outstanding Junior Award to Roger Moser.

Administrative Officers 2020

President: Dale Kline
 Vice President: Dennis Mathias
 Secretary: Paulette Mathias
 Asst. Secretary: Christina Hurley
 Treasurer: Bernard Wivell
 Asst. Treasurer: Bonny Hurley
 Chaplain: Pastor Jim Russell

Board of Directors

Steve Wolfe
 Barry Burner
 Eric Martin
 Jamison Mathias
 Alan Brauer
 Kenneth Frushour
 Andy Mathias

Line Officers for 2020

Chief: Alan Hurley
 1st Asst. Chief: Larry Humerick
 2nd Asst. Chief: Kevin Albaugh
 Captain: Jim Rice

Auxiliary Officers for 2020

President: Betty Ann Mumma

Vice President: Nancy Summers
 Secretary: Bonnie Sanders
 Asst. Secretary: Kay Ensor
 Treasurer: Betty L. Mumma
 Asst. Treasurer: Helen Burrier
 Chaplain: Pat Riggs
 Asst. Chaplain: Nancy Baker
 Historian: Linda Northrup

FIRE & AMBULANCE COMPANY AWARD BANQUETS

Thurmont Community Ambulance Company



Administrative Officers: Lowman Keeney, Denny Ott, Joyce Stitely, Judy White & Glen Muth.



Julie McCuller was recognized for assisting with fundraising activities.



Board of Director Dennis Stitely and his wife Betty.



Board of Directors: Cole Mercer, Dennis Stitely, John Wilttrout, Jim Humerick, (Missing from photo Travis Unger).



Board of Directors: Cole Mercer, Dennis Stitely, John Wilttrout, Jim Humerick, (Missing from photo Travis Unger).



Joyce Stitely & Shirley Stackhouse enjoying their favorite community newspaper.



Rosann and Harry Welch, Denny Ott, Lowman Keeney, Nicole Welch and Matt Welch.



Denny Ott & Tim Demarias. Tim was recognized for his support of fundraising activities.



Denny Ott and Joh Ruppe. Jon was recognized for his support of fundraising activities.



Lowman Keeney presenting Operational Appreciation awards to Renae Coolidge & Jenn Frushour.

Administrative Officers for 2020

President: Lowman Keeney
 Vice President: Dennis Ott, Sr.
 Secretary: Joyce Stitely
 Assistant Secretary: Shirley Stackhouse
 Treasurer: Judy White
 Assistant Treasurer: Glen Muth

Operational Officers for 2020

Chief: Dennis Ott Jr.
 Assistant Chief: Jen Frushour
 Lieutenant: Renae Collidge
 Lieutenant: Brooke Ott

Board of Directors for 2020

Cole Mercer, Jim Humerick, Dennis Stitely, Travis Unger, John Wilttrout



Beth Ruppel, Renae Coolidge, Jenn Frushour, & John Ruppel. Beth & Joh were recognized for their coverage of stand-bys.



Junior Fire Company members: front row - Devin Youngerman, Roger Moser, Carson Fry. Back row - Connie Humerick, Kaylee Rivera-Hand, Chloe Mathias, Brody Mathias, Hunter Hurley, Sabrina Mathias, Luke Humerick-Advisor.



Line officers: Kevin Albaugh, Larry Humerick & Chief Alan Hurley.



The Rocky Ridge Auxiliary: front row - Betty Ann Mumma, Nancy Summers, Bonnie Sanders, Kay Ensor, Betty L. Mumma & Nancy Baker. Back row - Pat Riggs, Linda Northrup & Helen Burrier.



Pat and Charlie Riggs receiving the President's Award from Dale Kline.

HEALTH NOTES

Women's health screenings

Kelsey Shupe
Frederick Memorial Hospital

In 2016, nearly 13,000 new cases of cervical cancer were reported by the Centers for Disease Control and Prevention — and more than 4,000 women died of cervical cancer in the U.S. That same year in Maryland, 215 new cases were reported.

Thanks to advanced vaccination and screening options, including pap tests, cervical cancer is highly preventable and treatable. It's important to educate yourself and your female loved ones in well-woman care, a meaningful way to help you stay healthy and prevent cervical cancers and other health conditions.

Did You Know All Women Are at Risk for Cervical Cancer?

Cervical cancer starts in the cells lining the cervix or the lower part of the uterus. Typically, normal or healthy cells will gradually develop pre-cancerous changes that evolve into cancer. These changes can be

detected during a pap screening. If abnormal cells are found, they can be treated to prevent cancer from developing.

Only some women with pre-cancerous cells will actually develop cancer, but all women are at risk. For most women, pre-cancerous cells will go away without any treatment. For others, these cells turn into true (or invasive) cancers. Women with early cervical cancers and pre-cancers often show no symptoms—that's why it's so important to have regular screenings by your healthcare provider.

While most women have no symptoms, several risk factors could increase your chance of developing cervical cancer. These include: Being overweight, being younger than 17 at your first full-term pregnancy, Chlamydia infection, having a diet low in fruits and vegetables, family history of cervical cancer, weakened or suppressed immune system, multiple full-term pregnancies, HPV infec-

tion, Intrauterine device (IUD) usage, and smoking.

Cancer-Related Screening Guidelines for Women by Age

Early screening offers the best chance of finding and treating cervical cancer and human papillomavirus (HPV), which can lead to cervical cancer. The sooner you're screened, the earlier abnormal changes can be detected and treated before they turn into cancer.

Regardless of where you are in life, all women should take control of their health and embrace a healthier lifestyle, including annual cancer-related screenings and immunizations. The following are guidelines for women only, including screenings that can detect other forms of cancer popular with women, including skin cancer. Always talk to your healthcare provider to personalize the timing of each recommended test.

Teens

Discuss beginning checkups with pelvic exams and gynecological visits with your healthcare pro-

vider and parent or guardian.

Consider an immunization for HPV at least once between the ages of 9-26. HPV is a common virus especially devastating to women because it causes nearly all cervical cancers. The vaccine provides a safe, effective, and long-lasting protection against certain types of cancer, including cervical cancer, later in life. Unfortunately, there's no way to prevent HPV infection. But you can take action to lower your chances.

Don't smoke. Keep active and maintain a healthy weight. These apply to women of all ages.

20s: Schedule a mole exam every 3 years and complete a monthly self-exam to check for signs of skin cancer and get a cervical cancer screening (pap) every 3 years starting at age 21 and HPV immunization once between the ages of 9-26.

30s: Start thyroid testing (TSH) at age 35, then every 5 years and start getting a cervical cancer screening (pap) every 3 years or every 5 years with HPV testing.

40s: Schedule a thyroid test every 5 years. Mammograms should occur

every 2 years. Cervical cancer screening (pap) is recommended every 3 years or every 5 years with HPV testing.

50s: Get a thyroid test every 5 years. Schedule a mammogram every 1-2 years. Discuss with your primary care provider. Begin colorectal cancer screenings. Fecal occult blood test annually. Flexible sigmoidoscopy every 5 years; OR double-contrast barium enema every 5-10 years; OR colonoscopy every 10 years. Rectal exam every 5-10 years with each screening. Cervical cancer screening (pap) should happen every 3 years or every 5 years with HPV testing.

Heart disease is the #1 killer of women ages 50 and older. The most common symptom for both men and women is chest pain, but women tend to have many other less common symptoms, including nausea, cold sweats or chills, and shortness of breath.

60s+: Schedule a thyroid test every 5 years. Get a mole exam every year by a healthcare provider, plus a monthly self-exam. Get a mammogram every 1-2 years. Continue colorectal cancer screenings. Fecal occult blood test annually. Flexible sigmoidoscopy every 5 years; OR double-contrast barium enema every 5-10 years; OR colonoscopy every 10 years. Rectal exam every 5-10 years with each screening. Schedule a cervical cancer screening (pap) every 3 years, or every 5 years with HPV testing until age 65.

Know Your Prevention and Treatment Options

The best way to prevent cervical cancer is with a screening to find pre-cancerous cells before they become invasive. The second is to prevent pre-cancerous cells before they begin. This includes making healthier lifestyle choices—these serve as your first line of defense against cancer. They include: not smoking. Keeping your skin safe from sun damage and ultraviolet light exposure. Maintaining a healthy diet. Being active. Get scheduled screenings and vaccinations.

Take Action to Prevent Cancer: Schedule a Well-Woman Exam

Between the ages of 18 and 21, women should start to receive an annual well-woman exam. For females of all ages, a well-woman exam is one of the most important steps they can take to protect their overall health and well-being, which includes cancer prevention. A well-woman exam takes all health factors—from preventive to reproductive health—into consideration.

These services are available at all Frederick Health Medical Group Primary Care locations: physical exam; routine breast exam; Mammogram (depending on age); contraceptive discussions; vaccinations, screenings, and other preventive services, as needed; long-acting reversible contraception (LARC), available at Frederick Health Medical Group only; routine pelvic exams; Pap smear (depending on age); and, education and health consultations

Talk to your primary care provider today about scheduling a well-woman exam, or visit www.frederickhealth.org/Well-Womens to learn more.

Dr. Natalia Marina joins Drs. Elhamy Eskander, Mark Goldstein, Patrick Mansky, and Brian O'Connor with Frederick Health Medical Group. In addition to her extensive training, she specializes in medical oncology, breast cancer, lung cancer, and benign and malignant hematology.

Dr. Marina attended Università Politecnica delle Marche in Ancona, Italy and completed an internal medicine residency at Steward Carney Hospital, as well as a fellowship in Hematology and Oncology at East Carolina University/Brody School of Medicine at Vidant Medical Center in Greenville, North Carolina.

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Mount Hope Maple Madness

Lizzy Ryan
Strawberry Hill
Nature Preserve

On these cold winter mornings there's nothing like the smell of fresh pancakes combined with the aroma of sausage and eggs sizzling on the griddle. The only thing to, literally, top this delicacy is the sweet flavor of maple syrup flowing over the stack of pancakes. Wait! I don't mean the generic stuff. I'm referring to PURE, 100% sweetness that's been taken from the tree and boiled to the perfect consistency. The backyard hobbyist who taps a maple tree; hangs a collection bucket; and sets up his evaporator savors the sweet success of his labors as he treats himself to a breakfast of sugary goodness.

In February and March we will experience warm days and cool nights. This is just right for sap to flow in the maple trees. Warm sunny days, 40+ °F, and cold nights, 20°F, are ideal for sap flow. Sugaring season usually starts in mid-February and may last 4 to 8 weeks, depending on weather conditions. Before that time the sap is normally frozen. After that time, the syrup that is produced from the sap will not taste good. The harvest season ends with the arrival of warm spring nights and early bud development in the trees.

It's not certain how this process began, but some of the legends are interesting. Native Americans had found that they could process the maple sap beyond the syrup stage to become crystallized sugar. The sugar did not spoil when stored.

As the first European settlers arrived, the Indians traded the maple sugar with them. Eventually the Native Americans taught them the process of making what they called "maple water." It became a staple of colonial life and was soon the only sweetener used.

This use of maple sugar brought the end of dependence on foreign sugar. Also there was no longer the need for the cane sugar that was gained through the sweat of the southern slave prior to the Civil War. It wasn't until the 1800's that cane sugar from the Caribbean Islands was introduced to the American diet.

The colonists changed the process of gathering the sap when they realized that slashing into the tree created a lot of waste and caused damage to the plant. Therefore, the use of spouts or spiles tapped into the tree proved to be more successful. When a healthy tree is tapped properly, minimal damage is done and the tree lives to provide the sweet nectar for many years.

Sap was collected in buckets hanging on the tree and then

boiled down in what was the first evaporator which was invented in the early 1900's. This large flat bottomed pan was placed on a fire. It was more effective than the kettles or buckets originally used to cook the syrup.

Today, sap can be collected in the traditional method using buckets. Most metal taps have a small hook, from which a bucket may be hung. This extracts only about 10% of the sap produced by a tree each year. Each tap yields an average of 10 gallons of sap per season: that yields about one quart of syrup. About 80 gallons of sap from the red maple are evaporated to make one gallon of syrup.

Another method of gathering sap is by using plastic tubing or 1-gallon jugs. This tubing can be connected to the plastic taps. When tubing is used, in commercial operations, a vacuum pump is often connected to the tubing to improve sap collections on cloudy days.

Every year, Strawberry Hill, presents one of the maple sugaring programs that allows participants to have a hands-on experience with all facets of the sugaring process. During this 90-minute program, attendees learn the history of maple sugaring and then are led to the forest where they select a tree; drill into it; hang a sap bucket; collect sap; and watch



fresh sap being cooked down into syrup before their eyes. Participants even have a chance to taste the finished product.

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

Growing in popularity are the pancake breakfasts, which are hosted by Strawberry Hill and held at Camp Eder, 914 Mount Hope Road, Fairfield on two Saturdays during the maple-sugaring season. Mount Hope Maple Madness will take place on Saturday, February 29th and March 7th. There will be a pancake breakfast from 8 - 11 a.m. After filling up on pancakes topped with syrupy goodness, folks can participate in a program to learn the process of taking the sap from the tree to the syrup on the table. 60-minute naturalist-led tours will be offered every 30 minutes from 9 - 10:30 a.m.

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We will hold a Vintage Market the first weekend of every month featuring a team of unique vendors offering vintage furniture, furnishings and gifts. Plus, each month we will be hosting different Popup Shops: visiting vendors who will be bringing you new and different products each month.

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HISTORY

A bit about Bo

Laura Day

Some years merit holiday cards; some don't. After way too many seasons of lazily enjoying other people's greetings, I decided this past December to finally mail out some of my own. Easier said than done. We're such a mobile society that missing even a year or two of sending cards can throw an address book into hopeless disarray.

One person I especially wanted to find was Bill "Bo" Cadle. I had telephoned him 15 years ago but had since misplaced the number. And a Google address search showed he had moved, but I knew not where. Many years ago he had played a very important role in my life, and before he—and I—passed on, I wanted to tell him so.

If Bill were alive, I calculated that by now he would be in his 80s. After a lifetime of adventures, he might not remember me well. But I remembered that he had men-

tioned growing up in Emmitsburg and later doing something with the local newspaper. Long story short, a quick email to the editor confirmed that Bill was indeed alive and kicking, and we soon reconnected by phone.

We spent some time reminiscing; it was wonderful. But as enjoyable as that conversation was, much remained unsaid. For one thing, both of us are rather shy. And after all these years it was hard to talk comfortably without a face directly in front or the leisure to carefully sort out and select my thoughts. So I promised Bill I would write sometime, and then we hung up.

Cue back 40 years. It's August 1976, a sweltering afternoon in downtown Atlanta. I walk into the Georgian Terrace Hotel, known in its glory days as a celebrity venue for attendees of the *Gone with the Wind* premiere at the nearby Loew's Theater. Decades later it's a bit shabby and run-down, a fit-

ting spot for who and what it's now hosting. Milling about in a non-descript conference room are nearly a hundred Volunteers in Service to America (VISTA) recruits, sent there from around the nation for a week of training. VISTA, one of the federal government's early anti-poverty programs, attracts highly optimistic, usually young, and often naïve citizens to serve a year, sometimes two, aiding poor communities and earning poverty wages. I'm one of them. In a twist of fate painfully recognizable to those familiar with the vagaries of government work, there's been some last-minute confusion. Instead of continuing after training to my original assignment in Lowndes County, AL, I have a choice: either go home to wait several weeks for a different assignment or report to Robeson County, NC.

Enter a tall, gangly, quasi-hippy throwback of a man, with a friendly smile and a ready laugh. In the midst of the bureaucratic chaos, he radiates calm. He introduces himself as Bill Cadle, VISTA supervisor at the Robeson County Church and Community Center in Lumberton, NC. He explains that he is helping develop reading centers for illiterate adults and that he could use more workers. I quickly



Bo Cadle (middle front) with his VISTA staff in 1976. The author is directly behind him.

choose Robeson County, and it will become one of the best decisions I ever make.

A few days later I arrive in Lumberton. Bill begins to familiarize me and the other new VISTA recruits with the area and our mission. Robeson, in eastern North Carolina, is one of the poorest counties in the state. It's also one of the most unusual. The populace is almost equally divided among African-Americans, Whites, and Native Americans, specifically the Lumbees, who have been linked to Sir Walter Raleigh's Lost Colony. Lumberton, the county seat, boasts many fine homes and beau-

tiful, tree-lined streets, as well as a fine public library. Unfortunately, too many of the residents are incapable of reading those books or too poor to even dream of those neighborhoods.

Bill, in consultation with Lumbach Literacy International, the renowned adult literacy organization, has already trained several VISTAs. They are tutoring adult learners in their homes. The goal for the new VISTA recruits is to expand this—to work with local citizens to develop additional reading opportunities in churches, community centers, libraries, and technical schools. Budget? We have none. Experience? Not one of us has ever done anything of this sort. Enthusiasm? We have that in abundance. We'll need it, for we are a motley crew. There's Ken, a White 19-year-old amateur photographer; Patsy and Anita, African-Americans who have grown up in the area, faced poverty and discrimination, but chosen not to let their hearts grow bitter; Laura, a White fellow Southerner who has never known need or prejudice; Sally and Lois, kind-hearted and energetic New Jerseyites; Debbie, an L.A. - area native with a strong penchant for organization; and Alex, a New Yorker with the gift of gab and a newly minted Harvard M.Ed.

Bill sets us loose. We read and ruminate and brainstorm about how to accomplish the goals. We talk to the locals. We listen. We talk some more. We bounce ideas off of Bill. He listens. He encourages. He gently steers us away from some of our crazier ideas. He listens some more. As the weeks and months pass, we discover strengths we didn't know we had, and we develop confidence. We begin to see results.

At the end of two years, there's not only a county-wide but a counties-wide system of reading centers in eastern North Carolina. We've forged alliances with churches, the technical college, and the library system. We've recruited many more tutors and students. People know about the reading programs through regular radio spots and newspaper columns. We've written and received grants for books and tutor training. We've even written some books of our own. Most importantly, after years of shame, adult learners such as Christine and Juanita and Mr. Hawkins are

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April 2 - Thurmont Event Complex

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HISTORY/OBITUARIES

proudly learning to read.

Through it all Bill is there—wisely mentoring, calmly counseling, steadfastly teaching, and always listening, carefully and keenly listening, even when we make mistakes. And yes, there are mistakes.

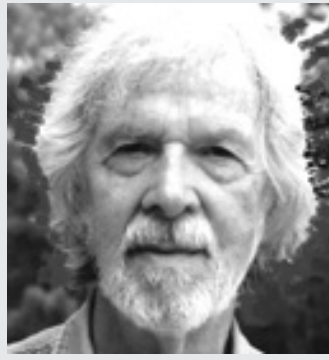
Such as the time we set up a county-wide Literacy Sunday, secured several public and private sponsors, invited a nationally known speaker, mailed out flyers touting his experience (including time as a union organizer), and watched in dismay as Literacy Sunday was rapidly cancelled. Soon after Bill sat us down. Instead of a chew-out (as I'm sure his superiors gave him), he gave us a quick tutorial in the do's and don'ts of life in a non-union state—our youthful naivety quickly, but gently dispelled.

Or the time yours truly, with Bill in my passenger seat, backed my car into his. Yes, his ride was a beat-up Karmann Ghia with an already proud history of dents, and mine was a newer Buick that suffered not a scratch. Still, it was a classic Volkswagen, and its latest dent was my fault. He knew I didn't have money to cover the deductible for repairs, so he came up with an innovative alternative. "Payback" would be my writing a newspaper story to promote his wife's dance company. I wrote the piece, complete with photos. His wife was happy. The company thrived. Bill was satisfied. And that, as they say, was the end of the story.

Except that it's not.

Flash forward 40 years. I'm

William R. "Bo" Cadle



William R. "Bo" Cadle, Jr., 88, died Tuesday, January 21st, with his wife, Jean, by his side.

Bo was born October 10, 1931, in Gettysburg, son of the late Dr. William R. Cadle, Sr. and Carolyn Edwards Cadle.

Bo graduated from Frederick High School, received a degree in science from the University of Maryland, served two years in the Air Force and then earned his Master's in Education.

Bo loved to wrestle with complex ideas, always inquiring, searching and dreaming.

His wonderful sense of humor and thoughtfulness touched many throughout his

life. Bo went on to be an inspiring science teacher, basketball coach, mentor and VISTA Supervisor for Literacy. Later in life, his strong desire to serve his hometown manifested in a new and wonderful way. He began a community newspaper with Jean. The Emmitsburg Regional Dispatch was first published December, 1993. And for almost ten years, their passion for strengthening community came out monthly. He lived the newspaper's motto of "gaining strength from one another." It was his most treasured accomplishment.

Bo is survived by his loving wife of 27 years, Jean Douglas Streeter Cadle; sister Carolyn Cadle Lower & her husband, Bill Lower; daughters Nena L. Cadle & Sian M. Cadle; five grandchildren and one great grandchild. Bo was also dearly loved by Jean's five children and their families.

A Memorial service was held Saturday, January 25 at Emmitsburg Presbyterian Church.

now a gray-haired, nearsighted 60-something (who still occasionally backs into things). In the aftermath of our contentious recent election I've found myself thinking a lot about the peacemakers in our lives, those wonderful souls who uplift instead of pull

down, who try to find the good in people, who listen, who support, who make us better than we ever think we could be. I think of Bill.

Bill - wise counselor, patient teacher, dear giving--and forgiving-- long-lost friend--this is my belated holiday card to you.

Walter Stonesifer



Walter Lee Stonesifer, 87, of Emmitsburg, died on January 15, at his home. Born May 4, 1932 in Emmitsburg, he was the son of the late Edgar and Mary Ruth (Wood) Stonesifer. He was the husband of Linda (Cool) Stonesifer, to whom he was married for 45 years.

Walter worked in equipment maintenance for the Emmitsburg Shoe Factory and for sewing factories in Emmitsburg and Taneytown. He also worked as a groundskeeper at the Cunningham Falls State Park, the Town of Emmitsburg and MR Glazer in Fairfield. Walter was a veteran of the United States Army. He attended Trinity United Meth-

odist Church in Emmitsburg. He enjoyed working in his garden, mowing and trimming his and neighborhood lawns, tending his woodstove, watching old westerns and spending time with his family and his dogs, Buddy, Marley and Patches.

Surviving, in addition to his wife Linda, are sons, Randy Stonesifer, of Taneytown, Dave Stonesifer and wife Penny of Thurmont, and Ron Stonesifer of Emmitsburg; siblings, Donald Stonesifer and wife Daisy of Emmitsburg, Janet Unger and husband Robert of Emmitsburg, Susie Stultz and husband Cecil of Fairfield, Richard Stonesifer of Emmitsburg and Diane Lookingbill of Littlestown. He was predeceased by infant daughter, Mary Ann and a brother, Ronnie Stonesifer.

Walter was buried in the Emmitsburg Memorial Cemetery. Memorial contributions to help defray funeral expenses may be made to Myers-Durboraw Funeral Home, P.O. Box 308, Emmitsburg, Md., 21727.

Dallas McNair



Dallas Sonny McNair, 88, of Emmitsburg, died peacefully at his home on January 23, surrounded by his loving family.

Born on June 17, 1931 in Taneytown, he was the son of the late Scott H. McNair and Anna Mae (Stonesifer) McNair. He was pre-

deceased by his loving wife, Mary Ruth (Althoff) McNair in 2015.

Dallas was a life-long dairy farmer in the Emmitsburg area. He was a member of the Thurmont Grange #409, Frederick County soil conservation, Maryland Farm Bureau, and was director for the Thurmont Co-Op for over 30 years. He attended St. Anthony Shrine Parish and was a 65-year Mount St. Mary's Basketball fan.

Surviving are son, Edward Dale McNair of Emmitsburg; daughters, Sherry Ramage of Rocky Ridge and Karen Dorsey and husband Keith of Thurmont.

Dallas was buried in the St. Anthony Shrine Cemetery.

Catoctin Furnace Historical Society's "Spirits of the Furnace"

Catoctin Furnace Historical Society & Silver Oak Academy present scenes from "Spirits of the Furnace" and serve food prepared from traditional recipes. The event is free and open to the public. For a little over half a century, black enslaved workers comprised a substantial part of the workforce at Catoctin Furnace. These workers were involved in every aspect of life in the village: some worked in the ironmaster's manor house, some worked in the vineyards and fields of the furnace owners' farms, and many worked in

the furnace as miners, blacksmiths, colliers, founders, and forgerman. By the second quarter of the nineteenth century, it became more economical to hire free labor than to maintain a slave population, and, by the time of the Civil War, the number of enslaved workers in the village had declined sharply. Actors from Silver Oak Academy will portray young workers and servants in vignettes based on actual events in the village. The enslaved butler at the ironmaster's mansion will discuss preparations for the meal and describe his job in the 'big house,' which includes overseeing wine

pairings and proper table settings and service. A furnace worker will talk about digging a grave for a friend killed in an industrial accident. A reading of the names of all slaves known to have worked at Catoctin Furnace will complete the program. Lunch prepared by the Silver Oak Academy culinary arts students will follow and will featuring foods made from local recipes such as collard greens with ham and potatoes, iced tea, and sweet potato pie. Free but RSVP requested. For more information visit www.catoctfurnace.org or call 443-629-8661.

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COMMUNITY NOTES

Non-profit endowments

Ralph Serpe

If a nonprofit or school I want to support asks for a gift, I will always make a gift to its endowment—if it has one. Here's why:

I want my gift to support the things I care about today, tomorrow and for years to come. And my one gift to an endowment can do exactly that.

But what exactly is an endowment and why is it beneficial?

An endowment is a pool of money, made up of gifts from one donor or many, that is invested for long-term growth and dedicated permanently to a specific purpose or nonprofit. Each

year, a portion, usually 5%, is granted back to the nonprofit for its use.

Giving an endowment gift is a way to set your annual gift to an organization on "repeat"—forever.

Donors give to an endowment so that the nonprofit will receive an annual operating gift each year. In good economic times and bad. Independent of economic or political cycles that can sometimes affect annual giving. Unfazed by the bad weather that can hamstring special events, runs, and galas. That endowment will keep on ticking, and deliver an annual operating gift to the nonprofit, today and last

for generations to come.

Some people think endowment gifts are something that goes in your will. But endowments are often built by many donors, one gift at a time, over time. I'm not the only one who thinks supporting a community, organization or program with a "forever" gift while I'm living is important.

Last November, 12% of gifts made during the Adams County Community Foundation Giving Spree were earmarked for endowments. Over the past few years, the Community Foundation's endowment has grown to more than \$16 million through the gifts of thousands of donors.

Let's review what an endowment is and is not. Endowments are not:

- Just for "major" gifts. (You don't have to be Daddy Warbucks to be an endowment donor.)
- Rainy day or reserve funds.
- Spent down by a nonprofit in case of emergency. (That's what reserve funds are for.)
- A catch-all description to mean anything you don't spend right away.

Endowments are:

- A nonprofit's key to securing financial stability and sustainability.
- Invested for the long-term because their investment horizon is always in the future. A proper

endowment portfolio is designed to deliver over the long haul.

Nonprofits who ask you to give to an endowment are making a promise that they will do three things: 1) Invest the dollars wisely; 2) Follow an investment and spending policy that safeguards the endowment for the long term, and 3) Use the money for the purpose you specified when you made the gift.

Which Adams County nonprofit will you promise to support forever? I'd like to know. Please contact me at 717-337-0060, rserpe@adamscounty.com. Ralph M. Serpe is President & CEO of the Adams County Community Foundation.

Investor patience continues to pay off

Ryan Fox

In December 2018, U.S. stock markets fell into a brief correction. Markets rebounded very quickly in January 2019. Nearly all major asset classes from

stocks and bonds to gold have enjoyed a solid 2019. Investor patience with the correction a year ago has been rewarded.

Focusing on 2020, there are few signs that lead to concern of recession in the U.S. economy. For example, interest

rates and unemployment are both ultralow. Yet, political news remains intertwined with economic news.

It is truly vital to separate the polarization of politics from your investment portfolio. 2020 will have many of us at

the voting booth in November. First, please vote – we have a moral responsibility to be an informed voter. And being an informed investor can be helpful too.

Since 1928, stocks have risen in 19 of 23 election years for an average gain of

11 percent. That's an 83 percent success rate. More importantly, no one should be investing for a one-year time frame – but rather, look at a series of years for returns – a decade or longer is typical. Even if the markets get a little choppy, and in an average year we often see several corrections (drops of 10 percent or more) simply because of markets being markets, look past the short-term noise.

A better question is assessing one's risk tolerance. Want no risk? Look to FDIC insured investments, but with historically low interest rate on loans means investors will be lucky to keep pace with inflation with FDIC insured items like CDs. Taking a bit more risk means the reward should be higher over time.

History also says that control of the White House doesn't necessarily dictate how the stock market will perform during a four-year or eight-year presidential administration. All other factors aside, here is a look at return data.

In that 1928 to present data, the worst performing president was Herbert Hoover where markets endured the results of the Great Depression. George W. Bush didn't fare too well – his eight-year tenure saw an average loss of about 5 percent in stock markets, but he dealt with the Dot Com bubble bursting, 9/11, and then the mortgage/financial crisis in 2008. Richard Nixon fared a little better, but markets were down overall through his resignation. FDR? Markets were up an average of 12 percent coming out of the Great Depression and through World War II. Jimmy Carter? Up 7 percent. Ronald Reagan: up about 10 percent a year on average. Former Presidents Obama and Clinton enjoyed markets that averaged over 12 percent a year during their terms. President Trump so far: up about 11 percent annually.

Yes, many, many factors go into how the U.S. economy and stock markets perform. But staying patient remains good advice.

One strategy we use for our clients follows the stock market's strong return in 2019, when a 50 percent stock to 50 percent bond portfolio might have grown to 60 percent stock to 40 percent bond. That's a great thing, but rebalancing a portfolio back to the 50/50 is often a good idea in order to reduce risk that often is forgotten, until the next correction.

Ryan Fox is partner/owner in Huston-Fox Financial Advisory Services, a fee-only fiduciary advisory firm, in Gettysburg, Hanover, and York. 717 398-2040 or Ryan@hustonfox.com.

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THE TWINS

When do I get to jump?

Sarah Simmons

I love horses. I've always loved horses. I love riding horses. And all I really want to do is jump.

I've been riding this horse for weeks now. No, for months. And all I get to do is ride around in circles. And not just in circles, but in circles with my horse attached to a leash that he holds. How embarrassing. There are fences in the riding arena. He keeps them there. He keeps them there just so I see them when I ride. All I want to do is to jump those fences.

I brush his horses, even the ones I don't ride. I brush their bodies. I brush their mane. I even brush their tails. I tack up his horses. I wipe sweat off his horse after he has been jumping.

I give the horses apples. I give the horses peppermints. I give them more apples and more peppermints. I even buy the horses apples and peppermints with my own allowance.

But after all of this, what do I get? Circles and the leash

I say hi to his cats every time I go riding. I pet his cats. I feed his cats. I make cute little cat sounds to his cats. He tells me to pet his cat. I pet his cat and the cat just bites me.

I play with his dogs. I hug his dogs (they're such cute dogs). I jump around like a crazy person to entertain his dogs because I really do love his dogs. And, when his dogs look sad because he is jumping his horse, I console them with

soft pets and sweet words.

But I am still walking in circles on a leash. Every time I ride he tells me good job, that I'm getting better, that I'm doing well. But when can I jump? I want to jump.

I sweep his barn. I muck his stalls. I straighten up in his tack room. But I refuse to pick up his clothes off the floor.

I clean his bridles. I clean his reins. I clean his girths. I clean his bits. I even get the dirty little piece of grimy grass off the edge of the bits. I polish them all until they shine like new. He says he likes the way I clean his tack.

After all this, what do I get? Circles and the Leash. All I want to do is Jump! What will it take?

He says, "wash the horses." So, I wash all three of his horses. I wash their dirty legs. I wash their sweaty backs. I wash their tangled manes. I even wash their tails that has pieces of dried poop on them.

I towel off his horses so they don't drip on the clean barn floor I just swept. I have to climb on a tall stool to dry their backs. The stool is not steady. It rocks back and forth, and I have to cling to the wet horse to keep from falling off the wobbly stool.

I never complain. But when will he let me jump? Why won't he let me jump? I'm getting tired of this!

Am I missing something? Is there something else I need to do? Let me think. What does he always say every time I ride? Let me think....



Building a solid foundation is the most important job of a coach. With a solid foundation, a student can better survive the unexpected - something that is always just around the corner when dealing with horses.

"Remember the basics."
 "Do your exercises at home. You need strong legs."
 "It takes practice."
 "You have to keep in a two-point position to jump."
 "Keep your heels down."
 "Arms straight."
 "Grab mane."
 "Chin up."
 "Look where you want to go, not down."
 "Get your bottom off that saddle!"
 "You will jump when you're ready."
 So, when I ride this time, I remember all these things. I don't think about the barn or the stalls. I don't think about the horses or the cats that always need to be petted. I think about riding. Riding the way

he tells me. Riding the right way. I don't even think about jumping.

I keep my bottom off the saddle, my heels down, my chin up, my arms straight, and grab mane as I ride in that circle on that leash for the thousandth time.

I see him watching me. He tells me to ride over to him. Then he does something I can hardly believe. He unhooks that leash and tells me to walk around. I feel finally free. Free from the leash. And yes, free from him. It is amazing. It is just me and the horse. But then I remember that I got here because of him.

After a while, he calls me over to him and tells me it's time for me to jump. I can't believe it. I ride the horse to the far side of that jump I'd

seen so many times in practice. He stands near the jump and tells me to hold on tight to the mane and get in my best jumping position. I listen to him and do what he says. After so many months of the Circle and the Leash, I finally jump. And it was AMAZING!

But I think I've learned something more important than jumping. I've learned that it takes dedication, discipline, and patience to accomplish my goals. And that it's important to listen and learn from those who know more than I do.

Thanks. Mr. Hillman....and Wesley too!

Sarah is a 5th Grade at Mother Seton School.



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MOM'S TIME OUT

To college or not to college

Mary Angel

To college or not to college, that is the question! When you have children, there will be stages and milestones in their lives. Early on it will be walking and talking, and then the first day of school, then the miles stones can vary. There can be first kisses, first periods, first dates, and so many more "firsts". When they hit high school, things get a bit more serious. Early in high school, your child will be introduced to the amazing concept of college. College isn't necessarily the milestone at this point, but decided whether to go to college is.

When my first child hit ninth grade, he did not have an email of his own, so he used mine on the rare occasion he needed one. This worked out fine in middle school for an app on the kindle or for emailing an assignment to himself that needed to be completed over the weekend. As ninth grade progressed into the fall, something happened. Suddenly my email was being inundated with all of this information about college and more so from colleges. I am not exaggerating when I say I started getting twenty emails a day. That twenty quickly escalated to fifty and above as I was now getting emails from the military and career websites and college affiliated companies. My "baby" was only in the ninth grade and I felt like he was getting ready to move out. On a side note, I couldn't

find my important emails amongst all of the college craziness. Might I encourage all of you to get your child their own (monitored) email while they are still in middle school?

With this particular child, he had always wanted to be an actor, so if he went to college it would be to study theater or musical theater. We waited until the summer between tenth and eleventh grade to start touring colleges. At this point, our son knew he wanted to go to college and had a formed an opinion on location and size of school where he would want to go. Again, I was thrown off guard. There are way more colleges than I realized, no matter what your criteria. My next bit of advice would be to start touring schools earlier than we did, if you can. It took me until my second child to figure this out. Our second son didn't have a clue what he wanted to be when he grew up until he was in the tenth grade. Late in the tenth, grade he announced he wanted to be a teacher. So, once again we were late on touring campuses. I would suggest, even if your child is not sure they want to go to college, that you squeeze in at least a few visits in their sophomore year. Think of it as a preemptive strike to protect your sanity.

One of the reasons you need to start earlier is that it will give your child more time to take and retake the SAT to maximize their scholarship opportunities, it will give you more time to

schedule all of these visits, and it will allow as much time as possible for the many college applications and essays. These visits may also help them narrow down their search much earlier. For some of my friends' kids, it helped them get off the fence about going to college (some did and some didn't). After all, college isn't for everyone.

The more and more you read, there is a shortage in our country of young people going into blue collar, non-college careers. My dad and my brother were both electricians and they made a much better living than I did with my college degree. Don't misunderstand me, I loved the career I chose, but it never paid as well as a trade. My brother actually went to college, but hated English classes to much that he dropped out. All of my kids have gotten multiple version of the "you don't have to go to college" speech. In some form or another we explain that they do have to get a job and they will not be living with us forever, then we go on to tell them that they need to make their own path and find a career that can support them (and a family one day) and that will make them happy. Our fifteen year old daughter actually just got accepted into the cosmetology program at the Tech Center. She says she would like to go there and then maybe spend two years in community college to get a business degree so she would be more prepared to open



her own salon one day. Just goes to show that there are even combination choices of a trade and college.

There was a time when I told my kids that they needed to play rock, paper, and scissors to see who would be a plumber, carpenter, cosmetologist, and mechanic. After all, how set would I be to have all of that in one family! Whatever they choose it is a step in the right direction. At one point they wanted to be, in no particular order, a carnival worker (because she liked to ride rides), a McDonald's worker (because he loved the Big Mac jingle), an actor (because he loved to make faces), and my sidekick (because she was never going to leave me). I am not sure any of these can support me in my old age. At one point, the Bic Mac lover did decide he wanted to

be an architect/ carpenter combo and he was going to design and build me a house at Walt Disney World. That sounded pretty spectacular to me (albeit unrealistic)!

The reality is that some kids will go to college and some won't. Now a days, going to college doesn't guarantee you a job, and depending on your major, it might guarantee you the unemployment line. My major in the last few years was announced to be one of the top majors "NOT" to major in. Go figure, I take 20 years off to raise my kids and now I am obsolete. We need to hope and pray that our kids choose a career path that can support them and that will bring them a sense of happiness.

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

Images of U Hair Studio



Happy Valentine's Day! February 14th!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MODEL WANTED Model must have non colored or chemically treated hair. If interested visit the salon February 3rd - 13th from 10 a.m. to 2 p.m.					1
2	3	4 \$10 OFF Highlights (New Clients) With Amanda Only	5 \$10 Hot Towel Shave With Rhonda Only	6 1/2 OFF Eyebrow Waxing With Amanda Only	7 \$10 Haircut (New Clients) With Rhonda Only	8
		11 \$10 OFF Highlights (New Clients) With Amanda Only	12 \$10 Hot Towel Shave With Rhonda Only	13 1/2 OFF Eyebrow Waxing With Amanda Only	14 \$10 Haircut (New Clients) With Rhonda Only	15 
		18 \$10 OFF Highlights (New Clients) With Amanda Only	19 \$10 Hot Towel Shave With Rhonda Only	20 1/2 OFF Eyebrow Waxing With Amanda Only	21 \$10 Haircut (New Clients) With Rhonda Only	22
		25 \$10 OFF Highlights (New Clients) With Amanda Only	26 \$10 Hot Towel Shave With Rhonda Only	27 1/2 OFF Eyebrow Waxing With Amanda Only	28 \$10 Haircut (New Clients) With Rhonda Only	29 

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Treats for that special Valentine

Rheta Thola
Hollabaugh Bros

In my bedroom, I have a small old chocolate tin. The chocolates inside the tin didn't last very long, but were quickly replaced with various pieces of "important" papers. This tin now holds special notes from my husband and kids, my racing medals (which aren't numerous), and other various "special" items that I just can't throw away. Well, it reached the point where it was starting to overflow and spill out. So one Saturday I bit the bullet and opened it up to try to part with something that was inside it to make more room for more memories. And there I found it: an old Valentine's Day card from my Dad. It was one of those that you can record a message in (so clearly not that old). The message was only seconds long, but it was long enough: "I love you. Will you be my Valentine?"

Valentine's Day – you love it or you hate it. There hardly seems to be someone who falls into a neutral category on this "retail" holiday. I often find it is those who put this holiday in a box and label it as a strictly romantic holiday who end up in the disappointed and bitter end of the spectrum. And trust me, I've been there! The last thing a person wants is to feel left out while the rest of the world celebrates.

But this Valentine's Day, I hope to convert the skeptics and hardhearted who view the "holiday" as just something that the retail card industries invented to make money off of the "little people." I propose that we view this day in February as a chance to say something to someone that will make it into their treasure box. It doesn't have to be romantic or even involve the dreaded "L" word (love). But it does have to be kind and from the heart. Spend time with someone, not because you have to go out to dinner on this sacred restaurant holiday, but because your time is the only thing that money can't buy.

Make memories. Have fun. Do something that isn't about you. Invite someone over for dinner so they don't spend the evening alone. Make a card and leave it on someone's car windshield in the parking lot just to make them smile. Take your kids and do what they want to do for the day. Call a dear friend that you haven't talked with in a while. Go out for dinner and give your server a really generous tip and be the best customer you can be.

Valentine's Day isn't just for the children or for the romantically entwined. It is for everyone. It is because everyone has a chocolate tin, a treasure box, somewhere. And everyone deserves to have one that is overflowing and full of small, simple, messages that make them smile and feel loved.

My Dad's Favorite Apple Crisp

Ingredients

- 4 apples, cored and diced
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ¼ cup water
- 1 cup oat flour (old fashion oats pulsed in a food processor a few times will get you this)
- ½ cup old fashioned oats

- 1 cup brown sugar
 - 2/3 cup butter melted
- Directions: Preheat your oven to 350F. In a large bowl, toss apples, cinnamon and salt. Pour the water into an 8 x 8 baking dish and dump in apple mixture. In a separate bowl mix together oat flour, oats, brown sugar and butter. Spread on top of the apples. Bake for 30 minutes or until the crust has turned gold and apples are tender.

Apple Pie Snack Cups

Ingredients

- 1 graham cracker
 - 1/2 small apple, diced
 - 3 to 4 tablespoons unsweetened cinnamon applesauce
 - Dollop of whipped cream
- Directions: Crush or break the graham cracker into coarse crumbs and place in the bottom of a small cup or bowl. Layer the diced apples on top. Spread applesauce on top of the apples and top with a dollop of whipped cream, if desired. Serve immediately.

Roasted Apple and White Cheddar Soup

Ingredients

- 4 apples, peeled, cored and diced
 - 1 tablespoon oil
 - salt and pepper to taste
 - 1 tablespoon oil
 - 1 onion, diced
 - 2 cloves garlic, chopped
 - 1 teaspoon thyme, chopped
 - 2 cups chicken broth
 - 1 cup apple cider or apple juice
 - 1 cup milk or cream
 - 1 cup aged white cheddar, shredded
 - 1 tablespoon grainy dijon mustard
- Directions: Toss the apples in the oil, salt and pepper, place in a single layer on a baking sheet and roast in a preheated 400F oven until lightly golden brown, about 20-30 minutes. Heat the oil in a large sauce pan over medium heat, add the onion and saute until tender. Add the garlic and thyme and cook until fragrant, about a minute. Add the roasted apples, broth and cider, bring to a boil, reduce the heat and simmer for 15 minutes. Mix in the milk, cheese and mustard, and season with salt and pepper to taste. Puree the soup and enjoy!

No Bake Coffee Cookies

Ingredients

- 2 cups crushed vanilla wafers
 - 1 1/4 cups powdered sugar
 - 1 cup finely chopped pecans
 - 2 tablespoons unsweetened cocoa powder
 - 1 1/2 teaspoons instant coffee
 - 1/4 teaspoon cinnamon
 - 4-5 tablespoons brewed strong coffee
 - 1/2 cup powdered sugar
- Directions: Combine crushed cookies, the 1 1/4 cups powdered sugar, nuts, cocoa, coffee crystals, and cinnamon. Add brewed coffee using just enough to moisten. Form mixture into 1 1/4" balls. Roll balls generously in the remaining powdered sugar. Place balls on sheet of waxed paper and let stand until dry (about an hour). Before serving, roll balls again in powdered sugar if desired.

Slow Cooker Spinach and Artichoke Dip

Ingredients

- 1 cup shredded mozzarella cheese
 - 6 ounces Neufchatel cheese (cubed)
 - 1/4 cup freshly grated Parmesan cheese
 - 1 clove garlic (minced)
 - 14 ounce can artichoke hearts (drained, rinsed and finely chopped)
 - 8 ounces trimmed fresh spinach leaves (about 8 cups)
 - 1/4 teaspoon freshly ground black pepper
- Directions: In slow cooker stoneware, combine mozzarella, Neufchatel cheese, Parmesan, garlic, artichokes, spinach, and black pepper. Cover and cook on high for 2 hours, until hot and bubbly. Stir well and serve with homemade tortilla chips.

Roasted Sweet Potato Salad

Ingredients

- 2 large sweet potatoes washed, peeled, and cut into 1-inch pieces
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- one 15-ounce can black beans, drained and rinsed
- 3 green onions, trimmed and thinly sliced (use the white and green)
- 1 medium red bell pepper, seeded and diced small
- 1 cup corn
- 1/2 cup cilantro leaves, minced
- Honey dijon dressing
- 2 tablespoons honey



- 2 tablespoons dijon mustard
 - 2 tablespoons lemon or lime juice
 - 2 tablespoons olive oil
 - 1/2 teaspoon salt, or to taste
 - 1/2 teaspoon pepper, or to taste
- Directions: Preheat oven to 400F. Line a baking sheet and add the sweet potatoes in an even, flat layer. Evenly drizzle with 2 tablespoons olive oil, season with salt and pepper, and bake for about 45 minutes, or until fork-tender and done. Halfway through baking flip potatoes to ensure even cooking. While potatoes bake, prep and chop the remaining ingredients. To a large bowl, add the black beans, green onions, red pepper, corn, cilantro; set aside. To a large measuring cup or medium bowl, add the honey, dijon mustard, lemon juice, 2 tablespoons olive oil, salt and pepper to taste, optional cayenne pepper, and whisk to combine; set aside. After potatoes are cooked, add them to the bowl with the beans and vegetables, add the sauce, and toss to combine. Taste, check for seasoning balance (add more salt, pepper, touch of honey, lemon juice, etc.),

make any necessary tweaks, and serve warm or cold.

Upcoming Events

- Groundhog's Day Program – February 1, 10 – 11:30 a.m. Cost: \$10 per child. Registration required.
- S'more Family Cooking Class – February 1, 1:30 – 3 p.m. Cost \$15. Registration required.
- Mini Maker: Sweets – February 7, 10 – 11 a.m. Cost: \$7. Registration required.
- Valentine's Day Make and Take Event – Saturday, February 8, 1:30 – 3:30 p.m. Cost: \$10 per gift. No registration required. Come any time between 1:30 and 3:30 to work on your gift.
- Stuffed Animal Sleepover – February 21, 4 – 4:30 p.m. This event is free but registration is required!
- Mommy and Me Teddy Bear Tea Party – February 22, 12 p.m. Cost \$20. Registration required.

For more information about these events, call Hollabaugh Bros at 717-677-8412 or visit our website at www.hollabaughbros.com.



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LIBRARY NEWS & EVENTS

Blue Ridge Summit Free Library
Monday - Story Time starts at 4:30 p.m., immediately followed by Legos and Wee Build Imagineering until 5:30.

Wednesday - Coffee club from 4 - 5:30 p.m., mingle with the gang for coffee, tea, puzzles, board games, coloring books, &c.

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 a.m. for Story Time and all of its festivities! What could be better than a great book and a fun craft?

Upcoming Special Events

Zero, our wonder therapy dog, will be at the library from 5:30 - 6:30 p.m. on Feb. 18, for the ever popular "dog-house sessions". He loves a good book and great company so stop on by and get a fuzzy cuddle!

The Summit Stitchers Quilt Club is also meeting at 5:30 p.m. on Feb 25. 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 Feb 20. Please put on your creative cap and bring a dish of seasonal foods to share.

Train of Thought Book Club. Feb 27, at 6 p.m. We will be discussing "Tolkien and the Great War: The Threshold of Middle Earth" by John Garth.

Frederick County Library Emmitsburg Branch

Family Storytime - Every Tuesday and Thursday at 10:30 a.m.

Elementary STEM Lab - Thursdays, 6 p.m. Explore Science, Technology, Engineering, and Math concepts in the STEM Lab.

So You Think You Want a Cat? - Feb. 1, 11 a.m. Learn what it takes to adopt and take care of a pet. Meet some furry friends.

STEAM Café: Crayon Meltdown Art - Feb. 1, 1 p.m. Give new life to old crayons! Create a meltdown crayon masterpiece.

Clifford the Big Red Dog Book Party - Feb. 6, 10:30 a.m. Celebrate reading with stories and activities featuring Clifford and his friends.

Create a Potato Bonsai Tree - Feb. 8, 1 p.m. Winter blues? Plant a potato bonsai for a fun project.

Hello Holidays: Valentine's Day Book Party - Feb. 13, 10:30 a.m. Special stories and activities to celebrate Valentine's Day.

Art Lab: Colorful Heart Art Prints - Feb. 15, 1 p.m. Experiment with different art mediums and techniques in this program designed to allow creative expression.

School Skills for Preschoolers - Feb. 20, 27, 11:15 a.m. Practice school-readiness skills with cutting, tracing, play, and other literacy activities.

R.E.A.D. with Wags for Hope - Feb. 20, 5 p.m. Children read to Reading Education Assistance Dogs.

Customize Your Lawn Care - Feb. 22, 11 a.m. What does your lawn really need? Should you use organic or traditional products? When should

you cut your grass? Discover the secrets to a great lawn.

Thurmont Regional Library

Musical Storytime - Mondays at 10:30 a.m. Music, movement, and stories for the whole family.

Preschool Storytime - Tuesdays at 10:30 a.m. Songs, stories, and fun for preschoolers and their grownups.

School Skills for Preschoolers - Tuesdays at 11:15 a.m. Practice school-readiness skills with cutting, tracing, play, and other literacy activities.

Toddler Storytime - Wednesdays at 10:30 a.m. Songs, stories, and fun for toddlers and their grownups.

Tiny STEM - Wednesdays at 1:30 p.m. STEM projects geared toward smaller hands and imaginations.

Night Owls! - Jan. 2, 9, 16, 23, 30, 6:30 p.m. Gaming, technology, slime! Hands-on fun for the entire family.

Family Storytime - Saturday, Feb. 1, 8, 15, 29, 11 a.m. Songs, stories, and fun for the whole family.

Recycling: Beyond the Basics - Feb. 1, 11 a.m. Led by staff from the County Office of Recycling, this program covers how to recycle effectively and what can (and can't) be recycled in Frederick County (and why). Learn how recycling gets sorted, where it gets sorted, and what the future of the program might look like. Participants may bring in packaging or material samples they have specific questions about.

Hello Holidays: Valentine Mystery Escape Room - Feb. 3, 6:30 p.m. Solve the mystery and the escape

the library with this Valentine's Day Escape Room.

Black History Month: Marching for Freedom - Feb. 4, 7 p.m. Bernard Franklin, PhD., Vice President of Student Affairs at Mount St. Mary's University will discuss how a young man and a young family got involved in one of the greatest freedom movements America has ever witnessed.

Friends, Food, and Fun - Feb. 5, 4 p.m. Hang out with friends while enjoying snacks and games.

True Crime: Evidence Collection - Feb. 6, 6:30 p.m. An evidence technician tells how they retrieve evidence from a crime scene along with a demonstration on how they lift fingerprints. Take a tour of the Frederick County Sheriff's Evidence Trailer.

Chess Club - Feb. 8, 11 a.m. Stop in to learn, play, or sharpen your skills. All ages and skill levels welcome.

We Love Birds - Feb. 9, 1 p.m. Something for everyone to inspire a love for our feathered friends. Get ready for the worldwide Great Backyard Bird Count with storytime (Ages 0-5), origami, and crafts (Ages 5-18), and an introduction to birding walk with Wild Bird Unlimited (Ages 10-Adult). Bring your own binoculars or borrow a pair of ours for the walk.

Open STEM Lab - Feb. 9, 16, 23, 2 p.m. Explore Science, Technology, Engineering, and Math concepts in the STEM Lab. Children under 8 must be accompanied by an adult.

Pint Sized Prom - Feb. 10, 6:30 p.m. Dance the night away at the library! WE will have music, bubbles, and a photo booth for silly pictures.

Essential Oils for Wellness - Feb. 11, 7 p.m. Janel Norton, R.M.P. of Willow Creek Studio explains the benefits of using essential oils and to promote wellness.

A Little Taste of Music - Feb. 12, 19, 26, 11 a.m. Music - the more you know about it, the more you'll love it!

Storyland: Sensory-Friendly Storytime - Feb. 14, 10:15 a.m. Sensory-friendly storytime and play in partnership with the Frederick county Infants and Toddlers Program.

Hello Holidays: UnValentine's

Party - Feb. 14, 2 p.m. Crafts, game, and activities without pink, red, or hearts. Snacks provided!

Movies and Cocoa - Feb. 15, 2 p.m. Enjoy cocoa and snack while watching a movie.

President for a Day - Feb. 17, 6:30 p.m. Learn about past presidents. Practice some skills to become the next Commander in Chief.

Teen Volunteer Corps - Feb. 19, 6 p.m. Meet and discuss how you can impact our library. Plan events, transform the teen space and have your voice heard.

Karaoke Night - Feb. 20, 6 p.m. Sing your heart out... solo or with a group. Try rap or just hang out. Snacks provided.

Fun with Books - Feb. 21, 1:30 p.m. Sharing picture books with related activities. Children do not need to know how to read, but need to be accompanied by a caregiver.

R.E.A.D. with Wags for Hope - Feb. 22, 11 a.m. Children read to Reading Education Assistance Dogs.

Open Memory Lab - Feb. 23, 2 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.

Hello Holidays: The Night Before Mardi Gras - Feb. 24, 6:30 p.m. Create fun masks, dance, and learn Mardi Gras traditions.

Fortnite Tournament - Feb. 26, 6 p.m. Join your friends for Fortnite Battle Royale! This project is made possible in part by the Institute of Museum and Library Services.

True Crime: Thurmont Police Chief Eyer - Feb. 27, 7 p.m. Meet Thurmont Police Department's Chief Greg Eyer. Learn about the challenges currently facing law enforcement and ask questions about your local police department.

Polar Bear Party - Feb. 28, 10:30 a.m. Can you walk like a polar bear? Growl like a polar bear? Celebrate all things polar bear.

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SCHOOL NEWS

Out-of-district transfers

Brad Young
Frederick County School Board

Frederick County is growing and Frederick County Public Schools will restrict out-of-district transfers at 32 schools in the 2020-2021 school year, in accordance with FCPS Regulation 400-78.

Based on enrollment projections, the following schools will be at or near 100% capacity when schools open in August 2020. Consequently, their enrollment is limited only to those students who reside within each school's attendance area.

Restricted elementary schools are: Brunswick, Deer Crossing, Glade, Green Valley, Hillcrest, Kempstown, Lewistown, Middletown (Primary), Monocacy, Myersville, New Market, New Midway/Woodsboro, Oakdale, Orchard Grove, Parkway, Tuscarora, Urbana, Valley, Walkersville, Waverley, Whittier and Yellow Springs. In addition Centerville, Sugarloaf and Twin Ridge Elementary are restricted as a result of the redistricting process, as outlined in Regulation 400-15.

Restricted middle schools are Ballenger Creek, Monocacy, Oakdale and Urbana. Restricted high schools are Frederick, Urbana and Walkersville.

FCPS publishes a list of restricted schools annually. Parents and guardians must renew out-of-district transfers for students every year. Transfer requests for students whose day-care providers are located outside their assigned attendance area will be denied if the school the child would be attending has been declared restricted.

The at-capacity schools that are restricted for out-of-district transfers in September 2020 will continue under that designation for the 2020-2021 school year. School designations are re-evaluated annually based on projections.

Parents or guardians who wish to request an out-of-district transfer must apply by completing the appropriate form, online at www.fcps.org in the section labeled For Families and Students, beginning January 2 and through March 1. Those seeking to renew a request approved for the current school year must re-apply online, also between January 2



and March 1. Families will be notified of the decision by April 1. For assistance completing the form, families may call 240-236-2493.

The Frederick County Board of Education is very excited to welcome Rae Gallagher to Board. Ms. Gallagher was recently appointed by County Executive Jan Gardner to replace Joy Schaefer who recently resigned to take a new position with the county government. I would like to extend a great thank you to Joy Schaefer who served 7 years on our Board with great distinction. Joy did a great job representing the interests of students and parents in Frederick County. She also was very active at the State level representing Frederick County on our State Board (MABE) and as a representative on the Kirwin Commission. She is a great advocate for education. Joy will be greatly missed by our Board and we wish her the best of luck in her new position!

Ms. Gallagher is currently the Program Director for Delaware, Maryland, & Washington, DC. Through group facilitation and individual supervision, she leads

a team of Program Managers to implement CSS solutions throughout the region. She also provides support and leadership to community, school, and district stakeholders. Prior to joining the CSS team, Rae spent over 14 years working with non-profits to address issues related to youth and family involvement in the juvenile justice, social service, and education systems.

Rae holds a master's degree in public administration from the University of Baltimore and a bachelor's degree in psychology from Kalamazoo College. I know that her policy and governance experience will be of great value to the Board moving forward! She will be completing the last year of Joy's term this year and will be seeking election to the Board this year. There are 3 seats that are up for election this year which include Rae's seat, Mike Bunitsky's seat and Lois Jarman's seat. Dr. Jarman was appointed last year to fill the seat vacated by Dr. Ken Kerr when he was elected to the Maryland State House of Delegates. The primary this year is on Tuesday April 28th.

County Executive Gardner appoints Gallagher to Board of Education

Frederick County Executive Jan Gardner announced her appointment of Rae Gallagher to fill an unexpired term on the Frederick County Board of Education. The vacancy was created when Joy Schaefer resigned her Board of Education position after accepting the Director of Government Affairs in the Office of the County Executive.

"I am pleased to appoint Ms. Gallagher to the Board of Education," Executive Gardner said. "She brings professional experience and a thoughtful approach, and she understands that students are at the heart of what the Board of Education does." A resident of New Market, Gallagher has an extensive background in education, serving youth and communities in Maryland and beyond. She currently works as Program Director for the Center for Supportive Schools, which works with schools and school districts to improve how learning happens. In her role, Gallagher provides support and leadership to stakeholders both inside schools and out in communities. She earned her master's degree in public administration from the University of Baltimore and a bachelor of arts in psychology from Kalamazoo College.

Gallagher will continue the work done by Schaefer, advocating for many of the same priorities and communities.

The County Charter requires the County Executive to nominate a person to fill any mid-term vacancies on the Board of Education, with confirmation by the County Council. Applicants for the nomination were solicited through a public process following the November 6, announcement of Ms. Schaefer's resignation. A total of 17 letters of interest and résumés were submitted for consideration.

Executive Gardner asked the County Council to conduct initial interviews and forward the names of three applicants for her to consider. Council members interviewed six candidates. Those interviews were recorded so the public could view them. Public comments about the applicants were accepted at the December 17, 2019, Council meeting. Council members then voted to support Gallagher, Susan Johnson, and Ron Peppe as candidates for the vacancy. Executive Gardner interviewed each candidate before selecting Gallagher as her nominee.

Gallagher will serve a term that ends in December 2020.

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FOUR YEARS AT THE MOUNT

Feb. 17 is 'National Random Acts of Kindness Day' so we asked our writers to write about those who have inspired us to be better, kinder versions of ourselves through their acts of kindness.

Freshman Year

Group effort

Emmy Jansen
MSMU Class of 2023

To choose just one person who has inspired me to be a better, kinder version of myself is an impossible task. I've stolen bits and pieces of my personality and ethic from every individual I encounter. In some way or another, every person I have met has been an inspiration for me. Whether I passed them once on the street or lived with them for my entire childhood, all of them have impacted me, and I can't put a number on the value or amount of wisdom each has given me.

I don't know if it's possible to have only one inspiration. Humans are fallible creatures, as well as unique individuals. We are inspired by their words, actions, or beliefs, but we look past their flaws, idiosyncrasies, and quirks as we should. But maybe it is those things, the less desirable aspects that each of us have, that are our inspiration. Ignoring these flaws can perpetrate them more but using them as inspiration of what to avoid can be just as impactful as those who inspire us by being good examples.

Up until freshman year of high school, I dreamed of being a teacher. When I sat at my desk in classes, I

picked up on the traits each teacher had and made mental notes of what I would do instead when I finally had my own classroom. This information is somewhat useless now, as I no longer plan on pursuing education, but these observations served as stepping-stones into making me into a better teacher. Maybe I didn't like the way a teacher reprimanded a student or how they were too unorganized for my Type A brain. Or, it was the way they motivated even the laziest student to care about the topic. And how much energy and effort they put into making each lesson enjoyable.

I had the advantage of being the fourth of five kids growing up. It is with love that I say their trials and tribulations served as inspirations for me as well, mostly of what not to do. But I respect their decisions and I know how lucky I am to have had examples, good and bad, that I could look to for guidance growing up. Whether they know it or not, I am who I am in part because of them. From the start of elementary school through eighth grade, I was always in one of their shadows. With three older siblings, there was always a teacher who had already experienced a member of my family, which changed their perception of me. However, in high school, I was in a new school with

a new community. My last name was insignificant, and I was no longer part of a set. Even with no formal guidance given, I know I still looked to my siblings and their experiences as I paved my own path through those four years.

Even in college I find myself looking back and reflecting on the lives of my family members. My roommate and I would sit around our dorm wondering, what were our parents like when they were in college? What would my older sister be doing right now? Because at this point in my life, the roadmap is less clear. The road signs are jumbled up and at times, I'm flying blind. During high school, everything was laid out in terms of what had to be done and what was yet to come. Adulthood has proved to be less organized. But my Type A brain is okay with this, and I've enjoyed truly blazing my own trail. My life is still an accumulation of those around me, but it is more mine than it has ever been. These adventures, and misadventures, have only one owner, despite the hundreds of inspirations they've had.

We discussed in one of my classes here how it isn't just the people or events in our life that impact us, but the things that happened before we took our first breath. For example, there may be a correlation between our birth story and an aspect of our lives. Maybe you were born two weeks late, so you're more relaxed when it comes

to time and care more about the quality of it rather than the quantity. If you were induced, maybe you're always looking for that extra push to accomplish tasks. My mom wasn't supposed to be able to have kids after my older brother, which I guess makes my sister and I sort of miracles. I think this has ingrained some sort of need for me to prove my existence, to prove that my life has meaning and purpose. The miracle wasn't wasted on me. That might be why I pushed myself so hard in high school, and continue to do so in college, to be successful both in school and in the community. This is one thing that sets me apart from my older siblings, which I attribute to our different births. So, I can't only list people as my inspirations, since there are factors that aren't human that have made me who I am today.

I think we've forgotten the significance of the word kindness. It is the quality of being friendly, generous, and considerate. We all probably started 2020 with big dreams of what we would become, what adjective we were striving to reach. We want to be prettier, stronger, healthier, and happier. How many of us have ever looked in the mirror and said we wanted to be kinder? I think that is what sets ordinary people apart from the extraordinary, those that top the list of inspirations across the globe. Malala Yousafzai, Martin Luther King Jr, Pope John Paul

II, Mother Teresa. They didn't make it their goal to be the best, stronger, prettiest. But they chose kindness, practically every time. Yes, hit the gym and read those books that you told yourself you were going to finish by 2021. But take time to look at those around you, evaluate your actions, and reflect. You can't measure the amount of kindness in a person like you can measure weight on a scale. I think the only way to quantify it is to see who lists you as their inspiration. Who would say you inspired them to be better, kinder version of themselves?

I could've written something cheesy about how my parents inspired me to be loyal to those around me or how my friends teach me how to slow down and enjoy the little moments. All these things are true, of course, but it would be an injustice to the hundreds of inspirations in my life that have made me the woman I am today if I minimized my life to merely one individual. Maybe I spend too long with my nose in books, idealizing life and the symbolism of every event. Maybe I love people too much. But I am not ashamed to not have one person who has made me a better, kinder version of myself. This version was a group project.

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

Sophomore Year

Our treasure in clay

Harry Scherer
MSMU Class of 2022

“Nothing ever happens in the world that does not happen first inside human hearts,” said Bishop Fulton J. Sheen. The prominent prelate proclaimed these truthful words on one of his Life is Worth Living telecasts entitled “War as a Judgement of God”. Providing clarity, comfort and an assurance that what is being spoken is evidently true, Bishop Sheen used the television media and his unquestionable gift of properly using the English language to spread the Gospel in a manner that was both pedagogically prudent and intellectually stimulating.

To even the unobservant reader of this column, my admiration of Bishop Sheen should be apparent. Whether his writings, sermons and speeches have made me a “kinder and better person” is not necessarily for me to judge. If I am a “kinder and better person” than I was a few years ago, then it is due in some part to this faithful shepherd.

This shining star for the Catholic Church in America, and for those around the world who were quick enough to recognize his brilliance, was born in 1895 in El Paso, Illinois, about a half-hour drive from Peoria, IL where he spent most of his years of adolescence. Sheen was ordained by his Bishop Dunne in 1919 and consecrated bishop by Cardinal Piazza in 1951 on the Memorial of

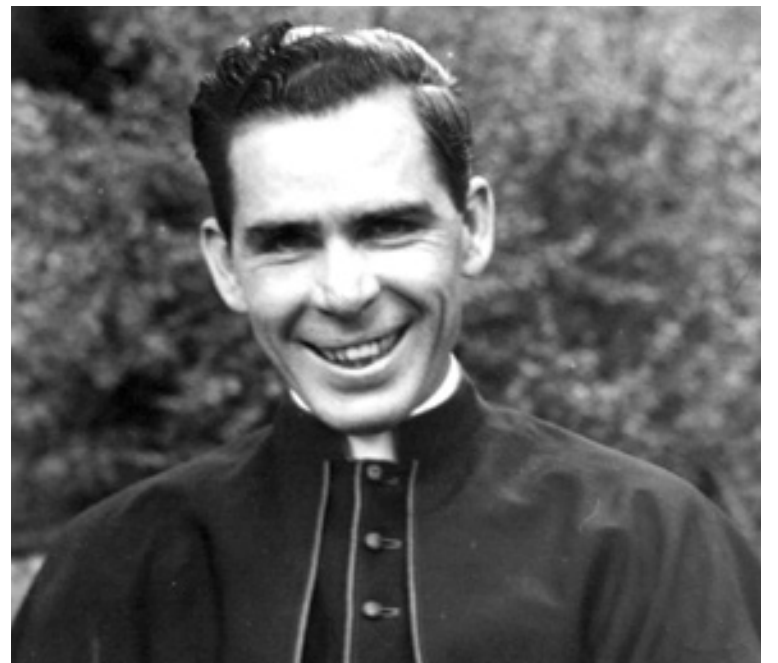
St. Barnabas the Apostle. The feast of Barnabas, a martyr by stoning in the early Church, was an appropriate day for the consecration of the patient bishop as a sign of the white martyrdom that he would endure in the later years of his episcopate.

He started off his career as “the first televangelist” in radio as the host of The Catholic Hour. He then moved on to television as the host of Life is Worth Living and beat out the ratings of Milton Berle and climbed to the top of the charts. A people craving for truth in charity, families welcomed the humble bishop into their living rooms after their Sunday dinners and silently wondered at both the truths that were being professed and the soul-deep conviction with which the vessel proclaimed them. Sheen himself described the metaphor of his identity as a Treasure in Clay, the title of his autobiography, as a suitable way to describe his individual vocation and that of the priest in general. A humble and meek man to the core, he reminded us of the fact that Christ uses imperfect vessels to spread His perfect Word, as is evident in His divine condescension at His Nativity in a cold manger.

This love for the Alpha and the Omega who became man for our sake was made clear in the breadth and depth of his intellectual contribution to the Church and the world. His weekly telecast would breach topics ranging from “Science, Relativity and the Atomic Bomb” to “The Psychology of the Irish” to “Pain and

Suffering.” Bishop Sheen never shied away from controversy but embraced controversial topics because he sensed that it was these issues that the devil employs for the spread of hateful and fearful ideology, made evident in his outward revulsion toward the Communist political scheme. The single continuity in the bishop's thoughts from the inner tendencies of the human spirit to the configuration of vast international systems was what made his writings so tantalizing. He would connect the unconnectable and use his knowledge of human and salvation history to draw parallels between phenomena which no thinker of his time could attempt. There is a certain comfort in reading and listening to a man who was so well-formed in the classical tradition and talked to parents and children and university students like he was their peer.

In addition to his prolific writings and telecasts, Sheen was also fearless with regard to proudly defending the Church's understanding of the political and social life of her members. He made the encyclicals of Leo XIII and Pius XI on the Church's teaching on fair labor practices and the proper relationship between employers and employees accessible to the common man. In that way, he tore the veil that can sometimes create a disconnect between the intellectual and ministerial life of the episcopate and presbyterate and the life of everyday virtue of the laity. Bishop Sheen was a priest through and through. It seems to me that the reason that he was able to live out this vocation that put an indelible mark on his soul and ontologically changed him was



Archbishop Bishop Fulton J. Sheen

because he understood and lived the universal call to holiness that applies to everyone in the Church.

Bishop Sheen looked at those he loved, everyone, through the lens of Christ gazing at his Mother, His beloved apostle and the penitent Magdalene at the foot of the Cross. The holy bishop loved his flock with the heart of Christ and suffered for them in imitation of the sufferings which Christ bore for the Church. As a contrast to the accidental fame that he acquired by means of properly using his talents, he was the subject of ecclesial envy, even from superiors. He bore the humiliation of being reassigned to what was described as “ecclesiastical Siberia” in the Diocese of Rochester. Families followed him to learn more from his down-to-earth wisdom about the nature of spiritual, political and social matters. What distin-

guished Bishop Sheen from some of his peers in the episcopal order was his filial piety to his one true love, the Church, and a seemingly embedded knowledge that all that happened to him on this earth was the will of God, either active or permissive.

Bishop Sheen was a model for all Christians and all persons of good will to live out their human and individual natures for the greater glory of God. An indomitable force of prayer and love, he taught us how to be human and how to be like Christ. May he rest in peace, may his cause for canonization be swift and may even more come to know the love of Our Lord through the clay of Bishop Fulton J. Sheen.

In his own words, “bye and God love you!”

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

KINDNESS

Junior Year

Choose to be kind

Angela Guiao
MSMU Class of 2021

I've always envied those who were kind by nature. The kind of people who you knew you could trust the moment you meet them. The person who has that aura, you know which one I mean: the warm one, the welcoming one, the one that makes you feel at ease and lower your guard. I've never been that kind of person. I was always a little rough around the edges; the kind of person you needed to warm up to. The person you were unsure of in the beginning but gradually began to like after a few times hanging out.

When I was younger, I was very shy. I spent a lot of time not really saying anything or doing anything that would bring any type of attention to me. I was a bit of a wallflower, to be honest. And on the very rare occasion that I did say something, it was always the wrong thing to say at the worst possible time.

It wasn't until the beginning of my freshman year here at the Mount that I decided I wanted

to change. And I didn't want to change because I wanted to fit in or anything like that, but rather because I was simply unhappy with the way I was. Being shy, people tend to forget you are there. Or they realized you are there and just don't really care. And I witnessed a lot of bad. There was a lot of bullying, of trash-talking, of condescendence. There was a lot of animosity between people, groups of people, and all around just a lot of hate.

And to be honest, at one point I became indifferent to it. I began to agree with the hate, agree with the bullies, agree with mean and nasty people, meaning that as a result, I was mean and nasty myself. And I don't know why I agreed, and I don't know how I became indifferent, but I do know that at one point I was not happy with the way I was.

It wasn't until I came to the Mount and was suddenly surrounded by these cheerful, happy students who said hello to whomever passed by, asked how your day was, and had nothing but good things to say to people did I realize just how bad I've gotten.

So, in the end, I guess what I am trying to say is that I've learned how to be kind from those who were not.

I learned what I should not be doing, how I should not treat people, what I should not say. And it was by not doing these things that I learned how I could be a good person.

Kindness, in my opinion, requires a great deal of self-reflection. But it also requires an even greater deal of awareness. How does a person react when you say something? Do they smile or do they frown? Have you embarrassed them or have you got them talking about something they are passionate about? How do you feel about their reaction?

I feel like kindness is a choice. Granted, there are people who are naturally kind, but I believe even the nastiest person can be kind, if he really wanted to be. It all starts with how we feel. You see, I believe that to be kind, we must truly care about the person we are dealing with or just care in general. For example, I believe Mother Theresa truly cared for those who were in need. And as a result, she was kind because kindness is a product of caring. Kindness, as an act, affects mostly who you are being kind to. It affects the recipient because it is overall good, positive, and dare I say, right.

Now, I know a bunch of you are thinking about that handful of peo-

ple who are kind for their own gain. The kind of people who use kindness as a sort of façade. The ones who are kind because there are aware that someone is watching. You know, the common argument that nothing is really a selfless act because we will always gain from doing good? It basically means that although we are performing acts of kindness towards others, we are still in some way gaining because of how good we feel or how positively other people's perception of us becomes because of our acts of kindness.

And to that I can only answer: what is wrong with that? What is so wrong about being filled with positivity and happy feelings and transforming into a good person, personally and in other's perceptions after performing an act of kindness? Is it wrong to gain? Does helping others mean that they cannot in some small way help us in return? Even if it only means that we get to feel good about ourselves for a few, insignificant minutes? Does enjoying those few minutes mean we are selfish? Because I don't think so. I think that if we can throw positivity around, good deeds around, happiness around, we should.

I believe in karma, and that includes good karma. I believe that

what goes around comes around whether that be hatred or happiness. I believe we should be kind to others, because we all want people to be kind to us! And I believe that no one gets hurt from being kind.

I am junior now here at the Mount, and I can say that I am happier with myself today than I was when I was a freshman. And that's because I took the time to step back and take a look at how I was as a person. Then after realizing I wasn't happy with who I was, I decided to do something about it. People will say that I am doing this for selfish reasons. But I think that kindness is not selfish. Kindness is good. Kindness helps others and helps those who are being kind.

I think the world can be more kind.

If only we would take kindness out of context, and reflect on it for what it is, we will realize that kindness is good. No matter what, no matter who or what it affects, no matter the reason why, kindness is good. The impact of kindness is good. So, I hope this year, and for every year to come, we choose to be kind.

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

Senior Year

The little things

Morgan Rooney
MSMU Class of 2020

When I look at where I am today, as hard as I have worked and as much effort as I have put into my achievements, it would be wrong for me to only credit myself. Considering where I am now, I am not yet in a place where I would say that 'I made it,' but I feel like I am getting very close. The 'it' in that statement would refer to a point where I feel like I've hit a milestone that would be difficult to turn back from. My days as an undergraduate will soon be in the double digits. The intimidating thought of finding a 'real job' is becoming more imminent, while also more terrifying. The degree will soon be in my hand and I need to figure out what to do with it.

I'm definitely extremely fortunate that I have been able to attend Mount St. Mary's University for the last three and a half years. I am well aware that many others do not have the same opportunities that I do. Without my friends and family, I wouldn't have made it this far. I don't know where I would be, but it certainly wouldn't be here, sitting at my computer, writing for the *Emmitsburg News-Journal*. It would be impossible for me to pick only one person who encouraged me to keep going because that would take up much more than this page.

My gratefulness isn't just limited to when I was 17 and my family was helping me pick out a school that would be most well suited for me. It stems from countless rides to and from the airport, a little bit of extra grocery or gas money, and

the occasional home cooked meal that I am invited to at my aunt and uncle's houses. I'm grateful for the friends that I've made that kept me from feeling like I was all alone. I'm grateful for the lengthy phone calls that I have multiple times a week to keep close to those I care about most. Without any of this, my challenges would be much greater, and the outcome less.

When I get my degree in the upcoming months, I will not fail to recognize that it was not just me who earned it, but those who helped me along the way as well. Any small (or large) act of kindness pushed me to work hard and wrap everything up. When celebrating, I want everyone to share the same pride that I have.

Thinking back through my life, I could think of countless kind things people have done. When I was a small child, I had so much family and many family friends give me wonderful gifts and make wonderful gestures. They continue to do this as I get older and I am and will always be grateful for the love that they are spreading. These things always inspire me to be better, not just when others are watching, but when I am in the eyes of God alone. Alike many others, I have times where the day just isn't going my way and the world feels like it's going to come to an end. I have moments where I feel the need to overreact and get angry. Thinking of all those people in my life who have done such wonderful things without expecting anything in return help me to look at my situation from a different perspective.

Sometimes it only takes one good thing to happen to make someone's day better. When I get something for free, see a family member, or win a raffle, my day instantly turns around even if it wasn't going my way previously. The influence we

can make on someone's day is surprising. Sometimes a simple smile is all that's needed to turn someone's day around. We must always remind ourselves that we don't know what others are going through. Although everyone we see seems like a regular, ordinary person on the outside, there is a complex story behind each person with challenges often as great as our own.

When I was about 16, I worked at a small café near my house. I would work every weekend and spend many hours on my feet with little time for breaks. When the time finally came where I could sit down and have some lunch, I was exhausted. Every Sunday, however, a retired couple would come in with their friends on their way back from church. As I would eat my discounted lunch, the husband would come talk to me for a while and pay for my lunch. He did this almost every Sunday so my food wouldn't be taken out of my paycheck each week. This gesture would always make my day. Seeing people like this in the café made my weekend job so much more fulfilling. Nothing makes me feel warmer than knowing someone cares.

When I was in high school, I had a friend who worked at Whataburger, a fast food chain based in Texas. She told me that one day a man pulled up in the drive through and purchased a meal. This man also told her that he would like to pay for the meal of the customer who was in the car behind him. When she approached the window and learned that her food had been paid for, she decided to pay for the customer in the car behind her. My friend said that this continued through 12 different customers before someone broke the chain. The first man who paid for another email sparked many

others to pay it forward. I would say that kindness is contagious and if more people were like this man, I think many of the world's problems would be eradicated.

Before it was recently brought to my attention, I did not realize that there was a day dedicated to acts of kindness. On Feb. 17, I will be sure

to keep this in mind. It doesn't have to be something big. It just needs to be something that shows that you care and to remind someone that there still is and will always be some good in the world.

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FASHION

Making fashion sustainable

Valerie McPhail
MSMU Class of 2015

Recycled trends are not enough to sustain an environmentally-conscious fashion industry. More newsworthy than Jennifer Aniston's satin Christian Dior by Galliano was her interaction with Brad Pitt. Photographed in mid-conversation — questionably mid-reconnection at the 26th Screen Actors Guild Awards [SAG] Awards last month—the internet went wild over the actors. A viral spew of social media content and blog articles reported the sentiment for a super couple of a previous decade. Blazoned with passion, “swipe left” Instagram posts compared the “Now and Then” photos from January 2020 to 1998, when the couple first met, reminiscent and hopeful that Aniston and Pitt's friendly backstage exchange could spark the famously beloved relationship they had in the past. Does fashion culture devote to celebrities, and missing out on the art and glamour of fashion?

Each New Year's introduces an award season for the arts and after fashion week. Celebrities are photographed on the red carpet and streets of the world's cosmopolitan cities, wearing the latest trend or a coveted runway piece. The fashion is hardly appreciated farther than existing as the stylish or scandalous look of the moment and then quickly replaced by another outrageous look. Amidst The Golden Globes, SAG, Grammy's, and fashion shows in Milan, Paris and New York, fashion is hardly a vehicle for sustainability, but rather an item for ravenous consumption. Despite the vicious cycle, The Business of Fashion reports in headlines of the new decade “The Year Ahead: Sustainability Takes Centre Stage.”

The writer was speaking in response to 17-year old activist,

Greta Thunberg, who urged the fashion industry to pay attention to the impact the environmental impact production has on our Earth. On their website, Harper Bazaar reported, Quantis' book “Measuring Fashion.” “More than 75 percent of the carbon footprint in the entire lifecycle of our clothing takes place there [in the fabric mills.]” Fashion paid attention. The conversation has since developed into buzzing discussion on how to educate and practice eco-friendly practices within fashion.

One type of system that has trended within the consumer world is subscription-based shopping. Such companies, for example, Rent the Runway, and Nuuly offers customers the opportunity to rent high-end fashion pieces at a monthly membership rate. The promise to sustainability is that rather than spend money on disposable fast fashion trends, renting allows clothing to be worn, and after return within a community that is passionate about fashion. Aside from the fact that two businesswomen, Jennifer Fleiss and Jennifer Hyman, fellow Harvard Business School graduates offering new perspectives into the fashion landscape, the industry followed suit. In July 2019 Urban Outfitters brand launched Nuuly. If Birchbox was made to sample the beauty industry, Nuuly was created to experiment with fashion.

Rent the Runway

At the New York Flagship store in Chelsea, a group of gals opens the store, ready to dress for the workday. And at day's end, they return their outfit and repeat, Monday through Friday. This is the consequence of a start-up company of just nine years. Rent the Runway has quickly become a go-to lifestyle brand - offering its customers everything from denim, ski jackets, sweaters, custom jewelry and

handbags, shoes etc. For a membership fee, the unlimited access, offering four rented pieces at a time from \$150 monthly, Rent The Runway offers Tibi, Proenza Schouler, GANNI and Addidas, and Yohji Yamamoto's Y-3. From glamour and glitz, office attire, to athletic-wear, the company has recalculated approach to fashion. Its consumer community considers the business model sustainable. Renting is the solution to engaging with the season's trends at an approachable price and without indulging in fast fashion.

By way of introduction through Urban Outfitters, the street style brand has released an exclusive monthly subscription, with aspirations for each customer to explore personal style. A curated collection of brands including “Iconic Labels, Emerging Designers + Rare Vintage” sets this renting service apart. Unlike Rent the Runway, Nuuly does not have a brick and mortar, nor partnerships with office spaces for drop off locations. Where Rent the Runway partnered with WeWork, Nordstrom, and the W Hotels, Nuuly is strictly mail delivery. This specific aspect of the service heavily controls the company's sustainability initiative. Shipments via a cloth parcel, made of recycled product inaugurate the eco-friendly fashion prerogative. Included in the parcel are recyclable garment bags, which are made of the same recycle water bottle material as the cloth-material boxes that contains the shipment. The Urban Outfitter brands, Free People, and Anthropologie labels are included as shoppable explorations.

In spite of these sustainable initiatives, are these subscription-based fashion companies educating their customer base to invest in fashion? It is not the Zara and H&M, fast fashion labels they rent; rather, there is access to high-end brand name



Urban Outfitters' Nuuly offers subscribers the option to select their styles each month, wear them as often as they like, then swap into new styles next month.

that is introduced and offered. To invest, rather than overspend - in any capacity - of high or low fashion, would prove the ultimate win in founding a sustainable future. I question whether renting markets the human ego that we can adapt a celebrity mindset and rent the high-end outfit for the day, or the event, just as we see on the red carpet and social media. Though undoubtedly eco-friendly, renting fashion challenges my convictions.

Is sustainability just another trend in fashion? Less not the renting services feed off a short-lived social media experience and fade out of influence, like Birchbox's virtually nonexistence. The hope is that this year, now that the January detox regimes and resets are complete, new habits formed, and clarity of mind established, sustainability will become

a foundational mission-based practice within the fashion industry, despite reports that define the concept as the New Year, 2020 trend. It would be uncomplicated to offer recommendation for socially and environmentally cautious brands of the moment, some vegan, others emerging and even more mainstream labels that gained reputation through transparency on both environmental and social practices, with their customer base. However, sustainability is not so painless. When in question with fashion, vegan design is the first answer, easily. However, veganism requires sacrifice, which is not so easy. Though an investment, vegan, and non-cruelty fashion costs a pretty penny, for which culture appears interested though not entirely convinced. In such climate, Anna Wintour gave another suggestion: taking care.

The American Vogue Editor-in-Chief spoke at the Change Makers Event in Athens Greece, an event hosted by Vogue Greece, and spoke with publication Reuters. There, the origination reported that Wintour shared, “(It's all about) talking to our audiences, our readers, about keeping the clothes that you own, and valuing the clothes that you own and wearing them again and again, and maybe giving them on to your daughter, or son, whatever the case may be.” By taking care of the fashion we shop, we too, will then take care of our planet. This urge keeps sustainability fashionable. In the end, ‘going green’ is in vogue, not for trend sake, but with purpose. Or perhaps, this is just the beginning; sustainability is a style to remain. With intention, this will make the world go-round.

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HOME DECOR

Color: The Antidote for the Winter Blues

Jessica Crowrod
Cotton & Co., Keymar

I think it's safe to assume that we have officially and undeniably entered Winter. We've been lucky enough to experience a few fluke, Spring-like days. But I am personally out of denial now. We briefly touched on this concept in last month's article, that one way to beat the Winter Blues is by incorporating color into your home décor. It's an excellent way to boost morale and spirits during the chilly months ahead. Whether it be subtle, bold or nature-inspired, adding color to a space, can immediately transform it and add texture and intrigue.

If you prefer a more neutral pallet but are looking to amp it up a bit, adding color in small pops here and there is key. On this same token, jewel-tones have become a personal favorite for me. But it's easy to get too carried away with them. I like to insert these bold but nature-inspired colors into my home in small but meaningful doses. Choose a focal point in the room, like an oversized chair or couch and add some throw pillows or cushions that reflect colors that speak to you. And perhaps hang a framed print next to this focal point that mirrors and pulls colors from those textiles. I also like to incorporate color with small pieces of furniture. This could be a small end table or a stool or chair in the corner of the room.

I personally tend to avoid large pieces of furniture in bold colors, because they're quite a commitment. But a small piece can easily be moved around your home or toned down. And don't forget your 'smalls.' This is an industry term we used to describe the items that pull your space together; the small items you choose to set around a room to represent your style and taste. These smaller items are a great way to incorporate color here and there, while making a subtle and tasteful impact. A pop of color with a vase and a few peacock feathers, a bowl or dish in your favorite color on a coffee table, a colored glass lamp base, a small area or foot rug...

Metallics are also a great way to add interest and variation, without adding bold colors. And I don't mean going overboard with them. Or using the bright, reflective metallics circa Miami 1994. I prefer using muted, brushed metallics, specifically in gold, copper, rose gold and brass. Silver (unless antiqued and aged) is not a favorite for me, as the other metallics tend to be less harsh, more subtle and also more versatile. Antique and vintage brass and copper are highly underrated. But they offer a classic, traditional and also fairly neutral flare. Picture a set of slender antique brass candlesticks on a fireplace mantle, with a little bit of boxwood or greenery poking out around the bases, and a beautifully patinaed copper urn

on the hearth filled with kindling; classic, fresh and cozy.

And while I love a pop of color with a bold jewel-tone, I like to tone down these colors by pairing them with natural elements. Great natural elements to pair with these bolder tones are indoor cacti, succulents, hanging indoor planters in a window or a houseplant in a simple planter. I love to picture a bold jewel-tone, with a natural green element and then toss in a touch of metallic, like a vintage brass dish.

I also turned to the vendors in my shop and asked them, how do you incorporate color into your homes and here's what they had to say. Our vendor, Kirsten, macramé artist behind The Knotty Hippie, like me, is also an advocate for bringing nature indoors. She suggests finding low-maintenance house-plants, such as an indoor fern or a Pothos. You can even find low-light houseplants your home is void of natural light. She also adds that terrariums are a great, low-to-little-maintenance source of color (stay tuned for our Terrarium Class this Spring!) Or you can choose the faux-flower route, and incorporate faux arrangements into your display. Our Wood Flower Florist Katt, of Grit & Grace Custom Designs, suggests using florals to swap in and out seasonally.

Many of our vendors remind us to stay with colors and themes that resonate and speak to us personally. Don't feel like you have to choose what's on trend, unless of course you love it. Choose colors that make you happy and that you're drawn to. Our vendor Leslie, owner of Molly's Meanderings, says turn your wardrobe and let that be part of your guide of what draws you to colors you like. You'll enjoy your spaces more and longer if they reflect the colors that compliment you. Kristen of Misfit Vintage Co adds, choose a color that you like, and be sure to echo it elsewhere, even in small

applications such as a small trinket or pillow to create cohesion.

Many of our vendors take a naturalistic approach to incorporating color into their homes. Donna of The Good Earth Jewelry continues on this theory by also advocating choosing a favorite color and maintaining it as an underlying theme around your home through soft textiles. These items can be easily swapped out and changed seasonally if desired without deconstructing a whole space. Try to think in 'complimentary' versus 'matching' colors. And turn to nature for a color pallet because, as Donna says, 'she (nature) is never wrong.' She then uses this natural color pallet to mix in with natural textures like grass and woven baskets, branches, plants and shells.

Pam of Dragonfly Memories Collectibles has similar sentiments towards the use of natural elements, but likes to add pops of a favorite color through candles, pottery and ceramics and lamps. Ashley, of So Long Status Quo, likes to use blues and greens in contrast to neutral tones, and uses fabrics to add texture. Our vendor Carol, The Oils Marketplace, advocates that natural greens and mustard yellow, done in small doses, are a great match to neutrals such as black, white and brown. And then our vendor Charlene, The Craftsman Workshop, goes all in by throwing a bold pop of red into her home décor. She has turned a fireplace mantle into a main focal point in her home, by painting it red and decorating it seasonally.

At the end of the day, the general consensus is, choose colors that speak to you, and use them as an underlying tone to create cohesion in your home. Stop by the shop "The Mill" in Keymar any weekend to meet me, my staff, see what we have to offer. We're always willing to help a vision come into fruition.



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ARTS

Majestic presents 'Charlotte's Web'

E.B. White's "Charlotte's Web," the loving story of the friendship between a pig named Wilbur and a little gray spider named Charlotte, will be presented Sunday, February 9 at 3 p.m. at Gettysburg College's Majestic Theater. The show is recommended for children ages kindergarten through grade 5 and is presented by WellSpan Gettysburg Hospital's Healing HeArts

Healthy Family Series. "Charlotte's Web" is one of the most beloved books for young readers and this production brings all the characters to life including Wilbur the pig, Charlotte the spider, and Fern, the farmer's daughter," explained Majestic Theater Founding Executive Director Jeffrey Gabel. In "Charlotte's Web" Wilbur has a problem: how to avoid

winding up as pork chops! Charlotte, a fine writer and true friend, comes up with a plan to fool Farmer Zuckerman. By spinning the words "Some Pig" in her web, Charlotte weaves a solution which not only make Wilbur a prize pig, but ensures his place on the farm forever. Tickets for "Charlotte's Web" start at \$19 and are available at the Majestic Theater Box Office,

25 Carlisle St., Gettysburg, by calling 717-337-8200, or online at www.gettysburgmajestic.org. The Majestic Theater at the Jennifer and David LeVan Performing Arts Center is owned and operated by Gettysburg College to create cultural capital for its campus and community.



High school artwork

The Adams County Arts Council will showcase artwork of high-school artists from across Adams County in February for the ninth annual All County Student Show. The exhibition will feature the best work of some of the county's most talented high school artists, as selected by Adams County high school art educators from Littlestown, Fairfield, Gettysburg, Bermudian Springs and Upper Adams.

The exhibition run until February 24 with at the Adams County Arts Council's Arts Education Center, 125 South Washington Street in Gettysburg. The Arts Council will host a First Friday artists' reception on Friday, February 7, 5 - 7:30 p.m. This show was created to promote and celebrate youth art and art education throughout the county. Erica Wertz, Fairfield High School teacher says of

her students work represented in this show, "I have been encouraging my students to go larger and to broaden their horizons through their artwork. Through their exploration on larger canvases, they have gained confidence and a new perspective. The Adams County Arts Council offers a great opportunity for our Fairfield community to come out and support the arts." On display this year, you will see a variety of non-objective, abstract and realistic artworks both 2D and 3D.

For more information about the All County Student Show and other upcoming Arts Council exhibitions, art classes at the Arts Council's Arts Education Center, and other news and events from the Adams County Arts Council, visit www.adamsarts.org or call 717-334-5006. The Adams County Arts Council's mission is to cultivate an arts-rich community.



A drawing of her dog by McKenna Killusky, of Fairfield, will be just one of many creations on display at the High School Arts show.

Music, Gettysburg! welcomes Suspicious Cheese Lords

The next Music, Gettysburg! concert features The Suspicious Cheese Lords on Saturday, February 8th at 4 p.m. Based in

Washington, DC, The Suspicious Cheese Lords is an award-winning all-male a cappella ensemble specializing in early music. Their concerts

have been described as "Genuinely beautiful...rapturous music-making", and "...a mind-expanding experience"

www.suspiciouscheeselords.com.

national, regional and local musical artists for the greater south central Pennsylvania region. For more information about this and other concerts in the Music, Gettysburg! schedule, please call 717-339-1334 or visit www.musicgettysburg.org.

Founded in 1996, The Suspicious Cheese Lords strive to broaden the global repertoire of choral music and attract new listeners by unearthing forgotten works, breathing new life into familiar pieces, and highlighting original compositions.

Specializing in early music, this unique brotherhood's concerts, liturgies, recordings, and educational programs provide a scholarly yet accessible interpretation of music of all eras, inspiring fans and future musicians alike.

From 1998 to 2006, the Cheese Lords served as the choir in residence for major services at the Franciscan Monastery in Washington, D.C. Additional services credits include the Cathedral of St. Matthew, Church of the Epiphany, the Church of the Holy Redeemer, and Georgetown University's Dahlgren Chapel.

The ensemble assisted in the developing "An Evening at the Tabard Inn" an event for the Smithsonian Institution's Resident Associates program in which the Cheese Lords provided music contemporary to Chaucer's Canterbury Tales and related to the theme of pilgrimage.


The Suspicious Cheese Lords have released four world-premiere recordings and have been featured on nationwide radio broadcasts, including Harmonia Early Music and Robert Aubry Davis' Millennium of Music. The Cheese Lords have also had several performances on XM Satellite Radio including regular broadcasts on the Vox Channel. They are currently featured on the Symphony Hall channel. For more information, visit their website at

The concert will be held in the United Lutheran Seminary chapel at 147 Seminary Ridge, Gettysburg, and is free and open to the public. Music, Gettysburg! is a premier concert series featuring international,

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Charlotte's Web

Sunday, February 9th - 3 p.m.

Charlotte's Web is based on E.B. White's loving story of the friendship between a pig named Wilbur and a little gray spider named Charlotte. Recommended for grades K through 5.

Tickets: \$24, \$21, \$19

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ESP lights up the Mount stage



Experience art in motion! ESP Performing Company's annual showcase fundraiser is a fun and entertaining evening out for the entire community. The annual ESP Showcase Fundraiser will take place on February 22, at 7 p.m. in the Marion Burke Knott Auditorium at Mount Saint Mary's University. There will be basket raffles, 50/50's, concessions, a silent auction, and flowers available for purchase. This year (included with Main Show ticket purchase) there will be a bonus solo/duo/trio Show at 5 p.m. The choreography and dances presented by ESP in the showcase have already won numerous awards this season. The dancers are excited to present these performances to

the community as well as continuing to travel to Florida this competition season. ESP dancers love traveling and competing on the road but their favorite place to entertain is at home. Emily Mitchner, senior dancer said "the showcase is my favorite event because it's purely an artistic performance for people to enjoy. I love dancing in Thurmont because it's my hometown. I love the close personal connection I have with my teachers and the community...it is the reason I love to dance." Advance tickets are \$10 for adults and \$5 for students. Tickets may be purchased through any ESP Performing Company member or at ESP Dance Studio, 301-271-7458, 15 Water St, Thurmont.

MOUNT ARTS

Springing into the New Year

Chloe Corwin
MSMU Class of 2020

The spring 2020 semester has begun, and the students are back for the next few weeks anxiously awaiting their spring break for an opportunity to escape the cold winter and hopefully seek refuge in a warmer climate. In the meantime, the Visual and Performing Arts Department at Mount St. Mary's University has a few events to liven the spirits of those dreaming of the summer sunshine.

The first event of the year has come from the art subject area of the Department. On January 23, the Williams Art Gallery at the Delaplaine Fine Arts Center welcomed artist Kristina Penhoet and her collection titled Entanglements. The Entanglements gallery is not a typical one and is an assortment of sculptures made from unusual materials in unusual shapes.

Penhoet describes her work and its intended takeaway as such, "Kristina Penhoet seeks to find beauty in the strange and ugly through consideration of the underbelly of human experience or emotions by the creation of provocative abstract sculptural forms... some of her more recent work has explored the definition of identity and its meaning to oneself and others. By examining the ways in which we categorize people and the potential repercussions of such classifications, she invites the viewer to question if it is possible to truly know someone through typical identifiers and conventional relationships."

Although its celebratory opening day has passed, the gallery continues to be on display and open until February 20, and is the perfect indoor activity for a free afternoon.

The next event hosted by V&PA comes from Mount The-

atre. This is the semester of senior projects, so as a theatre major, I will be directing a Greek tragedy for my final bow. The production of my selection was Antigone Now, adapted by Melissa Cooper from the original Sophocles' Antigone. This February 4 and 5, I will begin the first steps of bringing my show to life by holding auditions in the classroom in the Delaplaine Fine Arts Center on campus. The auditions are a student-only event, but by April we should be ready to invite the Emmitsburg community to enjoy our hard work.

Then, the V&PA is sponsoring an event at 7 p.m. in the O'Hara room in Patriot Hall. This event on February 4 is a contribution to the larger Black History Month Celebration Mount St. Mary's is holding and is titled, Cultural Accountability Partners at the Mount: A Conversation. Dr. Andrew Rosenfeld, the head of this event, has put a lot of effort into its conception and invited fellow professor Dr. Mark Carlson and additional guest speakers to join the panel of speakers on this topic.

The intended setting is an informal conversation about appropriation of music. Rosenfeld explains the overarching question of the panel is, "How do we share music of different communities that is equitable, authentic, and fair." This event is for students only, and is a great opportunity for young people to start the conversation about cultural appropriation from a musical standpoint.

Next, the musical group Third Practice is returning to Mount St. Mary's University in yet another beautiful event on February 8 and 7:30 p.m.. This event is to be held in the Immaculate Conception Chapel on the Mount's campus in a beautiful tribute to the Mother of God, Mary. This Marian concert is titled Clothed

in the Sun: Songs of Mary and showcases works by Frescobaldi, Purcell, Chiao, Part, Young, Praetorius, Poulenc, Sances, Clendaniel, and Josquin. A few of the works are composed as recent as 2017 and 2019. The Third Practice is a warm welcomed guest at the Mount and creating quite the buzz around campus. The Department has a great relationship with this group and loves having them back every year. Of course, this year is extremely special due to this program's focus on Mary, and this University's tie to her.

Dr. Rosenfeld comments, "Third Practice are a musical treasure in the greater Baltimore and Washington area. They are superb musicians and perform incredibly complex and challenging music with exquisite musicality." This event is free and the public is very much so welcomed. For more information on this particular event, go to www.thirdpractice.com.

Then, the Mount St. Mary's music ensembles are invited to the Delaplaine Fine Arts Center in Frederick, for a special showcase on February 21 at 7:30 p.m. This event is an incredible opportunity for the students of the various ensembles of the Mount including the lab and big bands, wind and string ensembles, and chorale. The V&PA Department hopes to continue this event in the future by making it an annual event.

This is a great representation of what the Mount can provide for young and upcoming artists in the music field from instruments to voice. Many students in these groups are not majors of the Department, yet are still able to take advantage of these unique opportunities. The Visual and Performing Arts Department not only provides an outlet for these young musicians to improve and practice their talents, but allow



Student workers greeting guests at the Art Show reception, Entanglements, open now.

them to exercise their newfound skills with incredible events such as this one. This event is by invitation only.

The final V&PA event of February will close out with the annual Mardi Gras celebration. On February 24, the day before Lent begins, the MSMU Bands set up a giant stage in Patriot Hall to showcase their music and celebrate with their peers and professors Fat Tuesday. This has become a highly anticipated event that involves all band students, professors, and staff at the Visual and Performing Arts.

Not only are there instrumental performances, but modern songs sung by the Lab Bands are the popular favorite of the crowds. This big production will begin at 5 p.m. and end at 9 p.m., but the preparation, set up, and strike will be an all-day affair. Big shows like these are no easy feat, so a lot of credit is to be given to all the professors, band students, work study students, and MSMU staff for their contribution to the iconic event.

This event is a great exercise and learning experience for all of those involved. To set up and strike is a skill in and of itself, let alone standing on the stage perform-

ing to a sea full of strangers, classmates, professors, and friends. The Mardi Gras event brings a lot of visibility to the Department, drawing in students who may not know of all the opportunities V&PA offers.

In addition to the Departments events, there is still one more that is noteworthy coming from the Frederick Symphony Orchestra. On February 29 in the Horning Theater, The FSO is holding the final round of the young artists competition. The junior division will be held at 10 a.m. and the senior division at 3 p.m. These High Schoolers from Frederick and the surrounding counties perform and compete for a cash prize and the opportunity to perform with the FSO. This event is free and open to the public.

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. For more information about the department, search for Visual and Performing Arts on the Mount St. Mary's University official website www.msmary.edu.

To read other articles by Chloe, visit the Author's Section of Emmitsburg.net.

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LOCAL SPORTS

CHS Indoor Track

Mia Ferraro
CHS Class of 2022

The 2019-2020 regular season has ended for the Catoclin High School Indoor Track Team with its last regular season meet, the Liberty Premier Invitational on Saturday, January 11th in Lynchburg, Virginia. The meet was marked with success as the team achieved four season bests, 20 personal records and one new CHS school record at the event.

Senior Jacob McIlvaine set a new personal best in Shot Put with a distance of 48' - 11.50" taking 4th place in the competition. The 4x800 relay team, which consisted of sophomore Jenna Zentz, junior Rylee Burd, sophomore Brenna Williams and senior Emma Strickland, placed 6th with a time of 10:55.95. Emma also set a new school record in the 1000m with a time of 3:16.78, and is hoping to break the 500m record before the championship season is over. Throughout the season, the Cougars have steadily improved their times/

distance with each competition, as the number of personal records have grown with each meet.

Coach Lois Strickland, who measures the team's success not by wins but by improvement and self-satisfaction, attributes much of their progress to stability. She explained, "Coach Terri Gibbons was there for a really long time and really built the program up." Coach Strickland felt they were "kind of in flux" after Gibbons left in 2015, giving them little stability. "You know, they had one coach come in for a season, and then they had another coach come in and he left after a year. There was just a lot of change and that's hard." Coach Strickland feels like that's changing for the team and happily reports that they're starting to have some continuity.

The team welcomed 16 new athletes this season - 13 boys and three girls. The girls team is a young group with only one senior, three juniors, five sophomores, and three freshmen, with all but two of the team members having less than



Catoclin girls indoor track team (photo courtesy of Coach Lois Strickland).

two full seasons behind them. The boys team is more balanced with seven seniors, six juniors, two sophomores, and six freshmen. Fifteen of these athletes have less than two full seasons behind them. Catoclin's new athletes are scoring well and showing a lot of promise.

One of those new runners is freshman Kasey Perhach. Coach Strickland feels she has "come along extremely well this year and she may even score at the regional meet." Jenna Zentz gave up basketball to run track full-time this year. Last year, she joined outdoor track and played basketball during the winter season. She decided to run indoor track this season so that she'd be ready for outdoor this year. Coach Strickland notes that Zentz was part of the 4x800 relay that almost won the state title last year.

Zentz isn't the only multi-sport athlete running for CHS. This year, there are a lot of boys participating from the CHS baseball and lacrosse teams. McIlvaine and junior Carson Sickeri gain skills in track that they use on the football field. Because many other sports require great running skills, many members of the team take advantage of the skills they sharpen on the track. According to World Record Camps, soccer players run an average of seven miles each game, football receivers and quarterbacks run an average of 1.25 miles, and tennis players run an average of three miles. Baseball players only average .03 miles per game but speed is extremely important and the ability to run swiftly in

short bursts can make a huge difference on the playing field. Because of the many disciplines in indoor track, participating can build endurance, boost speed, improve balance, help prevent muscle injury, and improve performance by giving players better reaction time.

The fact that there are so many disciplines in indoor track - encompassing sprints, mid-distance, distance, long jump, triple jump, high jump and pole vault - is what Coach Strickland finds most challenging in her position. It can be difficult to find enough help to cover each area. This variety in events makes indoor track attractive to students, though, since it allows them to use their skills in whichever events they can succeed in. It also allows the multi-sport athlete to focus on events that will help them improve on skills needed in their particular sport. Many runners find that while they work hard at practice, being able to find their particular niche in indoor track makes it a fun experience.

While it's a fun sport to participate in, the team works hard six days a week to prepare for the meets. A typical practice usually starts with an 800m run to warm up. Then the team stretches and continues on to drills. The team then splits into groups to work on their particular events. Many of the runners train outside of practice as well. Coach Strickland shared how senior Owen Bubczyk has been running with her daughter, Emma, since they were in 4th grade. Coach Strick-

land said that she and Owen's mom "spent a lot of hours following them in the car while they ran at night in the dark and in all kinds of weather."

Coach Strickland has shared this type of dedication with Frederick County Public Schools while coaching for the past five years. Although she had never run track before, she became interested in it when her daughters started running. She began coaching as an assistant at Frederick High School, where she works as a front office secretary. She then became the head coach at Walkersville for a year before coming to Catoclin. This is her second year coaching at Catoclin and she is joined this year by assistant coaches Kevin Dorsey, Rob Palmer, and Dave Zentz. What she finds most rewarding is, "when a kid runs/throws that PR (Personal Record) and the excitement that they feel." She enjoys sharing her passion for running with the students and says, "Running is something that anyone can do for the rest of their life. That's one good thing that I hope the kids can take away. It's a lifestyle... and it's a healthy lifestyle."

To further support the team, Coach Strickland is raising money to purchase cardio equipment for the athletes. She states, "We don't have a cardio room. Our kids deserve the equipment, so I'm trying to get us some." So far, she's raised enough money to purchase two new ellipticals for the program.

The hard work and dedication from both the coaches and athletes have paid off this season. The team has continued their success into the championship season at the Frederick County Championships meet on January 20th. Emma Strickland took 3rd in both the 500m and 800m. Senior Cole Torres took 4th in the 55m. Seniors McIlvaine, Tyler Hauk and Tristan Rice placed 2nd, 5th and 8th respectively in Shot Put. Freshman Alex Contreras placed 6th and Bubczyk placed 7th in the boys 3200m, while Williams placed 8th in the girls 3200m. Both the boys and girls 4x800 relay teams placed. The boys team, made up of senior Marshall Hahn, Bubczyk, Contreras, and junior Austin Smith, placed 4th. The girls team, consisting of Williams, Zentz, Perhach and Burd, took 5th.

The team is expecting a very positive outcome at the MPSSAA 1A Regional Championships on February 1st with many athletes qualifying for the 1A Indoor State Championships scheduled to take place on February 17th.

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MOUNT SPORTS

Mount to add Water Polo to sports lineup

Collin Riviello
Class of 2020

Lacrosse, softball and baseball all start their seasons this month which means new opportunities to set records and to win championships! Before we break down each sport's schedule, we must debrief on the big news that came from Mount Athletics in early January!

On January 9, Director of Athletics Lynne Robinson announced that the Mount will be adding men's and women's water polo as NCAA Division I sports beginning in the 2020-2021 school year. In a press release put out on the Mount Athletics website, Robinson commented, "Water polo has experienced tremendous growth in popularity over the past few years, including growth at the high school and club levels on the East Coast. This is another great opportunity for us to give students a chance to further their education at the Mount and compete at the Division I level."

With the addition of men's and women's water polo, the Mount will field 24 NCAA Division I sports next year. Since the 2016-2017 academic year, the Athletics department has added eight NCAA sports in which its students can compete in. A head coach has yet to be announced at the time of this article's writing.

Water polo is a water-based sport in which two teams of seven players each (including one goalkeeper) attempt to throw, kick or bounce a yellow ball into the opposing team's net. Players may swim underwater to maneuver their way around the pool but are not allowed to physically touch the bottom of the pool in any way. An NCAA match consists of four eight-minute periods and after that the team with the most points wins. If the score is tied, then overtime rules are applied in which two three-minute periods are played. Sudden death rules will apply if both teams are still tied after the two-three-minute periods, in which case teams will play three minute-long periods until a winner can be declared.

Women's lacrosse has recently announced their spring 2020 schedule. The defending Northeast Conference regular-season champions seek to avenge last season's NEC Championship game defeat against Wagner College. Last season, the Mountaineers ravaged through both non-conference and NEC opponents alike, putting up a 16-3 record, which set a program-record for wins in a single season.

The Mount will start off their season at home against George Washington University on February 15 and then take on UMBC on February 19. The Mount defeated both teams last season (17-9 and 9-8 respectively). A new opponent coming up this season will be Binghamton on February 22

in New York. The Mountaineers will then return to Emmitsburg for a two-game homestand against George Mason and Campbell on February 26 and March 4 respectively. The Mount will travel to Lafayette on March 7 for a game before coming back home to face off against Howard on March 11 and Temple on March 14. Their last non-conference opponent will be Navy on March 18 in Annapolis, Md.

Conference play will begin on March 27 at Long Island. The Mount will then head out to New Jersey to face off against Wagner on March 29. Central Connecticut will then travel to Emmitsburg to face the Mount on April 3 while Saint Francis University will follow the Blue Devils six days later. Sacred Heart will host the Mount on April 11 and a rematch of last season's NEC semifinal will occur on April 17 when Bryant comes down to the state of Maryland. New NEC member Merrimack College will travel to the Mount as well for a game on April 19. The Mountaineers will finish off their regular-season schedule with a game at Robert Morris on April 25. The NEC Tournament will take place from April 30 to May 2 at the regular-season champion's home turf.

Softball also starts their season in mid-February. Last season, the Mount went 26-28 overall (9-7 NEC) and qualified for the post-season. They'll kick off this season at the Campbell Invi-

tational in North Carolina from February 15-16. From February 22-23 the Mount will compete in the Gardener-Webb Softball Tournament. They'll then head to California to take part in the San Diego Classic from February 28-March 1. While in California, they'll also play in the USD Tournament from March 5-7. The Mount will then return home to host their own tournament, the Mount Softball Tournament, from March 13-15. St. Bonaventure, Cornell and Norfolk State will join the Mount in the tournament. Three days later, the Mount will take a trip up to Morgan State for a doubleheader on the 18th. Albany will visit the Mount from March 20-21 and then Coppin State will follow for a doubleheader on March 24. Conference play will start for the Mount on March 28 at St. Francis University. The Mountaineers will then host Long Island University for a doubleheader on March 29. On April 1, the Mount will host Bucknell for two games before travelling to Fairleigh Dickinson and Central Connecticut from April 4-5. Sacred Heart will travel to the Mount for a doubleheader on April 10. The Mount will play their last non-conference opponent of the season on April 14 at Coppin State before hosting Wagner and Robert Morris from April 18-19. After traveling to Merrimack on April 25, the Mount will end their regular-season schedule at Bryant on



Softball seeks to earn a spot back into the NEC Softball Tournament.

April 26. The NEC Championships will be held from May 7-10.

Baseball also gets underway in February. Last season, the team finished with an overall 15-35 record (8-16 NEC). The team will host St. Bonaventure from February 21-22 before welcoming in University of Maryland Eastern Shore from February 28-29. The Mount will then travel to San Francisco for two games on March 3-4. They'll travel to UC Davis for a doubleheader on March 7 before Mount heading back to Maryland to host Navy on March 10, Coppin State on March 11 and Lehigh on March 13. A doubleheader at Lehigh will then ensue on March 14 and one last game will be played there as well on the 15th. Merrimack will travel to Emmitsburg for three games from March 20-22 before the Mount heads to George Washington for a game on March 24.

The first game in April will be at Coppin State on April Fool's day. The Mount will return home to host Fairleigh Dickinson from April 3-5. They'll travel to Central Connecticut from April 9-11 and then to the University of Maryland for a game on April 14. The Mount will play Long Island University again except this time at home from April 17-19 and also George Washington on April 21. Wagner will play host to the Mount from April 24-26. The University of Maryland will come and visit the Mount on April 28 and the first opponent in May for the Mount will be Sacred Heart and play will be from May 1-3 in Connecticut. Bryant will be welcomed from May 8-10 before ending their regular-season schedule at Merrimack from May 14-16. The NEC Tournament will begin on May 21 and run through May 24.

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COMPLEMENTARY CORNER

Prepare for the Metal Rat

Renee Lehman

If you read the January article on the Year of the Rat, you may remember that the Chinese New Year began on January 25th. We are now in the Year of the Rat, and specifically, the Year of the Metal Rat.

What does it mean for this year to be a Metal element year? In previous articles I have written about the Five Elements, the cyclical pattern of expression in nature, as observed by the ancient Chinese. These Elements or energies are felt to be the prime energetic building blocks from which everything in the material world is composed and were never seen as five "distinct things." So, every living thing and every person is a unique embodiment and combination of these Five Elements. The Five Elements are Water, Wood, Fire, Earth, and Metal. 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.

This year is governed by the Metal element. Metal, which is considered priceless (just think of Gold), cherished, and transformative, will be the primary energy throughout the year of the Rat.

To explore the details of the "essence" of the Metal Element, let's first look at the season and the gifts that the Metal Element corresponds to: Fall. Then we'll look at the bodily organs that correspond to the Metal Element: Lungs and Large Intestine.

Some of the gifts of Fall include letting go and pruning (to make room for new growth in the Spring); crisp, dry air that allows us to breathe deeply; acknowledging of nature's awe; and acknowledging the intrinsic value of everything of creation.

The organs that correspond with the Metal Element are the Lungs and the Large Intestines. In Chi-

nese medicine, the Lungs and Large Intestines have many functions on a body, mind, and spirit level. Overall, they allow for the natural flow of "letting go of the old and taking in the new." They are so interdependent, that if one does not function well, the other will fail.

The Lungs are the Minister and Chancellor to the Heart. They regulate the rhythm of your life. Think about how your breathing is very rhythmical without you having to concentrate on it. On a physical level, the Lungs literally receive the pure Heavenly Qi (also known as, air). The Lungs then release the waste product of carbon dioxide to the outside environment. We breathe in a very matter of fact way. However, in many world cultures and religions, meditation and prayers are done by being mindful of one's breathing. The Lungs also regulate the strength of your voice. When the Lungs are in balance, you will have a strong voice, breathe easily, and have no problems with phlegm/mucus.

On an emotional and mental level, the Lungs are responsible for receiving inspiration, the feelings of self-worth, and realizing the richness of life. How many times have you had an "Ah Ha" moment? Suddenly, you "see" the answer or understand something so clearly. That "spark" of inspiration comes from the Lungs. If the Lungs are out of balance, then you may experience life as dull or "cold," feel inert and uninspired, lack respect for and devalue yourself and others, or even strive for perfectionism (instead of excellence).

On a spirit level, the Lungs are responsible for your inspiration that "feeds" your spirit. Since the Lungs relate to the Heavens, they give our life a sense of quality and higher purpose. We need this guidance from the Heavens to inspire us. Possible examples of this would be religious experiences or even your own experience of the connection with the Heavens that bring you joy.

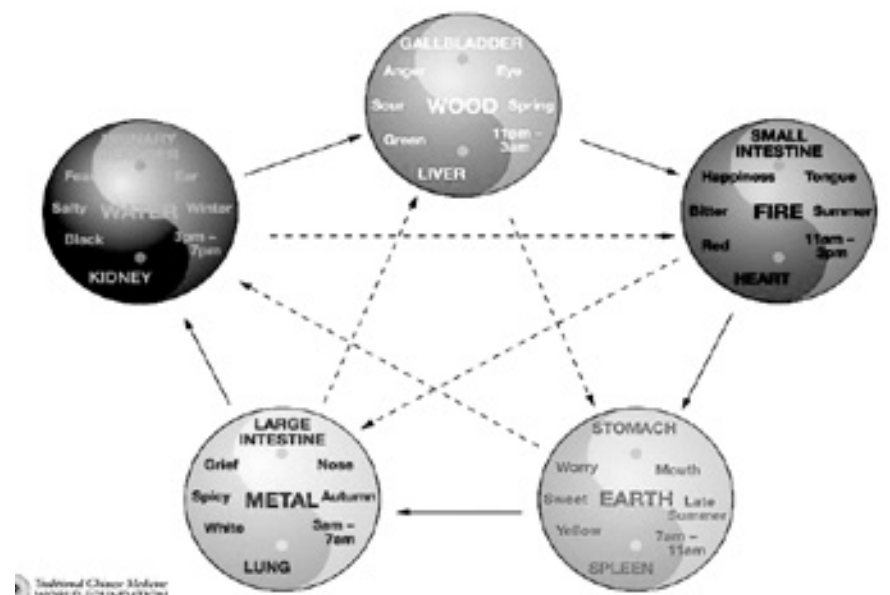
The Large Intestine is the "Drainer of the Dregs," and removes the waste products from within us. As it carries away the impurities of the body, mind, spirit, it leaves us pure and brilliant. Letting go of the old and worn out ideas, beliefs, and actions allows for us to make positive life transformations.

On a physical level, the Large Intestine is the "Great Eliminator." It receives the transformed food/drink from the small intestine, absorbs any remaining fluid and minerals, then eliminates the waste, also known as the "mundane qi" (the qi that has lost its value). When the Large Intestine is out of balance, you may have constipation, diarrhea, or find yourself over-collecting things that are of value to you.

On an emotional and mental level, the Large Intestine is responsible for letting go of impurities of the mind. It judges the value of things that will affect our quality of life and releases the worthless thoughts and behaviors that could keep our life unpleasant. When the Large Intestine is in balance then we can let go of the past, impure thoughts, and grudges; while at the same time keeping things of value.

On a spirit level, the Large Intestine is responsible for the letting go of things that no longer serve us. This allows space for new growth and changes in your life. For example, a balanced Large Intestine would allow for you to extract the "gems" from rubbish that you are exposed to daily and allow you to grieve the loss of a loved one and then move through the grief, allowing space for new growth in that area. It would also give you a sense of quality to your life,

Five Elements – A Universal Framework



Five Elements - a universal framework

because it removes the things that could "contaminate" your spirit.

2020 and the Metal Element

Grand Master Nan Lu states, "You must let go in order to receive." When we let go, we make space for what is waiting for us. If we cannot let go of what is not serving us any more, we will keep repeating behaviors and experiences. Life will continue to go on as it has in the past. As Henry Ford once said, "If you always do what you've always done, you'll always get what you've always got."

As we look forward to 2020 with a fresh, new perspective, can you shed the old and allow the new to enter? You may be pleasantly surprised with how doors may begin to open and lead you to more joy and happiness.

Since the Lungs correspond with the Metal Element, if your Lung (and Large Intestine) energy is not strong this year, you may notice issues with your lungs, skin, or digestion. You can, though, support your Lungs and its partner. How? Eating pungent/spicy and white foods. Pungent foods are acrid, bitty, and sharp. Aromatic foods like garlic, green onion, ginger, chili pepper, black pepper, radish, and mustard all are pungent. Think about how your

sinuses open after you have eaten garlic or used black pepper. These types of foods can open the pores of the skin and cause sweating to release toxins.

Throw out clothes, books, and anything that you don't need anymore. Keep yourself warm and bundled up in the cold and windy weather (especially your neck and chest area). Do qigong to build your Lung energy: Dragon Stands Between Heaven and Earth posture will strengthen your Lung and overall body's energy.

Remember, you can always start fresh, to support your Metal Element, and to align yourself with Nature's energetic flow. Right now, it is Winter and mother nature is quiet and restful. Can you bring that quiet within? This will help you to prepare for the Metal Rat year.

So, welcome to a new decade, the beginning of a new 12-year cycle and a powerful year for your Metal Element! Can you see this Universal light shining through you? This is the year to let yourself shine, shine, shine!

Renee Lehman is a licensed acupuncturist and 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

Winter activity is important!

Linda Stultz
Certified Fitness Trainer

Cold winter days sometimes make it hard to continue your exercise workout routine. Because it gets dark so early during the winter it seems to be harder to get as much activity as we do during the summer. Just because it is dark outside by the time we are finished eating dinner doesn't mean we should sit on the couch and watch TV. Taking an after dinner walk is even more important in the winter because we don't have the yard work or other outside activities that are keeping us moving in the warm summer months.

Finding an exercise class or some other organized group that will motivate you to keep active during the winter is a good way to keep moving until the summer work and activities start again. Having that scheduled appointment time will help you stay on a routine because it is very easy to say "I'll go next week" and skip the exercise. Joining a group activity is also a great way to meet new people and make new friends.

Being social is important for our emotional health as well as physical health. Seclusion and loneliness contributes to depression and physical decline in our health.

While being with others is important, sometimes due to the weather or other things you cannot get out but it is still very important to keep moving. Exercise not only keeps your body in good shape, it also keeps your mind healthy. Having a sedentary lifestyle ages the body and mind. Exercise has been proven to help lower cholesterol, blood pressure, weight and improve joint pain and many other ailments that come with age.

Exercise is not only for older people. In today's world of technology, far too many kids and young adults lead a sedentary lifestyle and it is showing up in the health of younger and younger people. Some schools are having less time for gym class and recess and that means more time sitting at a desk. Everyone needs to have some type of exercise each day. Walking is a great way to burn

some calories and lower stress.

I know I have said all of this before but I really feel it is important to say it again. It is easy to put off the things we don't like and let's face it, exercise is not on the top of most people's list. Believe it or not, if you put it on the list and commit to doing a little each day I think you will see how it makes you feel better. Sticking to a good habit takes about six weeks to instill in our routine.

Once you add a little exercise each day I hope you will keep adding a few more minutes every week and you will see the improvement and importance it makes in how you feel. Take things day by day and in a short while you will feel better and look forward to your exercise routine. It is also very important to include your children and other family members. This will provide you with quality time and keep you closer to your family and friends. Healthy relations also keep our physical, mental and emotional health in good condition.

Start slow and work up to the exercise that challenges you. The



Want to live a long and healthy life? Put down your beer, turn off the boob-tube and get outside while you still can.

most important thing is to start. The rest will fall into place as you see the improvement in all areas of your life. Keep trying activities until you find one that you enjoy and you know you will stick with.

Don't give up after one or two activities. Something will challenge you and you will have fun along with improving your health. Remember to Keep Moving, You'll Be Glad You Did!!

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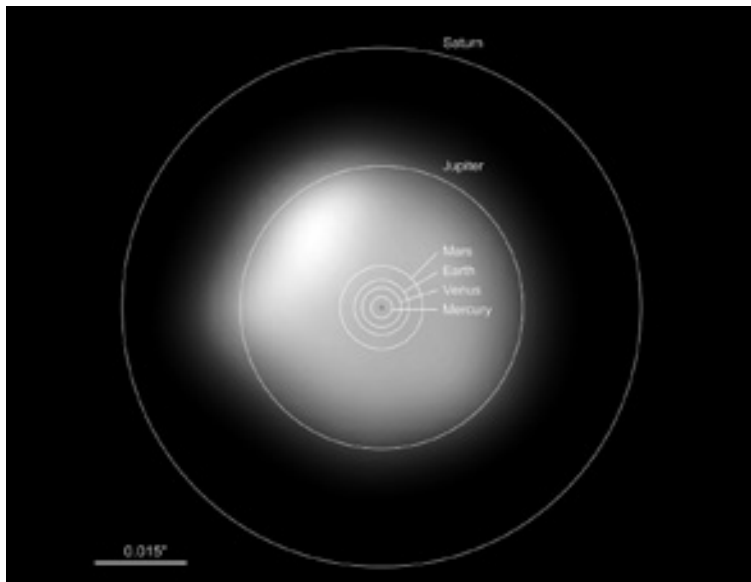
The night sky of February

Professor Wayne Wooten

For February, the Moon is first quarter on February 1st, and the Full Moon, the Hunger Moon, is on February 9th. The last quarter moon is on February 15th, and the waning crescent passes in front of Mars on February 18th; the occultation starts exactly at sunrise, about 7:20 a.m. CST, and ends in daytime at 8:38 a.m. The moon will pass just below Jupiter the next morning. The new moon is on February 23. The waxing crescent moon passes six degrees south of Venus in the evening sky on February 27th.

Mercury peaks out in evening twilight in early February, reaching greatest eastern elongation of 18 degrees from Sun on February 10th. Venus dominates the evening, appearing mag. -4.1 and 73% sunlit, with a disk 15" across on February 1st. Venus reaches greatest elongation, 47 degrees east of the Sun, on February 24th, and appears exactly half lit in our scopes, and now closer to us, 18" across now and up to mag. -4.4. After this, she will appear as a crescent in telescopes until she overtakes us at inferior conjunction in early June, moving into the dawn sky for the rest of 2020. Mars is in the dawn sky, and will be occulted by the moon on the morning of February 18th. Mars will be at its best at opposition in October 2020. Jupiter lies farther east of Mars, and Saturn is low in the dawn twilight, coming out of the Sun's glare in February.

While the naked eye, dark adapted by several minutes away from any bright lights, is a wonderful instrument to stare up into deep space, far beyond



Since October, Betelgeuse, the second brightest star in the constellation of Orion, and the 11th brightest in the sky at night, has become noticeably dimmer, leading astronomers to question if it's about to supernova. Given it's the size of the orbit of Jupiter, if it does supernova, it will do so spectacularly.

our own Milky Way, binoculars are better for spotting specific deep sky objects. For a detailed map of northern hemisphere skies, about January 31st, visit the www.skymaps.com website and download the map for February; it will have a more extensive calendar, and list of best objects for the naked eyes, binoculars, and scopes on the back of the map.

The constellation Cassiopeia makes a striking W in the NW. She contains many nice star clusters for binocular users in her outer arm of our Milky Way, extending to the NE now.

Cassiopeia's daughter, Andromeda, starts with the NE corner star of Pegasus Square, and goes NE with two more bright stars in a row. It is from the middle star, beta Andromeda, that we precede about a quarter the

way to the top star in the W of Cassiopeia, and look for a faint blur with the naked eye. M-31, the Andromeda Galaxy, is the most distant object visible with the naked eye, about 2.5 million light years away.

Overhead 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; use it (mag. +0.9) as a comparison

star to measure the fading of Betelgeuse. The V of stars is the Hyades cluster, older than the blue Pleiades, but about half their distance.

Yellow Capella, a giant star the same temperature and color as our much smaller Sun, dominates the overhead sky. It is part of the pentagon on stars making up Auriga, the Charioteer (think Ben Hur). Several nice binocular Messier open clusters are found in the winter milky way here. East of Auriga, the twins, Castor and Pollux highlight the Gemini; they were the first two recruits for the Argonauts, UWF fans! Congrats!!!

South of Gemini, Orion is the most familiar winter constellation, dominating the eastern sky at dusk. The reddish supergiant Betelgeuse marks his eastern shoulder, while blue-white supergiant Rigel stands opposite on his west knee. Betelgeuse is also known as alpha Orionis, for it has been the brightest star in Orion most of the time. But in the last few months, this red giant has grown redder and fainter even to naked eye observers. It was near normal, mag 0.3 in October, but by February has faded a full magnitude down to mag. 1.3, or 2.5X fainter than five months ago. This is the faintest observation in record so far! It is a pulsating irregular variable, as small as the orbit of Mars when smallest, hottest, and brightest, but as big as Jupiter's orbit when coolest, forming a smoke cloud of carbon soot around it for now. This instability makes many believe it is a potential supernova, with a core collapse creating an explosion brighter than the Full moon for us viewing it from a safe 700 light years distance. This photo of Orion shows Betelgeuse near its maximum brightness back in 1984.

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. Just east of Betelgeuse is the fine binocular cluster NGC 2244. But the much fainter Rosette Nebula that it lies in the center of requires bigger scopes or astrophotography.

In the east rise the hunter's two faithful companions, Canis major and minor. Procyon is the bright star in the little dog, and rises before Sirius, the brightest star in the sky. Midway between them is the fine Rosette Nebula, a star nursery of gas and dust including the nice open cluster NGC 2244, easily found in binoculars. Several other nice clusters for binoculars are also plotted on your February sky map printout, be sure to check them out some clear, crisp winter evening.

Sirius dominates the SE sky by 7 p.m., and as it rises, the turbulent winter air causes it to sparkle with shafts of spectral fire. Beautiful as the twinkling appears to the naked eye, for astronomers this means the image is blurry; only in space can we truly see "clearly now". At 8 light years distance, Sirius is the closest star we can easily see with the naked eye.

When Sirius is highest, along our southern horizon look for the second brightest star, Canopus, getting just above the horizon and sparkling like an exquisite diamond as the turbulent winter air twists and turns this shaft of starlight, after a trip of about 200 years!

To the northeast, a reminder that spring is coming; look for the bowl of the Big Dipper to rise, with the top two stars, the pointers, giving you a line to find Polaris, the Pole Star. But if you take the pointers south, you are guided instead to the head of Leo the Lion rising in the east, looking much like the profile of the famed Sphinx. The bright star at the Lion's heart is Regulus, the "regal star". Fitting for our cosmic king of beasts, whose rising at the end of this month means March indeed will be coming in "like a lion".

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Mid-Atlantic Weather Watch: Cold, periods of light snow (1,2,3,4,5) with Nor'easter and heavy snow (6,7,8). Fair, rather cold (9,10,11,12,13,14,15,16) remaining fair, but not as cold (17,18). Snow, some rain in the southern part of the region (19,20,21) turning fair, cold 22,23,24,25,26) with Nor'easter, heavy snow (27,28,29).

Full Moon: February's Full Moon will occur on , the 9st. It has been called Wolf Moon due to the howling heard during the month, the middle of their breeding season. In other parts of North America, where tribes saw the deepest snow, it was called Snow Moon and because there was such an extreme scarcity of game to hunt, it was also aptly referred to as Hunger Moon.

Special Notes: "Punxsutawney Phil" makes his much-anticipated appearance on Sunday, February 2nd to 'predict' the coming of Spring! How this little marmota monax reacts to the day's weather will determine the arrival

of Spring. If is sunny and he sees his shadow, he will retreat underground for another 6 weeks of Winter! If it is cloudy and he doesn't get scared by his own shadow, Spring will come early in 2020.

Holidays: The Christian Festival of Lights, or Candlemas, is celebrated on Sunday, February 2nd. On this day, many churches would traditionally display many more candles than usual during their daily services to not only make the service special but it was also believed that the additional light would provide protection from illness and plague in the coming year. Valentine's Day, February 14th, falls on Friday in 2020. Show that special someone just how much you appreciate their being a part of your life. The birthdays of Abraham Lincoln (Wednesday, February 12th) and George Washington (Saturday, the 22nd) are collectively celebrated on President's Day which falls on Monday, February 17th to provide us with an extended holiday weekend. Enjoy!

The Garden: The vegetable garden should get its first good tilling of the year, if weather and wetness permits. This will help the weather aid you in

breaking up the dirt clods. In the event of snow, be sure to shake or brush off the white stuff from the branches of your evergreens and shrubs. Plants that may have been pushed out of the ground by frost heave should be pressed firmly back into place. Deciduous shrubs and trees are still dormant enough to transplant this month. Once the buds have begun to swell, it will be too late. Continue feeding our feathered friends. You will want them to stick around so they will provide natural insect control when the weather warms again.

The Farm: Best for planting root crops (12, 13); Best for weeding and stirring the soil (3, 5); Best for planting above-ground crops (6, 7); Best for planting root crops (18, 19, 20); for harvesting all crops (16, 17). Best days to set hens and incubators (2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16), slaughter and butcher meat (23, 24, 25, 26, 27, 28), transplant (23, 24, 25, 26, 27, 28), harvest and store grains (1, 2, 3, 4, 5, 27, 28, 29, 30, 31), wean animals (16, 17, 18, 19, 20, 21, 22, 23, 24, 25).

J. Gruber's Thought for Today's Living

"If everyone were perfect, there would be no need for criticism, even of oneself."

COMPUTER Q&A

Say goodbye to Windows 7

Aysë Stenabaugh
Jester's Computers

On January 14th, Microsoft ended extended support for the popular Windows 7 operating system. Those who've already upgraded their Windows 7 machines won't be affected by the end of support, those who haven't should highly consider either upgrading or replacing their device. While you cling to your good reasons not to switch, we are going to give you reasons why it's time take the dive.

Security, security, security: It can't be said enough. Just because you can continue to use your device, doesn't mean that you're able to do so safely. Of course, this doesn't mean that when January 15th rolled around, that every Windows 7 machine still on the internet was accessible by hackers but, it does mean its potentially much easier to gain access to your device. You see, when a company releases a product they typically intend on supporting that product, whether it be the physical hardware or the software on that device for a limited amount of time, and for good reasons. With new products coming out every day, resolving issues between old hardware and software and new hardware and software get increasingly difficult as time moves on. To ensure that the best quality of support is provided, there has to be a cut off date.

Updates: That were once received by Windows 7 devices which provided bug-fixes and critical security patches are no longer going to occur. This also means that there will be no performance improvements or features added to the OS. If they haven't already, software companies will discontinue support for Windows 7 as well. Ending support for older products and software helps to ensure that new innovations will get the majority focus.

Support for products that you use with Windows 7 will cease to exist and you may have limited resources available if you run into issues. This change won't happen overnight but it will happen and users who rely on software for business will either be unable to get support for issues or if offered, pay a hefty premium for limited support. In the long run, bringing your hardware and software up to date will oftentimes be more cost-effective than prolonging the inevitable.

Learning about new hardware or software is frequently what prevents people from switching to Windows 10. Keeping your hardware and software up to date can seem costly but you have to consider a few important things. First, when old hardware or software is broken or not

functioning right, productivity is decreased. Second, updates software can include features that can alleviate issues currently faced that can't be resolved with unsupported software. Lastly, the learning curve may not be as bad as you think, when you upgrade from Windows 7 to Windows 10 the majority of the programs that you currently use will continue to work and function the same way. The most obvious changes to Windows 10 are cosmetic and don't affect normal use.

Now that we covered the shortcomings of continuing to use Windows 7, it's important to consider if you should upgrade your current computer or replace it altogether. We get this question a lot, to facilitate understanding let's consider this analogy; when your car gets a flat tire, do you replace the car or fix/replace your flat tire? Most of the time a flat tire isn't a reason to junk a vehicle unless of course there is an underlying issue. Similarly, if there's not a significant reason to ditch

your device and it meets the requirements for Windows 10, weighing out your options is a good idea. One major consideration should be your existing software. If you upgrade your device compatible software will continue to work if you purchase a new device your software will need to be re-installed which may require the original disc or license.

Technology can be scary but it doesn't have to be! At Jester's Computer Services we pride ourselves on gauging our customer's experience and needs to provide the best recommendations. In addition to offering upgrades from Windows 7 to Windows 10, all customers unfamiliar with Windows 10 receive a mini one-on-one tutorial to help answer questions you may have when using Windows 10 for the first time. Visit www.jesterscomputers.com to access our free tutorials, tips and tricks! We can be reached at 717-642-6611 or visit us at the shop located at 5135 Fairfield Road Fairfield, 17320.



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WHATEVER YOU CAN THINK OF INCLUDING THE KITCHEN SINK!

UPCOMING EVENTS

Saturday & Sundays

Gettysburg National Park's Winter Lecture Series - Featuring some of the best National Park Service rangers and historians from across the region, the 11-week Winter Lecture Series of hour-long talks will examine a wide array of subjects related to the American Civil War and Gettysburg history. Topics include the Army Mule, World War II burials in the National Cemetery, the fighting on Culp's Hill, the domestic slave trade, and many more. These lectures help illuminate the different events and personalities of this pivotal chapter in American history. The Winter Lecture Series is held on weekends in the Gettysburg National Military Park Museum and Visitor Center. Limited seating is available on a first come - first serve basis. For more information call 717-334-1124 or visit www.nps.gov/gett/index.htm.

February 1

Groundhog Day at Hollabaugh's - Will the famous Punxsutawney Phil see his shadow this year? Join us for a morning of fun and wonderment and cast your vote! It will be hard for the fun to stop with a story time, craft,

games and snack - all Phil related. Click here to register online. Space is limited! Hollabaugh Brothers is located at 545 Carlisle Road, Bigler-ville, PA. For more information visit www.hollabaughbros.com.

Gettysburg Collages Piano Citizen Concert - The Sunderman Conservatory of Music at Gettysburg College presents a concert by piano studio students. The Sunderman Conservatory of Music is a vibrant musical community preparing passionate and intellectually curious musicians for diverse careers, lifelong learning, and engaged citizenry. For more information visit www.gettysburg.edu.

February 7, 8 & 9

Gettysburg Rocks - The original concept for this multiple venue festival in the town of Gettysburg was just an idea until Rob's daughter Ashley approached him to help her with a fundraiser for Penn State Mont Alto's THON group. During the course of an 11-week period the first Gettysburg Rocks event was planned, created and implemented and was an immediate success. Gettysburg Rocks is now a

bi-annual music festival and fundraiser for Four Diamonds. Since the creation of Gettysburg Rocks the event has raised over \$80,000 for Four Diamonds. This year's event will feature more than 160 performances at 14 venues over three days. For more information visit www.gburgrocks.com.

February 8

Music Gettysburg presents The Suspicious Cheese Lords. Recognized as the Washington area's "Best Choral Group," this male ensemble brings new life to early music and their own compositions - as delightful as their name!

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 call 717-339-1334 or visit www.musicgettysburg.org.

Gettysburg Collages Student Recital - Come out for a student recital featuring the members of the Spring 2020 Voice Studio at the Sunderman Conservatory of Music at Gettysburg College. The Sunderman Conservatory of Music is a vibrant musical community preparing passionate and intellectually curious musicians for diverse careers, lifelong learning, and engaged citizenry. For more information visit www.gettysburg.edu.

February 9

Fox Haven Farm & Retreat Center's Winter Herb Study. Delve into Fox Haven's herbal stores and explore winter traditions and rituals that build phytonutrients into our lifestyle; whether you need restoration to recover from the year or stimulation to power you towards new goals. This hands-on collaborative study session will include winter plant ID and harvesting, kitchen experimentation and crafting, group research and formula making and many many opportunities to develop relationships with local plants. This month's study will be on Teas, Broths, Spices and Energetics - This circle begins with a tea tasting and discussion of herbal actions - from the circulation stimulating jolt of Rosemary to the soothing, easy-sipping infusion of Oats. We'll learn to listen to cues and responses herbs invoke and begin crafting blends to accompany our seasonal situations. Using taste wheels, traditional recipes and creativity we'll come away with herbal combinations that we can test throughout the winter. For more information call 240-490-5484 or visit oxhavenfarm.org.

February 11

Strawberry Hill's Nature Book Club. The public is invited to attend one or all of these meetings held in the Strawberry Hill Nature Classroom at 1537 Mount Hope Road, Fairfield. See the full list of 2020 book selections at StrawberryHill.org. Contact Susan Boling at susan.boling07@gmail.com or call 717-642-5840 for questions regarding the Nature Book Club.

February 14

Gettysburg Collage's Eighth Blackbird concert. Eighth Blackbird moves music forward through innovative performance, advocacy for music by living composers and its legacy of guiding an emerging generation of musicians. Hailed as "one of the smartest, most dynamic contemporary classical ensembles on the planet" by the Chicago Tribune, Eighth Blackbird began in 1996 as a group of six entrepreneurial Oberlin Conservatory students and continues today under the leadership of founding members Lisa Kaplan, executive director, and Matthew Duvall, artistic director. The group has won four Grammy Awards and become "a brand-name defined by adventure, vibrancy, and quality". For more information visit www.gettysburg.edu.

February 15

Great Backyard Bird Count. Gettysburg National Military Park and the South Mountain Audubon Society invite the public to participate in a free guided bird walk at the Emmanuel Harman farm, a battlefield site that is the former Gettysburg Country Club. Park and meet at 9 am by the tennis courts/outdoor pool complex at 730 Chambersburg Rd, just west of Gettysburg. Easiest access to this parking lot is from Country Club Lane. The hike will be about one and a half miles in length over flat terrain. Wildlife specialists will offer information and help with identification of birds wintering in the Gettysburg area. Birders of all levels are welcome. Bring binoculars and guide books if you have



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BLUE RIDGE SPORTSMEN'S CLUB

FEBRUARY EVENTS

Feb. 8 - Barn Shoot - Doors open at 8 a.m. Shoot starts at 10 a.m.

Feb. 14 - Valentine's Dinner

Feb. 22 - Barn Shoot - Doors open at 8 a.m. Shoot starts at 10 a.m.

<p>New Club Hours: Mon. - Thurs. 11 a.m. - 10 p.m. Fri. 11 a.m. - Midnight Sat. 7 a.m. - Midnight Sun. 7 a.m. - 4 p.m.</p>	<p>Kitchen Hours: Mon. - Wed. 4 - 8 p.m. Thurs. & Fri. 4 - 9 p.m. Sat. 7 a.m. - 9 p.m. Sun. 9 a.m. - 4 p.m.</p>
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We are a members only club, but guests can be signed in and are welcome to apply for membership. Before hours call the office. Club opens at noon.

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Sat., February 1st
(In the activities building)
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Games start 7 p.m.



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Food available by the Ladies Auxiliary

Friday, February 21st
Doors open at 6 p.m.



MEAT RAFFLE

Meal served at 6:30 p.m. ~ Raffle starts at 7:30 p.m.

Tickets: \$10 For info call: 301-676-3603
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Saturday, May 16th - 17701 Creamery Rd., Emmitsburg
Ambulance Building - Gates Open at 10:30 a.m.

2 FINAL DRAWINGS - \$5,000 Each at 5 p.m.

Tickets: \$60 (Good for 2 people)
Includes 5 - 4 Digit Numbers for Drawings

EACH ADDITIONAL CHILD 14-17 \$10 Extra Payable at gate

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UPCOMING EVENTS

them. Be prepared for winter conditions and dress appropriately. The Great Backyard Bird Count is a nationwide, free, fun and easy event that engages bird watchers of all ages in counting birds to create a real-time snapshot of bird populations. Participants are asked to count birds for as little as 15 minutes (or as long as they wish) on one or more days of the four-day event and report their sightings online at birdcount.org. Anyone can take part in the Great Backyard Bird Count, from beginning bird watchers to experts, and you can participate from your backyard, or anywhere in the world. Data from this event will help scientists gain a better understanding of the distribution and abundance of birds. Each checklist submitted during the GBBC helps researchers at the Cornell Lab of Ornithology and the National Audubon Society learn more about how birds are doing, and how to protect them and the environment we share. For more information call 717-334-1124 or visit www.nps.gov/gett/index.htm.

Frederick County Master Gardener's 'Basic Vegetable Gardening & Seed Saving.' This overview covers how to plan, locate, plant, & maintain your vegetable garden. Find out which plants are best started from seed & when. See first-hand how to start & plant seeds. Doors open 30 minutes prior to start times. Walk-ins are welcome if there is room. UME Office, 330 Montevue Lane, (off Rosemont Avenue), Frederick.

Valentine's Sweetheart Dance at Elias Lutheran Church! Join us in the Elias dining room. Family-friendly, fun-filled, inter-generational event! Come alone or bring your date! Tickets: \$10 for singles & \$20 for couples--purchase at the door. Elias is located at 100 W. North Ave., Emmitsburg. For more information call 301-447-6239.

February 16
The Men's Club of Fairfield's St. Mary's Church's all-you-can-eat spaghetti dinner, in the parish hall. Dinner includes, spaghetti, meatballs, sausage, salad, bread stick, drinks and dessert. For information call 717-642-8815.

Gettysburg Collage's Wind Symphony Pops and Family Concert. The Wind Symphony is the premier wind and percussion ensemble in the Sunderman Conservatory of Music. Conducted by Director of Bands Dr. Russell McCutcheon and comprised of a select group of 40-50 musicians, the ensemble rehearses and performs some of the best new literature and wind band masterworks. For more information visit www.gettysburg.edu.

February 21
Gettysburg Collage's Honors Recital: Marana Tso, violin and piano. Sunderman Conservatory of Music at Gettysburg College presents the honors recital of Marana Tso, violin and piano. The Sunderman Conservatory of Music

is a vibrant musical community preparing passionate and intellectually curious musicians for diverse careers, lifelong learning, and engaged citizenry. For more information visit www.gettysburg.edu.

February 22
Frederick County Master Gardener's 'Building Native Bee Houses. Learn how to provide pollinators with habitats they need to thrive. This includes how to build houses for a variety of native bees using different methods. Doors open 30 minutes prior to start times. Walk-ins are welcome if there is room. UME Office, 330 Montevue Lane, (off Rosemont Avenue), Frederick.

Gettysburg Collage's Symphony Orchestra Concert. The Gettysburg College Symphony Orchestra, conducted by Dr. César Leal, forms the core of the orchestral program at the Sunderman Conservatory at Gettysburg College. The orchestra performs a wide variety of works that reflect both the high performance standards at the Sunderman Conservatory and the orchestra's place within the broader liberal arts community of Gettysburg College. For more information visit www.gettysburg.edu.

Winter Civil War Ball. Dance the night away at the Civilians of Gettysburg Winter Civil War Ball. No dance experience necessary - instruction will be provided! The evening's music will be by Smash the Windows. 19th Century or other formal attire is requested. Complimentary light refreshments

are provided. For more information call 717-337-0748.

February 28
St. Francis Xavier Parish's 8th annual Lenten Fish Fry Dinners at the Xavier Center, 465 Table Rock Road, Gettysburg. Dine In or Take Out. Children under 5 eat free. For more information call 717-334-4048 or visit www.stfxcc.org.

Former CIA Chief of Disguise Jonna Mendez will speak as part of the Fort Ritchie Community Center Speaker Series. Mendez co-authored the book 'Moscow Rules. Following her recruitment into the CIA, Mendez spent several years living under cover in Europe and Asia before being ultimately being promoted as the CIA's Chief of Disguise. 'Moscow Rules' that tells the story of how CIA agents used Hollywood-inspired identity swaps, evasion techniques, and other creative methods to combat the KGB and help win the Cold War. The talk starts at 6pm. Tickets are \$15 per person or \$25 per couple and include catered refreshments, the opportunity to meet author. A limited number of books authored by the speaker will be

available for purchase at the event. The Fort Ritchie Community Center located in Cascade on the former Fort Ritchie property. For more information on the Community Center, or to purchase tickets for the Speaker Series, please call 301-241-5082 or visit www.the-frcc.org.

February 29
Mount Hope Maple Madness. Strawberry Hill's annual Mount Hope Maple Madness maple sugaring festival. Sugaring, the art of making maple syrup, has been practiced for thousands of years. The tradition began in the Northeast United States centuries ago with the Native Americans and colonists. People of all ages are invited to see this tradition brought to life by Strawberry Hill naturalists. You will learn how trees are tapped, view sap-collecting methods past and present, and see the boiling process that produces delicious maple syrup. The festival features a delicious pancake breakfast buffet, PA maple syrup, tree to table tours and family-friendly activities. For more information call 717-642-5840 or visit www.strawberryhill.org.

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FEBRUARY 23–24
Overnight Experience
6 p.m.–1 p.m.

MARCH 29
Sunday Visit
1 p.m.–3:30 p.m.

