

# Emmitsburg NEWS-JOURNAL

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

FEBRUARY 2021

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### Four Years At The Mount

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## Events still challenged by COVID-19 restrictions

A number of popular public events that were shut-down last year due to COVID-19 are returning this year in some form, while others have already called it quits for this year.

While Cunningham Falls State Park's 'Maple Syrup Festival' has been cancelled, Strawberry Hill, Adams County's only nonprofit, environmental education center, will be holding its annual Mount Hope Maple Madness event, albeit in a scaled back version.

This year, Strawberry Hill's naturalists will be conducting private 'Tree to Table' guided tours for small groups, during which attendees will be shown how maple syrup is tapped from the trees, and then processed. The event will be held on March 27. The breakfasts that had been planned to occur during the event have now been cancelled. For additional information visit [www.strawberryhill.org](http://www.strawberryhill.org).

Catoctin Furnace Historical Society has opted to go virtual with their 'Spirits of the Furnace' annual February African Ameri-

can Heritage event. This year, they will feature students from Silver Oak Academy in a prerecorded version of the popular event. The Historical Society has also opened to the public its new self-guided Interpretive Trail. The trail begins within Cunningham Falls State Park at the ruins of the historic Isabella furnace and meanders through the forest. Newly installed wayside panels explain the iron making process, and present information about the lives of the workers who lived in the village and worked at the furnace. A printed, self-guided companion tour brochure, designed to engage children and families, along with an audio tour, is available on the CFHS website. But that's where the good news ends.

No decision has been rendered to date regarding whether or not the annual Celtic Concert, normally held Mount St. Mary's, will occur in 2021. The event was cancelled last year. Frederick County Library staff recommended that for updates, those interested can visit



Many event venues, like the Majestic Theater, are hoping that COVID-19 vaccines will allow them to re-open sooner rather than later.

the library's website at [fcpl.org](http://fcpl.org).

Gettysburg College has cancelled or postponed all cultural events for 2021 until further notice. This includes any shows/programs and/or performances that would have been held at the Majestic Theater. Contact the college for further information regarding public events or visit the college's website at [gettysburg.edu](http://gettysburg.edu).

Other cancelled spring events include: The Thurmont Business Showcase (usually held in April);

the Fort Ritchie Community Center Spring Craft Show; and the Adams County Home Show normally held in February. The status of the Adams County Irish Festival is still up in the air.

*Editor's Note — The News-Journal recommends those considering attending traditional Spring events to call the hosts or sponsors and not to depend upon website information, as a number of them have not updated their websites.*

## Pandemic impacts emergency services' revenues

As the COVID-19 pandemic forges on, fire companies and ambulance services struggle to hold revenue-generating fundraisers, while further suffering from the lack of state or federal compensation for the cancellations of events resulting from of the virus.

Emmitsburg's Vigilant Hose Company has experienced a loss of revenue amounting to more than \$250,000 resulting from the loss of key fundraisers which could not be held in 2020. According to company president Tom Ward, half a year's worth of bingo games had to be cancelled last year, as well as feeds and dinner events.

Ward stated that bingo was re-opened from mid-summer until Thanksgiving, when the department had to cease once again — the state again reduced the allowable capacity of attendees at events on the heels of Thanksgiving. "Twenty-five percent capacity was not worth the risk of holding the events," the company president stated.

The company is considering holding parking-lot bingos this year and converting the popular a virtual Spring Fling into a virtual event. "We're also looking at having more carry-out and drive-through meal events.

Fairfield Fire & EMS is not only struggling with how to best celebrate its 100th anniversary this year amid the pandemic but what types

of fundraisers can even be held during 2021.

Fairfield sustained a loss of fundraising revenue in excess of \$130,000, in 2020 according to Treasurer Gayle Marthers. "We've cut back on expenditures as much as we can," she recently told the Carroll Valley Borough Council. "It still takes money to keep the rigs rolling."

Most of the fundraising events that were to have been held in 2020 had to be cancelled because of COVID protocols regarding crowd-sizes, including the company's annual banquet, Open House, and EMS Day. Less-than-ten bingo games were held before the company threw in the towel.

Virus restrictions impacted Graceham VFC's monthly membership meetings and operational training sessions, while causing them to cancel almost all fundraising events. On the positive side, Graceham managed to purchase a new mini-pumper which will be placed into service this summer.

Jacobs noted that the only way to ensure that a fundraiser is worthwhile is if the event can attract a "couple of hundred people." If restrictions are not eased he said, the department will consider virtual events.

Thanks to its huge banquet hall, the Thurmont Ambulance Company has been able to continue to host, with rare breaks, its regular



Fire companies are hoping for a speedy rollout of the COVID-19 vaccine so they can get back to hosting fundraising and community service events.

Friday night bingos while meeting County occupancy and social distancing requirements. Only special bingos had to be cancelled.

Small emergency response companies however suffered disproportionately in financial setbacks sustained as the result of the COVID protocols. Rocky Ridge VFC reported a loss of approximately \$110,000. All of Rocky Ridge's fund-raising activities were canceled - the big one being their carnival. Others were the car show,

butchering, breakfast, gun raffle and bingos.

Harney VHC had to cancel its carnival and all its fundraisers, and as noted in last month's edition of the Emmitsburg News-Journal, it had to forgo the celebration of the arrival of a new fire truck.

Most VFCs accept donations at any time during the year, not just via fundraisers. If interested in donating, please visit your respective Fire Company websites to donate. Your donation will be greatly appreciated.

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## EMMITSBURG NEWS

### Four new wayside markers approved

The Town Council approved four, newly proposed historical waysides conceived as part of a series of waysides commemorating Emmitsburg history, and to create an historical walking tour of the town.

Town Clerk Madeline Shaw, in providing a brief introduction of the proposal for the new waysides, stated that the town received another round of grant funding from the Maryland Heritage Areas Authority, the latest being in the amount of \$12,000.

Shaw said the grant approved is for four waysides, which will highlight the histories of: the St. Joseph House, the William Cochran's 'Volunteers' glass-etching, the Emmitsburg Railroad, and Emmitsburg's Long Rifle maker, John Armstrong.

The St. Joseph House wayside will be located along South Seton Avenue, and 50-percent of the cost will be provided by the Daughters of Charity, while the 'Volunteers' glass-etching wayside will be located in front of the Emmitsburg Community Center,

and 50-percent of the cost will be provided by the Frederick County Fire & Rescue Museum.

The Emmitsburg Railroad wayside will be located along South Seton Avenue, and the John Armstrong wayside will be located along East Main Street.

Ruth Bielobock the sign's graphic designer said the St. Joseph House placard was approved by the staff at the Seton Shrine. Scott Grove, interpretive planner and writer for Ion Design, stated that the focus for the wayside pertains the arrival of Elizabeth Ann Seton and the establishment of the 'White House,' which was the original location of what would become St. Joseph's Academy and Free School (and St. Joseph's College for women). Information is also included on the site's cemetery and mortuary.

Grove said the 'Volunteers' mural placard focuses why it was created ... how it was created ... and its subsequent relocation to Emmitsburg from its prior location at the Independent Hose Co. building in Frederick.

The interpretive planner told the commissioners, "Ruth and I had a really good time with this one because it offers a glimpse of ... a major, public utility in many ways for the Town of Emmitsburg that no longer is really visible at all." The placard includes several period photographs and a map of the rail-line from Emmitsburg to its terminus in Rocky Ridge.

Regarding the John Armstrong placard, Grove stated there are no known images of Armstrong, and the exact location of his house is not known. "We were struggling with this one a little bit," he said. The placard features a photograph of one of the rifles ... and details the significance of the rifle.

Commissioner Joseph Ritz stated that Armstrong owned several lots in Emmitsburg, but it is believed his home was located on East Main Street in the area of where Granny's Attic Store and a reddish house nearby. Mayor Don Briggs stated the wayside would be located in that vicinity.

*Emmitsburg*  
NEWS-JOURNAL

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### Four Points Bridge reopening

Engineer Amanda Radcliffe, County Division of Public Works, told the News-Journal on January 14 that the Four Points Bridge located on Keysville Road could be re-opened "in a couple of months."

However, Radcliffe noted, that it would be in the current plans to implement a "temporary repair" to make the bridge safe for traffic ... while a more permanent fix is sought. The had engineer previously stated the bridge would be

repaired and not replaced.

A crack in the bridge was discovered toward the end of 2020 "during routine inspection by the county's consultant for bridge inspections," and the damage was described as having appeared within a "critical member (structure)" of the bridge.

Radcliff said, "The repair will likely involve the fabrication of steel-members to help support the location of the cracked bridge-member. It's anticipated

this repair could be completed in a couple months allowing the bridge to open."

She reported that the county Highway Operations is also pursuing a permanent retrofit repair that will replace the temporary repair. The retrofit repair will be installed at a later time and should "fit with the historic nature and aesthetics of the bridge." The county Highway Operations staff will install the temporary repair and the permanent retrofit

repairs, she said.

The county engineer's previously-posted detour-route for traffic coming from the east is from Keysville Road to Four Points Road to Sixes Bridge Road to Grimes Road to Sixes Road to Keysville Road. Of course, anyone who knows the area well knows that a shorter way around the bridge is to take Route 140 to Four Points Bridge and then to Simmons Road, which dead-ends onto Keysville Road. As for

the detour coming from the west – well lets just say, don't follow the signs if you want to get anywhere this century.

The single-span bridge was built by the Wrought Iron Bridge Company of Canton, Ohio, who held the patent on the Pratt-style truss-work (which refers to the manner in which the support-beams are arranged) utilized. The bridge was listed in the National Register of Historic Places in 1978.

### 'Awkward' Rutter's, SHA parcels adjusted

The Planning Commission voted at their last meeting for 2020 on December 28 to conditionally approve subdividing and merging two parcels of land, one of which related to the proposed Rutter's convenience store and commercial complex.

Town Planner Zach Gulden told the commission that SPT Land LLC and the Maryland State Highway Administration (SHA) were seeking to split-up two existing parcels and re-attach them in order to create two reconfigured

parcels. Both parcels are located adjacent to one another off Taneytown Pike.

Prior to approval on December 28 of the subdivisions and mergers proposal, the SPT Land tract consisted of 2.0296 acres, while the adjacent SHA tract was comprised of 11.4 acres. The proposal called for subdividing a .5324-acre parcel off of the SPT Land and adding to the SHA's land. As a result, the SPT Land tract will be reduced to 1.4972-acres.

The 1.4972-acres will then be

merged with another SPT Land tract consisting of 13.7977-acres which lies adjacent to the south, thereby creating a new SPT Land 15.2949-acres tract. The SPT's land is the site of the proposed Rutter's commercial complex.

Gulden noted that implementing the subdivisions and mergers also eliminated the "awkward parcel" along Taneytown Pike. The SHA was the party that actually filed for the subdivision and merger adjustments.

Tim Bieber, representing Rut-

ter's, stated, "Earlier in the year when we met with SHA to talk about easements and how we were going to get through their park-and-ride and (how) they were going to get through our property, it came to light (that SHA didn't own the land fronting on Taneytown Pike)," adding, "SHA thought they actually owned the piece of ground in front of them."

Most of the conditions appeared to be administrative in nature, such as requiring various notations and

comments to be added to the plan, providing applicable financial securities, assurance of the payment of any town-generated fees, adding flood plain delineations to the plan, providing a right-of-way dedication, and providing the names and deeds of all adjoining property-owners.

Gulden told the News-Journal that the purpose behind the subdivision and merger of the parcels involved "was basically just to clean-up the lot-lines. There was an unusual lot along the

Taneytown Pike - in front of the Rutter's lot and SHA/MDOT lot."

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# FAIRFIELD/CARROLL VALLEY NEWS

## Hamiltonban Township to remove dangerous tree limbs

The Hamiltonban Township supervisors approved at their January 4 meeting to provide Liberty Township with roadside brush and overhead limb-removal services, if Liberty is agreeable to a proposed offer.

According to the township Board of Supervisors, Hamiltonban owns a boom-mower which is designed to remove roadside overgrowth and tree limbs that are overhanging the roadways. The boom-mower can be employed by attaching it to a tractor.

Tree limbs hanging over a roadway can pose a threat by accumulating heaving ice and snow, causing

them to snap and fall onto the roadway, or even onto a vehicle.

Hamilton Township Supervisor Coleen Reamer told the News-Journal that the municipality employs the use of the boom mower for its intended purpose every year "just before winter" to prevent the potential danger posed by the trees.

Reamer noted that Liberty Township does not possess the type of equipment necessary to address all of the safety issues, and that they have asked Hamiltonban Township if they would be willing to remove overgrowth and tree limbs along Liberty roadways.

The supervisor stated that the board will offer to provide Lib-

erty with the service at a cost to include both the operator and the equipment at an hourly-rate of \$119.

She stated that if Liberty approves of the charge, "We will propose an inter-municipal cooperation agreement with them, describing the duties and responsibilities of each township in the agreement."

In other business ... the supervisors conducted their annual, first-of-the-year re-organization.

Edward Deardorff was re-appointed as the Board of Supervisors' chairman, while Douglas Woerner was re-appointed as vice-chairman. Nina Garretson

was re-appointed as the township secretary and treasurer, CDL coordinator, and Right-to-Know officer. David Martin was appointed as the township safety officer.

Matthew Battersby will remain as the township solicitor. Ray Herr was named as the roadmaster, with Jim Eyler and Randy Pritt being named as full-time roadcrew members. Adam Win was appointed as the EMA coordinator, with A.J. Aldrich being named as deputy EMA coordinator.

Regarding board and commission appointments, Sherry Rogers-Frist and Stephen Jacobs were

confirmed to four-year terms on the township Planning Commission, with Gene Wiehagen being confirmed to the municipal Zoning & Hearing Board, with Harold Eastman named as that board's solicitor. Matthew Inskip was confirmed for a five-year seat on the Joint Parks & Recreation Committee, with Dean Thomas to serve as that committee's Fairfield Borough-alternate.

Land and Sea Services will continue to provide the township with a zoning officer, floodplain manager, code-enforcement officer, and a building and Uniform Construction Code inspection officer.

## Liberty Township may revise junkyard regulations

The Liberty Township supervisors stated at their January meeting that they intend to review the municipality's junkyard ordinance at their February meeting to take into account the actual costs of continued inspections, as well as to address other issues.

The supervisors denied a permit application for a junkyard located at 245 Waynesboro Pike on the grounds that the application was not filled-in property. Chairman Walter Barlow stated the paperwork has been returned to the applicant to be properly completed.

The permit application was intended to replace an expired one. However, a re-filing may

find the applicant facing new fees, and possibly other requirements.

Barlow stated that the municipality will be seeking to revise the junkyard ordinance at the next board-meeting, which could include increasing the junkyard application fee from \$100 to \$1,000. The supervisor stated the reasoning behind the proposed fee-increase was due to the costs of inspecting junkyards that the township has experienced in the recent past.

The chairman also noted that the revision may include the right to deny a permit if a junkyard has had prior violations during the past three years.

Chief Sherri Hansen reported

that in spite of the order having been mishandled by the vender, township police are finally be receiving body cameras for use while on-duty.

"I was able to speak with somebody from WatchGuard, other than the guy who sold me the bodycams," Chief Hansen said, adding, "There was a 'miscommunication' on their end about the order - in other words, they never really placed the order."

The chief said the order has definitely been placed now, and WatchGuard is honoring the price that was expiring on December 31. "The guy called me at seven o'clock at night and apologized profusely for everything and

threw-in a couple of extras."

Hansen said the body cameras should arrive as soon as they can be shipped by the provider.

In other business ... the supervisors conducted their annual, first-of-the-year re-organization.

Barlow was re-appointed as the board's chairman, with Bob Jackson re-appointed as the vice-chairman. Wendy Peck was re-appointed as the secretary and treasurer at an hourly-rate of \$21.66, while Jessica Ilko was appointed as the alternate-secretary and treasurer.

John Lisko was re-appointed as the township solicitor. The supervisors set the part-time police offi-

cer pay-rate at \$22.00 per-hour (Officer Chris Roosen only). and established the pay-rate for the police chief at \$28.61 per-hour.

Barlow was also appointed as the township roadmaster, with Bobby Keilholtz, Bruce Pecher, and Kim Valentine appointed as part-time road-crews.

Regarding board and commission appointments, Donna Powers was appointed to a two-year term on the township Zoning Hearing Board, while Barb Ruppert, Horst Stehmer, and John Hutzell were appointed to four-year terms on the Planning Commission. Ruppert's appointment represented a re-appointment.

## News-Briefs . . .

### CV advised of 'sick' raccoons

Law enforcement was compelled to kill two 'sick' raccoons found in Carroll Valley Borough over the past number of weeks.

Police Chief Hileman reported at the borough Council's January meeting, "We did have two raccoons destroyed. We're having an abundance of sick raccoons in the borough," adding, "That's that the second one in just that month (December), and I think we've already had one this month ... not sure what's behind that."

He stated police have no idea if they were simply sick, "because animals get sick and die. In this case, we just knew these were sick," further noting that: one that was found in K Section of the borough was hanging around in the yard, staggering, laid down in a flower-bed and showed no fear of humans.

When asked by council President Mathews if any rabies had been reported among the feral cats, the chief responded that none had been reported. The chief stated that the general rule on testing for rabies in animals, (either wild, feral, or domestic) is that there has to have been an actual suspected exposure to a human before an animal is tested.

Hileman said anyone wanting to report an animal that was behav-

ing in an unusual manner can be reported to county dispatch (9-1-1). "We do have a fairly-high rate of rabies in this part of Pennsylvania," the chief stated.

### 'Iron Springs Plaza' still on the books

Local developer David Sites' "Iron Springs Plaza" still appears to be on-track to becoming a reality, as Sites has indicated pursuing a zoning amendment that would allow him to proceed with a portion of the 14-year old project.

The initial focus on the development of Site's acreage at the intersection of Iron Springs and Fairfield roads had been a shopping center, but efforts to establish an anchor-store, which was to have been a grocery store, proved as being too challenging.

Now he is re-thinking the development of the site and is considering

beginning with an adult-housing development, which would require some additional land, which he has already acquired, but needs an amendment of the Hamiltonban Township zoning-ordinance in order to continue.

Supervisor Coleen Reamer told the News-Journal, "(the township) recognizes the need for adult-housing in our community... and would like to see an adult-community on that site," adding, "Therefore, will be working with our solicitor and Dave Sites to come to a solution and ordinance change (or) addition."

### Supervisor invites participation

A Liberty Township Board supervisor invited residents to participate in the functions of the municipality at their January meeting.

Supervisor Kienholz said, "I'd like to thank the citizens of the township who did step up to the different positions we were meeting (at the reorganization meeting) to fill

in our township. My hat's off to them for taking an interest in our township."

Bobby Keilholtz asked if there is anyone who has an interest in stepping-up for any of the positions on the planning board, or the zooming board, or any of the other vol-

unteer positions, to please make it known "and we'll certainly discuss it with you."

Several volunteers were confirmed at the board's reorganization meeting which preceded the supervisors' regular meeting on January 4.

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# THURMONT NEWS

## Annexation proposal advances to planning

The commissioners accepted an annexation petition at their January 4 meeting, and voted to forward the request to the Planning & Zoning Commission for further study and to render a recommendation to the board regarding the proposal.

Daniel Cross, Cross & Company, LLC, told the commissioners that the annexation would be intended to facilitate the construction of a 24.48-acre development site on land which presently spans the Town of Thurmont and Frederick County. As matters presently stand, 7.79 acres are already in the town, with the balance, 16.69 acres, located in the county.

The property is bound by a condominium development (spanning Easy Street, Luther Drive and Cody Drive) to the south side ... Apples Church Road on the west and north sides ... and Graceham Road on the east side.

Cross said that the portion of the proposed development within Frederick County does lie within Thurmont's designated growth-boundary, further stating, "This is where you have already said this is where you want the town to grow."

The land developer further stated that the current "vision" for the development consists of a combination of affordable, mixed-use, intergenera-

tional-community residential units, including townhouses and 2-over-2 style, four-story, condominium townhouses. Plans also would provide for senior independent living, a child day-care center, as well as open spaces, "victory gardens," pedestrian-friendly streetscapes, tot lots, a dog park, and food-truck parking site.

The numbers of each type of housing presently proposed includes 31 townhouses; 7 studio apartments and 172 condominiums.

Regarding the concept, Cross stated, "I'm a strong advocate of Mayberry. I don't quite understand why we ... as a society ... have developed

exclusive-age 55-plus communities and we've segregated-out our old population and have said, 'You go live by yourself and we'll do regular neighborhoods for other people here.'"

There will also be one 15,000-square foot, single-family lot which would remain being the home of the seller, Patricia Simmers, as part of the agreement-of-sale.

Town Planner Chris Jakubiak stated that the proposed annexation was the first annexation that the town has seen since having adopted a new zoning ordinance in October 2019, which contains new procedures for reviewing annexations.

The planner further noted that the portion of the development-site located in the town is zoned for agriculture, as is the land in Frederick County, and both would have to be re-zoned for high-density residential. The town Master Plan, he said, recommended that the last be re-zoned residential.

Jakubiak further stated that the municipal public facilities "are adequate" to service the new development, although the wastewater pumping station may have to be dramatically overhauled or replaced with a new one.

As a result of the commissioners' actions, the town Planning & Zoning Commission will continue with their review of the project.

## Frederick Road bridge contract awarded

The Town Council awarded a contract during their January 12 meeting to initiate proposed repairs to be made on the Frederick Road Bridge which spans Hunting Creek.

The contract was awarded to Marine Technologies, the lowest of three bidders, who stated they could perform the repairs for \$87,300. The money will be provided by using capital reserve funds.

The bridge is located immediately adjacent to the town's Public Works office, the Food Bank, and the Commu-

nity Park. The bridge was built in 1928 and reconstructed in 1984. The work on the repairs this year will result in one-lane traffic for short intervals.

Chief Administrative Officer Humerick told the News-Journal that the bridge is inspected annually by an engineering firm, contracted by Frederick County, and that over the past several years, various recommendations for repairs have been generated as a result of these annual inspections.

Humerick stated that none of the

repairs involve portions of the bridge regarded as being as critical, adding, "but we want to be proactive and make the repairs now ... to extend the life of the bridge."

Most of the work proposed involves sealing cracks, repairing areas damaged by spalling on the concrete beams, providing scour protection, stabilizing gabions, and sidewalk replacement.

Spalling is a form of degradation that occurs on or within concrete structures as the result of stress, or the expansion and

contraction of steel reinforcement bars embedded within the concrete. The end result is the breaking-up of the concrete thereby producing cracks and generating flakes or other loose pieces of concrete.

Scour protection involves applying various methods to protect the foundation of the bridge from eroding, while gabions are generally wire cages containing rocks ... utilized in stabilizing the embankments to prevent damage as the result of stream erosion.

Mayor John Kinnaird noted that the

proposed repairs are superficial, and those aren't really structural issues, but are more like cosmetic issues which could later lead to structural issues if not addressed.

Superintendent of Public Works Harold Lawson had previously noted that the bridge was determined as being in "poor condition," and that the repairs could extend the life of the bridge 10 to 20 years.

Regarding the timeframe for working-on and completing the bridge repairs, Lawson said the window for such work would run from April 30 to October 1. The bidders were told that the work needs to be completed by September 30.

## News-Briefs . . .

### Board approves KIA dedications

The commissioners approved at their January 12 meeting the concept of dedicating town-owned bridges in honor of veteran Thurmont soldiers that have been killed-in-action. The topic had been originally introduced at their November 24 meeting.

The consensus was based on the understanding that the town would not fund such efforts, and that it would remain the responsibility of the entity seeking such a designation. However, in this case, the dedications were being sought by the American Legion.

American Legion Post 168 member Gary Spegal had presented the legion's proposal at the November meeting, and then updated his request at the January 12 meeting.

Specifically, Spegal has been seeking approval to dedicate two bridges

which include the Frederick Road Bridge, by Community Park, and the Moser Road Bridge in the vicinity of the library, in memory of United States Marine Corps Sergeant Woodrow Franklin Carbaugh, killed in action on June 5, 1968, and Marine Private First-Class Charles Robert Pittinger, killed in action on November 17, 1969. Carbaugh was a 1965 graduate of Catoclin High School (CHS). Pittinger was a 1967 graduate of CHS.

Additionally, a third individual, Marine Lance Corporal James Higgins, killed in Iraq, could be a candidate and thus subject of a bridge dedication, but it has yet to be determined in which community he was actually a resident. He was also a graduate of CHS.

Memorial signage would be placed at each end of the bridges that would

be earmarked for a dedication.

The commissioners previously stated they supported such an effort, but that they needed assurance that any individuals who were to be so-recognized - actually resided within the town boundaries.

### COVID-19 concerns addressed

Effective as of January 12, in-person attendance of the town meetings has been suspended due to the increase in coronavirus cases. The commissioners are also no longer participating in town meetings in-person and are now conducting the meetings remotely via Zoom.

Commissioner Hooper requested residents at the commissioners' January 5 meeting to support local businesses during the COVID-19 epidemic.

Commissioner Hooper stated, "Please do patronize our businesses ...

local restaurants (and other businesses) ... because people are scared. They're not going out ... for good reason ... and we need to make sure our local businesses stay afloat."

He said that hopefully the coronavirus pandemic will pass, and that people will be able to get more vaccine shots... "and maybe it will make a difference," adding, "Hopefully (2021) is going to be a good one."

Commissioner Buehrer emphasized that people still need to protect themselves during the pandemic. "The numbers are not looking good with this COVID, so we've got to maintain this discipline until we've got this thing eradicated," he stated.

"I'm just asking our citizens to be diligent and respectful towards one another, and to follow the protocol," Buehrer said.

### New officer joins Thurmont police

A new Thurmont police officer was sworn-in at the commissioners' January 12 meeting.

Officer Michael Weaver was given the oath-of-office by Commissioner Hamrick, on behalf of Mayor Kinnaird, who was attending the meeting remotely.

Weaver is a resident of Thurmont, having moved into town in 1998 when he was hired by the Frederick City Police Department. Prior to that, he attended Indiana University of Pennsylvania where he received his degree in criminology.

Officer Weaver stated, "I've already been with the department for a few days and so far, it's going very well, ... it's a little change from Frederick, but I like it ... The chief really stressed to me the community policing aspect of it (the duties) and I'm looking forward to that."

 <p><b>Michelob</b> <b>ULTRA</b> <b>ORGANIC</b> <b>SELTZER</b></p> <p>12 PAK VARIETY</p>	 <p><b>BLACK BUTTON</b> <b>BOURBON</b> <b>CREAM or</b> <b>4 GRAIN</b> <b>BOURBON</b></p> <p>750 ML</p>	 <p><b>JIM BEAM</b> <b>ALL FLAVORS</b></p> <p>1.75 ML <b>\$28.99</b></p>	 <p><b>BLACKENED</b> <b>WHISKEY</b></p> <p>750 ML</p>
 <p><b>Captain</b> <b>Morgan</b></p> <p><b>NEW!</b> <b>Sliced</b> <b>Apple</b> <b>RUM</b></p> <p>750 ML</p>	 <p><b>FORDHAM LEE</b> <b>DISTILLERY</b></p> <p><b>New!</b> <b>BLUEBERRY SWIRL</b> <b>CREAM WHISKEY</b></p>	 <p><b>21st AMENDMENT</b> <b>BREWERY</b></p> <p><b>CRAFT</b> <b>BEER</b></p>	<p><b>WE HAVE A</b> <b>NICE SELECTION</b> <b>OF BOURBON</b> <b>WHISKEY!</b></p>
 <p><b>WOODFORD</b> <b>RESERVE.</b> <b>BOURBON</b></p> <p><b>Malt or</b> <b>American Wheat</b></p> <p>750 ML</p>	 <p><b>Paul's Pit Stop</b> <b>DISCOUNT BEER, WINE &amp; LIQUOR</b></p> <p><b>Website: m.paulspitstop.net</b></p> <p>150 S. Seton Ave., Emmitsburg <b>301-447-6262</b></p> <p>Monday - Saturday 9 a.m. - 9 p.m. Sunday 11 a.m. - 7 p.m.</p>		 <p><b>BAILEYS</b></p> <p><b>DELIGHT</b> <b>LIQUEUR</b></p>

## TANEYTOWN NEWS

## Former mayor dies of COVID complications

The City Council opened its January work session by honoring former Mayor Robert Flickinger, who passed away at age 88 on January 1 from complications arising after having contracted COVID-19.

Mayor Bradley Wantz stated, "On January 1st we lost a true Taneytown statesman in Bob Flickinger. A three-time mayor and ... 16-year council-person here in the city, and I don't think you could point out anyone who has done

more for the City of Taneytown than Bob Flickinger did."

Mayor Wantz further commented, "It was a tremendous loss to the city, and I ask that everyone please keep the family in your thoughts and prayers," adding, "I know they were preparing themselves for it. He had been in declining health for some time, but it's still a shock when it does happen."

Councilman Joe Vigliotti commented that losing Flickinger "was to lose a part of the town," adding,

"Sometimes you come across someone who makes such a difference ... he becomes a perpetual and integral part of that town ... Flickinger was such a man."

According to Flickinger's obituary, the former mayor passed away at Lorien Taneytown from complications of Covid-pneumonia. Flickinger served as the mayor of Taneytown from 1978 to 1979, from 1995 to 1999, and from 2003 to 2007, and had served in county government as former-member and

chairman of the Carroll County Commission on Aging, and on the Carroll County Parks and Recreation Council.

He was inducted into the Municipal League Hall of Fame in 1997 for having served more than 20 years in public office. Flickinger's full obituary may be found at [myersdurborawfh.com](http://myersdurborawfh.com).

In other business, the council adopted at the regular January meeting ... an ordinance allowing for the establishment of park impact fees for proposed housing develop-

ments, and a resolution establishing the fees schedule itself.

As a result of the approvals, the park impact-fee will be assessed in the amount of \$1,000 per dwelling unit. If a developer does not wish to provide open space, they would then be compelled to pay both a \$1,000 per-unit park impact fee and a \$1,500 per-unit in lieu-of-open space fee, for a total of \$2,500 per unit, payable when a developer receives their building permit.

The new park impact fees were adopted by the unanimous vote of the council.

## Bay restoration exemptions to be updated

The City Council approved at their January meeting the revision of financial thresholds that will alleviate qualifying and financially stressed homeowners from having to contribute to the Bay Restoration Fund.

The Bay Restoration Fund is administered by the Maryland Department of the Environment and was initially conceived to establish a fund to aid wastewater treatment plants in removing certain pollutants that may impact the water quality of the Chesapeake Bay. The fund is maintained by fees accessed on businesses and property owners. How-

ever, regarding financially stressed contributors, the law also allows exceptions to be granted.

The revisions include ending Taneytown's threshold for exemption, and, if adopted, would simply employ the thresholds established by other supplementary-income programs upon which to base exemptions to the bay fund. Discussions spanned several meetings as far back as December 9. At the council's January meeting, it was decided to consider final adoption of the proposal at their February meeting.

City Manager Jim Wieprecht told

the city council at their December 9 work-session that the Taneytown Bay Restoration Fee Hardship Exemptions Program, including the thresholds for exemptions, was created in 2013, and that "it appears that the intent was to revisit the resolution on an annual basis to update the threshold figures."

However, he noted that it came to his attention this year that the income parameters on the exemption process had not changed since 2013 and that, as a result, some homeowners who might have qualified more recently did not, because their

income numbers had changed (risen) due to their receiving various supplementary sources of income (such as supplemental nutrition program, supplemental income, supplemental disability, and other assistance).

"So now we're having people who are no longer qualifying ... because the amount they're receiving for supplementary income, or things like that, have increased a little bit over the years and our threshold never has," Wieprecht stated.

Wieprecht then recommended disbanding the city threshold all together and then using the income thresh-

olds established by the other supplementary programs for determining whether or not anyone could participate in any of those programs.

"I think it's redundant for us to have our own income threshold. So, rather than having two qualifiers to qualify for our hardship exemption, I suggest we get rid of the income threshold and just leave it at - if someone qualifies for nutrition assistance or supplemental income or disability - because each of those has their own income criteria already," the city manager said, adding, "I think it's going to make it easier for people to qualify."

## Parks board discusses COVID-19 impact

The Parks & Recreation Advisory Board reviewed the past year's efforts with regards to local and regional sports event during the pandemic and discussed plans for the coming season.

John Franks, president of Francis Scott Key (FSK) Jr Eagles Football, told the board that COVID-19 had effectively "shut our season down (as of) June or July last year. "Because of the current situation we haven't really done much. We've had no season."

However, he stated, "Now that we're into the new year, we are looking into fundraising and things of that nature to try to help with allevi-

ating the amount of money that we lost trying to start-up last season."

Additionally, Franks said, registration for the coming season will take place, stating, "April 1 is when we open our registration. Hopefully the current coronavirus situation did not impact our registrations very badly, so we would anticipate probably in the neighborhood of about 90 registrations."

Regarding baseball, Richard Krebs, president of Taneytown Lions Baseball, told the board, "We had a couple of COVID scares where one of the parents showed up after testing positive ... (but

they) never really got within six-feet of anybody, so we shut-down ... (and) made sure everything was clear." He said the teams went back to playing three or four days later, "and that happened twice (someone present with COVID), but that there was no contact exposure resulting from the incidents."

Additionally, he noted, the league is currently working on a merger "between our league and the West Carroll Baseball League ... which will potentially bring two more eight-year teams and possibly four more T-ball teams, so that's going to bump our numbers

up drastically." Krebs also added that, "New to this year, we're going to play baseball in Adams County, at all age-levels except for T-ball, which will remain in-house in Taneytown and Union Bridge."

Rebecca Bachtel, president and coach of West Carroll Field Hockey, told the board, "West Carroll Field Hockey was able to have a season this fall. We had lower numbers. We had to modify some things (such as combining some teams to achieve the team numbers necessary) and the girls were still very competitive, so it was good."

"We had to cancel one game due to a possible COVID exposure, and then the last game got rained-out," adding, "The parents were happy the kids were playing. The girls were happy to play. It was a great fall for us ... despite the circumstances." Bachtel stated.

We used the field at Bark Hill, which we're hoping to use again, so we won't have any conflicts with baseball and things like that because there's a lot more space over at Bark Hill. The fields are not lighted so "we had to modify our practice times ... but we made it work and the parents were very accommodating..."

## News-Briefs . . .

### Dog access to parks considered

The City Council considered amending regulations, which presently exist restricting dogs from city parks, to pave the way for possible dog-walks and way stations. During the council's January 6 work session, Councilman Joe Vigliotti initiated discussions concerning the issue of restricting dogs from having access to the parks.

The councilman noted that among the department reports, the Department of Parks & Recreation indicated the department was going to be researching costs for installing a dog-park at Roberts Mill Park.

Additionally, Vigliotti pointed-out that the report also indicated that the department was also going to be ordering dog "way stations" to be installed in the spring. Such way stations, are commonly equipped with trashcans and plastic bags to facilitate dog waste.

After the commissioner noted that current city regulations prohibit dogs in parks, Mayor Wantz commented, "We need to think about the reality of it, and the reality is this: our parks are open to the public, they are not monitored, we don't have security ... in the parks, so is it realistic to tell people they cannot walk their dog in the park?"

City Manager Wieprecht said it appears that the applicable city ordinance seems to indicate that the rules can be changed at-will, without having to go through an amendment process. The change is scheduled to be considered further at a future meeting.

### Groundwater pump/motor unwell

Wieprecht reported during the Council's January work session shop that there had been issues reported regarding one of the city's wells that supply water to the community.

Wieprecht stated that Well No. 17 (located near the Baptist Church) had some pumping issues, so staff requested that a vendor inspect pump to determine what the issues were, and both the pump and its motor were found to be bad.

"The issue is that the well is not pumping at the rate that it typically does," Wieprecht said, adding, "The suspicion is - that because we have a pump and motor that are sized to pump significantly more than we are currently pumping, that the motor is not cooling properly and has shortened its life span."

He said that wiring and controls were salvageable, but that the loss of the pump and motor was not the least expensive possibility ... (But) it's not the absolutely worse case either. He said if the failure reoccurs, "We're going to have to think long and hard about the future of that well and our expectations for its production-level." The cost of replacement will be presented at the February meeting.



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## FROM THE DESK OF...

## Emmitsburg Mayor Don Briggs

We have a new president. The 46th President of the United States, Joseph R. Biden, Jr. We hope and pray for his success as it is tied to our success. There is an expression in golf, "Play your lie". Let us direct our full attention to getting on the other side of this pandemic and to our future, our children. Let us get them back to school and into school activities. While we may be distracted by the ups and downs of the stock market as a measure of good and bad, the real gauge is achievements of our children. Their opportunities for growth, health and education are our responsibility to provide. It is not only our goal, but our responsibility to hand off to them a better place to live their lives than what we had.

Congratulations to our community. Emmitsburg has been recognized by onlyinourstate.com as one of "The 10 most beautiful, charming small towns in Maryland." The historic downtown is special. A lot of hard work and sacrifices went into making it special. Our completion of new sidewalks, square, and finally, the State completion of the bridge entailed lots of one lane traffic and many stop N goes. Thank you

to our town staff for their hard work and the entire community for their patience.

More than just sometimes the feel is we are on an island up this way. For the most part we like it that way. But for County services, sometimes it is like we are a distant tribe in the Frederick County diaspora. Regarding the corona virus, vaccinations are now being scheduled. I got my first one already. I registered online to identify myself and called a number given by the Frederick County Health Department, 301-600-7900 to set up an appointment.

Calling was my choice, there is the option to set appointments online. The entire process went on without a hitch except one, why could we not have a vaccination site up our way? Through the efforts of Vigilant Hose Company, we are trying to get a vaccination site in northern Frederick County. Our fire company has offered to the County its auxiliary building on Creamery Road as a vaccination site.

The second surge of the Corona virus has hit our zip code hard. COVID 19 cases increased from 26-30 some cases in late summer to 284 cases as of Jan-

uary 19th. For the same dates Frederick County had 14,447 cases and 216 deaths. For Maryland there were 330,186 cases and 6,476 deaths. For hospitals, ICU bed demand remains high, acute beds demand remains high, and total bed demand remains high.

To update, the following grants are now in process:

- FY21 Two Mini Picnic Pavilions in the back of Community Park - \$30,750
- FY20 Band stand renovation - \$11,250
- FY20 Memorial Park ball field #7 bleacher replacement - \$5,250
- FY20 Community gardens rehab - \$2,550
- Disc golf course construction - \$14,000
- FY21 Wayside Exhibits - \$12,052 grant
- Engineering study for the water-line replacement project - \$25,000

At the January regularly scheduled town meeting commissioners approved four additional wayside exhibits:

- John Armstrong and American Long Rifle (East Main Street)

- The Emmitsburg Railroad (South Seton Avenue)
- Volunteers Mural (South Seton Avenue)
- Historic St. Joseph's House (South Seton Avenue)

Thank you to all our first responders, hospital staffs, and front liners who serve us every day. For the week of January 11th Vigilant Hose Company had 11 fire calls and 33 ambulances calla. Again, this is only for one week.

Ryan Homes have 10 contracts for future homes, and they have not even formally opened their sales program. Looking forward to meeting our new neighbors.

My monthly mantra, please support our restaurants and businesses. These are good people who serve us. As a community, through the town, grants applied, qualified for and received by the restaurants and businesses pales compared to the economic reality of the loss these businesses experienced. Treat yourselves – Help our neighbors – Buy Local – Buy Carry Out – Dine Out and enjoy!

It has been hard to be a mayor who cannot be out and about meeting with you all and or meeting you in the town office. I look forward to seeing you all again (Soon!).

County Councilman  
Phil Dacey

The County Council in the New Year has been involved in some relatively mundane issues like providing more flexibility on the posting of business signs and some more controversial issues like creation of an immigration advisory commission and increasing the size of the county's budget.

Allow me to talk about the budget issue first. In January, in the midst of the pandemic and unprecedented economic issues, the County Council voted to increase the county budget by \$1.1 million. With more than \$1 million of your tax dollars, we did not increase the budget to support vaccination efforts. We did not spend that money to support first responders in this health emergency. We were making this big expenditure to increase the number of general county government positions including 2 deputy directors, a procurement analyst, a chief equity officer, Human Resource training, and others.

This is an example of government that is out of touch. Private businesses are doing more with less. Many people and businesses in the private sector are struggling. People are working fewer hours, businesses are struggling to make rent. Given all that, the government continues to grow unabated. Even a pandemic cannot stop the continuing growth of government.

On the issue of the immigration advisory committee, the Council has been debating and hearing from the public on the potential creation of an immigration commission. There has been much debate over the scope of this potential commission. There is concern that this commission will wade into controversial immigration policy issues that should be left to the federal government. There has frankly been concern that the commission will delve into the highly successful 287(g) program to hold criminal illegal immigrants on behalf of the federal government. As of the writing of this article, there has not been a final vote on this commission. We will have more public comment on this before a decision is made. Please feel free to make your voice heard on this issue and any others within the county.

## County Notes...

Conservation Reserve  
Program General Signup Begins

Agricultural producers and private landowners interested in the Conservation Reserve Program (CRP) can sign up for the popular program until Feb. 12. The competitive program, administered by USDA's Farm Service Agency (FSA), provides annual rental payments for land devoted to conservation purposes.

"This signup for the Conservation Reserve Program gives producers and landowners an opportunity to enroll for the first time or continue their participation for another term," Jim Eichhorst said. "This program encourages conservation on sensitive lands or low-yielding acres, which provides tremendous benefits for stewardship of our natural resources and wildlife."

Through CRP, farmers and ranchers establish long-term, resource-conserving plant species, such as approved grasses or trees, to control soil erosion, improve water quality and enhance wildlife habitat on cropland. Farmers and ranchers who participate in CRP help provide numerous benefits

to their local region and the nation's environment and economy. CRP general signup is held annually and is competitive; general signup includes increased opportunities for wildlife habitat enrollment through the State Acres For Wildlife Enhancement (SAFE) initiative.

New cropland offered in the program must have been planted for four out of six crop years from 2012 to 2017. Additionally, producers with land already enrolled but expiring on Sept. 30, can re-enroll this year. The acreage offered by producers and landowners is evaluated competitively; accepted offers will begin Oct. 1.

Signed into law in 1985, CRP is one of the largest private-lands conservation programs in the United States. The program marked its 35-year anniversary in December 2020. Program successes include:

Preventing more than 9 billion tons of soil from eroding, which is enough soil to fill 600 million dump trucks.

Reducing nitrogen and phosphorus runoff relative to annually tilled cropland by 95% and 85%, respectively.

Sequestering an annual average of 49 million tons of greenhouse gases, equal to taking 9 million cars off the road.

Creating more than 3 million acres of restored wetlands while protecting more than 175,000 stream miles with riparian forest and grass buffers, which is enough to go around the world seven times.

Benefiting bees and other pollinators and increasing populations of ducks, pheasants, turkey, bobwhite quail, prairie chickens, grasshopper sparrows, and many other birds.

All USDA Service Centers are open for business, including those that restrict in-person visits or require appointments. All Service Center visitors wishing to conduct business with FSA, Natural Resources Conservation Service or any other Service Center agency should call ahead and schedule an appointment. Service Centers that are open for appointments will pre-screen visitors based on health concerns or recent travel, and visitors must adhere to social distancing guidelines. Visitors are also required to wear a face covering during their appointment. Our program delivery staff will continue to work with our producers by phone, email, and using online tools. More information can be found at farmers.gov/coronavirus.

## Agriculture Innovation Grants

Applications are being accepted for Frederick County Government's new Agriculture Innovation Grants. The program is designed to keep agriculture a viable and profitable industry for future generations of farmers, a goal of the award-winning Livable Frederick master plan. Farmers may apply for competitive grants of \$5,000 or more to help expand or diversify their business operations.

To be eligible, applicants must be a crop or livestock producer, a value-added producer, an agricultural cooperative, a seafood processor, or a primary or secondary timber products processor.

Information on the program, including how to apply, is available online at [www.DiscoverFrederickMd.com/ag\\_innovation\\_grant](http://www.DiscoverFrederickMd.com/ag_innovation_grant).

A review committee will score all applications based on established metrics and then recommend awards to the County Executive. The process is expected to take four to six weeks after the application period closes. There will be two application periods each year for the Agricultural Innovation Grant Program, one in January and another in July.



## The Connectors

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FREDERICK COUNTY  
MARYLAND  
Office of Economic Development

# GOVERNMENT—SOUTH OF THE BORDER

## County Executive Jan Gardner

Each February, we set aside time to celebrate love. I love my husband of 37 years. I love my parents, my children, and take great joy in my grandchildren. And I love our community. It is easy on cold, dark winter days to forget about the warmth and love that surround us. Love comes in more forms than Valentines. We see love in the helping hands of volunteers at the Seton Center and our local fire companies; in the actions of our neighbors who shovel our walks; and in the faces of friends who offer a cheery word to lift us up.

It's important to remember these positive thoughts during these trying times. Sadly, COVID-19 has sickened many of our neighbors and taken the lives of hundreds in Frederick County. In January, we saw record levels of hospitalizations due to the virus. Most of us now know someone who has suffered from COVID-19.

But there is good news! We are in our last big battle of the pandemic and help is on the way in the form of a vaccine.

Right now, Job One at Frederick County Government is vaccinating our residents against COVID-19. There are tens of thousands of people in Frederick County who want to be vaccinated, but only a small number of doses are currently available each week. Thus, the demand for the vaccine far exceeds the supply, creating a

lot of frustration. The County opens up appointment times at our vaccination clinics as soon as we receive doses from the State each week, and every single dose is put into someone's arm the same week we receive it.

### The question of the day, is when can I get my vaccine?

Frederick County is part of a statewide plan for distribution of the vaccine. The Governor and the Maryland Department of Health have established the priority order. Healthcare workers, first responders, and nursing home residents and staff were at the top of the list (Group 1A). The next priority group is people ages 75 and older (Group 1B).

Frederick County has approximately 14,000 residents in the 75 and older age group. Once everyone in this group who wants a vaccine has received it, vaccination clinics will open to those 65 and older, as well as others identified by the State as eligible for vaccines, including educators and childcare providers. Last week, the Frederick County Health Department received 1,900 doses of vaccine, this week about 3,200 doses. So, you can clearly see how limiting the supply of vaccine is relative to our population.

### The best way to get in the queue for a vaccine is to pre-register.

Frederick County has opened a pre-registration process for people

interested in receiving the COVID-19 vaccine. The first step is to complete a Vaccine Interest Form at [FrederickCountyMD.gov/CovidVaccine](http://FrederickCountyMD.gov/CovidVaccine). Completing this form does NOT schedule you for an appointment. The Health Department will contact people who have pre-registered by completing the form when their group becomes eligible for the vaccine, and they can then register for a specific appointment time that works for them. A link will be provided to sign up online or a phone number will be made available for people to call to schedule the appointment.

The majority of appointments for vaccinations will be made using the pre-registration process. So, it is important for people to sign up online and complete the Vaccine Interest Form. If you know of someone without access to the internet, you can fill out a form for them.

Frederick County Government has also set up a call center to help seniors who don't have email or for people who do not have internet access. These individuals can call the Frederick County's COVID-19 Vaccine Appointment Call Center to make an appointment by phone Monday to Friday from 8 a.m. to 5 p.m. The number is 301-600-7900. Spanish speakers should call 301-600-7905. Please note that this call center is specifically to help people

make appointments if they cannot do so themselves online. The call center has been extremely busy, so we ask others in our community to check on friends, family, or neighbors who may not be able to make their appointment online and help them with that process so that our call center can help those most in need of assistance.

Appointment slots continue to be limited due to limited supply of the vaccine, but more will be available each week as more vaccine becomes available.

Our community is fortunate to have excellent partners working together on this huge undertaking. The County and the local Health Department are coordinating our vaccination efforts along with Frederick Health Hospital and some of our pharmacies. The hospital vaccinated age 75+ patients of their medical group. CVS helped to vaccinate residents and staff at our assisted living facilities, and Giant has begun taking appointments at their pharmacy on Kingfisher Drive in Frederick, though supplies are very limited.

Frederick County Government has fully supported the vaccination effort with county staff, funding, and technology so that we can vaccinate as many people as possible in as short a time as possible. We know that it will take months to vaccinate everyone who wants to be vaccinated. We have plans to

add more clinic locations, including a drive-through location, as soon as more vaccine is available. We are prepared to deliver all of the vaccine we receive every week and hope to receive an increased amount of doses in the future. It will take time, so I ask for everyone's patience.

Even with the start of vaccinations, we need to remain on guard against the virus. The virus is still with us and hospitalizations and deaths remain extremely high. Practice the three Ws: Wash your hands, Wear a mask, and Watch your distance.

I also encourage everyone to stay informed. Frederick County Public Health Officer Dr. Barbara Brookmyer and I provide updates most Thursdays at 11 a.m. You can watch these briefings on cable channel 19 or on the County's website at [FrederickCountyMD.gov/FCGTV](http://FrederickCountyMD.gov/FCGTV). These weekly press briefings provide information on our battle with COVID, opportunities for economic assistance for both businesses and individuals suffering from the economic impacts of the pandemic, and updates on the vaccination process. I hope to announce some good news on this front in the coming weeks, so stay tuned!

*Everything you want to know about vaccinations can be found at [www.frederickcountymd.gov/covidvaccine](http://www.frederickcountymd.gov/covidvaccine). Information will be updated regularly.*

## County COVID-19 updates

### County COVID-19 vaccine efforts update

Because the supply of COVID-19 vaccines remains extremely limited, Frederick County will continue to make vaccination clinics available only to people in Group 1A of the State of Maryland's priority pyramid and to residents who are 75 years old and older. As more doses are made available, additional vaccination clinics will be scheduled. Vaccines are being administered by appointment only.

"We are prioritizing our most vul-

nerable residents to be vaccinated first consistent with state directives," Frederick County Executive Jan Gardner said today.

"Protecting our oldest residents will help to reduce the number of deaths and hospitalizations in our county. We will open up our clinics to more people once the supply of vaccine catches up to the demand."

The Frederick County Health Department received 1,900 doses of vaccine this week and expects to receive a similar amount next week. The cohort of people over the age of 75 in Frederick County

is about 14,000 people. Data on vaccine distribution can now be found on the County's COVID-19 dashboard, [FrederickCountyMD.gov/CovidStats](http://FrederickCountyMD.gov/CovidStats).

People over 75 can register online at [FrederickCountyMD.gov/CovidVaccine](http://FrederickCountyMD.gov/CovidVaccine).

Information about how to navigate the registration process can be found at [FrederickCountyMD.gov/SeniorServices](http://FrederickCountyMD.gov/SeniorServices). Seniors without internet access can call 301-600-7900 weekdays from 8 a.m. until 5 p.m.

Any resident interested in receiving a vaccine is encouraged to pre-reg-

ister with the Frederick County Health Department. To pre-register, visit [FrederickCountyMD.gov/CovidVaccine](http://FrederickCountyMD.gov/CovidVaccine) and complete the Vaccine Interest Form. People who pre-register will be contacted by the Frederick County Health Department once they are eligible to register for a vaccination clinic.



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LIST OF PARTICIPATING BUSINESSES:

<p><b>RETAIL:</b> Cousin's Ace Hardware Gateway Candyland &amp; Liquors Hobbs Hardware Med One Pharmacy Rebecca Pearl Gallery Red Canary Tattoo Rowlands Art &amp; Glass Thurmont Main Street Center Timeless Trends Boutique Town &amp; Country Liquors</p>	<p><b>FOOD:</b> Bollinger's Family Restaurant Hillside Turkey Farm Hoffman's Market Los Amigos Restaurant Mountain Gate Family Restaurant Rocky's New York Pizza &amp; Italian Restaurant Simply Asia Thurmont Bar &amp; Grill Thurmont Kountry Kitchen</p>	<p><b>SALONS:</b> Beautiful You Salon &amp; Spa Here's Clyde's Family Hair Care Images Of "U" Hair Studio Jen's Cutting Edge Salon M&amp;T Shear Magic, Inc. Renovations Salon &amp; Day Spa Tracie's House Of Hair</p>
<p><b>PET CARE:</b> Catoctin Vet Clinic</p>	<p><b>GETAWAYS:</b> Ole Mink Farm</p>	<p><b>CAR CARE:</b> Complete Auto Diagnostic Criswell Auto Service Gateway Automotive</p>

## FROM THE DESK OF...

## Carroll Valley Mayor Ron Harris

This is February and you know what that means “A challenge to keep those resolutions!” February is also the month to remember loved ones. February 14th is Valentine’s Day. Fathers, Uncles, Grandfathers, you are invited to spend a semi-formal evening full of music, dancing, food, and fun with the special girl in your lives. Mark your calendar for the 3rd Annual Daddy Daughter Fairy Picnic scheduled for Saturday February 11th 6 to 9:30 pm at the Fairfield Fire & EMS Banquet Hall. Seating is limited. Pre-resignation is required. For more information or to register go to [cvj4events@gmail.com](mailto:cvj4events@gmail.com) or call 717-642-8269.

February 27th is “Fat Tuesday”, which is the day before Ash Wednesday and the last day of Mardi Gras. It was the custom of the German immigrants who settled in Pennsylvania to use up all the fat in their house prior to Lent by making the fastnacht. It is a square doughnut without a hole, fried in fat. Hope you enjoy your fried cakes.

Dr. Lisa Wolkind and Councilor Sarah Skoczen told me that New Year’s Day 2017 started with a happy dance. “Drain Kitty” had been reunited with

her family! So, who is “Drain Kitty”? She is a very special cat who created a stir along Fairfield Road. Several months ago, new free roaming cats were noticed near Dollar General in Hamiltonban. One kitty was hit by a car, rescued by a good Samaritan, taken for veterinary care, and is still hoping to find his lost family. “Drain kitty” found shelter in the drain pipe along 116. Fortunately, Dorothy, a dedicated animal lover, took responsibility for feeding this cat every day. The Adams County Community Cats TNR team and Abby Avery, the SPCA shelter manager became involved. Multiple people visited drain kitty and tried to gain her trust by sitting with her in the culvert and feeding her. This is by no means a normal sight in Fairfield! Concerned citizens reacted by summoning emergency services to make sure that the people in the culvert were not injured. Many thanks go out to these unknown people and to the emergency services who were so patient with us. A photo of Drain kitty was taken and shared on community Facebook pages. Within a few days of posting, the owners were found! Drain kitty’s true name is Muf-

fin Jr. She is deaf and escaped in June 2016. Now, how is that for a happy way to start the New Year?

Volunteering means something different to each individual that gets involved in local government. The simplest definition may be “an individual that becomes part of something without any expectation of receiving anything in return.” I just know without the selflessness of our residents we could not accomplish many of the tasks that have made Carroll Valley a quality place to live and raise a family. The Carroll Valley Borough is currently looking for resident volunteers to fill vacancies on several boards/committees. There are two vacancies on the Parks, Recreation & Environmental Advisory Committee. There is one vacancy (member) on the Finance Committee and one vacancy (alternate) on the Zoning Hearing Board. There is also a vacancy on the Borough Council. Please consider offering your professional skills and talents to have a positive influence on our community by volunteering to help or serve. Contact the Borough Manager Dave Hazlett or the Assistant Borough Man-

ager/Secretary Gayle Marthers at 717-642-8269. If you are not interested in becoming a committee/council member but willing to help with a particular event such as the Fishing Derby or Easter Egg Hunt, make the call.

New year brings change. Pennsylvania automobile gas price increased by 8 cents. This is the last of three increases in four years. Funds generated are forecasted to be used for road and maintenance projects across the state. PA motorists pay a gas tax of 78 cents per gallon. PA license registration stickers will be replaced with Automated License Plate Reader. This means that registration is still required but no sticker will be sent to the customer. Online customers will renew and save a copy of and print a registration card on demand. Those who use snail mail will receive a card. However, in both cases, you will not be placing a sticker on the license plate indicating that you have registered your vehicle.

Pennsylvania received an extension by the federal government to comply with the requirements of the REAL ID Act until June 5th 2017. This extension allows PA residents to continue to use their driver’s licenses as identification to enter federal buildings through

June. This extension gives PA lawmakers more time to come into compliance with federal requirements in a cost-effective manner. Without this extension, residents would have needed additional photo ID, such as a passport, to gain access to federal buildings starting January 30th.

As President of the Adams County Boroughs Association (ACBA), I had the privilege to present a Certificate of Appreciation to Andy Strausbaugh. The script on the plaque reads “Thank you for your outstanding service as Treasurer since 1983. Your 33 years of diligence, dedication and commitment is gratefully appreciated. The Borough will be holding the following meetings in February: Planning Commission (Monday – Feb 6th), Borough Council (Tuesday – Feb 14th), Parks/Recreation Committee (Wednesday – Feb 22nd) and Public Safety Committee (Monday – Feb 27th). The Borough Office will be closed on Monday – Feb 20th for Presidents Day. If you have any questions, please do not hesitate to contact me by email at [MayorRonHarris@comcast.net](mailto:MayorRonHarris@comcast.net) or by cell at 301-606-2021. Be careful driving on the trails. We need to slow down. Watch out for ice especially at night.

## Walter Barlow, Liberty Township Supervisor

I hope that everyone had a wonderful Christmas and a safe and Happy New Year. As everyone knows, 2020 was a very hard year for our country. Praise the Lord that is behind us now and hopefully, we can move forward with a brighter year ahead.

The Liberty Township Zoning Hearing Board welcomes new members Cindy Arentz and Donna Powers. Additionally, the Planning Commission Board welcomes two new members John Hutzell and Horst Stehmer. The Township greatly appreciates these individuals volunteering their time.

The Road Department continues to be busy winterizing equipment and cleaning culvert pipes. We ask that residents owning driveways constructed with culvert pipes please

keep them clear of any debris. This is necessary to prevent water from accumulating and freezing on roads causing hazardous roadway conditions and damage to the roads. We appreciate your help in that area. We had several driveway applications and permit applications request this month that we went out and looked out and tentatively approved for the home owners. Again, as I address that driveway issue, our main objective is to keep the water from running out on the road, so please keep your pipes as clean as you can.

In February, you will see the Hamiltonban Township Road Crew helping us along our roads by cutting back some of the high areas in the township, specifically along Steelman Marker, McGlaughlin, Bullfrog, and Gladhill roads. At some

point, they will be out on almost all of the roads with their boom mower cutting back the high brush and limbs that hang over our roads. We appreciate the cooperation of Hamiltonban Township and their assistance with our road maintenance.

A road sign inventory was completed this past month and we are working to bring the Township in to compliance with updated state regulations for reflective signs and break away poles. We have identified 160 signs and poles that were not in compliance. Once the signs are purchased, replacing the old signs will be an ongoing project for the road crew.

We have also put bid packets together for the roads that we are going to be working on in the Spring and some of the roads that are going to be getting attention this year as far as tar and chip and base repair are Brent Road, and lower half of McGlaughlin Road between Water Street and Bullfrog Road. Bullfrog Road will be getting some base repair done prior to the bridge to the Hamiltonban line. We will also be performing tar and chip on Irishtown Road. Old Waynesboro Road will be torn up this summer and re-graveled.

Those are some of the roads that we plan on working on this year so I’m sure you will see us out and about trying to get them up to par.

We are also looking at adopting an ordinance to assist with tree removal of in the township. Section 2907 of the Pennsylvania Second-Class Township code allows for removal of diseased or dangerous trees by ordinance. We have been considering this option since 2018, and it is something I feel we need to do. As I have said in the past, we have a lot of dead ash trees along our roadways that are potentially very dangerous to the residents and motorists driving along our roads. It would be unrealistic as a Township to remove every tree that is dead along the roads without the cooperation of our residents. We currently wait to clear trees once they fall on to roadways, but we want to put into place measures that would permit us to approach the homeowners after we identify these trees and hopefully the homeowners can help us to address some of these issues. The goal is to work together with the property owners to maintain a safe environment identifying trees that could be a potential haz-

ard to travelers along our roads and to utility services.

Key Services Heating & Cooling to begin installation of HVAC units in the township offices and Police Department on January 22. The new system will be more efficient and cost effective than our current system.

Thank you again for the opportunity to serve you as one of your Supervisors and as Roadmaster. We have a great group of people and I look forward to working with them each and every day. I really appreciate every one of them: Wendy Peck, Jessica Ilko, Chief Hansen, and our Part-time Police Officers. We have Bobby Keilholtz and Bruce Pecher as our road crew. The staff are frequently attending continuing education classes to better serve you.

We invite our residents to come out and be a part of our township meeting if they are able. If you cannot come in person, please join us on YouTube using the link on the township website or call in on the open line the first Tuesday of every month to be involved. We look forward to serving you going forward and hearing from you. Thank you again for allowing me to serve you. Have a Wonderful February!

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# GOVERNMENT—NORTH OF THE BORDER

## County Commissioner Jim Martin

The Adams County Commissioners have navigated through perhaps our most challenging year since taking office. The memories and life adjustments we carry into 2021 are very sobering. Also sobering is the fact that media proclaimed that it is a great day when free speech of conservative thought is silenced. That being said, are we satisfied with hearing only one viewpoint and the handlers of that viewpoint become the manager of the “truth”? (This sounds like the theme of the book “1984”.) The First Amendment of our US Constitution was not written and given to us to be ignored? Protecting everyone’s free speech is essential to be free people and remain a republic. Thus, protecting our Free Speech needs to be a top priority for our nation and to be guarded at all levels of government; federal, state, county, and municipal.

As I expound upon the priority of Free Speech, County Commissioners across Pennsylvania have set noble priorities for 2021. The experiences of PA counties during the course of conducting county business, promulgates the need to bring forward priorities for action. The top priorities are then determined by majority vote of members of the County Commissioners Association of Pennsylvania (CCAP). These top priorities are then brought to our State Legislature by the CCAP delegation for legislative action.

It was no surprise that after a challenging election what the top priority would be. CCAP’s top priority, by a significant margin, was Election Code reforms. For the record my vote for the top priority was also Election Code Reforms. Under ACT 77 the time frame prior to election to apply and return mail-in ballots was reduced to seven days. This created basically an impossible time frame in which to process the ballots with our usual election staff; extra employees had to be hired, temporary transfers were made, and working overtime was necessary to meet deadlines. Pre-canvassing would have alleviated this situation, but ACT 77 made no allowance for this.

It is the consensus of CCAP that the above non-controversial issues be addressed by the legislature for corrective action. During a recent conference call legislators admitted that the mail-in ballot issue was not vetted well enough and County Commissioners should have been included in the discussion. Commissioners are the ones responsible for the execution of elections and therefore they are most familiar with election logistics. Just for the record, I contacted our local legislators and told them to vote “no” for ACT 77.

This is only part of the picture of our challenges. To really make reforms outside the CCAP proposal, I would like to recommend that the mail-in

ballot process be suspended until thoroughly vetted with County Commissioners at the table. If we continue with mail-in ballots, I suggest that registered voters must personally request the application for a ballot directly from the county elections office. Additionally, that application must be bar coded to that individual. This would tighten the distribution process and provide a measure of integrity far greater than that provided in ACT 77. Similarly, for greater integrity mail-in ballots must be signed by the voter and verified in like manner as are signatures of walk-in voters voting at their polls.

Speaking of elections, I need to interject an important reminder. Pennsylvania is headed into another high profile election cycle which could have a huge impact on our daily lives. This being an odd numbered year, the focus will be upon judicial candidates. State-wide we will be electing a Supreme Court Justice, two judges to the Commonwealth Court, and a judge to the Superior Court. This year’s election should be taken seriously. In reality it is not an off year election but a high profile election that demands our vote to seat judges that interpret the law, not create the law.

Moving away from the subject of Election details; the second CCAP priority is Broadband Expansion. This is mainly an issue for most rural areas

and the delay has been caused by huge start-up costs and very slow return on investment. This initiative has been a reoccurring priority of many years. Frustration by many rural counties has moved it to the number two priority. The lack of broadband discourages business and industrial growth. Rural business has left our area to operate elsewhere where their business can grow and reach greater efficiencies that the broadband offers.

Some businesses have opted to stay and pay a huge installation cost and high service fees. Beside businesses, broadband would raise the level of service and efficiency for schools, medical facilities, and local governments and agencies. We need to find a way to incentivize providers to make the move to expand the infrastructure. Over 100 years ago the incentive to build the Lincoln Highway became a reality without the fear that something better will take its place. That type of fear I believe is a major obstacle to broadband providers (How long will the investment remain viable until something more advanced will replace it?) My hat is off to Community Media working toward a solution for the eastern portion of Adams County.

The third CCAP priority for 2021 is to find solutions to the Emergency Medical Services crisis. In rural areas this service is in a state of decline because of financial difficulties, retention and recruitment of emergency workers, training costs, and lack of resources. The

loss of EMS would definitely be crippling to any community. I am not an expert in this field, but we need cooperation from various segments to create incentives, better revenue streams, training that is not a financial and time burden, and more. Legislatively, counties want statutory changes that would allow counties and municipalities to work together on regional services that would enhance sustainability.

The fourth and fifth priorities are related but are different in delivery. The fourth is to Protect Funding for County Human Services and the fifth is Increase Funding for Mental Health Services. Both Human Services and Mental Health Services have programs mandated at the State and/or Federal level and administered by the counties. The funding of many human services is directed locally. However, there is a push in the legislature for funding to be directed in a regional structure. Counties feel that the new structure will deliver poor service.

To fully cover the expenses of Mental Health Programs counties are required to fund the shortfall using tax dollars. That shortfall becomes greater every year. To deal with shrinking funds, programs have been modified with less intensive care. As a result, the concern is that the most vulnerable are not getting the level of care needed. CCAP will be lobbying the legislature to find a means to appropriate additional funding.

## County Notes...

### Conservation Reserve Program General Signup Begins

Agricultural producers and private landowners interested in the Conservation Reserve Program (CRP) can sign up for the popular program until Feb. 12. The competitive program, administered by USDA’s Farm Service Agency (FSA), provides annual rental payments for land devoted to conservation purposes.

“This program encourages conservation on sensitive lands or low-yielding acres, which provides tremendous benefits for stewardship of our natural resources and wildlife.”

Through CRP, farmers and ranchers establish long-term, resource-conserving plant species, such as approved grasses or trees, to control soil erosion, improve water quality and enhance wildlife habitat on cropland. Farmers and ranchers who participate in CRP help provide numerous benefits to their local region and the nation’s environment and economy. CRP general signup is held annually and is competitive; general signup includes increased opportunities for wildlife habitat enrollment through the State Acres For Wildlife Enhancement (SAFE) initiative.

New cropland offered in the program must have been planted for four out of six crop years from 2012 to 2017. Additionally, producers with land already enrolled but expiring on Sept. 30, can re-enroll this year. The acreage offered by producers and landowners is evaluated competitively; accepted offers will begin Oct. 1.

Signed into law in 1985, CRP is one of the largest private-lands conservation programs in the United States. The program marked its 35-year anniversary in

December 2020. Program successes include:

- Preventing more than 9 billion tons of soil from eroding, which is enough soil to fill 600 million dump trucks.
- Reducing nitrogen and phosphorous runoff relative to annually tilled cropland by 95% and 85%, respectively.
- Sequestering an annual average of 49 million tons of greenhouse gases, equal to taking 9 million cars off the road.
- Creating more than 3 million acres of restored wetlands while protecting more than 175,000 stream miles with riparian forest and grass buffers, which is enough to go around the world seven times.
- Benefiting bees and other pollinators and increasing populations of ducks, pheasants, turkey, bobwhite quail, prairie chickens, grasshopper sparrows, and many other birds.

All USDA Service Centers are open for business, including those that restrict in-person visits or require appointments. All Service Center visitors wishing to conduct business with FSA, Natural Resources Conservation Service or any other Service Center agency should call ahead and schedule an appointment. Service Centers that are open for appointments will pre-screen visitors based on health concerns or recent travel, and visitors must adhere to social distancing guidelines. Visitors are also required to wear a face covering during their appointment. More

information can be found at farmers.gov/coronavirus.

### Agriculture Innovation Grants

Applications are being accepted for Frederick County Government’s new Agriculture Innovation Grants. The program is designed to keep agriculture a viable and profitable industry for future generations of farmers, a goal of the award-winning Livable Frederick master plan. Farmers may apply for competitive

grants of \$5,000 or more to help expand or diversify their business operations.

To be eligible, applicants must be a crop or livestock producer, a value-added producer, an agricultural cooperative, a seafood processor, or a primary or secondary timber products processor. Funds may be used for research and development, production buildings, major fixtures, or processing facilities.

Information on the program,

including how to apply, is available online at [www.DiscoverFrederickMd.com/ag\\_innovation\\_grant](http://www.DiscoverFrederickMd.com/ag_innovation_grant).

A review committee will score all applications based on established metrics and then recommend awards to the County Executive. The process is expected to take four to six weeks after the application period closes. There will be two application periods each year for the Agricultural Innovation Grant Program, one in January and another in July.

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<p style="text-align: center;">****SOLD****</p> <p><b>8815 Casper Drive, Waynesboro, PA</b> 3 BR, 2.5 BA home, end unit townhouse, 2 car attached garage</p> <p style="font-weight: bold; font-size: 1.2em;">\$205,000</p>	<p style="text-align: center;">****NEW LOTS****</p> <p><b>4 Fir Tr., Fairfield, PA</b> - 0.79 ac., perc appr., near Gettysburg, very nice...\$14,000 <b>3 Spring Tr., Fairfield, PA</b> - 0.66 ac., perc appr., corner lot, wooded.....\$30,000</p>	<p style="text-align: center;">****SOLD****</p> <p><b>2244 Cold Spring Rd., Orrtanna, PA</b> Refurbished 3 BR, 2 BA home. Well Maintained</p> <p style="font-weight: bold; font-size: 1.2em;">\$245,000</p>
<p style="text-align: center;">****PENDING****</p> <p><b>5 Spur Tr., Fairfield, PA</b> - Cul-de-sac, public sewer, close to Gettysburg \$39,900</p>	<p style="text-align: center;">****SOLD****</p> <p><b>2A Hilltop Dr., Fairfield, PA</b> - 1.76 ac. perc appr., well, close to skiing...\$62,800</p>	

# COMMENTARY

## Words From Winterbilt

February is Presidents' month

Shannon Bohrer

When I was young, our early presidents seemed to be superheroes. They were admired and their birth dates celebrated. It seemed like we could all agree that the presidency was an important office in our democracy. While we understood that we have three branches of government, we only celebrated one. A lot has changed in our current political environment and with those changes, our current political leaders seem like they represent two different countries. History tells us that has occurred before, but not to this extent in our lifetime which adds to our uncertainty about our future.

Our new president said he wants to heal some divisions and unify the country. The idea of the country coming together seems like a dream that will probably not happen. The political parties created the problem, so it may be an unrealistic "goal" unless the politicians and parties are willing to change. Historically, we have been in similar divisiveness and situations, not unlike today, and conversely, we have come together at difficult times for the common good. President Bush experienced a few problems early in his first term, but after 9/11, the coun-

try came together and supported the president in fighting our common enemy. Maybe we need a shared goal, a common direction.

I am not suggesting that we need an external negative event, someone to attack us, to unify our country. With our democratic history and our freedoms enshrined in our constitution, one would think that we have sufficient common interest that would benefit all of us by working together. While we have our differences, and I am not downplaying them, you would think that our common interest could sometimes take precedent and allow us to work together in a unified direction that is beneficial for the country.

So, why do we always focus on our differences? Are our differences so vile and disagreeable that we cannot ignore them? For many, some of the differences, like supporting hate groups and white supremacy organizations - are not negotiable. Other differences, like tax rates for the wealthy and capital gains rates, and immigration policies, are negotiable. Historically, the citizens choose a party based on the parties governing philosophy. Too often, today's governing philosophy is if you are in office, you hold the power at any cost, even to the country's detriment. It should not surprise

anyone that our government is not just unpopular but disliked and distrusted. The distrust is often along party lines and is often encouraged by some so-called party leaders.

Is it possible to convey the truth and facts that are the foundation of your beliefs to someone that does not hold the same beliefs?

According to the polls and reporting, many disenfranchised Trump voters still believe that the election was rigged. They honestly believe that Trump won, and the election was rigged, and if they believe that, it is hard to imagine the parties working together. From their perspective, the outcome was atrocious and undemocratic. While Trump still touts this theory of election fraud, that his followers believe, each state's election results were certified. Even the states with Republican governors and legislators. The Attorney General, William Barr, and other federal agencies overseeing the election have said the election was fair and that Biden won.

So, how do we convince the citizens that believe the election was stolen, that it was a fair election? Maybe the question is, how does one convey the truth and facts that are the foundation of your beliefs to someone that does not hold the same beliefs? When are the irrefutable facts accepted by the non-believers? Trump touts the

conspiracy theory that he really won the election, and his party went to the courts to redress his grievances. The courts have dismissed his claims for one simple reason, the lack of any evidence. You can say just about anything you want but untruthfulness in court puts one in jeopardy. Because of that jeopardy, in every case, the attorneys representing Trump have said, in court, they have no evidence. The Supreme Court would not even hear any oral arguments because no evidence existed.

In our country, the lie has become not just a moral category but a pillar of the State. Aleksandr Solzhenitsyn 1974

Even with no evidence, Trump supports still believes that he was cheated. A large factor that gives credit to their beliefs is the Republican congressmen, governors, and other elected officials that keep repeating Trump's untruths. As U.S. Senator Ron Johnson said, "he 'wants proof' that there's a lack of evidence of large-scale voter fraud." Seriously, that may be a good sound bit, but if there is no evidence of large-scale, or for that matter, small-scale voter fraud, is that not the proof?

If we expect our democracy to not just continue but to progress, we need to heal the divisions between us. We cannot heal with the division of continued false claims of election fraud. The Democrats cannot prove a negative, that there is no evidence of voter

fraud, and the Republicans listen to their leaders, telling them that the election was stolen, yet offer no evidence.

It has been proffered that our current political environment is not just dividing the country, but it also affects our democracy, the way our government works. Democracies exist because the people believe in them; the government governs with the consent of the people. Without the consent of the people, democracies can dissolve into other forms of government, include autocracies. What would happen if the mob that took over the congress, is successful the next time?

The so-called leaders, telling their followers that the election was stolen, continue to play with fire. When half the country does not believe the government, then the government does not govern with the people's consent. Celebrating Presidents month is historically an important as a reminder. A reminder that we have our differences before and will have them again, but we are one nation.

"Let us never forget that government is ourselves and not an alien power over us. The ultimate rulers of our democracy are not a President and senators and congressmen and government officials, but the voters of this country." Franklin D. Roosevelt.

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

## American Mind

The public education dilemma

Mark Greathouse

William Butler Yeats, Nobel Prize winning Irish poet, wrote, "Education is not the filling of a pail, but the lighting of a fire." He's turning over in his grave today.

Today's K-12 public education system offers a dilemma. It's a shapeless blob of competing interests representing federal, state, and local education departments, teacher unions, academia, curricula publishers, education bureaucrats, and politicians. It perpetuates an archaic one-size-fits-all public education system (a.k.a., the Prussian model). It has duped millions of parents into believing that it is infallible. It subjugates individualism to a government system under the guise of some fallacious "greater good."

Insanity can be defined as doing the same thing repeatedly and expecting a different result. Thus, the U.S. public education system is total insanity. While there are some great dedicated teachers and loving concerned parents, the system has let them down...big time.

A high school graduate teen signs her name on a credit receipt with an "X." She never learned cursive. A high school senior with three years of shop classes cannot read a tape measure on a summer construction job. A recent college graduate vehemently promotes socialist government but was never educated as to its consistent failures. Young adults don't know whom their elected representatives are...and don't care. I have personally encountered these young folks.

It's essential that our citizens be prepared for life by being well-educated. Instead, politics have muddied the education waters. It's become a battle of competing ideologies bent on control of the masses. Sixth century Chinese philosopher Lao Tzu advised that governments control people by keeping their minds empty and bellies full. We're nailing the empty minds part. Our public education system has insidiously become a leftist indoctrination machine touting anti-exceptional, anti-individual, and anti-free speech agendas. It's so subtle, most folks are clueless to it.

What makes my opinions credible? I spent 3 years on a local school board in Pennsylvania, experiencing first-hand the depth of corruption, the inadequacy, the genuflecting to liberal agendas, and the utter lies about education quality. I spent 8 years as an adjunct college professor, dealing first-hand with inadequately-prepared public school graduates. I do hold an advanced college degree in business. And, I was blessed to have spent 13 years home schooling my two sons. I avoided most pitfalls of the K-12 system and now enjoy them excelling in their post college lives.

Broken trust is part of the education dilemma. Most parents blindly trust that public schools will deliver meaningful education, but the education blob leverages that trust to perpetuate its own agendas while wasting billions of dollars on fadish scams like open classrooms and Common Core Standards that mort-

gage our nation's future with flawed curricula and excessive time-wasting testing. Notably, the students who do well despite the education blob usually have caring parents actively involved in their education.

Even recent teacher grads and today's parents have been fed a steady diet of progressive brainwashing. Parents should be outraged, but they mostly stand benignly by as the education blob destroys their children's futures and the future of our nation. For example, parents and board members were totally AWOL when it came time to actually review Common-Core-based curricula? I've experienced that lack of involvement first hand, and we see the result in ever-more progressive, history-bending, socialism-based curricula indoctrinating precious generations of our children. Equally bad is this failed education system hamstringing good teachers, as they spend inordinate time on standardized testing while scrambling to inculcate at least some skeletal level of knowledge with the remaining time. Moreover, under-performing teachers are protected by tenure and receive salary increases regardless of shoddy performance. (How many private sector employees would love that?) The system is fraudulent.

The schools in the district for which I served on the board were lauded by parents despite it wallowing academically in the bottom third of the 500 districts in its state. During my service, the administration reluctantly responded to board demands for monthly academic progress and financial status reports. The high school report touted athletic, chorus, and dance programs. Math? English? Science? Nada! This

is what parents had been duped into thinking is such a great system as to warrant residing within the bounds of the district.

Local schools need local solutions. Pliant school boards beholden to leftist-leaning teachers and unions need a wake-up call. Throwing money at school problems without destroying the blob and achieving commensurate improvement is a fool's game. Academics must be improved and budget austerity sustained in an environment of declining enrollments and ever-lowering tax bases. Bullying must be stopped, and the perpetrators punished instead of the victims. School debt must be eliminated. Ratcheting back testing is critically important. It's imperative to set ambitious agendas for improved academic performance, especially STEM and reading programs. Labor trades training must be delivered. We must feature high priority for instructional time, offer bonuses for outstanding teachers, and get parents actively involved at ALL grade levels. Excellence should be rewarded.

At higher government levels, states need to stop cow-towing to fad-based curricula and associated mind-numbing, resource-wasting tests, as well as overhaul budget-killing public-school employee retirement systems so as to control exponentially rising costs. It's bad enough that both school budgets and taxes will inevitably increase but not to the direct benefit of students. Budgets must continue to be optimized to meet these concerns without raising taxes that especially impact low/fixed-income citizens and drive them from our communities. Oh, and the federal government

needs to totally steer clear of education; it's well above its pay grade. Government and politicians are a huge part of the problem. According to the Center for Responsive Politics, the teacher unions (National Education Association and American Federation of Teachers) combine at the top of the 25 largest political contributors with nearly \$80 million between 1989 and 2014. Talk about influence peddling! What politician on the union take will lift a finger to fight against such might?

The monster hydra we call higher education lurks. Space won't permit adequate discussion here of America's high education morass, so it will be dealt with in my part 2 op-ed.

Our public-school systems are broken but not beyond repair. Grown-ups must set positive, constructive, adult examples for students. Students should truly get to be first. Boards, parents, administrators, and teachers must team to turn back the government public education blob and their insidious legacy of failure. School choice is an absolute must. Our children must be prepared for taking on the real world. It's paramount that schools deliver that preparation through optimally educating our children to actually learn, to light the fire Yeats spoke of. As the education blob continues on its relentlessly destructive path, great alternatives for fighting back include charter schools, home schooling, and private schools. Our nation's future is at stake. Just sayin'.

**To be continued next month**

*To read past editions of American Mind, visit the Author's section of Emmitsburg.net.*

# The Bulwark

## How the impeachment managers can win

Bryan Garsten

There are few moments in contemporary politics when the arguments made on the floor of Congress matter very much. The coming Senate impeachment trial may well be one of them.

Cynics who scoff at the idea of finding seventeen Republicans to vote for conviction are overconfident in their assessment. All signs suggest that key senators' minds are not made up. The House impeachment managers seem to have that rare opportunity in politics—a chance to persuade other politicians about what's best to do.

The politics of the moment do not rule out conviction. The Republican leader, Mitch McConnell, has already signaled his openness to voting to convict, and it's not hard to see why. His moderate wing of the party has every reason to seize the opportunity to remove the infuriatingly unpredictable Donald Trump from the next two election cycles.

The aspiring leaders of the party's populist wing might also quietly welcome Trump's fall if they felt it might accelerate their rise. They are unlikely to vote for conviction, but they might not work hard behind the scenes to prevent it.

It would only take statements from two or three Republican senators to build momentum in the moderate wing for conviction. These swing senators are the House impeachment managers' most important audience. To reach them, the managers will likely adopt a different speaking strategy from the one we are accustomed

to hearing on the Hill.

Talk on the floor of Congress is usually for the cameras, for press releases or TV news coverage or later campaign ads. That talk naturally caters to the speaker's own base. We heard examples of this from Democrats in the House before the vote to impeach.

The impeachment managers must be sharply aware of the danger of falling into that habit during the Senate trial. If they were to fill their speeches with every sin their followers believe Donald Trump has committed since 2015, it would be difficult not to allow their contempt for Trump to convey disdain for the tens of millions of citizens who voted for him. That sort of speech would not bring along Republicans who generally supported the president's policies. In fact, it would risk presenting the argument for conviction in a manner that would make it uncomfortable, or impossible, for key Republican senators to sign on.

Some journalists and commentators are expecting to hear an extended debate about the technicalities and precedents relevant to a legal definition of "incitement." But the impeachment managers must know how foolish it would be to allow themselves to be lured into that discussion. They will anticipate that that trapdoor would open beneath them and leave them flailing in a debate on free speech, where they would find themselves, again, too far from the beliefs of the key Republican senators they are aiming at. They are therefore likely to wave away the lawyers' quibbling on the definition of incitement as narrow legalism and insist on the plain con-

stitutional character of the article of impeachment.

The managers can remind the audience that the Senate's trial is not a legal proceeding in the usual sense. The senators are not jurors; the Senate proceeding cannot result in civil or criminal punishment; it cannot be undone by a pardon and cannot be reviewed by the courts. This trial is a constitutional judgment about whether the former president violated his oath of office by failing to protect and defend the carrying out of procedures that were required by the Constitution. The managers can emphasize, as others have argued, that the former president's dereliction of duty on the afternoon of January 6 offers a clear case of failing to defend Congress as it was carrying out its constitutional responsibilities.

The House managers can remind the Republican senators that they themselves were attacked by the mob that invaded the Capitol. The former president singled out as targets exactly those senators whose judgments matter most now, repeatedly calling them "the weak Republicans" and "pathetic Republicans" as he directed the crowd toward the Capitol, and he then failed to act to defend them when he saw the crowd had become a violent mob. Senators felt the attack viscerally, as even Senator Lindsey Graham's remarks that evening demonstrated. Many senators may also have felt personal responsibility for members of their staff who had to take cover or run for their lives.

Rather than spending time rehashing the many outrages of Trump's years in office, as they might do when speaking to their own constituents or for the media, the House impeach-



ment managers can bring the senators back to those moments of intensity in the Capitol and to their constitutional significance. They can attach the memory of fear to something higher, to a sense of indignation that all senators ought to feel at the way the chief executive treated what is supposed to be an equal branch of government. As I have written elsewhere, the former president offered one of the clearest examples of a violation of the separation of powers that can be imagined. This is the argument that Senator McConnell signaled his sympathy with on Tuesday when he remarked that the rioters provoked by the former president and other leaders tried "to use fear and violence to stop a specific proceeding of the first branch of the federal government which they did not like."

The House impeachment managers can work to show how the sadness and the anger senators felt that day was justified by the offense not merely against them as individuals, not merely against a fair election outcome, but specifically against the constitutional role they were dutifully performing.

Commentators and journalists will try hard to distract the impeachment managers from their real

audience. They will raise questions from all parts of the political spectrum and from legal experts on this or that matter, and they will try to lure the managers back into speaking to their own base, the audience they are most comfortable with, instead of focusing on the constituents that the Republican senators must answer to. To have a chance at conviction, the managers will have to disregard this noise—at least for the duration of the trial—and focus on the audience they want to persuade. They will have to put themselves in the "weak" Republicans' shoes and imagine what would allow them to vote for conviction. Persuasion requires a sensitive ear for what will seem plausible to the other side. There is still a Republican constituency for constitutionalism out there.

It's a dodge to say that key Republicans will never come around. The politics open the door to persuading them. The House impeachment managers can resist the cynics and the distractors. We should all help them keep their eye on their real audience, which for once is their fellow lawmakers.

*To read past editions of The Bulwark, visit the Author's section of Emmitsburg.net.*

# Down Under

## Reawakening the dream

Submitted by Lindsay Melbourne, Australia

There are some wonderful countries in the world, but America is unique. Since recorded history, first written by Columbus, it was known as a land that was exciting and almost unbelievable. No country ever before had such abundant natural resources, such agreeable weather, and was as fertile. It had been settled thousands of years before Columbus, but that journal started a revolution.

The Pilgrim fathers were far from the first Europeans to arrive, but neither the Dutch or the French had consolidated their place in the promised land, so it was the English, with much more experience of colonisation, who won the day.

The Book of Numbers described it exactly: It was a land of milk and honey. The word took wings, the wonder seeped into the poor, impoverished dwellings of Europe, and it became the dream of millions. Immigrants arrived from all over the world, bringing all the culture and values of their native land. There were so many opportunities that whatever your idea of happiness was, there were ways of pursuing it.

Expansion went west, the great adventure began; the South became

the home of agriculture, conservatism was born, industry grew to unprecedented levels. The poor were poor no longer, the races mixed while retaining their own identity, and for the great majority life was far easier than it had been before.

Heroism was born, the wild west became fable, and entertainment entered to beguile the masses. The horror of slavery was smoke-screened away, the history of the native peoples removed from the books, and the wonder of freedom from the old restrictions put smiles on everyone's faces.

People with leisure time needed pastimes, so arts and crafts flourished, writing, science, and entertainments thrived. Then two amazing new products arrived. The first was radio, but the second one, with far greater impact, was movies. Around 1900 the discovery of how to project moving images onto a screen began to allow silent films to be shown, but once sound was added the growth went from fast to breakneck.

Migrants had arrived with dreams. Dreams of better times, of enough food, of safety work and adventure. They were not disappointed. The movie industry took notice and gave them what they wanted. Adventure first, then, as the ladies of the country

wanted something different, they did romance and family.

This proved to be more enduring, so the dream of a loving husband, a wonderful family, and happiness became the staple. Manufacturers loved it too, and invested heavily in advertising on the big screen. Movies were cloned, then television arrived. Romance that had screen time for three hours or so, then was gone, morphed into weekly shows of an hour; these were then serialised, so that things like 'Days of our Lives,' 'The Brady Bunch' and so on were the fare that was waited for each week. No church had such pulling power, and the range increased to cater for most tastes.

And this, my friends, became the American Dream.

A dream with compulsive power, a fix without the terrible dangers, one that became more important than study, reading, hobbies or activity. A dinner time diversion, a topic of discussion among friends and neighbours, proof that their forebears had got it right. One that they did not want to give up, a need that was often an obsession. Proof against the worries of reality, a barrier to understanding, a director of likes and dislikes, of what was true and what was false.

But, like all dreams, reality intruded. Jobs were lost, wages went down, and the powerful were seen as they really were. Who was to blame for this terrible thing? Why, the government, of course. Those bloodsucking morons in

Washington. They had elected a Democrat, and things got a bit better for some, but his replacement was going to be a member of the rich snobs, part of a hierarchy that insulted them and called them worthless.

The Republicans, who many had voted for because they had promised they would make things better, had proved to be liars.

Then, by some miraculous means, someone different appeared. Someone they knew from 'The Apprentice' and things like that. He was rude, crude, care-free, stuck it to the Dems, tweeted all the time, made outrageous statements, and promised to Make America Great Again. (This was an idea he borrowed from some of his idols in the Mob, whose leaders of the 80's he idolised.)

That was all they needed. 'Great' was the thing they missed. Great TV shows, great opportunities, and more respect. Another chance having a decent job, of receiving a living wage, of having decent schools for the kids. For a while it looked as though he was doing very well, partly because his tax cuts gave industry an enormous shove, and unemployment began to fall. Enormous plants, such as the Blue Scope steel plant near Chicago were built - and even today they cannot make enough product to meet demand. Things like this were hailed as extraordinary, and gained him an enormous loyal base which still persists, especially among those who have always voted Republican.

He had also appealed to the good old white boys from the south. His idea of building a wall to keep out Mexicans appealed to them. He would make the white race the top dogs again. They loved their guns, they loved their feelings of superiority. So when he was on the verge of having to quit, they did what they knew best: Went to war on his behalf. He had showed them his right wing values, and they were going to show their loyalty.

But what is the value of a life? What is the value of YOUR life? These were questions that were ignored, and were the question so many began to ask. He had virtually ignored the pandemic, but that was unforgivable. The death toll is still growing, and the result of that will be far worse than anything ever before.

America will be locked into grieving for decades, and the horror of it will persist in the memory of all Americans for a very long time. The Great Dream became nightmare territory.

Joe and company are faced with one hell of a job to make it bearable, but with both houses, he should get most of his urgent reforms through.

Realists don't dream, they think and act. All the free people of the world will do their best to see he is successful. That is in everyone's interests.

*To read past editions of the Down Under, visit the Author's section of Emmitsburg.net.*

# THE PASTOR'S DESK

## Farewell, thanks, and God bless you all!

**Pastor Sue Koenig**  
Graceham Moravian Church

I would like to express my appreciation to Mr. Michael Hillman, Editor of the Emmitsburg News-Journal, for offering me this space on The Pastor's Desk Page to share a "farewell" with the community. I am writing this letter in the last week of my call as pastor of the Graceham Moravian Church in Thurmont. I am also writing as this year's Week of Prayer for Christian Unity draws to a close on January 25, 2021. The theme this year is from John 15:1-17, "Abide in my love...you will bear much fruit."

It has been my joy and humble privilege to serve as pastor of the Graceham Moravian Church for the past nine years, to minister to and serve alongside dear and beloved siblings and friends in Christ, and to share in the life and ministry of the congregation – a ministry marked by active Christian service in the community. I am filled with love and gratitude for the Graceham congregation and for the Holy Spirit that will continue to bind us together in love.

It has been a privilege to be part of a congregation with a long heritage – including more than 100 years of serving Turkey & Oyster Dinners! The Graceham Moravian congregation was organized in 1758 and has served Christ for 262 years. In all that time, there have been many changes, far too numerous to remember or count – everything from changing the language for worship from German to English, to welcoming sixty-six pastoral families over the years, to moving plumbing indoors, to the exciting addition of a vibrant Vacation Bible School with audio-visual effects, to virtual worship on Facebook Live and YouTube. All of us have experienced profound changes

in our lives since the pandemic began a year ago. Many of our congregations have used the words, "Cancelled" and "Suspended," first one time, and then another, putting on hold some of the ministries that have borne much fruit over the years.

One great loss for us, and me, has been the suspension of our Served with Grace Community Meal on the first Monday of every month. This ministry began in October 2012 and continued through March of 2020. It was a great joy to welcome everyone to the meal each month, to share joys and concerns, to pray, to grieve the loss of loved ones, to celebrate birthdays and recoveries, and to catch up on how things were going with everyone's life, as well as to enjoy a delicious meal. We were a "Monday night community" that cared for one another every day, a community that I was deeply blessed to be part of, and that I have deeply missed. We grieve the recent loss of a dear one who was part of this community, who came with her husband and sat with friends in the same spot every month. We give praise and thanks to God for the generous gifts we have received from those who wished to fulfill Jesus' command to "Feed My People." At my leave-taking, I am grateful for this space to say "thank you for the gift of your friendship," to all who attended our Served with Grace meals, and to pray God's peace and blessing over all of you. We are praying for the day when we can gather again as this special community.

It has also been my joy, as part of the congregation's ministry, to share in the ecumenical life of our community through relationships with the Thurmont Ministerium, the Seton Center, the Emmitsburg Council of Churches, the Catocin Community Medical Fund, and other congrega-



tions, that revealed the truth of Jesus' words: "Abide in my love...you will bear much fruit." We have planned and participated in joint Week of Prayer for Christian Unity, Lenten, and Thanksgiving worship services; engaged in ministry and service together; and gathered in prayer in times of crisis. We worked collaboratively with staff of Mount St. Mary's University to identify the underlying causes of poverty in Northern Frederick County, and to develop and offer anti-racism training to the greater community. The Thurmont Food Bank and the Catocin Community Medical Fund are ministries of the Thurmont Ministerium, supported by its congregations, and members of the community. The Seton Center administers the Medical Fund on behalf of the Ministerium. The Seton Center worked with the Graceham congregation in 2014 to arrange volunteers to do renovations on a house that became a home and a ministry of affordable housing called Angie's on the Bend, which continues today; and it has been our delight to support the Getting Ahead Program at the Seton Center. I am deeply thankful for and will greatly miss the friends and colleagues with whom I have served.

Though some ministries have been "on hold," the church has not been closed. We are still abiding in Christ's love and bearing

much fruit. We have been willing to try new things, to be flexible and adaptable; we have found new ways to worship, to offer prayer and spiritual encouragement, to reach out and serve those in need. Jesus' desire that we abide in his love, that we love another, is that we may bear the fruit of unity grounded in love and justice, working to overcome all that prevents abundant life.

As my ministry at Graceham Moravian Church, and this year's Week of Prayer for Christian Unity ends, there is much to do together in the years ahead, work that done together in love will bear much fruit as you share the gospel of Jesus Christ in word and in action. There is still poverty to overcome – an attainable goal; and one step to help make that a reality – effective public transportation. There will be much to do after the pandemic to increase the health and wellness of everyone in the community; and to advocate for the infants and children negatively impacted by the pandemic, to ensure that they have all the supportive care and services needed to thrive. There is the work of racial justice and healing to continue. There will be planning and building of a hospice facility here at the gateway to the mountains, a place of peace and beauty with an interfaith chapel to provide com-

fort and hope. There will be an abundant harvest of fruit from abiding in and sharing Jesus' love as you serve and work together toward becoming "Beloved Community."

In February, I will begin two new ministry calls. I will be serving as pastor of the First Moravian Church of Easton, PA, and directing the work of racial justice and healing with the Moravian Church Northern Province in Bethlehem, PA. I have roots here, and I will look back with humble and heartfelt gratitude for the years of serving Christ as pastor of the Graceham Moravian congregation, and as a member of the ecumenical witness of this beloved community.

### St. Francis Xavier Parish Fish Fry

St. Francis Xavier Parish will host its 10th annual Lenten Fish Fry Dinners on Friday, February 19, 26, March 5, 12, 19, Xavier Center, 465 Table Rock Road, Gettysburg. Curbside Pickup Only. Subject to Change due to Covid-19. Call 717-334-4048, or visit [www.stfxcc.org](http://www.stfxcc.org) or [www.sfxpccw.org](http://www.sfxpccw.org) for updates, menu and information.



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# THE BOOK OF DAYS

## The history of the wedding ring



Mystic significance has, from the earliest period, been associated with the ring. In its circular continuity it was accepted as a type of eternity, and hence of the stability of affection. The Greek and Roman rings are often inscribed with sentences typical of this feeling. May you live long is engraved on one published by Caylus; I bring good fortune to the wearer, was another usual inscription; sometimes a stone was inserted in the ring, upon which was engraved an intaglio, representing a hand pulling the lobe of an ear, with the one word Remember above it. Others have the wish Live happy, or I give this love pledge.

They were lavishly displayed by the early nations; but, except as an indication of gentility or wealth, they appear to have been little valued until Greek sentimentalism gave them a deeper significance. As a gift of love, or a sign of betrothal, they came into ancient use. The Jews make the ring a most important feature of the betrothal in the marriage ceremony. They were sometimes of large size, and much elaboration of workmanship, as in the specimen here engraved, selected from the curious collection of rings formed by the late Lord Londesborough. It is beautifully wrought of gold filigree, and richly enamelled. Upon it are the words joy be with you, in Hebrew characters.

According to the Jewish law, it is necessary that this ring be of a certain value; it is therefore examined and certified by the officiating Rabbi and chief officers of the synagogue, when it is received from the bridegroom; whose absolute property it must be, and not obtained on credit or by gift. When this is properly

certified, the ring is returned to him, and he places it on the bride's finger, calling attention to the fact that she is, by means of this ring, consecrated to him; and so completely binding is this action that, should the marriage not be further consecrated, no other could be contracted by either party without a legal divorce.

In the middle ages, solemn betrothal by means of the ring often preceded matrimony, and as sometimes adopted between lovers who were about to separate for long periods. Chaucer, in his Troilus and Cresseide, describes the heroine as giving her lover a ring, upon which a love-motto was engraved, and receiving one from him in return. Shakespeare has more than one allusion to the custom, which is absolutely enacted in his Two Gentlemen of Verona, when Julia gives Proteus a ring, saying, 'Keep you this remembrance for thy Julia's sake;' and he replies, 'Why, then, we'll make exchange; here, take you this.'

The invention of the gimmel or linked ring gave still greater force and significance to the custom. Made with a double and sometimes a triple link, which turned upon a pivot, it could shut up into one solid ring. This will be better understood by our second cut, which represents one of these rings. It is hewn first as it appears when closed; to the sides of each outer hoop a small hand is attached, each fitting into the other, as the hoops are brought together, and enclosing a heart affixed to the central notched ring. It was customary to break these rings asunder at the betrothal, which was ratified in a solemn manner over the Holy Bible, and sometimes in the presence of a witness, when

the man and the woman broke away the upper and lower rings from the central one, which the witness retained; when the marriage contract was fulfilled at the altar, the three portions of the ring were again united, and the ring used in the ceremony.

The fourth finger of the left hand has from long usage been consecrated to the wedding ring, from an ancient belief that from this finger a nerve went direct to the heart. So completely was this fanciful piece of physiology confided in by the Greeks and Romans, that their physicians term this the medical or healing finger, and used it to stir their mixtures, from a notion that nothing noxious could communicate with it, without its giving immediate warning by a palpitation of the heart. This superstition is retained in full force in some country places in England, particularly in Somersetshire, where all the fingers of the hand are thought to be injurious except the ring-finger, which is thought to have the power of curing any sore or wound which is stroked by it. That a sanatory power is imparted to the wedding ring, is believed by the peasantry, both in England and Ireland, who fancy any growth like a wart, on the skin, may be removed by rubbing a wedding ring upon them.

The clasped hands adopted on the gimmel rings became a frequent emblem on the solid wedding ring. The Londesborough collection furnishes us with a peculiarly curious example of the Shakspearian era; throwing a side light upon a passage in the great dramatist's Twelfth Night, where Malvolio, breaking open the letter purporting to be in his mistress's handwriting, says: By your leave, wax. Soft!—and the impressure her Lucrece, with which she uses to seal.

The bust of Lucretia, with her hand directing the fatal dagger, appears on the face of this ring; at the back are two clasped hands; the whole being enriched by niello engraving.

This fashion of ring is still in use in that curious local community of fishermen inhabiting the Claddagh at Galway, on the Irish western coast. They number with their families between five and six thousand, and are particularly exclusive in their tastes and habits, rarely intermarrying with other than their own people. The wedding ring is an heirloom in the family; it is regularly transferred from the mother to the daughter who is first married, and so passes to her descendants. Many of them still worn there are very old, and show traces of still older design, like that in our cut, whose prototype may have been made in the Elizabethan era. The hands in this instance support a crowned heart, typical of the married state.

Within the hoop of the ring, it was customary, from the middle of the sixteenth to the close of the seventeenth century, to inscribe a motto or 'posy,' consisting frequently of a very simple sentiment in commonplace rhyme. The following are specimens:

*'Our contract  
Was Heaven's act.'*

*'In thee, my choice,  
I do rejoice.'*

*'God above  
Encrease our love.'*

The engraving exhibits one of these 'posy-rings,' of the simplest form, such as would be in ordinary use in the early part of the seventeenth century. The posy was always on the fiat inner side of the ring. Shakspeare has alluded more

than once in contemptuous terms to these rhyming effusions. In the Merchant of Venice, Act v., sc. 1, when Portia asks Gratiano the reason of his quarrel with Nerissa, he answers:

*About a hoop of gold, a paltry ring  
That she did give me; whose posy  
was,  
For all the world, like Cutler's poetry  
Upon a knife, Love me, and leave  
me not.'*

Hamlet asks at the conclusion of the triple lines of rhyme uttered by the players at the commencement of their tragedy—'Is this a prologue, or the posy of a ring?' Yet the composition of such posies exercised the wits of superior men occasionally, and they were sometimes terse and epigrammatic. In 1624, a small collection of them was printed with the quaint title, Love's Garland, or posies for Rings, Handkerchiefs, and Gloves; and such pretty tokens, that lovers send their loves. It is curious that the second of the posies given above, and which was copied from a ring of the time of the publication of this volume, is given with a very slight variation in the series. The custom of placing the heart on the ring is also alluded to in the following posy:

*'My heart and I, Until I dye.'*

The joined hands is also notified in another:

*'Not two, but one  
Till life be gone.'*

One of the most complete jingles is the following:

*'Desire,  
Like fire,  
Doth still aspire.'*

To read more selections from Robert Chamber's *The Book of Days* visit [www.thebookofdays.com](http://www.thebookofdays.com).

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## ECOLOGY

# Maple sugaring



**Lizzy Ryan**  
Education and  
Outreach Coordinator  
Strawberry Hill Nature Preserve

Winter is finally here! I know some of you probably are rolling your eyes because you hate the thought of the cold temperatures and snow. But I love it! I love play-

ing in the snow with my dog and there's just something about sitting on the couch with a cup of hot cocoa watching the snow fall that really makes me happy. Winter is also the time for maple sugaring!

Maple sugaring happens in just a few short weeks in February and March. In order for sap to flow, temperatures have to be below

freezing (32°F/ 0°C) at night and above freezing during the day. The harvest season ends with the arrival of warm spring nights and early bud development in the trees. The exact dates for these temperature variations can be wildly different from year to year, so every maple sugaring operation has to be vigilant for the first signs of sap flow.

The maple trees at Strawberry Hill are all tagged and ready to go for tapping. I tag them in the summer so I can see their leaves to tell that it's a maple. Even though I'm a naturalist, I am not proficient with everything in nature. I have a hard time identifying trees in the winter when they don't have leaves.

You can tap sugar, red, silver, or Norway maples. You can even tap birch trees, black walnuts, and sycamores. We mainly tap red maples. Last year, I tapped black walnuts for the first time. I was very surprised at the amount of sap they produced! I got a small, 4oz jar from tapping 3 trees. In my opinion, it tasted the same as maple syrup, but some say it has a nutty flavor.

After identifying the tree(s) you are going to tap, you'll need to drill a hole. A tree that is 8-20 inches in diameter can have one tap, 21-27 inches in diameter can have two taps, and more than 27 inches can have 3 taps. Drill a 2-inch-deep hole using a 5/16th drill bit. Make sure to clear out the wood shavings from the hole. Then gently hammer the tap (with a hook) in. 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.

Another method of gathering sap is by using plastic tubing. 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.

Depending on temperature and size of your buckets, you may need to collect the sap more than once a day. Once it has been collected, it can be stored in a fridge or freezer. Sap will spoil if it is not kept cold.

The final step of evaporation. This isn't something you want to do in your kitchen. There will be so much steam that it can peel the wallpaper right off your walls! Start boiling sap over a fire outdoors in a large pot. After boiling it down to a point where it looks brown, you can transfer it to a smaller pot and bring it indoors to finish evaporating it off. Just make sure there is some ventilation. You will really need to pay attention at this point. The sap can quickly turn to syrup and if you're not careful, to maple candy (been there, done that). Eventually, the sap will turn to syrup once it hits the right temperature. "If you have a candy thermometer, finish the boil when the temperature is 7 degrees F above the boiling point of water (Tap My Trees)." After this, you'll need to filter your syrup. Use cheese cloth or coffee filter. This will get out any of the sediment that has settled in the syrup. Lastly, you can bottle it!

Each season we use dozens of spiles, tubes, and buckets to collect maple sap. Countless hours are spent gathering from buckets and tending the evaporating pan as the sap condenses down into sticky, sweet syrup. It takes many gallons of sap to make a single gallon of syrup (come visit us to find out just how many!).

Maple sugaring is a lot of hard work.

So why do we do it? For you! Maple sugaring is a fantastic educational experience, with significant links to history, chemistry, geography, and – of course – ecology. During private programs, participants learn the maple sugaring process, from tree to table. We begin with the Native American origins of the process, and bring our visitors all the way up to modern practices.

By modern practices, I do not

mean pouring artificially flavored, colored, and preservative-laden high-fructose corn syrup onto your fresh-made stack of hotcakes. Pure maple syrup is an all-natural food, and it tastes better too! As an added bonus, pure maple syrup contains some important antioxidants and has a lower glycemic index than regular table sugar.

After participating in the program, visitors will have the knowledge needed to do sugaring on their own in their backyard – we even practice tapping a tree! This program is suitable for all ages. Weekday and weekend reservations are available, please call 717-642-5840 or email [info@strawberryhill.org](mailto:info@strawberryhill.org) to book your group!

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## Membership has its privileges



**Dave Salisbury**  
President, Adams County  
Land Conservancy

I suspect many of you remember the slogan used by American Express years ago, "Membership has its privileges." I don't believe AmEx will mind if we borrow their pithy pitch for the sake of our timeless cause, for how true it is given what we do. Spoiler alert: There are no free hotel stays or discounted rental car rates for spending more money. It's even better!

We all know that to be a member means to be part of a group or organization. Such groups form when there is collective wisdom and vision that unifies individual members to dream and work together to advance a cause they would otherwise find difficult or impossible to achieve singularly. All successful organizations have a mission statement and rally around it. This statement forms the foundation, the base upon which all else is conceived and constructed. Ours is purposefully simple. The Land Conservancy of Adams County is "dedicated to preserving the rural lands and character of Adams County, Pennsylvania." Simple, right? Yet so far-reaching and significant in its implications.

Adherence to a simple mission is critical to an organization's forward-going success. Lengthy and complex statements leave too

much room for interpretation. Concise ones are more effective, focused, memorable, and readily executable. I use the term "mission-creep" to describe the small, insidious shifts that can occur over time within any organization that take energy away from the original, core mission.

At the Land Conservancy, I'd say we've have done a fine job over these first 25 years of staying true to our mission. It's taken a great deal of effort from a committed group of members, volunteers, our two employees, board members, and a collection of local, state, and federal partners who care deeply for our community and its special place in natural and human history. It just couldn't be done without members like you who embrace the challenge of providing the financial resources that are desperately needed to keep us going! We're especially thankful for your loyalty and support during this most difficult year. Together we've continued to focus on our simple mission to preserve our unique heritage, bountiful natural resources, and unparalleled rural beauty. I look forward to continuing our efforts together in this new year and beyond as we add to the everlasting value of the beautiful rural landscape that is our real privilege of membership to enjoy and pass along! Here's to a great 2021!



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# IN THE COUNTRY

## Amorous animals

Tim Iverson  
Naturalist

February is synonymous with love. With Valentine's Day fast approaching we humans will be putting the final touches on gifts or planning out thoughtful romantic gestures, if we've been diligent. Perhaps you're not as forward thinking, and you'll scramble at the last second to pick up a dozen red roses, a sappy card, and some chocolates in a heart shaped box. Either way these are part of a larger ritual display. While we're all familiar with the birds and the bees, animal reproduction is as diverse as the kinds of critters that copulate.

Encyclopedia Britannica defines courtship as "in animals, behaviour that results in mating and eventual reproduction. Courtship may be rather simple, involving a small number of chemical, visual, or auditory stimuli; or it may be a highly complex series of acts by two or more individuals, using several modes of communication." In humans we tend to think of courting behavior in the context of social customs and cues. Animals, on the other hand, do everything instinctually without the help of Cupid or conversation heart candies.

Some customs are well known, but are actually less common than originally thought. The female Praying Mantis is known for devouring the head of the male after the act is complete. However, this is not necessarily always the case. When two mantises meet and care very much for one another they perform intimate rituals. They will gently caress one another's antennae and dance together. After the courting is complete they get down to business. About a third of the time the female will eat the head of the male. Researchers still are unsure of the reasoning behind this behavior, but it is likely to provide nutrition for the newly expecting mother. Others think it's simply because the female gets confused and mistakes the male for prey. This practice mostly occurs in captivity and entomologists rarely see the same behavior in the wild. Either way females will usually only perform sexual cannibalism when starving. The Praying Mantis isn't the only one with a robust sexual appetite though.

Black Widows are a well known species of venomous spider. Male widow spiders, which are much smaller than their counterparts, will prep for the intimate embrace by spinning a small web coated in sperm. After coating this web in semen he will coat his palps, small appendages adjacent to the mouth, with his sperm. At this point he will set off into the world in search of Mrs. Right. Once he finds her he will serenade her by performing a vibratory song—dancing and plucking the strings simultaneously. As this progresses

he will slowly approach her and tenderly tap on her body. Eventually he will insert his palps into her reproductive organs. Once the relationship has been consummated the female will make the male into a snack. While male widow spiders are busy bees spinning a web of love some suitors are overly eager and suffer a premature ending from their efforts.

The Honey Bee recently has been noted for their dwindling population numbers. While science hasn't come to a definitive answer for the reason behind falling numbers they have found out one reason for the demise of a male bee. Generally speaking male honey bees exist to serve one purpose – to mate with the queen. The male bee, called a Drone, will give up his life to serve his purpose in a form of sexual suicide. When ready the queen will take flight, and males will give chase and swarm around her. A male will eventually grab a hold of her and insert himself. The drone will then inseminate the queen with a contraction so powerful his genitalia breaks off inside the queen and he will fall to ground where he will die shortly thereafter. The queen will take several mates throughout this airborne adventure, which will take place only once in her life. From these lucky suitors she will store the sperm up to use throughout the rest of her life.

Great Horned Owls are an oddity in the animal kingdom in that once they pair off they will stick with that mate for life. Nesting for these raptors will begin in January or February. The rite is initiated by hooting to each other, and then when they are close will bow to one another with drooped wings. This is all followed by mutual beak rubbing and preening of feathers. Once eggs are laid, usually in a group of two to four, the female

will incubate them for approximately a month. During this time the female will do little else, and the male is responsible for catching prey and bringing it back to her. About six to seven weeks after the eggs have hatched the young will begin to venture out of the nest and onto adjacent branches and will learn to fly. Young Great Horned Owls will stick around the nest for a few more weeks while they are slowly weaned, and begin to search for a new territory all their own! A pair of Great Horned Owls will generally claim a territory about one square mile in size. It's not uncommon for the young to stay near or even within this area for the first year of its life. Although after that the young will be considered competition for the parents and will need to seek all new territory.

The North American Black Bear operates on a different set of standards. Mating season for the black bear can run from May to August. During this time black bears (both males and females) will have several different mates. A female will leave scent trails by marking trees, small plants, and more in order to attract a mate. Males will follow these scent trails to find the female bear. Occasionally more than a single male will follow a trail, which leads to a fierce confrontation. After a male does eventually locate the female he will spend several days edging closer and closer to her while she becomes accustomed to his presence. Eventually the two will get close enough and they will begin to nuzzle one another and communicate. It's after this ritual when their relationship is consummated. The male and female will generally spend two to three days in throes of love mating several times. Once their amorous behavior has ceased they will go their separate ways in attempts to find another new suitor. Most incredibly a female bear may have fertilized eggs, but they will not



Great Horned Owls are an oddity in the animal kingdom in that, once they pair off, they will stick with their mate for life.

develop or attach to the womb until she settles down for hibernation. It's in late January and February that one to three cubs will be born and will nurse from their mother until they emerge in spring. These cubs will stay with their mother for approximately one year. After this period they will then set out on their own in search of new territory.

Cupid's arrow isn't limited to just mankind, but pierces the heart of even the beasts of the wild. From demonstrating amorous intentions to wild escapades that end one's life, love takes many forms. Either way we all do what

comes natural and Valentine's Day is just one of our more complex courting behaviors that aims to achieve the same things as wafting pheromones or massaging antennae. Don't forget to show your mate you care by whatever means is appropriate to the species. Grab a bottle of wine, snag a card, and share a candlelit dinner because after all a little romance never killed anyone – except widow spiders, honey bees, and praying mantises.

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## REAL SCIENCE

# The Paris climate agreement

Michael Rosenthal

There are seventy-five countries in the Paris Climate Accord, which has been in place for five years. The aim of the agreement is to decrease global warming described in its Article 2, “enhancing the implementation” of the United Nations Framework Convention on Climate Change (UNFCCC) through:

(a) Holding the increase in the global average temperature to well below 2 °C above pre-industrial levels and to pursue efforts to limit the temperature increase to 1.5 °C above pre-industrial levels, recognizing that this would significantly reduce the risks and impacts of climate change;

(b) Increasing the ability to adapt to the adverse impacts of climate change and foster climate resilience and low greenhouse gas emissions development, in a manner that does not threaten food production;

(c) Making finance flows consistent with a pathway towards low greenhouse gas emissions and climate-resilient development.

This strategy involved energy and climate policy including the so-called 20/20/20 targets, namely the reduction of carbon dioxide (CO<sub>2</sub>) emissions by 20%, the increase of renewable energy’s market share to 20%, and a 20% increase in energy efficiency.

Countries furthermore aim to reach “global peaking of greenhouse gas emissions as soon as possible”. The agreement has been described as an incentive for and driver of fossil fuel divestment.

The Paris deal is the world’s first comprehensive climate agreement.

We have not been a participant during the Trump administration. Here are some of the accomplishments thus far. Britain has vowed to stop funding fossil fuel projects abroad. The European Union will push to cut emissions by 55 percent by 2030. Canada plans to increase its tax on carbon to more than \$130 per ton. A group of smaller countries has pledged to reach net-zero emissions by 2035. Three dozen nations have declared that they have a “climate emergency”.

But here is some good news. President-elect Biden vowed to rejoin the accord, and become a world leader in climate action. He said “I’ll immediately start working with my counterparts around the world to do all that we possibly can, including convening the leaders of major economies for a climate summit within my first 100 days in office.” Biden promised to put the United States on the path to achieve net-zero emissions by 2050. The previous non-participation came from the withdrawal from participation by President Trump, insisting that participation could lead to economic disadvantage. An earlier global climate treaty, the Kyoto Protocol, was signed during President Clinton’s administration, but it was not ratified under President George W. Bush. In short, the United States has backed away from a potential leadership role in climate protection.

Biden can make impact on climate protection to some extent through executive order, but real suc-

cess will depend upon support in the United States Congress.

A recent article in the Washington Post has provided some interesting insights on the Climate Agreement.

President Trump said in 2017 that the United States has serious legal liability if the United States stayed in the agreement. Actually, the agreement is voluntary and not legally binding. Under United States law, the Paris Accord is an executive agreement, not a treaty, and thus does not require Senate ratification.

Though China is in the Paris Accord, the United States is a distant second to China’s emissions. China produces 28% of the overall emissions, and its emissions are still growing. China talks big, saying that its goal was net zero emissions by 2060, but it is making virtually no progress toward achieving that goal.

Though new technologies will help achieve these goals, there are barriers to easy implementation. Large increases in wind and solar energy sources will require new technologies such as more efficient and affordable electricity storage for times when the sun doesn’t shine or the wind doesn’t blow. Also of concern is availability of raw materials for batteries, and nuclear power expansion faces hurdles involving cost, safety, and social acceptance.

The belief of some is that cutting carbon dioxide emission is the key to reducing climate impact. Of course that is important. CO<sub>2</sub> production causes about 2/3 of the warming, but there are other compounds to worry about. Reducing methane, black



CO<sub>2</sub> production causes about 2/3 of the warming. What is so special about CO<sub>2</sub> is that it stays in the atmosphere for hundreds of years.

soot, and hydrofluorocarbons is also important in minimizing climate impact. What is so special about CO<sub>2</sub> however is that it stays in the atmosphere for hundreds of years.

Making a real impact on climate change will thus require the efforts and cooperation of many countries, and success will take many years. But we need a good beginning, with the participation of many countries and the leadership of the United States. President Biden has expressed willingness to bring the United States back into the program and to become a leader in this critically important effort.

The change in the presidency will bring a very different set of attitudes toward environmental issues. One of the changes enacted in the last four years is a significant reduction in wildlife protection. Conservationists look forward to a more aggressive attitude in the next administration to protection of wildlife. The Trump administration has allowed importation of carcasses of endangered elephants and rhinoceros, and of lions as hunting trophies.

This policy endangers the long-term survival of these species as expressed in the Endangered Species Act. A United Nations panel determined that 1 million species face extinction. Three billion birds have vanished in North America in the past 50 years! President Biden has a good track record in supporting conservation. He has an 83 per-

cent lifetime score with the League of Conservation Voters dating to 1973. The climate change threat further weakens preservationist efforts, so this issue is especially important now.

The current administration reclassified the species between endangered and threatened, moving more than 100 species to threatened. For example, the U.S. Fish and Wildlife Service recently granted a permit that allows firms to harass polar bears during searches for oil in the Arctic National Wildlife Refuge. There are many more examples of the weakening of animal protection, for example in Alaska to promote business interests and to support hunters, which provide major revenue in the state. Protecting wildlife is important, and so is a view of the long-term impact on the environment which these current legal policies and climate change have on animal survival.

Finally, here is a lighter ending (at least for me) for the month. The Washington Post reports that psychics are having a wonderful time! They are working on the phone and offering readings. Featured in this article is a psychic who owns a shop on Dupont Circle in Washington. I strongly suggest you track down the article from January 1, and you can make your own judgment whether this is Real Science or not.

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# THE VILLAGE IDIOT

## How not to garden

Jack Deatherage

*“God bless the seeds his hands  
let fall,  
For the farmer he must feed  
us all.”*  
—“The Farmer” Amelia E. Barr

Another warm season done gone by and me, once more, thanking farmers for all they do.

Seriously, the way I garden I’d starve to death if I wasn’t allowed to eat but what I grew. I did manage to grow some colorful gladiolus, zinnias and marigolds, which would have looked nice if laid wherever the DW eventually decides to dump my corpse. Though her being generally of a practical bent, she’d likely bring the flowers into the house instead.

The Youth Garden, such as it is, was a boon to the nearest groundhog who happily devoured the tomatoes and lettuces I’d managed to plant before the drought set in. One melon vine survived my abandoning it and actually grew large enough to flower just before the first frost killed it off. Such was the straw bale youth garden this second year. Only a couple Dianthus survived in the bales- to bloom madly while I wasn’t around to see the flowers. Of the two herb buckets we left there, both contained oregano plants which also survived without my help - a testament to life finding a way.

A quote attributed to Helmuth von Moltke the Elder - “No plan of operations extends with any certainty beyond the first contact with the main hostile force” certainly applies to my way of gardening.

The first year’s straw bales were expected to have rotted down by more than half. Instead, they are as nearly intact at the end of the second summer as they were the first! Though we got an early jump on this year’s garden, health issues sprang up so’s to limit the efforts we made to deal with the drought. By the time I realized the groundhog was hitting the garden much earlier than the previous summer it was too late to deal with that marauder and replant- the drought had settled in for the long haul.

Farmer Ed, up in York County, had sent me a web link to a financial advisor specializing in the Ag markets. The guy’s forecast for the growing season sent me over the mountain to Lowes to buy food grade buckets for a container garden I’d been wanting to experi-

ment with for years. I’m still not sure how I convinced the DW I knew what I was doing, but I hurried over to Countryside Gardens-east of Gettysburg- to buy several bags of professional potting soil before she came to her senses. (I’m beginning to question her cognitive abilities, again.)

Before the credit card bill showed up at the PO I got the DW to look at some gladiolus in one of our favorite online bulb catalogs. I showed her what I’d like to buy. She added a few “wants” and said, “If you plant several buckets of flowers to take up to Mom’s you can place the order.”

“Done!”  
The bucket garden was a crapshoot from the beginning. We’ve got this waste of space in front of the house known as a sidewalk- an extra wide sidewalk. Like 3 or 4 times wider than it needs be, especially after the state added a foot or more to it after tearing out the old “too wide” walk. Beyond the sidewalk is blacktop that catches the morning sun along with the sidewalk and the bricks that front our house. By early afternoon the front of our house has become a heat sink overloading a small window AC at the back of the house that struggles to cool about 500 square feet of space more than it was designed for. My brilliant idea was to plant some type of vine that would grow up the brick wall and shade it a bit. For that I’d have to use containers.

Everything gardening wise is an experiment for me. (Drives the poor DW nuts it does.) Because of the heat radiating from brick wall, concrete sidewalk and blacktopped road I had to find out if anything could survive there, let alone thrive. I bought white buckets and wrapped them in aluminum foil to hopefully slow the sun’s rays degrading the plastic and extending the buckets’ life spans. I chose glads for the experiment because they originated in Africa, I think, and might tolerate hot, dry conditions. (Turns out the hybrids I tucked into the buckets aren’t as tolerant as their parent stock might have been.)

Being in for a penny I went for the pound and sowed marigolds, zinnias, dill, basil and snapdragons among the buckets as well. Then, as much out of hubris as curiosity, I planted sunflower seeds in the last two buckets. Not just any sunflowers. Oh No. That would be too easy. I planted seeds sold by Baker

Creek Heirloom Seeds as ‘Mongolian Giant’ because the plants can reach 14 feet in height. And how cool would that be growing out of a 5-gallon bucket?

The glads we took to the DW’s mom grew and flowered nicely, as did the zinnias and marigolds I sowed along with them. Those in buckets in front of our house also grew and bloomed, though the heat stressed them so 6-legged pests showed up to do some minor damages.

Of the seeds I sowed the snapdragons were the only ones to crap out with barely a bloom. (I suspect overcrowding and shading more than heat as the cause of their failure.) The dill and basil weren’t particularly happy in the constant heat either, though they survived to reach maturity. The sunflowers?

Ah the sunflowers.  
“You can’t grow sunflowers in buckets.” An older fellow told me as he and his lady walked by one evening when the plants were only 5 feet tall.

“Well, we’ll see.” I smiled back at them. “The seed packet says they can grow to fourteen feet tall.”

“Never going to happen in a bucket.” He laughed as they moved along.

The fellow was almost correct. The taller of the two flowers only got a little over eleven feet tall and the other topped out around nine feet- “average” for the unstable cul-



DW standing next to sunflower Jack potted in 100% Miracle Grow. This year, he hopes to apply the same principle to his beans ... get it? Jack and the Bean Stalk???? Come on ... that’s funny...

tivar. Still, we had to anchor the stalks to the wall as the rare storm blew the stalks and buckets over a couple of times. Next year’s experiment will be a more stable variety of sunflower - possibly ‘Titan’, ‘Mammoth Greystripe’ or ‘Paul Bunyan’.

While I’m a long way from giving up on a youth garden I am rethinking how to get kids gardening during the pandemic. I’m of a mind to plant the straw bale rows with flowers rather than vegetables. Given the number of groundhogs along that stretch of Creamery

Road, and no way to get rid of them, growing plants the beasts don’t eat makes the most sense.

Purchasing more 5-gallon buckets and enough potting soil to fill them is the off-season plan. Rebuilding the backyard garden and continuing the sidewalk garden experiment makes the most sense. Whether sufficient money can be put back and energy enough found to do the rebuilding remains to be seen.

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

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## THE MASTER GARDENER

# Winter landscape, trees & shrubs

Mary Ann Ryan  
Adams County Master Gardener

For some folks, winter is a long season. Some stay inside. Some may focus on quiet activities. But for me, winter is a great season to enjoy the wonderful things nature has. Take a break and look at the beautiful gardens nature has provided. Ever wonder what those plants were that are holding their berries? Or the tree that has bark peeling from the trunk? How about those shrubs with red or yellow stems by the creek?

We can create these winter gardens with just a few good choices of plants that will thrive in our climate. When thinking about designing a winter garden, let's think about texture and form. Unless you choose an evergreen shrub, leaves will be missing this time of year. So bark, color and form become of the utmost importance.

Some trees that offer winter interest include paperbark maple, river birch and sycamore. The paperbark maple, *Acer griseum*, is one of my favorite trees. This slow-growing tree offers a cinnamon colored, peeling bark on the trunk and branches. It is a slow grower, but certainly worth the wait. It likes part shade to full sun and reaches about 20-25'. It's not fussy about soil, but don't place it in a really dry location. Well drained soils are best. This is a great selection for a specimen tree or focal point in the garden where the tree bark and color will be visited on a more personal level.

River birch, *Betula nigra*, a native tree to river and creek banks, and has

interesting bark as well. This tree has a cinnamon colored peeling bark that has excitement in all four seasons. The leaves on this tree are small, and the canopy is not dense, allowing the bark to be visible in and out of leaf. This tree will reach 50', and is considered a medium grower. This tree will thrive in moist soils, but lucky for us, it is very versatile, adapting to dryer locations as well. In a grouping of three or five, this selection is outstanding. Use it as a plant grouping in the yard, or as a single tree in a foundation planting. Grown in clumps or single stemmed allows for a variety of design styles, from a more natural look to a formal appearance.

What about sycamores? Much like the river birch, this tree is also native and seen along creek banks. This tree is a large shade tree, adapting well to wet soils as well as well drained soils. It too has a peeling bark, white and gray in color, making a very interesting addition to your winter landscape. Its heavy branching structure makes it an exciting tree in the yard.

The sycamore will reach to 100' if kept healthy. However, this particular tree does have some issues. It readily gets a disease called anthracnose. This will cause early defoliation of the tree as early as August. The best defense against this disease is to keep the leaves and twigs that fall to the ground cleaned up. This will reduce the likelihood of re-infestation. Anthracnose typically does not kill the sycamore, but with yearly attacks of this disease, will cause the tree to become weak, and other insects, disease or cultural damage like drought may take this tree out. It is

a relatively fast growing tree, and may be a selection for quick shade.

There are many more trees that can be selected for winter interest. The trick is to know what the effect is that you may want, design the area for an all season garden focusing on the winter, and choose the right plant for that particular location. Trees are the ceiling in a winter garden; they can also serve as the walls. The interest should be focused on the bark and the texture of the canopy.

As we look to nature as our guide to winter landscaping and plant choice, the understory of the forest and edges become a great interest. The understory in our landscapes becomes the shrubs. In a winter garden, the success of this layer comes in the fruits, bark and texture of the twigs of our shrubs we may select.

Some interesting shrubs that demand our attention in the winter landscape include shrubs like the red-twig and yellow-twig dogwoods, chokeberries, winterberry hollies and oakleaf hydrangeas. The dogwoods, *Cornus alba*, *Cornus stolonifera*, and *Cornus sericea*, are all species of the red twig dogwood. These shrubs are not known for their flowers but for their winter color in the twigs. As their name suggests, the stems are a brilliant red or yellow, giving color in our winter gardens. Many varieties of these plants are available. Typically this group of plants can grow to 10', but some varieties have been selected to remain shorter, closer to the four foot range, to fit better into the average landscape. Ask your nurseryman for varieties that are shorter. This plant will adapt well to most soils, but naturally will grow in wet locations. This plant group will need to be pruned regularly as the colored twigs are the newest growth. The old wood becomes brown. Just cut out the old wood in the spring before the plant comes out into leaf, and your plants will keep their bright twig color.

Chokeberries are among my favorite winter and summer shrubs. The berries on these plants often remain until



The Paperbark Maple has an interesting peeling bark that will attract attention in your winter garden. It produces a fruiting structure called a samara, and they dangle from the branches, resembling papery wings. Most of the seed produced by the Paperbark Maple is sterile and will not produce unwanted seedlings, unlike that of many other maples.

late winter. It seems to be one of the last shrubs hit by the birds. The most common chokeberry is the red chokeberry, *Aronia arbutifolia*. This one will reach about 6'-8' at maturity and works great in a shrub border or even in a foundation planting, if you pay particular attention to the location so it doesn't get too tall. It likes full sun to part shade, and does well in most soils. Again, this one naturally is found in low areas, but adapts well to dryer locations. The industry recognizes this native shrub as a plant that offers many benefits from the structure and shape, to the fall color and fruit. Because of this, many selections of this plant have been made. For instance, "Brilliantissima" is a selected variety for its wonderful bright red fall color, and "Erect" has been selected for its upright habit.

Another chokeberry often missed is our native *Aronia melanocarpa*. This is the black chokeberry, and unlike the red chokeberry, gets large black fruits that remain on the plant throughout the winter. Offering interesting berries, this is a great selection for the winter landscape. The black chokeberry also has a red fall color and white flowers in the spring. This *Aronia* is slightly

slower growing than the red *Aronia*, and typically does not get as tall, reaching about four feet. Both the red and black chokeberries adapt well to many soils, but favors acid soils.

The winterberry holly holds its berries through January and these berries are bright red along the stems of the plant. Another versatile native shrub, this adapts well to most soils, except very dry conditions. However, the berries come with a hitch. As the case with all hollies, this plant requires a male and a female. The female will be heavy laden with fruit, and the males are the plant that makes that happen. So, one will not happen without the other. When purchasing your winterberry holly, ask your nurseryman for a compatible pair so you are sure to get berries. Place this shrub in full sun to part shade, and as with all newly planted shrubs, be sure to water well its first season.

Oakleaf hydrangea, *Hydrangea quercifolia*, is a lovely large growing native shrub. This interest in this plant for the winter lies in the bark, much like the paperbark maple. The stems peel, showing a pretty cinnamon color and texture throughout the winter months. This plant likes more shade than sun, but I have seen it grow just fine in full sun if given enough water. These plants have large white panicles of flowers in the summer, and have a lovely red fall color, making this a great choice for any season. As its name suggests, the leaves are shaped like an oak leaf, giving a course texture to your garden. This plant can be successfully used as a specimen plant or in a shrub grouping. Oakleaf hydrangeas will reach 6'-8'. Since this is a very large shrub, be sure you place this at the right location so you do not have to prune to reduce or maintain the size. It looks best in its natural form.

There is a smaller growing selection called "Pee Wee" oakleaf hydrangea. This pretty shrub has all the characteristics of the straight species, but will maintain a size of 3'-4', making this an exciting shrub for foundation plantings for all season interest.

Selection of plants is an exciting project. Knowing the time of year you want to focus on, looking at nature as your guide, and researching plants can be a great winter project. Enjoy gardening every season!



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# THE MASTER GARDENER

## Conservation District seedling sale 2021: Order your seedlings today!



The Adams County Conservation District's (ACCD) 2021 Tree Seedling Sale is in the works! The deadline to place your order is March 1, and seedling pickup is April 8 at the pole building behind the Ag Center at 670 Old Harrisburg Road, Gettysburg.

Hardwoods are available this year only in bundles of 25 of the same species. Evergreen species are available in bundles of 10. The ACCD recommends checking in with neighbors, friends, and family to combine your orders.

The hardwood species available are: Pawpaw, American hazelnut, American planetree/sycamore, Redosier dogwood, and Winterberry holly. Evergreen species are: Eastern white pine, Arborvitae (Nigra), and Norway spruce. Also available are 5-foot Miracle Tube tree shelters, oak stakes, bluebird and bat boxes, and rain barrels.

Contact the ACCD with questions by email or phone 717-334-0636, or visit the District's website for more information and to print out an order form and brochure.

## Small Town Gardener

Dealing with snow in your landscape

Marianne Willburn

We haven't been blessed with much snow this season, but bearing in mind that some of our largest snowfalls can often happen just when we're sure spring is around the corner, I thought I'd share a few words this month on what you might want to do for your plants if the white stuff comes in any quantity before the tulips do.

If you're a gardener that regards snow as a destructive force, I'd like to change your perspective a little bit. The presence of snow can actually increase hardiness for plants whose roots are susceptible to very low lows, and its absence in areas that consistently have snow cover can kill those that survive in colder zones than ours. Think of it as an insulating blanket.

Deep snow also protects plants from winter warm ups that are followed by a slap-down. This is one of the reasons why we are so vulnerable here in the Mid-Atlantic – a region where a friend texts me excitedly if we are forecasted to receive over three inches. Our snow cover is not consistent, nor is it rarely deep.

So, snow is good – but it can be destructive to the structure of our shrubs and trees, as the heavy load bends and breaks susceptible lateral branches and sometimes the trunks themselves.

Six years ago during one of our heavier snowfalls, I found my precious Edgeworthia chrysantha bent flat to the ground just outside my front door. Edgeworthia has the flexible limbs of a gymnast, but if a Sumo wrestler was to sit on that gymnast for any length of time, it is unlikely the gymnast would walk again, much less turn a cartwheel.

I used a broom and shovel to remove snow until I could see



the cinnamon-brown stems, then took my pointed 4-inch trowel to excavate the limbs one at a time from their white cocoon. A few minutes in (we had received nearly two feet of snow), I found one of the main stems broken in half and hanging by a few millimeters of cambium and bark.

Here's where the timeliness of the thing comes in -- the reason you might want to get out of that yummy chair and check on your plants. I splinted the stem back together with a bit of cloth, a short length of stick and some flexible florists' tape.

Temps were cold and the wound had been encased in snow. Had I waited it would have been too late.

The snow melted, spring burst forth and the edgeworthia licked its wounds and soldiered on. By May, it was as gorgeous as it had ever been, and new laterals above the injury had already started sprouting. It's ten feet tall now. Carpe branchem.

I've done that same thing successfully since with plants as different as deodar cedar and daphne – amongst others. But it's a question of catching it in time. In the Mid-Atlantic, where a snowfall can end with an ice storm, or at the very least, a temperature plunge into icy digits, it's a good idea to head out a few times during a snowfall to help your most precious plants shed that weighty load while it's still fresh.

A few tips if you're trying to excavate your own landscape.

shake and which may be able to shake it off on their own. Evergreen hedging and vertical shrubs/trees with upright lateral branches (like 'Sky Pencil' holly or 'Arrow Point' Juniper) are in greater danger than a kousa dogwood.

### Use your lightest touch

Start by grasping the main trunk of the plant midway up its length and shaking gently. Make sure you're wearing a hat. Don't shake it if bottom branches have been covered by the weight of snow or you could separate them from the main trunk. Instead, brush the snow lightly from the branches with a snow brush.

### Remember that plants are exceptionally fragile in the winter

The colder it gets after a heavy, wet snow, the more fragile they are. If the snow has hardened, you may do far more damage than you are trying to remediate. At that point you must treat it like an ice coating and just wait.

I recognize that the chair is warm and deep and you may have found yourself, once again, without a decent pair of boots because you didn't plan ahead. However, I will submit the following in closing: A tiny bit of work now can save you a lot of plastic surgery later.

Sort of like being thirty and using sunscreen.

### Only do the bare minimum

Don't you love advice like that? In this case it is warranted. Look at your shrubs and trees and decide which could benefit from a light

Marianne is a Master Gardener and the author of *Big Dreams, Small Garden*. You can read more at [www.smalltowngardener.com](http://www.smalltowngardener.com).

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# PETS

## Waiting for valentines

Jennifer Vanderau  
Cumberland Valley  
Animal Shelter

I'm waiting. The right person just hasn't come through the door yet.

I know it, somehow. Deep in my heart.

People walk by my cage and I reach out a paw and purr and hope that maybe they're the ones.

But so far, they haven't been.

A few days ago, a small family took me into the bonding room and I played and had a lot of fun and purred and sat on the husband's lap and everything.

But they took Allison, the cat who lived across from me. I'm okay with it because Allison was super nice and she deserved a good home and I have a feeling she'll be really good for that family.

I'm waiting.

I listen to the cats who have been here a while and I try not to get discouraged. One of the real old-timers, Speckles, doesn't believe we're waiting for anyone. She's been here since May 2020 and I think she's just about given up.

I don't call her an "old-timer" to her face or anything. She just

seems kind of resigned to her life at an animal shelter.

I still have to have hope. Sometimes at night I think I'm probably an idiot for holding onto the dream of having a home, but I can't help it.

I know the right person is out there for me. It's happened before. I've witnessed it.

Why should I believe it won't happen for me?

It's a random Tuesday. I know because I heard one of the staff members talking about what TV shows were on tonight and someone else said, "Oh, it's Tuesday. 'This is Us' is good."

No idea what they meant by any of that, but I know it's Tuesday.

I can't tell you the time, but something happens later in the day when the door opens and a lady walks in. She has the nicest voice and most beautiful green eyes.

She goes from cage to cage, talking to each one of us.

I hear Addy a few cages over meowing up a storm. I know Scarlet beside me has already started purring. Mr. Creek looks like he's just about dancing on his blanket.

We're all excited to see some-

one and each one of us hopes this might be it.

I've got butterflies in my stomach. That's what I've heard the humans call it when they're jittery or eager about something.

When she gets to my cage, she smells so nice and I can feel my heart contract in my chest.

She could be my mom. I just know it.

She says, "Oh, you look just like a kitty I had when I was a little girl."

I reach a paw out through the cage and touch her arm, very lightly.

She inhales deeply and whispers, "I'll be right back."

She gets a staff member and we go into the bonding room together.

I feel that hope swell and I sit with her for a long while. I lose track of time. All I know is she has the softest touch and she kind of hums under her breath. I don't even think she knows she's doing it, but I know I could listen to it all my life.

I take a chance and crawl a little ways up her chest to her face. She smiles and kisses my nose.

That's when she says, "I think you and I will be the best of friends."

I'm adopted that day.

When I get home with my new mom, she's got red decorations up all over the house. Hearts and cupids and arrows. Something called Valentine's Day.

I know that was a couple days ago because people at the shelter were talking about it. The holiday to find true love. I remember Speckles scoffed at them when they were gone, but I had to wonder.

Did Valentine's Day have something the do with us finding each other? I suppose it's possible.

All I know is mom was ready. There are toys everywhere for me and a new bowl and litterbox and comfy blankets all around the house. There's a cat tree by the window that I know I'm going to LOVE when I watch the birds in the front yard.

Mom seems pretty happy when I explore my new home. She follows me around at first and when she tells me she's got emails to check and dinner to prepare, I follow her.

It's funny, but I don't really want to be without her.

That night, she even lets me in bed with her. I kind of have my own pillow. As we both start to fall asleep, she kisses my nose and says good night, and I can't help but purr a little. She smiles at the sound.

In that moment, I know why I was waiting so long at the animal shelter.

I was waiting to find her.

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

To read other article by Jennifer Vanderau visit the Authors section of [Emmitsburg.net](http://Emmitsburg.net).



Brad is a 1-year-old grey tiger boy who came into the shelter as a stray. We don't know a lot about him and he can be quite shy at first. Once he knows he can trust you, he becomes quite the love bug! Brad's not a fan of being picked up, but boy does he enjoy treats and a chin rub! Do you have a forever home for him?



Jill came into the shelter as a kitten in January 2020. She was a little unsure of humans, but came out of her shell a little when she found some feline friends. Those friends have since been adopted and in order to get Jill some time with people, she was moved to one of the back offices. Slowly, but surely, she's coming around. When she trusts you, she's quite a lap cat! Do you have the love and patience to be Jill's forever home?



Mae is a 2-year-old gray tabby girl who came into the shelter as a stray. We don't know much about her past, but from what we've seen, she's a sweet girl who enjoys treats and wet food. Are you the right one for Mae?

For more information about Brad, Jill, or Mae, call the Cumberland Valley Animal Shelter at 717-263-5791 or visit them online at [www.cvaspets.org](http://www.cvaspets.org) or better yet, visit them in person at the shelter.

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

To a poor and lonely stray I'd give:

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

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

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

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

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

-- Author Unknown



# FAS - allow me to explain

Dr Jon Branson  
Catoctin Veterinary Hospital

FAS refers to pets (dogs and cats) that are Fearful, Anxious, and Stressed when they come to the veterinary hospital/clinic. Let me define some terms:

Fear - noun meaning an unpleasant emotion caused by the threat of danger, harm, or pain

Anxiety - an emotion characterized by feelings of tension; the opposite would be calm

Stress - the body's reaction to any change with physical, mental, and emotional response

The symptoms of these factors in dogs are tense face, lips drawn back, tail down, body lowered (cowering), dilated pupils, snarling or growling. The symptoms in cats are tucked tail, crouched posture, hissing, dilated pupils, ears pinned back/down to the side.

A lot of pets (and their pet parents) are stressed coming to the veterinary office. These days, during Covid-19 time, pet parents are even more stressed. Our pets can read and

be influenced by this stress as well. The stress of a vet visit often begins with leaving the house. A cat should go in a cat carrier for its safety in the car. However, the cat realizes what that confinement will mean. A dog has to get into the car. That act alone may be stressful, or the stress starts as the car gets closer to the veterinary clinic from down the street to being in the parking lot to approaching the ominous front door.

In order to reduce stress, the process can start at home. Acclimate your cat to the carrier without a vet visit by leaving the carrier out, not hidden away. Leave the door open or the top off. Put favorite toys or treats inside. There are pheromones, pleasing hormones that can be sprayed in the carrier or on a bandana for dogs before they leave the house. Acclimate dogs to the car gradually by just sitting in it to start without going anywhere. Use treats to reward a dog for getting in the car and staying still. Then back down the driveway, go around the block take a longer drive to build up tolerance for trips.

Some pets really benefit by giving them calming nutraceuticals or medi-

cations prior to vet visits. After all, just like a person, if your pet has anxiety, they cannot control that and may need help. Trazodone and Gabapentin are human medications that can be prescribed by your veterinarian for dogs and cats. Some pets are a danger to themselves and others when they experience high anxiety. Vet staff wants to keep your pet safe, as well as you the owner, and the veterinary team. We want to make the visit more bearable for all involved.

There has been a tremendous shift in the veterinary profession to promote fear free visits for all pets. The concept of Fear Free was started by Dr. Marty Becker, "America's Veterinarian." The idea is based upon recognizing and taking steps to reduce FAS. The tag line is taking the pet out of petrified. Some suggestions are to use pre-visit medications, sometimes delay/reschedule visits if the pet is not prepared, in-clinic sedation, and happy visits (nothing happens, just happy hellos and giving treats for positive reinforcement).

When we recommend medication, it is not just to drug your cat or dog. It is meant to facilitate what needs to happen during the visit once again keeping all parties safe.

One of the tasks that can be an extreme trigger for anxiety is the nail trim. It is a necessary task to prevent injuries by overgrown nails getting caught and tear-

ing or breaking or even growing around into the pads of a cat or dog.

Fear free visits involve determining favorite treats for your pets. The benefit of treats is helped by not feeding your dog or cat after 6 p.m. the night before the vet visit. We use peanut butter, squeeze cheese, cat treats and hot dogs for dogs. Cream cheese, squeeze cheese, and cat treats are used for cats. In addition, we play calming music (typically classical) in each of our 4 exam rooms. We use non-skid mats and towels (sprayed with cat pheromones called Feliway) on counter tops. Also we will use rubber mats on the floor for large dogs with mobility issues.

Trazodone and/or Gabapentin can be used when needed. There is something called the Chill Protocol which works extremely well for very reactive and stressed dogs. That involves start-

ing with Gabapentin the night before the vet visit. Then repeat the Gabapentin along with Melatonin 2 hours before the visit. Finally, a small dose of acepromazine, a mild tranquilizer, is given 30 minutes before the visit. This helps tremendously with those pesky nail trims and any situations when dogs are highly reactive, stressed, and anxious.

The key to making vet visits go smoothly is communication between pet parents and the veterinary office when the appointment is made. The more we know ahead of time, the more we can do to help you prepare your pet before the stress begins. For more information I suggest the following books: From Fearful to Fear Free by Marty Becker, et. al. or Decoding Your Dog by the American College of Veterinary Behavior

## Overlooking Manners

Linda Shea  
Frederick County Animal Shelter

Walking through the dog kennels at the Frederick County Division of Animal Control and Pet Adoption Center now is different than in years past. We have a lower dog population, no visitors or members of the public, and a quiet environment overall due to a combination of those factors and more. One thing that hasn't changed is a significant proportion of bully-type dogs compared to other breed types. Currently, we have six dogs available for adoption. Of those six, four are bully-type dogs. Of those six, one has exceptional etiquette—we'll call that dog "Manners."

Manners is overall the most quiet, even when the other dogs are barking or vocalizing to gain attention (and subsequent treats). Rather than approaching the front of the cage in an enthusiastic lunge, Manners observes thoughtfully. Manners sits nicely and is willing to placate staff members who give the command to "sit" even though Manners is already sitting. Manners is gentle in demeanor and takes treats gently, despite the intimidating sixty-one pounds of dog behind the forty-two pearly white teeth. A quick glance at Manners shows a basic big, black adult canine. However, a closer look reveals much, much more.

Manners is friendly, reacts favorably to other dogs, and enjoys interaction with humans to the point of leaning in to the person administering hugs. Manners' enthusiastic approach to people, which sometimes involves jumping on them and being difficult to walk, makes Manners recommended for families that have children 10-years-old and up. Of the six dogs currently available for adoption, Manners is the dog I would pick to adopt based on temperament, calm demeanor, and, of course, manners. Unfortunately, the one thing going against Manners is that his real name is Ares... and perhaps that he is one of the four bully-type dogs.

Ares was surrendered in November by his owners of over five years. He is approximately five years old and has the stereotypical build of a pitbull mix. He is already neutered, microchipped, current on vaccines and other preventatives. As a senior dog, he qualifies for an adoption fee discount. In full disclosure, Ares' previous owners surrendered him claiming aggression, but offered no specific incidents of such and no bite history. We would like to place Ares in a home that understands a breed type doesn't outweigh good manners in a relationship. For more information on adopting Ares through our virtual adoption process, contact the shelter at 301-600-1546.

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# THE YOUNG EQUESTRIANS

## My first snow adventure

Sarah Simmons

I've had a lot of firsts since I started riding horses. And another first for me came in late December and January. Both were cold, wet months and I didn't expect to ride much. So my 2021 equestrian life started on a bit of a disheartening note. It had been a great Christmas. My twin and I got new bikes, bows and arrows, books, and more art supplies. And our coach gave us our first spurs (thanks Mike and Audrey). But that still didn't make me feel much better as I thought about not being able to ride for the next several weeks.

In late December, it came a big snow. It was really pretty and the snow stayed on the ground for a long time. Emma, my sister, and I got to sled, build snowmen, made snow angels, play with our dogs, and of course have snowball fights. We even threw snowballs at our Mother who was watching us through the kitchen window. No, she didn't get mad, she just laughed and took pictures of us.

But I knew something was missing. Riding, of course. I missed Kit. I missed Wesley and Scotty too. But I missed Kit most of all. Kit has been the horse I've been riding for the past few months and we have really formed a bond. And while we were able to go to Mike's to see the horses and take care of them, I wasn't sure if we would be able

to ride. In early January, there was eight to ten inches of snow on the ground and it was freezing cold. I've ridden in the cold before, and in the rain, but never in the snow. So, I just told myself I'd have to wait until the snow melted and it got a little warmer. As the days went by, it stayed cold and the snow just didn't melt. Great for sledding, but bad for riding.

My Mother saw how unhappy I was so she emailed Mike. Being a great coach who understands how much we love riding, he said that we could come over and ride in the snow. Oh Joy! My sister and I got our riding gear together and made sure we had everything we needed. Helmets, vests, chaps, crops, gloves, new spurs, warm clothes. Yes, our Mother made us wear thermals under our riding clothes. "It's going to be really cold," she said. Because I wanted to ride so much, I didn't even mind wearing all the clothes. We even cleaned our riding boots, which had layers and layers of caked on and dried mud on them. Took a while to get through the muck. But we finally made it down to the leather and we cleaned and polished them until they shined like new. I have to admit that they really looked good. Maybe we should do that more often. We were ready to ride in the snow!

The day I was supposed to take my first horseback ride in the snow started out really cold and cloudy. But

the skies cleared up soon and by the time we got out to Mike's farm, it was still cold, but sunny. My sister and I tacked up Wesley and Kit, making sure to give them each a carrot and lots of kisses as we got them ready. One thing that I was not expecting were the snowballs in their hooves. Mike pointed out that horses with shoes tend to have snow compact in their hooves. This makes hard snowballs in the bottom of their hooves. Since both Kit and Wesley are shod 'all the way around' Emma and I had to clean out the snow before we could ride. Otherwise, Mike told us that the horses would not be very sure-footed. We would end up horseback skating rather than horseback riding!

It was time! I could hardly wait. I was so excited, but also a little nervous. I am confident riding Kit, but Mike reminded us that the horses can be a little frisky in the snow. We started out riding in the small field, just in case the horses were more than a little frisky. But Kit was amazing. One thing that I was not expecting was that his walk and trot gaits were a bit bouncier than usual. But I guess that was because he had to lift his legs higher than normal to get through the snow. His canter was really springy and I had to hold on tight. It didn't take long for me to get used to Kit's snow gaits. After a while, Mike let Emma and me ride in the big field.



**Making a memory - Sarah's first canter in the snow!!!! Come to think of it, it was Kit's first canter in the snow with someone on his back too!**

The first thing I noticed when we went into the big field was how beautiful everything was. The snow was all over the trees in the woods so everything looked white. This made it easy to see all the birds and squirrels watching us as we rode by. We even saw a rabbit. It ran right into the field and in front of me and Kit. But it didn't bother Kit at all. He just kept going. But the bunny did leave cute bunny tracks in the snow.

I could also see the tracks that the horses were leaving as they moved through the snow. One thing that Mike is always telling Emma and me is to walk in a straight line when we ride. And while Mike tells us this, I have often thought that maybe he needs to wear his glasses because it seems to me that I am keeping Kit on the straight and narrow. Well, after riding in the snow, it is obvious, very obvious, that Mike is right to remind us to keep our horses straight. As I looked back at our tracks what I saw really surprised me. I didn't see nice straight horse tracks, but curvy, weaving tracks. We zigzagged all over that field. We didn't leave one straight line of horse tracks. Our trail looked like that of a crazy squirrel being chased by one of Mike's cats.

I also noticed that the horses tended to go a little faster than they usually do. For both Wesley and Kit, their trots and canters have never been really fast. But in the snow,

both horses moved like they were in fast forward. Their walks were brisk, their trots were lively, and their canters were especially spirited and, to tell the truth, they were really fast. At one point, I almost lost control of Kit. I had asked him to canter and apparently on snowy days, horses translate that to mean gallop. So off he went. And for a long minute I thought I was on another runaway horse. Yes, I was on a runaway horse last Easter and it is not an experience I want to have again. But I've learned a lot about how to control horses over the past nine months. Mike has made sure that I know what to do when a horse gets too rowdy, so my training kicked into gear. I stayed calm, balanced myself on the horse, pulled back hard on the reins and held them tight, and told him to "whoa". And he did (thanks Mike). When I looked over at Emma, Wesley was doing the same thing. But she also knew what to do and was able to keep Wesley under control.

So we finished our ride around the big field on that cold day, laughing and talking about how much fun it is to ride horses in the snow. What a great way to end the year and start the new year. I can't wait for it to snow again so I can have another adventure riding Kit in the snow.

*To read past articles by Sarah Simmons visit the Authors Section of Emmitsburg.net.*

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## COMMUNITY NOTES

# Consider emotional well-being in retirement plans

Ryan Fox

Over the last 20 years I've been fortunate to work with a lot of people who have retired successfully.

The traditional retirement planning structure considers pensions, savings, social security decisions, and family budget analysis. This quantitative planning can often be the easier part of retirement planning. These questions are often "How much money will I need?" and "Am I saving enough?"

But while stockpiling financial assets is critical, we also need to build up and prepare our emotional reserves.

This is the non-numeric or emotional side of retirement planning. The thought of having the financial freedom to come and go, to do as one wants, can be quite charming. But it takes effort on multiple fronts to create a long, successful retirement lifestyle.

After a career of working 40 hours or more a week, juggling a growing family, and managing to thrive, there comes the time when you might be empty nesters with an abundance of time on your hands. As if it's time you stop living at work and start working at living.

Most of the successful retirees I've worked with have strong, purposeful retirements focused on important goals. These goals drive them to stay active, be mentally engaged, and truly help relieve a number of the worries inherent in retirement, like the fears of financial chaos.

An increasing number of research studies find that a "sugar high" of well-being can accompany the initial retirement months. But without finding a sense of engagement, a sharp decline can occur after the first year.

Among the most important strategies is to thoroughly plan for retirement with one's spouse.

Hopefully you both look forward to more time together but also recognize that having other hobbies and social activities is important.

This can be achieved by volunteering in the community. Our local organizations are always searching for dependable, experienced people to help out. Another option is part-time work.

A number of newer retirees develop a sort of honey-do list to complete in the first few years of retirement such as landscaping, de-cluttering the basement or getting more actively physically.

I've seen that it can be helpful to help stay connected in retirement, sometimes literally, by learning new technology or at least keeping up with trends. Smartphones, texting, and social media are great ways to selectively stay in touch with your friends and family.

This is the start of what will hopefully be a long, multi-decade, journey. The reality is that



we are forced to evolve in retirement as our health changes with age. It makes sense to look forward with a keen eye on housing, care needs, and be ahead as much as possible of the need to make adjustments. Adding a first floor bedroom or a railing ahead of time can be beneficial.

When I talk with clients in the throes of retirement, the numeric part of it can be largely addressed

with cash flow analysis, budgeting, and balance sheet work. But spending a significant amount of time on the emotional side of retirement tends to be just as vital to ensuring the comprehensive approach to retirement is developed.

Ryan Fox, Huston-Fox Financial Advisory partner, in Gettysburg and Hanover, can be reached at 717-398-2040 or Ryan@hustonfox.com

## Golden Years

Jim McCarron

Who would have thought? We are a month into the new year and quite frankly it looks a lot like 2020. I guess I need to give it a chance. We certainly are glad to see the COVID vaccine finally has arrived. I hope soon we may say sayonara (or more appropriately, in Mandarin Chinese: Shuāi diào bāofú) to this major disrupter. In the meantime, we owe it to our neighbors and ourselves to do all we can to prevent the spread of this disease. Please follow proper protocols (please see important information the Senior Center Newsletter). Everyday I talk to folks who have been touched by this pandemic. It seems it never lets up. Two of my daughters tested positively but fortunately they have come through OK. Many others have not been so fortunate. Please keep them and their families in your prayers. I especially want to pause and remember former

Mayor Bob Flickinger who passed away on New Year's Day, a victim of COVID related pneumonia. Bob was incredible. He was a friend and supporter of mine and I am indebted to him for all he taught me about service. He will be missed and remembered for a long time.

Believe it or not there is some good news. So far, this winter has not been so bad, weatherwise. (I'm writing this on Jan 12th) Daytime temperatures in the mid 40's with an occasional 50 + degree day sprinkled in, I'll take it! (I hope I just didn't jinx the rest of the winter). I usually try to spend a week in Florida in January, but this year it's just not in the cards. I sure do miss it. Heads up though, if we can get through February unscathed, springtime will be close at hand! I must give credit to our Governor and our local public officials for the effort they have put forth in minimizing the impact of COVID restrictions. Many helps are in place for all segments of our

society. Our leaders have been proactive reaching out to the most vulnerable. We seniors have had more than our share to deal with, (see the Sr Center Newsletter) the hospitality industry, restaurants, entertainment .....and the list goes on have had rough times. Many people's dreams have been put on hold. Lives have been changed. Many are suffering at many different levels. I guess this is where we may help. Reach out to those in your family or neighborhood who have been severely impacted. Ask how you may help and continue to pray for a swift end of these troubles.

A new government has taken

over in Washington. Our legislators are meeting in Annapolis. To say we can expect change is an understatement. We should also pray for our elected officials that they may hold fast a true to the ideals that formed us as the best nation to ever exist. For 245 years (almost) our ideals of justice and fair treatment has been a light shining before all other nations. Our Constitution has provided guidance and direction all that time. May those who serve never forget that.

I usually use this column to bring everyone up to date on the "goings on" from the Commission on Aging & Disabilities

(COAD). The pandemic, the holiday's and the fact we changed or meeting date to the last Wednesday of the month has not given me much to talk about. Don't worry though, the senior center newsletter that so many have grown to rely on is available on the county's web site. It contains a all the information I've missed. Please take time to access it, you will be glad you did.

Stay safe and warm, help someone, let me know if I can assist in anyway (jmccarronjr@verizon.net). I will write you again in March! (daffodils, crocus, forsythia, hyacinth, tulips will soon be here!)

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## HEALTH NOTES

# Your health maintenance checklist

Heidi Winkler  
Frederick Memorial Health System

Are you ready to make 2021 your healthiest year yet? The beginning of a new year is the perfect time to make your health a priority. Part of a healthy lifestyle includes seeing your doctor for regular screenings. Even if you feel healthy, these screenings are an important tool for detecting health issues before they become more serious. Remember, early detection is your best prevention.

### Screenings for Men and Women

**Diabetes Screening** - If you're a man or woman age 45 or older, you should receive one of the following tests every three years to detect diabetes: fasting plasma glucose: During this test, your blood sugar levels are measured after you haven't had anything to eat or drink (except water) in the past eight hours; random plasma glucose: This test measures how much glucose (sugar) you have circulating in your blood. Eating before this test will not affect your results.

**Colorectal Cancer Screening:** Women and men ages 50 to 75 should receive a yearly colorectal cancer screening. In some cases, those aged 75-85 should also get this screening. Screening include: Flexible sigmoidoscopy: During this test, a doctor puts a short, thin, flexible, lighted tube into your rectum to check for polyps or cancer inside the rectum and lower third of the colon; screening colonoscopy: This test is similar to a flexible sigmoidoscopy; however, it checks for polyps and cancer inside the rectum and entire colon. During this test, your doctor can find and remove most polyps and some cancers. Colonoscopies can be used as a follow-up test if anything unusual is found during another test; high sensitivity fecal occult blood testing: This is a lab test that checks a stool sample for hidden occult blood, which may indicate colon cancer or polyps in the colon or rectum.

**Cholesterol Screening:** Heart disease is the leading cause of death for Americans. Fortunately, there are steps you can take to reduce your risk—including get-

ting regular cholesterol screenings. Lipid panel, including LDL: This is a blood test that measures lipids, or fats and fatty substances your body uses for energy. Cholesterol, triglycerides, high-density lipoprotein (HDL), and low-density lipoprotein (LDL) are all lipids. Starting at age 20, all men and women should have a lipid panel test performed every five years. If you're at high risk of heart disease, you should receive this test earlier and more frequently.

**Hypertension Screening:** Everyone, regardless of age, should have their blood pressure checked at least every 1-2 years, or more frequently if you have a family history of high blood pressure or heart disease. Blood pressure measurement: Any time you visit the doctor, it's likely you'll have your blood pressure taken with a blood pressure monitor and cuff. You can also buy your own monitor and cuff to track your blood pressure at home. The top number (systolic) refers to the amount of pressure in your arteries when your heart muscles contract. The bottom number (diastolic) is your blood pressure when your heart is between beats.

### Screenings for Women

**Breast Cancer Screening:** A few different exam methods detect breast cancer, ranging from a simple self-exam to a mammogram. Mammogram: A mammogram uses a machine that takes an X-ray image of the breast tissue to look for early breast cancer signs. Regular mammograms are the best way to detect breast cancer early. In general, women ages 45 to 54 should get annual mammograms. If you have a family history of breast cancer, talk to your doctor about starting these exams sooner. Physician breast exam: During this exam, a physician checks the appearance of your breasts for anything unusual. Women in their 20s and 30s should receive this exam from a doctor or nurse every one to three years, then once a year once they turn 40. Breast self-exam: Adult women of all ages should perform a monthly breast self-exam to check for lumps or anything unusual in their breasts. Regular self-exams are an essential tool in the early diagnosis of breast cancer.

**Cervical Cancer Screening:** Pap smear/Human Papilloma Virus (HPV): During this test, cells are col-

lected from the cervix to detect cervical cancer. Women ages 21 to 65, or starting three years after beginning sexual activity, should receive routine Pap tests. Women up to age 30 should receive a yearly Pap test without the HPV test, and women over age 30 should receive a Pap test with an HPV test every three years. This screening is also part of a well-woman exam.

**Osteoporosis Screening:** Women ages 65 and older should receive a bone density test to check for signs of osteoporosis, a disease that causes weakened bones. DXA (bone-density testing): This test involves an enhanced form of X-ray technology that measures bone loss.

**Sexually Transmitted Disease Screening:** Sexually active women younger than 25 should receive a chlamydia test each year with their Pap test. Your doctor may recommend other tests based on your risk level. Chlamydia testing: This test detects the sexually transmitted disease chlamydia through urine or a swab.

### Screenings for Men

**Prostate Cancer Screening:** Regular prostate screenings are the best way to detect prostate cancer early. Digital rectal exam (DRE) and prostate-specific antigen (PSA) test: Men 50 and older should receive both of these tests annually, along with a discussion with their physician, to detect prostate cancer. Black men should begin to receive these tests at age 40.

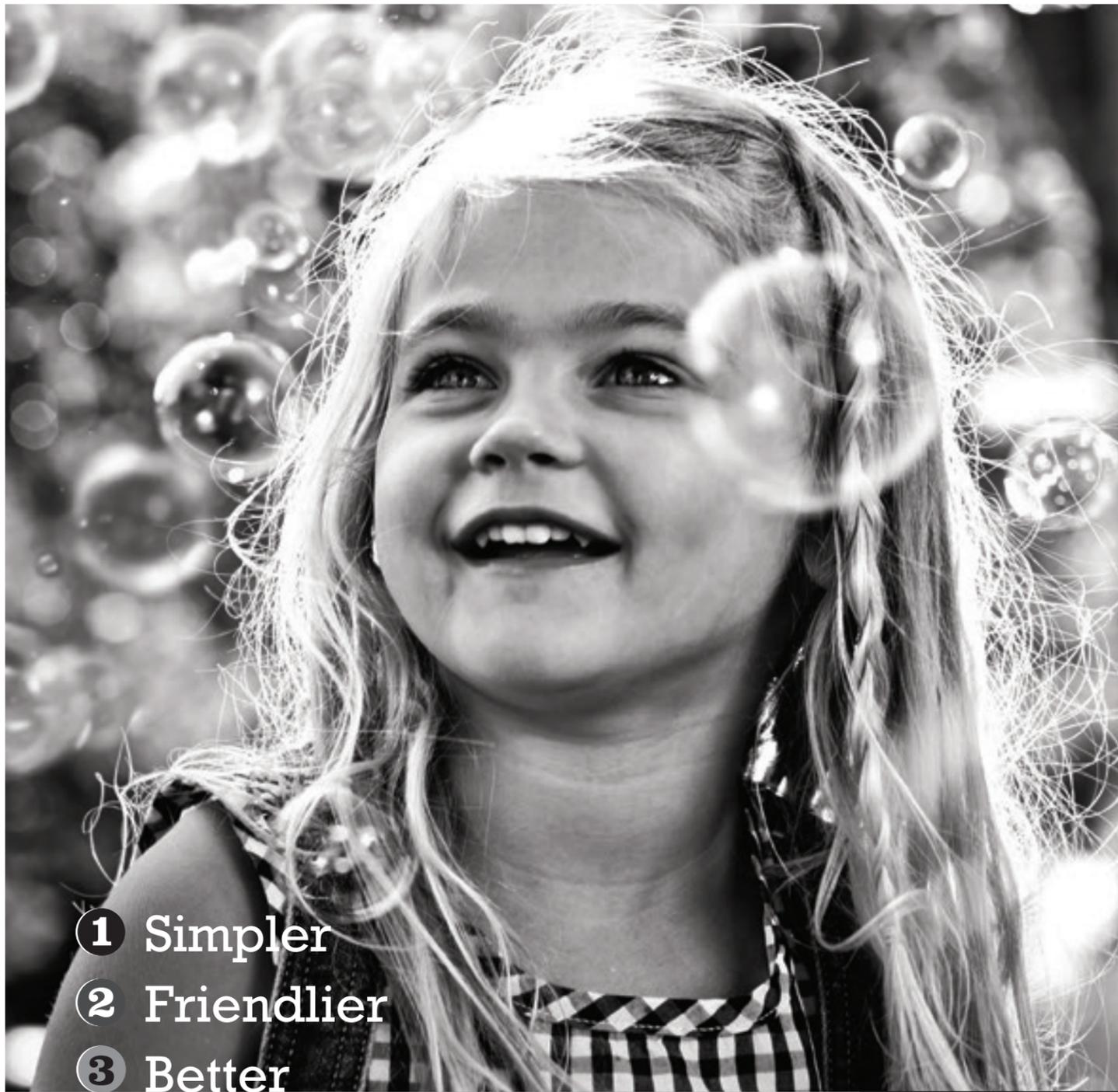
### Immunizations

Are you up to date on your shots? Here are some common vaccinations you may need: Influenza (flu): Everyone 6 months of age and older should get a flu vaccine every year, with rare exceptions. The CDC recommends getting a flu vaccine by the end of October each year. Pneumococcal (pneumonia): Adults aged 65 and older who are at average risk of pneumonia should receive this one-time vaccine. If you're high-risk, you should get this vaccine sooner and follow-up with a revaccination after five years. Human Papilloma Virus (HPV): All women between ages 11 and 25 should receive this series of three vaccines to prevent Human Papilloma Virus. Diphtheria/Tetanus/Pertussis: Men and women ages 19 to 64 should receive this one-time vaccine. Varicella-Zoster: This vaccine, which protects against shingles, is recommended for adults 60 and older. Only a one-time shot is needed.

Never delay important screenings, even during a pandemic. Use this checklist as a guide to schedule your appointments for 2021 and talk to your primary care provider to figure out the perfect care plan for you. The right plan for your care will vary based on factors such as your medical history, family medical history, and personal preferences and lifestyle.

If you do not have a primary care provider, contact Frederick Health Primary Care. Access to a primary care provider to help you maintain a healthy lifestyle is just a call or portal away. It's that easy.

If you're a Frederick Health patient and need to schedule an annual screening or have questions, we're here for you—because we want you healthy, Frederick! Learn more at FrederickHealth.org/GetCare.



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## A profile in courage... and love

Harry Scherer  
MSMU Class of 2022

"My husband and I just turned 30 in December and our main hope and our main prayer for this next decade of our lives is just that nothing happens. Everything happened in the decade of our 20s and now it's time to just be normal."

Megan Quaranta, née Kinsella, Class of '13 laughed as she shared this ironic and admittedly impossible prayer. I learned throughout our conversation that this prayer is not one seeking inactivity but one seeking the grace to deal with the expected hyperactivity.

The story of Meg's 20s is one that proves what can happen when we say yes. When Meg went out on a run on a cold winter morning of her spring semester sophomore year with her two friends, Kathryn Franke, C'12, MBA'13 and Stephanie Josen, C'13, she didn't expect to run into Mike Hillman, editor of the community news publication for which she would write for the rest of her time at college. When Mike said that the Emmitsburg News-Journal was looking for student writers, she spontaneously agreed and welcomed the opportunities that would come with the new responsibility.

Meg fondly remembers the time she spent working on the paper while at the Mount: "I really just miss writing. Writing for the ENJ just gave me an excuse to write." She also valued the sense of accomplishment that writing for the paper collectively offered to herself and her fellow writers.

After graduating from the Mount, she said yes to becoming a missionary with the Fellowship of Catholic University Students (FOCUS) in Lafayette, LA. Meg remembers the culture shock of "being immersed in a completely new culture" and appreciated all the "awesome people who were so welcoming." During that missionary year, in October of 2013, she said yes to her then-boy-

friend Mark when he asked her to marry him. The next year, she became a youth minister at a parish in Falston, MD. A month after Mark and she said their "I do"s in November of 2014, Meg was put in the position of having to say yes to something much more daunting.

At the age of 23, Meg was diagnosed with non-Hodgkin's lymphoma. After consulting with her doctor, Meg and Mark made the active decision to forgo chemotherapy, principally because of the unknown risks associated with fertility. Instead, Meg underwent weekly infusions of maintenance immunotherapy for the first two months of 2015. During that period in their lives, Meg's family lived about two hours away and Mark's about three to four hours. Even with the distance, Meg remembers her parents and sister sitting with her during the infusions that would take about six to seven hours long per session. She fondly recalls the effort on the part of her husbands' family to produce bracelets that read "MegStrong." Consistent with her general approach to life, Meg confirmed that "other than the grace of God, that's how we got through it, being totally lifted up in prayer and spiritual and material support."

After she was diagnosed with the cancer, Meg and her husband had to consider both the demands of her conscience and the most efficient means by which her body would heal. After they were clear that Meg would not undergo chemotherapy at the outset of her treatment, the doctors were understanding and willing to work with them. Throughout her treatment and at each of her pregnancies, medical personnel assumed that "you don't want to have children any time soon" and repeatedly, but unsurprisingly, asked about their plans for birth control. Meg remembers that she was never sick when she was younger and "hardly ever got a cold." She credits her time of sickness as "God's way of preparing us to continue to make deci-

sions for ourselves... I never had to know how to be your own advocate, so this was our first step in doing that." This is only one of the ways in which Meg sees this time of illness as a gift and a time that offered so much potential to grow early in her and her husband's marriage.

Meg shared with me that it is "very possible that this could come back some day." A recognition of this reality might paralyze some in fear or debilitate their ability to fulfill their roles at work or in the home. I noticed that Meg acknowledged this potential recurrence without any sense of fear or dread. Instead, Meg says that "I just have such a good support system in my husband and in my family and I think that we've been blessed with really child-like faith and He's got us and He's protecting us and it's His will." These words might be easy to say without experiencing the demands that come from such an abandonment to divine providence, but Meg's experience of living and bearing a child while fighting cancer is testament enough to the truth that she has indeed lived and felt the demands of such an abandonment of her own will.

At the same time, she recognizes that she is not currently fighting the cancer. It is evident, though, that Meg is not sentimentalizing the past or experiencing delusions of grandeur. Instead, she acknowledges the deeper truths that got her and her husband through the more frightening times at the beginning of their marriage: "I think we learned early on in our marriage that we could be frozen in fear and not move forward and just say 'why me?' and 'poor me why did this happen to me?' This is terrifying." Or, we could hike up our bootstraps and figure out how to fight it and still find joy in our everyday."

Throughout my conversation with Meg, it became clear to me that perhaps one of the keys to her success in fighting this more difficult time in her life is the fact that she does not take herself too seriously.



Megan and Mark and their children Rose, John, and James.

She admitted to me that neither she nor her husband frequently discuss this time of sickness in her life. For anyone who talks to her, it is crystal clear that she is not doing any sort of unhealthy psychological suppression; on the contrary, she is about as in-touch with reality and her own experience as a person can be. She said, sounding like she was smiling on the other end of the phone call, "I think because it happened so early in our marriage, we were 23, we were able to see the upside of it." Meg speaks with optimism of the upside to the destruction of her own plans having to be replaced by the plans of God. This optimism confirms the benefits of Meg not taking herself too seriously. Through her period of sickness and afterward, it seems that Meg found and continues to find peace in a view of her life as not her own but rather a beautiful gift granted to her by God with which He continues to invite her to allow Him to do His will.

Today, Meg continues to thrive and be excited by this daily potential to do the will of God with her husband and three children, Rose, 4, John, 3, and James, 1. Throughout the day, Meg finds herself tending to the typical concerns of a mother with three small children: the sufficient exhaustion of energy through-

out the day, the maintenance of vital bodily functions and the enjoyment of this time with them. Meg continues to say yes to the unknown joys and challenges of each day.

To college students of today, Meg encourages us to "not waste time. Take advantage of your friends being so close and develop good friendships and really invest in your faith and take advantage of all the opportunities the Mount has. I don't mean just do all the activities. It's about living in a place where there's so much friendship and so much faith." At the same time, she invites students to place more emphasis on actually learning than the grade obtained in a course; "Years from now, you're going to wish that you actually listened in that class and grew from that information instead of just digesting stuff to blurt it back out on exam."

This simple advice comes from a woman who has learned not just in the classroom but from her own difficult experiences. By the grace of God and by her own talent, it seems fair to guess that the decade of her 30s is going to be far from normal if she keeps saying yes.

To read other articles by Harry, or for that matter – Megan, visit the Authors section of [emmitsburg.net](http://emmitsburg.net)





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# HISTORY

## Gateway to the Mountains

George Wireman  
Chapter 29: Camp Airy

On a foothill of Eagle Mountain, overlooking Thurmont and the surrounding valley, is Camp Airy. A spacious house, a swimming pool and surrounding cabins provide many pleasures for the Jewish boys who are privileged to attend the camp and enjoy its many benefits.

Camp Airy was first established as a boys' camp in 1924 and the facilities at this time included three buildings and a total of fifteen campers. Director of the camp was Dr. William Pargman, who has served in this capacity for 43 years. Dr. Pargman came to Baltimore from New York, to attend the University of Maryland School of Dentistry and became engrossed with the Jewish Educational Alliance, working with young men and boys who were athletically inclined.

Although Camp Louise, a Jewish camp for girls, was established

in 1922 as a summer vacation spot for the Daughters of Israel Working Girls, it was this camp site that brought about the establishment of Camp Airy two years later.

When Camp Airy began in 1924 it consisted of three buildings and 15 campers. Today, 43 years later, the camp comprises 20 hollow tile bunks holding 12 children and two counselors each. These facilities make up the Senior and Intermediate group. The younger campers area is made up of 10 log cabins each housing 12 children and two counselors. Modern bathroom facilities are available throughout the camp. Other camp facilities include a recreation hall, a large dining room seating over 400, activity buildings, tennis courts, archery and rifle ranges, a fish pond, swimming pool, base-ball diamonds, volley ball and hand ball courts and numerous other programming facilities. All activities are supervised by a very talented



Camp Airy was originally set up in 1922 for the under-privileged children, but eventually opened to include all other groups. Camp Louise, a Jewish camp for girls, was established in, 1922 as well as a summer vacation spot for the Daughters of Israel Working Girls.

and capable staff. The camp has a large infirmary and two doctors and four nurses are available at all times.

There are eight rotating doctors, each serving a two-week period. These are primarily from the Washington area and have at one time or another been campers or served as counselors. Doctors from Thurmont who have served the camp in past years include Dr. Morris A. Birely, Dr. Franklin Birely and Dr. James K. Gray.

A year after Camp Airy was established a large swimming pool was erected, using the water of Owens Creek. This provided additional recreation and was very popular among the campers during the long, hot summer months.

In 1926, nine additional bunks were constructed, each capable of accommodating 10 boys and a counselor.

The camp was originally set up for the under-privileged children, but has since been opened to include all other groups. By 1929 the camp had grown considerably and the need for more



Like any camp, the annual carnival was the highlight of the camp season and attracted attendees from all the surrounding committees.

bunks was felt. At this time additional facilities were added and the camp was divided into two groups — senior-intermediate and the junior group.

Camp Airy, at its very beginning, catered to boys from the Baltimore area, but by 1930 this was broadened and included campers from Philadelphia, New York, Roanoke and Richmond.

Today, as one glances over the camp register he finds that campers are from New York, New Jersey, Montana, Florida, California, Ohio, Maryland, Massachusetts, Pennsylvania, Texas, Virginia, North and South Carolina, West Virginia, Illinois, Argentina, Sweden and Israel.

The camping period was limited to two weeks at \$10 per

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# HISTORY

## Gerald L. Althoff



in addition to his full-time business. Management was transitioned to SCCAP and the operation was expanded under the name of The Gleaning Project of South Central PA.

Jerry and Jan were named Peacemaker of the Year in 2010 by the Interfaith Center for Peace and Justice in Gettysburg, PA for their establishment and dedication to the Gleaning Network.

He had a love for Native Americans and spent time enjoying nature and looking for artifacts and relics. He especially loved watching and calling to the hawks that flew overhead. He was a member of the Penna. Native American Flute Circle. For over 10 years he spent a week annually at the Cheyenne River Sioux Indian Reservation in South Dakota, building handicap ramps for the people in need. He loved spending time with the children and youth on the reservation, and had a special connection, watching them grow over the years.

His creative cooking will be missed greatly. Please share memories with his family at: [jlalthoff@pa.net](mailto:jlalthoff@pa.net).

Gerald 'Jerry' Althoff, 65, of Gettysburg, passed away on December 19. He was born May 31, 1955 in Gettysburg, the son of the late Edward and Mary Riley Althoff. He is survived by his wife of 33 years, Janice 'Jan' Davies Althoff, two daughters; Denise Stewart and Jill Althoff of Gettysburg.

Jerry was employed by Schindler Elevator for many years. He then established, and was the owner and operator of Countryside Gardens for 32 years. He started Adams County Gleaning Network in 2009 and operated it for four years. As the project flourished, it became a large undertaking

of the overall program and this includes painting, leather work, wood work, copper work, aluminum work, sculpture, ceramics and enamel jewelry.

In 1951, when Thurmont held its big Bicentennial Celebration, Camp Airy entered a float in the parade that drew wide acclaim for the workmanship it displayed.

Today the Aaron and Lillie Straus Foundation provides the necessary funds needed to operate the camp. The camp itself has an excellent staff that is made up of the following:

Dr. William Pargman, Camp Director; Lewis Barnette, Super-visor of Counselors; Mr. and Mrs. Sidney Chernak, Consultants on Services; Miss Ida Sharogrodsky, Executive Secretary; Mrs. Lena Cohen, Assistant

Director of Operations; and Leon Lerner, Director of the Camp Training Program. Mr. Meyer S. Barnette is President of the Aaron and Lillie Straus Foundation. Mr. Barnette is also President of Reliable Stores, Corp., of which Mr. Straus was the founder.

Gone are the days when the campers arrived by way of the Western Maryland Railway and were then driven to the camp by automobile. Although time has a way of changing things and the railroad station is now only a memory, the camp remains active and its future looks bright. Thurmont is proud to have contributed to the success of Camp Airy and is indeed fortunate in having this worthwhile facility in the immediate area.

To be continued next month

## Barbara VanBrakle Weedon



Miami Beach, step-children, Mary Teresa Weedon & Drusilla Mae Weedon, step-grandson, Richard (Rick) T. Weedon (Natascha) and numerous in-laws, nieces and nephews and many cousins and devoted friends.

Barbara's smile and magnanimous personality will be missed by the many people from around the world who knew and loved her. However, as those who knew her are all well aware, while Barbara certainly loved her husband, family and friends she really loved the many animals and birds who visited her yard everyday. Nothing brought a bigger smile to her face than a yard full of ducks, geese, rabbits and multitudes of birds feasting on her latest gourmet purchase. Nothing was too good for her backyard guests. She was devoted to her community and worked closely with the Board of Elections, the Ethics Commission and other local charitable organizations.

A Memorial Mass of Christian Burial will be celebrated and announced at a later date at St. Joseph's Catholic Church. Burial will follow in Emmitsburg Memorial Cemetery. Contributions may be made in her name to St. Joseph's Catholic Church, 47 DePaul St, Emmitsburg, MD 21727. Expressions of sympathy may be made to the family at [www.myersdurborawfh.com](http://www.myersdurborawfh.com).

Barbara VanBrakle Weedon, 86, a long-time resident of Emmitsburg, passed away peacefully on January 3. Born July 11, 1934 in Washington, D.C., she was the only daughter of the late Charles and Clarice (Baker) VanBrakle. Her beloved husband of 34 years, Richard Thomas Weedon departed this life on January 4, 2011. She was also predeceased by her Brothers Charles Raymond (Lula) and Arthur Aloisius (Sarah) VanBrakle.

Barbara was an Executive Assistant to the President at Mount St. Mary's for 16 years, retiring in 1996. She was a life-long Catholic and long-time member of St. Joseph's Catholic Church in Emmitsburg.

She is survived by brothers, Bryant (Christina) VanBrakle of Silver Spring, W. Craig VanBrakle (Linda) of Washington DC, and Michael VanBrakle (Alba) of

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# TANEYTOWN HISTORY

## Taneytown: The Beginning

David Buie

There were just six colonies along the eastern coast of America when the Ark and Dove sailed up the Chesapeake Bay in 1634 and landed in Maryland, establishing St. Mary's City, the first settlement. As the colony began expanding, Indian trails widened with use by early settlers. By the 1730s and 1740s, many of those footpaths had become wagon roads, which, along with rivers, allowed the settlers to venture inland.

As the migration increased, the newcomers found much of the best land already claimed by speculators and their advance agents and surveyors. To secure the title, a land warrant was issued from Annapolis, which required a surveyor to lay out a tract. John Logsdon (1716-1797), whose base was his home in Westminster, surveyed much of what became the Taneytown area. Familiar with the countryside, the best land locations, and the areas already claimed, Logsdon operated as an advance agent for speculators, sometimes patenting lands jointly with them.

Many of these speculators were from the already-settled counties of southern Maryland. While the opportunities for speculation diminished near the Chesapeake Bay, the opening of the "backcountry" offered new

possibilities after lowering the Indian threat, the construction of roads, and the influx of new settlers. In 1773, a young Charles Carroll of Carrollton (1737-1832) traveled to central Maryland, subsequently acquiring immense holdings for rent or sale. Another early speculator was John Digges (1697-1760) of St. Mary's County.

Digges eventually moved to the Conewago Settlement near McSherrystown, where he spent the rest of his life among Catholic co-religionists. Among the many tracts that he patented was a small, 60-acre tract near the future Taneytown along a path/road to Union Bridge called "Farquhar's Road." This was in the middle of a large block of unclaimed land. It was surveyed by John Logsdon and given the name "Brothers Agreement," a term made appropriate when Digges gave it to his son Edward (1719-1769) and his son-in-law, Raphael Taney (1732-1785). Incidentally, it was a frequent practice to stake out a claim to a small, strategic property to prevent others from moving in until the speculator was ready to take on the expense of paying a fee for a larger tract. In 1762, the two brothers-in-law had the tract re-surveyed to take in the unclaimed lands, giving the name of "Resurvey on Brothers Agreement" to a total of 7,900 acres.

In 1762, the first land sales on

what later became York and Frederick streets were made in a new town along Taneytown's Monocacy Road. A persistent local legend states that the town was meant to center at the hill-top north of the square on York Street. No evidence has been found to support this claim.

It is not known whether Digges or Taney, Southern Maryland residents, ever visited Taneytown. Perhaps they did initially, but most of the time, they seem to have acted through a local land agent named Jacob Good. The lots were sold according to a standard pattern – half-acre lots lined the two cross streets. The buyer obligated himself to pay the regular dues to the Calverts, the taxes, and annual ground rent to the founder, his heirs, and assigns. The buyer was also obligated to build a house at least 20' by 24' with a brick or stone chimney within one year, subject to losing his land if he did not comply. Later building practices made some of the provisions obsolete. Around the edge of town were five to ten-acre outlets used for pasture or farming. As late as 1900, some of these were still used for those purposes but were eventually improved with dwellings.

York and Frederick Streets naturally developed more rapidly than did Baltimore Street and Emmitsburg Street (known in the 18th century as Second Street and in the early 19th century as Church Street). The development of those streets was helped by the growth of east-west traffic and the road from Westminster.

Part of the general development of east-west roads to carry traffic over the mountains was the formation of the Westminster, Taneytown, and Emmitsburg Turnpike Company in 1815. Although it went bankrupt before it was finished, it opened a new, more direct road from Westminster to Emmitsburg following today's Old Westminster Pike Road and Emmitsburg Road.

Digges and Taney divided their lands. In 1772, Taney sold the unsold lots, the right to ground rents, and 368 acres of the "Resurvey of the Brothers Agreement" to Jacob Good. After his death, Good's interest passed to his daughter, Mary, whose three husbands were named Thomas Boylan, John Gwynn, and Fredrick Crouse. The ownership of the ground rents passed to William G. Gwynn, who sold them



On July 1, 1791, Adam Good hosted President George Washington in his Taneytown tavern. Local tradition maintains that the President was amused by the tavern's sign which appeared to read "A Dam Good Tavern Entertainment for Man or Beast." The tavern survived until the late 1800s, when it was demolished and replaced by a structure for commercial and domestic use.

to William B. Gwynn, who sold them to Israel Hiteshew. Eventually, the original rents were probably not worth collecting or were bought out by the lot owners.

A few travelers' accounts give a brief picture of the town as it appeared after the Revolution. In 1783, Johann David Schoepff (1752-1800), chief surgeon for the Ansbach regiment of the Hessian troops fighting for King George III, wrote of his travels south from Pennsylvania:

*"The boundary between Pennsylvania and Maryland is shown by a broad line hewn through the woods. Tomnytown, a county town of perhaps 150 houses, was the first place in the province. There the road led us over Pipe Creek, which flows in a dry bed to the Susquehannock, the land on both sides being excellent ..."*

On July 1, 1791, George Washington noted in his diary:

*"[Left Frederick about 7 o'clock] dined at one Cockerly's 13 miles off and lodged at Taneytown only 10 miles further being detained at first by rain and to answer the address which had been presented to me in the morning. Taneytown is but a small place with only the street to which the road passes built. The buildings are principally of wood ... The lands over which we traveled this day are remarkable fine, but as was observed yesterday the fields are remarkable fine, but as we observed yesterday the fields are thinly covered*

*with grain [owing to drought] The farmhouses are good mostly of stone and the settlers compact with good Barns and meadows appertaining to them."*

Washington set out at 4 a.m. the next day. He noted the trees in the clearing on the border between Maryland and Pennsylvania were so grown up that he missed it. He commented that Taneytown and Littlestown were of a similar appearance, "but ye latter is more insignificant than the former."

In June 1789, Julian Ursyn Niemcewicz (1758-1841), a Polish poet touring America, came north from Frederick, spending the night in Taneytown. He wrote:

*"... a so-called town, inhabited by Germans with 30 houses. The inn was very good and the dinner tasty, after the smoked meat of Frederick. The citizens sporting their national cockades read the newspaper Porcupine."*

Niemcewicz spoke of the wild cherries lining the road north, eaten as picked from horseback. The land became poorer, sewn mainly in rye for whiskey.

This concludes part one in a year-long series that will cover the chronological development of Taneytown and its citizens. Next week I examine the people and how they helped forge a new nation.

David Buie is a volunteer at the Historical Society of Carroll County and can be contacted via e-mail at [teambuie05@msn.com](mailto:teambuie05@msn.com).

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# 100 YEARS AGO THIS MONTH

## February 4

### Signs of Spring

Spring is coming and coming fast if indications count for anything. Residents report the presence of bluebirds that generally do not arrive until the end of February. It is the general belief that spring will arrive unusually early despite the mild winter that has been experience so far.

### Stolen Articles Recovered

A number of thefts near Thurmont during the past two weeks, including the theft of meat from Edward Deweese, gave Sheriff Wilhide and his deputies all the work they could want. The sheriff got on the track of the meat thieves, and the trail led to the home of David Reesman, located on the mountain road leading from Thurmont to Eyley's Valley.

When they stopped at the house the inmates were terribly excited. Percy Reesman and his sister sought hiding places, Paul Kline took to the road, while Ma and Pa Reesman tried to protect the home from being search. After telling their business and producing a search warrant, the Reesmans told the officers to proceed. After looking around, the deputies uncovered the meat taken from Deweese. The officers also found revolvers, a shotgun, a rifle and blackjack, as well as numerous pieces of jewelry, silverware, four kits of tools, fancy dishes, a dozen or more pocketbooks, and many other articles.

The elder Reesman, his son Percy, and Kline were arrested and brought before the Justice of the Peace. Pa Reesman stated that he knew nothing about the meat, as he was drunk and not able to be about the night it was stolen. The other two accused declared they knew nothing about the meat and Ma Reesman and daughter said they knew not how the meat came into the house. Sheriffs from adjoining counties are particularly interested in the arrest of Reesman and Kline, hoping that some of the articles taken from cottages around Blue Ridge Summit may be recovered.

## February 11

### Unknown Visitor Scares Women

Neglecting the formality of even rapping on the door to make his presence known to Mrs. Howard Browne and her sister, Sarah, who were alone in the

Brown residence near Fairfield, a man of small stature entered the residence sometime Wednesday night and slept there until the morning.

Nothing unusual transpired during the night, but around 10:30 in the morning, Mrs. Brown was greatly startled when the man suddenly appeared in the door leading to the parlor. The first act of Mrs. Brown was to rush to the telephone to summon help, but her efforts on the score were cut short when the stranger commenced to advance towards her. Together with her sister, Mrs. Brown then ran to the residence of Emanuel Plank for assistance. When Mr. Plank and several others return later the stranger was gone, together with two \$5 bills. The torn up appearance of the parlor couch revealed that he had spent the night there.

### Big Engine Off Track

Three hours work by the Hagerstown wrecking crew was necessary before Western Maryland freight engine 965 could be put back on the track, 100 yards west of the Thurmont station. The big engine jumped the track at a switch shortly after midnight and was off the track until 8:30 when the wrecking crew completed its work before a large group of watchers.

### Women May Not Hold Public Offices

Women are barred from every public office in Maryland where the statute indicates the office should be held only by males, according to the opinion delivered by the Attorney General. The use of the masculine pronoun in the laws which creates offices is accepted by the Attorney General as indicative of the intention of the law that the office should be filled only by a male. As practically every office in the state from Governor, down to clerkship in the smallest town of the state, is created in statutes, which use the masculine pronouns, the opinion is held to be all-inclusive. If the opinion stands it will bar women from running for the legislature or any other office.

According to the Attorney General, "it is perhaps needless to add, that the 19th amendment related only to the right of suffrage and not to the right to hold office. Thankfully, the foresight of those who chose to use the male pronoun in creating offices, will save us from the disarray that will surely come from feeble minded women holding elected office."

### Roll of Bills on Long Journey

To put his role of \$67 in a wheat bin for safekeeping, to take the wheat to Hezeter's Mill without removing the money and then to have the bills return to him after they had laid on the mill floor for two months was an interesting incident to occur in the life of John Wilkinson, an Adams County farmer whose home is between Zora and Fairfield.

Upon missing the roles of bills Wilkinson made inquiry as to whether or not anyone at the mill had noticed his role. Although he searched to mill thoroughly at the time, Mr. Hezeter was unable to find the money. Two months later, while cleaning an obscure part of his building, Mr. Hezeter spied the role. Mr. Hezeter took the money to the Citizens Trust Company where a check was made out payable to Mr. Wilkinson.

During the time the money was missing, Mr. and Mrs. Wilkinson had become estranged and there is said to have been a considerable dispute before the \$67 finally reached the pocket of the owner from which it had been taken more than two months before. Unfortunately for Mr. Wilkinson, who with fellow Former-Former Boozers were getting ready to celebrate his good fortune, the courts directed he give the money to his wife to settle back payments for spousal support, showing once again, why women can not be trusted to look out for a man's best interest.

## February 18

### Mystery Auto Found Capsized

A brand new Cadillac limousine lying upturned in a gully eight feet below the level of the road, shattered and blood-stain fragments of glass; two chrisom stained handkerchief lying on the snow. This gruesome site foretold a serious accident or possibly a tragedy during the night was seen by travelers along the Emmitsburg Road at the new Marsh Creek Bridge near Greenmount.

Who the occupants of the car where, how badly they were hurt, and what became of them after the accident is a complete mystery. The expensive machine is lying with its wheels in the air. Its windshield is smashed to fragments and large bloodstains give evidence of the extent to which the driver and the passengers were cut. A 22-caliber revolver with one shot missing was also found in the right hand door pocket.



At one time, Blue Ridge Summit was home to some of the East Coast's most prestigious summer resorts, like the Buena Vista Springs Hotel.

### Farmers to Grow Pipe Cobs

Farmers of this section have contracted to grow more than 2,000 acres of corn, the cobs of which are to be used in manufacturing pipes. Results obtained last year proved to be entirely satisfactory and resulted in increased acreage. Farmers made profit of \$10-\$12 an acre on their cobs, besides the corn.

## February 25

### Winter Finally Comes

Up to Saturday of last week this section in the county enjoyed most delightful temperatures and weather. Some of the spring birds could even be seen fluttering about; people were beginning to clean up gardens, farmers were plowing, carpenters were finishing dwellings, and the one thought, summer is near, seem to occupy the minds of all.

A change to a real winter came suddenly Saturday evening when snow began falling. It first melted as it struck the ground, but eventually the snow covered all the bare places. The snow continued all night and up until Sunday noon. After an intermission of an hour, the snow began again coming down and continued until the evening. As there was little wind, there were few drifts. While the churches were open, so few people ventured out that no services were held.

The snow measured probably 12 to 14 inches, and this gave employment to many who did not desire to work on Sunday. Steam and electric trains by hard work were kept running, but were

late arrivals. The trolley from Frederick was tied up - a car being derailed trying to get through.

The deep snow put a stop to all outdoor activities. People coming in from the county reported that roads were drifting closed and considerable effort had to be made to get through. A few sleighs were seen about, as well as a few automobiles, but the going was bad for both.

### Old Time Quilting Party

An old-time quilting party was held at the home of Mrs. Kemper on Tuesday. The day was merrily spent, and at the close of the day two quilts had been completed. On Wednesday at noon, much to the surprise of Mrs. Kemper, most of the ladies again gathered and resumed quilting, producing two more quilts.

### Deaths

Mrs. Ellen Waddles, 91, one of the oldest residents of Emmitsburg, died early Saturday morning at her home. Interment was in Mountain View cemetery. On Friday, Mrs. Edward Baumgardner died after a short illness at her home near town. Interment was delayed owing to the blizzard.

On Thursday, the remains a Private Robert Reifsnider, who died overseas of pneumonia during the World War, was returned home. He was among the first of the local boys to volunteer. He was interned in Mountain View cemetery.

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

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## COOKING

# Give soup instead of chocolates

Rheta Thola  
Hollabaugh Brothers

This Valentine's Day give soup and not chocolates. Why? Because soup is love in a bowl.

I find it no coincidence that February 4th is designated as "National Soup Day." Many of these national days are silly and irrelevant, but this one, with its proximity to Valentine's Day, made me start thinking a bit more. Soup is a unique word in our northeastern culture that has a deep personal attachment for people. However, in comparison, the word "chocolate" is much more limited in personal meaning.

When someone says "soup," each of us will automatically conjure up different images and feelings. Our brains respond to that word and we all begin to think of something different and unique to our lives, preferences, and experiences. For many people, the word "soup" will recall a family recipe or tradition. Soup, even more so than chocolate, brings up images of warmth and care.

The word "soup," regardless of the type, is associated with comfort and caring – with love. There are many reasons behind that association. If "soup" conjures up a family recipe, or family tradition, or a specific family member, then it is easy to see the connection to love. Soup is bringing to mind people and memories that are full of love.

But even if your family has no traditions and the word "soup" simply makes you think of a can in a grocery aisle (or one of Hollabaugh's amazing freshly prepared soups), it can still associate thoughts of comfort because of its warmth and methodical action. You do not heat up soup for a "fast" meal. People do not "eat and run" with a bowl of soup. Soup in its nature is methodical. Eating soup is a repetitive action where you slowly and methodically take spoonful by spoonful. Often the action of something slow and methodical creates a calm comfort.

So, this February, sit and enjoy a bowl of soup. Enjoy the calm that it creates. Then gift that calm and love to someone special and fix them up a bowl of soup too.

### Autumn Wild Rice Soup

#### Ingredients

6 cups vegetable stock (or chicken stock)  
1 cup uncooked wild rice  
8 ounces baby bella mushrooms, sliced  
4 cloves garlic, minced  
2 medium carrots, diced  
2 ribs celery, diced  
1 large (about 1 pound) sweet potato, peeled and diced  
1 small white onion, peeled and diced  
1 bay leaf  
1 1/2 tablespoon Old Bay seasoning  
1 (14-ounce) can unsweetened coconut milk (or 1 1/2 cup half and half)  
2 large handfuls of kale, roughly chopped with thick stems removed  
fine sea salt and freshly-cracked black pepper

Preparation Instructions: Heat (an extra) 1-tablespoon butter or olive oil in a large stockpot over medium-high heat. Add onion and sauté for 5 minutes, stirring occasionally, until soft and translucent. Stir in the garlic and cook for an additional 1-2 minutes, stirring occasionally, until fragrant.

Add in the vegetable stock, wild rice, mushrooms, carrots, celery, sweet potato, bay leaf and Old Bay seasoning. Stir to combine. Continue cooking until the soup reaches a simmer. Then reduce heat to medium-low, cover and simmer for 30 to 40 minutes until the rice is tender, stirring occasionally.

Add the coconut milk (or half and half) and kale to the soup, and stir gently until combined. Taste and season with salt and pepper (plus any extra Old Bay seasoning, if you would like) as needed.

### Cheddar Broccoli Potato Soup

#### Ingredients

5 1/2 Tbsp butter, divided  
1 1/3 cups chopped carrots (about 3)  
1 cup chopped celery (2 stalks)  
1 cup chopped yellow onion (1 small)  
2 cloves garlic, minced  
3 cups low-sodium chicken broth  
3 1/2 cups peeled and cubed russet potatoes, cut 1/2-inch to 3/4-inch thick (2 large)  
3 cups chopped broccoli florets (from about 2 heads)  
1/4 tsp dried thyme  
Salt and freshly ground black pepper  
6 Tbsp all-purpose flour  
3 cups milk  
1/2 cup heavy cream  
2 cups shredded sharp cheddar cheese (8 oz)  
1/3 cup finely shredded parmesan cheese (1 oz)

Preparation Instructions: In a large pot over medium heat, melt 1 1/2 Tbsp of the butter. Add carrots, celery and onion and sauté 3 - 4 minutes. Add garlic and sauté 30 seconds longer. Stir in chicken broth, potatoes and thyme and season with salt and pepper to taste. Bring to a boil over medium-high heat, then reduce heat to medium, cover with lid and cook 15 minutes. Stir in broccoli and cook 5 minutes longer or until veggies are tender.

Meanwhile, melt remaining 4 Tbsp butter in a medium saucepan over medium heat. Stir in flour and cook, whisking constantly 1 minute. While whisking vigorously, slowly pour in milk (whisk well until no lumps remain). Cook stirring constantly until mixture begins to gently boil and thicken, stir in heavy cream. Remove from heat and once all veggies are tender pour into the soup and stir. Remove from heat and stir in cheddar and parmesan cheese until melted.

### Chicken Tortilla Soup

#### Ingredients

1/2 cup elbows pasta



2 tablespoons olive oil  
2 cloves garlic, minced  
1 onion, diced  
4 cups chicken stock  
1 (28-ounce) can crushed tomatoes  
1 (4-ounce) can green chiles  
2 teaspoons chili powder  
1 teaspoon cumin  
1/2 teaspoon oregano  
Pinch of cayenne pepper  
Kosher salt and freshly ground black pepper, to taste  
2 cups shredded chicken breast  
1 cup roasted corn kernels  
2 tablespoons chopped fresh cilantro leaves  
Juice of 1 lime  
1 avocado, halved, seeded, peeled and diced, for serving  
Tortilla strips, for serving

Preparation Instructions: In a large pot of boiling salted water, cook pasta according to package instructions; drain well. Heat olive oil in a large stockpot or Dutch oven over medium heat. Add garlic and onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes. Stir in chicken stock, crushed tomatoes, green chiles, chili powder, cumin, oregano and cayenne pepper; season with salt and pepper, to taste. Reduce heat to low; simmer, covered, until thickened, about 15 minutes. Stir in pasta, chicken, corn, cilantro and lime juice until heated through, about 2 minutes.

Serve immediately, garnished with avocado and tortilla strips, if desired.

### Roasted Butternut Squash and Bacon Soup

#### Ingredients

1 butternut squash (about 3

pounds), peeled, seeded and cut in 1-inch chunks  
1 onion, diced  
1 red bell pepper, chopped  
4 slices bacon, diced  
2 tablespoons olive oil  
2 cloves garlic, minced  
Kosher salt and freshly ground black pepper, to taste  
4 slices bacon, diced  
1/2 teaspoon dried thyme  
2 1/2 cups chicken stock, or more, to taste  
1/4 cup crumbled goat cheese  
2 tablespoons chopped chives

Preparation Instructions: Pre-heat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray. Place butternut squash, onion, bell pepper and bacon in a single layer onto the prepared baking sheet. Add olive oil and garlic; season with salt and pepper, to taste. Gently toss to combine. Place into oven and bake for 25-30 minutes, or until butternut squash is tender, stirring at halftime. Heat a large skillet over medium high heat. Add the other 4 slices of bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate.

Heat a large stockpot or Dutch oven over medium heat. Add butternut squash mixture and thyme, and cook, stirring occasionally, until fragrant, about 1-2 minutes; season with salt and pepper, to taste. Stir in chicken stock and puree with an immersion blender. Bring to a boil; reduce heat and simmer until slightly thickened, about 5-10 minutes. If the soup is too thick, add more chicken stock as needed until desired consistency is reached. Serve immediately, garnished with bacon, goat cheese and chives, if desired.

### Upcoming Events

Valentine's Day Make and Take Event –February 13th 10 a.m. – 12 p.m. Cost \$10. Pre-registration required.

Family Cooking Class: Chocolate Covered Strawberry Cupcakes –February 13th 1:30 – 3 p.m. Cost \$45. Pre-registration required.

Mini Maker: Shape up – Saturday, February 27th 10 – 11 a.m. Cost \$7. Pre-registration required.

For more information about these events, call Hollabaugh Bros at 717-677-8412 or visit our website at [www.hollabaughbros.com](http://www.hollabaughbros.com).



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# MOM'S TIME OUT

## So many questions

Mary Angel

If there is one thing about having children that cannot be denied, it is that they come with a lot of questions. The difficult part is that the questions keep getting harder and, in many cases, more embarrassing. It starts when they are babies and grows, and grows until...well, forever.

When you bring that little baby home from the hospital, the questions are all yours and usually involve a call to a friend, a parent, or the doctor. They sound something like this - "Should the baby be doing this?" or "When should the baby be able to do this?" or "Why does this smell so bad?" or "Are we ever going to sleep through the night again?" At the time, these seem like huge, very important questions, and they are. As your baby learns to talk, the asker of the questions shifts to them.

As a preschooler there will be a lot of "why" questions. There will be so many "why" questions, you may deem the word why as a four-letter word. Hang in there; it will soon be joined by "how" questions in the early elementary years. Now your world is full of curiosity. "Why is that flower blue?" is easy enough to answer, whether you explain the science or explain God's design. "How does that flower grow?" is a little more advanced, but still quite simple in comparison. But then, "Where do babies come from?" echoes from

the back seat of your minivan. This may be the first sign that the questions are getting more difficult and maybe more embarrassing.

Many times, these more challenging questions need to be answered through your personal preference. We met a couple when our children were young that believed you explained every answer to a question in very specific and accurate detail. They also believed that you should never raise your voice to a child. So, when their toddler was getting ready to stick their finger into an electrical socket I screamed, "No!" from across the room. Although the child stopped immediately, they also started to cry. The parents then explained that the child had never had anyone raise their voice to them and that what I should have done was calmly explained the process of electrocution to the toddler so that they could make an educated decision on whether or not to put their finger into the socket. This is what I mean by personal preferences. When it comes to the question of where babies come from, every parent has their own idea of how much and what to share depending on the child's age.

That question was awkward, but they do get much more embarrassing. I remember my friend telling a story about her daughter, in the middle of a crowded grocery store, asking, "Why is that man so big, mommy?" This question borders on humiliating. The child, in

their mind, was asking an innocent question. Unfortunately, the child had not learned subtle social graces. There is a reason why older generations were taught "If you can't say something nice, then don't say anything at all" and "Do unto others as you would have them do to you" at a very young age.

Don't lose heart, the questions do get more difficult, but at least your children learn those social graces and ask the questions in private. By the middle school years, the difficult questions might tug at your heart strings more. I remember when one of my children came home in seventh grade and asked, "Do you think Tommy's family is poor?" When I asked why he thought that, I found out it was because his friend wore the same clothes a couple times in a row. We had a long talk about why that might be, and he asked if he could offer Tommy some of his extra clothes. We talked about a kind, non-embarrassing way to approach his friend that would not put him in an awkward position. The friend was extremely grateful and according to my son wore some of the clothes the very next day. This was a great question that led to a life lesson in caring for others.

As the years have progressed, the middle school questions have matured to a point of disgust, from the sweet, heart breaking question my first middle schooler asked to the scary, infuriating question my third middle schooler asked. She came home one day and asked, "Mom, did boys when you were



young ask for nude pictures?" After I picked my jaw up off the floor, I gave her an emphatic "No!!". We discussed the downfall of society... social media. In my day (boy do I sound like my mom) a boy would have had to call you one the phone or ask you in person and then you would have had to take a picture with real film and then one of you would have had to go to the photomat to get it developed and then the worst part is you would have had to pick the pictures up know that the person working the shop had seen them. There is no way any of those steps would have happened. Now a boy "snaps" a girl and she "snaps" a picture and then "snaps" the picture back to him. Then he shows all of his friends and she is mortified. Yup, that is how the conversation went in my house. Followed by a discussion of what kind of boy would ask a girl for those types of pictures.

If you are lucky, your children (usually girls) will wait until high

school to ask the worst question. Driving down the highway I heard this usually boisterous voice almost whisper, "Mom, I know you had sex four times because you have four kids, but you don't do that anymore, right?" I should have known one day it would come up, but it still threw me. I smiled and said, "That's right, sweetie" and we both laughed an uncomfortable laugh and at that moment I knew my daughter had learned the hard lesson we all have to learn...be careful what you ask, because you may not really want to know the answer.

My only bit of advice is to be ready to answer the questions even if you need to ask for a little time to formulate your answer; remember if you don't answer their question, they will find someone who doesn't necessarily have their best interest at heart like you do.

To read past editions of Moms Time out, visit the Authors section of Emmitsburg.net.



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## SCHOOL NEWS

# Libraries help students with at-home learning



Samantha Jones

Frederick County Public Libraries (FCPL) launched an array of new resources to assist families with their new learning environment. The "Learning from Home" initiative includes brand new virtual programming, digital and physical resources, and services meant to help those learning and teaching from home.

"As soon as we knew students would be learning virtually this fall, we went to work on finding new

ways to support our community. It was important that the library continue to be a hub of learning, and I think the tools we have gathered will really help families feel more confident with the schooling journey they are on," said Deb Spurrier, Children's Services Supervisor at Thurmont Regional Library. "Learning from Home" takes the best of our library resources and enhances them for digital and at-home use to support our community in a whole new way."

The cornerstone of the initia-

tive is Brainfuse HelpNow, an online platform with homework help, writing assistance, and test prep for distance learning that is aligned with Maryland state standards for all students. HelpNow offers live tutoring in English and Spanish from 2 p.m. - 11 p.m. every day. One of the most popular elements on the platform is their Writing Lab which allows students to upload their papers for expert assistance and feedback.

Coming soon, FCPL will also launch a live chat service on their website, for customers to communicate directly with library staff to ask questions, gain research assistance, and more.

"This will be a vital element to the Learning from Home initiative because it will allow access to the robust experience and excellent customer service that is synonymous with our FCPL team," said Spurrier. "No matter the age, our community is continually seeking new knowledge, and our live chat will allow us to assist our community in that quest in a fresh way."

FCPL also creates virtual pro-

grams which highlight science and nature to extend classroom learning in engaging new ways and video tutorials to walk students and caregivers through online library resources.

For parents of younger children, they also offer Smart Start Kits which provide educational enrichment for pre-kindergarten through first grade with a hands-on, screen-free approach that encourages learning through play. These kits provide all the necessary tools for an afternoon of activities with manipulatives recommended by early learning professionals, games to reinforce skills, and a tip sheet for caregivers.

"Whether you are looking for fun screen-free activities to keep your toddler busy or are stumped on your child's latest algebra homework, the library is still here for you and your family," said Rorie Cox-Steib, Children's Services Supervisor at C. Burr Artz Library.

All programs and resources are free, and students can access them with their existing library cards or by using their FCPS student ID number which grants them access to the

### Scholarships available

The Community Foundation of Frederick County will have 10 scholarships totaling \$17,000 available for college or trade school from the following funds: The Thurmont High School Alumni Association Fund, The Donald P. Dougherty Jr Memorial Fund and The Donald Lewis Memorial Fund (each \$1,000 or more). Applicants must be related to a Thurmont High School graduate or to a graduate of Catoctin High School classes 1969 through 1972.

Applications may be found online at [www.frederickcountygives.org](http://www.frederickcountygives.org) and are accepted from March 1 to March 31, 2021.

library's Student Success Card. For a full list of their online resources, including all the newly curated Learning From Home resources, visit [fcpl.org/learning](http://fcpl.org/learning).

## Library events

### Blue Ridge Summit Free Library

While the Blue Ridge Summit Free Library's doors are open, they have less hours but may be available to bring out materials to your car during closed hours. Please call to make arrangements. The library's new hours are Tuesdays & Thursdays 3 - 6 p.m., Wednesday 4 - 7 p.m., 2nd & 4 Saturday of the month 11 a.m. - 2 p.m. The Library is closed on Monday and Friday.

While the Blue Ridge Summit Free Library will only be hosting its Saturday Story and Craft Hour, where members can listen to a good book and make a really fun craft, and then spend some quality time with Wee Build Imagineer-

ing, other virtual events will be taking place across the library system that members can join in on live on the systems Facebook page. These include:

Adult Story Time with Joan - Mondays and Wednesdays starting at 7 p.m. Joan will be sharing short stories from several books virtually.

In the Kitchen - Wednesday, 1 p.m. Weekly program of recipes that are delicious and easy to prepare. Prior programs are also available.

Musical Thursday with Dave - Thursdays, 3 p.m.. Join Dave and his friends and listen to music from many different styles and genres.

Family Friendly Friday Night Fun - Friday, starting at 7 p.m.. Family Friendly Friday Night Fun can be a little bit of everything. Poetry, Music, or something else.

To join these events live, online, or learn more about them, visit the Franklin County Library System's website at [www.fcplspa.org/events/](http://www.fcplspa.org/events/).

### Frederick County Public Library

February harkens in thoughts of hearts and friendship, as well as long winter evenings suitable for cozy reading and engaging movies. Frederick County Public Libraries can provide the books and movies and so much throughout the chilly, cold days of February. All Frederick County Public Libraries continue to offer curbside service, Personal-

ized Picks, online chat service, and vast amounts of digital content and resources.

Thurmont Regional Library has expanded Wi-Fi access to include a greater expanse around the front and side of the building. Emmitsburg Library has limited Wi-Fi access in the rear of the building. Wi-Fi is free and available 24/7!

As we continue to provide library service and access to materials even though our buildings are closed; we are also striving to add additional services to for a greater, enjoyable, library experience. Patrons are now able to request Book Bundles to assist them in book clubs. Library staff will hand select multiple copies of a title based on your preference and have them available for pick-up to distribute to your group. Also included will be discussion questions and tips to share with your group. To request books, visit [FCPL.org/PersonalizedPicks](http://FCPL.org/PersonalizedPicks) or call your local branch for more information. In addition to our regular collection of Launchpads, FCPL has now added Reading Academy to the Launchpad collection. Reading Academy offers a gamified learning experience to our younger patrons who are starting

to read. These are preloaded tablets, no internet required, that help with mastering reading, writing, and vocabulary skills to get your child excited about reading.

In preparation for tax season, VITA is once again offering tax assistance to our Northern County residences. Please call 301-471-5757, Monday through Wednesday, 10 a.m. - 5 p.m., and leave a message asking for an appointment. Calls will be returned Wednesday and Thursday each week.

All of the staff at the Emmitsburg Branch Library and Thurmont Regional Library look forward to connecting with you, and want to remind you we love suggesting new books to read, movies to watch, or music to listen to. We also love helping with any informational needs you have and providing virtual content, check out our virtual calendar at [FCPL.org](http://FCPL.org) for the most up to date information. Call Emmitsburg Branch Library, Tuesdays, Thursdays, and Saturdays at 301-600-6329 or Thurmont Regional Library, Monday-Saturday at 301-600-7200 for reference help, account help, and anything in between.

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# SCHOOL NEWS

## FCPS teachers vote 'no confidence'

Karen Yoho  
Frederick County School Board

Last month's column left the school system with teachers returning to their buildings on Jan. 13 and students beginning hybrid on Jan. 28, the start of the second semester. Anyone associated with the school system knows that didn't occur.

On the last day of winter break, January 3rd, a Find Out First went out informing the school community that small group instruction and winter sports were being suspended beginning the following day. Of course, more advanced notice would have been appreciated by all, but pandemics just do not seem to abide by any rules of etiquette. The previous three days had shown an increase in the Covid-19 metrics, and this was prior to the anticipated bump from the recent holidays. Superintendent Alban made the painful, but correct, decision to have the entire school system in virtual mode for the first time this school year.

On January 20, a Find Out First went out, confirming that teachers would start back in their buildings on January 27. The plan as stated was also for students to start back on February 16. What did not come across in that announcement was that it would remain to be seen whether it would be the hybrid model for students or restarting of small groups, or somewhere in between. That will depend on the various trends. Dr. Alban, in communication with Dr. Brookmyer of the county health department, will make that decision. That was part of the motion passed by the Board in November. Since we only meet several times a month, it would be difficult to have the ability to be facile enough to alter or update any decisions. We've learned that metrics, hospitalization levels, and other considerations can change in a matter of days.

On Monday, January 25, the Frederick County Teachers Association published a vote of no confidence in the FCPS Superintendent and the Board of Education. That is their right,

of course, and to an extent it is understandable. We are in the middle of a, fingers crossed, once-in-hundred-years pandemic. There is little background knowledge to learn from. Hindsight would now tell us we could have had students in the hybrid model back in August for the start of school when our numbers were well below the 5% guidelines that we'd all come to rely on. But it was new and we didn't know. So, we erred on the side of caution and voted to have all virtual instruction. We also added into our motion to have volunteer instructional staff work with small groups in-person. That was going well, and we were one of the last remaining Maryland counties still doing that when we finished 2020.

Then the unfortunate uptick from the holiday get-togethers hit and FCPS would be in a complete virtual mode for the first time as our school system returned from winter break. On January 6, an FCPS Employee News email was sent out updating the plan for the return of all staff to the buildings, fol-

lowed by the students in the hybrid model. The staff would return on January 27 two weeks later than planned in November. The students in the hybrid model would return two weeks after that on February 16.

Later in the same email, Dr. Alban, states, "If we do not see positive trends in our data later this month, I will delay the implementation of the hybrid model again and bring teachers back in the buildings on Wednesday, February 10, with students returning on Monday, March 1."

It's rather hard to comprehend how Frederick County is only getting 100 doses this week for all of the educators at all levels in all of the schools, public and private in the entire county. At that rate it seems to me it would be well into next year before we could have all of our teachers and instructional staff vaccinated. Let's hope the powers that be are able to ramp up production and distribution to help attain herd immunity. By this time next month, I certainly hope to be able to give a positive report with regards to Frederick County Public Schools.

### Scholarships Available to Students in FCC Short-Term Workforce Training Programs

Students enrolling in non-credit courses at FCC leading to employment, licensure, or job skill enhancement are eligible to receive financial assistance through the Workforce Development Sequence Scholarship from the State of Maryland.

This scholarship is available to prospective students and those already registered in one of the specific course series for the spring semester (January 2021 – June 2021). Course sequences approved for these scholarships can be found at [www.frederick.augusoft.net](http://www.frederick.augusoft.net), and include courses in automotive technology, child care, electrical, HVAC, welding, medical billing and coding, veterinary assistant, sterile processing, certified nursing assistant, and the Microsoft Foundation series. The maximum amount for the scholarship is \$1,000.

To be eligible for this scholarship in spring 2021, students must fill out the online application and submit all required documents. For more information, contact Treasure Mathis at [tmathis@frederick.edu](mailto:tmathis@frederick.edu).

## FASD middle school moves to 'hybrid' learning

The Fairfield Area School District secondary grades returned to their "normal" half in-person, half virtual-class (hybrid) attendance schedules after having been restricted to virtual-only classes due to COVID restrictions since December 7.

Superintendent Michael Adamek stated at the school board's January 25 meeting that COVID incident numbers had diminished to the point that it allowed the secondary grades to resume their pre-virtual-only schedules commencing on January 28 and 29.

Adamek had previously stated at the January 11 schoolboard meeting that 37 students who would have been in school - had there not been the shutdown that had been implemented - were recently reported to have potentially been exposed to COVID.

Of those 37 students, Adamek said 29 were potentially exposed, while eight displayed symptoms of the virus, and of the eight - three tested positive out of the three tested. Regarding staff, he said five had been potentially exposed ... two demonstrated symptoms and one tested positive.

Had a total of five individuals tested

positive, it would have triggered continued shut-down of in-school attendance of the secondary classes. At this point (January 11), the superintendent stated the district will "stay the course," regarding re-opening plans.

He said the district is monitoring the situation to see if the numbers go up as the district prepares to reopen. High school Principal Brian McDowell added that two sports teams have been quarantined, but no further details have been provided.

In other COVID-related district business, the board approved hiring a temporary substitute-teacher for the 75 days remaining in the current school year, for an estimated \$10,000. The salary will be paid out of COVID reimbursement funds.

On days that the substitute-teacher is not needed for instructional purposes, the individual will be employed in other programs within the district, "and not just sitting around."

Regarding sports, McDowell told the board that sports-team members are being allowed two attendance tickets each in order to reduce the numbers of spectators at the events, and only

home-spectators are permitted to attend. The gyms are also cleared after each game and thoroughly disinfected.

In compliance with COVID restrictions, only 75-percent of the high school gym can be occupied at any given time. At the middle school, the percentage of occupants is reduced to 25-percent. Games are streamed by using cameras paid-for via COVID reimbursement funds.

In non-COVID related business, district Safety, Security and Loss Prevention Specialist Mike Weaver stated that the district has entered into signed memorandums of understanding with Liberty Worship Center in Hamiltonban Township for using their grounds as a student-parent re-unification site ... should there ever be an emergency to reach the degree that the district would have to be evacuated.

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## FOUR YEARS AT THE MOUNT

*This month, we asked our writers to catch up with past student writers of the Emmitsburg News-Journal and see what life has brought them.*

### Freshman

Degrees of success

McKenna Snow  
MSMU Class of 2024

What entails being a good student? Is it one's ability to focus solely on the subjects of her major, and not give anything else her attention? Is it her tunnel-vision goal to simply earn a degree for the sake of saying, "I earned a degree"? The life of a liberal arts student proves that to be a good student, the opposite of these posed questions is actually true. Branching out to fields not necessarily "relevant" to one's major, living life on campus but not restricted to its borders, getting to know one's community but also reaching beyond it—these things are all a part of the good student. These things vibrantly prepare the student for life post-graduation and enrich life as a student. Many Mount graduates embody this "good student" who can look back and say, "not only did I earn a degree, but I earned it well."

Angela Smith is one of those Mount graduates who truly made the most of her college experience and accomplished this, in part, through her work with the Emmitsburg News-Journal.

Graduating with her bachelor's degree in 2015, Angela double-majored in Communications and Spanish. She minored in English. She then went on to get her MBA in 2017. These fields were not her only interests, however, as she said she embraced various other areas at the Mount. Angela said, "I really enjoyed getting involved with clubs, organizations, and events on campus that were related to my majors, as well as some that just strengthened my interests in other areas, like art or environmental justice." She is grateful for the "time to explore a wide variety of interests" at the Mount. These assorted interests showed in her involvement with several clubs and organizations on campus. As a senior, Angela worked for the Mountain Echo as the Community Section Editor and she was also involved with the Hispanic Cultural Association through the Office of Student Diversity, Environmental Club, and SGA. She also worked as the Managing Editor for the Emmitsburg News-Journal.

She worked with the Mount's Marketing and Communications Office as a graduate assistant while she earned her MBA. "After that," Angela said, "I worked at a small marketing agency in Downtown Frederick and now work as the Social Media Marketing Man-

ager at McDaniel College in Westminster, MD." Angela attributes working as Managing Editor for the Emmitsburg News-Journal as a solid foundation for her current job. Angela said that working for the news-journal "certainly helped me develop my skills as a reporter, writer, and editor. I still use these storytelling and editing skills on the day-to-day at my current job as a Social Media Marketing Manager."

Connecting with her community within campus and even outside of it during her time at the Mount, Angela said, "I was excited to participate in clubs all throughout my time at the Mount and began getting even more involved and joining the executive teams of clubs like the Hispanic Cultural Association, Environmental Club and SGA, as the PR or social media person. It helped me think about marketing to a variety of audiences and about a variety of topics, and was a great way to practice and develop the skills I wanted to use in my future career." Working for the Emmitsburg News-Journal connected her with communities outside campus as well. "I really enjoyed getting to know the Emmitsburg community and getting involved in a different capacity than is usual for Mount students."

But even this involvement in local communities was not the full extent of Angela's adventures in college; she also studied abroad twice. "I was very blessed to be able to study in London for a semester my sophomore year and in Madrid for a summer program after my junior year. Through these two amazing trips, I was able to immerse myself in different cultures, gain experience through an international internship, and make friends both from the Mount and from across the globe. The classes I took during my study abroad experiences helped me achieve my English minor and Spanish major."

Angela's love of adventure enabled her to make the most of these trips and bring back rich knowledge and experience preparing her for a job in the marketing department. Studying abroad "made a lasting impact on me," Angela said. "It's such a unique experience to be able to live in the center of a historic metropolitan city as a college student and be able to immerse yourself in a new culture and new language." Overall, "the study abroad experiences were amazing!" she attested to me. "I would recommend them to anyone who is interested."

It's almost four years since Angela got her MBA at the Mount. When asked what she missed the most about being at the Mount, she replied, "I met my best friends at the Mount, as well as my

fiancé! Living just a hallway or building away from my closest friends is something that I really cherished while in college. With the pandemic making it difficult to see friends and family, it's nice to look back on a time when it was so easy to be together."

Because I am a freshman at the Mount, I find Angela's story very inspiring. She truly shows that life on campus, and picking one or two majors, does not put limitations on one's capacity for adventures and growth. There is so much to be done, to be learned, to be celebrated. The memories she has shared with me, the things she is grateful for, the clubs she was involved with; all these things are pieces of life as a student at the Mount well-lived. I look up to Angela as a writer, Mount alum, and simply, a good student who is ever-excited to learn. As someone who has a passion for writing, it was very encouraging to be told by Angela, "Writing is a skill you can use in essentially every career and having practical experience with writing is always useful." The Emmitsburg News-Journal is a wonderful opportunity to cultivate that skill, and to bring people together in the Mount community, pre-graduation and even post-graduation.

To read other articles by McKenna Snow, visit the Authors section of [Emmitsburg.net](http://Emmitsburg.net).

### Sophomore

You're not lost. You're here.

Emmy Jansen  
MSMU Class of 2023

"I wouldn't be writing this article if I had gone anywhere else." Leanne Leary wrote these words for the January 2015 edition of the Emmitsburg News-Journal in the Fort Lauderdale airport. This sentiment sums up the Four Years at the Mount experience better than anything else could. I think I can speak for all of us writers when I say that being a FYATM writer was not a part of the collegiate plan. It's an opportunity that finds you, not the other way around. Across graduating classes, that is the most beautiful part of this paper; it may have needed you to write these articles, but you had no idea how much you needed it.

Leanne graduated in 2017 and her whirlwind college years have translated into whirlwind post-graduate years. Trading the crisp mountain air for tropical humidity, she lives fulltime in Haiti, where she had worked part time while in college. While on breaks from school, Leanne took the red eye flights back and forth between her United States home and a children's home where she helped kids get support and job training in the tumultuous political and economic environment of Haiti. Almost eleven years later, she works full-time at the same children's home. Other than living and caring for nine local girls, Leanne is in the process of opening a coffee shop whose profit will fund the necessary college tuitions and will provide these teenagers with job training they would otherwise lack.

Yet, she is not only an overseas philanthropist, teacher, and caregiver; Leanne has been an officer in the Army Reserves

for three years after joining the ROTC program at the Mount. While this career mostly involves only monthly drills back in the United States, Leanne found herself mobilized and deployed to Afghanistan for a year, which fits the spontaneous whirlwind style of how she lives her life.

If you think this is the most remarkable thing about Leanne, you'd be wrong. Her story and career are, itself, exciting and inspiring. But her personality and the energy she brings to a room are the first things you notice. In the one Zoom call we had together, I knew I had talked to someone who truly exemplifies the word authentic. It was in the way she nonchalantly added that she was opening a coffee shop in a country that doesn't really drink coffee to help support a child's future, as if every recent college graduate was doing it. Our interview was interrupted momentarily by one of the girls from the children's home that lives with her; I couldn't see the girl, but in the way that Leanne's eyes lit up while talking to her, there was pride, admiration, and overall happiness. She described herself as someone who "objectively experiences life," which, according to Leanne, involves passion and travel. There is no doubt in my mind that Leanne is exactly where she needs to be.

Like Leanne, I didn't know I needed FYATM until it found me. Similarly, I didn't know I needed Leanne until she found me. Amid giving me personal anecdotes to entertain the readers of this article, she sprinkled in tidbits of advice that I needed as a sophomore in college. While I could never do her wisdom justice, I'll try to sum it up for you here. I think they apply to everyone, whether you're a writer, student, or something uniquely your own.

Don't follow conventions in career or

in your writing. You don't have to work a 9-5 job just because you think you're supposed.

Never reread your articles. The first approach is the most genuine.

College is amazing. You're free and learning and you have friends and passion. But the world is so much bigger than college. Don't limit yourself to college experiences. You could be at the best school in the world and it's still not the world.

Don't shelter yourself from what's possible. Know that you're capable of more.

Journalism is not dead. It's more important than ever.

It is possible to live an unconventional life.

Since the purpose of our meeting was for me to get to know her, Leanne didn't know much about me, so she couldn't have known how badly I needed to hear that advice. As a sophomore, the deadline to declare a major and narrow down a career field draws closer. I have always been a writer, but the age-old warning of the lack of financial stability has made me hesitant to declare as an English major. In short, I'm scared—no, terrified. I cannot stay in Emmitsburg forever, in this little cave I have built around myself with friends and classes and clubs. There is a life out there waiting for me. The world is out there waiting for me. The future is scary because it's unknown, but the fact that it's unknown means that I have the power to change it. Leanne comes off as someone who isn't scared of anything, the type of person who would get on a spontaneous flight to Haiti at seventeen and come face to face with her ideal career. But I know calling Leanne fearless is probably not correct; she is scared like everyone else, but she goes towards it not away from it. Perhaps, that is the

best advice she gifted me.

It is a unique role that Leanne and I have had as writers, and a unique role you have as readers. Every month, you get to read about our ups and downs and our experiences in Emmitsburg. You will see us mature and grow, hopefully, over the course of these four years. College is often said to be the fastest four years of your life and before I know it, I will be graduating and no longer writ-

ing for this paper. Memories from late night study sessions will fade, but I can always turn to these pages to remember the type of person I was and who I was becoming. Leanne summed up the greatest lesson FYATM gives its writers in her farewell article as she was graduating: "Write it down, read it later."

To read other articles by Emmy Jansen, visit the Authors section of [Emmitsburg.net](http://Emmitsburg.net).

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## WHERE ARE THEY NOW?

### Junior

#### The power of stories

Harry Scherer  
MSMU Class of 2022

Being offered the opportunity to work for a local community newspaper during one's college years is a gift. Being offered the opportunity to work for a newspaper as extensive and involved as the Emmitsburg News-Journal is a treasure.

Lydia Olsen, C'16 noticed glimmers of these treasures as early as her freshman year. Lydia joined the student staff of the Emmitsburg News-Journal during her first year at the Mount in 2012. She wrote for the Four Years at the Mount section for two years and then took over the Creative Writing section during her junior year.

Lydia has fond memories of her time in Emmitsburg: "Emmitsburg is such a beautiful area. I miss driving through all the windy back roads and getting to know the people of Emmitsburg and Thurmont." In addition, she says that the late nights working on editing and writing for the news-journal were nights well-spent: "The ENJ was such a wonderful experience that allowed me to develop my skills as a writer and explore topics that interested me outside of my college curriculum."

In addition to the immediate positive effects of writing for the paper that Lydia realized even during her time at the Mount, she credits the ENJ as an institution that strengthened her writing and editorial skills for the professional world. Today, Lydia works as the Director of Development and Communications at a DC nonprofit called Christ House, an organization that serves men experiencing homelessness and acute medical needs. Lydia says that she "gets to use many skills gained from working with the ENJ to write creative and captivating content that highlights the essential services provided and the stories of the men we serve to help raise money to continue the life-giving work."

In addition to the practical writing and editorial skills, writing for the ENJ taught Lydia how to practice techniques for professional life: "The ENJ taught me the importance of working on a deadline. In my current role, I write many grants where the stakes are very high. Having experience of a firm deadline better prepared me to be able to work effectively and efficiently to be able to put together the needed content in a timely manner." While deadlines are a necessary part of college courses, Lydia recognizes that there is something different about professional writing for a local newspa-

per where the success of a print edition relies on the writers' cooperation with deadlines.

The ENJ was a formative experience for Lydia through the paper's enduring lesson that human persons are drawn to listen to and tell stories. Lydia has become convinced through her time in undergraduate education and in the professional world that stories impact people in ways that graphs and even qualifiable evidence cannot. Lydia grants a superior position to stories in her work at Christ House: "If you can tell the stories of what is happening and its impact on the lives of people in a way that gets people to see the importance too, that is a superpower." Her time working for the ENJ and her current work both prove to Lydia the impressive weight of a true story presented in an engaging way.

Lydia gathered many of these stories off the beaten path of the Mount's rural campus. Her advice to current undergraduates focuses on an interest and engagement with the local community: "Explore the areas that surround the Mount! There are so many incredible people just beyond the campus boundaries that can teach you so much. Spend time going to the small businesses, little shops, and flea markets." This advice indicates that Lydia's love for the Mount and the paper

is highly reliant on place and the people of the local community. While off campus, she worked part-time at the Catoclin Vet Clinic in Thurmont "which [she] loved and taught [her] so, so, so much." All of these experiences indicate that Lydia's involvement on and off campus relied on her desire to help the people around her and contribute to a cause greater than herself.

Lydia fondly remembers a time when Mike Hillman, editor of the Emmitsburg News-Journal invited her over to his property to ride his horses: "This was super fun, even though once the horse I was riding took off with me pretty far down the road. Mike and I had good laughs about that afterwards." Lydia also recalls the unpredictability of the tasks involved with working at the ENJ: "You never know when working with Mike is going to lead to fostering a cat or coming over to feed the horses."

These stories were also discovered with other extracurricular activities in which Lydia participated during her time at the Mount. She served as CORE leader with the Office of Social Justice and "led many service trips to various organizations, both local and further away on spring and fall breaks." She also worked with the Office of Admissions as a campus ambassador for prospective students. In addition to these activities,

Lydia was engaged with her curricular responsibilities as a psychology major and a political science minor; "one of my favorite memories was getting to do my senior project, which was studying the effects of exercise on memory retention in rats." The zeal with which she describes Lydia's time at the Mount indicates that her college experience is marked by a diversity of experiences inside and outside of the classroom.

Lydia wants to remind current students, and especially current student writers at the ENJ that "being involved in the community that you are living in is so important and sets you up to be a good neighbor in the future. It was worth every late night staying up to edit or finish an article to be part of something so transformative." This sentiment is consistent with Lydia's perspective that participation in community engagement should not merely be a convenient and subjectively fulfilling way to pass the time. On the contrary, Lydia's work at the Emmitsburg News-Journal and her engagement with the Mount and surrounding community prove that these sorts of activities bear existential import for herself and those who do depend on her.

To read other articles by Harry, visit the Authors section of [Emmitsburg.net](http://Emmitsburg.net).

### Senior

#### The best of the best

Angela Guiao  
MSMU Class of 2021

During my second year at the Mount, I almost gave up writing. I had just switched majors, and I was overwhelmed with keeping up with assignments and adjusting to the new subjects that an accounting degree entailed. I didn't think I had the time or the energy, and I was still confused as to what I wanted for myself in the future. I think I had reached the point where I felt like writing was no longer a part of my future. I started to treat writing as merely a hobby; a habit even. And writing for the News-Journal became less of a priority.

Some would say it was mere luck that the managing editor that year was Shea Rowell. But I know in my heart, that it was God who put her there. I always believed that the most unexpected people can make the largest impact on your life, but I hadn't yet experienced it. Until I met her.

Shea is probably the most understanding person I have ever met. She has the sweetest disposition, and the brightest most welcoming energy about her. She is soft-spoken, and really listens and empathizes with the things you say. She was always patient when I needed more time, and she always managed to make things work. She showed me understanding during a time when so much was expected of me. She was the only constant in my life then, though she probably didn't know it. She would meet with me at the café before my 8am class, just so she can hand me my pay and check-in with my progress personally. It's weird, but I fell back in love with writing

when I saw just how much passion she had for it.

I always knew she was very busy. She graduated from the Mount in 2019 with a double major in English and Music for playing the trumpet. She often participated in musical performances, both formally and for fun. And along with juggling the responsibilities as the managing editor here at the News-Journal, she also completed her work-study at the career center. Shea is very in touch with her faith, having been very active in campus ministry, even becoming a liturgical minister.

Nowadays, she is working on her master's in English from Villanova and is residing in Pennsylvania. She credits the News-Journal for teaching her what good writing look like, and for honing her editing skills. Shea also teaches a writing workshop at a local prison, where her skills allow her to specify areas of improvement and help students progress and develop their writing abilities. She really enjoys being able to spread her knowledge about writing and is happy that she is able to provide opportunities for those who may not have them otherwise.

When I asked Shea what her advice would be for current writers, she stated, "write boldly and keep writing all the time". She advises that the current writers think outside of the box and embrace the unique opportunity we have writing for the News-Journal. She says, it is rare for writers to be able to write freely, without limits, about anything they desire. And that now, we should seize the moment, and write about things that mean something to us.

When I asked what she missed most about the News-Journal, she lit up. She said she misses the constant communication, and the rich, com-

munity of writers here at the Mount. She also misses "creating something that is worthy of being read", emphasizing the freedom to write about things that have value. It is clear from our talk that Shea's passion runs deep. Not only for the writing expertise, but for the power writing has itself. Most of all, she misses the sense of inclusion, the gathering of likeminded individuals who share the same passion for writing. This is an experience that has been stolen away from her during this unique time amidst a pandemic.

Shea has continued on past her time here at the Mount and has dedicated time and energy into spreading her love for writing. She continues to motivate and empower people just like me every single day.

Talking to Shea, I don't think she realizes how significantly she influences and inspires others. As managing editor this year, being in the same spot that Shea was in all those years ago, I can only hope that I have even half the impact on those after me as she did for me. She was truly my inspiration, and my motivation to continue writing. And for her, I am eternally grateful.

To Shea, I'd like to say thank you. I hope you continue to be the bright, shining star for others who may be having trouble finding their way. I know you had no idea what struggles I was going through when you were here, so I am so glad that you are just so effortlessly kind and understanding. You have such a big impact on others, and I don't think you realize to just what extent yet. Please continue to spread your kindness and follow your passions, because I know God gave you the ability to ignite a sense of meaning in others. You did it for me. Without you, I would have stopped writing. And the fact that you unknowingly affected my life in a way

that has led me to be where I am now, only proves that you were called by God. Thank you for the greatest gift.

And for all of you who have the opportunity to spread kindness and influence others, please do so. Shea taught me not only how to be a better writer, but also how to be a better person. We may have only interacted a handful of times, but a few words of encouragement have a big

impact on people who need to hear it. And I can only wish to inspire others as much as she has inspired me. The world needs more people who are so selfless in their kindness and passionate about helping others. The world needs more people like Shea.

To read other articles by Angela, visit the Author's section of [Emmitsburg.net](http://Emmitsburg.net).

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## HOME DECOR

## Color: The Antidote for the Winter Blues

Jessica Crawford, Cotton &amp; Co.

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 house-plants if 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



**Bold pieces of small to medium sized furniture paired with neutrals and naturals always catches people's eye.**

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 nat-

uralistic 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.

To read past Home Decor articles, visit the Authors section of Emmitsburg.net.

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# COMMUNITY NOTES

## Thurmont Little League winter happenings

Thurmont Little League has stayed busy during its brief offseason. When the fall season ended, construction immediately began on improvements around the complex. The most noticeable difference is the addition of our new sign at the entrance just off Westview Drive. This sign was made possible by several local sponsors and was a 100% donation to the league. Another major improvement was new fencing for the bullpen areas which was also made possible by a donation from Long Fence Company. The league is extremely grateful for these generous donations to help spruce things up. Finally, work on the Minor and Major League fields to improve playing conditions is nearly complete. Despite

some small delays during the December snowstorm, sod was laid down and things are on track for both fields to be up and ready for the start of the spring season.

Speaking of which, registrations opened on January 1st for the upcoming season. Players from ages 4-13 are now able to register for the appropriate division from t-ball all the way up through Intermediate. If you still have a credit remaining on your account from the canceled 2020 season you can apply it to this year's registration. Registration will close on February 21st, so don't miss out. Visit [www.TLL-Baseball.com](http://www.TLL-Baseball.com) today!

Thurmont Little League is seeking volunteers for the upcoming season including Man-

agers, Coaches, Team Mom's, and Umpires. These are great opportunities for retirees looking to give back to the community with their free team, parents with flexible work schedules due to Covid-19, or even high school students looking to fulfill their community services hours. The league offers various types of training opportunities including free umpire clinics. If you are interested in volunteering please reach out to the league at the [TLLnet-work@gmail.com](mailto:TLLnet-work@gmail.com).

Finally, don't forget that spirit wear is available for these colder months. Hooded sweatshirts, long sleeve t-shirts, and wool beanies are all still available in many sizes. Additionally, a limited supply of Thurmont Little



League logo masks is available in youth and adult sizes. Check out the league page on Facebook

for more information. We can't wait to see everyone at the fields soon!

## America just got a new National Park

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Since 1978, the New River Gorge has been managed by the National Park Service. But now West Virginia is hopeful that this new status of the Gorge will encourage out-of-towners to

travel to Southeast West Virginia and boost tourism for their local businesses.

The official title of the Bill as introduced by Senators Joe Manchin and Shelley Capito, and Congressperson Carol Miller on October 4, 2019 into the House of Representatives: To designate the New River Gorge National

River in the State of West Virginia as the "New River Gorge National Park and Preserve", and for other purposes.

The New River Gorge will become the 63rd National Park, the first in West Virginia, and the 20th National Preserve in the United States. As a result, the New River Gorge National Park

is also designated as a National Preserve, with 7,021 acres of scenic riverfront have been pinned for ultra-protected national park status and the remaining 65,165 acres carrying over current hunting and fishing access as a national preserve. Its dual-status makes it the first of its kind outside of Alaska.

This new designation is also a signal that West Virginia is moving away from its prominence as a coal mining state and towards one of increasing conservation and recreation. This are is one of West Virginia's most treasured playgrounds because of its outdoor sports, fishing, rafting, hunting, and natural beauty. There are a thousand reasons to smile about our newest national park.

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## LOCAL ARTS

# Historical bridges of Frederick County

Sarah Muir

Many are exploring, looking for any way out of the house while at the same time avoiding crowds. A new book, "Historical Bridges of Frederick County," by John Vitarello, a cardiologist in private practice and an associate with Frederick Health, hit the shelves last year. The book features 99 photographs of bridges coupled with information about each one's history. It includes driving, bicycle, and fishing tour routes to motivate readers to discover for themselves the beauty of Frederick's historic bridges.

The project started in September 2016 and took three and a half years to complete. The finished product was released right amid the COVID cabin fever. Coincidentally, the book's mission of promoting physical and mental wellness in a way that can be enjoyed both individually or with a friend is perfect for those suffering from the COVID blues.

Capturing the perfect shot of these historic bridges required no small amount of skill, and starting as an amateur photographer, he enlisted the help of two professionals who taught him for two years. Roy Sewall, iconic photographer of the C&O Canal at Great Falls, and a national photographer, Doc Miles, "guru of the San Francisco

bay bridge," mentored Vitarello and improved the overall quality of his photographs and brought him to a near-professional level. He took thousands of pictures of bridges from all over the county, going so far as to wade into creeks and rivers to capture the best angle.

The success of the project was due to the invaluable help of the Frederick Department of Public Works, namely Jason Stitt and Amanda Radcliffe, who not only gave historical information and location of certain bridges, but they also helped develop the driving tour and start a signage program to add to the online tour that will be live this year.

Vitarello took 7,418 photographs of the county's bridges in all their glory, all the while wading upstream in rivers and creeks, climbing river beds, and combing country fields all hours of the morning for the perfect place to set up his camera.

While a project inspired by health, history, and architecture, the book is primarily a charitable endeavor. A portion of book sales is set aside for future reprints. The remainder and profits made off reprints serve local charities as a self-sustaining model to benefit Mission of Mercy, Boys & Girls Club, the Student Homelessness Initiative Project, and Partners In Care.

The book and signed copies are available for purchase through Heritage Frederick's Bookery and

online store. You can also find it at the Frederick Visitors Center and Curious Iguana, a local downtown Frederick bookstore, available for curbside pick-up. So, treat your mind and body to the history and discovery of these beautiful historical monuments.

While his book includes stone and wood bridges, many of them are impressive feats of industrial iron, like Bullfrog Road Bridge, built in 1908, which crosses the Monocacy River and connects Emmitsburg, Frederick County, and Taneytown, Carroll County. Another "Iron lady" is a favorite of the author and resides in our very own Thurmont! The Mumma Ford Road Bridge, built in 1911, is a magnificent feat of iron crossing the multicolored banks of Frederick County and Carroll County.

This book dives into the rich history of Frederick County, using bridges as a way to connect the past to the present. Out of the six historic covered public bridges in Maryland, Frederick County has three: Roddy Road near Thurmont, Loys Station north of Creagerstown, and Utica Mills in Utica, near Lewistown.

Not only does the book take you to places you have never been and giving you the history, but it even delves into the folklore surrounding the area. Frederick is rich with stories. Runoff from Appalachian folklore mixing with both revolutionary



A rare photo of the Roddy Road Covered Bridge - rare in that the bridge is not shut down because some fool tried to cross it with an eighteen-wheeler...

and civil war ghost stories provide enough fodder for a book of their own, and it is incredible how much of it connects to these bridges.

In Thurmont, Roddy Road Bridge is one of the historic covered bridges of Maryland, and Legore Bridge, north of Woodsboro, is a stone structure spanning the Monocacy. Both are rumored to have their own specters of the soldiers who died there. Vitarello even participated in a ghost watch at Jug Bridge where the 'Battle of Jug Bridge' took place during which claimed the lives of over 2,000 men. I could tell you more, but there's a chapter devoted on the ghost stories and folktales attached to these places

Cabin fever is an itch that is

understood worldwide this past year, and even with the optimism of a new year with a vaccine circulating, bringing with it the hope of normalcy returning, there is still the necessary social distancing as numbers of cases continue to climb. The virus is a ready and easy excuse to keep indoors. 'Historical Bridges of Frederick County', offers respite from the weight of COVID and allows visitors and locals to discover the unknown beauties of Frederick County and learn about its deep and lasting history.

For more information on the museum or our research projects please contact [info@catocctinfurnace.org](mailto:info@catocctinfurnace.org) or call 240-288-7396.

## History of Way Off Broadway

The Way Off Broadway Dinner Theatre has been a part of the area's performing arts community since it first opened in December of 1990 as Keynote Dinner Theatre. It was in 1995 when the ownership team of Terry Warfield, Pete Peterson, and Jim Watkins bought the theatre and re-opened it as Way Off Broadway Dinner Theatre. The inaugural production that opened the new theatre and brought Way Off Broadway to life was a musical revue called Let the Good Times Roll.

In 1996, during the theatre's second season, Susan Thornton became Way Off Broadway's new owner. It was also during this time that the theatre began producing Children's Theatre productions. Entertainment the entire family could enjoy, these shows were original musical adaptations of popular children's fairy tales performed alongside Way Off Broadway's Mainstage productions.

From its early productions of shows like They're Playing Our Song and The Saloon Keeper's Daughter, Way Off Broadway began to pro-

duce larger scale productions such as 42nd Street, Damn Yankees, Mame, Oliver!, and The Sound of Music.

Beginning with the 2002 Season, Way Off Broadway welcomed the Kiska family as the theatre's new owners.

With Way Off Broadway's Mainstage and Children's Theatre welcoming more and more guests each season, the theatre began adding special events to its line up throughout the year. With the Kiska's arrival in 2002 also came Breakfast with Santa (and Mrs. Claus) - now the most popular event at the theatre each year. Because of Breakfast with Santa's success, a summer Princess Breakfast series was created, giving youngsters a chance to meet their favorite fairy tale princess.

The 2005 Children's Theatre Season was very special because it included a world premiere stage production of Mr. Willowby's

Christmas Tree. The show was adapted from the children's book of the same name by Robert Barry. Until that time, only Jim Henson's Muppets had ever been granted the rights to adapt the work for a television special. In an interview, Barry said he preferred Way Off Broadway's adaptation over that of the Muppets.

In 2008, Way Off Broadway launched Marquee Mysteries, an interactive murder mystery series in which the audience gets involved and helps solve the case. The first mystery in the series, Murder by Marriage, ran for a special three weekend summer run. Since then, nearly two dozen more interactive mystery events have been produced at Way Off Broadway. In addition to the mysteries at the theatre, Marquee Mysteries are also now produced on the Walkersville Southern Railroad and at Nora Roberts' Inn Boonsboro throughout the year.

Over the recent years, Way Off

Broadway has also become known for producing regional and area premier productions of some of Broadway's newest musicals including Chitty Chitty Bang Bang, Sunset Boulevard, Dolly Parton's 9 to 5: The Musical, The Drowsy Chaperone, Dirty Rotten Scoundrels, and The Wedding Singer.

While Way Off Broadway has continued to bring classic musicals like Into the Woods, Fiddler on the Roof, The Sound of Music, and Rodgers and Hammerstein's South Pacific to life, the theatre's producers are always looking for clever and creative ways to bring larger and larger scale production to the intimate Frederick stage space. Audiences have found themselves as guests in an enchanted castle with Disney's Beauty and the Beast; spending anything but one normal night with The Addams Family; immersed in the 1832 student uprising in Paris with Les Misérables; attending Harvard Law School with Legal Blonde; dancing through the streets of Baltimore in the '60s with Hairspray; and wondering through a mystical junkyard with Andrew Lloyd Webber's CATS.

With over 25 years of entertainment already in the books, and Way Off Broadway bursting at the seams, the question becomes, "What's next for the area's only year-round producing dinner theatre?"

To learn more about Way Off Broadway, visit them online at [www.wayoffbroadway.com](http://www.wayoffbroadway.com).

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# The written word: beauty and power in one

Tristan Anderson  
MSMU Class of 2024

From its oldest origins, mankind has expertly communicated ideas through speech, painting, music, film, and most importantly, writing. One common thread, other than that of communication, unites all these critical forms of human expression. Each, without a doubt, can be considered a form of art, as well as an expression possessing beauty or ugliness.

Writing, perhaps, is the least treated of all of these as an object containing beauty. While it is similar to painting or sculpting in that the intended effect of the work is always to produce some sort of active thought or emotion, it is a format that does so almost unnoticed. It is such a common part of our daily lives that the beauty or ugliness within certain works of writing is rarely considered, though still present. In fact, just as with the more visual arts, there are many aspects to this beauty that the written word can possess or lack. Similarly in another form, this beauty is more objective than subjective, though the difference may be much more difficult to discern. It is a characterizing feature that is reliant on constant factors, rather than personal preferences.

This point is especially clear in one form that can make the written word a communication of beauty, which is style. Nearly every author has their own individual style that enables the reader to recognize their work, and more than that, to produce specific images or display certain concepts in the mind of the reader. Authors such as Charles Dickens, Alexander Dumas, and James Fenimore Cooper are excellent examples of this element. Each fiction author employed his own unique method of telling a story, and even while some may find the individual tales drab, lengthy, or unrealistic, there is yet some unexplainable satisfaction in reading works such as *The Count of Monte Cristo*. It is similar to the effects of a good conversation with an old friend, in that it is possible to recognize the uniqueness of the narrative. The case is quite the same with nonfiction works, as proven in the edu-

cation system. Authors such as Friedrich Nietzsche, Karl Marx, and many others are studied in the collegiate sphere. Though their ideas may be sinister, and the concepts presented to the reader unhelpful for the formulation of a good life, their writings remain valuable if only due to the unique emotional and mental effects each is capable of creating in the reader. Style, in this sense, is one of the characteristics that serves to make a writing beautiful.

In this stylistic quality, however, there is yet another aspect that must be treated on. It is quite common for authors to imitate other diverse styles throughout history in their own work. Often, this slight degree of imitation becomes a further refinement or development of the initial style, with elements of the new author's own personal form being inserted along with the inspiration. Take, for instance, the manner in which Ernest Hemingway drew from Mark Twain. Aspects of Twain's writing, particularly the accurate period speech and underlying social commentary, were seized upon by Hemingway and fused with his unique pace of story and linguistic choices. In a way, it is the new seizing upon and building off the old, something that even in reality evokes a nostalgic image of beauty. On the other hand, many of the forgotten pulp romance, adventure, and thriller works have been brushed over by history and entirely forgotten. There is little variance to any of them, with each style and plotline virtually a replica of former writings with small and insignificant alterations. These retellings, which fail to have the staying power of other more notable examples, lack uniqueness of style or substance to a large degree. Through the comparison of these two examples, perhaps it is suitable to pronounce that uniqueness, as with visual art, is also a quality necessary for true beauty in written art.

The third quality that produces beauty inside a written work is purpose. Not entirely related to theme but similar, if a writing is to be beautiful it must convey something to the reader of it, whether what is conveyed is a trivial subject or something grand. It is in this way that, through there being

the presence of some substance or other, both philosophical or academic works can be considered equally beautiful as fictitious works or poetry, and vice versa. While the idea of a purpose "to entertain" may be little more than a way of avoiding discussion of a theme in high school, even novels that have no apparent explanatory purpose can have a purpose to impart some image or other, or perhaps even a feeling to the reader through the events or scenarios in the text. In literature less focused on escaping the realities of live but rather of defining or investigating them, these purposes are often clear. Some works are written to explain complex subjects such as free will or the nature of human existence, while other more restrained works treat simply on how one should behave in daily life or the method through which natural events occur. Regardless, both focuses of a writing provide some purpose to it, granting the work substance in that it seeks to present something to a reader, signifying another piece that causes a written work to be valuable and beautiful.

Perhaps the most interesting part of what makes a writing beautiful, however, is that there exists little reliance on the image presented to the human comprehension to perceive this beauty. Rather than all other forms of art, where visual experiences appeal to a sensory human faculty, the beauty of the written word is partially found in interpretation and imagination, both of which require the filtering of the written information through the mind. While this transference of information is done from within, the mind expresses it through internally represented images and concepts drawing upon prior experience, essentially producing a sensory response from an



area within that lacks any sensory power. From the words on the page, man can apply his imagination to create an entire universe, to apply the treated realities of life to his own, or to simply immerse himself in a story entirely. There is a reason that, even with all the excessively stimulating modern entertainment forced towards us daily by the world around us, the idea of curling up on a cold day with a blanket and a book still appeals to us all.

Just as with visual art, the written word can maintain a degree of beauty unparalleled by some other formats. It is a beauty that is a fusion of the mind and the art itself, comprehending what is

written and transforming it into a vivid image. However, exactly like the visual forms of art, the beauty inherent to the written word is not a personal decision, but rather a reality that instinctively produces a certain response in the human persona. This can be seen in the works we appreciate, the vast majority of which have unique and entertaining styles, a purpose behind them, and an effect upon the human mind. Without a doubt, so long as people are literate, more truly beautiful works under these criteria will continue to be produced.

To read other articles by Tristan Anderson, visit the Authors section of [Emmitsburg.net](http://Emmitsburg.net).



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## CATOCTIN SPORTS

# Catoctin athletes 'unify'

Mia Ferraro  
CHS Class of 2022

After Frederick County Public Schools' temporary suspension of all athletic activities of winter sports, Catoctin High School's own Unified Bocce team returned to practices the week of January 25th after roughly a month of anticipation. The team of six is "ready for bocce action and play," as Unified Bocce coach Charmane Nesbitt described. "They have gained the knowledge and skills necessary for varsity competition." Nesbitt expects that this season, the players will "confidently compete and show sportsmanship while having fun, the Unified Cougar Way!"

Winter sports practices were able to resume for the single week of January 25th through February 1st. The competitive season for CHS winter sports begins February 1st and ends February 12th. The fall sports season will begin immediately after on the 13th. Neither the fall nor spring sports season may be modified by the delays in the winter season per COMAR/MPSSAA regulations. Because of the limited opportunities offered by the short competitive season, Unified Bocce will not be able to participate in any regional or state matches. The team has come close to winning the State Championship for the past couple of years and are disappointed that they will not have the chance again this year at winning due to the pandemic. Along with the general FCPS

restrictions regarding COVID (face coverings, social distancing, COVID symptom evaluations, etc.), safety regulations have been implemented within the sport. This includes labeling the bocce balls so that each individual will use the same ones, preventing the spread of germs. They are also limited within practices as to what they can and can not participate in.

"There are some activities we can't do as well," Unified Bocce co-captain Grace Kovalcik stated, "specifically some games we would sometimes play at the end of practice, like tag." Kovalcik is a senior this year that has been a part of the team since 9th grade. She had missed being with the team over the temporary delay of sports. "Being around everyone helps me to stay positive about what's going on with the world, as well as gives me something to look forward to!" she expressed. This is a common feeling among the team. Sophomore Siddah Robbins has been on the team for about two years, and also participates in Unified Tennis and Unified Track and Field in addition to Unified Bocce. She was happy to be back with the coach and her teammates, after having worried that they wouldn't be able to meet at all. She hadn't interacted with the team for a while, and was excited to bond with them more. The team's other co-captain, sophomore Jazmyne Howard, also missed spending time with the other members. "COVID really affected the team by not being able to be close," Howard said, "but we are still

very close friendship-wise."

Inclusive environments like this are very important for every individual, but particularly for students who have disabilities. People with intellectual and developmental disabilities—especially students—have been disproportionately impacted by the pandemic. Isolation is uniquely difficult for them, as most benefit greatly from hands-on learning and social interaction—not to mention the amount of people who may have lost access to therapeutic support. In addition to this, many people with disabilities often have other health conditions as well, such as diabetes or heart disease, that put them at a higher risk for the dangers of COVID's effects. They have to be extra careful, which makes it even more challenging to find the support they need. The impact of the pandemic on those who have disabilities can go unacknowledged in the public, but Special Olympics Maryland recognizes and accommodates those needs. "Something we at Special Olympics have been observing this year is that for as much as general education students are struggling with the restrictions put in place because of COVID, our athletes are likely struggling that much more," Veronica Smaldone expressed. Smaldone serves for AmeriCorps as Western Maryland Coordinator for Unified Champion Schools. This is a part of Special Olympics' school program that focuses on creating and sustaining inclusive school cultures nation-wide. "In some cases, they might not be able to rely on some

of the coping/stress-relief techniques that many people use when they're stuck at home, like being able to just get out and take an unsupervised walk whenever they please or schedule a call with a friend," Smaldone explained.

Special Olympics Maryland has been focusing the last few months on developing virtual Unified programming for schools to adopt with the goal that students will still have opportunities to socialize and interact despite the distance. The organization has been in contact with various schools in Frederick County to get a start on the programs within the virtual and upcoming hybrid settings. On December 10th, Special Olympics held an Inclusive Schools Celebration where all students were encouraged to participate in activities held on their website and spread the word online about the celebration and inclusion within the community.

March 3rd marks the upcoming Spread The Word (STW) Inclusion Day, a national campaign, co-founded by Special Olympics and Best Buddies, dedicated to spreading awareness through education and calls to action. School communities are encouraged to pledge their commitment to always use respectful language, to genuinely include people regardless of differences, and to outwardly condemn bullying. STW day is also a means to help schools earn recognition as Unified Champion Schools of Maryland. After that, the Virtual Youth Leadership Summit will take place on March 6th. Up to four student representatives from all high schools are welcome to



take part in an event consisting of Unified activities designed to "empower youth leaders to support more interactive and inclusive school communities." Special Olympics Maryland is currently developing a new website, but you can find upcoming events and ongoing activities at [www.somd.org](http://www.somd.org). Special Olympics Maryland offers plenty of accessible resources to athletes, students, and all people of all abilities and disabilities for an inclusive and interactive environment during a time where accessibility to support is most necessary.

To read past Catoctin Sports articles, visit the Current Events section of [emmitsburg.net](http://emmitsburg.net).



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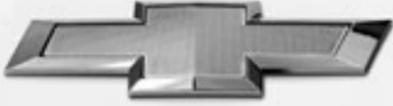
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# MOUNT SPORTS

## Full steam ahead with Spring sports despite COVID-19

Samuel Barber  
MSMU Class of 2022

While everyone across the country hoped that a new year would bring an end to the coronavirus pandemic, our prayers have yet to be answered. Despite the unclear future ahead of us, fans of Mount St. Mary's University athletics will be treated to an action-packed spring sports season. Colleges and universities throughout the three National Collegiate Athletic Association (NCAA) have elected to have their fall sports played during the second half of the academic year. The Mount has joined eight other Northeast Conference (NEC) members in giving fall athletes the right to play their respective sports in what some call a 'stolen season'. Saint Francis (PA) is the only NEC school not participating in the revised fall season. So, what does this all mean, especially for Mount St. Mary's?

Regardless of whether a school chose to have fall athletics played in the spring or not, in the latter portions of 2020, the NCAA voted in favor of granting athletes across all three divisions an extra season of eligibility in their respective sports. This is a move that came to the shock of athletes, athletic directors, and coaches alike, as the NCAA had been projecting an unforgiving demeanor in the early portions of the pandemic.

The Mount St. Mary's men's and women's basketball teams are showcasing high-end basketball in the mid-way parts of the season. The latter looks more than ready to claim their first conference crown since 1995. Red-shirt senior Kendall Breese is leading three players in double-figure scoring while a talented freshman class, headlined by Jessica Tomasetti, is making headlines. Success is not limited to the women's team. Dan Engelstad has his most talented team yet. Junior stand-out Damian Chong Qui has become the front man for this team, as previously leading scorer Jalen Gibbs elected to graduate early and enter the transfer portal. The loss of Gibbs will undoubtedly leave a big gap in the offense; however, look for Samford transfer Deandre Thomas and veteran power forwards Malik Jefferson and Nana Opoku to pick up the slack.

Although the recent winning by each basketball team is exciting, most fans are itching to see how the fall sports teams have used their long-standing hiatus to prepare for the season. All eyes will be on the cross-country course, as the men's squad has a legitimate chance at punching a ticket to the NCAA Championships in March. In what will be a drastically altered season, the men's team looks loaded. Andrew Jackson, Grant West, John Wang, Paul Fagnano, and Will Merritt appear destined to build on successful 2019 seasons, as Merritt placed in the top-three at the 2019 championships. Colin Kelly, a transfer from Saint Francis (PA), paired with standout freshman Michael Chipi, is what the Mountaineers need to compete for the conference ring.

Switching to the pitch, the men's soccer team displayed one of the best one-year turnarounds in Mount history. The 2018 season saw the Mountaineers post one of their worst regular sea-

sons in school history at 2-10-1. There was a complete change in pace during the 2019 campaign, as the Mount improved to 7-10-1 overall. Look out for Yann Kouemi, the Ivorian forward found the back of the net nine times during his sophomore campaign.

On the women's side, this is a team that has the potential to make waves within the conference. Although a 3-13-1 record may not outwardly scream optimism for the future, certain players will turn the tides of the program. Jasmine McCree and Kalli Bell are destined to be the top two returning players, as the former had a 66.7 shot on a goal percentage a season ago. Not to mention, the Mountaineers will ultimately benefit from a schedule that is bound to be closer to home due to COVID-19. The team was on the road for 10 of their 17 games.

The Mount's women's bowling is still a fairly new program, as they will be entering their third season at the varsity status. Despite the relatively short life of the program, they have wasted no time in cementing themselves as one of the best squads in the nation. The junior-laden team led by the likes of Rebecca Dodson, a Second Team All-American, and Barbara Hawes, who completed nearly 80-percent of her frames, posted an impressive 73-33 record. This is a team that was in a position to make a run to the NTCA Championships, which is the highest level of postseason competition within the sport. This is a deep, experienced team that will look to use their cross-country success to their advantage within regional matches.

While the thought of fall sports being played in the fall is an exciting

one, I would be remiss if the traditional spring sports were not highlighted. The athletes in those respective sports had their seasons halted as well.

Before the cancellation of the 2020 season, the Mount St. Mary's baseball team notched two wins against Coppin State and UC-Davis, respectively. However, if an analyst or fan wants to get a better understanding as to what this team truly possesses, then they would have to look at the 2019 campaign and the current freshman class. Ryan Fisher and Thomas Bramley, both of who are now juniors, tallied 17 runs respectively, while the latter amounted to a .457 on-base percentage.

In terms of what is in store for the softball team, the Mountaineers opened the season 2-17 overall, as they earned wins over San Diego and Villanova. Maggie Kane appears to be the offensive go-getter for this team, as the junior UT racked in six runs on 13 hits. The defining storyline of the season will be how they replace the senior talent. Kaylee Stoner will certainly be a big gap to fill on the offensive side.

The resurgence of both the men's and women's lacrosse programs has been nothing short of an enticing spectacle to see unfold. On the men's side, this is a team that is only two years out of picking up a crucial win over ranked Richmond. This is also a team which earned the two-game series sweep of the Utah Utes. Although it does not appear that the Mountaineers will be a shoo-in to challenge the likes of Hobart, it should not be a thought that should be put on the shelf just left to collect dust. This is a talent-laden team.



The Mount St. Mary's women's lacrosse team readies for battle.

Through the past three seasons, the Mount women's lacrosse team has compiled a record of 32-11 while increasing their win totals in each season. Much like plenty of miracle teams across college sports, this team had all the pieces to run the table within the NEC. Now that Robert Morris has exited the conference and Wagner seems depleted, the conference is theirs for the taking. It appears to be shaping up that the Mount will return the top four scorers due to the extra year of eligibility rule.

Despite so much uncertainty within the world at the moment, it is refresh-

ing to be able to witness the coming together of what will certainly be an unprecedented season. There is a sense of walking on eggshells this season within intercollegiate athletics, even in the seemingly untouchable sports of basketball and football. Athletes, coaches, and fans will need to buckle up as this is going to be a season that will present plenty of challenges; however, there is no challenge too big not to build on it.

To read past Mount Sports articles, visit the Current Events section of [emmitsburg.net](http://emmitsburg.net).



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# COMPLEMENTARY CORNER

## Hope: nature has it, so do we



Jefferson Breland

We live in an interesting time. By “interesting,” I mean we live in a time of extraordinary challenges not seen in most of our lifetimes.

If ever there was a time to manifest and sustain hope, this is it.

In December’s Complementary Corner, I spoke of the season Winter historically being a time of great uncertainty regarding surviving the weather and the necessary resources of food, shelter, and clothing. I also wrote of “social, political, economical, climatological, civil rights, health, health care, emotional concerns...” In that column, I offered some practical ways to afford us a bit of relief of body and mind during the busy holiday season.

Now as we have moved into the new year, the many concerns of our society are still with us and for many of these concerns, there is no end in sight.

I don’t know about you; I am sometimes exhausted by the not knowing. My goal for this column is to offer some perspectives that may bring some peace and ease to our bodies, minds, and spirits to have hope.

As a practitioner of Chinese Medicine, my model for health and living is Nature. Therefore, I look for clues in Nature on how to be with the challenges in my life and our society. I look to the

Seasons for the symbolic Wisdom they offer. For the sake of brevity, I will only refer to the month of February which is the transition from Winter to Spring according to the Lunar calendar.

In Winter, we are called to slow down, stay indoors, stay warm, and eat warm foods. It is a time to manage our resources of food and fuel to last the full length of Winter. When we listen outside in nature, things are quieter. During a snowfall, there is a quiet like no other in nature. The snow absorbs sounds like a muted instrument. To hear what is going on in nature we must be more still and listen more deeply. The same is true if we are to listen within ourselves to our innate and gathered wisdom. Saint Teresa said, “The beginning of prayer is silence. ... If we really want to pray, we must first learn to listen, for in the silence of the heart God speaks.”

Another way to look at this is Winter offers us the opportunities of stillness and listening and therefore the conditions to access Wisdom from within and without. I am reminded of a version of Reinhold Niebuhr’s Serenity Prayer: “God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”

A practice I use to quiet my mind is to simply sit alone in a quiet place,

phone turned off, no music playing (if it helps, play instrumental music- words in songs are a great distraction for me), no television on. Here, I simply focus on my breath. I play around with the idea of how little breath do I need to stay awake, or alive for that matter. As with many things in life that may be tedious to me, I make a game of it. I may count the length of inhale and exhale; I may pause between the two and wait for the impulse to breathe to begin again. I sometimes listen for bird songs and see if I can determine what species of bird it is or how close it is. Make up your own game if it does not stimulate your mind too much into a thinking state. There is always some image or word popping in. The trick here is to not dwell on the thought. Let it move out of your consciousness as easily as it came in. It may take practice as this may be new to you.

Another practice comes from the author of the Tao De Ching, the Chinese philosopher Lao Tzu (6th-4th century BCE). He wrote, “Nature does not hurry, yet everything is accomplished.” So, the lesson here might be as simple as “don’t hurry” or “don’t be in a hurry to know.” When I consciously choose to not hurry or force things to happen, I notice that my body relaxes, and my mind seems to work a bit better and new ideas flow in.

One thing we can count on is that Spring will always follow Winter. Since December 21, 2020, we are experiencing two to three minutes more sunlight each day. This increase in daylight, has a subtle and profound effect on us and our natural world. This increase in light is part of the rising Qi or energy of the Earth according to Yin/Yang Theory of Taoist Philosophy. This is the time when the earliest flowers poke up through the soil or snow such as crocus, violets, and pansies. This increase in Qi is felt by all of nature as many species of animals begin their mating seasons, trees begin to bud, animal activity



Marilyn Monroe came into the shelter as a stray and we think she’s about a year old. She’s a good looking rabbit who seems to be well taken care of and doesn’t mind being handled. She’s been spayed and looking to hop her way into someone’s heart and home. Could it be yours?

For more information about Marilyn Monroe call the Cumberland Valley Animal Shelter at 717-263-5791 or visit them online at [www.cvaspets.org](http://www.cvaspets.org) or better yet, visit them in person at the shelter.

increases in general, ice and snow melt in the mountains providing water to the plants and animals below, and humans begin to plant crops.

These are the creative aspects of nature. They represent not just an increase in activity. They are an increase in possibility, life, cooperation, and hope. This is the time of new beginnings, birth. It is traditionally when humans and all beings emerged from the darkness of Winter into the life-giving light and warmth of Spring.

The Covid-19 pandemic is a form of uncertainty. Spring in this context calls us to our creative potential, to see new possibilities, new paths for growth, new ways of working together to co-create a new and richer world. In the context of Covid-19, we as citizens of the United States, and as humans on the planet earth are being called to cooperate on a scale not seen in most of our lifetimes.

A practice I use to have hope/faith for new possibilities comes from my teacher Grand Master Nan Lu. I look

at what is happening in my life and in the lives of those around me through the lens of his “Life Rules.” These are: “There are no accidents. Everything happens for a reason. The reason is always for good. Can I see the good?”

This practice helps me remain flexible and open to see possibilities and gifts in the most difficult of circumstances even if I do not like what is happening. This practice helps me to remember my faith and maintain hope.

There are always ways that we can work together, to tend to each other, to have hope and faith that what needs will happen.

Jefferson Breland is a board-certified acupuncturist licensed in Pennsylvania and Maryland with offices in Gettysburg and Towson. If you would like to know more about how Jefferson helps people please call him at 410-336-5876, email him at [jeffersonacupuncture@gmail.com](mailto:jeffersonacupuncture@gmail.com), or visit his website [www.jeffersonbrelandacupuncture.org](http://www.jeffersonbrelandacupuncture.org).

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# HEALTH AND FITNESS

## Finding calm through meditation

Linda Stultz  
Certified Fitness Trainer

Meditation comes in many types. Some people are concerned when they hear the word meditation because they have tried it and just can't seem to clear their mind. There are several forms of meditation. Just like any exercise or activity, meditating takes practice. You may think you have to completely clear all thoughts out of your mind and sit in a certain position for a determined amount of time to meditate.

That is not the case at all. Of course, you can practice the way I just described and that is great. In our busy world time is always a factor in anything we do or don't do. Many people think they do not have the time or patience to practice meditation but there are many other ways to meditate and calm your mind which will improve physical, mental and emotional health.

While traditional meditation is the most widely known, there are other ways to meditate that are beneficial to you. Starting with one minute meditations can help calm you and refresh your day. Sitting at your desk or where ever

you are and taking just a minute to close your eyes and take a few slow, deep breaths can benefit. Taking time to do this once or twice each day you will eventually feel a difference.

Starting with this short time and working up may be the way for you to get started. I know it can be overwhelming to set a goal and then discover you just can't seem to do it. Starting slowly and sticking with it is much more doable and rewarding.

Another type of meditation is walking meditation. This may sound unusual and the first time I tried it I wasn't sure it was for me, but after a few times it became relaxing. Walking meditation is a practice where you do not have to clear your mind and only concentrate on your breathing. You can find a quiet place, like your backyard or even inside your house. Try to put all the things on your to do list on hold for a few minutes and just walk slowly, noticing the things around you.

Walking outside is a natural way of relaxing and you can appreciate the sounds, smells, sunlight and air. The key to this mediation practice is to walk slowly and distinctly. We rush through our days

and sometimes don't even remember some of the things we did during the day.

Sometimes we are on auto pilot and at the end of the day are not sure if we completed a task that day or if we did it the day before. Having a routine is good but not if we don't remember each day's activities. Practicing walking meditation can be done on your lunch hour or even when you are walking the dog. You will be getting movement for your body while also calming your mind from the day's stress.

Mindful meditation is another way to calm our mind and body. You can sit or find whatever position is most comfortable for you and just be aware of the things around you. While you are eating dinner, be mindful of the taste, smell and kind of food you are eating. I know we have all heard of mindless eating. That can add pounds when we sit and watch TV and end up eating the whole bag of chips. Mindfulness is just the opposite. You make yourself aware of each bite you take and how it tastes and makes you feel. This may sound very unusual to you but give it a try, I think you will be glad.



I have only mentioned a few of types of meditation. If this is something you have been thinking about, do a little research and try a couple of the practices. Once you find the one that works for you and stick with it for a fair amount of time you may just discover meditation has changed your life. I will admit when I first tried to meditate it was hard and I didn't think I would ever get the hang of it or wasn't sure if I got

any benefit out of it but with persistence and practice I look forward to this time to recharge and relax.

*If you have any questions or any insights I would like to hear from you at 717-334-6009. Anything we can do to help each other in these stressful times will be much appreciated. Remember to keep moving even though in this article I am telling you to slow down for a change!*

## Planning for the Inevitable: FAQs

Doug Propher  
Catocin Advisors

Catocin Advisors is a Thurmont-based consulting business that offers estate readiness planning, estate administration, and budgeting and bill-pay support to survivors. Each month we answer common questions about end-of-life issues.

Q. What does a Personal Representative do? Can I choose my spouse?

A. A Personal Representative – more commonly known as the “executor” – is the individual you name in your Will to manage your affairs after your death. It is the essential role in the process that brings your “paper” life to an end after your human experience is over. In general, the Personal Representative (PR) will become the responsible agent for your property and other assets, notify interested parties of your death, pay your bills, pay your taxes, and transfer assets to beneficiaries as well as act as the intermediary with the court that oversees the process. The average lifespan in Maryland is 79; it's nominally lower in Pennsylvania. That means most

people in our community spend about 79 years being someone: accumulating “stuff,” creating commercial relationships, and establishing public records. The Personal Representative ties up the bow on all that: closes accounts, terminates public records, disposes of the “stuff.”

Who you choose should depend on who you believe can do the job successfully. Maryland doesn't have a lot of rules or mandatory qualifications, but there are some exclusions. A PR must be 18 or older. He or she must be mentally competent as well as never convicted of a serious crime. In addition, someone who is not a citizen of the United States cannot act as a Personal Representative in Maryland; however, there are some exceptions, such as the person lives permanently in the US and is the spouse, sibling, or descendant of the decedent. This list is not meant to be exhaustive; the Maryland handbook for estate administration makes plain there may be some wiggle room on the exclusions. Pennsylvania law uses similar language but not the same. So, if this actually is an issue for you, get advice from an experienced professional.

Maryland also requires that estates

open in Maryland be overseen by an agent also residing in Maryland. Therefore, if you want your sister in California to be your PR that's allowed, but she will need a Maryland-based partner who can be present in court, acting locally, and so on. Likewise, Pennsylvania may reject an out-of-state nominee although its law allows discretion. Again, if this is your issue, seek professional advice.

Personal Representatives act in a fiduciary capacity. That means they have an obligation to do what is best for the estate. Notably, Maryland law stipulates that a Personal

Representatives will act in accordance with the Will and relevant laws to subsequently settle estates “expeditiously and with little sacrifice of value as is reasonable under the circumstances.” Probate, the court-supervised process for administering estates, follows a protocol and a timeline. So, if a normal estate might take six or eight months to open, execute, and close but your executor loses interest in the job and lets matters drag into a second year, that is bad – the court could act to name an alternative representative. Likewise, if you die with a retirement account holding \$250,000 and the executor doesn't act in good

faith so the account loses half its value, that is bad. In fact, a personal representative could be made liable for the loss.

So, choose someone who will recognize the seriousness of the undertaking. Choose someone who has the willingness do it and the time to do it. Finally, choose someone who has the temperament and skills to do it.

*For more information about Catocin Advisors, visit our website (www.catocinadvisors.com) or send email to doug@catocinadvisors.com. We're happy to help you. This is not offered as legal advice. If you want to meet with a lawyer I can connect you with someone.*

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# ASTRONOMY

## The night sky of February

Professor Wayne Wooten

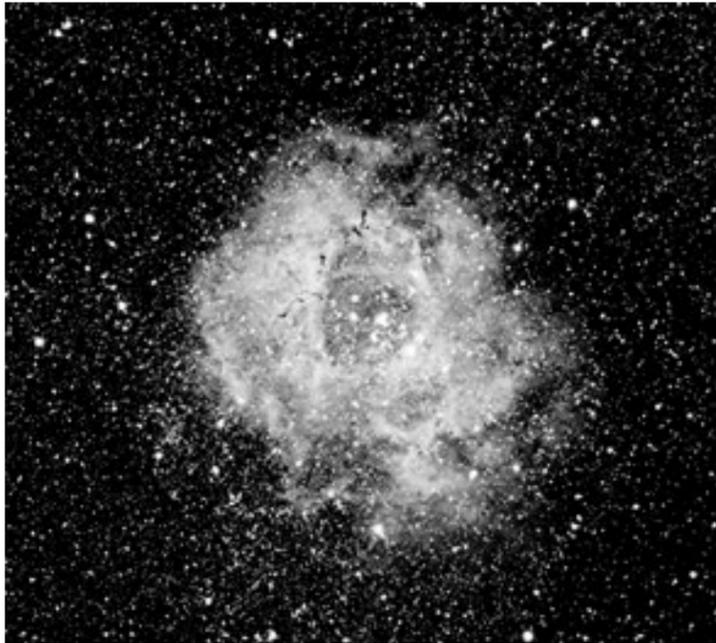
For February the Moon is last quarter on February 4th, and new on February 11th. The waxing crescent passes just south of Mars on February 18th, and is first quarter the following evening. The full moon is the Hunter or Wolf Moon, and is on February 27th.

Except for Mars, all the planets lie too close to the sun for easy observation this month. Even Mars is disappointing telescopically, for the earth has left it far behind since the close opposition last fall, and it is only a tiny red disk high in the evening sky in Aries at nightfall. But next month Jupiter and Saturn return to the dawn, and by summer Venus will be back in the evening skies.

While the naked eye, dark adapted by several minutes away from any bright lights, is a wonderful instrument to stare up into deep space, far beyond our own Milky Way, binoculars are better for spotting specific deep sky objects. For a detailed map of northern hemisphere skies, about January 31st, visit the [www.skymaps.com](http://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 Peg-



The Rosette Nebula is a large star forming region located in the constellation Monoceros, the Unicorn. The nebula's appearance in optical light resembles a rose flower or the rosette, the stylized flower design used in sculptural objects since ancient times, and the nebula was named after the design. The nebula has earned the nickname the Skull because it also closely resembles the human skull.

asus" Square, and goes NE with two more bright stars in a row. It is from the middle star, beta Andromeda, that we proceed about a quarter the way to the top star in the W of Cassiopeia, and look for a faint blur with the naked eye. M-31, the Andromeda Galaxy, is the most distant object visible with the naked eye, 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 of 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 of the University of West Florida.

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 last year it faded due to an expulsion of condensing carbon dust (soot) blown off in our direction, and was only 1/3rd its greatest brightness. But now this cloud has dissipated and it is back close to normal.

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 including the nice open cluster NGC 2244, easily found in binoculars. Appropriate for Valentine's Day, here is our cosmic rose, with much gas and the same kind of dark dust Betelgeuse blew out, but now not marking a star's death, but birth of new solar systems like our own, with the dust becoming us, residents of terrestrial rocky worlds like Earth.

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".

To read past editions of the *Sky at Night*, visit [emmitsburg.net](http://emmitsburg.net)

## Farmers' Almanac

*"The February sunshine steeps your boughs and tints the buds and swells the leaves within"*  
—William Cullen Bryant (1794-1820)

**Mid-Atlantic Weather Watch:** Milder and dry (1, 2, 3) with snow; rain near the coast (4, 5, 6). Windy, colder (7, 8, 9) turning fair and not as cold (10, 11); more rain, showers, mild (12, 13, 14), windy, colder (15, 16). Fair and mild (17, 18) with snow (19, 20), turning fair and mild again (21, 22, 23, 24, 25, 26.) More snow, windy (27, 28).

**Full Moon:** In 2021, February's Full Moon will occur on the 27th. In many 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. It has been also refer to as Wolf Moon because of all of the howling heard during the month, which happens to be the middle of their breeding season!

**Special Notes:** Watch out! "Punxsutawney Phil" will make his annual and much-anticipated appearance on Tuesday, February

2nd to issue his 'prediction' of 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 2021.

**Holidays:** The Christian Festival of Lights, or Candlemas, is celebrated on Tuesday, February 2nd. Many churches would traditionally display many more candles on this day during their daily services, 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 Sunday in 2021. Show that special someone just how much you appreciate they're being a part of your life. The birthdays of Abraham Lincoln (Friday, February 12th) and George Washington (Monday, 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:** With some good news from our friend "Punxsutawney Phil", we can start thinking about things to do in an early. It's time to turn the compost pile (if it's not too frozen!). Mid- to late-February is the time to fertilize shrubs and evergreens. Use an acid-type Rhododendron fertilizer to feed evergreens, conifers, broad leaf evergreens, Rhododendrons, Azaleas, and Camellias. Use an all-purpose fertilizer to feed Roses and other deciduous trees and shrubs. If you use granular type fertilizers, be sure to water it in thoroughly.

**The Farm:** Best for planting root crops (1, 2, 3, 8, 9); Best for weeding and stirring the soil (20, 21); Best for planting above-ground crops (12, 13, 14); Best for harvesting all crops (6, 7). Best days to set hens and incubators (1, 2, 3, 4, 5, 20, 21, 22, 23, 24, 25, 26, 27, 28, slaughter and butcher meat (11, 12, 13, 14, 15, 16, 17, 18); transplant (11, 12, 13, 14, 15, 16, 17, 18); harvest and store grains (4, 5, 6, 7, 8, 9, 10), wean animals (6, 7, 8, 9, 10, 11, 12, 13, 14).

**J. Gruber's Thought For Today's Living**

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# COMPUTER Q&A

## The Internet: understanding terms of use

**Aysë Stenabaugh**  
**Jester's Computer Repair**

Whether you are hitting the streets or surfing the web there are always a set of rules or laws that govern us and are intended to promote "acceptable behavior". Most of us are well aware of the basic guidelines that exist in public spaces for example no shirt, no shoes, no service, but how does those same rules and guidelines translate to the online world? In most cases when you sign-up to use a website you will typically need to agree to terms of use in order to use the website or service. The terms of use on each website can vary significantly and there are some general rules you may not be aware of that when broken, can affect your ability to use that website or service.

Social Media and other Online Accounts typically require that you enter in your legal name, a valid email address or phone number and in some cases your date of birth. Some websites require this information to ensure that you are who you say you are and so that someone cannot easily misrepresent you. Failure to provide a valid phone number or email address may make it difficult or impossible for you to get back into your account and often support options for these websites are extremely limited.

If you are on social media, or more specifically Facebook, you may already be aware of the term Facebook jail. Facebook has a set of policies called community standards that have been put together to help determine what behavior / content is appropriate based on feedback from users and experts in various fields. When you send messages, post or share content that does not Follow Facebooks standards, your account can be restricted or blocked. Facebook will typically give users warnings and opportunities to correct their behavior however repeated actions can lead to your account being permanently banned. Detailed information on the community standards can be found at [Facebook.com/communitystandards](https://www.facebook.com/communitystandards) which is broken down into six categories: Violence and Criminal Behavior, Safety, Objectional Content, Integrity and Authenticity, Respecting Intellectual Property and Content-Related Requests and Decisions.

Some users are surprised to find privacy concerns when divulging into the details of the terms. Therefore, it is best to consider the adage "nothing comes without a price" and while some countries like those in the EU offer additional privacy protections that big tech companies must follow - the US does not. This means that you could be agreeing to anything from being shown advertisements that are based on how you are using the web to agreeing

to receive email solicitations from third-party advertisers. In 2017 Purple ( a UK hotspot service provider) intentionally buried unexpected caveats in their terms and those who utilized their services unknowingly signed up to clean toilets, paint snail shell, hug stray cats and dogs and more. Of course, they never had the intentions of following through with the agreement users made when connecting to their network, but it surely makes one think.

One area that is often overlooked involves children and their online activities. As a parent, with today's technology it can be challenging to keep up with what our kids are doing and how their actions may affect them. Online accounts with basic security can easily be taken and often even as adults we are tricked into handing over our precious personal information in a moment of weakness. One feature that can be enabled on most accounts is two-step verification which can ensure that no unauthorized users are gaining access to an account by requir-

ing a second verification code via email or phone when logging in. We strongly recommend discussing with your children the importance of account security. This is also a great opportunity to discuss the terms of use on the platforms your child is using. It is important as both the parent and child to understand what could happen to the accounts if rules are broken. For example, if your child plays Xbox, PlayStation, Roblox or any other online gaming platform and were to break the rules they could get their account suspended or banned. Factor into account all of the digital games, virtual currency and achievements tied to that account those accounts and you will have one very upset kid on your hands if the account is lost forever.

*If you find yourself with technology questions or are looking for computer repair or support, contact Jester's Computer Services located in Fairfield. You can reach us at (717) 642-6611 on our website [www.jesterscomputers.com](http://www.jesterscomputers.com).*



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 WHATEVER YOU CAN THINK OF INCLUDING THE KITCHEN SINK!

# HUMOR

### Dave's logic test

How can you arrange for two people to stand on the same piece of newspaper and yet be unable to touch each other without stepping off the newspaper.

How many 3-cent stamps are there in a dozen?

A rope ladder hangs over the side of a ship. The rungs are one foot apart and the ladder is 12 feet long. The tide is rising at four inches an hour. How long will it take before the first four rungs of the ladder are underwater?

Which would you rather have, a trunk full of nickels or a trunk half full of dimes?

Steve has three piles of sand and Mike has four piles of sand. All together, how many do they have?

In which sport are the shoes made entirely of metal?

If the Vice-President of the United States should die, who would be President?

How can you throw a golf ball with all your might and -- without hitting a wall or any other obstruction -- have the ball stop and come right back to you?

According to most state laws, the attempt to commit a certain crime is punishable, but actually committing

the crime is not. What is the crime? Find the English word that can be formed from all these letters: PNLLEEESSSS.

### Answers:

Slide the newspaper half way under a closed door and ask the two people to stand on the bit of newspaper on their side of the door.

There are twelve (not four).

Actually, the ladder will rise with the ship!

Dimes are smaller than nickels, so choose the dimes!

If they put them all together, there will be one pile.

Horse racing.

The President.

Throw the ball straight up.

Suicide

Sleeplessness

### Totally useless facts for you to know

The citrus soda 7-UP was created in 1929. "7" was selected because the original containers were 7 ounces. "UP" indicated the direction of the bubbles.

Mosquito repellents don't repel, they hide you. The spray blocks the mosquito sensors so they don't know you're there.

Dentists have recommended that toothbrushes be kept at least 8 feet away from toilet to avoid airborne particles resulting from the flush.

The liquid inside young coconuts can be used as substitute for blood plasma.

American car horns beep in the tone of F.

No piece of paper can be folded more than 7 times.

Donkeys kill more people annually than plane crashes.

1 in every 4 Americans has appeared on television.

You burn more calories sleeping than you do watching television.

Oak trees do not produce acorns until they are 50 years of age or older.

The 1st product to have a bar code was Wrigley's gum.

The king of hearts is the only king without a mustache.

A Boeing 747's wingspan is longer than the Wright brother's 1st flight.

Venus is the only planet that rotates clockwise.

The 1st CD pressed in the U S was Bruce Springsteen's "Born in the USA".

Apples, not caffeine, are more efficient at waking you up in the morning.

Most dust particles in your house are made from dead skin.

The 1st owner of the Marlboro



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5 - \$1000	21 - \$2000	37 - \$500	53 - \$500
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7 - \$500	23 - \$500	39 - \$500	55 - \$1000
8 - \$500	24 - \$500	40 - \$1000	56 - \$500
9 - \$500	25 - \$1000	41 - \$5000	57 - \$500
10 - \$1000	26 - \$500	42 - \$500	58 - \$500
11 - \$2000	27 - \$500	43 - \$500	59 - \$500
12 - \$500	28 - \$500	44 - \$500	60 - \$1000
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# HUMOR

Company died of lung cancer.

Barbie's full name is Barbara Millicent Roberts.

Betsy Ross is the only real person to ever have been the head on a PEZ dispenser.

Michael Jordan makes more money from NIKE annually than all the NIKE factory workers in Malaysia combined.

Adolph Hitler's mother seriously considered having an abortion but was talked out of it by her doctor.

Marilyn Monroe had 6 toes.

All US presidents have worn glasses. Some just didn't like being seen wearing them in public.

Walt Disney was afraid of mice.

The sound of E.T. walking was made by someone squishing her hands in jelly.

**More useless stuff for you to know**

The first couple to be shown in bed together on prime time television were Fred and Wilma Flintstone.

Coca Cola was originally green.

Every day more money is printed for monopoly than the US Treasury.

Men can read smaller print than women, women can hear better than men. Women can also smell better than men.

Barbie's measurements if she were life size: 39-23-33

Cost of raising a medium sized dog to the age of 11: \$6,400.

Average number of people airborne over the U.S. during any given hour: 61,000.

The world's youngest parents were 8

& 9 and lived in China in 1910.

The youngest Pope was 11 years old.

First novel ever written on a typewriter: Tom Sawyer

The San Francisco Cable cars are the only mobile national monuments.

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Only two people signed the Declaration of Independence on 4 JULY: John Hancock and Charles Thomson.

Most of the rest signed on 2 AUG, but the last signature wasn't added until 5 years later.

"I am." is the shortest complete sentence in the English language.

The term "whole 9 yards" came

from WWII fighter pilots in the South Pacific. When arming their airplanes on the ground, the 50-caliber machine gun ammo belts measured exactly 27 feet. If the pilots fired all their ammo at a target, it got the "whole 9 yards".

The Interstate system was designed so that one mile in every five must be straight. These straight sections are usable as airstrips in times of war or other emergencies. The Interstates official name is The National Defense Highway System.

The cruise liner Queen Elizabeth II moves only 6" for each gallon of fuel that it burns.

The nursery rhyme Ring Around the Rosey is a rhyme about the bubonic plague. Infected people with the plague would get red circular sores (Ring around the Rosey...). These sores would smell very bad so people would hide flowers on their bodies in an attempt to mask the smell ("pocket full of posies..."). People who died from the plague would be burned to reduce the spread of the disease ("ashes, ashes, we all fall down").

**Totally useless facts that someone actually took the time to organize! (part 1)**

Mosquito repellents don't repel. They hide you. The spray blocks the mosquito's sensors so they don't know you're there.

Dentists have recommended that a toothbrush be kept at least 6 feet away from a toilet to avoid airborne particles resulting from the flush.

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The king of hearts is the only king without a mustache.

A Boeing 747's wingspan is longer than the Wright brother's first flight.

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# Sunday, February 14th

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