

Emmitsburg NEWS-JOURNAL

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

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Flat Run Bridge completion delayed again

Flat Run Bridge will not be complete by the end of the year, as anticipated; project completion has once again been pushed back until April 2020.

According to Elizabeth Harris, State Highway Administration (SHA) District Community Liaison, the project to replace the MD 140 (E. Main Street) Bridge over Flat Run in Emmitsburg is about 90 percent complete.

In an email Harris wrote, "The project was expected to be complete by the end of this year, but recent inclement weather has pushed the completion date to April 2020 when temperatures are conducive for final paving."

SHA began the project to replace the MD 140 (E. Main Street) Bridge over Flat Run in the fall of 2016, after its start time was delayed a whole year. Back in 2014, the bridge was slated for replacement beginning in 2015, and ending in the summer of 2016. At the beginning of the project, Milani Construction, Inc., the contractors for this project, projected the completion of the bridge to be summer of 2018.

Inclement weather has played a large role in the extension of this

project, but several additional concerns have arisen throughout the construction process. Earlier on contractors came across drainage issues, which required a lengthy re-design phase, and a water line re-location issue required negotiations with the town, contractor and state. The initial project start date was delayed due in part to a delay in the preparation and signing of the documents and paperwork needed to proceed forward with the project. Additionally, concerns with the foundation of the existing bridge arose.

Recently, the base layer of pavement was applied on MD 140 and on December 21, the traffic pattern on MD 140 was shifted, moving travel lanes about five feet north. The temporary shift will allow the contractor to begin the next phase of the project and focus on the south side. The next phase includes the placement of new sidewalk along with curb and gutter. The traffic shift will remain in place until spring when temperatures will be warm enough to complete final paving. This requires a minimum of 40 degrees to complete.

John Concannon, the District



Traffic nightmares will continue as completion of the replacement bridge over Flat Run has been delayed once again, this time until April 2020 at best.

Engineer for the MD Department of Transportation, SHA District 7 office, and other representatives from SHA, including Ross Clingen, Area Engineer for construction, attended the October 7 Emmitsburg town meeting to brief town council and residents in attendance on the status of the Flat Run Bridge project. At that time, SHA was pushing the contractor to have the project completed by the end of this year. "We cannot guarantee that it will be completed, but we are pushing the contractor to have it done," stated Clingen.

"We have gotten such horrible

feedback from this," stated Commissioner Tim O'Donnell at the October 7 town meeting. "It has been a burden on the community that I feel was not necessary. The timeline for this has been a disaster. We want better, we deserve better." Representatives followed by sharing their disappointment "with how things have gone." "We are unsatisfied with the progress of this project too," remarked Clingen.

Consistently delayed work on this project has caused frustration for residents of the community, who note lack of seen work by the contractors.

Adams County prepares for Census Day

Once a decade, America comes together to participate in the decennial census. This year Census Day is being held on April 1, and Adams County municipalities are gearing up as Census representatives attend local meetings to inform the community of the importance of participating in the census.

Francine Stephens of the United States Census Bureau attended the Liberty Township meeting held on December 3 to urge residents to participate in the 2020 Census. The U.S. Census Bureau, as described by Stephens, is the federal government's largest statistical agency, that is dedicated to providing current facts and figures about America's people, places, and economy. According to Stephens, the 2020 Census counts every person living in the 50 states, District of Columbia, and five U.S. territories, only once, and in the right place. "The 2020 Census is easy, confidential, and important," stated Stephens.

The census is important in so many ways. It helps provide the basis to determine Congressional seating; redistricting of state, local, and school districts; determines the amount of funding vital to state,

county, and community programs; helps assist local governments in planning for public safety and emergency preparedness; and assists businesses to decide where to locate new offices, stores, and factories, which create jobs nationally.

According to statistical analysis of recent census data and surveys, upwards of "39 billion dollars could come back to the state of Pennsylvania," stated Stephens. This money is vital for state-wide, county-wide, and local municipalities. The money would help to support state roads, schools, nursing homes, hospitals, emergency services and much more. According to Stephens, based upon populations of the last census, about \$2,100 per person is allocated to each person in the state of Pennsylvania, however it is projected that roughly 20% of the population won't take the time to answer the census this year. This means that the state is already set to lose millions of dollars, solely based upon a projected lack of participation in the census. Locally, this is important, because it means small municipalities may receive even less than what they could if every single person participated.



A 1940 census taker interviewing a resident back in the days when census questions were not controversial.

This year, the census will ask ten questions, including: your name, age, date of birth, number of persons living in your household, race, relationships to other members in the home, rent versus owning a home, phone number etc. The US Census is a statistical agency, and will not ask for any personal information including social security numbers, credit card or bank information. Federal

law protects the confidentiality of all individual responses the Census Bureau collects.

In March, invitations will be sent to homes encouraging all to participate in the 2020 Census. Households have the option of responding online, by mail, or by phone. On March 12, the online format will be open, and it is easy to use, noted Stephens.

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EMMITSBURG NEWS

'Perfect Storm' caused brown water

Richard D. L. Fulton

According to a statement released by Emmitsburg Mayor Donald N. Briggs, the discoloration was the result of "hydrant flushings, a water leak repair, drought conditions, and an unauthorized hydrant connection." The mayor further stated, "All these situations occurred within a week of each other causing this unprecedented condition."

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

Town Manager Cathy Willets told the News-Journal that Catocin Labs conducted all of the tests that were carried-out. "All the testing has come back normal," she said. "Full spectrum tests were not conducted," she said, "because they are expensive." Full spectrum tests literally search for just about anything

and everything that could possibly be found in a water sample.

Willets said turbidity testing, however, was done "in-house." According to the town's own definition (2018 Annual Water Quality Report), "Turbidity is a measurement of cloudiness of the water caused by suspended particles. We measure it because it is a good indicator of water quality and the effectiveness of our filtration (the report's italics)."

Although the tests may identify the degree of discoloration, it does not pinpoint the causation. However, the town manager believes the discoloration is the result of sediment and rust.

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

Commissioner Davis said the town is also bringing in "someone with more sophisticated equipment" to help isolate the problematic areas.

On December 5, a notice was also

posted on the Town of Emmitsburg website stating, "If you have not contacted the town office via phone or email, please do so now. Staff is working hard to pinpoint the areas with discolored water as the majority of the town has clear water," adding, "Please report your issues to info@emmitsburgmd.gov or call 301-600-6300 and be as detailed as you can. You can also report that you have clear water as this is equally important."

Lesco Plumbing, Heating and Cooling, Caldwell, NJ, noted on their website (lesco24-7.com), that, in reference to brown water, "Clean running water is necessary for drinking, cooking, cleaning, and bathing. It's not a good idea to utilize brown water for everyday use," adding, in reference to brown water, "Contaminated water can irritate your skin, and turn your dishes and clothing an off color"

Easywater has offered to test individual tap water from concerned Emmitsburg residents for free. The tests should be to determine what is causing the discoloration of the water (turbidity). There will be no charge for the service. Easywater's website is located at easywater.com/residential-free-water-test/. The company will send a test kit to any resident requesting a test.

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Officials discuss costs to town for a second hotel

Emmitsburg officials discussed payment plans and tax breaks to help future business growth at a special meeting held on December 16.

Discussion was spurred a few months ago when a local business owner approached town staff and the board with his proposal for the construction of a seven to eight million dollar, 90-room Choice Hotel on Silo Hill Parkway next to U.S. 15. The potential builder came to the board requesting the minimization of water and sewer connection fees. After much discussion in November, town staff worked to bring forth a proposal to Commissioners that would

help not only builder, but also future property and business owners.

Based upon the Sleep Inns' water usage, the town is looking to change the number of required taps for all such new businesses. Current hotels use less water and less electric, noted Town Planner Zach Gulden. "Changing the fixture count correlates to the number of taps needed, and with the change, it brings [the newly proposed hotel] to 20.4 taps for water and 20.4 for sewer."

With this in mind, town staff developed a plan, modeled off of the city of Brunswick that would include a five-year payment plan for water and sewer

tap fees. Qualified applicants must pay at least 25% of the total sewer and water connection fees upon submittal of the zoning permit application and the remainder must be paid in equal quarterly payments. In order to qualify, a minimum of 30 combined water and sewer taps are needed for a business.

Originally the hotel builder would have paid over \$700,000 in water and sewer fees, but with this new proposal he would save about 60%, and his fees would be cut down to approximately \$300,000. Additionally, the town is proposing to adopt a small business tax credit model that would give business

owners even more savings.

The builder was present at the meeting and spoke to Commissioners and staff noting a request for an additional \$69,000 discount. "Although it is admirable the amount of work that staff and the Mayor has put into making it feasible, the discount structure is where we differ. If we were to consider a little higher discount amount, which would be more in line with Brunswick, it would fall more in line with the feasibility of building a Choice Hotel," stated the builder.

"We have to balance the here and now in the community... if we adjusted

this any further, we would have to see a certain increase in our taxes within our community and there are some folks who are hanging on by their fingernails, and we are trying not to marginalize people by that. I think we have made a significant action towards good will by modifying our rate that was not under consideration before," stated Commissioner Tim O'Donnell. "This is as much as we can give without increasing taxes," agreed Commissioner Cliff Sweeney.

The proposal will be brought back to Commissioners during a future meeting for further discussion.

4 more wayside exhibits coming to town

As part of a Maryland Heritage Areas Authority (MHAA) grant, the town has secured an additional \$12,062 to create four more wayside exhibits. Last year, the town installed its first three wayside exhibits, which were funded with the help of a \$9,000 MHAA grant. These three signs show-

cased the Town Square, the Emmit House and the Doughboy Statue. The long-term goal for this project is to create a historic walking tour for visitors and even residents of the town.

Scott Grove of Grove Public Relations was also asked to work on the project again as the writer and

researcher for the historical content of these signs. As described by Grove, the purpose of creating these signs is to provide a basic overview and orientation of Frederick's founding and development. Additionally, designers wanted to show how Emmitsburg is, was and continues

to be a nexus of commercial transportation and historical activity. The four new signs will depict the Great fire of 1863, which will be located at the northeast quadrant of the town square, the Vigilant Hose Company, the Chronicle Press building, and the Carriage House Inn building.

The total project cost for all four, approximately three-foot signs, is roughly \$24,000. With the \$12,062

grant from MHAA, the town is responsible for providing the remaining 50%. \$10,962 will be a cash match from the town, and \$1,101 will be in-kind/staff time for research and installation.

Town staff hopes to have final design of the new signs approved in early January so the process of fabrication may be completed this winter. Once the weather turns, and spring arrives, the new wayside exhibits will be installed. A ribbon-cutting ceremony will take place late May - early June.

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FAIRFIELD/CARROLL VALLEY NEWS

Local budgets approved

Carroll Valley Borough voted to pass their FY20 budget without a tax increase, just as anticipated. The Borough's tax rate has remained the same since 2013 at 2.45 mills, or .00245 of assessed value of land and buildings. The general fund budget this year was just slightly increased from last year, coming in at \$2,535,864.

In 2020 the Borough will continue to fund services such as the Police Department, Road Maintenance, and Parks and Recreation, and events such as the 4th of July Celebration and National Night Out. A two percent cost of living increase was budgeted for in 2020, and as anticipated, benefit costs increased by 11.5%, which falls in line nationwide.

Normal road maintenance functions such as snow removal, line stripping, highway mowing and pothole repair will continue as seen in

last year's budget. The borough has elected to continue with the chip seal program, which once compared to asphalt use, was shown to be more cost effective for the Borough. Chip sealing will be funded mostly with Liquid Fuel Tax revenue.

Within the Police Department, the Borough budgeted to continue with four full-time officers, two part-time officers and one administrative assistant. Also budgeted was additional professional training to establish or improve core competencies while the department continues post entry-level training for younger officers. The Police coverage contract with Fairfield Borough will also be continued through 2020.

In regards to purchases and projects anticipated for 2020, the borough plans to replace a dump truck, purchase a new police vehicle, replace aging computer equipment, replace tasers and firearms for police officers,

build a new maintenance shed in Carroll Commons, and replace the roof on Cortner Pavilion. The borough will also continue to cover the new building debt service payments with Capital Reserve Funds

In other local municipality news, Liberty Township, passed their \$349,902 FY20 budget with a 0.125 mil tax increase on December 17. The tax increase was intended to help allocate funds for the repair of many of the township's roads without hurting the pockets of residents or dipping too much into the Capital Reserve account.

In November, Supervisor Mickey Barlow proposed a 1% tax increase in order to keep up with road maintenance demands throughout the township's roads. "The township roads are continuing to deplete," stated Barlow. "We are \$700,000 in the hole in maintenance with the township's roads... and have had no tax increase

in fifteen years." [prior to last year's tax increase] He finished by stating that the tax increase last year didn't even cover half of the road master's salary. However, after much discussion amongst fellow Supervisors and residents, Supervisors settled on a 1/8 of a mill tax increase, with Barlow against. An additional \$20,364.84 will be going toward the township's revenue with this tax increase on board. The township may continue to keep this 0.125 of a mil tax increase over the next few years, working up to a 1% tax increase. The budget was accepted with Barlow against.

During the same meeting, Supervisors also voted to allocate the fire tax amongst the three fire departments according to percentage of coverage to the township. Typically, the township splits fire tax monies evenly: \$10,000 given to each department. However, this year Barlow discussed a new proposal to fellow Supervisors Bob Jackson and John Bostek. According to

call numbers given to Barlow, Fountaindale, Fairfield and the Vigilant Hose Company (VHC) are not providing equal amounts of service. Barlow proposed to divvy up fire tax monies more appropriately. According to Barlow, Fairfield covers 56% of calls, Fountaindale covers 37% of calls and VHC covers only 6% of calls to the township. Secretary Wendy Peck ran the numbers and presented the proposal for fire tax allocation: Fairfield, with the most coverage would receive the highest amount of tax monies (\$18,579), Fountaindale would receive \$12,375 and the VHC would receive \$2,046. "This is the most fair way to divvy up the fire tax... by percentage of calls," noted Barlow. The call numbers provided by all three departments were based upon calls made last year.

The new fire tax allocation was passed with Bostek against. Numbers will be re-evaluated for next year's budget.

Community Park tree planting in the works

The Hamiltonban Township and Fairfield Borough Joint Parks and Recreation Commission members are moving forward with the next project in phase 2 for the Community Park: a tree planting. The Community Park has been an exciting project long in the works for the township, dating back to 2007, when the idea of a community park was first introduced. Commission members are pleased to bring grant/tax money back to the citizens of Hamiltonban Township and Fairfield Borough to promote healthy exercise and recreation.

Thus far, phase 2 has included the completion of a quarter mile walking path with five adult fitness challenge stations, the construction of a swing set, and a natural play area. The fitness stations are ADA accessible and include

a chest press, lat pull down, balance steps, dual leg press and a dual ski-walker. More recently, the commission finished placing five Interpretive Panels in the park that denote the importance of the Adams County area culturally, naturally, economically and historically. The pollinator meadow was planted last May and it bloomed beautifully this fall. It will get a mow down and over-seeding this spring for its completion. Two mason bee houses have been placed in the meadow, and signage for the meadow, pond area and solar panel have been placed to educate the public to each element. Furthermore, the Children's Natural Play area saw the addition of a set of balance beam logs, joining the already present sand play area, hopscotch tiles, rainbow colored

crawl through pipe, giant climbing rock and three stump seats.

As part of the next project in phase 2, the commission applied for a Tree Vitalize grant that is supported by the Department of Conservation and Natural Resources (DCNR) to purchase twenty-four trees for the park. That grant would have paid for the trees with a match by the commission. Unfortunately, Hamiltonban did not receive the grant, as there were a large number of applicants vying for the grant monies this year.

However, the following week, Stephen Zimmerman from Gettysburg Green Gathering (GGG) came to the commission meeting asking if they would be interested in partnering to plant trees in the Hamiltonban Community Park. The commission was

tasked with raising the funds at \$100 per tree and gathering volunteers to help plant. GGG will order the trees from a Frederick, Maryland nursery. The commission members developed a flyer for tree donor information and asked members of the community for help in planting trees in the Hamiltonban Community Park. Within just a few weeks commission members had to shut down the program because they had received over 30 tree orders with most purchasing a tree dedication marker in addition. Commission member Coleen Reamer stated, "We are so thankful for our community and their involvement in helping the Hamiltonban Township and Fairfield Borough Joint Parks and Recreation build a beautiful neighborhood park for

all to enjoy. It has been built solely with community donations, community grants and Pennsylvania DCNR grants... entirely!"

On Saturday, March 28, members of the commission, GGG and community volunteers will plant and mulch all 30 trees. All who would like to participate in the tree planting are welcome! For more information about the upcoming tree planting, feel free to contact the Hamiltonban Township office number at 717-642-8509.

In regards to the future of the Hamiltonban Community Park, phase 3 of the park is slated to begin in another 18-24 months and will include the expansion of the walking path and addition of other elements that will be determined over the next six to eight months. The commission will continue to seek donations and grant monies to help finish this project.

Fairfield area news-briefs

Borough moves forward with H2O grant

During the regularly scheduled October 30 Board meeting for the Carroll Valley Water and Sewer Authority, a system type was selected and the Authority elected to move ahead with an H2O grant application for work to be completed at the Eastwater Treatment Plant. The scope of work would include the construction of a new dewatering read control building and UV disinfection system and building. The total cost is estimated at \$1,379,000, with a grant request of \$689,000. H2O grant applications were due on December 13.

The H2O program is for water and sewer projects that have a total cost of more than \$500,000. H2O available funding is extremely limited, and will be highly competitive, especially for the Borough, since it has not yet drawn down on previous funding for the WWTP improvements.

Borough looks to design new website

In an effort to design a new website that is user friendly and easier to manage, Carroll Valley Borough Council voted to approve staff to move forward in engaging with a new website design company to create a new website for the borough. CivicPlus is a software Platform built for modern local governments allowing you to work seamlessly and securely with new and existing data in an efficient way.

As described by Borough Manager Dave Hazzlett, the borough already set aside \$10,000 in the Fiscal Year 2020 budget for website re-design. CivicPlus presented borough staff with rates including a three-year payment plan, but the contract had to be signed by the end of the year if staff didn't want to incur the new rates, which were more costly. The re-design would cost \$8,500, but could be split into three payments over three years. The annual up-keep/maintenance cost for the website would be

approximately \$2,500 per year.

Hazzlett noted that staff has been struggling to get the information up onto the borough's current website. Meeting minutes have not been

posted for months, due to program glitches and errors. Staff will work with local experts to finalize the final product/design of the new website as they move forward with this project.



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THURMONT NEWS

YMCA discusses possible expansion

Thurmont officials are in the early stages of discussion regarding the establishment of YMCA programs and facilities in town. Chris Colville, CEO of the YMCA of Frederick County attended the town meeting and gave a presentation to Thurmont's Board of Commissioners on December 10.

Economic Development Officer, Vickie Grindler, began by explaining that a Thurmont resident recently approached the town with interest in pursuing avenues to bring a YMCA to town. In response, town staff reached out to the Frederick County YMCA for additional information on how to proceed with this potential project.

The purpose of the YMCA, explained Colville, is to strengthen the foundations of the community through youth development, healthy living and social respon-

sibility. Frederick County has the 7th oldest YMCA in the nation, and has worked to bring YMCA facilities to smaller towns and areas. "Knowing the impact that we have had on other small areas of the county, we want the town of Thurmont, and we want Emmitsburg, Sabillsville, and other smaller pockets of Frederick County to have those same experiences just like other folks do, whether they're in Frederick or they're outside of Frederick. Typically you start with a "grass roots" approach, meaning you create programs, build interest and eventually move into a permanent space."

Consequently, this isn't the first time Thurmont has discussed the idea of bringing a YMCA facility to town. Mayor John Kinnaird noted that around twelve years ago, the town talked about bringing a YMCA to Thurmont, however, plans fell through. This

could offer another opportunity to address some of the communities' needs and concerns.

Colville continued by discussing that based upon the needs assessment completed in Thurmont, residents are looking for, and have an interest in: sports (exercise), outdoor activities, reading, arts and crafts, gardening (outdoor education), home (family, cooking, baking, nutrition), and music. The YMCA has the capacity to support and/or address a majority of the above-mentioned services, Colville explained.

Additionally, the YMCA has the ability to address some of the major community needs and concerns including: drugs/crime, the lack of activities for teens, and the lack of senior/assisted living specific programs to support active/older adults. In the past the YMCA has provided services or memberships to vulnerable pop-

ulations and may also be able to create teen-specific programming at a Thurmont YMCA facility. "I think we can be a part of that solution in providing healthier choices earlier in life, getting young people involved and engaged in understanding what a healthy lifestyle is," stated Colville.

"I think it's a great idea, the community has a lot of needs that can be addressed by the YMCA," noted Mayor Kinnaird. "I think we should move forward with this and start small and see if we can grow it." All Commissioners expressed interest in moving forward with pursuing this to help create a place for families and individuals alike to go in Thurmont. "I would love to see us proceed with something... it would take a lot of things into focus, and would help us provide more things for families," stated Commissioner Wayne Hooper.

As discussed, the next steps for the town would include host-

ing small focus groups in order to obtain greater detail on specific interests and needs. After holding these focus groups, Colville recommends providing a larger opportunity for a community forum to share data collected and obtain additional feedback. There is already a group of 30 people from Thurmont that have expressed an interest in sitting in on a focus group. The first meeting for community members to assist with providing feedback on this project is scheduled for January 21 from 6-7p.m. at the Thurmont Library. Anyone interested in participating in any focus groups or meetings can contact kselby@frederickymca.org.

"We are excited about pursuing this with you. I'm not necessarily promising we can do everything, but I think we have an obligation to find out what you need and see what we can do and how we can support your town," Colville ended.

Officials look to adopt new fiscal policy

During the December 17 town meeting, Thurmont officials discussed the adoption of a new fiscal policy that would, in short, require the town to set aside a minimum amount of monies in two separate "rainy day" accounts. Thurmont's

Chief Financial Officer, Linda Joyce, presented the Board with a summary of the most recent audit to show where the town stood financially.

Joyce brought this proposal to the Board of Commissioners for initial discussion. The idea, accord-

ing to Joyce, was to help ensure financial stability for the future of the town by establishing an emergency fund so the town wouldn't have to pay for emergency projects out of the general operating budget. This new policy was designed to help keep the town from increasing taxes and minimizing their need to borrow money.

According to the recently completed audit, Thurmont currently has approximately \$3.8 million in liquid unassigned assets, as seen at the end of the fiscal year. That \$3.8 million is located the general fund, which comes from taxes and is used to service the town. Thus far, the town has been lucky enough to have not seen many true emergencies and has had enough operating expenses to be able to cover small emergencies when they have come up. However, the funds have never come out of a specific emergency account; this new policy hopes to change this for the future.

With this new policy, two designated funds would be created for emergencies only. A Fund Balance Reserve would require the town to maintain at least 12% of the unrestricted general fund audited expen-

ditures excluding capital outlay expenditures. This will, hopefully, help alleviate unanticipated budget shortfalls and restore orderly provisions and services to town residents. The second fund, the Capital Reserve, the town must retain at least \$250,000 in order to have guaranteed funds available for capital projects, provide funds for planned and anticipated projects and allow for completion of capital reserve projects.

As explained by Joyce, the Governments Finance Officers Association (GFOA) recommends that governments establish a formal policy on how much money from the general fund should be kept in a fund balance reserve. A fund balance reserve is used for operating expenses during emergencies. The GFOA recommends that they keep no less than two months of general fund operating expenses in the fund balance reserve. Based upon the current fund balance for Thurmont, \$637,054 should be maintained in this fund. The Town currently has a year's worth of unrestricted funds, noted Joyce. Mayor Kinnaird said that while it's great the town has that amount in the fund already, he

would like to see about one million dollars in the capital reserve fund to help fund emergency projects.

Commissioner Martin Burns stated that he believes that amount is far too low and that the town should have operating expenses set aside for an entire year. Mayor Kinnaird agreed there should be more money set aside for an emergency fund. "We could blink and there could be a \$500,000 emergency, [but] I'm glad we can put more aside if we want to," stated Burns.

Burns continued by stating, "I always wanted to have three million dollars in the bank just for rainy day funds. [However] I think we need to have some rules set aside for what constitutes an emergency." Chief Administrative Officer Jim Humerick responded by explaining that the board would decide what constitutes an emergency when one comes.

Both accounts will be evaluated and addressed at the end of each fiscal year and the town will replenish both funds, if needed. The newly proposed policy would also mandate that if either fund dips below its minimum, the town would have five years to get it back up to its minimum balance. The proposal will be presented again, for comment by the general public and may be voted upon at the end of the month.



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100 YEARS AGO THIS MONTH

January 2

Falsely Accused Of Profiteering

For some time persons asking for a pound or two of sugar never knew just how much would be required to pay for the same. Reportedly it has been circulated here that Mr. Weybright, of this place, was recently arrested and placed under heavy bond for profiteering on sugar. No doubt some people believe that Mr. Weybright became immensely rich in a few days. According to the report he sold sugar for \$.17, but his accusers failed to inquire what he had to pay for his sugar. The facts in the case are that Mr. Weybright bought 115 pounds of sugar in Baltimore at \$.16 per pound, he then drove it to Thurmont where he sold it at \$.17. Of course he got rich — he made at least \$1.15! He then bought sugar that he could sell at \$.11, but did not go over the profit allowance of one and a half cents per pound set by the Food Administration when he sold it. Needless to say, Mr. Weybright is looking for the weasel that started the rumor of him profiteering, saying he intends to have more than 'words' with the lowlife.

Old Landmark Gone

Another of the old landmarks in Thurmont has vanished; we refer to Loys' Blacksmith Shop on East Main St. The ground on which this building stood for many years has been sold to Mrs. Florence Creeger. Workmen are now tearing away various buildings and preparing to erect a bungalow for Mrs. Creeger.

Elected But Cannot Hold Office

Although he was the only candidate for Justice of the Peace in Highland Township and was re-elected to that office with 69 votes, Larry Hill, who lives near Fairfield, has received no commission because of a mistake of the township's election board.

Directions issued to each election board state that the Justice of the Peace' returns must be sent to the office of the Prothonotary, but Highland Township filed the returns of Justice Hill's election with the Clerk of Court. Consequently, the name of Larry Hill never appeared when the Computing Board made the official count and it was never sent for certificate of election.

January 9

Wants New High School

For the purpose of looking into the needs of the public schools and also to establish a high school course at Emmitsburg, the town's taxpayers have appointed a committee to prepare a petition to be presented to the next General Assembly asking for an appropriation for a new high school. With Mount St. Mary's College for young men and St. Joseph's for young women, members of the community predict Emmitsburg will one day become the educational center of the county.

Donations For Pastor

That his congregation appreciates the efforts of Reverend Emery Stocklanger, of the St. Paul Lutheran Church, in Harney, is evidenced by the fact that they presented him with a purse of \$22.25, 30 bushels of corn, oats, potatoes, apples, cabbage, canned and dried fruit, six sacks of flour, automobile oil, seven brooms, butter, sugar, soap and a lot of butchering. Martin Hess, of Harney, made the presentation speech on New Year's Eve day for the congregation, wishing the pastor a happy New Year, assuring him of the best wishes of the congregation and of their interest in his work and the success of the church. On Christmas he received 28 bags of corn from members of his church.

Training At Mount St. Mary's

Lieutenant Colonel Leavitt, United States Army, arrived in Emmitsburg on Monday, being assigned by the War Department to take charge of the ROTC at Mount St. Mary's College. This is the Colonel's 21st year in the Army, having seen service in the Spanish American War and during the Mexican trouble. He has just returned from France, where he was with the 92nd division. At present the unit at the college has 120 members, but with the Colonel stationed there it is expected that a much larger number will be taking advantage of the military training.

January 16

Death Of Martin Flohr

Mr. Martin Flohr, who at one time operated a general merchandise store in Detour, passed away following an

operation to remove a goiter. Flohr was born near Fairfield in 1867 where he grew up on his family farm. He began his general mercantile business in Detour in 1883 but discontinued it in 1893. Mr. Flohr suffered for more than twenty years from a goiter, which extended from the side of the neck into the chest so that his heart was pressed down to the fifth rib. He died as a result of shock immediately following an operation to remove the goiter.

Wakes Mark End Of Liquor

Numberless wakes attending the death of John Barleycorn were held Friday night just about everywhere. Today is a day of sorrow for many and the dawn of the New Year was ushered in solemnly as a testimony to the end of gay parties. The price of whiskey and other forbidden beverages had much to do with the lack of hilarity at many parties. In many places whiskey was selling from \$10-\$12 a quart, and in many sections it was hard to get. In Emmitsburg, members of the Former-Former Boozers Association conducted a vigil outside the Hotel Slagle, where members openly wept at the sight of over 100 one-gallon jugs that Mrs. Becky Boyd had senselessly holed with buckshot in her feud with her upright husband, causing the liquor contained within them, which had been intended to be consumed that evening, to be drained away. Members compared this act of villainy to Eve offering Adam the apple and openly questioned why God had bothered to invent womenfolk.

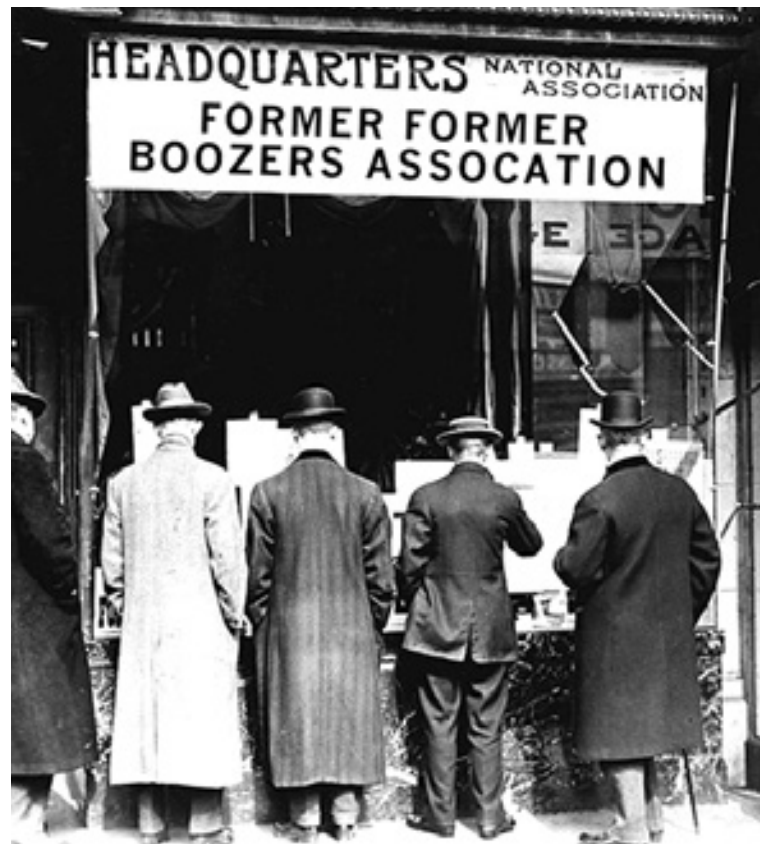
New Veterans Post In Emmitsburg

The men in Emmitsburg who have returned from the service held a meeting for the purpose of forming a post of the American Legion, to be known as the Francis X Elder Post. It was voted to apply at once to headquarters for a charter, twenty members signing the application. Francis Elder, after whom the post is to be named, was one of the first young men from this district to enlist in the Army and was sent across with one of the early divisions, where he lost his life on the battlefield in France.

January 23

Real Winter Weather

Beginning about January 19, the sun for the most part of the week was hid-



den by clouds from which snow and rain came in frequent intervals. With the temperature below the freezing point, roads and streets are covered with solid ice, and fields, with snow on top, are frozen sufficiently for sleighing. Last Thursday night, Carolyn Rouzer had the misfortune to break her left leg near the hip. The accident occurred while she and other children were coasting on Church Street. The sled she was riding was slung against a telephone pole in the square.

Ice Yields

The cold snap has been favorable for ice harvesting and many farmers have taken advantage of the opportunity. It may be interesting to note that an acre of ice, eight inches thick, will yield 826 tons. At three dollars per ton, the acre yield would be worth more than \$2,478. A pretty valuable crop for the farmer who has milk and cream to cool.

January 30

Farmers Brave Icy Roads For Meeting

Notwithstanding the almost impossible conditions on the roads, about 60 farmers attended the opening of Farmers Institute meetings in Thurmont. The meeting was held in the school building and was marked by interesting and instructive addresses. At the

conclusion of the regular program, Alice White, National Field Organizer for the Women's Suffrage Party, delivered a short address, which was received with boos from the unsympathetic audience. Members objected to her illogical view that women were equal to men, with sound and well-reasoned arguments women were inferior to men in just about every way, with the exception of cooking and cleaning, and raising young'ins, and that they should stick to those roles and let men do the important thinking.

Deaths

Miss Mary Helman, age 83, died in Emmitsburg Friday evening after an illness of one week. She was the sister-in-law to Mr. James Helman, who died Friday morning in the same home, both having contracted pneumonia.

Joseph Felix, age 86, a prominent Adams County citizen died from dropsy at his residency in Freedom Township on Wednesday. In his early boyhood he took up residence in Freedom Township and taught school in that locality for 17 years. After completing his educational work, Mr. Felix became a storekeeper at Moritz's Corner situated on the Emmitsburg Road, just across the state line.

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

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FROM THE DESK...

County Councilman Phil Dacey

I hope you had a wonderful Holiday Season. As we move into the new year, we have multiple issues facing the County Council. We have a new Board of Education Member to be appointed, we have to continue to advocate for traffic congestion relief, and we will likely see the release of the audit that was performed on the Sheriff's 287(g) program to cooperate with Immigration and Customs Enforcement on custody of illegal immigrants who commit crimes and are held in Frederick's jail.

I am pleased to report that the selection process for the new Board of Education member was executed in a fair and transparent

manner. I have to give credit to the County Executive and the Council President who heard the concerns over the manner in which the last Board of Education Member was appointed without any knowledge of the applicants or public input, and improved the process this time.

The County Council issued a public statement inviting those interested to submit applications. We received 17 applications; each person applying was highly qualified in a unique way and whittling down that list to a manageable interview size was challenging. In the end, the County Council decided to interview 6 candidates, who had each been requested to

be interviewed by more than one Council Member.

The interviews took place in front of the entire Council and were recorded for public viewing. There was a public comment period where citizens could comment on each candidate and we received numerous emails and contacts about candidates that were interviewed. We voted to forward three names to the County Executive, each qualified in a special way -- Rae Gallagher, Sue Johnson, and Ron Peppe. The process produced these three qualified candidates in a transparent manner, one of whom will be selected by the County Execu-

tive and come back to the County Council for confirmation.

Next, the need for traffic relief in our region is one that I have continually talked and written about. The Governor has proposed a traffic relief plan that is the only realistic solution that will get our highways moving within the next decade but it is teetering on the brink of approval. I was so excited to learn that expansion of Interstate 270 to Frederick would be part of the first phase of change. However, I am dismayed that there are those in the Washington region who discount the need for additional interstate lanes and who are actively opposing this plan. It is my hope that this plan will continue to move forward,

even as the Legislature reconvenes this January in Annapolis; this project is as important as any that has ever been undertaken in Frederick County. The need for free flowing highways in Frederick and in the region is paramount.

Finally, the County Council expects that the independent audit of the aforementioned 287(g) program should be back before the Council in January. I was the only voice against conducting this audit of the Sheriff because I viewed the audit as a politically motivated waste of taxpayer resources sought by those who have an agenda against the Sheriff. Stay tuned to the Council for discussion of the audit's findings -- it is likely to be one of the livelier discussions we have in January.

County news-briefs...

Annual Report & Comprehensive Annual Financial Report

County Executive Jan Gardner presented an Annual Report for 2019 on the accomplishments of Frederick County Government, emphasizing many achievements in the areas of education, jobs, seniors, community needs and growth.

"The annual report outlines a lot of good things happening in Frederick County," said Executive Gardner. "One of the biggest accomplishments of the past year was the adoption of Livable Frederick, a unique and innovative master plan for the future of our county."

The county's AAA bond rating has resulted in a bond sale with the lowest interest rate in the county's

history. The county's strong economy drew Kite Pharma and other businesses here, creating many new jobs. There are a record 104,000 jobs in Frederick County, with 6,500 net new jobs created in the past five years. The year also saw record investment in public education, support for a new pay scale for teachers and school administrators, and an accelerated school construction program. An agricultural work group focused on preservation and addressing farmer's needs. Also of note, the county was named a Dementia-Friendly County, putting a plan in place to help seniors.

Other achievements include the opening of the Myersville Community Library, expansion of Utica Park

and progress toward opening Othello Regional Park in 2020. In other areas, the county was awarded one of the largest grants in the nation to hire 38 new firefighters, and Fire & Rescue Services launched a new initiative called Handle with Care to help children facing traumatic experiences. Additionally, a solar array was installed on a closed section of the landfill and now provides energy to county facilities and TransIT buses.

"We couldn't have achieved so many successes without the dedicated team of employees who work hard every day to serve our citizens," added Executive Gardner.

Executive Gardner also presented the Comprehensive Annual Financial Report (CAFR) for the fiscal year ending June 30, 2019. The annual report and financial statement will be presented to the County Council at 5:30 p.m. Dec. 17, in the first floor hearing room of Winchester Hall.

The CAFR is an extensive document presenting various levels of reporting and disclosures regarding financial statements, and includes an audit from a firm of licensed certified public accountants who provided an independent review of county government. No findings were made in the audit. For a copy of the annual report and CAFR, visit www.FrederickCountyMD.gov/report.

Frederick County Encourages Local Efforts To Recycle Right

The Department of Solid Waste Management (DSWM) thanks the community for their efforts to not only recycle more but also to recycle right. In 2019, local residents and businesses sent approximately 54 million pounds of mixed materials to Frederick County's single-stream recycling program. In partnership with the Northeast Maryland Waste Disposal Authority and Waste Management Recycle America, DSWM recently audited a representative sample of this material and analysis showed the County's contamination rate to be 10% (Comparatively, the average contamination rate among communities and businesses in the U.S. is approximately 25%).

A "contaminant" is anything placed in a recycling system that does not belong there. Items collected for single-stream recycling

in Frederick County are sent to a materials recovery facility (MRF) to be identified, sorted and delivered to industrial partners. As part of this process, contaminants must be removed and disposed. Contaminants cause problems throughout the entire system, as they can harm the workers and machinery at the MRF and can reduce the value of recyclable materials or cause loads to be rejected. The issue of contamination has recently led to major market disruptions that have negatively affected the economics and global success of recycling efforts.

Locally, picking up materials that are not recyclable reduces the efficiency of collection and contributes to higher fuel costs. Sending those materials to the MRF for processing creates further problems and incurs costs. Prior to the materials audit, the County's contamination rate had been estimated at 19%. By improving their recycling practices this year, local recyclers reduced the County's expenditure for dealing with contamination, with a projected savings of approximately \$149,000 annually.

As the New Year approaches, the DSWM encourages local recyclers to resolve to continue to learn more and "recycle right" in 2020. "Local governments, businesses and residents have little to no control over much of the bigger picture for recycling, such as market dynamics or industrial processes. The most direct thing recyclers can do to help make the program a success is to only place acceptable items in a blue bin," said Rebecca Culler, Frederick County's Recycling Program Manager.

Frederick County's single-stream recycling program is able to process clean paper and cardboard, metal cans, glass bottles and jars as well as plastic bottles, jugs, jars and tubs. By not sending any other materials for recycling through the County's system, residents and businesses can support the continued success of local—and global—recycling efforts.

To learn more or obtain materials in support of better recycling practices, visit the County's website (www.FrederickCountyMD.gov/RecycleRight). The DSWM is also offering upcoming "How Recycling Really Works" programs that offer insight into recycling processes and explain how local actions are part of

a global industry. For more information, including class dates and locations, please visit www.FrederickCountyMD.gov/GoRecycle. While on the County website, local recyclers can also:

Print flyers and posters that show what is and is not accepted for single-stream recycling.

Download the free Recycle Coach app for guidance as well as collection day reminders.

Place an order to receive, exchange or repair a recycling cart for an eligible household.

Contact County staff to request recycling outreach, support with business recycling goals or general assistance with recycling issues or questions.

Capt. Wade for Certification as Executive Fire Officer

County Executive Jan Gardner today Capt. Jeremy Wade of the Division of Fire & Rescue Services. He recently completed a four-year rigorous program to receive certification as an Executive Fire Officer through the Federal Emergency Management Agency's National Fire Academy.

"I am pleased to honor Captain Wade for his successful completion of one of the most rigorous and academically challenging courses in the fire and rescue service," said Executive Gardner. "He has joined a diverse group of fire officers from across the country and his efforts to make our community safe will ensure a bright future for all of Frederick County."

The program trains senior officers in executive-level leadership skills, helps them apply valuable research, creates a deeper understanding of how to operate a proactive fire and rescue service, and gives them tools to transform their organizations.

Capt. Wade graduated from Recruit Class 5 and was hired by the county in 2002. He currently serves as Station Commander at the Green Valley Fire Station #25 in Monrovia. He has served on the Policy Review Committee for the division for many years and recently passed the 2019 Battalion Chief exam. Captain Wade is a certified Child Safety Pas-

Continued to next page

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GOVERNMENT—SOUTH OF THE BORDER

County Executive Jan Gardner

Happy New Year! Frederick County had a great year in 2019, and I am excited for the opportunities that await us in 2020.

Congratulations to members of the Catocin Cougars football team, who are celebrating their big win as Maryland 1A State Champions! Middletown Knights won the state 2A football title this year, as well, and the Oakdale Bears were golf and cross country champions. We can be proud of all our student athletes, musicians, and actors who invest hundreds of hours after class to pursue their dreams.

We are blessed to have a strong school system in Frederick County Public Schools. The State recently rated every school in Maryland to see how they are performing, and FCPS scored well. All of our schools earned at least 3 out of 5 stars in the new state rating system. Every school in the Catocin and Walkersville High School feeder districts earned 4 stars or better.

General Assembly

For those of you who follow politics and watch the news closely, you already know that the upcoming state legislative session is going to be all about education. We need to make sure Frederick County has a seat at the table when legislators consider new funding formulas for our public schools. One of my administration's top priority is education. That is why I will be actively participating in the conversation.

There are two important conversations about education taking place in Annapolis. On the operating side, lawmakers are deciding how to implement recommendations from the Kirwan Commission, which considered how to deliver a 21st century education to all Maryland students. The second discussion is about how to pay for school construction projects.

I'm pleased that Frederick County will have an education expert working on our behalf in Annapolis this year. Board of Education member

Joy Schaefer is leaving that Board to serve as the County's Director of Government Affairs. Joy's knowledge and experience will be invaluable. She has strong working relationships with county and state officials, and she was a member of the Kirwan Commission, so she has a deep understanding of the issues. Frederick County is lucky to have Joy working on our behalf!

Mount St. Mary's

Education is important topic for our employers, too, because today's students will be tomorrow's workforce. That is why we are excited to welcome Mount St. Mary's University to ROOT, the county-owned business innovation center in downtown Frederick. The Mount has expanded with an office in ROOT, which will allow them to connect students from the Emmitsburg campus to more business opportunities throughout the county. Mount President Dr. Timothy Trainor and I signed the lease last month.

ROOT offers Mount St. Mary's a chance to collaborate with other ROOT tenants, such as the Frederick County Office of Economic Development, the Frederick Innovative Technology Center Inc. technology incubator, the Chamber of Commerce, and Hood College. Higher education and the business community share many common goals, and ROOT was designed to encourage these kinds of connections and partnerships.

Activities for the New Year

With New Year's Eve behind us, it's time to start thinking about the year's next big social event – the annual Daddy Daughter Dance. The County's Division of Parks and Recreation is sponsoring the event on two different days, Jan. 31st and Feb. 1st. Take your little princess on a date to remember. The dance sells out each year, so register now by visiting recreater.com.

While you are visiting the website, you can sign up for teams, classes, and other fun activities being held this winter. There is a range of pro-

grams for young and old at the Thurmont and Walkersville recreation centers, and at parks and centers all across Frederick County.

Frederick County Public Libraries are great places to spend time when it's too cold to go outside. Find out how to raise and train a dog at the Emmitsburg branch's "So You Think You Want a Dog" session on Jan. 4th. The Thurmont Regional Library is bringing author Derek J. Sherwood to discuss his true crime book, "Nittany Nightmare," on Jan. 9th. There are open STEM lab hours, movies and cocoa, and reading time with dogs. Check out the full calendar at www.fcpl.org.

Finally, I hope to see many of you at the upcoming fire and rescue company banquets. Vigilant Hose Company, Thurmont Community Ambulance Company, and the Rocky Ridge Volunteer Fire Company have announced banquet dates this month. Thank you to everyone who serves our community through the Volunteer Fire & Rescue Service. You are making a difference in people's lives!

continued from previous page

senger Technician. His past assignments have included Myersville, New Market, and a detail officer at Junior Fire Company in downtown Frederick.

In the history of the Division of Fire & Rescue Services, several other Frederick County firefighters have earned the Executive Fire Officer designation. They include Deputy Chief Steve Leatherman, Battalion Chief Michael Dmuchowski, Captain Christopher Mullendore, and retir-

ees Bureau Chief Rick Himes, Lieutenant Eric Jacobs, Deputy Chief Andy Marsh, Chief Walter Murray and Captain George Thomas.

For additional information, contact DFRS Acting Chief Tom Coe at 301-600-1536 or via e-mail at tcoc@FrederickCountyMD.gov.

Kay Appointed as Director of Citizens Services Division

Christine Kay has been appointed as Director of the Division of Citizens Services.

"Christine brings outstanding leadership experience in human services," Executive Gardner said. "She has a reputation for strong collaboration across agencies. She brings energy, big ideas, and a wealth of expertise. I am confident she will do an outstanding job for the citizens of Frederick County."

As director of Citizens Services, Ms. Kay will supervise the Child Advocacy Center, Family Partnership, Office for Children and Families, the Scott Key Center, the

Human Relations Department, and the Department of Housing and Community Development. She also will oversee staff support to nine boards and commissions; lead the Community Partnership Grants program; and coordinate the County's shelter and mass care section of its Emergency Operations Plan.

Since 2016, Ms. Kay has served as the Director of the Department of Citizens Services in Carroll County. In that position, she oversaw a staff of 60 employees, including the

bureaus of Housing, Aging and Disabilities, and the Local Management Agency. Ms. Kay also co-chaired the Carroll County Continuum of Care for Homelessness, administered over a dozen grants, and served as the granting agent for local nonprofit agencies. Prior to her tenure in Carroll County, Ms. Kay worked in the nonprofit sector, with a focus on human services in the areas of homelessness, individuals with disabilities, workforce development, and emergency shelter management.

MELISSA M. WETZEL
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FROM THE DESK OF...

Carroll Valley Mayor Ron Harris

At the December 10 Carroll Valley Borough Council meeting, the proposed 2020 budget was approved without a tax increase. The tax rate for the year 2020 remains at 2.45 mills or 24.5 cents on each one hundred dollars of assessed value. The Fire Tax remains at 0.25 mills. At the same meeting, I had the pleasure to present a Certificate of Appreciation to the leaving Councilors Beth Cool, Steven Sites, and Sarah Skoczen for their outstanding years of local government service to Carroll Valley residents. Thank you for your selfless contribution to our community.

The two Carroll Valley December holiday events, the Tree lighting and Breakfast with Santa, were a tremendous success with over 300 people in attendance at each. None of this success would have been possible without the help of the following individuals: [Tree Lighting] Gayle Marthers, Amanda Bell,

David Hazlett, Joshua Hazlett, Crystal Durbin, Jeni Jarrell, Jessica Kraft, Lori Kolenda, Heather Wight, Emily Faalasi, the CVB Municipal Service Department, Fairfield High School Show Choir and [Breakfast with Santa] Gayle Marthers, Amanda Bell, David Hazlett, Noah Hazlett, Joshua Hazlett, Lori Borden and daughter Kylee, Crystal Durbin, Jeni Jarrell, and Brianna Redding. Naturally, the special one was at both – Santa! To see the pictures, go to www.ronspictures.net. You are able to download the pictures.

The Carroll Valley Branch of the Adams County Library schedule for January: (Jan 6th) 6:30 p.m. K Pets and 7 p.m. Essential Oil; (Jan 13th) 6 p.m. Teen Book Club; (Jan 16th) 6:30 p.m. Cookbook Club – Hawaiian recipes and (Jan 20th) 7 p.m. Books for Adults Club – Handmaid's Tale. Come and visit your local library.

Yes, 2020 should be a very interesting year. The United

States Census question form will be mailed to you to fill out. You want to see a sample of the questionnaire; you can find it on the Adams County website under planning. Based on the updated census data collected, political boundaries may change, allocation of federal and state funds could be affected and decisions regarding health care and other services will be made. The new council will be installed and reorganized (election of President & Vice President). The council members will be Bruce Carr, Jessica Kraft, David Lillard, Richard Mathews, John Schubring, Robert Verderaine and Michael Wight. One thing is for sure – change is constant. I am confident change can be good if we work together for the common good.

Winter safety is an issue especially during the months of January and February. Driving in the winter months means you must change the way you drive

because of possible hazardous road conditions such as snow, sleet and ice. Some things to consider before starting out are test your car battery, make sure the cooling system is in good working order, add wiper fluid rated for -30 degrees and keep your gas tank at least half full to avoid gas line freeze. When driving avoid using cruise control in wintry conditions, increase your following distance from another car to 8 to 10 seconds and accelerate and decelerate slowly. Remember, steer in the direction of the skid, so when your wheels regain traction, you don't have to overcorrect to stay in your lane. If you're traveling, you can check conditions on more than 40,000 Pennsylvania roadway miles by visiting 511PA.com. 511PA, which is free and available 24 hours a day, provides traffic delay warnings, weather forecasts, traffic speed information and access to more than 770 traffic cameras. 511PA is also available through a smartphone application for iPhone

and Android devices, by calling 5-1-1, or by following regional Twitter alerts accessible on the 511PA website. What about home safety for the beginning of the year? Well, check your house for radon. It is an odorless gas that causes lung cancer. According to the U.S. Environmental Protection Agency, one in every fifteen homes has elevated levels. Test kits cost as little as \$20. Find out if you have a problem. Do you have a carbon monoxide detector install on every bedroom floor in addition to fire detectors? Have you recently check their batteries? Do they need to be replaced? Please keep warm and safe.

January meetings are: Council – Reorganization (Jan 6th), Planning Commission (Jan 7th), Council Meeting (Jan 14th), Parks & Recreation Committee (Jan 22nd) and Sewer & Water Authority (Jan 27th). Please be careful on the road. Don't drink and drive. I wish you and your family a Happy New Year filled with happiness and good health!

State Senator Doug Mastriano

Sadly, the birthplace of liberty and freedom has become one of the highest taxed and over-regulated states in the nation. It seems that Harrisburg bureaucrats are continuously looking for new ways to extort revenue from its citizens. We all know the sting of taxation, where sadly, Pennsylvania leads the way in so many areas.

The latest example of overreach and overregulation comes in the form of the so called "rain tax."

Our state Department of Environmental Protection's (DEP) extreme interpretation of federal guidelines under the "Clean Water Act" has resulted in expensive and excessive mandates which are putting landowners, business owners and local governments under duress.

The Clean Water Act, enacted in 1972 (and amended in 1987 and 2002), is about cleaning U.S. waterways, something that we all support. It has two major sections; one covers water quality standards for navigable waters, (i.e. Chesapeake Bay). The other covers stormwater and

is known as "MS4" (Municipal Separate Storm Sewer System). This requires municipalities to build two separate systems – one for sewage and another for stormwater.

The law requires reasonable progress toward pollution reduction and specifies that actions must be within the economic capability of permit holders. However, DEP has pushed MS4 requirements far beyond the bounds of sanity.

A week rarely passes without me hearing from multiple residents who have been severely impacted by Harrisburg's latest revenue scheme. Since 2017, DEP has combined water quality standard requirements with MS4 and expanded beyond the original scope of the law. It now taxes impervious surfaces (which are not included in the Clean Water Act) and it applies MS4 requirements to any stormwater source, whether or not it discharges into navigable waterways.

This oppressive government overreach has resulted in a program that is crushing our municipalities. MS4 was never

intended to force small towns to spend hundreds of thousands of dollars on what is essentially a new public utility that gobbles up taxpayer money whether or not it rains!

For example, Greencastle is subject to these regulations and its first billing cost taxpayers almost \$300,000. The 1.6-square mile borough is home to only 4,000 residents.

Additionally, DEP has also levied specific pollution reduction demands based upon confusing models with questionable data. But, this has not stopped the bureaucracy from making local governments pay. For example, Chambersburg was ordered to reduce pollutants by 900,000 pounds by 2023 based upon this almost impossible to understand data and this will cost taxpayers hundreds of thousands of dollars.

Statewide, there are 1,061 municipalities that are required to have MS4 permits. Originally, the permits required them to institute six minimum control measures: (1) public education and outreach; (2) public involvement and participation; (3) illicit

discharge detection and elimination; (4) construction site runoff control; (5) post-construction site runoff control; and (6) pollution prevention.

DEP "allows" municipalities to come up with their own strategies for addressing stormwater, as long as they meet pollution reduction demands set by the state. But those mandates are unfunded, meaning each community has to find a way to pay for the programs, structures, and improvements. For those who refuse to submit to this bureaucracy, they are threatened with hefty fines.

What is most bothersome is that PA bureaucrats interpret the stormwater mandates in ways that were not originally envisioned. MS4 standards and requirements have become arbitrary and capricious, and are impossible to achieve. Further, MS4 was not supposed to exceed a permit holders' financial and logistical capabilities.

I have studied this matter and I am concerned about overreach that is not substantiated by the language delineated at the federal level. Additionally, DEP has not even completed, and in many cases, has not commenced the data collection from the areas that are being monitored. Literally, municipalities are being taxed without historic data to measure against (hence the highly theoretical modeling being used in its place).

As a result of this unacceptable situation, I asked DEP several questions in a letter dated Nov. 22nd.

First, I requested the specific and applicable section of the law where penalties are addressed. Second, I asked DEP to point out the portion of the code that

dictates municipal compliance, and any background information showing how municipalities were mandated to participate. Third, I asked for a specific list of regulations and any related language from the U.S. Environmental Protection Agency and/or the Chesapeake Bay Commission that are being used by DEP to justify the MS4 and water quality requirements.

Despite all of the costs and headaches affiliated with this program, minimum control measures aimed at controlling preventable pollution have not reduced the volume of contaminants flowing into local and regional waterways at a fast enough rate to please DEP.

Hence, the issue has taken on a life of its own. Nothing in the federal regulations or statutes justifies this extreme government overreach.

Having reviewed the documentation and regulations, not to mention the questionable modeling that is being used, it seems that the level of cost in money and resources is largely being driven by unelected state bureaucrats. This is unacceptable and it's time for Harrisburg to work for the people and not the other way around.

Please do not hesitate to reach out to me regarding your experiences in complying with MS4 mandates. As always, I can be reached by phone at any of my offices (Capitol: 717-787-4651; Adams County: 717-334-4169; Franklin County: 717-264-6100; York County: 717-632-1153) or by email at senatordoug@pasen.gov. You can also contact me via my website: (<https://senatormastriano.com/contact-me/>). I look forward to hearing from you.

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GOVERNMENT—NORTH OF THE BORDER

County Commissioner Jim Martin

As we enter 2020 there will be two important new additions to county operations. Steve Nevada has been appointed as Adams County Manager beginning January 13th. Mr. Nevada was the Assistant Administrator of Franklin County and is an Adams County resident and native. John Phillips becomes our new Controllor overseeing county financial activity and brings strong legal and financial background. We welcome both Mr. Nevada and Mr. Phillips on board and look forward to working with them.

Our first ever elected Controllor, Steve Renner, did not seek reelection. Steve leaves behind a well-developed and professional staff to audit and analyze the county's financial activity and financial position. Under Steve's direction and the dedicated work of his staff, the county entered a new era of financial reporting known as the CAFR (Comprehensive Annual Financial Report). This report is a very in depth and transparent professional financial report of county financial condition, which is often referred to by financial institutions and investors. A healthy CAFR does much to promote the strengths of Adams County's financial position and makes us all more conscious of how relevant our actions are to the county's financial condition. To the credit of the Controllor's Office, the 2018 CAFR was not only well pre-

pared but presented in much detail, showcasing the healthy financial condition of Adams County.

Even though Adams County's financial and credit position is solid with no tax increase in 2020, its Aa2 rating matches the median rating of Aa2 for U.S. counties. Key factors include – an exceptionally low pension liability, small debt burden, an ample tax base and a healthy reserve and income profile. We are hopeful that economic conditions and tax base outperforms the current trend. As a result of this prediction, prudent budget awareness is essential on a day to day basis to ensure every tax dollar is properly spent and documented. With the aid of new computer accounting software and training, our Finance Department can summarize these financial statistics for up-to-date budget trends and accurate projections. This allows for timelier budget decisions that keep us on course with our approved budget. Based upon Finance Department projections, we expect to end 2019 substantially under budget. This contingency will provide funds that can be available for producing a balanced budget for 2020.

Outside of financial priorities, the county faces the challenge of preventing drug overdose deaths. To that end, the Adams County Commissioners are in the process of opening a recovery center in the county. Our goal is to be accom-

plished by converting the Mercy House at the former St. Francis Xavier property into a recovery center. The center will serve as the home for a residential recovery program and will be a walk-in center to assist individuals seeking help for their addictions. This accomplishment will resurrect an abandoned community property to valuable use and will be named the "Mercy House Recovery Center".

The completion of the center is estimated to be early summer of 2020. The majority of the funding for the project will come from drug and alcohol reinvestment funds and various grants. It is projected that these sources of funding will be approximately 10% short of construction costs. The county plans to provide the additional funds for completion. The RASE Project will be administering the recovery program as it is now doing in other locations outside of Adams County.

Another goal of the county is to contain the cost of operating the county prison – Adams County Adult Correctional Complex (ACACC). As more and more individuals with mental illness are incarcerated the greater the cost of operation, and the greater the challenge is to rehabilitate those with mental health issues. Several years ago, the Commonwealth of Pennsylvania made the decision to close many of the state mental treatment

facilities and release the patients to alternative programs. Many of these individuals, due to behavioral problems, have committed crimes that resulted in prison sentences. The Commonwealth may have saved money on their side of the equation, but county prisons are now tasked with greater mental health and incarceration responsibilities. Thus, the county is now absorbing costs that previously would have been assumed by the Commonwealth. As a result of this situation the County Commissioner's Association of PA is lobbying legislators to provide "forensic beds" (dedicated mental health care) as an alternative to prison. This would be a win for the mentally ill's rehabilitation and a win for the county in reducing operational costs and responsibilities.

In the last quarter of 2019, the ACACC's bottom line received some financial help from the US Marshall's Service. Understanding there could be additional reimbursement revenue available, a year ago the Commissioners authorized an accounting firm to provide the US Marshall's Service with a thorough certified analysis of current real costs of housing US Marshall prisoners. As a result of this analysis, the US Marshall's Service has begun reimbursing the county a higher per diem for housing their prisoners. We estimate this will improve the prison's bottom line by approxi-

mately \$200,000 per year.

In November, new state mandated voting machines were utilized for the first time in the Municipal Election. The transition went smoothly with only minor issues. After a great deal of discussion, the state has agreed to reimburse counties 60% of the machines \$500,000 cost, as opposed to the originally proposed 10%. The federal government is providing 10%. Poll workers are elated the new machine tabulates write-in votes and resulted in more expedient returns Election Day evening.

As we move through 2020, the Adams County Commissioners will continue to advocate initiatives to increase economic development. Without construction and growth, our tax base will only see anemic growth. Efforts to bring high speed internet throughout the county will have our support as this one of the missing pieces for economic development. Our perspective is that broad band will be attractive to business development and business retention. This was confirmed by our most recent county bond rating which cited the need for broad band service for significant commercial growth.

Even though Adams County anxiously welcomes commercial growth, the Board is cautiously optimistic. We expect that with good fiscal management and vision combined with reasonable economic conditions, Adams County government will continue on a very steady and positive path.

State Representative Dan Moul

Pennsylvania has the second highest number of people on probation or parole in the country. In fact, many with criminal records are working alongside or interacting with us every day and we may not even know it.

The truth is, there are those who have paid their debt to society, deeply regret their past failings and are making every effort to be productive, law-abiding citizens. However, their past criminal history hangs over them like a dark cloud and hampers their efforts to land a better job and get ahead.

That is why I support a bipartisan package of criminal justice reforms now making its way through the Pennsylvania General Assembly. The multi-bill package, known as the "Smart Justice" initiative, would continue to hold law breakers accountable for their actions and protect the public from dangerous criminals, while also providing those who demonstrate a desire and willingness to become good citizens the opportunity for a second chance.

Pennsylvania's prison population has risen by about 850% over the past 40 years. Today, our 25 state prisons house more than 45,000 inmates at an annual cost to taxpayers of \$2.4 billion! The Smart Justice reform package takes aim at prison violence, making it a felony to assault prison

personnel and requiring the sentence for such offense be served consecutive to the inmate's current sentence. It would also establish a safe staffing plan to ensure no guard is ever alone on duty and permits corrections officers to carry tasers and provide testimony at parole hearings.

While it is clear many of these inmates have committed serious crimes and deserve to be locked up, a study by the Pennsylvania Department of Corrections shows that nearly one-third are in prison because of a technical violation of their probation or parole.

The legislation before the General Assembly aims to reduce recidivism by helping nonviolent offenders on probation and parole succeed. The package of bills helps to lift the stigma that comes with a criminal record, making it easier for ex-offenders to get jobs and occupational licenses and remain on the outside as productive members of society.

About 27% of those formerly incarcerated are unemployed, which increases the risk they will reoffend or go on welfare. This initiative would require the expungement of an individual's criminal record if pardoned or acquitted making it easier for those individuals to secure employment. It would also establish a procedure whereby certain factors including

rehabilitation and lawful behavior could be factors in determining if an individual is fit to obtain a professional or occupational license.

Other bills included in the Smart Justice package would provide for additional oversight and funding for county adult probation programs and authorize studies to improve the system.

The Smart Justice legislation rep-

resents meaningful reforms that will give deserving ex-offenders a second chance while also protecting public safety, reducing prison populations and providing the relief that taxpayers so richly deserve. To learn more, visit www.pahousegov.com/smartjustice.



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COMMENTARY

Words From Winterbilt

New Year's resolutions and predictions

Shannon Bohrer

"Be at war with your vices, at peace with your neighbors, and let every New Year find you a better man"

—Benjamin Franklin

Another year is over and a new year has begun, so we need to address our new year's resolutions and make our predictions for the coming year. My resolutions last year included keeping a positive attitude all year and to only complain when it became necessary. I can't say I was totally successful, but my intentions were good. I think I will stay with the same resolutions. When one grows older, some things take longer to accomplish.

This year I predict that the president will be impeached and that the impeachment trial will start in January. In fact before you read this he may have already been impeached. Since the impeachment trial is in the Senate and the Senators are the jurors, it is presumed that the president will be found not guilty. The republican senators have repeatedly demonstrated loyalty to party over country and they often use the president's own words, defending him. They assert the "deep state" is responsible for the false and fake accusations against the president, and call the investigations a "hoax and witch hunt" as he often does. Of course, the 'deep state'

also produces the 'fake news.'

However, factual evidence of crimes does exist, that implicate the president. The crimes include cases of obstruction of justice, as outlined in the Mueller report. When Mueller was testifying to congress he was questioned by Rep. Ken Buck, "could you charge the president with a crime after he left office?" Without any hesitation Mueller replied: "Yes." When Rep. Buck repeated the question, adding the possible charge of obstruction of justice, Mueller again, without hesitation, said "Yes." The Mueller report is not 'fake news.'

The president's current situation is the accusation that he asked the president of a sovereign state (Ukraine) to investigate a potential political rival. Additionally it is alleged that the president held up military aid until the president of Ukraine announced that Ukraine was conducting the investigation. According to legal experts, if the facts are true the president would be guilty of bribery. The alleged offenses associated with Ukraine include additional obstruction of justice, for failure to cooperate with congresses investigation.

The president's general defense in the investigation is that the military aid was delivered. In other words, 'no harm no foul.' Yes, it was released on September 11, two days after the whistle blower report was made public. While

the timing could be coincidental, it does sound more like a clue. Another defense is that the president was interested in routing out corruption in Ukraine. However, in, May of this year the Department of Defense informed four congressional committees, that the Department "certified that the Government of Ukraine has taken substantial actions to make defense institutional reforms for the purposes of decreasing corruption [and] increasing accountability." The certification was conditional for release of the military aid to Ukraine, so why was the aid held?

Earlier this year, our own intelligence agencies briefed the senate intelligence committees, telling them it was Russia that interfered with our election, and for the purpose of supporting Trump. Yet the Republicans cite other evidence; however the evidence they cite is from a former disgraced Ukraine official who was replaced - because of his corrupt practices.

Dr. Fiona Hill, a top expert on Russia said in her congressional testimony that the: "fictional narrative [was] perpetrated and propagated by the Russian security services themselves that Ukraine interfered in the 2016 presidential election because it plays into Vladimir Putin's hand." And yet, the President and the majority of Republicans in Congress continue to insist, and maybe they really believe that it was Ukraine that interfered in our 2016 presi-

dential election. Basically, we have some Republicans fostering a Russian 'fictional narrative,' that benefits President Putin.

It is common knowledge that our president likes President Putin; he has never said anything bad about him and often seems to even defer to him. Several months ago Russia was experiencing severe wild fires and our president said he was going to offer help to Putin, to fight the fires. I don't know that the help was ever officially offered, but when California recently experienced wild fires, our president said he was going to reduce the federal aid needed to combat the fires.

When the president was in Helsinki in 2018 he held a private meeting with Putin. At a press conference, after the meeting, he was asked if he believed the U.S. Intelligence agencies findings that Russia interfered in our election. Trump answered: "I don't see any reason why it would be." He said that Putin was, "extremely strong and powerful in his denial." Trump also added that was considering Putin's offer of sending over "Russian government investigators to look into [the] Russian government meddling in the 2016" election. That sounds like something from the "Twilight Zone."

Trump must have very strong reasons to believe Putin, or he is being blackmailed. The constant dissing of our intelligence communities, the FBI and our justice department are very strong clues. Has this "deep state" theory of events been pushed to take the pressure off Russia? Maybe Trump

is not a billionaire; maybe he is financially indebted to Russia, maybe Putin holds his mortgages?

"It is the press, above all, which wages a positively fanatical and slanderous struggle, tearing down everything which can be regarded as a support of national independence, cultural elevation, and the economic independence of the nation."

—Adolf Hitler

My prediction for this year is that "the truth will out." If Trump is acquitted in the senate, he will lose the election and blame the impeachment process. However, he will not escape the consequences of his actions. Either before he leaves office, or shortly thereafter, we will know the extent of our President's corrupt practices. We will find out why he is behold to Russia, we will find out that he has cheated on his taxes and he will face multiple criminal charges after he leaves office.

I also predict that he will still have a following; a fairly large segment of the voters will believe that he was set up by the 'deep state.' President Nixon still has followers, people still profess that the holocaust never occurred and people still believe that we will find 'Big Foot.' As a nation we will reunite, but it will take a long time.

Happy New Year

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

Common Cents

Anger and forgiveness in our polity

Tom Hastings

When Russ Feingold and John McCain reached agreement on legislation that helped reform the contamination of special interest money into politics, did they need to precede that landmark legislation by a process of forgiveness?

After all, Senator Russ Feingold was a Democrat; John McCain was a Republican. Russ Feingold was young; John McCain was old. Russ Feingold was from Wisconsin; John McCain was from Arizona. Russ is Jewish and John was Christian. Feingold voted against the USA PATRIOT Act and against invading Iraq. McCain was a POW and a hawk.

I don't believe John McCain nor Russ Feingold—nor the majority of the members of the House of Representatives nor the US Senate, who also voted for it, nor George W. Bush, who signed the Bipartisan Campaign Reform Act of 2002 into law (better known as McCain-Feingold)—needed to enter into any sort of forgiveness process. They just got the work done.

The times were different; Republicans didn't hold as many Pray Democrats Dead rallies, Democrats didn't host as many Imagine Republican Kool-Aid Fatalities sessions. The Republicans and Democrats wanted to win, but were still

willing to cast a vote for a bipartisan bill that would strengthen the integrity of our democracy.

None of this seems possible now. The only bipartisan legislation seems to be to drastically lower taxes for the über-rich or solve some trade issues with China or Canada, but the indices of health of our democracy seem sliding and unlikely to heal.

Perhaps elements of forgiveness might help.

Forgiveness is a popular topic. Forgive your cheating spouse and put it behind you. Forgiveness is how you achieve closure and can move on. Forgive your lying boss or co-worker—how can you reduce your toxic workplace stress unless you just let it go?

"Forgiveness is for you, not for the perpetrator." That is the common refrain. And it has precedence in philosophy:

"Anger: an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured."—attributed to both Seneca the Younger and Mark Twain

The assumption is, if you want anger gone—and you should—you must forgive. That will calm your heart, ease your mind, and soothe your spirit.

But what if anger is a good thing in many cases?

Rosa Parks was asked why she decided to risk her well being, her freedom, her employment, possibly even her life by refusing to obey a command in December 1955 by an Alabama white bus driver to give her bus seat to a white man and move to the back of the bus? She said that she was propelled by anger at what violent racists had done to Emmet Till, the young black boy from Chicago who supposedly whistled at a white woman while he was visiting family in Mississippi. His body was found lynched, tortured, disfigured, and tied to a weight in the river.

Rosa did great work and lived long. She sparked one of the greatest upheavals of nonviolent citizen demands for basic civil rights in the history of the US.

Both Gandhi and Martin Luther King Jr wrote frequently about anger and its value in the freedom and liberation struggles they led. Gandhi, who was born and raised in the Steam Age, had the best metaphor, noting that anger is much like steam; you can let it build up until you explode destructively or you can harness it to do great and difficult tasks.

The rise of anger in our polity did not start with Trump, though it worsened badly beginning with his campaign and has carried on into his time in the White House. The difference in the anger expressed in bigoted terms is significant and one wonders how Latinx voters can set aside the anger in being called animals by Trump? One wonders how

the tiki torch-wielding white nationalists can draw down their rage against people of color? We have to ask where we are headed if this full head of steam continues to build up?

Clinically, equanimity might be a factor in reducing hypercortisolism, a condition produced by overproduction of cortisol by the adrenal glands in response to threat. Perhaps we are indeed now the Not-So-United States of Adrenaline Overload and our national heart is at risk.

Achieving equity in our society may be one of the best ways to find social, collective equanimity and thus help heal our body politic as surely as finding our inner calm and balance can help heal our individual bodies.

If so, investigating processes of restoring civil discourse and reaffirming common decency might involve some admixture of acknowledgement of hurt and harm to our polity, some bits of apology, elements of graciousness however grudging, a smattering of forgiveness, and some long-term deeper work on our history of traumas to each other.

A great starting point would be to seek health care coverage and access for all; by whichever path a bipartisan coalition might choose. Republicans can call it "VA for Every Patriot" and Democrats can continue to use Medicare for All (while maintaining private insurance for those who prefer it, so a "public option"). Everyone wins—especially if the insurance company employees are given a golden

parachute—a five-year retirement or retraining bonus (to do actual health care delivery work or any other productive work) for all who voluntarily choose to do so. Republicans can call it the "Free Market Bonus" and Democrats can call it "Worker Transition Support." Win-win.

Health care in America costs more than in any country on Earth, but VA for Every Patriot would radically reduce costs while greatly improving access, attenuating over time the horrific health care outcome disparities such as Black mothers of every income class dying in childbirth at rates that skyrocket by an order of magnitude more than white womens. If Democrats believe racism is a threat to public health, Medicare for All is the single fastest and most realistic way to begin to mitigate that threat. If the Republicans want to stand up for their base of poor whites, VA for Every Patriot will help measurably.

Then, we pray, everyone can calm down a bit and continue to work together for the benefit of all, slowly forgiving themselves and others for this time of acrimony and chaos.

Without this work, we fear for our democracy and for the human and civil rights of all of us.

Dr. Tom Hastings is Director of Peace-Voice.com

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

The American Mind

Timothy Leary and Cuddles for Hire

William Hillman

Computers and the internet have revolutionized how we work and interact. The wired world has democratized information and knowledge. Without interruption, I can work sitting in a cabin in the hills of west Virginia, by a campfire in Montana, or a beach in the Keys. Like all epic changing technology, the new freedom and access come with a price.

Back in the late 1980's I spent some time with Timothy Leary. Contrary to the popular Moody Blues song, he was not dead and no, I never did any drugs with him. He was working on a book with my English professor about virtual reality. It was one of many books he would start but never finish. I was the computer nerd who kept the professor's computer up and running (this was in the days when a 10-megabyte hard drive and the Intel 8088 were cutting edge). I joined them for dinner a few times and engaged in some long and interesting conversations.

Most of the conversations we shared revolved around the emerging technology of virtual reality. Leary called it the LSD of the next generation. The only difference, he said, was VR would be the most addictive drug ever conceived. "People will not want to leave the computer world, they will spend days, turned on, booted up and jacked in." This was the pinnacle of the "cyberpunk" movement that promised to change the way we interacted with

each other and the world around us. It was a new world where VR would expand our universe. But would it? Or would it shrink the real universe of the user?

A friend and critic of Leary, R. U. Sirius condemned cyberdelic escapism:

"[...] Anybody who doesn't believe that we're trapped hasn't taken a good look around. We're trapped in a sort of mutating multinational corporate oligarchy that's not about to go away. ... At the same time identity, politics, and ethics have long turned liquid. [...] Cyberculture (a meme that I'm at least partly responsible for generating, incidentally) has emerged as a gleeful apologist for this kill-the-poor trajectory. You find it all over Wired [an online magazine] - this mix of chaos theory and biological modeling that is somehow interpreted as scientific proof of the need to devolve and decentralize the social welfare state while also deregulating and empowering the powerful, autocratic, multinational corporations. You've basically got the breakdown of nation states into global economies simultaneously with the atomization of individuals or their balkanization into disconnected sub-groups, because digital technology conflates space while decentralizing communication and attention. The result is a clear playing field for a mutating corporate oligarchy,

which is what we have. I mean, people think it's really liberating because the old industrial ruling class has been liquefied and it's possible for young players to amass extraordinary instant dynasties. But it's savage and inhuman. Maybe the wired elite think that's hip. But then don't go around crying about crime in the streets or pretending to be concerned with ethics."

It has taken over 30 years for processing power to reach a level where the consumer virtual reality that Leary predicted is possible.

This Christmas, the sellout toy of the year was a virtual reality system called Oculus Quest. It was all my youngest son wanted this year. And, like good parents we found one; though it will not arrive until sometime in late January. As a parent I feel torn over the level of exposure to the wired world I allow my children. It's a tough call. A total ban, and there is the risk of them falling behind. Education and schools are so wired, kids cannot go to school without being wired in. At the other extreme, I've seen the effect of total cyber immersion. The health issues associated with the sedentary life of sitting in front of computers is well documented. We see skyrocketing rates of ADHD, obesity, childhood diabetes, heart issues, etc.

"A 2010 Kaiser Foundation study showed that elementary aged children use on average 7.5 hours per day of entertainment technology, 75 percent of these children have TV's in their bedrooms, and 50 percent of North American homes have the TV on all day. Gone is dining room table

conversation, replaced by the "big screen" and take out. Children now rely on technology for the majority of their play, grossly limiting challenges to their creativity and imaginations, as well as limiting necessary challenges to their bodies to achieve optimal sensory and motor development. Sedentary bodies bombarded with chaotic sensory stimulation are resulting in delays in attaining child developmental milestones, with subsequent negative impact on basic foundation skills for achieving literacy. Hard-wired for high speed, today's young are entering school struggling with self-regulation and attention skills necessary for learning, eventually becoming significant behavior management problems for teachers in the classroom." -- The Impact of Technology on the Developing Child, Huffington Post, December 2017

In our house, we've tried (emphasis on tried) to set rules on exposure time and require the kids to be in at least two extracurricular activities. We've taken the other standard protective actions like monitoring how much and what they have access to. It's what the cyber world is doing to their real world that most concerns me. This, I don't have any control over.

The Cyperpunks promised that the wired world would bring us together and make the world accessible and smaller. It may have made the world of information more accessible but it is damaging us socially.

We are more tribal. It is so easy to surround yourself and isolate yourself with people who think just like you do. We can easily put ourselves in an echo chamber, without ever

interacting physically. In the real world we learn to interact, socialize, and (hopefully get along with) people who have nothing in common with us other than proximity.

The virtual world can be programmed to suite us. With the click of a button we can live out our wildest fantasies. The jacked-in player can climb mountains or be the greatest warrior without any of the hassle of training or over coming fear. In the real world we must grow and adapt in order to survive. In the real world the greatest pleasures often come from struggles and hard work.

Thirty years later and we live in world with a growing segment who are incapable of interacting with the real world. But as humans we have needs that cannot be fulfilled by the wired world. The wired world retards the tools required to satisfy those needs.

We need social interaction. Few of us can survive without it. This is why men go crazy in solitary confinement. The solitary confinement brought on by the cyber world is self-induced and often happens in a crowd.

Evidence of this growing isolation brought on by the wired world, is the exploding number of businesses trying to fill personal connection needs. All are sad substitutes that ignore need for deeper personal bonds. For \$80 per hour, someone will come and cuddle with you and attempt to give you that personal interaction that humans need.

We need more churches and bars.

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

Down Under

Political genetics

Submitted by Lindsay Melbourne, Australia!

A fool sees not the same tree that a wise man sees.
—Blake, 'Proverbs of Hell'

If you imagine that politics is a dead, non-living entity, think again. It is a dynamic, evolving structure that has quite a few similarities to the human form. From a prehistoric Neanderthal view of society to a multifaceted complex of ideas and practices, it has attempted to guide and exploit the societies that gave rise to them.

As societies became more complex, so did government, until today they are the most convoluted, the most labyrinthine organization on earth.

After centuries of rule by elites, democracy re-emerged from the original Greek system (when the senate could 'smell the people', citizens bring the only 'people' considered), and their desires could be balanced by the perceived needs of the senate itself. Once absorbed by Rome, this became conquest, the growth of territory and power over other countries who had unknown riches to take. Not just booty, but new slaves, new citizens who would enhance the renown of the generals, the senate, and later the Caesars.

No nation is remembered unless there was a powerful leader who made his mark on history, not always by conquest, but sometimes by the magnificence of his kingdom – think Egypt or the Aztecs. Still, the idea of power through conquest became the aim of every king, and as the means of doing so became more sophisticated, empires grew.

The first one of modern times was the Spanish and their conquest of parts of South America, done for spoils and the installation of Christianity, but a hundred years later the British did it for both trade and power. This was so successful that other European countries followed suit, (although the Austro-Hungarian empire under the Hapsburgs remained Eurocentric, with devastating results), with Belgium taking the Congo, the Germans south-west Africa, the French and Dutch parts of South East Asia, Italy bits of North Africa.

The British also did it with another aim that was embraced by no other nation, that of introducing their values and culture into the occupied lands; they were not 'conquered', as in war, but transformed into Little Englands that would be loyal subjects to the King, willingly fight in his wars, become highly educated when possible, and carry the foreigners flag

with pride. It evolved into the British Empire, the greatest collection the world had ever seen and will ever see. They were also the first to realize that war was a no-win business, as shown by their reluctance to get involved in either the first or second world war.

While the Hapsburgs and Germany saw in 1910 that war as the only way to get territory, the British saw that commerce was the goal. They were good at it, as they had had many years trading with nations all over the world, peacefully whenever possible. They did have armies, they did protect their interests with their use – the Boer war, for instance – but for all their so-called superiority in Christian values they were incredibly successful and callous.

America has never believed that war was waged to gain territory, not when it could be purchased for next to nothing from desperate or unsuspecting nations. They saw that incursions could be used to get what buying could not, (they were never called war because there was only one protagonist), unless it could be achieved by trickery. Simply ensure someone who would be a nice puppet could be installed in the targeted country. You developed very sophisticated methods of doing this, but could not see it was going to produce so much revolt that vengeance would be taken in the most terrible ways. The terror of 9/11 was born.

But the goal of America was always to get what it wanted. 'It', of course,

being the rich powerful. Not the hoi poloi, not the poor or disadvantaged, no one ever wants to help them. (Not much, anyway.) This worked so well that they lost sight of the fact that they were not the only winners on earth. And they lost sight of the fact that trade is the only way to succeed.

For a nation that is the epitome of capitalism it has retained a shortsighted view. SHORT? It was and still is sheer blindness. The blindness of hyper-capitalism supported by the totally ridiculous notion that an economy built on armaments was the only way to go. That is was, and is, so far out of date that it would remain a hangman's noose around future success.

Now, let me introduce the nation that knew trade was the foundation, superstructure and boiler room of prosperity. China. Who were kick-started by – yes, the entrepreneurs and citizens your country who fell over themselves to buy cheap and sell dear. Who didn't care about local industry or workers, as the dog-eat-dog rule applied. Me first, you nowhere, using hyper-capitalism as a model.

China knew long ago that war was a negative answer, one they had never pursued, but who also knew the value of threat, intimidation, the three pea trick and the fortune cookie. Their political system is beside the point – capitalism is broken, dictatorship transformed to its own avatar, and they have already conquered without firing a shot.

Here's the two main branches of the family tree: an emasculated democracy with enormous imbalance in wealth and society, a mostly free press and an incredible ability to accomplish the impossible. That not long ago had a commitment to creating a world that was a close mirror image of its own, but has now closed the shutters.

Compared to a country that has sucked the power and ideas of capitalism from the other branch in order to achieve its re-awakened dreams of making the world into a mirror image of itself. But with repression and intolerance gripping the leaders, the straitjacket of a previous model, Mao's communism, it's future is actually quite poor.

The real strength of any country can be measured by is how much it values its people. Europe, the British and its former colonies mostly do, but whether America does is debatable. Citizens are useful, but too many of you have become emasculated slaves, not able or caring enough to join the protests. Hong Kong, on the other hand, shows that resistance can make dictators sit up and reconsider

Don't expect 2020 vision in 2020, but I'll trade the ability to attend protest rallies over the threat of imprisonment any day. Make the most of it while you can.

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

THE PASTOR'S DESK

Great! Lent!

Fr. Timothy Barkley
St. James Orthodox Church

“Man! I just can't get going today!”
“... ‘Didn't sleep well?’ ...
‘No, I gave up coffee for Lent!’”

“Look out for Stan! He's got serious badditude! Gave up drinking for Lent!”

“Do you know what happened on Jeopardy last night? I gave it up for Lent!”

Sacrifice and self-denial, and a touch of irony and misery. What's it all about? And is that all there is to the “joy-filled sorrow” of Lent?

Great Lent, the period of preparation for Easter – the Feast of Feasts, the bursting-forth of Christ's resurrection from the dead into our world, “Pascha,” to use the more ancient term – has been a time of fasting since the earliest days of the Church.

Lenten practices derive in part from Old Testament ritual fasts, and in part from the preparation of the catechumens (those converting to Christianity from pagan religions and seeking admission to the Church). Fasting in the Church predates the New Testament. It predates the Christian biblical canon.

Why do we fast?

To make a sacrifice to God of our desires? Yes, we sacrifice our desires, but not with the expectation that a God of exacting justice will count our sacrifice against our sins, in a one-for-one offset. Rather, we sacrifice our desires to rid ourselves of the disordered demands of our human nature.

The most ancient temptation was to be “as gods,” living life in our way, in our time, on our terms. But while we were always meant to “partake of the divine nature” and bear the image and likeness of God, we refused to submit ourselves to our Creator and God, and thereby became victims of our own limitations.

So we sacrifice our desires (a) to remind ourselves that our belly – our desires, passions (to use the ancient term), our very humanity – is not our god, (b) to declare to all listening intelligences, from the Holy Spirit of God and the holy angels to the wolf of souls and his minions, that we humble ourselves and relinquish our control over

our lives to the One who first loved us and gave Himself for us, (c) to join with the Body of Christ and our adoptive family in preparation for our communal festival of the resurrection of Our Lord, and (d) to rid ourselves of that which is petty and base in order to make room for that which is glorious and divine.

To deny ourselves? Fasting can be simply denying our base impulses and desires, and that is good. But more, if fasting – if it goes beyond simply giving up something we cherish and includes giving up or limiting our intake of something we need – by constraining or denying our most fundamental desire for food and drink, gives us the opportunity to remind ourselves that we live, not by bread alone, but by the Word of God, Who is our provider and sustainer. The One who provides for the birds of the air and the grass of the field can and will also provide for us.

To give something to God? God receives and cherishes our gifts to Him, as any father cherishes the gifts given by his children. But we cannot add anything to God, nor by our own pitiable efforts can we augment His transcendent infinity. We are benefitted by our giving, even if He is not increased by receiving.

And here is the key. We empty ourselves, not to make God more, but to make ourselves less. We then have room for Him, for His grace, His very energies that can fill our lives with His love, His presence, and His power. Thereby we become not “less,” but truly attain by grace all we were created to be.

We get rid of the “good” to make room for the ineffable Best. Nothing we give up during Lent should be bad in itself – if it is, just stop doing it – right now – and don't start again! – but rather, we give up that which is lesser, to attain that which cannot be surpassed. We give up that which is merely desirable, to embrace that which satisfies beyond expression.

We give up that which sates our bodies – in the most ancient practice we forswear meat, dairy and eggs – and limit our intake to only those simple foods necessary to sustain us, so that in our hunger we are reminded

that we are never truly filled until we are filled with Him. We give up that which sates our souls – entertainments, leisure reading, eating out – to confront us with the truth that our souls are unfulfilled until they find fulfillment in God.

We do not just fast. We also embrace prayer and almsgiving. The latter, because God is our provider and all we have is from Him and must be available to Him. We thus feed Him as we feed “the least of these,” clothe Him, visit and comfort Him in the person of the poor. We are merely stewards of that which ultimately belongs to Another, and our return of some of His beneficence to Him confirms our freedom from the tyranny of self.

We pray. Great Lent is a time of quiet meditation, of drawing aside from bustle and distractions of life in “this world” to contemplate the fullness of our nature and our calling. We have just emerged from the agonizing commercialized excrescence on the Nativity of Christ. We can prayerfully receive the gift of peaceful reflection on the promise of His coming and the expectation of the fulfillment of that promise in His resurrection.

And we repent. Lent is a time to make a course correction, which is the meaning of “repentance” – a “change of direction.” We examine our lives and see where we have, maybe negligently, maybe recklessly, maybe intentionally heeded the sirens' call and drifted near, even onto the rocks, and deviated from our progress to the heart of the One Who is Love.

Lent is a time to rededicate ourselves to pressing on to the mark of the high calling, to set aside the sins that entangle and so easily beset us, and fix our eyes on the Resurrected Christ, who “for the joy” (!) “set before Him, endured the cross” and was raised from the dead by His Father, in fidelity and love.

The resurrection of Christ, and His triumph over sin and death, enables us by “putting on Christ,” having Christ “formed in us,” to “partake of the divine nature” and become by grace what He is by nature. We are able to resume our place, by grace, in continual repentance and worship, as sons of God, as those whom He has



called to Himself, as younger brothers of our Older Brother and inheritors of the Kingdom.

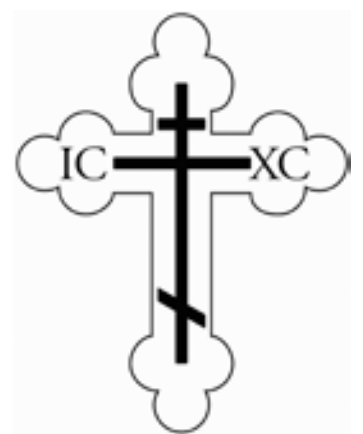
Let us embrace the fasting, repentance and quietude of Great Lent, that we might, like Christ, spring forth in the joy of His resurrection. Great Lent!

To learn more about St. James Orthodox Church in Taneytown, call them at 443-821-7246, visit them on-line at www.stjamesorthodoxchurch.org, or better yet, join them for Sunday service at 30 York St., Taneytown.

About St. James the Apostle Orthodox Church of Taneytown

The Holy Orthodox Church is the Church founded by Jesus Christ and described throughout the New Testament. All other Christian Churches and sects can be traced back historically to it. The word Orthodox literally means “straight teaching” or “straight worship,” being derived from two Greek words: orthos, “straight,” and doxa, “teaching” or “worship.” As the encroachments of false teaching and division multiplied in early Christian times, threatening to obscure the identity and purity of the Church, the term “Orthodox” quite logically came to be applied to it. The Orthodox Church carefully guards the truth against all error and schism, both to protect its flock and to glorify Christ, whose Body the Church is.

St. James the Apostle Orthodox Church of Taneytown is a congregation of the Antiochian Orthodox Christian Archdiocese of North America. We are the jurisdiction of the Orthodox Christian Church whose roots trace directly back to first century Antioch, the city in which the disciples of Jesus Christ were first called “Christians” (Acts 11:26). The Orthodox Church is the oldest and second largest Christian group in the world. We are called by God our creator to worship and follow Him, and to proclaim to the world His message of love, peace, and salvation.



God loves all mankind and desires that all human beings should believe in Him, know Him, abide in Him, and receive eternal life from Him. To accomplish this, God Himself came into the world as a man, Jesus Christ, becoming man that we might become like God.

The Antiochian Archdiocese, under the leadership of His Eminence Metropolitan Joseph, sees itself on a mission to bring America to the ancient Orthodox Christian Faith. We join our brothers and sisters in the various Orthodox Christian jurisdictions — Greek, Orthodox Church in America, Romanian, Ukrainian, and more — in this endeavor. In less than 20 years the Archdiocese has doubled in size to well over 200 churches and missions throughout the United States and Canada.



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THE BOOK OF DAYS

New Year's Eve, or Hogmanay

As a general statement, it may be asserted that neither the last evening of the old year nor the first day of the new one is much, observed in England as an occasion of festivity. In some parts of the country, indeed, and more especially in the northern counties, various social merry-makings take place; but for the most part, the great annual holiday-time is already past.

Christmas Eve, Christmas-day, and St. Stephen's or Boxing Day have absorbed almost entirely the tendencies and opportunities of the community at large in the direction of joviality and relaxation. Business and the ordinary routine of daily life have again been resumed; or, to apply to English habits the words of an old Scottish rhyme still current, but evidently belonging to the old times, anterior to the Reformation, when Christmas was the great popular festival:

Yule's come and Yule 's gane,
And we hae feasted weel;
Sae Jock maun to his flail again,
And Jenny to her wheel.'

Whilst thus the inhabitants of South Britain are settling down again quietly to work after the festivities of the Christmas season, their fellow-subjects in the northern division of the island are only commencing their annual saturnalia, which, till recently, bore, in the license and boisterous merriment which used to prevail, a most unmistakable resemblance to its ancient pagan namesake.

The epithet of the Daft [mad] Days, applied to the season of the New Year in Scotland, indicates very expressively the uproarious joviality which characterized the period in question. This exuberance of joyousness—which, it must be admitted, sometimes led to great excesses—has now much declined, but New-year's Eve and New-year's Day constitute still the great national holiday in Scotland.

Under the 1st of January, we have already detailed the various revelries by which the New Year used to be ushered in, in Scotland. It now becomes our province to notice those ceremonies and customs which are appropriate to the last day of the year, or, as it is styled in Scotland, Hogmanay.

This last term has puzzled antiquaries even more than the word what has never yet received a perfectly satisfactory explanation. Some suppose it to be derived from Hoggu-nott, Hogenat, or Hogg-night, the ancient Scandinavian name for the night preceding the feast of Yule, and so called in reference to the animals slaughtered on the occasion for sacrificial and festival purpose word hogg signifying to kill. The other derivation of Hogmanay is from 'Au gui menez' ('To the mistletoe go'), or 'Au gui lan neuf' ('To the mistletoe this New Year'), an allusion to the ancient Druidical ceremony of gathering that plant

In country places in Scotland, and also in the more retired and primitive towns, it is still customary on the morning of the last day of the year, or Hogmanay, for the children of the poorer class of people to get themselves swaddled in a great sheet,

doubled up in front, so as to form a vast pocket, and then to go along the streets in little bands, calling at the doors of the wealthier classes for an expected dole of oaten-bread.

Each child gets one quadrant section of oat-cake (some-times, in the case of particular favourites, improved by an addition of cheese), and this is called their hogmanay. In expectation of the large demands thus made upon them, the housewives busy themselves for several days beforehand in preparing a suitable quantity of cakes. The children on coming to the door cry, 'Hogmanay!' which is in itself a sufficient announcement of their demands; but there are other exclamations which either are or might be used for the same purpose.

It is no unpleasing scene, during the forenoon, to see the children going laden home, each with his large apron bellying out before him, stuffed full of cakes, and perhaps scarcely able to waddle under the load. Such a mass of oaten alms is no inconsiderable addition to the comfort of the poor man's household, and enables him to enjoy the New-year season as much as his richer neighbours.

New Year's Day Festivities

As New-Year's Day, the first of January bears a prominent place in the popular calendar. It has ever been a custom among northern nations to see the old year out and the new one in, with the highest demonstrations of merriment and conviviality. To but a few does it seem to occur that the day is a memorandum of the subtraction of another year from the little sum of life; with the multitude, the top feeling is a desire to express good wishes for the next twelvemonth's experience of their friends, and be the subject of similar benevolence on the part of others, and to see this interchange of cordial feeling take place, as far as possible, in festive circumstances.

It is seldom that an English family fails to sit up on the last night of the year till twelve o'clock, along with a few friends, to drink a happy New Year to each other over a cheerful glass. Very frequently, too, persons nearly related but living apart, dine with each other on this day, to keep alive and cultivate mutual good feeling. It cannot be doubted that a custom of this kind must tend to obliterate any shades of dissatisfaction or jealous anger, that may have arisen during the previous year, and send the kindred onward through the next with renewed esteem and regard. To the same good purpose works the old custom of giving little presents among friends on this day:

'The King of Light, father of aged Time,
Hath brought about that day
which is the prime,
To the slow-gliding months, when every eye
Wears symptoms of a sober jollity.'

Charles Lamb had a strong appreciation of the social character of New-Year's Day. He remarks that no one of whatever rank can regard it with indifference. 'Of all sounds of all bolts,'

says he, 'most solemn and touching is the peal which rings out the old year. I never hear it without a gathering up of my mind to a concentration of all the images that have been diffused over the past twelvemonth; all I have done or suffered, performed or neglected, in that regretted time. I begin to know its worth as when a person dies. It takes a personal colour; nor was it a poetical flight in a contemporary, when he exclaimed: "I saw the skirts of the departing year."'

One could wish that the genial Ella had added something in recommendation of resolutions of improvement of the year to come, for which New-Year's Day is surely a most appropriate time. Every first of January that we arrive at, is an imaginary milestone on the turnpike track of human life: at once a resting-place for thought and meditation, and a starting point for fresh exertion in the performance of our journey. The man who does not at least propose to himself to be better this year than he was last, must be either very good or very bad indeed! And only to propose to be better, is something; if nothing else, it is an acknowledgment of our need to be so, which is the first step towards amendment. But, in fact, to propose to oneself to do well, is in some sort to do well, positively; for there is no such thing as a stationary point in human endeavours; he who is not worse today than he was yesterday, is better; and he who is not better, is worse.

The merrymakings of New-Year's Eve and New-Year's Day are of very ancient date in England. The head of the house assembled his family around a bowl of spiced ale, comically called lamb's wool, from which he drank their health; thou passed it to the rest, that they might drink too. The word that passed amongst them was the ancient Saxon phrase, Wass hael; that is, To your health. Hence this came to be recognised as the Wassail or Wassel Bowl.

The custom of wassail at the New Year was kept up in the monasteries as well as in private houses. In front of the abbot, at the upper end of the refectory table, was placed the mighty bowl styled in their language Poculum Caritatis, and from it the superior drank to all, and all drank in succession to each other.

[Receipt for Making the Wassail-bowl - Simmer a small quantity of the following spices in a teacupful of water, viz.:—Cardamums, cloves, nutmeg, mace, ginger, cinnamon, and coriander. When done, put the spice to two, four, or six bottles of port, sherry, or madeira, with one pound and a half of fine loaf sugar (pounded) to four bottles, and set all on the fire in a clean bright saucepan; meanwhile, have yolks of 12 and the whites of 6 eggs well whisked up in it. Then, when the spiced and sugared wine is a little warm, take out one teacupful; and so on for three or four cups; after which, when it boils, add the whole of the remainder, pouring it in gradually, and stirring it briskly all the time, so as to froth it. The moment a fine froth is obtained, toss in 12 fine soft roasted apples, and send it up hot. Spices for each bottle of wine:—10 grains of



FIRST-FOOTING IN EDINBURGH.

mace, 46 grains of cloves, 37 grains of cardamums, 28 grains of cinnamon, 12 grains of nutmeg, 48 grains of ginger, 49 grains of coriander seeds.—Mark Lane Express.]

Till very few years ago in Scotland, the custom of the wassail bowl at the passing away of the old year might he said to be still in comparative vigour. On the approach of twelve o'clock, a hot pint was prepared—that is, a kettle or flagon full of warm, spiced, and sweetened ale, with an infusion of spirits. When the clock had struck the knell of the departed year, each member of the family drank of this mixture 'A good health and a happy New Year and many of them' to all the rest, with a general hand-shaking, and perhaps a dance round the tableAnd the gude companie! &c.

The elders of the family would then most probably sally out, with the hot kettle, and bearing also a competent provision of buns and short-bread, or bread and cheese, with the design of visiting their neighbours, and interchanging with them the same cordial greetings. If they met by the way another party similarly bent, whom

they knew, they would stop and give and take sips from their respective kettles. Reaching the friend's house, they would enter with vociferous good wishes, and soon send the kettle a-circulating. If they were the first to enter the house since twelve o'clock, they were deemed as the first-foot; and, as such, it was most important, for luck to the family in the coming year, that they should make their entry, not empty-handed, but with their hands full of cakes and bread and cheese; of which, on the other hand, civility demanded that each individual in the house should partake.

To such an extent did this custom prevail in Edinburgh in the recollection of persons still living, that, according to their account, the principal streets were more thronged between twelve and one in the morning than they usually were at midday. Much innocent mirth prevailed, and mutual good feelings were largely promoted.

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

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ECOLOGY

Winter forest life

**Kay Deardorff,
Strawberry Hill Naturalist**

The craziness of the holidays has officially passed and you are enjoying the cozy heat of a nearby fireplace. With a roof over your head and plenty of leftovers from your festivities, you are feeling very comfortable.

But humor me as I ask you to put on your imagination cap and take a journey with me into the forest. You lie deep in the mud in your cozy bed. It is so nice and quiet, and there is no need to worry about predators. There are no bills to pay; no laundry to do; no snow to shovel. Winter is not such a bad time after all. For months all you need to do is sleep, dreaming of warm summer ponds filled with lily pads and tasty flies to eat. Who says it's tough being a frog?

To the mere human the forest appears to be empty and void of life. But once you take a closer look, you will see that there are many exciting discoveries to be made by the nature adventurer. The most exciting "gifts" aren't delivered by Santa and placed under the tree. (Besides, there are no fireplaces for Santa to make his appearance deep in the forest!) There are a lot of interesting things to discover in the winter that indicate to us the evidence of all kinds of wildlife.

Winter is the best time of year to engage in the practice of animal tracking. When snow blankets the forest floor, the animals leave many clues behind that tell us of their

presence. Even though the animals themselves may not be seen, by following their tracks left in the snow, the careful nature detective can learn much about the woodland denizens. Often, an entire story unfolds before your eyes. For example, the tiny paw prints of a mouse followed by fox tracks and ending abruptly with a few drops of blood informs us of how the animals themselves track each other.

Even without snow, the passageways of many animals can be found by examining the winter weeds and shrubs. Be alert for weeds that have been trampled or pushed aside. Look for tunnels through the shrubs and vines. Most animals have regular territories with favored foraging and sleeping places. It is much easier to spot such places in the winter. Aside from animal tracks, be on the lookout for other signs of life such as feathers, pieces of fur snagged on thorns and shed antlers from deer. Best of all, animal scat (their poop) is especially well preserved at this time of year!

Bird life is very interesting to observe during the winter months. While a number of local birds have flown south to warmer climates, many others remain with us all year. Winter also brings some new bird species to Strawberry Hill. The Dark Eyed Junco, commonly known as the "Snowbird," flies south in the winter, but to this bird, Adams County is south. After spending the summer nesting as far north as Canada, the Junco spends the colder months in our area.

At night, the winter forest is anything but dull. Many of our larger animals such as deer, raccoon, bobcat and coyote are still very active. In fact, for our common barred owl this is the busiest time of the year. The courtship activity of owls begins in the winter months. Owls start nesting earlier than other birds, because their young take much longer to develop. When the owlets finally head out on their own, springtime has arrived, making it much easier for them to find food.

Many other animals, such as frogs, toads, turtles and snakes, spend the winter hibernating. When you walk by a frozen wetland in winter, you are walking above literally thousands of creatures. Many rocks or old logs shelter a hibernating salamander as well as the cocoon of a caterpillar. Some butterflies hibernate under pieces of tree bark. So even in the winter, animal life is all around us.

If you don't have a forest in your backyard that you can explore, Strawberry Hill is a fabulous place to come and make discoveries noted in this article. Instead of spending the winter indoors, bundle up (because you don't have a fur coat to keep you warm like the coyote or fox) and venture into the woods. Even the honey bees that are huddled together in their hives will come out on a warmer winter day and do a cleansing flight before returning to their home to wait for spring to arrive.

Similar to the animals, some plants are active and others are dormant in this season. Signs of life include swelling tree buds and sap running in the sugar maples. Keep your eyes open for announcements about our Maple Sugaring programs that will begin mid-February through early March.

For now, join Strawberry Hill



Join Strawberry Hill Naturalists this winter for guided hikes, where if you're patient, you too can see the abundant wildlife present in our forests.

naturalist, Alexa, as she guides you through the woods to learn about basic tree identification in the winter. This hike is free to the public! It will take place on January 4th from 1- 2:30 p.m. Another free hike will take place on February 15th from 1-2 p.m. A naturalist will teach hikers about tree tapping history and how to identify maples in winter.

For these and more nature pro-

grams offered at Strawberry Hill, check the calendar on our website at www.strawberryhill.org or call the office at 717-642-5840 for further information. Remember the trails are open dawn until dusk every day. Come out and see what you can discover in our forest in the winter.

To read past Ecology articles, visit Emmitsburg.net.

Conservation District's 2020 tree seedling sale

Mark your calendar for the Adams County Conservation District's tree seedling sale. Native bareroot seedlings, transplants and containerized trees and shrubs may be ordered from the Adams County Conservation District for its 2020 Tree Seedling Sale starting on March 1. Pick up date is Thursday April 16 from 10 a.m. to 6 p.m. at the pole building behind the Ag Center on 670 Old Harrisburg Road, Gettysburg. Names of those who placed a pre-order will be entered in a drawing for a chance to win a free pack of five tree shelters and stakes.

The District tries to balance its offerings for the homeowner as well as the larger landowner plus those in the Conservation Reserve

Enhancement Program. New this year is the Shagbark hickory and the winterberry holly, while returning this year is the Canada serviceberry and the black chokeberry. Also offered for pre-order sale are herbaceous plants, including bee balm, sun drops, beard-tongue, false indigo, snow flurry heath aster and blue-stemmed goldenrod, as well as bluebird, bat boxes and rain barrels.

Please contact the ACCD at 717-334-0636, email shull@adamscounty.us, or visit www.adamscounty.us. You will need to mail or drop off your order form, along with your check payable to the ACCD by March 1st for the containerized plants and March 26th for all other orders.



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*Except for the Reichs Ford Road site, all locations are for residential use only, no commercial drop-offs.

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To learn more about how, what and where to recycle, use the free **Recycle Coach app** or visit www.FrederickCountyMD.gov/recycle

IN THE COUNTRY

Y is for Yellowstone

Tim Iverson, Naturalist

Nestled in the northwestern corner of Wyoming is Yellowstone National Park. Yellowstone National Park is the very first national park in both the United States and the world. Founded in 1872, Yellowstone is as unique as it is original. It's because it is unlike nearly anywhere else on the planet that caused early conservationists and eventually congress to set this parcel of land aside for the benefit and enjoyment of the people.

Yellowstone National Park is, quite simply, huge. It's approximately 3,500 square miles, making it larger than the states of Rhode Island and Delaware combined. However, it's just a tiny part of a larger area called the Greater Yellowstone Ecosystem. The Greater Yellowstone Ecosystem measures in at more than 30,000 square miles. Like a house to a neighborhood, Yellowstone is at the very heart of the ecosystem and is just a fraction of the entire area. Ecosystems and neighborhood communities alike are similar to a row of dominoes. If you knock one down they will all follow suit. You can't change one thing in the community without it changing everything else. This community, unlike most, is fueled by an enormous heat source just below the surface.

Deep below our collective feet swirls molten hot liquid rock. In most places throughout the world the liquid outer core lies about 1,500 - 3,000 miles down. However, in Yellowstone that's not true. About 3 miles below the surface lies the Yellowstone Hotspot, which is a giant chamber of magma that fuels all the incredible geologic and ecologic features that make the park a true wonder of the world.

From time to time, as volcanoes do, the Yellowstone caldera erupts. On average, it occurs approximately once every million years. The most recent eruption happened 640,000 years ago, so there should still be plenty of time left to visit before the next one. The largest eruption occurred 2.1 million years ago. This massive eruption blanketed 600

cubic miles of land in volcanic ash going as far north as the US/Canadian border, as far west as California, as far south as the US/Mexican border, and as far east as the Mississippi River. Park geologists are constantly monitoring to ensure both visitor and staff safety, but there's never been any indication that an eruption will occur anytime soon.

Yellowstone gets a lot of precipitation. Mountains of snow fall from the sky during the winter that eventually melts in spring and early summer. Combined with the rains during warmer months most of this becomes runoff feeding lakes and rivers. However some of this water seeps into the soil and down through the bedrock. Over the course of thousands of years the water drives further down until it approaches the magma chamber underneath the park. Just like water in a kettle or a pot as it heats up it becomes more active. The water wants to start boiling, but there's little room for that deep down in the rocks below. Pressure starts building and building and the water starts looking for a release valve. Eventually this superheated water finds cracks, or fissures, in the rock that allows it to escape the high heat and pressure building within the earth. Racing to the surface suddenly the water explodes out of the ground in magnificent fashion.

Yellowstone is home to more hydrogeothermal features than anywhere else in the world. Over 10,000 geysers, hot springs, mudpots, and fumaroles are driven by these water, rock, and heat features creating a place unlike nearly anywhere else in the world. Some geysers erupt as high as 300 feet. Beautifully colorful pools and hot springs enrapture the eye. Visitors need to be careful as they can reach hundreds of degrees and are highly acidic, capable of dissolving anything that falls in. Occasionally the hot acidic water melts weaker limestones as it comes bubbling to the surface creating features called mudpots. Imagine a cauldron of mud slowly popping and boiling, that's essentially what a mudpot looks and sounds like. The last feature found in the park are fuma-

roles, which are high powered steam vents. Super hot pressurized steam comes blasting out of cracks in the ground, sometimes sounding like a large kettle. One of the largest fumarole features is Roaring Mountain, encompassing nearly the entire western slope. Today it gently hisses, but in the early 1900's was loud enough to be heard for miles.

Yellowstone is more than geology. Many visitors are attracted to the park to see the array of wildlife. The park is home to the largest concentration of mammals in the mainland United States. The iconic American Bison is the largest animal in North America, weighing in at over 2,000 lbs. In Yellowstone they freely roam in herds well into the thousands throughout the many valleys in the park.

The wildlife star everyone wants to see is the Gray Wolf. They are very elusive, but absolutely an integral and crucial key to the overall health and integrity of the Greater Yellowstone Ecosystem.

In the late 1800's, during the period of westward expansion, people were moving from the east enmasse towards the Rockies and Pacific coast. As settlers began putting down roots they feared for their personal and economic safety. To ensure their lives and the lives of their livestock people both outside, and shockingly, inside the park began killing all the wolves. By the early 20th century there were no wolves left in the region. Having been extirpated, or locally extinct, the loss of this apex predator created ripple effects throughout the entire Yellowstone ecosystem.

As the dominoes fell for one species they began falling for others. Elk, one of the largest mammals in the park, began multiplying unchecked in the park. Population numbers soon exceeded 20,000. The park is undeniably large, but it's not big enough to sustain an elk population that of that size. Soon grasses and the forest understory were over browsed, causing plant and forest communities to get smaller because they were unable to regrow efficiently or in some at all. Elk can frequently be seen grazing near ponds and rivers. For all animals, what goes in must



The reintroduction of wolves into Yellowstone has put the park's ecosystem back in balance, significantly reducing elk herds, thereby opening the door for willow, aspen, beaver and songbird populations to recover.

come out. As they graze near water sources their excrement is released into the water creating unhealthy nitrogen deposition killing aquatic plant and animal communities. Finally, there just wasn't enough food to go around, giving way to disease and starvation among the large elk populations.

After decades of study, debate, and planning wolves had finally been approved for reintroduction into Yellowstone National Park. 31 Gray Wolves were released back into the park in January 1995. In the 25 years since reintroduction the park has seen the ecological balance restored. Today there is an average of 15,000 elk within the park. Though there are fewer elk the population is much healthier, showing fewer instances of disease and starvation. The aquatic hab-

itat is cleaner and the forest and grasslands have begun to regenerate properly. By restoring the wolf population, environmental checks and balances have helped bring balance back to the natural processes within the park and broader ecosystem.

All national parks are unique with their own stories to tell. As the first Yellowstone National Park set the standard for the next 418 parks that followed suit. Otherworldly landscapes and features, dynamic and active geology, a land full of wildlife, and an archaeological and cultural history that date back thousands of years are all waiting to be explored in Yellowstone National Park.

To read past In the Country articles, visit Emmitsburg.net.



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Jan. 3 - Bobby D and the Truck Stop Burritos - 7 to 11 p.m.

Jan. 10 - Wagner 10 Shotgun Shoot - Opens at 8 a.m. - Starts at 10 a.m.

Jan. 11 - Ragged Maggie - 7 - 11 p.m.

Jan. 17 - Meat Raffle Night

Jan. 17 - Wagner 9 Barn Shoot - Open at 5 p.m. - Starts at 6 p.m.

Jan. 24 - Wagner 10 Shotgun Shoot - Opens at 8 a.m. - Starts at 10 a.m.

Jan. 24 - Bobby D and the Truck Stop Burritos - 7 - 11 p.m.

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REAL SCIENCE

Electronic cigarettes

Michael Rosenthal

When I was growing up, it was considered very cool to smoke. Movie stars were frequently pictured with cigarettes (I always think of Humphrey Bogart and Lauren Bacall), and people could be observed smoking most everywhere. I started smoking by “acquiring” my mother’s cigarettes (Raleighs) by taking one at a time occasionally (I was never caught) and smoking here and there. By high school, a large proportion of kids were smokers. It was considered very cool to do so. As I remember, cigarettes were 25 cents a pack and 35 cents a pack for filter tips. I think you were supposed to be 18 years of age to purchase cigarettes, but one always found a way as younger teenagers to acquire them if you wanted to do so. It was well understood even then that cigarettes were dangerous to health, but they were an integral part of the culture at that time.

In recent years smoking has been recognized as the highly dangerous habit to health that it is, and there are many more restrictions to cigarette purchase and use. Still, many people smoke, and as I mentioned in a previous article, cigarette butts are everywhere.

A recent development in the game is the electronic cigarette, also called an e-cigarette. It is a hand-held battery powered vaporizer that simulates

smoking, but doesn’t burn tobacco. Using such a device is called vaping. There are often other chemicals present: propylene glycol, glycerin, nicotine, and flavorings and additives. One of their intentions is to help people quit smoking tobacco, which we all understand is very dangerous to the smoker’s health. One concern is that non-smokers and young people may become addicted to nicotine through e-cigarettes, and move up to real cigarettes. The long-term effect of e-cigarette use is unknown, but a lot of adverse physical symptoms are often connected to e-cigarettes: abdominal pain, headache, blurry vision, throat and mouth irritation, vomiting, nausea, and coughing. Smoking is terrible for your health, but vaping is not a fully safe replacement.

Electronic cigarettes entered the market in 2003, and global use has risen dramatically since then. In 2013 there were several million users globally! In 2018 95% of e-cigarettes were made in China, and China has the greatest number of users, followed by the United States and the United Kingdom. As of 2018, more than 10 million people vaped daily. The use of e-cigarettes is higher among high school students than adults.

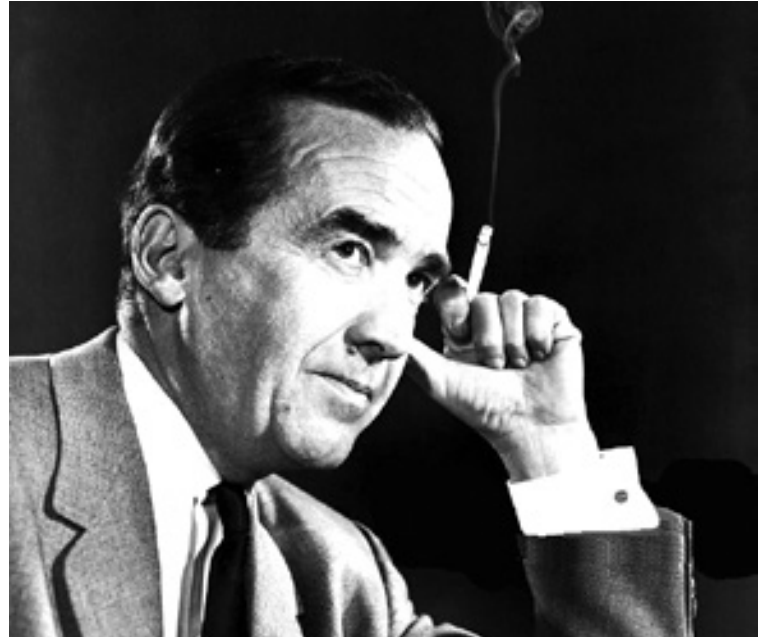
Tobacco smoke contains 100 known carcinogens and 900 potentially cancer causing chemicals. E-cigarettes have lower levels of these dangerous chemicals, but no level of carcinogen is safe.

Nicotine is a key ingredient in most e-liquids, and it is well recognized as one of the most addictive substances, as addictive as heroin and cocaine! My wife and I both quit smoking in our early 20’s, just before having our children. We were very fortunate to do so as easily as we did, but I admit to tapering off through smoking little cigars for a while. We never went back to smoking cigarettes, and we have not tried using electronic cigarettes (nor do we plan to do so!).

Tobacco production was once a big business, especially in Maryland. When I and my family first came to Maryland, we lived in southern Maryland, and tobacco fields seemed to be everywhere. There aren’t many left there now.

I recently read a story about an interesting vaping variety – marijuana vaping. It seems that it has become a popular activity of teens this year, a big one-year jump in its use. The controversy over marijuana use goes on, some believing that it is an innocuous activity and others seeing it as being more hazardous than tobacco or nicotine. A report released recently by the National Institute on Drug Abuse stated that 21% of 12th graders said they had vaped marijuana in the previous year. Similar increases were noted among younger students.

Vaping marijuana is easier to access and less noticeable by those around them than is smoking it, so especially in communities in which marijuana is legal now, vaping it has increased in popularity. Contaminated marijuana,



We would be amiss if we failed to point out that the man we quote on our masthead - Edward R. Murrow - was synonymous with smoking. You’ll be hard pressed to find a photo of him without a cigarette in his hand.

as purchased on the black market, however often presents serious health threats. So vaping continues to evolve, and we will see where it goes.

Here is the latest energy source report for our region. Nuclear energy remains the largest energy source at 34.53% (that’s good), followed by gas at 31.13%, and coal at 28.63% (that’s not good). Total renewable energy is only 5.42%, which includes, in order of more used: wind, hydroelectric, solid waste, captured methane gas, solar, wood and other biomass.

Here are some updates on topics we have previously discussed. The plastic waste problem continues, but some progress is being made. A growing number of hotel chains are eliminating the use of single-use bottles for shampoo and lotion, replacing them with large refillable bottles. The Marriott Corporation sends about 500 million plastic bottles to landfills every year.

Perhaps you’ve become aware that recycling of plastic bags has ended in Frederick County. There is nothing to do with them now but to throw them away. I’m waiting to see whether local stores go back to paper bags, which are recyclable if clean. The best solution is to take a cloth bag into the grocery store with you. California, always on the leading edge in energy-usage innovation, has legally banned single-use toiletry bottle in hotels.

California is also moving more and more to the use of solar power. Wildfires in California led to power outages to millions of Californians, but as reported in the Washington Post, Stone Edge Farm in Sonoma County kept its power. The winery is connected to a solar power system that runs on its own when disconnected from the main grid. Thus the winery kept its wine cellar, restaurant, and other operations running full speed during the outages! I have always felt that builders of new homes should offer the purchaser solar panels at a reduced price, which would be less expensive than a later panel installation. Should it be a legal requirement or have a tax incentive?

Finally, we are going to have a Space Force! President Trump has expressed willingness to sign with enthusiasm a bill passed by the Senate to create a new sixth branch of our military establishment. This is the first new branch of our military establishment since the Air Force was spun off from the Army and established in 1947. It will initially be administered by the Secretary of the Air Force who will be entitled Chief of Space Operations. It should be particularly important when we encounter space aliens! (That’s a joke).

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

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2020 Youth Garden

Jack Deatherage

Planning a garden this early in a new year is generally an exercise in fantasy. I don't know that I've ever built a garden in my head that wasn't exactly what I wanted it to be. Somehow, mostly due to my lack of energy, knowledge, perseverance, cash, weather and insects, the real gardens tend toward chaos and seldom resemble any type of garden at all. Which, I suppose is why I generally have enough success each year to give me hope for the next. It also helps to think of failures as learning experiences. And the gods know I have had lots of those!

Mom's brother Allen, Uncle Gus as I knew him, began leaving sod walkways between his planted garden rows after reading about the method in the 1980s. I eventually applied the method at Marty's farm after sinking in mud while retrieving a watermelon in August when the rains finally came. While sod walkways reduced the weeding to just the tilled rows I still had to keep after the abundant weeds in those rows! That often meant weeding by hand- never a pleasant task for one standing six feet six inches tall!

A few years ago I stumbled upon an article about growing vegetables in straw bales. I shrugged it off as a curiosity and continued hurting myself by loosening packed soil with a broadfork and being jerked around by a rototiller. Eventually, creaking into my sixties caused me to seek out books on straw bale gardening. A 10 bale garden became a 20 bale garden, became a 42 bale garden as each year taught me new ways of using the bales.

Lessons learned in the 2019 season have me convinced the 2020 garden will be better. I have to say that to remain optimistic after each growing season presents challenges I wasn't prepared to deal with.

Previous straw bale gardens gave me an abundance of slugs that ruined the tomatoes before the brown marmorated stinkbugs could do the job. I also learned a wet summer causes the straw bales to rot down so quickly as to actually pull some of the staked tomato's roots out of the straw! Another garden saw the best tomato plants I've ever grown annihilated by a single groundhog. The ravaging muncher also took out some of the lushest pole bean vines I've managed in decades!

The 2019 garden went through a worse drought than the previous bale gardens had endured, made more difficult because we had to haul water to the garden in 5-gallon buckets. Watering by hand turned up an unexpected additional problem- the dried potting soil I'd covered the tops of the bales with rejected the water! Watching gallons of water run off into the sod was frustrating. It didn't take us long to figure out that quick, light watering dampened the soil and a second pass allowed for a slower, deeper watering. It also meant we were spending more time holding 3 and 5-gallon watering cans at odd, very uncomfortable angles.

We also had to deal with a den of 5 groundhogs and the eventual arrival of the Asian stink bugs just as the late season tomatoes were ripening. The groundhogs were convinced to relocate, though the mother came back in time to help herself to some tomatoes. Still, we'd gathered the majority of the fruits for the best sauces I've made since Dad gardened and Mom canned throughout the 1970s!

Three different species of caterpillar also made appearances last year. A Common Buckeye that decimated the single snapdragon we had sprout. Nearly a dozen Eastern Black Swallowtails wiped out a dill and an Italian parsley, but the world can always use another butterfly. The third species of caterpillar was the tomato hornworm. Generally not a creature I care to find on my tomato and pepper plants, these "worms" were discovered already covered by parasitic wasp cocoons! We left them to their fate.

The coming season has me thinking we'll need more buckets to grow herbs in and we'll double the garden size by laying out 40 more bales. The plan from there is to focus on growing tomatoes in the new bales. Tomatoes- in spite of weather, drought, slugs and groundhogs, have done very well in each of the bale gardens we've trialed.

Last year's bales will likely rot down a bit during the winter and will be planted with various cultivars of butterhead lettuce. As they will only need a dusting of all-purpose fertilizer before a sowing of cool weather crops I'm anxious to plant an early garden for a change. I may trial some early cole crops among the lettuces. Warming weather will see the rotted bales planted with as many flowers as I

can sprout at home and transplant as weather allows. I'm thinking zinnias and snapdragons!

For the new bales, I'm going to trial Russian and Siberian early maturing varieties of tomatoes after hearing the Mad One rave about finding them in a Moscow open market a few years ago. I'm hoping they'll ripen here before the Asian invaders arrive in quantity! I'll also plant the German Pink tomato that produced beyond expectation last year in spite of the drought, infrequent watering, groundhog and stink bug attacks. Those are among the reasons that tomato is an heirloom! Still, I'm going to trial a deterrent spray of garlic and hot pepper for the groundhog and the stink bugs in 2020.

A biodynamic farmer friend- Ed of PA, follows the weather from a commodity market perspective and has warned me of a likely early, dry spring. Followed by a summer drought, that is predicted to turn to heavy rains at exactly the wrong time! To save money and effort, I'm not going to cover the bale tops with potting soil. Instead, I'll make a hole for a handful of potting soil and either direct seed (lettuce), or transplant tomatoes. I'm planning to only water the bales where plants are growing and hope what runs off the patches of potting soil will soak into the bare straws and act as a water reserve for the deep growing roots. I'm thinking this



Get your kids out of the usual summertime rut - get them involved in something meaningful like growing their very own vegetables to push away on their dinner plates!

should get the garden through the worst of the dry spell.

I know at least ten people stopped by the garden behind the Quality Tire building on Creamery Road last year. Some were in awe of the gardening technique. Some laughed. Some said "feed me". Some offered money to expand the garden. We took no money, fed a person or two, laughed along with some and marveled at other's excitement. The goal now is to produce enough lettuce, tomatoes and herbs to satisfy ourselves and a few others. And we're ready to talk to

would-be gardeners about joining the adventure.

The cool thing about new gardeners working with straw bales, is the lack of weeds. The focus is generally on learning to tease the best plants possible from the straw. To that end, interested families can contact us via Facebook at "Emmitsburg Youth Garden". Or stop by the garden and check it out, though it currently doesn't look like much, but neither does a plot of bare dirt.

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

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THE MASTER GARDENER

Feeding the birds in the winter

Mary Ann Ryan,
Adams County Master
Gardener Coordinator

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

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

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

Plant Life: When planning for winter visitors, provide plants that have seed heads that can remain through the winter months. Common perennials such as black-eyed susans, coneflowers, and asters will provide seeds. Evergreen shrubs and trees, like inkberry holly, American holly and white pines will provide shelter for the birds. Deciduous shrubs like viburnums, winterberry holly and sumac provide berries. Allow

old, dead trees to remain standing if safety to any buildings is not an issue. These will provide nesting holes in the summer, but also the woodpeckers and other birds like blue jays love to use the trees to break open seeds and nuts.

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

Supplemental Food: We can supplement this natural food source by providing additional seed through bird feeders. Many styles of feeders are available, from tubes and platforms to nets and hoppers. The more variety of feeders you provide, the more variety of visitors you will have. Tube feeders typically attract finches, while the platform feeders will attract larger birds like cardinals and blue jays and the netting can be filled with suet for the woodpeckers.

Probably the most versatile feeder is the hopper. At our hopper (one located on our deck the other outside the kitchen window for easy view) we have finches, juncos, titmice and chickadees

visiting daily. We keep it full of black oil sunflower seed. Another feeder that we use is a suet feeder. This feeder allows the birds to feed on the underside as the holes are below the suet cake. Mostly woodpeckers hang out at this feeder, literally. It's really enjoyable to watch them!

We also have a net that we fill with suet or a peanut butter mixture that includes sunflower seeds. This attracts the woodpeckers, but we get flickers and jays flitting around as well. A piece of a wooden post with holes that we spread the peanut butter/sunflower mixture provides cardinals and blue jays as well as finches and titmice a feast to partake. Gold finches love the tube feeders, as they will feed upside down, making this an interesting spectacle to watch.

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

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



You not only need to know what to feed, but how. Cardinals for example prefer suspended platform feeders, while ground feeding birds prefer a covered ground feeder.



A winter tradition in our family is to smear peanut butter onto pinecones and hang them on the trees. We also use orange and apple slices, string them together and have an outdoor tree for the birds! Even at 26 and 22, our daughters still enjoy this winter tradition.

Feeder Location: When locating the feeders, whatever type

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

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

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Small Town Gardener

New Year, new tools

Marianne Willburn

My husband smirked to see the Stihl brush cutter propped against the Christmas tree with a golden bow affixed to the motor casing and a large tag assigning him as the proud new owner. It was not the exultant reaction I had expected from the man, and said as much with the feigned hurt that is perhaps a woman's cheapest, but most reliable, trick.

"You'd better open yours," he said, smirk still decorating the corners of his mouth, and pulled out an awkwardly wrapped box from behind the bookcase – the shape of which instantly crushed any delicious hopes I had for receiving the full DVD set of *Magnum p.i.* A few minutes of paper-tearing brought me face-to-face with the incontrovertible proof of our middle age – a Ryobi electric chain saw with four-inch cutting capacity, and a five-inch grin across my face to be given such a prize.

So here we are, past the diamond pendants and the sexy colognes and on to brush cutters and chain saws, and instead of feeling vaguely saddened over the passing of time and the seasons of life, I feel like I did when I was twelve and there was a refurbished Atari under the Christmas tree.

Unlike the Atari, which only came with two cassettes and a waiting line behind three squawking siblings, these toys of middle age come with ten acres of brush and invasives with which to play. With two tools and two bodies to wield them, there's no waiting line and no end to the brilliant satisfaction one gets from beating back Nature when the winter has her hands tied behind her back.

For the time to wage battle against one's understory is not when it is crowding out woodland ephemerals or climbing ruthlessly over treasured saplings in the spring and summer. It is now; when the wind whips coldly against your legs and rain is always of the drizzling variety and registers in the 30 degree range.

Sometimes a good pair of gloves is all you need. Especially if you are fortunate enough to see slightly frozen soil thawed out by a lovely string of warm fronts. Roots thus loosened often pull out of the soil with just a light tug. Wine berry, black raspberry and blackberry are quite easy to eradicate this way, as are smaller clumps of multiflora rose and (believe it or not) small ailanthus and box elder saplings. Sheath your sword, motorized or otherwise, and take the time to remove roots and all when you can. A pulled weed is a dead weed, never to re-sprout.

Of course the biggest difficulty

in giving a husband a motorized tool for larger jobs and telling him to wreak carnage in a specific area of the understory is that once you turn your back to re-adjust the bar and chain on your own tool, he moves to an unspecified area and mows down an Allegheny viburnum and several native spicebush – forcing one to swallow one's bile if one doesn't want to lose one's brute squad.

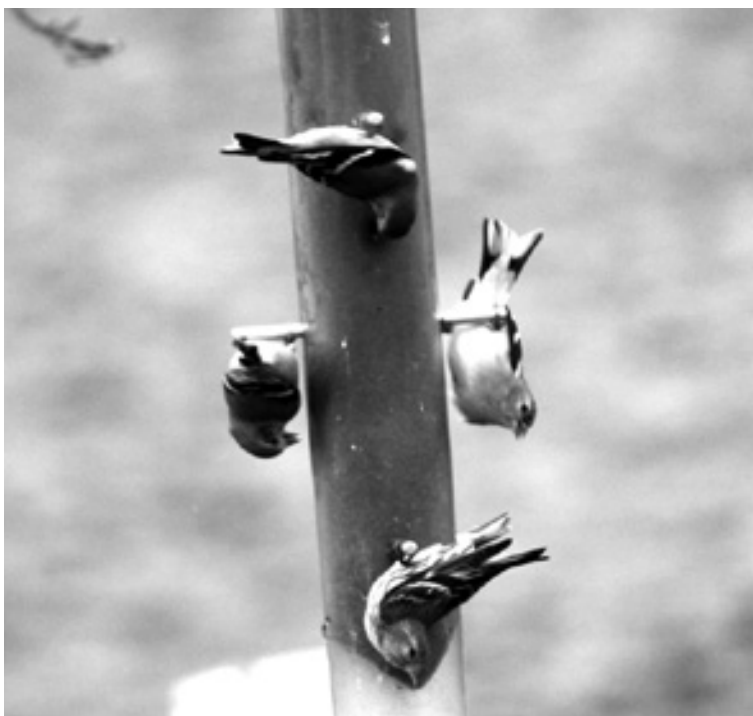
And boy do I need that brute squad. There is so much brush to be dealt with in the wooded parts of this property that, as much as I detest those popular but mawkishly sentimental, mass-produced signs proclaiming pastel-colored affection, I am often tempted to hang a slightly adulterated version over the barn door that states "Our [under]story starts here."

Even working side-by-side and bonding through the shared love of power tools, I don't think I'll ever be tempted to hang the sugar-sweet "And they lived happily ever after." There is little chance that I will be able to swallow further bile once the man fells another treasured shrub.

"There will be blood" seems to me to be far more apt – perhaps I can have it stenciled in a lovely pastel green.



Platform feeders are a must have in any bird feeding environment. Stocked with peanuts, you'll attract Woodpeckers and Bluejays from miles around. Tube feeders, both for sunflower and thistle, will attract Cardinals, Goldfinches, and Finches.



dish of shallow water set out each morning can provide this source of water as well.

I remember, not long ago, thinking that bird watching was for the "older generation." In the

early days of dating my husband, I can remember visiting him in San Francisco. At the time, he was working with the US Department of Interior, researching waterfowl in the bay area. As an avid bird

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

But now, in my early fifties, I, too, find this a hobby worth the

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

My guess is, when spring comes, you'll be more aware of

the bird activity around you and utilizing a guide even more frequently than you had during the winter. Enjoy the quiet of the winter and the flurry of bird activity. When we get "snowed-in" again this winter season, remember to take the time to relax and watch the birds. Enjoy the relaxation now, because spring is just around the corner!

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

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THE BEST NEW YEAR'S RESOLUTION EVER ...

Thanks to our friends at the Emmitsburg News-Journal, we're having a second month of pet photos to start the new year! These sweet babies are looking for a home and one of the greatest gifts shelter workers could get for 2020 would be to get the four-legged souls in their care out of a cage and into a forever home. If you or anyone you know is looking for a furry friend, please take a look below. The love of an animal is often one of the strongest, most rewarding relationships a person can find. If you want to help but can't adopt, the shelter is always in need of monetary or pet supply donations, including kitten food and adult cat food with meat as the first ingredient. From all of us at CVAS to all of you, we wish you the happiest, healthiest New Year.

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



Nyx is a 1-year-old medium-haired brown tabby who was surrendered to the shelter because her owners were moving. This girl has gorgeous green eyes and fur that's as soft as a rabbit! She also happens to be super sweet. Whoever adopts Nyx is going to have an awesome companion.



Mary came into the shelter in May when she was just a tiny, little kitten. She's now 8-months-old and still with us, still looking for her forever home. Could you help Mary out of a cage and into your heart?



Kitty Kate is a beautiful calico and white girl who was surrendered to the shelter because her owners were moving and they couldn't take her along. She is 10-years-old, but you wouldn't know it. She's still got a lot of vigor!



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



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



Pinto was brought into the shelter as a small kitten with his siblings. They were strays so we know very little about their past. Pinto is a sweet guy that loves to play! He is a typical kitten and would love to find out what a forever home is all about!



Riley is a 9-month-old, black-and-white boy who came into the shelter as a stray. Look at that look! We know cat owners have seen that characteristic look and know exactly what it's all about. Riley is the coolest cat and would love to have a second chance with you!

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...
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-- Author Unknown

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If you are looking for the sweetest, most loyal dog in the world Amber is your girl. Amber came into the shelter as a stray, so we know very little about this girl's past. When she arrived, Amber was heavily pregnant and had a litter of puppies here at the shelter (the puppies have all found their forever homes, but mama Amber is still looking). Amber was a wonderful, dedicated mother, but now she is ready to be someone's baby. Amber is leery of strangers and can be quite vocal with them. Once she gets to know you, though, you could not ask for a better companion. She seems to prefer the companionship of women. Because we don't have any history on Amber and due to her shyness with strangers, an age restriction for children may apply, so be sure to talk to staff about that.



Daisy Mae is a 1-year-old mixed breed pup who was surrendered to the shelter because her owner could no longer care for her. She's a sweet girl, but can be really unsure in new situations and with new people. Once she learns to trust you, she's a real sweetheart. She does love to run and jump when she gets excited and because of that and not knowing her history with children, an age restriction may apply. Because of her shyness, she's not in our general adoption area and she can meet potential adopters with an approved application. It may take several meetings with Daisy Mae to be sure she has found the right fit. If you'd like to give her a second chance, please ask about her.



Chance was surrendered to the shelter when his owner could no longer care for him properly. He is an 8-month-old lab mix who came into us missing his back right foot. We have no idea what happened to him, but it does not slow him down at all. He has been evaluated by a Veterinarian and even though he may need a mid-femur amputation later in life, right now it is not necessary. Chance will need to be trained to wear a protective boot when he is outside to protect the end of his leg. Chance does not know that he is different and is a typical, playful puppy that will need someone that understands the time and the patience that goes into training a puppy. Could you give Chance another chance?



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



Sweet Olive came into the shelter as a stray. We think she's a boxer mix who is about 8 years old. She is so incredibly sweet and loves everyone she meets. We did find some lumps between her toes and when they were biopsied we found it was just scar tissue. We also had a senior chemistry panel done for her and everything came back really great for her age. She did test positive for Lyme and is currently on an antibiotic to treat it. Olive also marks her territory like a male would. She also has a tendency to chase cats, so a home without a feline would be best for her. Can you show this sweet senior that her golden years can be the best of her life?



Summer came to the shelter after being found in a garage. She had some hair loss and fleas and she's been treated, so she's looking much better. She's a terrier girl who is pretty active and would do well in a family that's equally active. Summer doesn't like to be left alone and her new owners will have to work with this. She also chases cats, so a home without felines would be best for her. Because we don't know of her history with children, an age restriction may apply.



Wolfie was surrendered to the shelter. We had to shave him when he arrived and once he grows out, he'll have longer fur like a Maltese. Wolfie is an 8-year-old guy who loves food. We're looking for someone with husky or Malamute experience. Because of his age and having no history with children, an age restriction may apply. Wolfie would love to find his forever home soon!



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HOME DECOR

That awkward season

Jessica Crawford
Cotton & Co.

We're entering the "Awkward Season" as I have decided to coin it. That season in between Christmas and Spring, where it's time to think about taking down the Christmas decorations, but sadly too soon to think Spring. So, what do you do now? Once the tree is taken down, ornaments boxed up, jolly little santas tucked away until next year, there's actually a lot of opportunity for some cozy decorating for the impending chilly months ahead.

First, let's talk introductions. I'm Jess, and I own Cotton & Co, a local vintage boutique in Keymar. I've likely met many of you this year, as we re-branded and started back up again this past March; formally the location of The Mill at Keymar. We have maintained our vintage status and offer a wide array of vintage merchandise, spanning from primitive to farmhouse to mid-century to retro and everything in between. In addition to our vintage inventory, we also carry an assortment of seasonal, home

décor, gift and artisan goods. Part of our shop is also dedicated to The Maryland General Store, where we support around twenty local Maryland business that practice primitive trades (tea, coffee, soap, soy candles etc...) Between our seventeen permanent vintage and artisan vendors and the businesses within the MD General Store, we have a little bit of everything for everyone.

Back to being cozy. What do you do with your home in those Winter months, that seem to drag on, when everything feels so grey and stagnant? Those first few snowfalls are so romantic and beautiful, but how do you brighten your home when winter is starting to out-stay its welcome?

There's a trendy term circulating around these days: Hygge. It's a Danish-Norwegian word, pronounced 'hyoo-guh', defined as creating a warm, cozy atmosphere and enjoying the good things in life with good people. As we, the vendors and I, transform the store and our homes from Christmas to The Awkward Season, this is a concept we're keeping close in mind.

Keeping the Hygge concept in

mind, I like to decorate for Winter by removing the reds from Christmas, but maintaining the softer winter themes. Soft, white textiles, such an oversized throw blanket or pillows are a great compliment to winter, but are also neutral and can be used throughout the year. Draped over an over-sized chair or used to spruce up a sofa, a comfy throw or new set of pillows can transform a space, without breaking the bank. Flocked and frosted greens are also great winter décor without being specific to Christmas. On the opposite end of the color spectrum to white, jewel-tones (teal, emerald, plum, mustard, etc...) are a hot trend now as well. Adding a small or medium sized piece of furniture, in a bold jewel-tone, can add a coziness to a space. I'm also a fan of pops of gold, particularly antiqued or brushed versus metallic gold. Done in small, artistic doses, gold-tone is a great partner to white, green and those warm but bold jewel-tones.

Every vendor in the shop has their own taste and style and each execute their visions differently. I asked them to offer tips and tricks on how they survive Winter while feeling cozy, happy and bright. They had a wealth of winter advice to hand out. If you're one of the many that loves to stretch the Christmas Season as much as possible, Pam, owner of Dragonfly Memories Collectibles suggests leaving up a winter tree. Remove all the miscellaneous Christmas ornaments, and feature snowflakes and woodland birds and animals, to create a rustic, woodland retreat themed tree. She also suggests using natural elements abundant during the Winter, such as pine cones and birch to add warmth and texture to a space. Paired with creams, greens



The 'Awkward Season' is the season in between Christmas and Spring, where it's time to think about taking down the Christmas decorations, but sadly too soon to think Spring. So, what do you do now?

and candles, you're set.

Ashley, Owner of So Long Status Quo, suggests utilizing the foraged greenery in your own back yard, and spraying it with glitter spray for added snazziness. If kept in water, the greens will last through the winter season. While Christmas Lights are going to go out of season here quickly, fairy lights are a great alternative and can really be used year-round. She suggests adding them to a winter themed vignette or intertwining them with the greens to create a little sparkle. Charlene, of The Craftsman Workshop added that she loves to make topiaries from back-garden greenery. She particularly likes to create them using blue spruce, in contrast with other greens such as boxwood, and natural elements like sticks, twigs and antlers. If you do not have access to free back-garden greenery, faux greenery is always an option and we carry a seasonal assortment throughout the year.

Our vendor Donna, jewelry creator behind The Good Earth Jewelry loves to stick to a naturalistic approach. She advises contrast and texture by using wood tones against whites, with small pops of color that can be changed out easily and seasonally. In tune with Ashley and myself, her favorites are tiny twinkle lights and a variety of soft, cozy blankets on beds and sofas, to create comfy,

cozy nooks to retreat to.

Several vendors advised the use of color, in pops here and there to brighten a Winter Space. Katt, creative behind Grit & Grace, our wood flower vendor, reminds us that a pop of color here or there indoors, will brighten moods and spirits. Cathy and Becca, mom and daughter behind A Rustic Beginning, advocate the use of candles for winter warmth. Whether used in a table centerpiece, vignette, or plug-in candles in every window, a candle creates instant coziness and comfort, for you and those driving by your home. And Carol, from The Oils Marketplace sums it all up by saying, a fire always burning in the fireplace. And if you don't have a fireplace, you can create the effect of one with a cluster of candlesticks and pillar candles.

Winter is a tricky time. It can feel never-ending and unmoving. It's been mild so far, but the Farmer's Almanac is calling for a rough one. With some seasonal switch-up, winter can be a comfy, cozy season after all. Our vendors work hard to source items, handmade, vintage or curated, to bring seasonal flair to your home. Stop in and see us, we're always more than happy to lend a hand in creating a vision for any space in your home.

To read more fashion articles visit the Authors section of Emmitsburg.net.

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THE TWINS

All I want for Christmas is a horse [to canter]

Emma Simmons

Editor's note: For the past two months I've had the fun of teaching twin 10-year old twin girls to ride. I met them a year ago at the Mother Seton school science fair, where Emma's "Just A Girl Who Loves Horses" shirt caught my attention. Needless to say, I offered her parents the opportunity to bring the twins over to ride. I had almost forgotten about the offer until an e-mail popped into my inbox about two months ago. They are the perfect students - having never ridden before, I don't have to waste time undoing bad habits. Instead I can focus on laying down a solid foundation which will allow them to one day become accomplished equestrians. Even better, these kids can write! So get ready for the on-going exploits of Emma and Sarah - The Twins.

All I want for Christmas is a Horse. For as long as I remember I've asked for a horse for Christmas. Every Christmas. Every Christmas for the past 10 years. Well, maybe not quite that long since I'm only 10 years old and babies can't write letters to Santa. But for at least the last six or seven years.

But have I gotten a horse for Christmas? After all those letters to Santa? Even after meeting with Santa in person? -- and there was a long, long line of kids in front of me waiting to talk with Santa. I wonder if they were asking Santa for horses as well. Maybe he ran out. Either way, no horse for Christmas.

But to make this clear, to be really honest, I have gotten horses for Christmas. Every Christmas. Every Christmas I get a horse. But not the kind I wanted.

When I was five, my grandmother got me a rocking horse. It was chestnut brown with a white blaze down its face, light brown mane, and amber eyes. It neighed and rocked me back and forth. I love that horse. I still ride it sometimes now, even though it seems so much smaller than when I got it.

For my sixth Christmas, my parents gave me a broomstick horse. It is a white horse with black mane. He has black eyes and black riding stick. I named this one Rascal. He had a beautiful neigh when I first got him. But it's gotten quieter each year until now it's a whispering neigh. Guess I'll have to put him out to pasture.

On my seventh Christmas, Santa got me a singing and walking horse. It's bay brown horse with black mane and a brown halter. Kind of plain, but how it can sing. It sings "ride'm cowboy," shakes his tail, and trots along at quite a brisk pace. I attached the horse to a Frozen sleigh I got the same Christmas and boy could he pull that sleigh fast. When I tried to get him to pull the sleigh full

of Frozen dolls down the stairs (like down a mountain), what an amazing crash it was!

When I was eight, I opened a Christmas gift from Mama and Daddy. Yes, it was a horse, but it was a stuffed horse. It's a liver chestnut brown horse with white spots and black mane. Now, I really love this horse. It's super soft and cuddly. And I still play with it some even today.

At nine, I got books about horses. Yes, books. I love to read, and these are really great books. But, they're books. What else is there to say. I asked for a horse.

As great as all of these Christmas horses are, they're not what I meant when I asked for a horse. What I meant was a "REAL" horse. One that I can ride. One that neighs. One that is big and soft. Now that might sound like what I've gotten for Christmas these past years, but they are not "REAL!" I want one that walks without winding, neighs without pressing his ear, and one that, well, smells like a horse.

This year, I'm ten and still no horse. I was beginning to give up on my wish of getting a real horse to ride, to take care of, and to love.

But everything changed in the blink of an eye. Last fall, I was at my school's science fair standing beside my project and wearing this really great shirt that read, "Just a Girl Who Loves Horses" (of course). And one of the judges walks up to me and my parents and asked if I rode horses. I said I wanted to learn to ride but didn't have a horse. I gave my parents my best sad look. Then he told my parents that he and his wife sometimes gave kids riding lessons and said we could come over and ride some time.

We went to their farm and it was a wonderful place. He has three horses and some dogs and



This year Emma finally got her life long Christmas wish - as did Wesley - who now has a little girl to call his own and someone to fuss all over him.

cats too. I get to ride and he's teaching me all about horses and how to take care of them.

And that's how I got my first horse. Well, he's not really my horse, but I love him just like he was my very own. I've learned a lot in the past months. Having a horse is a big responsibility. It's not just about me and having fun. It takes a long time to learn about horses, how to care for them, and how to ride properly.

So, I have to say, I'm actually thankful that my parents and Santa didn't get me a horse for Christmas because now I know that I have so much to learn about my favorite animal. And I'm most thankful for the nice gentleman who lets me ride and love his horses as if they were my own. He's the nicest grownup I know, except for my parents.

Emma, Like her twin sister Sarah, is a 5th grader at Mother Seton School.



Horses have been on the top of every Christmas list from the time Emma knew there was a list - thankfully her parents held off. Now Emma will have the opportunity to learn to ride on a horse that will allow her to become an accomplished equestrian.

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HEALTH NOTES

Screenings save lives

Kelsey Shupe
Frederick Memorial Hospital

The New Year is upon us. Now is the perfect time to make your health a priority in 2020!

Did you know in Frederick County, from 2012-2016, there were 6,067 new cases of cancer, according to the Centers for Disease Control and Prevention (CDC)? For every 100,000 people, 451 cancer cases were reported. Over those years, 1,968 people died of cancer. For every 100,000 people in Frederick County, 152 died of cancer.

Making healthier lifestyle choices is your first line of defense against cancer. Frederick Health recommends:

- Saying no to smoking and tobacco use.
- Keeping your skin safe from sun damage and ultraviolet light exposure.
- Maintaining a healthy diet.
- Getting active.

- Getting scheduled screenings.

That last point is key. Early detection increases your chances of survival. With lung cancer, for example, early detection by low-dose computed tomography (CT) screening can decrease lung cancer mortality by 14 to 20 percent among high-risk populations. About 8 million Americans qualify as high risk for lung cancer and are recommended to receive annual screening. If half of these high-risk individuals were screened, more than 12,000 lung cancer deaths could be prevented!

Screening is effective in identifying some types of cancers in early, often highly treatable stages including:

- Breast cancer (using mammography)
- Cervical and ovarian cancers (using pap tests alone or combined pap and HPV test)
- Colorectal cancer (using stool-based testing, sigmoidoscopy, or colonoscopy)

- Lung cancer (using a lung CT screening)
- Skin cancer (using skin exams and biopsies if needed)
- Prostate and urological cancers (using a digital rectal exam or prostate-specific antigen)

With routine screening tests, doctors can catch and treat the disease early. Other cancers can be prevented with vaccinations, including human papillomavirus (HPV) and hepatitis B virus, for example.

Screening Guidelines or Women by Age:

Regardless of where you are in life, all women should take control of their health and embrace a healthier lifestyle. This includes annual cancer-related screenings and immunizations. The following are guidelines only. Always talk to your provider to personalize the timing of each recommended test.

In your teens: 1) Discuss beginning checkups with pelvic exams and gynecological visits with your healthcare provider and parent or guardian. 2) Consider an immunization

for human papillomavirus (HPV) at least once between the ages of 9-26. HPV is a common virus that can lead to six types of cancer. The vaccine provides a safe, effective, and long-lasting protection against certain types of cancer later in life. 3) Don't smoke. Keep active and maintain a healthy weight. These apply to women and men of every age.

In your 20s: 1) Schedule a mole exam every 3 years with your healthcare provider and complete a monthly self-exam to check for signs of skin cancer. 2) Get a cervical cancer screening (pap) every 3 years starting at age 21 and HPV immunization once between the ages of 9-26.

In your 30s: 1) Start thyroid testing (TSH) at age 35, then every 5 years. 2) Get a cervical cancer screening (pap) every 3 years or every 5 years with HPV testing.

In your 40s: 1) Schedule a thyroid test every 5 years. 2) Mammograms should occur every 2 years. 3) Cervical cancer screening (pap) is recommended every 3 years or every 5 years with HPV testing.

In your 50s: 1) Get a thyroid test every 5 years. 2) Schedule a mammogram every 1-2 years. Discuss with your healthcare provider. 3) Begin colorectal cancer screenings (Fecal occult blood test annually; Flexible sigmoidoscopy every 5 years; double-contrast barium enema every 5-10 years; colonoscopy every 10 years; and Rectal exam every 5-10 years with each screening.) 4) Cervical cancer screening (pap) should happen every 3 years or every 5 years with HPV testing. 5) Heart disease is the #1 killer of women ages 50 and over. The most common symptom for both men and women is chest pain, but women tend to have many other less common symptoms, including nausea, cold sweats or chills, and shortness of breath. Call 911 immediately if you're experiencing any of these symptoms.

In your 60s+: 1) Schedule a thyroid test every 5 years. 2) Get a mole exam every year by a healthcare provider, plus a monthly self-exam. 3) Get a mammogram every 1-2 years. Continue colorectal cancer screenings: Fecal occult blood test annually; Flexible sigmoidoscopy every 5 years; OR double-contrast barium enema every 5-10 years; OR colonoscopy every 10 years; Rectal exam every 5-10 years with each screening. 4) Schedule a cervical cancer screening (pap) every 3 years, or every 5 years with HPV testing until age 65.

Additional screening recommendations for men and women

Depending on your personal health history, family health history, and other factors, your doctor may recommend a different screening schedule than as follows.

For colorectal cancer: If you're at average risk, get a regular screening beginning at age 45. Screening is key! One in 22 U.S. men and 1 in 24 U.S. women are at risk. Colorectal screenings prevented about half of the expected new cases and deaths between 2003 and 2007, according to the Maryland Cancer Report.

For lung cancer: You may be eligible for a lung CT screening if you're... 1) Between the ages of 55 and 77, 2) Asymptomatic with no symptoms of lung cancer, 3) A current smoker or smoker that has quit within the past 15 years, or 4) A tobacco smoker with a smoking history of 30+ pack-years (number of years smoked times average number of packs smoked per day)

For prostate and urological cancers: Screening can begin as early as age 40 if you have a family history, but those at normal risk can begin at age 50. Your doctor will determine whether a digital rectal exam, where the physician feels for enlargement or irregular shaping of the prostate, or prostate-specific antigen (PSA), a blood test, is the best screening option for you.

We can't stress enough the importance of regular screenings. Don't skip your annual exams. Schedule an appointment today to discuss your screening options with your primary care provider. Learn how you can stay healthy and reduce your risk of cancer at frederickhealth.org/preventcancer.

Help us welcome our newest medical oncologist, Dr. Natalia Marina



Frederick Health Medical Group

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

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

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Schedule your appointment with Dr. Marina today: **call 301-662-8477.**

Frederick County's Vanishing Birds

Kathy Brown
Frederick Bird Club

“In just the last 50 years, more than 1 in 4 birds has disappeared across North America.” So begins a chilling article featured in the Cornell Lab of Ornithology’s autumn issue of Living Bird. The article discusses the results of a comprehensive analysis of population trends for 529 North American bird species published in September by the journal of Science.

The study confirms what many “birders” have suspected for some time – we are rapidly losing large numbers of our bird populations.

One of the key sources used in the research is the 120 years of data accumulated by the Audubon Christmas Bird Count (CBC). Started on Christmas Day 1900 with 27 conservationists in the United States and Canada, the CBC is now conducted by thousands of participants throughout the world.

Frederick County has two Audubon Christmas Bird Count circles: the Catoctin CBC covers a 15-mile diameter circle in north Frederick County which includes part of Emmitsburg; the Sugarloaf CBC covers a 15-mile diameter circle shared by Frederick and Montgomery counties. The Frederick Bird Club, a chapter of the Maryland Ornithological Society, has sponsored the Catoctin CBC for many years. It is a very tangible example of citizen science and a great way to enjoy a winter’s day in beautiful northern Frederick County.

This year’s Catoctin CBC was held on Saturday, December 14, and as the count compiler, I was worried. Last year’s count results were alarming, showing significant drops in many common bird populations. Was it a one-year aberration, or evidence of rapidly accelerating population declines? The good news is that this year’s results were much improved; the bad news is that the results indicate continued declines in our bird populations.

The majority of the birds seen during winter counts are year-

round residents, like chickadees, cardinals, woodpeckers, and crows. But there are also a few winter-only visitors, who migrate from colder northern climates due to lack of food or heavy ice/snow cover; the most common winter visitors are Juncos and White-throated Sparrows that can be seen at the base of many bird feeders throughout the winter. Of course, by the time of the count, our migrating summer residents, the original “snowbirds,” have already headed south for warmer territories with open water and plentiful insects.

With the help of the CBC official database, I was able to look at 70 years of Catoctin CBC population and species data. For each bird species, I compared average population numbers for the last ten years (2010-2019) to the prior ten years (2000-2009) and clear patterns emerged.

Many of our common species show significant population declines and some species are increasingly rare in Frederick County. But results are mixed. A few species like the Bald Eagle show impressive population gains. Red-tailed Hawks are doing very well, but Northern Harrier numbers have dropped by 45% and numbers for the exquisite Kestrel have declined by 40%. Reported numbers for both Turkey and Black Vultures have increased by over 50% – no doubt aided by abundant deer road-kill. Alarmingly, virtually all song bird species continue to show significant population loss.

As noted, a few species are doing well. The Catoctin CBC’s first Bald Eagle was reported in 2001; now they are regularly sighted. This year 12 Bald Eagles were reported, the highest number in the history of the count! Ravens are another fabulous bird that is now seen regularly. The first Raven was observed in the 1973 count; this year 17 were sighted. Wild Turkeys were not reported until 1976; now somewhat common, flocks of 20-40 have been reported in 4 of the last 5 years. I was surprised to learn that the now

common non-native Rock Pigeon was not reported until 1974.

The population numbers for our two common winter visitors, Juncos and White-throated Sparrows, have been constant for the last two decades. This may indicate that the factors affecting Frederick County’s resident birds are not a factor on these bird’s breeding territories in the north.

Sadly, many of the common birds we see every day are suffering noticeable declines. Comparing CBC average population numbers for the most recent 10 years vs. the prior 10 years: Carolina Chickadee, 27% decline; Tufted Titmouse, 42% decline; Northern Cardinal, 23% decline; Song Sparrow, 27% decline; American Goldfinch, 49% decline. There are still plenty of birds out there, but some of our most loved and familiar back-yard birds are rapidly disappearing.

The Science study determined that grassland bird populations in North America have declined by more than 50%. Habitat loss is a probable factor in these declines, say the authors, particularly agricultural intensification and development. Grassland birds include Bobwhites, Eastern Meadowlark, Ring-necked Pheasant, Northern Harrier, Horned Lark and many sparrow species, all of which have shown significant population losses in northern Frederick County.

The first years of the count (1950-1959) show a very different count circle population. Northern Bobwhite, Eastern Meadowlark and non-native Ring-neck Pheasant were common. Ruffed Grouse and Logger-head Shrike were seen regularly. The American Tree Sparrow averaged 240 birds a year the first 10 years of the count; the last 10 years the average was 3. Most of us remember seeing a covey of Bobwhites scurry across a field or hearing the beautiful song of the meadowlark calling from a fence post. When did you last see or hear either? Future generations may not know what they are missing, but we do.



Surprisingly, the American Bald Eagle has made a comeback in the northern Catoctin. Ten adults and two juveniles were spotted during the winter bird count.

If you are not one of the more than 50 million bird watchers in the United States, you may be thinking, it’s sad, but doesn’t really affect me. But scientist Ken Rosenberg, the main author of the Science report cautions, “These bird losses are a strong signal that our human-related landscapes are losing their ability to support birdlife, and that is an indicator of a coming collapse of the overall environment.”

Scientists say it is possible to bring the birds back and protect our environment, but it will take collective action at a national and international scale. A variety of initiatives are already underway including: bird-safe building standards; conservation innovations in paper/wood production, agriculture and fisheries; cost-effective renewable energy; and bills recently introduced in Congress to expand state conservation efforts and restore critical provisions of The Migratory Bird Conservation Act.

According to the study, there are seven simple actions everyone can do to help birds:

Make Windows Safer: Collisions with windows kill hundreds of millions of birds each year.

Keep Cats Indoors: The 110 million cats in the US and Canada are a top cause of bird loss.

Reduce Lawn, Use Native Plants: Cut chemical use and provide natural food sources.

Avoid Pesticides: Many are toxic to wildlife, our pets, and humans – especially children.

Drink Coffee That Helps Birds: Shade grown “Bird Friendly” coffee preserves tropical forests throughout the world.

Avoid Single-use Plastic: It poses a major threat to seabirds and other ocean wildlife.

Join the Citizen Science Effort: Participate in Project Feeder Watch and local bird counts.

Time is running out, but each of us can make a difference with everyday actions.

If you are interested in learning more about the birds of Frederick County, the Frederick Bird Club www.frederickbirdclub.org and Audubon Society of Central Maryland www.centralaudubon.org welcome guests and new members. Visit their websites to learn about meetings, bird-focused presentations, bird counts, and bird walks and outings throughout the year.



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WWI NEWS REPORTS FROM THE FRONT

The Russian Civil War

The causes and initial years of the Russian Civil War have been covered extensively in past editions of "News Reports From the Front." From the abdication of the Czar in March 1917; the German release of Lenin in April of that year; to the Brest-Litovsk peace treaty in March 1918, which took Russia out of the war and saw the independence of many of its parts, including the Ukraine and Finland; and finally to the initial western power involvement against the Bolsheviks and in support of the 'White' Russian forces.

While these and other articles related to the Russian revolution and civil war are available on emmitsburg.net, allow us to begin this article with a brief recap on how the civil war started and initially evolved.

The revolution erupted as a result of Russia's major military losses during the war, which resulted in much of the Russian Army being ready to mutiny. Army leadership felt they did not have the means to suppress the revolution, and Emperor Nicholas II abdicated his throne in hopes of saving the country from a civil war. A Provisional Government, led by Alexander Kerensky, assumed power, but it was hamstrung by Soldiers and Workmen's Committees, limiting the ability of Kerensky from not only the Army, but the country in general.

During this chaotic period, there were frequent mutinies, protests and strikes. Many socialistic political organizations were engaged in daily struggle and vied for influence within the Committees, central among which were the Bolsheviks, led by Vladimir Lenin.

Lenin campaigned for an immediate end of Russia's participation in the war; granting land to the peasants, and providing workers with ownership of factories. When the Provisional Government chose to continue fighting the war, the Bolsheviks exploited the virtually universal disdain towards the war effort as justification to advance the revolution further by

overthrowing Kerensky.

The situation climaxed with the October Revolution in 1917. A Bolshevik-led armed insurrection by workers and soldiers in Petrograd successfully overthrew the Provisional Government, transferring all its authority to the Soldiers and Workmen's Committee, which assumed the name 'Soviets'. The Bolsheviks' promise to end Russia's participation in the war was fulfilled when the Bolshevik leaders signed the Treaty of Brest-Litovsk with the Central Powers in March 1918. And in doing so, recognizing the independence of Finland, the Ukraine and the Baltic states.

Soon after, civil war erupted among 'Red' - the Bolsheviks and the "Whites" - Army officers, Cossacks, the "bourgeoisie", and political groups ranging from the far right, to the Socialist Revolutionaries who opposed the drastic social and economic restructuring championed by the Bolsheviks.

The 'Whites' had backing from other countries such as Great Britain, France, the United States, and Japan, while the 'Reds' possessed internal support, which eventually proved to be much more effective. Though the Allied nations provided substantial military aid to the loosely knit anti-Bolshevik forces, they were ultimately defeated.

The Bolsheviks quickly expanded their rule beyond Petrograd. By mid-1919 the Red Army had grown to three million men, and was fighting simultaneously on sixteen fronts. For many years the tide of war went back and forth. At times the Bolsheviks appeared on the verge of defeat, only to rally and put the 'White' forces on their heels, and visa versa.

Nowhere was the fighting more brutal than in the Ukraine. The government of Ukraine denounced the Bolsheviks' armed revolt and declared it would decisively fight against any attempted coup in Ukraine. An invasion of pro-Soviet forces from Russia was accompanied by uprisings by the local Bolsheviks throughout the

territory of east-bank on the Dnieper River, but bitterly opposed on west-bank - which today comprises modern day Ukraine. Fighting in the Ukraine went on for four years, only ending in the summer of 1922.

[The long simmering hostility between Russians and Ukrainians were played out twenty years later when Ukrainians rose up and supported Hitler's invasion of Russia, and is still being played out today, with Russia actively arming separatists in Eastern Ukraine. In response, the Ukrainians turned to the West, most notably the United States, for military arms to resist the Russian incursion. It is the withholding of this military aid by President Trump for allegedly personal gain that is the center of the U.S. of House of Representative's impeachment deliberations.]

Five years after the revolution began the Bolsheviks reached Vladivostok, in eastern Siberia, an occupation that ended the civil war. Less than one year later the last area controlled by 'White' forces was surrendered.

Several revolts were initiated against the Bolsheviks near the end of the war, notably the Kronstadt Rebellion. This was a naval mutiny engineered by Soviet Baltic sailors, former Red Army soldiers, and the people of Kronstadt. This uprising was a result of opposition to Bolshevik economic policies that farmers were subjected to, including seizures of grain crops by the Communists.

When delegates representing the Kronstadt sailors arrived at Petrograd for negotiations, Lenin firmly denounced the rebellion and responded with an armed suppression of the rebellion, slaughtering the rebels, even when they freely surrendered.

Red Terror

For anyone not familiar with the horrors that were inflicted during the Russian revolution, we recommend you watch the movie Dr. Zhivago. It will chill you to the bone.

The Bolsheviks leader, Lenin, repeatedly emphasized the need for terror and violence in overthrowing the old order and ensuring the success of the revolution. He declared, "The state is an institution built up for the sake of exercising violence. Previously, this violence was exercised by a handful of moneybags over the entire people; now we want ... to organize violence in the interests of the people."

Fearing anti-Bolshevik forces would overthrow his administration; in December 1917, Lenin ordered the establishment of the Emergency Commission for Combating Counter-Revolution and Sabotage, or Cheka, and quickly took on the role of the Soviet secret police.

In September 1918, Lenin passed a decree that inaugurated the Red Terror, a system of repression orchestrated by the Cheka. The majority of the Terror's victims were well-to-do citizens or former members of the Tsarist administration; others were non-bourgeois anti-Bolsheviks and perceived social undesirables.

The Cheka claimed the right to both sentence and execute anyone



A white Russian anti-Bolshevik poster, in which Lenin is depicted in a red robe, aiding other Bolsheviks in sacrificing Russia to a statue of Marx.

whom it deemed to be an enemy of the government, without recourse to the Revolutionary Tribunals. Accordingly, throughout Soviet Russia the Cheka carried out killings, often in large numbers. There are no surviving records to provide an accurate figure of how many perished in the Red Terror; estimates range upward to 40,000.

Lenin never witnessed this violence or participated in it first-hand, and publicly distanced himself from it. His published articles and speeches rarely called for executions, but he regularly did so in coded telegrams and confidential notes. Many Bolsheviks expressed disapproval of the Cheka's mass executions and feared the organization's apparent unaccountability. By 1920, the Cheka had become the most powerful institution in Soviet Russia, exerting influence over all other state apparatus.

A decree in April 1919 resulted in the establishment of concentration camps, which were entrusted to the Cheka, later administered by a new government agency, Gulag. By the end of 1920, 84 camps had been established across Soviet Russia, holding about 50,000 prisoners. By October 1923, this had grown

to 315 camps and about 70,000 inmates. Those interned in the camps were used as slave labor.

Starting in July 1922, intellectuals deemed to be opposing the Bolshevik government were exiled to inhospitable regions or deported from Russia altogether. In May 1922, Lenin issued a decree calling for the execution of anti-Bolshevik priests, leading to 14,000 to 20,000 priests being put to death. While the Russian Orthodox Church was the worst affected; the government's anti-religious policies also impacted Roman Catholic and Protestant churches, Jewish synagogues, and Islamic mosques.

White Terror

Inciting terror to control the population was not the domain of the Bolsheviks alone, but was also employed by the 'Whites.'

In the Don Province, the Bolsheviks were displaced by a regime headed by Pyotr Krasnov in April 1918. More than 45,000 people were shot or hanged by Krasnov's White Cossack regime. The Don Republic ceased to exist after the Cossacks were defeated by the Red Army. Many of the Russian Cossacks on Don were subjected to a genocide via the Decossackization in 1919-21.

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**Тов. Ленин Очищает
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Bolshevik political poster showing Lenin sweeping away monarchs, clergy, and capitalists. The caption reads, "Comrade Lenin Cleanses the Earth of Filth."



American troops in Vladivostok, 1918. American, along with other Allied troops went to Siberia at the onset of the Russian civil war to aid anti-Bolshevik White Russians.

In November 1918, after seizing power in Siberia, Admiral Kolchak pursued a policy of persecuting Bolsheviks. His government provided a term of five years of prison for individuals considered a threat to the public order because of their ties in any way with the Bolshevik revolt. In the case of unauthorized return from exile, there could be hard labor from four to eight years. It allowed the death penalty, forced labor and imprisonment, and repression by military courts, and it also imposed no investigation commissions. Villages whose population met troops with arms, were burned down and the adult males where shot without exception.

Kolchak's regime also used mass floggings and issued orders to raze to the ground whole villages. In a few Siberian provinces, 20,000 farms were destroyed and over 10,000 peasant houses burned down. Kolchak's regime followed a path of scorched earth, which would later be used by Stalin in WWII, destroying bridges and blowing up water and power stations.

In the Urals, Siberia, and the Far East, extraordinary cruelty was practiced by Cossack warlords. Villages where burned down, after which peasants were shot, tortured, and hanged on pillars, including the wives and children of the peasants. Girls were raped, and then shot. Victims had their eyes gouged and tongues and strips of their back cut off, were buried alive, or tied to horses and drug through the streets.

These mass executions were typical of Cossack troops. In April 1919, Cossack warlords ordered troops to shoot and take hostages for the slightest display of opposition. In the village of Sugar, Cossacks' burned down a hospital with hundreds of

Red Army patients.

The Semenov regime in Transbaikalia was characterized by mass terror and executions. Eleven permanent death houses were set up, where refined forms of torture were practiced. Semyonov personally supervised the torture chambers, during which some 6,500 people were murdered.

Major General William S. Graves, who commanded American Expeditionary forces in Siberia, testified that the Cossacks, "under the protection of Japanese troops, were roaming the country like wild animals, killing and robbing the people, and these murders could have been stopped any day Japan wished. If questions were asked about these brutal murders, the reply was that the people murdered were Bolsheviks, and this explanation, apparently, satisfied the world. Conditions were represented as being horrible in Eastern Siberia, and that life was the cheapest thing there. There were horrible murders committed, but they were not committed by the Bolsheviks as the world believes. I am well on the side of safety when I say that the anti-Bolsheviks killed one hundred people in Eastern Siberia, to everyone killed by the Bolsheviks."

The Famine of 1921-22

The Russian famine of 1921-22, began early in the spring of 1921 and lasted through 1922. This famine killed an estimated five million people, primarily in the Volga and Ural River regions. The famine resulted from the combined effects of economic disturbance because of the Russian Revolution and Russian Civil War, and was exacerbated by rail systems that could not distribute food efficiently.

Before the famine, all sides in the Russian Civil War had provisioned themselves by seizing food from those who grew it, giving it to their armies and supporters, and denying it to their enemies. The Bolsheviks' requisitioned supplies from the peasantry for little or nothing in exchange. This led peasants to drastically reduce their crop production. The rich peasants withheld their surplus grain to preserve their lives, and to sell on the black market.

Aid from outside Russia to ease the effects of the famine was initially rejected. The American Relief Administration, which Herbert Hoover formed to help the victims of starvation of World War I, offered assistance to Lenin in 1919 to ensure that the food was impartially handed out to all.

Lenin refused the food aid, claiming its conditions were an interference in Russian internal affairs. However, Lenin was eventually convinced—by this famine, the Kronstadt rebellion, large-scale peasant uprisings—to reverse his policy at home and abroad, and he eventually allowed the aid in.

As with other large-scale famines, the range of estimates of deaths is considerable, about five million deaths occurred in 1921 alone, from the famine and related disease.

In 1922, to raise funds to help pay for food, the Bolsheviks started seizing church property. In that year alone over 4.5 million rubles of property were seized. Out of these, one million rubles were spent for famine relief.

In a secret letter to the Politburo, Lenin expressed his intention to seize all church property under the pretext of famine relief. In his letter Lenin explains that "the famine provides an opportunity to persecute the Orthodox Church," which held significant sway over much of the peasant populace.

Death of Lenin & Rise of Stalin

By 1921, four years after initiating the revolution, Lenin was seriously ill. Some suggested that his sickness could have been caused by lead poisoning from bullets that were lodged in his body from a 1918 assassination attempt. In 1922 he underwent a surgical operation to remove them, but the symptoms continued. In May 1922, Lenin suffered the first of three strokes, temporarily losing his ability to speak and paralyzing his right side. His second stroke occurred in December.



Leon Trotsky (center) and Stalin (right) carrying Lenin's coffin. Even though Lenin had made Trotsky his heir-apparent, Stalin blocked his rise to power and in 1940 had him assassinated.

Despite his condition, Lenin remained keenly interested in political developments.

During the winter of 1922-23 Lenin dictated his testament, in which he discussed the personal qualities of his comrades, particularly Trotsky and Stalin.

Lenin recommended that Stalin be removed from the position of General Secretary of the Communist Party, deeming him ill suited for the position. Instead he recommended Trotsky for the job, describing him as "the most capable man in the present Central Committee"; highlighting Trotsky's superior intellect.

However, by the time of Lenin's publishing of his testament, Stalin was well on his way to consolidating his power, both by appointing his supporters to prominent positions, and by cultivating an image of a deserving successor.

The most significant political division between Lenin and Stalin emerged during the Georgian Affair. Stalin had suggested that both Georgia and neighboring countries like Azerbaijan and Armenia be merged into the Russian state, despite the protests of their national governments. Lenin saw this as an expression of Great Russian ethnic chauvinism by Stalin and his supporters, instead calling for these nation-states to join Russia as semi-independent parts of a greater union, which he suggested be called the Union of Soviet Republics of Europe and Asia.

After some resistance to the proposal, Stalin eventually accepted it, but he changed the name of the newly proposed state to the Union of Soviet Socialist Republics – the USSR.

In March 1923, Lenin suffered a third stroke and lost his ability to speak. Stalin used Lenin's condition to finish his consolidation of power. Trotsky, after leading a failed struggle against Stalin and against the increasing role of bureaucracy in the Soviet Union, was removed from the Politburo by Stalin and subsequently expelled from the Communist Party. In 1929 Trotsky was exiled from the Soviet Union.

In 1940, Trotsky was assassinated in Mexico City under instruction from Stalin. By then, Stalin had inked a deal with Hitler to invade and divide Poland, and was given Hitler's blessing to invade the Baltic states, and in doing, restore all the territory Russia had lost as a result of Lenin's capitulation to Germany at Brest-Litovsk that cleared the path for his Bolsheviks to cease power.

Two years later, Germany would renege on the deal and attack Russia, leading to the death of 26 million Russian citizens, almost ten times the amount lost in WWI and the Russian civil war combined.

Those who fail to learn from history are doomed to repeat it. – Sir Winston Churchill.

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HISTORY

Gateway to the Mountains

George Wireman
Published in 1969

Chapter 7: The First Post Office

As Mechanicstown grew, the need for a post office was soon felt and although there are no records to confirm the fact, it is believed that Jacob Weller was the moving spirit behind it. The Wellers were lusty men, shrewd, capable, far-sighted and quick to make use of the riches nature had lavished on their lands. They were dedicated citizens and devoted much of their time to community projects.

It was around 1811 when the first post office was opened in the community and this was located on West Main Street on the site now occupied by the home of Melvin Trout. Here Mr. Reuben Osier, a tinner, had a small shop, ten feet by sixteen feet, and he served as local postmaster at the time.

The post office was so crude that a small cupboard was the only item of furniture. This was divided into sections into which the mail was placed until it was picked up by the citizens for whom it was intended.

Several years later, the post office was moved across the street to a room in the building which today houses the office of Dr. Thomas Love. As business increased due to the expanding population of the community, the post office was moved across to the North side of West Main Street for a short period of time. Mr. Frederick White then became postmaster and the office was moved to a storeroom on Church Street, in the building owned by Gilmore Flautt, Jr., and located next to the residence of Edwin C. Creeger.

In 1891, Samuel M. Birely and

Van B. Osier built the Thurmont Bank building on the Square and soon after the building was completed, the post office was moved there, where it occupied a room on the West side of the bank. It remained at this location for several years and was then moved into the Masonic Building on East Main Street, which is now occupied by the Thurmont Pharmacy.

The post office remained at this location until 1959, when it moved into the new post office building on Water Street. This new building, modern in every respect, was built by the Thurmont Masonic Temple Association, Inc. and leased to the Federal Government.

On Saturday, February 28, 1959 at 2:00 P.M., citizens of Thurmont and surrounding areas gathered on Water Street to dedicate the newly constructed post office building. It was a gala occasion for the community. On hand for the dedication was R. E. O'Donovan, Postal Installation Manager of the Washington Region of the Post Office Department, who was the principal speaker during the ceremonies.

As the guests and officials gathered for the special ceremonies, the Thurmont High School Band, under the direction of Calvin Wacker, rendered several instrumental selections which added much to the occasion.

The ceremonies began with the invocation by the Reverend Eugene R. McVicker, pastor of St. John's Lutheran Church.

Lee Munshour, Acting Postmaster, then welcomed all visiting guests and officials and introduced Samuel L. Birely, who acted as Master of Ceremonies. Letters and telegrams addressed to Acting Postmaster Munshour offering congratulations on the dedication of the new post office building were then read, among which were those of President Eisenhower and Postmaster General Arthur E. Summerfield.

Charles R. Ambrose, Mayor of Thurmont, was then intro-



Unfortunately we were unable to find a photo of the opening of the Thurmont Post Office, so instead we are using this opportunity to publish two recently discovered photos of old Fairfield & Emmitsburg Post Offices.



duced and welcomed everyone to Thurmont. In his closing remarks Mayor Ambrose stated: "and may all the mails received at this Post Office, bring only good news."

At this point in the program, Mr. O'Donovan was then introduced and delivered the dedicatory address. During his remarks, Mr. O'Donovan stated that at the present time there are more than 36,000 post offices, and 8,400 postal branches and stations

throughout the country. There are more than 31,000 rural carriers, traveling in excess of 1.6 million miles each working day — a distance approximately equal to three round trips from the earth to the moon. More than 9.1 million families, comprising approximately 33 million individuals, are served by Rural Free Delivery. More than 3.4 million business firms and approximately 37.6 million residential families are served each working day by mail carriers covering more than 89,000 delivery routes. Over one million money orders are issued each working day. If piled flat, one on top of the other, they would make a stack one and one-half times as high as the Washington Monument. Today, the postal service operates more than 85,000 vehicles — the largest motor vehicle fleet in the world. The Post Office Department employs over half a million people — more than any other government agency except the Department of Defense. In 1959 the Postal Service was estimated to handle approximately 61 billion pieces of mail. In looking over these figures, we can visualize the size of the Postal Service of the United States and have a better understanding as to its impact on our social and economic life.

At the close of Mr. O'Donovan's address, Carroll E. Kinsey, Presi-

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The next TBN meeting is Thursday, February 6th at 8 a.m. Rebecca LeChance Artistic Studio, 3 E. Main St., Thurmont
Helen Prophter, Director of Frederick Co. Economic Development will be the guest speaker.

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HISTORY/OBITUARIES

dent of the Thurmont Construction Co., who built the new Post Office Building, presented the keys to Ernest P. Hammaker, President of the Thurmont Masonic Temple Association, Inc., Lessor. Mr. Hammaker then presented the keys to Postmaster Munshour.

An American flag, which formerly flew over the Post Office Department in Washington, was presented to Mr. Munshour by Mr. O'Donovan.

Color Guard of the Edwin C. Creeger, Jr., Post 168 of the American Legion accepted the flag from Postmaster Munshour and participated in the flag raising ceremony in front of the building at the main entrance. As the flag was raised, the audience, assisted by the Thurmont High School Band, sang the National Anthem.

Under the able direction of Miss Mildred Trevvett, the Thurmont High School Choral Group rendered several vocal selections, after which the Reverend Lloyd L. Wolf, Rector of Catocin Parish, pronounced the benediction.

At the close of the ceremonies, the public was invited to inspect the new facilities and light refreshments were served.

Postal personnel of the local office at the time of dedication were Lee Munshour, Acting Postmaster (later appointed Postmaster); Howard F. Shire, regular clerk; Sam H. Starbuck, Jr., substitute clerk; Charles D. Walter, temporary substitute clerk; James R. Eyster, Jr., Regular rural, carrier; Mehrl T. Ecker, temporary rural carrier; Lester L. Moser, substitute rural carrier; and Sterling H. Kelbaugh, substitute rural carrier.

Former rural carriers of Thurmont were William H. Damuth, J. Harry Freeze, J. Frank Albaugh, C. Luther Munshour, Emory F. Stottlemeyer and Lee J. Kelbaugh.

Former postmasters include Frederick White, Leonard R. Waesche, J. Henry Cover, Joseph C. Gernand, Morris L. Rouzer, Howard R. Damuth, Earl T. Kelbaugh and Lee Munshour who is the present postmaster in charge of the local postal operations.

Chapter 8 next month

Barbara Ellen Cool



Barbara Ellen Cool, 73, of Emmitsburg, died peacefully on Thursday, December 12, at Frederick Memorial Hospital with her family at her side. Born April 3, 1946 in Frederick, she was the daughter of the late Oldrich Alouis and Janet Agatha (Adelsberger) Tokar. She was the wife of the late Ronald Joseph Cool, Sr.

Ellen was a Duplicating Machine Operator at the National Fire Academy, where she was employed for more than 20 years. She enjoyed sewing, reading, working jigsaw puzzles and collecting lighthouse figurines. During her younger

years, she enjoyed camping, fishing and canoeing outings with her husband and family. More than anything, she loved spending time with her family and her beloved cats, Lightning, Johnny, Blaze and Laith.

Surviving are her children, Angie Smith and husband Daryl of Emmitsburg, Jennifer Wozniak and husband Richard of Fairfield, and Ronald J. Cool, Jr. and wife Jodi of Thurmont; sister, Betty Nitchie of Concord, NH; 4 grandchildren; 4 great-grandchildren; and many nieces and nephews.

A funeral service was held Monday, December 16, with Celebrant John Morrill officiating. Burial was in the Emmitsburg Memorial Cemetery. In lieu of flowers, memorial contributions in Ellen's name may be made to Hospice of Frederick County, P.O. Box 1799, Frederick, MD 21702. Online condolences may be expressed to the family at www.myersdurborawfh.com.

Linda Sue Knox



Linda Sue Knox, 76, lifelong resident of Emmitsburg, died on Friday, December 20, at her home. Born May 6, 1943 in Gettysburg, she was the daughter of the late Charles William and Dorothy Margaret (Baumgardner) Knox.

Linda was a graduate of Emmitsburg High School class of 1961 and St. Joseph College class of 1965. She worked for 34 years as a library media specialist in the Baltimore city public school system until her retirement in 1999. She was a life-long member of Elias

Evangelical Lutheran Church in Emmitsburg, and a Adams County Master Gardener.

Surviving are brother, Charles "Tom" Knox and wife Doris of Hanover; special cousin, Shelly Hess of Taneytown; and several other cousins. She was predeceased by a brother, James E. Knox and sister, Polly Ann Knox.

Funeral services were held December 27 at Elias Evangelical Lutheran Church in Emmitsburg with Pastor Jon Greenstone officiating. Burial was in the Keysville Union Cemetery.

In lieu of flowers, memorial contributions in Linda's name may be made to Elias Lutheran Church, PO Box 465 Emmitsburg, MD 21727. Arrangements have been entrusted to the Myers-durboraw Funeral Home in Emmitsburg. Online condolences may be expressed to the family at www.myersdurborawfh.com

Elizabeth McIntyre-Danner



Elizabeth McIntyre-Danner, 60, of Emmitsburg, died peacefully surrounded by her loving family on Friday, December 20, at her home after a long battle with cancer.

Born July 14, 1959 in Frederick, she was the daughter of the late James Duncan McIntyre and Mary (Michaud) McIntyre. She was the loving and devoted wife of 15 years to Michael L. Danner.

Biffy as she was affectionately known was a 1977 graduate of Linganore High School and went on to graduate with a B.A. in Fine Arts from Mount St. Mary's University. She attended Mass at St. Anthony Shrine Parish and enjoyed volunteering at the Seton Center. She loved arranging flowers and growing plants in her huge backyard garden. She was a book enthusiast, and enjoyed collecting, baking, knitting

and remodeling old historic homes. Biffy will be missed by all who knew and loved her.

Surviving in addition to her husband are daughters, Sarah Anderson and Jennifer Lily Anderson both of Walkersville; son, Angus Ian Leahy of Walkersville; grandchildren, Jacob and Morgan Sayer, Tyler Hournbuckle, and Lukas Welch; siblings, Jan McIntyre-Creager and husband Joe of Frederick, Jamie McIntyre and wife Kim Anh of Hyattsville, Leah McIntyre Louie and husband Ron of Elk Grove, CA, Alice DeCarlo of Sharpsburg, and Alex McIntyre of Hagerstown; mother-in-law, Nancy Danner of Emmitsburg; and many nieces, nephews, and friends.

A Mass of Christian Burial was held December 28 at St. Anthony Shrine Parish with the Rev. Collin Poston as celebrant. Burial will follow at Emmitsburg Memorial Cemetery. In lieu of flowers, memorial contributions in Elizabeth's name may be made to Emmitsburg Osteopathic Primary Care Center, 121-123 W. Main Street, P.O. Box 1219, Emmitsburg, MD 21727 (www.EOPCC.com).

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MOM'S TIME OUT

Blessings!

Mary Angel

This word means different things to different people. Depending on your age, your marital status, your financial state of being, and so many other factors a blessing is different for each of us. In this New Year I want to encourage all of you to look closely at your lives and see how very blessed you are.

I told a friend what I was going to write about and she told me she didn't feel very blessed, actually she felt quite the opposite. There was nothing special about her life, she said, her kids were getting average grades, her husband was in a middle of the road job making a middle of the road salary, their house was far from their dream house. I explained to her that blessings are truly in the eye of the beholder. As we talked some more I put a little spin on what she had told me and played her life back for her. "To me, it sounds like, you have a loving family, a hard working husband and provider, kids who love you and don't struggle in school, and a roof over your head that keeps you very comfortable, but not house poor. She was surprised at the way I looked at things. It turned out that she was truly blessed in her life.

This season of my life has brought enough stress that I have

developed a rather painful spike in my temple. Although it is not constant it is fairly regular and extremely sharp. Between surgery, health issues with two of the pets, bullying in school causing anxiety and depression, my newest college student struggling in a math class and possibly losing his scholarship, and many other stressors I have found myself feeling defeated and inadequate. These are the times when I forget how blessed I really am. These are the times when I need to remind myself of how blessed I am. Life isn't supposed to be easy, no one ever promised that. We just need to remember that even when times are difficult there are still blessings in our lives.

I often, when times are especially difficult and stressful, find it easier to think of little blessings and work my way up to bigger ones. For example, it might be easier to look at having food on the table as a blessing instead of trying to think about your next huge vacation. There is always something to feel blessed about, even if it is just being alive. Things change every day and that means there is the opportunity for bad things to get better. Although it was an expensive endeavor, especially at Christmas time, our pets will get better and we are blessed by that. My daughter is becoming a stronger person because of what



Always remember to count the blessings of the simple things in life.

she is going through. I wouldn't wish bullying on anyone, but she is blessed to have a supportive family and a school administrator who is trying to help her. As for my surgery, it was much more difficult and expensive than I anticipated, but I am on the road to recovery and blessed by that. My son has officially not passed his math class by 2 percent and he is bummed and worried and completely stressing. He is also trying to make a plan to retake the class before the scholarship period

ends in the hopes of not losing the scholarship. All of this being said, he is blessed by the fact that he has the opportunity to retake the class, hasn't lost his scholarship, and that he had a scholarship at all.

As my son and I talked about him not passing his math class he became very melancholy. He didn't want to talk about what was next. All he could focus on was what was done and done wrong. Sometimes a blessing can be found in simply looking to the

future and the possibilities that wait there. For my son, he needed to make a plan on how to fix the problem. There were any number of class combinations that would give him the opportunity to fix his mistake and there was a blessing in having options. My daughter on the other hand often struggles with seeing the blessings in her life. We call this going down the rabbit hole. When she starts thinking about something that is far from a blessing and that leads to another sad thought and another sad thought and so on. I talk often with my children about turning your thoughts around and counting your blessings. Sometimes they tell me that I sound goofy and corny. That is what they say right up until they try thinking of the blessing in every situation. It isn't always easy but it does work.

This is a skill that we need to start young teaching our children. In the process hopefully we too will see the blessings in our lives. The bottom line is that there is always someone worse off than you are and there is probably someone better off than you are (at least from your perspective). As for those who are worse off than you are...pray for them! As for those, that you perceive as better off or more blessed than you, please realize we don't always see outwardly the struggles of other people and therefore shouldn't assume that their blessings are any better than ours. This really does sound like the old if the world gives you lemons make lemonade, but why not. There are almost always two ways to look at a situation. Here is an example, your refrigerator goes up and your husband just got a bonus that will cover the cost of a new fridge. Is this sad because you wanted the bonus for other things or is this a blessing because you were provided the means to buy a new fridge.

Blessings are often in how you look at them and more often in whether you choose to count them. I hope you all find yourselves blessed in this New Year!

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

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Super Bowl Sunday treats

Kay E. Hollabaugh
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It doesn't seem like so many years ago that we were all fretting about what rolling the calendar from the 1900's to the 2000's would do! Would all of our records be lost? Would banks fold? Would hospitals be able to function? Here we are, twenty years later, and everything is still intact. There have been plenty of changes since 1999, but there have also been some constants. We still celebrate the end of one year and the dawning of the next. So although I know till you read this it will be old news - Happy New Year from the Hollabaugh Family!

Although I was raised in a sports-loving family, I never really got too much into sports except for baseball. As for football and my knowledge there? Not so much. Probably like many of you, Super Bowl Sunday is nothing about the game and everything about the food!

We typically get together with friends and enjoy the commercials and the food. Any New Year's resolutions about dieting and healthy eating are quickly blown during the 4-hour period that the game is on. I hope you might enjoy some of my favorite

snack dishes - that are consumed on Super Bowl Sunday!

Buffalo Chicken Dip

Ingredients

- 1 8 oz. package Cream Cheese, softened
- 1 Lb. Chicken breast, boneless and skinless, cooked & diced
- ½ C. Buffalo Sauce
- ½ C. Ranch Salad Dressing
- 2 C. Shredded Mexican (or other) cheese

Directions: Spread cream cheese into an ungreased shallow 1 quart baking dish. Layer with chicken, buffalo sauce and ranch dressing. Sprinkle with cheese. Bake at 350 degrees for about 25 minutes. Makes 2 cups. Serve with tortilla chips!

Grilled Corn Dip

Ingredients

- 2 Pints of Corn (can use frozen or canned)
- 1 Large Onion, Chopped
- 1 Jalapeno Pepper, Finely Chopped
- 2 Cloves Garlic, Minced
- 2 T. Butter
- 1 C. Mayo
- ½ C. Sour Cream
- ½ Tsp. Chili Powder
- 2 C. Shredded Cheese
- 1 Can Sliced Olives, Drained
- 2 T. Sliced Scallions
- Tortilla Chips

Directions: In a large skillet, saute onion, jalapeno and garlic in butter until tender. Add corn. Saute 1 to 2 minutes or until vegetables are tender. Remove from the heat. In a large bowl, combine mayo, sour cream and chili powder. Transfer to greased 2 quart baking dish.

Bake, uncovered, at 400 for 25 to 30 minutes or until bubbly and golden brown. Sprinkle with olives and scallions. Serve with chips.

Old English Crab Muffins

Ingredients

- 1 5 oz. Jar Kraft Old English Cheese
- 6 English Muffins, Sliced in Half
- 1 Can Jumbo Lump Crab Meat, drained
- ½ Stick Butter
- 1 T. Mayo
- Garlic Powder

Directions: Over low heat, melt butter and add cheese. Add dash of garlic powder. Take off heat & add mayo & crab meat. Spread on muffins. Broil or bake until bubbly.

Sweet Barbecue Chicken Dip

- 2 8-ounce Cream Cheese, Softened

- 3 C. Shredded Chicken
- ¾ C. Jellied Cranberry Sauce
- ¾ C. Heinz Chili Sauce
- 1 T. Apple Cider Vinegar
- 1 T. Dijon Mustard
- 1 Tsp. Red Pepper Flakes
- 1 ½ C. Monterrey Jack Cheese
- 1 T. Worcestershire Sauce
- Sliced Scallions

Spread cream cheese in 9x13 pan. Stir together chicken, sauces, vinegar, mustard and red pepper flakes. Spoon over cream cheese. Sprinkle with cheese. Bake at 375 degrees for 20 to 30 minutes. Sprinkle with scallions, sliced thinly. Serve with crackers or tortilla chips.

Greta's Pimento Dip

Ingredients

- ½ Lb. Sharp Cheese, Shredded
- 4 Oz. Pimentos - Chopped and Drained
- 4 Oz. Softened Cream Cheese
- 1/3 to ½ C. Mayo
- 1 Tsp. Garlic Powder
- 1/8 Tsp. Cayenne Pepper

Directions: Combine all till well mixed. Serve with crackers.

Artichoke Baked Potato Skins

Ingredients

- 2 Large Baking Potatoes
- 1 Pack Spinach Artichoke Dip Mix (prepped per package directions)
- ½ Cup Grated Sharp Cheese

Directions: Bake potatoes at 350 degrees for nearly an hour - till tender throughout. Let cool and scoop out inside "meat" of the potatoes. Leave skin intact. Mix the meat of the potatoes with the artichoke dip mix and most of the cheese. Spoon back into the potato skins. Bake in oven at 350 degrees about 15 minutes. Sprinkle a bit of reserved cheese over the top and broil till bubbly. Enjoy!

Stuffed Mushrooms

Ingredients

- 3 Slices Bacon
- ½ of an 8 ounce package Cream Cheese (four ounces)
- 2 T. Grated Parmesan Cheese
- 3 Drops Worcestershire Sauce
- Dash of Pepper
- 1 Lb. Mushrooms, Stems Removed
- 2 T. Grated Parmesan Cheese

Directions: Preheat oven to 350 degrees. Fry bacon strips until well done. Drain well, patting bacon with paper towel to get rid of excess fat. Crumble the bacon into a bowl. Stir in the cream cheese, 2 T. parmesan cheese, drops of Worcestershire sauce and pepper until evenly mixed. Spoon the filling into the mushroom caps and place in an 8x8 baking pan. Sprinkle with remaining parmesan cheese. Bake until golden brown - about 25 minutes.

The Amish Cook

Gloria Yoder

I like goals and the New Year is a great time to plan some. Having a goal, then reaching it has a satisfaction all its own. Life seems to be busy and full for all of us. How much of it really has to do with the way we handle it? In the midst of a trying moment it really does seem so unfair that things have to be going backwards, but then who said that life will be easy? Where would I be if life really would always be the way I want for it to be?

A family favorite during the winter months is a creamy cheese soup. As a young girl I made countless times for our large family. No two batches turned out the same. Your imagination will be the limit. From leftover eggs to rice casserole or hamburgers, they all got chopped and dumped into the pot. Liquid smoke our any herbs or seasoning will add your own authentic touch.

Ham And Cheese Soup

Ingredients

- 1/4 cup butter
- 1/4 cup flour
- 4 cups milk
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 3/4 teaspoon garlic salt
- 1/4 cup chopped onions
- 3/4 lb. ham, cubed
- 2 cups cooked potatoes
- 1 cup cooked carrots
- 1/2 pound melting cheese

Directions: Melt butter, keep heating until butter turns nice and brown. Stir in flour. Add milk, seasonings, and onions, stirring well. Boil for two minutes. Add ham, potatoes, and carrots, heat and serve. Be careful not to boil after cheese has been added.

Breakfast sausage

Ingredients

- 2 lb pork (or 1 lb pork plus 3/4 lb venison)
- 1/2 teaspoon ground mustard
- 2 teaspoons salt
- 1 1/4 teaspoon black pepper
- 1/2 teaspoon ground sage
- 1 tablespoon brown sugar
- a pinch of red or cayenne pepper

Directions: Mix together and use as you would any sausage. This can also be mixed and frozen ahead of time for your convenience.

Trail Mix Bars

Ingredients

- 3 cups Crispix cereal
- 3/4 cup raisins
- 3/4 cup M&Ms, opt.
- 1/4 cup sunflower seeds
- 1/2 cup honey
- 1/3 cup sugar
- 1 cup peanut butter
- 1 teaspoon vanilla

Directions: Combine cereal, raisins, M&Ms, and sunflower seeds in a bowl. Combine honey and sugar in a medium sauce pan. Heat until sugar is dissolved then add peanut butter and vanilla. Continue to heat

until peanut butter is melted. Pour over cereal and mix well. Press mixture into a 9 by 9 inch pan. When cool, cut into squares.

Note: I usually use quick oats instead of Crispix, only using 2 ½ cup instead of 3. Also, I prefer omitting the sugar and sprinkling in some Stevia instead.

Healthy Chocolate

Ingredients

- 1 cup coconut oil
- 1 ¼ cup unsweetened cocoa
- 1 ½ cup peanut butter
- 3/4 cup maple syrup or honey
- 1/2 teaspoon salt
- 2 teaspoons vanilla

Directions: Melt all together over

medium heat until melted. If desired spread on top of Trail Mix bars and refrigerate. This chocolate is our favorite ice cream topping. If you drizzle it directly over the ice cream it will harden, or if you like it "Daniel style", try just making a little pool of warm chocolate next to your ice cream and enjoy the two together!

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LIBRARY NEWS & EVENTS

Blue Ridge Summit Free Library

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

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

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

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

Upcoming Special Events

Zero, our wonder therapy dog, will be at the library from 5:30 - 6:30 p.m. on Jan 21, for the ever popular "dog-house sessions". He loves a good book and great company so stop on by and get a fuzzy cuddle!

The Summit Stitchers Quilt Club is also meeting at 5:30 p.m. on Jan. 28. New members and new projects are always welcome! Any skill level may attend. If you have always wanted to learn how to quilt, now is the perfect time to start!

The Dining Car Food Club will be meeting at 6 p.m. on Jan. 16. Please put on your creative cap and bring a dish of seasonal foods to share.

Train of Thought Book Club. Jan. 23. 6 p.m. We will be discussing "Tolkien and the Great War: The Threshold of Middle Earth" by John Garth.

BRS Summit Old Time Radio - Jan 27, 5:30pm - 6:30 p.m. Relive Orson Wells 1938 classic 'War of the Worlds'

Frederick County Library Emmitsburg Branch

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

Elementary STEM Lab - Thursdays, 6 p.m. Explore Science, Technology, Engineering, and Math concepts in the STEM Lab. Children under age 8 must be accompanied by an adult.

Frozen Party - Jan. 2, 10:30 a.m. Celebrate winter with a special storytime and activities featuring Anna, Elsa, and Olaf.

So You Think You Want A Dog? - Jan. 4, 11 a.m. Learn about raising and training dogs with Nicole and service dog Vici of A Paw Above training company.

STEAM Café: Pringles Ringle Challenge - Jan. 4, 2 p.m. Let's play with our food! The challenge is to create a Pringles ringle using physics and a steady hand.

School Skills for Preschoolers - Thursday, Jan. 9, 16, 23, 30, 11:15 a.m. Practice school-readiness skills with cutting, tracing, play, and other literacy activities.

R.E.A.D. with Wags for Hope - Jan. 16, 5 p.m. Children read to Reading Education Assistance Dogs.

The American Coverlet - Saturday, Jan. 11, 10:30 a.m. Discover the story of 19th century American woven coverlets and how the tradition continues today.

Art Lab: Magic Salt Effects Snowflakes - Saturday, Jan. 18, 1 p.m. Experiment with different art mediums and techniques in this program designed to allow creative expression.

DIY Paper Making - Jan. 25, 1 p.m. Discover how to make paper and turn it into something beautiful.

Thurmont Regional Library

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

Little Picassos - Mondays, 2 p.m. Little ones will express themselves through painting, drawing and more.

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

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

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

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

Baby Storytime - Thursdays at 10:30 a.m. Songs, stories, and play for babies and their grownups.

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

Family Storytime - Saturday, Jan. 4, 11, 18, 11 a.m. Songs, stories, and fun for the whole family.

Whimsical Snowglobes - Jan. 2, 6p.m. Choose your favorite superhero, theme, quote, or poem to make magic in a jar.

Parachute Play - Jan. 3, 10:30 a.m. Music and games around the parachute.

Hello Holidays: Krafty Kids - Jan. 5, 2 p.m. Make and Take time!

Exploration Station: Snowflakes - Jan. 6, 6:30 p.m. Explore the science behind snowflakes. Make a snowflake catcher. Create snow art.

Artful Expressions - Jan. 7, 6:30 p.m. Drop in to try various materials and calming art techniques.

Slime Lab (Grades 6-12) - Wednesday, Jan. 8, 6 p.m. Try new slime recipes

every month with different colors, textures, and additions.

A Little Bit of Spanish - Thursday Jan. 9, 16, 23, 11 a.m. Learn some basic Spanish vocabulary and phrases.

True Crime: Nittany Nightmare - Jan. 9, 7 p.m. Author Derek J. Sherwood discusses his latest book, "Nittany Nightmare: The Sex Murders of 1938-1940 and the Panic at Penn State," and the crimes that inspired it.

Storyland: Sensory - Friendly Storytime - Jan. 10, 10:15 a.m. Sensory-friendly storytime and play in partnership with the Frederick County Infants and Toddlers Program. Designed for ages 0-3 years with an adult. Space is limited, please come early for your ticket.

Become a Literacy Tutor: Information Session - Jan. 10, 2 p.m. Find out everything involved in becoming a volunteer literacy tutor in this session provided by the Literacy Council of Frederick County.

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

Open STEM Lab - Thursday, Jan. 12, 19, 26, 2 p.m. Explore Science, Technology, Engineering, and Math concepts in the STEM Lab. Children under age 8 must be accompanied by an adult.

Family Financial Literacy - Jan. 13, 27, 6:30 p.m. Vinore's Financial Services will discuss how to achieve financial stability for young families. Children ages 3-10 can attend the program in the adjoining room while parents enjoy the session.

Exploration Station: Arctic Animals - Jan. 13, 6:30 p.m. How do arctic animals stay warm? How big is a polar bear's footprint? Explore all things arctic with hands-on activities.

Choose Civility: Climate Change: What Can We Do? - Jan 14, 28, 7 p.m. NOAA Climate Steward Educator Joyce Tuten explains the science of the greenhouse effect and climate change. Short but information-dense, learn about the events affecting the planet and possible solutions.

Teen Volunteer Corps - Jan. 15, 6 p.m. Meet and discuss how YOU can impact our library. Plan events, transform the teen space and have your voice be heard.

Wall Art with Recycled CDs - Jan. 16 6 p.m. Use old CDs, scrapbook paper, Mod Podge and clips to make a unique and colorful piece of art.

Playdate! - Jan. 17, 24, 10:30 a.m. A craft, activity, or playgroup designed for children ages 0 to 5 with a caregiver.

Fun With Books - Jan 17, 1:30 p.m. Sharing picture books with related activities. Children do not need to know how to read, but need to be accompanied by a caregiver.

Movies and Cocoa - Jan. 18, 2 p.m. Enjoy cocoa and snacks while watching a movie.

Games & Grub - Jan. 21, 3:30 p.m. Eat snacks while you play games of all kinds.

Hello Holidays: Chinese Calligraphy - Jan. 23, 6 p.m. Celebrate Lunar New Year by creating sacred characters of Chinese script.

R.E.A.D. with Wags for Hope - Jan. 25, 11 a.m. Children read to Reading Education Assistance Dogs.

Open Memory Lab - Jan. 26, 2 p.m. Use our equipment to convert your photos and analog home videos to digital formats you can share and enjoy today! Lab volunteers will be available to help. Formats accepted: mini DV tapes, VHS tapes, VHS-C tapes, photos, slides, and negatives. This project was made possible in part by the Institute of Museum and Library Services and the Maryland State Department of Education.

Exploration Station: Winter Art Attack! - Jan. 27, 6:30 p.m. Explore art materials to make and take a creative creation.

Reading with Heiress: Body Boundaries - Jan. 29, 2 p.m. Learn about body boundaries with Heiress the service dog from the Child Advocacy Center. Through stories, experts will help kids know their own body, understand how to recognize an inappropriate touch, speak up if body boundaries have been crossed, and build a support network!

Paper Crafts - Jan. 29, 3 p.m. Create craft projects, such as origami and book folding, all from paper materials.

What to do with a DNA Match? - Wednesday, Jan. 29, 7 p.m. Genetic Genealogist, Andrew J. Hochreiter, presents how DNA matches can be used as a tool to trace family history and solve genealogical problems.

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SCHOOL NEWS

Changes to the school calendar year

Brad Young
Board of Education

The Board of Education of Frederick County adopted the 2020-2021 academic calendar at our regular meeting in December. Having received a high volume of feedback from the three draft options posted for public comment, the Board selected option 3, with a Monday, August 31 start day for students. If there are no snow days, the 2021 school year will end Tuesday, June 15. With five snow days, it will end Tuesday, June 22, 2021.

In the adopted 2020-2021 calendar, schools are closed for Labor Day Monday, September 7, Fair Day Friday, September 25 and Monday, September 28. Parent-Teacher Conferences are Wednesday, October 21-Friday, October 23, with students arriving four hours late October 21 and 22, and dismissed 3.5 hours early Friday, October 23. Fall break is Wednesday, November 25-Friday, November 27. Winter break is Thursday, December 24-Friday, January 1, 2021. Spring break is Monday, March 29-Monday, April 5.

Additional details are online at www.fcps.org/calendar. I will say that adopting a calendar is one of the most continuous

things that we do as Board members. Many people feel that school should not start until after Labor Day. This coming year Labor Day is September 7th so that would mean not starting school until September the 8th. Starting that late would mean many lost educational days for students before

Many people feel that school should not start until after Labor Day. This coming year Labor Day is September 7th so that would mean not starting school until September the 8th.

they would be taking critical exams such as for their AP classes. We also had many that felt starting school in mid-August made sense. They want more classroom time before exams are given and like getting out by the end of May. In the end an August 31st start date seemed like a good compromise. One thing that we also had to take into consideration was that

many parents had already booked vacation plans for this coming August under the assumption that students would not go back until after Labor Day. One proactive step that we are looking at doing to help this is adopting our calendar two years in advance.

The other major item that we voted on at the December meeting was officers for the upcoming year. The Board of Education of Frederick County re-elected me as BOE president, and elected Jonathan (Jay) Mason as vice president. This will be my 6th consecutive year as President and my 7th overall in my 9 years on the Board.

Mr. Mason was elected to the Board in November 2018 for a four-year term through December 2022. A graduate of Governor Thomas Johnson High School, he completed undergraduate studies at Shepherd University in 2008, where he was also a 3-year starter as quarterback and captain of the football team. In 2012, he completed graduate work at Frostburg University with a Master of Arts in Teaching. His work supporting FCPS students as president of Eliminating Achievement Gaps, Inc. (EAG) earned him a position on Frederick County Executive Jan Gardner's Education Leadership Team as well as on the Superin-

endent's Advisory Council. He serves on boards of two local nonprofits: Boys and Girls Club and Habitat for Humanity, as the vice chair. He is also a board member for the Rotary Club of Frederick. Mr. Mason is employed at Verita Commercial Real Estate and has been a licensed Realtor since 2004. Mr. Mason spent numerous years as a high school and youth football coach at Frederick-area schools. His wife, Beth, a longtime Frederick resident, and he are the proud parents of

three children who attend Frederick County public schools. I am looking forward to Jay's leadership!

Finally, I was proud to be at the Catoclin State Championship to watch them win the State 1A Championship! Catoclin brought a huge crowd and brought the trophy home! Also, congratulations to Middletown who won the State 2A Football Championship and to Linganore who had a great season before losing in the State 3A championship game. Frederick County football is some of the best in the state!

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TOP FIVE

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FOUR YEARS AT THE MOUNT

As a decade has wrapped up and a new one is commencing, we asked our writers to reflect on how they've changed and grown throughout the past ten years.

Freshman Year

Age of reason

Emmy Jansen
MSMU Class of 2023

Ten years ago, I was eight years old and was halfway through the third grade. I had just started at a new elementary school and was in a class with a teacher who taught two of my older siblings. My mom worked at the front desk in the office and my sister was in a kindergarten class down the hall. What I remember most about that school was the bus ride. We were bussed to a different school than the one we should've gone to because I was in an academic program. That meant my little sister and I caught the bus out in the rural part of the county and drove up and down the old country roads until we got into the new, fancy neighborhood the school had been built in.

I was thankful for the long bus ride in because it took me on a tour of the place I'd always called home. Before coming to college, I'd only ever lived in one place. Driving the mountain roads here in Maryland, I find the similarities and the differences between

where I'm from and where I've come to be. There's a simplicity in the nostalgia of it and comfort in the known. But there's also something enjoyable about making your own path. Even though I was the fourth of five kids, I was the first to go away. Everyone still lives in or around the town we're from, except for me. I find myself with two homes and finding home in every place I go. The small country stores around Emmitsburg mimic those I used to pass on my way to elementary school. Frederick has flecks of the suburban village that was a staple of my high school years. But it is all new and while it's familiar, it isn't the same. It's like getting into an accident and waking up with amnesia; I'm learning everything again for the first time. I've spent a lot more time thinking about the past. What were my parents like in their college years? What did my older siblings do with this new freedom? What happened in our lives to get us to these points?

If you had told me ten years ago that I'd be going to a small Catholic university in the mountains of

Maryland, I don't think I would've believed you. If you had told me that fact a year ago, I definitely wouldn't have believed you. When I was eight, I wanted to be a lawyer. I don't think I knew what a lawyer was, but I remember seeing the law firm commercials when I was watching Disney reruns and wanting to wear a nice suit and carry a briefcase.

For most of my life, I wanted to be a teacher. Towards the end of elementary school and all through middle school, that's what I told everyone I was going to be. I would be a high school English teacher, or maybe history. I loved school, learning, and reading. I wear glasses today because I would stay up late at night reading books with the lights off, because my curiosity never stopped even when my mom told me to. I wrote, a lot. I carried a notebook with me everywhere I went, jotting down random notes and thoughts to be expanded upon later. I still do.

But freshman year came and went and so did my love for teaching. For the rest of high school, I bounced between ideas and none of them seemed to stick. Psychology made me happy for awhile until I learned I wasn't good at science and I didn't like it that much either. Business made sense until

it didn't, same with political science. As I write this having finished my first semester of college, I'm not sure if the answer to the question, "What do you want to do?" has gotten easier or harder.

Am I making eight-year-old me proud? I know I've disappointed her in one way; she thought she'd have at least two books published before graduating high school. Despite my failing, I think eight-year-old me would be happy to see who she became today and look forward to the future she has to grow into.

Eight-year-old me didn't have much to worry about. I had homework, but I enjoyed it. Home was a nice place to be and playing with my siblings was probably the highlight of the day. I remember the room I shared with my little sister, how our toys would take over the room at times before we'd scramble to put them all away before bed. Things were fun, things were easy. But if I had the choice to go back to being eight, I'd never take it. No matter how hard things get in the present, it's where I'm meant to be. I wouldn't want to go back to being eight or fifteen or any age. I earned being eighteen.

When I started college, I was sent off with these words from my

mom. "High school is the best four years of your life, but college is the fastest four years." She might be right, and she usually is, but I don't want her to be. Yes, the five months I've been in college have been a whirlwind and it's hard to believe it's already over. But I refuse to let the four years I have behind me be the best I'll ever have. The best years of your life should be the ones you're living right now. I want them to continuously get better until they stop altogether. Reflecting on the past is healthy but I want to turn my gaze forward, into the life I have to look forward to. I didn't know what the last ten years held for me and I don't know what the next ten will have. Where will I be in 2030? Hopefully, I'll have graduated college and work a steady job—doing what, I have no idea. Maybe I'll be a mom, maybe I won't be. That is the joy of living, never knowing what's coming next and getting to find out. People will come in and out of our lives and time will march on. But it's not about the minutes or the years that pass us by but what it is we do to fill them that really matters.

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

Sophomore Year

Change and a hope

Harry Scherer
MSMU Class of 2022

"Everyone one thinks of changing the world, but no one thinks of changing himself." So wrote Leo Tolstoy in 1900. A talented wordsmith, he hid an exhortation within his observation and called upon the travelers who sought to venture into the new century to consider that which makes their interior weak before challenging their already feeble exterior to reform that which they thought made the world weak.

There seems to be an air of reflection as we come to the culmination of one year and the expected inception of a new decade. One hundred years ago, the people of 1919 anticipated family reunions after the conclusion of the first World War, unknowingly prepared for thir-

teen more years of constitutionally sanctioned prohibition and primed their record players for a decade of hot jazz. It goes without saying that our contemporary understanding of the nature of basic necessities, luxury and entertainment significantly varies from that of our ancestors from whom we are separate by a whole century.

Considering the amount of visible change that has occurred on a societal level in the past century, it is difficult for me to even approach an understanding of the change that has occurred within and without myself in the past decade. If I am having difficulty coming to an interior understanding, then imagine the difficulty that would arise in having to verbalize these confusions in the written word. Even if I could lucidly define and enumerate these personal alterations, I am not

sure that I would be comfortable in doing so. One of the characteristics of the modern era, evidenced most clearly in my generation and our addictive use of social media, is the tendency to overshare and be particularly vulnerable without taking the concern to censor that which we say and the people to whom we say it. Some in the older generation might suggest that this cultural tendency is not a unique state of things and is indicative of the ignorance of youth. This may be the case. Nevertheless, it seems that the tendency to overshare should be checked lest we risk harming the legitimacy of our individual experiences and the unique promptings of the heart which we experience every day.

In addition, I bear a subtle hesitation with oversharing changes that have been noticed by means of introspection. While appropriate introspection has been previously observed in this column as a positive thing, it should still be recognized that too frequently engaging in the activity could be detrimental. I have been more regularly considering the dangerous effects of this frequent introspection as an effect of the modern tendency to bring all broadly human realities into the academic sphere. Because academic life is appropriately fueled by observation and a greater proportion of the population is being exposed to the academy, the inclination to break down the limits of academic inquiry into the sphere of personal experience seems to have become apparent in our generation. Instead

of living life in the present moment, we spend more time psychoanalyzing ourselves and trying to understand the deeper reasons why we act in certain ways as if we are observing the activity of neurons in a science experiment when we think.

With these two hesitations in mind, it would still be appropriate to consider the noticeable changes that have taken place within me in the past ten years by means of the grace of interior motivation or the grace of environment. In other words, the only way that I can justifiably attribute the changes that I have made in the past ten years is through an understanding that they were and are rooted in the will of Divine Providence. In my mind, to deny this fact would be to deny the Incarnation, the mystery which holds that God became man so that man might become more like Him. Through His humility in the stable, His humiliation on the Cross and His glory in the Resurrection, we can see with utter clarity through the eyes of faith that God became man so that we "may have life and may have it more abundantly" (John 10:10).

In general, the change that has taken place the most in the past ten years is the hope that I might see that life Our Lord was referring to in the Gospel in everything. To be clear, the change has been a hope. Everything else is superficial and not worth the ink on this paper.

The Church Fathers say that hope is a "movement of the appetite towards a future good, which

though hard to attain is possible of attainment." I cannot point my finger on a specific date or time, but, at some point, I started to think about my life and how I relate with others through the lens of what could possibly be attained, while difficult to attain. I can say with utter certainty that I have been unsuccessful in consistently living through this paradigm. However, it seems to be an ideal which is possible, a hopeful statement in itself.

I have not even lived for twenty years, so all of these thoughts and aspirations could be appropriate for dismissal. I do consider it a challenge, however, in the event that this is a suitable way to look at life. It is surely daunting to consider that everything I think, say and do in this life is a response to what has been asked of me since the time preceding my conception. To whom shall I go and from whom shall I seek guidance? To be sure, my guide is the Lord and those who follow Him. For the next decade and for every decade after that, if Our Lord wants me here that long, my ultimate hope is that I can hear the words which He spoke to Zacheus and be at peace: "Zacheus, make haste and come down; for this day I must abide in thy house" (Luke 19:5).

May you continue to enjoy the blessings of a merry Christmas season and happy New Year!

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



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NEW YEAR, NEW DECADE

Junior Year

Decades to come

Angela Guiao
MSMU Class of 2021

If you asked 11-year-old me what I would be doing in ten years, I bet you little me would not imagine her life to be the way it is now. So much has happened in a decade. Ten years ago, it was 2009, and I had just graduated from 5th grade. I was transitioning into middle school, with newfound freedom, choices, and opportunities. I was excited. Looking back on it now, I realize how silly I was. I was so eager to grow up; so anxious to become independent. If only I understood how easy life was, and how much harder it was going to be.

I was thrown into a life filled with 50-minute classes, separated by class bells, and allowed the freedom of switching rooms without being accompanied by our teacher or standing in a straight line. I could sit anywhere in the lunchroom, not only with my class, and I had to change clothes for gym.

A year later I would be sent off to Catholic school in D.C., after

an incident involving me being stabbed with a pencil. And here I learned not only the importance of academic excellence, but also the significance of proper manners and behavior. I learned to address my teachers as Sir or Ma'am, to open the door for the people behind me, and to value people with respect and kindness. I was introduced to a devout life, where there was mass every Tuesday, and prayers before each class. I particularly enjoyed that school. And I credit it as the place that shaped me into the person I am today.

After that, I returned to Maryland for high school. And here I found lifelong friends and a passion for tennis and fashion. I was challenged for the first time here. I met a teacher that made me question my love for writing. And for the first time I had to overcome. I learned how to face failure, and how to improve myself despite the odds. I grew a lot in high school. It was here that I recognized that I was not always going to be the best, and that despite this I was still good enough.

And after four long years, I found myself at the Mount. I would have never imagined that I would have

taken a year off in college, but I did. And after more than a decade of focusing on a career path to be a surgeon, I am here, in my third year, studying Accounting and absolutely loving it. It was here at the Mount that I learned to listen. I learned to listen to myself, to take the time to fully comprehend what I wanted to do, not do only what was expected of me. It was here that I took a risk, I decided to put myself first. It was here that I gained hope, that I began to hope and believe in a future where I would be happy. Here at the Mount, I became a version of myself that I am proud of, that I hope my mother is proud of, that I hope my future kids will be proud of.

A decade has passed, and I learned that nothing ever goes to plan. I spent so much time focusing on one goal. I made decisions (which school to attend, classes to take) to prepare myself for this future that I was not sure would manifest in the end. I missed opportunities to enjoy, to have fun, to act my age, because I was so concentrated on reaching a goal, I wasn't even sure I wanted to reach.

As I look back now, I would tell little me to stop planning. I

would tell her that the secret to a good life is enjoying the moment and the people around you. I would tell her not to get too hung up on the failures or the missed opportunities; that obsessing over a bad outcome would only cause her to miss out on a better part of life.

I would tell her to stop fighting with her mom because her mom is only thinking of what is best for her, and that one day she would meet someone who wished they had a mom like hers.

I would tell her to stop wondering if she made the right choice. That second guessing was nothing but a waste of time. That she was exactly where she was supposed to be, and instead of overthinking, enjoy whatever life throws at her.

And most importantly, I would tell her to appreciate and be happy because over the last ten years, that is the most important lesson I learned. I realized how much energy I wasted wishing for a different outcome, wishing for satisfaction in things I didn't enjoy, and wishing for something more or what others had. I realized how much time I spent looking at everyone and everything else, without

realizing the beauty of the things in front of me.

I have been so focused on becoming better and getting to where I want to go, I forgot that the real significance is not in the destination, but rather is in the journey.

As I look back on the last ten years, I don't remember my aspirations for the future, but rather the experiences of my past. I remember the people who I have lost or no longer talk to, the places I once visited. I remember the memories, the laughter, the feeling of excitement at discovering new passions and interests. I remember the moments where I failed, and the days it was hard to pick myself back up.

I look back at the past decade, and I don't wonder what I will be doing a decade from now. Instead, I smile and thank God for allowing me the opportunity to experience everything that I have experienced. I thank God for the growth, the opportunities, the love, and the memories, and I ask that he continue to allow me to enjoy my journey for decades to come.

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

Senior Year

Striving for independence

Morgan Rooney
MSMU Class of 2020

As this decade is coming to an end, I've been asking myself where the time has gone. Although I am still young, I've come to the realization that time goes slow during the difficult times, and quickly when we're enjoying ourselves and having fun.

Ten years ago, I was very eager to grow up. There were certain attachments I had to my youth, but overall, I was excited to become an adult. I wanted to be in control of my own life instead of being told that I was too young to do things. My independent nature got the best of me fairly often and sometimes I wish I had a different approach to life. It was only earlier this year that I turned 21. I saw this as the last big age milestone where I would no longer be told I was too young. Indeed, it still feels like that's the case but I wonder if I would have enjoyed myself more if I had a different attitude towards those restrictions.

Other than just age restrictions, I had many other reasons for my enthusiasm to reach adulthood. Part of this is because I wanted to prove to everyone that I could become successful once I started creating my own path. Now I realize that the only person I'm trying to prove anything to is myself.

When I was a sophomore at the Mount, I remember writing an audio essay for a writing class I decided to take. This essay applies to the idea of me growing up very well. I wrote about the reasoning I had for flying across the country from Texas to Maryland for my

higher education. To summarize it all up, I wrote about how my entire life, I never felt very independent. I felt like everything I did, someone was always with me. Whether this be my parents, my sister, or my close childhood friends, everything I did wasn't an experience I had for myself. When I grow old one day and I tell stories about my life, I want there to be unique parts of my stories that no one else has ever experienced in the same way. I want my life story to be a collection of thousands of unique stories coming together. I felt like the first step into creating an independent life was to be independent in a literal sense. I'm still not sure if it was the best possible decision I could have made, both in a financial sense and in a personal sense. Either way, I got to where I am now and there's no possible way to turn back. There is no sense in dwelling in the past when there is a beautiful future to create in the present.

A decade ago, I had just began middle school. This meant that I began trying new things that I had never done before. I only stuck with certain activities but each and everything I did molded me into the person I am now, both inside and out. When I was eleven years old, I began playing the viola in school. I joined the Beginner Orchestra and performed in concerts throughout the year to friends and family. I'm so glad that this opportunity was given to me as I have learned a lot from it and have enjoyed every moment of playing by myself and amongst other people. It was the first time I ever felt like anyone had a reason to be proud of me. I still play to

this day and I will continue to play throughout my adult life.

My introverted nature is something I thought that I would be able to take with me throughout my adult life and into my career. I wouldn't say that's entirely false but being a shy eleven-year-old and being an introverted adult are two different things. In a sense, being introverted had been an advantage throughout my life. I am quiet, reserved, and often feel like that is the sensible way to be in certain situations. Introversion, however, has held me back in other ways. In my senior seminar class, one topic that was always drilled into my head was the need to "expand my network." I wish things like this came more natural to me and it's taken me a while to become more comfortable with this. Something I've learned throughout the past ten years is that success is all about leaving your comfort zone. No one ever became successful by staying in their own personal bubble. To move forward, one must commit to change, even when they don't want to.

I still have the same optimism that I had ten years ago, but it would be a lie to say that I was optimistic throughout the entire ten-year stretch. I have never known exactly what the next stage of my life was going to be. This keeps life exciting but adds a hint of anxiety that pushes me to try harder. In middle school, I was eager to reach high school and get my driver's license to expand my independence. When I was in high school, I was eager to graduate and go away to college to expand my independence. Now that I am approaching the end of my four years in college, I am looking forward to beginning my professional life and start my career. Part of me will always have

the need for independence and look forward to the future. I've learned that there's nothing wrong with this as long as I don't forget to live in the moment.

Instead of saying that my personality has changed throughout the decade, I will say that it has developed and matured. I still carry

many of the traits I had when I was eleven, whether they are good or bad. Regardless of becoming an adult, I know that I was always be that same introverted, optimistic girl striving for independence and success.

To read other articles by Morgan, visit the Author's section of Emmitsburg.net.

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FASHION

Winter fashion trends

Valerie McPhail
MSMU Class of 2015

Though a new year, 'tis not the case for the fashion calendar, and so fashion will not herald a new report on fashion statements until the men's pre-collections start to show mid-month. Despite this reality, fashion can yet continue to offer a fresh perspective on how the current trends may fit into this winter season, the newly commenced winter solstice.

Such is the case with the topic of a winter coat. It is hard to come by discussing winter trends without mention of coats, for they are the nucleus of winter fashions. But evermore, the coat is a necessity to the wardrobe, to keep us warm and the overall survival of the cold climate. Translated into New York City living, the concept becomes even more complicated. While most commute to work via the MTA subway, my hurried half-hour walk - part sprint across town is a battle to keep my body temperately balanced inside a winter coat.

As I remember, walks to the subway habitually experienced harsh clashes with cold winds, met to large Canada Goose Parkas, and North Face Puffers crowd-

ing the trains blasted with heat. The temperature extremes have not escaped my morning commute despite the absence of the subway. A winter coat is a significant piece of winter fashion it's practicality outdoors, but also for its influence on the outfit of the day, worn underneath. PSA, no one enjoys a detoxed outfit before 9 am on a Monday.

The Winter Coat: Cropped Puffer

A winter coat is a calculated piece of fashion. Last year introduced the full-length puffer that replicates the comfort of wrapping up in a duvet blanket. This season Canadian retailer, Aritzia, cropped the coat. By means of Instagram posts and promotions, everyone from Hayley Bieber to my yoga teacher posted in The Super Puff Shorty coat. The cropped jacket is sporty enough to pull off an athletic look, while a variety of colors - neon, metallic, matte and iridescent shades lends the opportunity for everyday fashionable fun while giving wind to an instant fan favorite.

The Winter Boot: Combat Boots

What would winter be without boots? While clogs and kitten-heel mules are

trending social media and blogs, they are a hard sell when compared to the season's combat boot. A particular style is linked, synonymously to the grunge era, a sense of style that has returned to the runway this fall/winter season. Contrary to trends, the combat boot is not a fair-weathered shoe. While the runway season brought combat boots by Vivienne Westwood and Louis Vuitton, both brands offered distinctly different approaches to the standard boot; all is a difficult compete against Doc Martens, a veteran to grungey footwear. Scuffs on a pair of Vuitton lace-ups or Westwood buckled boots would only add character to a pair of Martens. Experience shows that it takes months of daily wear to break-in. At that point, the season may be at its end, however, rest assured Docs will be comfortable for weather battles of next season.

The Winter Sweater: The Cardigan

The last sweater that comes to mind when thinking about winter fashion is the cardigan, only because its not the oversized, bulky sweaters or pull-overs I enjoy indulging and living in during the frigid colder months. And yet, in typical fashion manner, the cardigan is the sweater of the season, of course. Besides its contribution to the preppy style character that is trending this season featured on runways such as Celine and Tory Burch, my rationalization is that the cardigan is a layer. Though typically a thin one, it nonetheless is a contributing practical piece for winter fashion because it aids to keep us warm during the winter season. With an added collegiate style to the design

this season, it might be smart to take the runways advice on this and see the cardigan as a helpful additional layer to the winter wardrobe.

The Accessory That's Not A Beanie: The Padded Headband

The most fashionable accessory of the season is entirely impractical, but yet, empirically styled with the utmost statements and drama. The padded headband first made an appearance on the Spring 2019 Prada runway in a variety of rich velvet tones of black, red, yellow, and silver. The accessory has remained popular over the seasons since the show, becoming a shoppable statement with online retailers Amazon, ASOS, and Etsy. Unlike the \$240 Prada band, DIY designs with bedazzled pendants and silver gems, are selling online. This only means one thing; you can adventure to try the dramatic statement without feeling much of the investment.

Loungy Menswear

If streetwear is the opposite of the stringent suit and tie culture, then the silky pajama trend of the recent runway season has established another tier of men's fashion. This is the next level of casual clothing



The cropped puffer coat is both sporty and stylish, keep warm without compromising style

for menswear. Standard starch button-downs turned into unbuttoned open-faced silky blouses, styled with matching loose-fitting pants of the same fabric. Vogue is calling the look "sleepwear couture," it's a new kind of uniform that takes heed from the coziness, loungewear attitude desired on a snow day, or when the winter cold appears unbearable.

Inspiration comes not entirely from the whole flannel pajama shorts, Sleepy Jones look, or the Edward Crutchley relaxed menswear suits. Instead the exact look is somewhere in between. While the menswear industry continues to exist saturated with variations of the work suit and tie uniform, it is not only alarming but after the fact refreshing to experience men's clothing that is unlike anything of the norm. Leave it to Ann Demeulemeester, to bring the romance. This trend is redefining menswear.

In each passing season, fashion reveals that trends are all but recycled statements. And as more people engage with fashion, in everyday life, and announcing on social media, trends have become regarded as stylistic phenomena rather than design features. Where this leads current fashion interest rests on punk rock grunge, combat boots, and mini leather dresses - happy to report that faux options are becoming increasingly fashionable - and on the preppiness of the 1950s uniform. Pencil skirts, pendant accessorized, and monogrammed cardigans, boxy blazers, and kitten heel shoes are an interest for Winter 2019.

From a practical perspective, these seasonal interests are fleeting. The best piece of advice to offer when experimenting with the trends: is to find an article of clothing from these popularly honored perspectives of the moment. Invest in a pair of combat hiking boots from the grunge drift, shop the most dramatic padded headband off of Amazon, or thrift and double-breasted blazer to fashion as a coat alternative for the season. This way, you can participate in an up-to-date fashion without compromising financials and your unique personal style. After all, fashion is best received when it's genuinely worn. That is why personal styles are in vogue right now.

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

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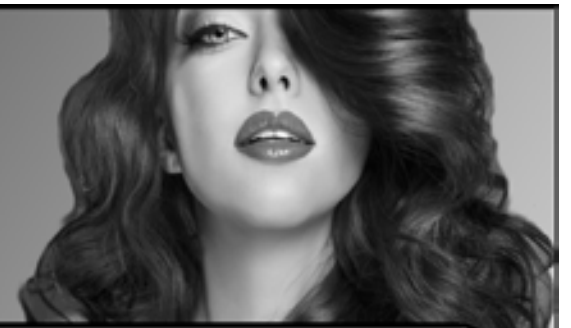
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ARTS

Way Off Broadway's Little Women

Following the holidays, to begin the New Year, The Way Off Broadway Dinner Theatre will present a stage adaptation of one of the most beloved pieces of American literature. Little Women – The Broadway Musical will open January 10th and run through February 22nd, bringing the March sisters to life on the stage at the Frederick venue.

Based on Louisa May Alcott's life, Little Women follows the adventures of sisters, Jo, Meg, Beth, and Amy March. Jo is trying to sell her stories for publication, but the publishers are not interested – her friend, Professor Bhaer, tells her that she has to do better and write more from herself. Begrudgingly taking this advice, Jo weaves the story of herself and her sisters and their experience growing up in Civil War America. This timeless, captivating story is brought to life in this glorious musical filled with personal discovery, heartache, hope, and everlasting love.

Alcott's, now classic novel, was first published (in two separate

volumes) in 1868 and 1869. The book was rereleased as a single novel in 1880 – making 2020 the 140th Anniversary of the complete novel. The work was an instant success and spawned two sequels. Over the years, Little Women was adapted numerous times for the stage, film, and television.

The first musical adaptation came in 2005 when Little Women - The Broadway Musical opened at the Virginia Theatre in New York City. The cast was led by Tony Award-winner Sutton Foster as Jo and Maureen McGovern as Marmee. Following the closing on Broadway, a 30-city U.S. tour was launched with McGovern reprising her role. When awards season rolled around that year, Foster was nominated for the Tony, Drama Desk, and Outer Critics Circle Awards for Best Leading Actress in a Musical, while McGovern was nominated for the Drama Desk Award for Outstanding Featured Actress.

Adapted from Alcott's novel, Little Women has music by Jason Howland, lyrics by Mindi Dickstein, and a book by Allan Knee. Way Off

Broadway's production is directed by Justin M. Kiska and music directed by Jordan B. Stocksdale.

"This production is extremely timely," says Kiska, "because, not only will we be celebrating the novel's anniversary, but people will be able to see the new motion picture version in theatre's over Christmas, then come and experience the story live on stage at Way Off Broadway."

Little Women – The Broadway Musical will run January 10 – February 22, with performances every Friday and Saturday evening, and matinees on the 1st, 3rd, and 5th Sunday of each month. For evening performances, guests arrive for dinner at 6 p.m. with the show beginning at 8 p.m. For matinees, doors open at 12:30 p.m. for lunch with the show beginning at 2:15 p.m. Tickets for a Friday evening or Sunday matinee are \$47; Saturday evenings, tickets are \$50. Tickets may be purchased by calling the Box Office at 301-662-6600.

To learn more about Way Off Broadway or any of its productions, visit www.wayoffbroadway.com.

Monte Leister & the Leister Quartet



Monte Leister and the Leister Quartet aren't just swinging by Emmitsburg, they are here to stay. Monte, who is a lifelong musician, and his family, moved to our neighboring town Fairfield Pennsylvania in the Fall of 2018. When you get to know Monte and his family where the Leister's go, the music flows. Their move to Fairfield has proved to be no exception. The Leister Quartet, a jazz and swing band comprised of Monte and his musical family performed at

Pippifest in both 2018 and 2019. They have also joined forces with Elias Luther Church right here in Emmitsburg for monthly Swing Dance Date Nights. These events began in September and will continue in the New Year, the first of which will be held on Saturday, January 25th at Elias Lutheran Church, this event will even include a free dance lesson. You can learn more about Monte, the Leister Quartet as well as his other musical offerings and music lessons at www.musicwithmonte.com.

Majestic Theater's Annual MLKing celebration concert

Gettysburg College's Majestic Theater will host the Gettysburg community's 40th anniversary Dr. Martin Luther King

Jr. Celebration on Saturday, January 25 at 7:30 p.m. with a free concert, "We Shall Overcome." Produced and music directed

by Damien Sneed, the concert is inspired by the words and actions of Dr. King, and showcases repertoire from across African American music traditions that electrified generations of civil rights activists and defenders.

The free community concert is sponsored by Gettysburg's Dr. Martin Luther King Jr. Celebration Committee, Gettysburg College's Offices of Diversity & Inclusion and College Life, and the Majestic Theater. Gettysburg College Choirs under the direction of Sunderman Conservatory of Music professor Dr. Robert Natter will join Sneed and his ensemble onstage throughout the program. The evening's program will begin with remarks from Gettysburg College President Robert Iuliano.

Damien Sneed's career has included collaborations with Wynton Marsalis, Jessye Norman and Lawrence Brownlee. He has toured extensively with Diana Ross, Aretha Franklin and the Clark Sisters. In "We Shall Overcome," Sneed



ties together a lineage of music and culture that includes traditional and modern gospel music, jazz, Broadway and spirituals. The show will include compositions by Sneed as well as Duke Ellington, Nina Simone, Stevie Wonder, Wynton Marsalis, Marvin Gaye, Aretha

Franklin and Dionne Warwick.

Gettysburg's Martin Luther King Jr. Celebration Committee will coordinate an offering during the evening's program to benefit the Adams County Career Aid Project. The project supports low-income youth and adults in Adams County to improve their lives by providing financial assistance for post-secondary education or training. Celebration committee members include Tonya Mincey, Nancy Whitman, Suzanne Williams, Janey Breighner, Wendy Brubaker, Marcia Gregorio, Nancy Lilley and Jane Nutter.

Tickets for "We Shall Overcome – A Celebration of Dr. Martin Luther King Jr." are free and are available at the Majestic Theater Box Office, 25 Carlisle St., Gettysburg, or by calling 717-337-8200. Reservations are strongly recommended. The Box Office is open Monday through Saturday, 12-7 p.m. and Sunday, 1-5 p.m.

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MOUNT ARTS

New Year, New Decade, New Events!

Chloe Corwin
MSMU Class of 2020

The year 2020 is finally here, bringing with it promises of a fresh start and excitement for what is to come. As the decade turns, it is a great time to reflect on what has come and what is in store for the next ten years. As I look around the Mount St. Mary's University's Visual and Performing Arts Department, I can't help but notice all the new faces that are just beginning their journey as young artists, musicians, actors, and technicians. There is so much to look forward to in this next year, and plenty of events to keep in mind to spice up 2020.

In January, students will be welcomed back to begin the spring semester, although it is difficult to think it to be spring with the cold chill in the air of winter still in full throttle. This month, auditions will be held for my senior project. Not much can be revealed yet about the project other than the performance date is to be in late April.

Although February is a short month, the Visual and Performing Arts Department still has plenty in store for it. Firstly, on February 8, Third Practice will be returning to the Mount at 7:30 p.m. in the Chapel of the Immaculate Conception. The performance is titled *Clothed in the Sun*, as is an all Marian program focusing on Jesus' mother Mary. This group is well known in the D.C. area and the MSMU community is very excited to be hosting them again. They will showcase works by Purcell, Chiao, Young, Praetorius, and more. This concert will be free and open to the public.

In addition, February will bring two events by the music subject area. There will be a Valentine's Day themed Swing Dance program, date to be determined. The MSMU Big Band plays while other students attend and dance around for a enjoyable and laughter-filled evening. The attire for the event is semi-formal, which makes it all the more fun. Then, the traditional Mardi Gras event will be held in Patriot Hall dining hall to celebrate the coming of the Easter season on what has become known as Fat Tuesday. Every year the various bands perform for the entire afternoon to their fellow

students in the busiest and loudest place on campus. This event is a big production from set up to strike, and has many moving parts. Although it is difficult, the Mardi Gras event is always greatly anticipated by the performers and students.

As of now, there are no events anticipated for March. Typically, March is a difficult time for performances due to the weeklong spring break that interrupts it and is quickly followed by midterms week. March is also a big preparation month. Big performances, art shows, and recitals are always scheduled for April, so students spend their time getting ready for the end of the year events.

As anticipated, April is a performance heavy month. To start, the long-awaited Mount Theatre production of *She Kills Monsters* by Qui Nguyen will take the stage. On April 2,3, and 4 at 8 p.m. in the Horning Theater, all the hard work Mount Theatre has put into this production will finally come to fruition. Professor Benjamin Buhrman has been prepping, planning, and producing props, costumes, sets, and more since June of 2019. Senior Quinlin Boyle has been a great help to Buhrman, as he has stepped into the role as Assistant Technical Director for his senior project.

As for the cast, the auditions were held last month so they were able to prepare their parts over the month long winter break. The cast is as follows: Sophia Vargas as Agnes, Allison Wade as Tilly, Delbridge Berry as Chuck, Jonathan Gilbert as Miles, Claire Moberly as Kaliopo/Kelly, Giovannie Gaston as Lilith/Lily, Sarah Johnson as Vera/Beholder, Maria Stollenwerk as Narrator, Katie Schisler as Evil Gabbi, Hannah Hicks as Evil Tina, Julia Connolly as Farrah the Faerie, Carlos Perez as Steve, and Pratosh Brahmabhatt as Orcus/Ronnie.

This diverse cast of new and older students makes this list truly remarkable. Mount Theatre has been eagerly awaiting to put on this show. This production is going to be one you will not want to miss.

Then, the annual Mount St. Mary's University SPARC festival on April 22-24 will showcase a part of the show *She Kills Monsters* from Mount Theatre as well

as the senior project show, selections from senior recital pieces from the music subject area, and an art show. The schedule for those performances is to be determined by the SPARC planning committee. SPARC is an event focused on the creativity and hard work of students so it is most fitting to include the Arts in all forms to be a part of the affair.

To finish the week, on April 25 the MSMU Chorale will be holding their spring concert in the Knott Auditorium at 7:30 p.m. This concert will showcase the pieces Dr. Andrew Rosenfeld teaches and guides the group to learn throughout the semester. The Chorale is comprised of students of any major, but are united by the passion of singing. The events the Chorale perform are always great because of the dedication and passion its students bring to the stage.

The art show, Advanced Studio Projects, official date is to be determined. This gallery will consist of the work of several seniors and a few underclassmen. This will be held in the Williams Art Gallery in the Delaplaine Fine Arts Center around mid-April. The art shows the students put together continue to be thought provoking and downright beautiful. These galleries are open for a few weeks, so there are plenty of opportunities to come by and take a look around.

Littered throughout the last week of April and first week of May, the music subject area recitals will take place. These recitals are primarily for students who have been working with the music instructors over the semester and perform for a grade. The Senior Recitals are for the senior music majors who perform a collection of works to show off what they have learned over the years.

Finally, the music subject area



Senior Quin Boyle showing off some of the work he has put into the upcoming Mainstage Production, *She Kills Monsters*.

will complete the semester with the May Day concert on May 1 at 3:00 p.m. at the McGowan Fountain outside of Patriot. This is the final official event the Lab Band is able to perform at the end of the year.

As the year continues more events will pop up along the way, especially in the music subject area. The Visual and Performing Arts Department is always looking for ways to showcase the great talent their students bring forth, so keep updated to see what is going

on up in the upcoming months!

The Mount St. Mary's University Department of Visual and Performing Arts is located in The Delaplaine Fine Arts Center on the Emmitsburg campus and can be contacted by phone at 301-447-5308. For more information about the department, search for Visual and Performing Arts on the Mount St. Mary's University official website www.msmary.edu.

To read other articles by Chloe, visit the Author's Section of Emmitsburg.net.

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LOCAL SPORTS

Catoctin Cougars win Class 1A Championship title

Mia Ferraro
CHS class of 2022

The Catoctin Cougars just completed the season and another decade by taking home the very-deserved and coveted Class 1A Championship title and trophy - a reward dreamed of by the team for years, and the community since the last state victory held in 2009.

This "Team of Destiny," as described by sports announcer/analyst Doug DuVall, earned a brilliant overall record of 13-1 for 2019. The team began the season with a five-game winning streak, with a total of 228 points. After one very close defeat of only three points against Walkersville, the team remained confident and held a winning attitude. "We've fallen behind on one game this year - it didn't shake us," Coach Doug Williams assured at the opening of the Class 1A Championship game, which would conclude the outstanding season with their second-ever state championship win.

The Catoctin Football team's defense was continuously improving this year. The Cougars' defense allowed 36 points in their first game of the season and surrendered just eight in their last game. 10 of Catoctin's 14 opposing teams scored no more than 15 points when competing against CHS. The playoff game against Fort Hill, held on November 29, was a personal "championship game" in its own for Catoctin. The Catoctin Cougars were defeated by the Fort Hill Sentinels in 2018 with a score of 55-6. That loss encouraged the Cougars and made this year's win extra memorable for each player and their fans. The score of their defeat has been on display in the CHS weightroom to motivate themselves all year until the first game/win of the season, when they promptly took down with all confidence and faith in themselves. Fort Hill has also competed in many previous state championships, and won their 7th state title last year.

Fort Hill's offense was very strong this season, with an average of 50.67 points per game. It took a powerful defense for Catoctin to conquer this game, and they proved successful as Catoctin won with a score of an exceptional 41-0.

After this emotional triumph, CHS students and fans immediately joined the team and coach on the field in jubilant chaos of celebration in how far they have come, their improvement, and the opportunity to take their skills to states. While all of this occurred, one particular player presented the honorable sportsmanship that the community takes such pride in. Junior Corey Andrew (#76) left the celebration amongst his school to comfort a distraught member of the opposing team. Catoctin sports teams have always been praised for their great sportsmanlike virtue, and this selfless act accurately displays how their student athletes will go out of their way to help out a fellow athlete.

Catoctin's victory at their home playoff game took them to the Navy-Marine Corps Memorial Stadium in Annapolis for the Class 1A Championship game, where they would soon compete against the Dunbar Poets on December 7. Dunbar currently has 10 state titles, one of which was as recent as 2017. The Poets were widely expected to compete again this year, but Catoctin was prepared nonetheless. They have all of their fans to thank for the support they received throughout the season. Catoctin High School held a pep rally the day before the big game to display their collective appreciation for the team. The floor was open for Coach Williams to speak about how proud he was and how determined and strong the team is. The support did not stop there; fans were encouraging everyone to "help us make this house our house!" on social media. They certainly did, as the stadium was overwhelmingly packed with our community cheering on the team.

The Cougars started the championship game off strong, with junior Carson Sickeri (#28) already scoring a

29-yard touchdown that brought the score from a 3 to a 9 within only the first five minutes. By the end of the first quarter, Catoctin was already leading with 11-0. Within the first four short seconds of the second quarter, another touchdown was scored as a result of an admirable pass thrown by junior quarterback Ryan Orr (#7), and caught by senior Travis Fields (#4). This brought the score up from 11-0 to 17-0.

Not even halfway through the second quarter, junior Bronson Snurr (#18) raised the 17-point lead with another 7 points with another touchdown after an impressive interception. With 3:37 left in the first half, Dunbar scored for the first time with a 41-yard touchdown. The last touchdown was scored by Ryan Orr's throw and Travis Fields' catch, proving again their skills individually and as a compatible pair. Throughout the season, Travis Fields had about 1,000 yards and 12 touchdowns, and Ryan Orr finished with other 2,000 yards passing and 20 touchdowns.

By the end of the first half of the game, Catoctin was still leading with a 31-8, and it remained this way for the entirety of the second half. The team's offense is what powered their success in the beginning, but the second half was all about defense. When referring to seniors Jacob McIlvaine and Jake Baker, sports announcer/analyst and former Ravens player Wally Williams claimed, "That was their show in the second half with defense; they pretty much took Dunbar out of the game."

"This is the kind of running that is going to get your team to state playoffs here," Wally Williams praised as he watched Carson Sickeri sprint down the field. Sickeri was named Lifebridge Health player of the game, as decided by the CW broadcasting team covering the game. He was an undeniably significant pillar in this



CHS Varsity Football quarterback, Ryan Orr, proudly shows off the Class 1A Championship trophy as his teammates celebrate their victory. Photo courtesy of Mike Miller Photography.

season's victories, especially as he now holds the Frederick County record for most touchdowns (41) scored by a single player in one season. He broke that record with his 29-yard touchdown at the championship game. The record was previously held by Josh Keeney in 2002, a Middletown football team member at the time. "After our win with Fort Hill, we had so much momentum and we rolled with it into this game," Sickeri told sideline reporter Mike Popovec in response to being asked how the team was able to retrieve the same energy going into states as they had at playoffs. The "underdog" - as Sickeri calls the team - is very proud to be able to "prove to the state that we are a contender."

Ten years after Catoctin Football's first Class 1A Championship, the team members reminisce about their elementary school experience of watching in awe while the 2009 team obtained their desired trophy in all its glory. This momentous achieve-

ment in Thurmont history contributed greatly to the sentiments of this prevail. The Thurmont and Emmitsburg community shared their bliss and welcomed the team home after a long, exciting, and physically exhausting day. Citizens gathered in the two towns as the buses and emergency vehicles paraded the team and cheerleaders around so they may be congratulated with sirens, cheers, and honks of appreciation. The Frederick County Sheriff's Office, Thurmont Police Department, Guardian Hose Company, Vigilant Hose Company, Graceham Volunteer Fire Department, Rocky Ridge Volunteer Fire Co., Lewistown Volunteer Fire Department and Thurmont Community Ambulance Company all offered their emergency vehicles so that this may happen.

Though a number of competent players graduate this school year, many more will return next year to build another victorious season.

Emmitsburg works to bring baseball back to town

Spearheaded by Commissioner Frank Davis, fellow Commissioners and town staff are working diligently to bring youth baseball back to Emmitsburg. After a special meeting held in November, discussing ways to encourage teams to utilize the fields in town, Davis brought forth a proposal with interested teams and a new fee structure to the town's meeting on December 3.

The overarching goal is to bring youth baseball back to town limits.

Last year, Commissioners voted to adopt a new policy, which changed the fee structure for renting baseball fields. The new policy separated charges dependent upon their specified use and resident versus non-resident status. As it currently stands, single day use for a non-profit organization is \$10 per hour. The fee is 100% refundable if the field and surrounding areas are left in good condition. Single day use for residents from the Emmitsburg voting district is \$10 per hour, with 50% of the fee being refunded if left in good condition. Non-residents will be charged \$20 per hour. League use for a league with an address based in the Emmitsburg

voting district is \$50 per team per field per season. A non-resident league will be charged \$100 per team per field per season. Tournament use for a youth team, ages seventeen and under, is \$50 per day, and an adult team is \$75 per day. Additionally, proof of non-profit status and liability insurance is required upon application submission.

Public input was received on October 24 and on November 19 at the regularly scheduled Parks and Recreation Committee meeting. Input was received from parents, the parks and recreation committee, and all the baseball/softball organizations. According to Davis, a "take-away" from the meetings was that many parents were upset that, according to the current fee schedule, the town would be charging Little League and Babe Ruth (non-profits), even if at a reduced price. Davis proposed town allow non-profits to use the fields at no charge.

The town received five organizations interested in utilizing the baseball fields for 2020: Thurmont Little League, Thurmont Babe Ruth, Catoctin Recreation Softball, Mount St. Mary's Club Baseball, and Mid-Maryland Travel Baseball. Town staff provided statistics that

broke down numbers of Emmitsburg children involved in youth baseball last year. 45 Emmitsburg children were involved in Thurmont Little League; eleven participated in Thurmont Babe Ruth; and 40 girls from the Emmitsburg area played on the Catoctin Recreation Softball team. Additionally, Mount St. Mary's used the town's fields about six times for games throughout the season and Mid-Maryland Travel Baseball used the fields 1-2 times per week for practice.

Of the six baseball/softball fields located in town, interest was shown for five. Field #1 would remain open for public use.

After much discussion, Commissioners proposed waiving all fees for any group/organization to utilize the baseball fields in 2020.

Town staff will look for grants to help keep up with the costs. Already they have secured grant funding to install new bleachers, as well as pave some of the parking areas.

The policy will be brought back during the January meeting with the newly proposed fee schedule.

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MOUNT SPORTS

A new era for Mount sports

Collin Riviello
MSMU C'2020

Men's lacrosse has recently announced their upcoming schedule for the 2020 season. The defending NEC Regular Season Champions look to avenge their semifinal loss in the 2019 NEC Men's Lacrosse Tournament. Last season, they went 9-7 (5-1 NEC) to earn the right to host the 2019 NEC Tournament, but they fell in the semifinal round, 13-12 in overtime, to Robert Morris.

The men will kickstart their season with the same opponents as last season by starting play at Delaware and at Towson on February 8 and 15 respectively. The first home game of the season will be against UMBC on February 22. Georgetown will then play host to the Mount on February 25. Last season, both Towson and Georgetown were ranked at 10 and 20 nationally respectively. The second home game for the Mount will signal the start to a three-game homestand and it will begin with a match against VMI on February 29.

The men beat VMI last season 12-6. Richmond will then visit the Mount on March 3 to look for revenge after last year's loss when the Mount stole a victory from the then 14th-ranked Spiders in overtime, 12-11. That game was the first time since 2011 that the Mount defeated a ranked opponent. Utah, also looking for revenge after a 16-15 loss on their home turf, will round out the Mount's homestand with a game on March 7. Non-conference play will end with a match at John Hopkins on March 10. Last season, the Blue Jays were ranked 17th nationally when the Mount lost in Baltimore 11-4.

NEC play will start on March 14 at Sacred Heart. The runners-up to last season's NEC tournament, Hobart, will visit the Mount on March 21. Hobart lost to Robert Morris in last season's finals 11-10. The Mount will then travel to St. Joseph's on March 28. Wagner and New Jersey Institute of Technology will visit the Mount on April 4 and 11 respectively. NJIT is new to the NEC's men's lacrosse program this year as it played under the auspices of a Division I Independent team last season. Long Island will play host to the Mount on April 18. Robert Morris will then visit the Mount on the 25. Throughout the 10s decade of the 21st century, the men's lacrosse program has gone an overall 63-88 (28-31 NEC), culminating in two conference championship titles (MAC in 2010 and NEC in 2011).

Men's and women's tennis have also released their spring schedule. The men finished last season with a 5-18 (2-4 NEC) record. As the number 5 seed, the men upset four-seeded Sacred Heart in the 2019 NEC Men's Tennis Tournament during the quar-

terfinals 4-2, but then fell in the semifinals to overall number one seeded Bryant. The women finished last season with a 3-19 (1-4 NEC) record.

The teams will start off their spring portion of the schedule at Duquesne on January 25. They'll take a trip to Annapolis to face off against Navy on February 15 and then play at St. Francis Brooklyn the next day. New NEC member Merrimack will visit the Mount on February 22 and University of the Sciences will also take a trip to Emmitsburg for a match on February 22. Longwood will play host to the Mount on March 1 before the Mount head to their annual Spring Break trip in South Carolina from March 2-4. They will then travel to Radford on March 8. The Mount will play three different opponents in March at home: Saint Joseph's on March 14, Delaware State on March 15 and Hofstra on March 19. They'll then travel to Wagner on March 21, Fairleigh Dickinson on March 22, George Mason on March 26 and Rider on March 28. The Mount's last four matches of the regular season will be at home: Loyola on April 1, Saint Francis on April 5, Hampton on April 8 and Monmouth on April 15. The NEC Tournament will run from April 17-19. The men's tennis team's overall record the past 10 years is 78-97 (20-27 NEC). The women's record the last 10 years stands at 85-12 (22-25 NEC).

Women's bowling has been in existence for just a little over one year at the Mount, but they have

taken the NEC by storm. At least season's conference tournament, the women took second place with a team consisting of only freshmen. So far, they are ranked 13th nationally and are sitting pretty at 32-20 (4-8 NEC).

In January, the women will compete in two invitationals: The Stormin Blue and White Vegas Class and the Red Flash Invitational. The former being from January 10-12 and the latter being from the 24-26. At last year's Red Flash Invitational, the Mount took home third place, and this is the first year the Mount will host the Stormin Blue and White Classic, and it will take place in Las Vegas, Nevada. Head coach Kenneth DeGraaf says that "This is huge for so many reasons. In our sport, Las Vegas is far more than just a tourist city, it is the bowling capital of the world, and at its center is the South Point Bowling Plaza, a state-of-the-art bowling stadium that will give student-athletes an experience they will never forget. As far as bowling facilities go, this easily cracks the top-five. It is on the bucket list of every competitive bowler."

In February, the Mount will compete in the Bowl for the Cure hosted by Molloy College from the 1-2. Then, they will travel to Towson for the James Brown Invitational which is hosted by Morgan State. The last of three regular-season NEC meets will then take place from February 22-23. In March, the women will compete in the USBC ITC Sectionals from the 13-15. Then, the



Men's lacrosse hopes to host this season's NEC Tour and to avenge their semifinal loss a year ago.

NEC Championships will begin from March 20-22. The winner will head to NCAA Championship Tournament. Last season, the women had an overall record of

78-39 (12-6 NEC), and peaked nationally as the 21st best team.

To read past articles on Mount sports visit emmitsburg.net



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COMPLEMENTARY CORNER

2020 – the Year of the Rat

Renee Lehman

The Chinese New Year (also called the Lunar New Year or Chinese Spring Festival), one of the traditional Chinese festivals, is the grandest and the most important festival for Chinese people. It originated during the Shang Dynasty (about 17th - 11th century BC), and it is an important time for families to get together, similar to Christmas Day for westerners. It is also a time to hope for the return of spring, to welcome prosperity, wealth, and longevity, and a time to remove any negative qi (pronounced “chee”) from the past. There is even a tradition prior to the New Year for every family to thoroughly clean the house to sweep away any ill-fortune in hopes of making way for good incoming luck.

Chinese calendar history: The Chinese calendar was originated by the Yellow Emperor Huang Ti, and has been in use for centuries. The Chinese calendar is called a lunar calendar but is really a calendar based on the moon and the sun. The Gregorian calendar, which the world uses today (originated 430 years

ago) is a solar calendar. (The Chinese Lunar New Year always begins on the second new moon after the winter solstice, in case you were wondering why it's on a different date every year.)

The twelve animals of the Chinese calendar: The Chinese calendar is made of five, twelve-year cycles. Each of the twelve years of the Chinese calendar is appointed one of the following 12 animal's names (in this order): rat, ox, tiger, rabbit, dragon (the only mythological animal), snake, horse, goat/sheep, monkey, fowl/rooster, dog, and pig. The animal that rules the year of your birth is said to exercise a major influence over your life, and that year in general. Much of the information used for this article is taken from The Handbook of Chinese Horoscopes by Theodora and Laura Lau, 2007. The sign of the Rat is the first sign of the Chinese zodiac, and the animal related to this coming New Year. The charm and innovative personality of the Rat is legendary. January 25 through February 11, 2021 is the Year of the Rat.

Here is a fun tale (written by Lau & Lau) about how the Rat might have

become the first animal sign of the Chinese zodiac:

Lord Buddha gave out the summons for all animals to come to him before he departed the Earth. He entrusted the Rat with the mission to get the word around. It is possible that the Rooster was also chosen to announce the same message. The Rooster worked days while the Rat worked during the night.

One can imagine the Rat rushing about with the good news. However, being the resourceful and practical animal that it is, the Rat decided to save energy by asking for a ride from other animals (since it was tired from running about declaring the message from Lord Buddha).

The Rat tried to get a free ride from the Horse, but the temperamental Horse would have none of it. The Rat then approached the sturdy and kind-hearted Ox who was happy to carry the little Rat on its back. Furthermore, the dutiful Ox was early for the appointment and therefore the first animal to arrive on the scene. But, when the Lord Buddha said he was going to honor the Ox by naming it the first sign of the zodiac, the Rat jumped down from the Ox's back and claimed that privilege. The Ox did not oppose the Rat as it felt the Rat had done more than its fair share by bringing the news to all of the animals. So the Buddha justly conferred the esteemed first place and leadership of the zodiac to the crafty Rat.

The Rat

I am the self-proclaimed acquirer. I am a link yet I function as a complete unit.

I aim at encompassing heights and strike my target, sure and steady. Life is one joyous journey for me. Each search must end with a new quest.

I am progress, exploration and insight.

I am the womb of activity. I Am The Rat. (Lau & Lau, 2007)

Rat Personality: If you were born in one of the following years, your sign is the Rat (February 5, 1924 – January 24, 1925; January 24, 1936 - February 10, 1937; February 10, 1948



– January 28, 1949; January 28, 1960 – February 14, 1961; February 15, 1972 – February 2, 1973; February 2, 1984 - February 19, 1985; February 19, 1996 – February 6, 1997; and February 7, 2008 – January 25, 2009). A person born in the year of the Rat is noted for their charm and quick wit. They work hard to achieve their goals, acquire possessions, and are likely to be perfectionists. They are basically thrifty with money and very resourceful. Their ambitions are big, and they are usually very successful.

As opportunistic as they can be, Rats are also very kind, friendly and sociable, and adapt well to any environment. They have wonderful imaginations and are always willing to try something new with their quick minds and agile hands. Rats are known to be excellent writers – s/he makes it a point to know practically everything about everyone in town. The Rat loves to investigate.

The Rat can be easily angered and loves to gossip. The Rat can criticize, compare, carp and bargain – endlessly and usually over unimportant issues. Maybe the Rat does this just for the fun of it (debates stimulate the Rat). The Rat often buys things not really needed just because it's a good deal. It's the Rat's inborn accumulative urge – they don't call people “pack rats” for nothing.

Famous People born in the Year of the Rat: Antonio Banderas, Spanish Actor; Julianne Moore, American Actress; Truman Capote, American

Writer; William Shakespeare, British Playwright; Richard Nixon & Jimmy Carter, American Presidents; Pope John Paul I, Cameron Diaz, American Actress; Pablo Casals, Spanish Cellist and Conductor; Yves Saint Laurent, French Designer; Wolfgang Mozart, Austrian Composer; Kathy Bates, American Actress; Charles, Prince of Wales; Leo Tolstoy, Russian Writer; Peggy Fleming, American Figure Skater; Rizzo the rat from The Muppets; Remy from the movie Ratatouille

General Predictions for the Year of the Rat: The Year of the Rat will be a year in which the flexible, open-minded and resourceful will thrive! Take inspiration from the Rat's positive, alert nature and his/her ability to remain calm in the face of challenges.

Quotes to Live by in the Year of the Rat:

“Success is not about your resources. It's about how resourceful you are with what you have”
–Tony Robbins

“Frugality is the daughter of common sense, the sister of moderation and the mother of freedom.”
–Samuel Smiles

Renee Lehman is a licensed acupuncturist, physical therapist, with over 30 years of health care experience. Her office is located at 249B York Street in Gettysburg. She can be reached at 717-752-5728.



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Start the year with a healthy commitment. If you don't want to go to a gym, this is the place for you. One on One Personalized attention or bring a friend and share the experience.

A sedentary lifestyle takes its toll on our health and in today's automated world sometimes we don't realize just how much we do sit around. Emails, texts and face book consume much more of our time than we like to admit, especially for our young people. We need to realize the importance of exercise in achieving and maintaining our health.

The biggest benefit of exercise and weight training is energy, energy, energy. Most people start an exercise and nutrition program to loose weight; they soon realized the other benefits that come with it. It is a wonderful feeling when you realize that you have improved your quality of life. Benefits from exercise do not come overnight; in fact, most people do not see or feel them coming until they do something that used to be difficult and now can be done with ease. These are things people take for granted until they can't do them any longer. Improving your muscle strength and keeping it in good condition is much easier than trying to rehab a muscle after an injury. Not using your muscles to their full capacity will allow them to atrophy and will take more work to build strength in them again. No matter what

state your muscles are in, it is never too late to improve.

HDL (good cholesterol) is another positive benefit of exercise. Health professionals will tell you the way to improve your HDL is to exercise. High Blood Pressure, High Cholesterol, LDL (bad Cholesterol), Arthritis and Diabetes have also improved for some of my people with exercise. Many other health conditions can be improved with the proper exercise in the proper amounts, even Fibromyalgia. Many doctors tell people to get more exercise, but sometimes don't tell them how, that's where a trainer can guide you in a higher level of fitness to better health.

Walking is one of the best exercises we can do and a very safe one to start with. Find a friend, family member or group to walk with and you will soon see how much better you feel. Moderation, especially to start with, should be your way of thinking and then work your way up to a longer workout time and maybe a little harder if you can.

Many people who have had a stroke or heart attack are told by their doctor or rehab facility to continue to exercise. Sometimes, they don't feel comfortable exercising on their own. I have some clients who have been through complete cardio rehab and realized the benefit of it. They want to continue to exercise because they know how much better their checkups are and how much better their quality of life is. A regular exercise program, guided by a trainer or on your own, is a health

benefit that is priceless.

Clients come to me all the time with stories of success, pride, improved self-esteem and overall health. I could write pages of stories, but I would like to hear your story. If you don't have one, call me and let's get started on an exercise and health success story for you. I have been helping people for twenty-one years and have an established program, so I will be there to help you every step of the way. I offer personal, one on one training and guidance. Many people just need a little help to get started and if I can be that first step, please call me. Do this for yourself and encourage family and friends to join in for support and to share in the benefits. My most important goal is to help you improve your health. When



you have good health, the rest of your life follows. Take that first step; you will be so glad you did.

I am conveniently located just minutes from Emmitsburg, Thurmont, Fairfield and Gettysburg at 285 Boyle Rd. Call, 717-334-6009, for directions. Call to sched-

ule another time if the open house hours are not good for you. I want to guide you to a healthier life with more energy than you ever thought possible. Come see what I have to offer and what you have to gain. Good Health!! Remember, Keep Moving!!



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ASTRONOMY

The night sky of January

For January 2020, the Quadrantid meteor shower will peak on the morning of Saturday, January 4th about 2 AM CST. Expect perhaps 20-30 meteors per hour coming out of the NE. Unlike most meteor showers made of decaying comets, this one's origin is the "clay comet" asteroid Phaeton, which as its name implies, gets so close to the Sun its surface melts and sputters into space. WE have recently learned the asteroid Bennu, now orbited by NASA's Orisix-REX, also has such surface activity! The first quarter moon, setting about midnight, will not interfere, so bundle up!

After the "Wolf" Full moon on January 10th, the waning moon is third quarter on January 17th. The crescent in the dawn is above Mars on the morning of January 20th, just west of Jupiter on January 22nd. It is new on January 24th, and beneath Venus in the evening twilight on January 27th.

Venus is the only evening planet, dominating the SW twilight for the next several months. Mars is the dawn sky in Scorpius, and Jupiter in Sagittarius returns to the SE horizon by month's end. Saturn still lies behind the Sun in January.

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



The Andromeda Galaxy, also known as Messier 31 is a spiral galaxy approximately 780 kiloparsecs from Earth, and the nearest major galaxy to the Milky Way. One parsec is approximately equal to 31 trillion kilometres or 19 trillion miles, and equates to about 3.26 light-years. The nearest star, Proxima Centauri, is about 1.3 parsecs (4.2 light-years) from the Sun.

a detailed map of northern hemisphere skies, about December 30th visit the www.skymaps.com website and download the map for January 2020; 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. Sky and Telescope has <http://www.skyandtelescope.com/observing/astronomy-podcasts/>.

The constellation Cassiopeia makes a striking W in the NW. Her daughter, Andromeda, starts with the NE corner star of Pegasus" Square, and goes NE with two more bright stars in a row. It is from the middle star, beta Andromeda, that we proceed

about a quarter the way to the top star in the W of Cassiopeia, and look for a faint blur with the naked eye. M-31, the Andromeda Galaxy, is the most distant object visible with the naked eye, lying about 2.5 million light years distant. Almost overhead as darkness falls, this fine shot of the Milky Way's twin in space. Note the two companion galaxies, M-32 (on top) and M-110 (below)

Overhead is Andromeda's hero, Perseus, rises. Between him and Cassiopeia is the fine Double Cluster, faintly visible with the naked eye and two fine binocular objects in the same field. Perseus contains the famed eclipsing binary star Algol, where the Arabs imagined the eye of the gorgon Medusa would lie. It fades to a third its normal brightness for six

out of every 70 hours, as a larger but cooler orange giant covers about 80% of the smaller but hotter and thus brighter companion as seen from Earth.

Look at Perseus' feet for the famed Pleiades cluster; they lie about 400 light years distant, and over 250 stars are members of this fine group. East of the seven sisters is the V of stars marking the face of Taurus the Bull, with bright orange Aldebaran as his eye. The V of stars is the Hyades cluster, older than the blue Pleiades, but about half their distance.

Yellow Capella, a giant star the same temperature and color as our much smaller Sun, dominates the overhead sky. It is part of the pentagon on stars making up Auriga, the Charioteer (think Ben Hur). Several nice binocular

Messier open clusters are found in the winter milky way here. East of Auriga, the twins, Castor and Pollux highlight the Gemini. UWF alumni can associate the pair with Jason and the Golden Fleece legend, for they were the first two Argonauts to sign up on his crew.

South of Gemini, Orion is the most familiar winter constellation, dominating the eastern sky at dusk. The reddish supergiant Betelgeuse marks his eastern shoulder, while blue-white supergiant Rigel stands opposite on his west knee. Just south of the belt, hanging like a sword downward, is M-42, the Great Nebula of Orion, an outstanding binocular and telescopic stellar nursery. It is part of a huge spiral arm gas cloud, with active starbirth all over the place. You should be able to glimpse this stellar birthplace as a faint blur with just your naked eyes, and the larger your binoculars or telescope, the better the view becomes.

Last but certainly not least, in the east rise the hunter's two faithful companions, Canis major and minor. Procyon is the bright star in the little dog, and rises minutes before Sirius, the brightest star in the sky. Sirius dominates the SE sky by 7 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. Below Sirius in binoculars is another fine open cluster, M-41, a fitting dessert for New Year's sky feast.

Farmers' Almanac

"Be at war with your vices, at peace with your neighbors, and let every new year find you a better man."

—Benjamin Franklin (1705—1790)

Mid-Atlantic Weather Watch:

Windy, very cold, lake-effect snow (1, 2, 3) with more snow (4, 5). Fair and very cold (6, 7, 8) with Nor'easter, heavy snow (9, 10, 11); fair and bitter cold (12, 13, 14, 15, 16, 17) with more snow in the southern part of the region (18, 19); fair and very cold again (20, 21, 22); windy, lake-effect snow (23, 24, 25) turning fair, not as cold (26, 27, 28, 29, 30) with more lake-effect snow (31).

Full Moon: The first Full Moon of 2020 will occur on Friday, January 10th. Often referred to as Wolf Moon (because of the increased boldness of wolf packs venturing closure and closer to their camps looking for food), it has also been called Hunger Moon by many Native American tribes because of the scarcity of food at this time of year.

Special Notes: The 2020 Hagerstown Town and Country Almanack

is its 224th edition, continuously published since its first appearance in 1797! While it is the second oldest almanac in the United States, it is the ONLY almanac in America that is still published by heirs of its founder, John Gruber. He and his partner and son-in-law, Daniel May, would be proud to see their almanac continuing to provide detailed, and now more refined weather forecasts and accurate astronomical data proven to be vital to the agricultural success in the region. It is our commitment to continue improving our look, the accuracy of our weather forecasts, and offering useful information and inspiration to help one survive in today's world. In that way.

Holidays: New Year's Day in 2020 falls on Wednesday, January 1st. The birthday of famed civil rights activist leader, Martin Luther King, Jr. (January 15, 1929) is celebrated on the third Monday of January. This year, it is Monday, January 20th. This great leader must be remembered on this day for the great social changes he brought about in this country and for the ultimate sacrifice he made pursuing unity and racial harmony which still eludes us today.

The Garden: Mulch landscape beds for winter if you haven't already (and if the weather allows). Mulching prevents erosion, protects against soil freezes and thaws, and helps retain moisture - all particularly beneficial over a dry winter. There are many different types of mulch. You can even recycle your cut Christmas tree and use the branches to cover perennials!

The Farm: Best for planting root crops (16, 17); weeding and stirring the soil (12, 13); planting above-ground crops (27, 28); harvesting all crops (2, 4, 20, 21); the best days for setting hens and incubators (3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17); the slaughtering and butchering of meat (1, 24, 25, 26, 27, 28, 29, 30, 31); transplanting (1, 24, 25, 26, 27, 28, 29, 30, 31); the weaning of all small animals and livestock (1, 20, 21, 22, 23, 24, 25, 26, 27, 28); harvesting and storing grains (17, 18, 19, 20, 21, 22, 23)

J. Gruber's Thought For Today's Living

"The next twelve months offer a world of promise; it all depends on each of us and how much we are willing to give of ourselves to help make it a better world"

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COMPUTER Q&A

Technology tips for the new year

Aysë Stenabaugh
Jester's Computers

The excitement over Christmas electronics can be short lived if you aren't sure how to use your device properly. Parents may find themselves lost on how to help their children setup devices which can make Christmas feel a few steps away from torture. For over 20 years our family at Jester's Computer Services has provided support and insight on how to make the most of your technology. Here are a few suggestions we have that might make the weeks following the holidays with your technology more bearable.

Setting up your new device – Almost any device is going to require some basic setup. You should fully charge your device and begin to setup your device only when you have the time to walk through each step documenting any important account information. If you are using a device that requires you to create or add an account (Apple id, Google, Microsoft or Amazon account) you should attempt to login or recover any existing accounts you are using. If your setting up a new account for your device, be sure to document the email address and password/pin numbers used to create the account, answer security questions and add a valid alternative contact method (email or phone number). Once your device setup is complete you should connect your device to your wireless network (if applicable) and perform any system updates by accessing the settings from your device menu.

Protecting your device – Electronics are expensive, and accidents happen, at the very least you should invest in a high-quality case to offer protection. Most cases will provide a raised edge which can provide protection to the screen however, screen protectors are ideal. We highly recommend insuring your device by buying an extended warranty or insurance policy (for mobile devices). Most retailers will let you purchase a protection plan within 30 days of purchase.

Maintaining your device – Most of the time the issues behind electronic devices have nothing to do with the physical hardware but rather the software installed. Some devices have automatic maintenance or programs that you can use to clear storage, memory etc. For those that do not, you can easily maintain your device yourself by uninstalling unused apps, disabling unneeded notifications and restarting your device regularly. A good antivirus is always recommended for Computers but on mobile devices it may be overkill, consider a free application like Lookout Security to scan newly installed apps for security risks (subscribers of their service can take advantage of additional security features). If you find

your device storage is full you can always delete data, transfer to another device or use online cloud storage.

Physically you should clean your device with non-abrasive electronics cleaner and a micro fiber cloth. If you have glass cleaning wipes they work great too! Remove your device from the case at least a few times a year to clean up dust and debris that have built up under the case. We use our electronic devices a lot but sometimes we forget just how dirty they can get! When charging your rechargeable devices you should follow the manufactures changing recommendations, most manufacturers now recommend trying to maintain between a 60-70% charge. Leaving your device plugged in once fully charged can cause damage to the battery which can result it in the battery no longer charging to full capacity.

What is this cloud? – The cloud is another term for online storage. Instead of taking up precious real estate space on your phone, having to transfer content manually to another device,

or paying for a phone with extra storage space, you can have your photos, videos and more stored on a secure online server. This not only gives you the ability to save space, you can also count on always having access to your data from anywhere that you can access the internet provided you remember your coveted login credentials. So, if you properly configured your device when you set it up, and your device decides to go for a swim and drowns you can login to your account and all the information saved in the cloud can be restored.

Feeling lost on your device? – Using a new device can be challenging. Remember to take your time and read all the information presented to you. Most technology won't come with a paper user's guide, but some devices will have tutorials showing you how to use the device. Many times, a basic guide can be found within the device as well. Friends and family can be a great resource for support, but you may find that communication can be difficult and that support from a loved



one can quickly become frustrating. If you are in need of one-on-one technology support, contact us at Jester's Computer Services and our resident technology tutor will guide you on your way to feeling more comfortable with your devices.

For more information or support please contact Jester's Computer Services (family owned and operated for over 20 years!) at 717-642-6611, visit us at 5135 Fairfield Road Fairfield or find us online on Facebook or www.jesterscomputers.com.

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UPCOMING EVENTS

January 4
Strawberry Hill's Tree ID Hike. Join Strawberry Hill naturalist, Alexa, as she guides you through the woods to learn about basic tree identification in the winter. For more information call 717-642.5840 or visit www.strawberryhill.org.

January 5
Calvary United Methodist Church's Community Concert Series - Lux Chorale - a semi-professional chamber choir that specializes in contemporary choral music. Lux was founded in 2014 by member Robby Napoli. This award-winning ensemble performs with a dedication to excellence, innovation, and accessibility in choral performance, bringing their youth to light through their excitement for vocal art music. They have been hailed

as "incredibly impressive" by Benjamin Olinsky, Artistic Director of The 18th Street Singers, and as "beautiful," "lovely," and "wonderful" by composers, music educators, performers, and listeners all over the East coast. Don't miss the unique sound and beautiful harmonies of the Lux Chorale. For more information call 301-662-1464 or visit www.ChoirLux.com.

January 11
Hollabaugh Brother's Family Cooking Class - Apple Dumplings, January 11: Back by popular request, apple dumplings are warming to the soul year round! Join us and learn how to make the most famous baked apple dish in Pennsylvania: Apple Dumplings! For more information call 717-677-8412 or visit www.hollabaughbros.com.

Family Cooking Class: Breakfast. Here is your chance to cook! Join us for a fun culinary adventure regardless of age featuring breakfast. In each of our family cooking classes you will make recipes, take away yummy food and learn cooking tidbits that will impress young and old alike. These classes are open to ALL ages! To participate without a grownup, you must be at least 8 years old and up. We hope to see everyone: moms with preschoolers; dads connecting with daughters; teens with their friends; and adults looking to not make a mess in their kitchen!

January 12, 19 & 26
Frederick County Society of Model Engineers Open House. Please join us during our annual open house. See first hand a large HO and HON3 scale model railroad constructed inside a real Chesapeake & Ohio railroad car and an outdoor G Gauge model railroad. 423 East Patrick St., Frederick.

January 14
Animal Control to Share Success Stories at Holiday Happy Tails - Fred-

erick County Animal Control and Pet Adoption Center is proud of its many success stories in 2019. The division would like to share these "happy tails" with the community at Holiday Happy Tails at McClintock Distilling, 35 S. Carroll Street, Frederick. FCAC's auxiliary nonprofit Frederick Friends of our County Animal Shelter will be holding a small silent auction featuring art from local artists. The proceeds from the auction will go toward providing much needed medical care and other necessities for shelter animals. Appetizers will be sponsored by Peace of Minds Pets, LLC.. For more information about Holiday Happy Tails, contact Frederick County Animal Control at 301-600-1546 or visit FCAC during normal business hours at 1832 Rosemont Avenue, Frederick.

January 17
Music Gettysburg! presents Robert Burn's Night - Our annual celebration of the Scottish national poet, Music, Gettysburg! is a premier concert series featuring international, regional and local musical artists for the greater

south central Pennsylvania region. For more information about this and other concerts in the Music, Gettysburg! schedule, please visit www.musicgettysburg.org, call 717-339-1334. All concerts take place in the chapel of the United Lutheran Seminary, 147 Seminary Ridge, Gettysburg.

January 18
Frederick County Master Gardeners presents: "Pruning Your Garden." From what, when, and how, learn to prune for healthy plants. Learn to prune trees, shrubs, and vines to get the most out of your garden. For more information call 301-600-1595. Walk-ins are welcome if there is room. The UME Office is located at 330 Montevue Lane, (off Rosemont Avenue), Frederick.

Project Gettysburg-León's Nicaragua Night Auction at Gettysburg College's Center for Public Service. Project Gettysburg-León is a sister city partnership between León, Nicaragua and Gettysburg, Pennsylvania that empowers people, communities and organizations to advance sustainable development through capacity-building funds, education and cultural exchange programs. The festive auction, as PGL's major fundraising activity, is of critical importance to its program. Tickets to the auction include the buffet dinner and childcare for those with young children. For more information call 717-337-6490 or visit www.gettysburg-leon.org.

January 19
Calvary United Methodist Church's Community Concert Series - Lux

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UPCOMING EVENTS

Chorale - a semi-professional chamber choir that spec Brian Ganz, pianist. As Brian continues his quest to perform all the works of Chopin, this program will be devoted to "musical gardening." Early mazurkas, waltzes, polonaises, marches and nocturnes will be followed by mature examples from the same genres. Highlights include Polonaise-Fantaisie, the Nocturnes Opus 27, the Mazurkas Opus 33, Funeral March, and the Waltzes Opus 34. Don't miss this interactive, highly energetic concert featuring Calvary's Steinway "D" concert piano. For more information call 301-662-1464 or visit www.Brian-Ganz.net.

January 24
Gettysburg Collage's Faculty Recital: French Revolutionaries. The Sunderman Conservatory of Music presents a faculty recital featuring Jeffrey Fahnestock, tenor, entitled "French Revolutionaries." The Sunderman Conservatory of Music is a vibrant musical community preparing passionate and intellectually curious musicians for diverse careers, lifelong learning, and engaged citizenry. For more information visit www.gettysburg.edu.

January 24, 25 & 26
Camp Eder's Winter Camp - Have a winter blast! Join us for an action packed weekend full of camp fun, great food, friends, and most importantly building our relationship with God. Grab your sleds and pack your bags, because we are going to have an absolute blast! Grades: 1st- 12th, Only \$49. For more information

visit www.campeder.org or call 717-642-8256. Camp Eder is located at 914 Mt Hope Rd, Fairfield.

January 25
Frederick County Master Gardeners presents: "Think You Want a Vegetable Garden? Make a Plan!" Wondering about the basics of planning a home vegetable garden? Learn what kind of garden will fit your needs, when to start, what to plant, and how much is enough. We will share tips on resources for planning, garden supplies and seeds. For more information call 301-600-1595. The UME Office is located at 330 Montevue Lane, (off Rosemont Avenue), Frederick.

Weinburg Center for the Arts presents the United States Navy Concert Band. The United States Navy Concert Band, the premier wind ensemble of the U.S. Navy, presents a wide array of marches, patriotic selections, orchestral transcriptions and modern wind ensemble repertoire. For more information call 301-600-2828 or visit www.weinbergcenter.org.

Swing Dance Jazz Night Elias Lutheran Church is continuing into 2020! Join us in the Elias dining room. Family-friendly, fun-filled, inter-generational event! Come alone or bring your date! Tickets: \$10 for singles & \$20 for couples--purchase at the door. Elias is located: 100 W. North Ave., Emmitsburg. For more information call 301-447-6239.

Fort Richie community indoor yard sale. For more information call 301-241-5085.

January 26
Music Gettysburg! presents Felix Hell, toast of four continents returns to his favorite venue for his annual visit! Music, Gettysburg! is a premier concert series featuring international, regional and local musical artists for the greater south central Pennsylvania region. For more information about this and other concerts in the Music, Gettysburg! schedule, please visit www.musicgettysburg.org, call 717-339-1334. All concerts take place in the chapel of the United Lutheran Seminary, 147 Seminary Ridge, Gettysburg.

Gettysburg Collage Guest Artist Recital: Damian Savarino, bass. Dr. Damian Savarino, bass, is an Associate Professor of Music at Messiah College. He teaches undergraduate voice, diction and vocal pedagogy for the graduate conducting program, as well as being the director of the Messiah College Opera Workshop. For more information visit www.gettysburg.edu.

January 31
The Majestic Theator presents - Mountainfilm on Tour. Experience the best short films from the annual Mountainfilm festival in Telluride, Colorado. Join us for a celebration of adventure, the environment and the human spirit with special guest emcee from Telluride. The festival has been held in May each year since 1979, with the best films then touring more than 150 locations around the world. For more information call 717-337-8200 or visit www.gettysburgmajestic.org.

Winter Programs at Gettysburg National Military Park

Winter is a great time to visit and explore Gettysburg National Military Park. On January 4, the park's winter programs begin. This year Gettysburg National Military Park is offering the popular lecture series as well as reading adventures program for children ages 4 to 10 and their families. These free programs run January through March at the Gettysburg National Military Park Museum and Visitor Center.

Winter Reading Adventures begins January 4 and runs every Saturday through February 29 at 11 a.m. This year's selection will focus on important people and events of the American Civil War era. Stories include I Am Abraham Lincoln by Brad Meltzer, Henry's Freedom Box! by Ellen Levine, and The Legend of Old Abe by Kathy-jo Wargin, among others. "The Winter Reading Adventures program is for kids who love to read, parents who want their kids to love to read, and for budding history buffs everywhere!"

explained the park's education specialist, Barbara J. Sanders.

Additionally Gettysburg will continue its popular Winter Lecture Series. Featuring some of the best National Park Service rangers and historians from across the region, the 11-week Winter Lecture Series of hour-long talks will examine a wide array of subjects related to the American Civil War and Gettysburg history. Topics include the Army Mule, World War II burials in the National Cemetery, the fighting on Culp's Hill, the domestic slave trade, and many more. These lectures help illuminate the different events and personalities of this pivotal chapter in American history. The Winter Lecture Series is held at 1:30 p.m. on weekends in the Gettysburg National Military Park Museum and Visitor Center from January 11 through March 22. Limited seating is available on a first come - first serve basis. For more information call 717-334-1124 or visit www.nps.gov/gett/index.htm.



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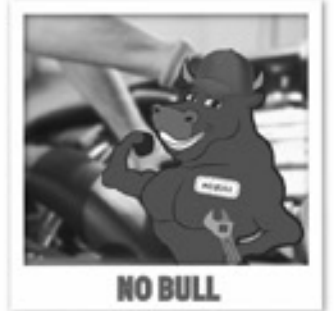
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