

Emmitsburg NEWS-JOURNAL

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Bill Boyd: VHC member of the year

Each year the Vigilant Hose Company selects one member to receive the Outstanding Member of the Year Award. The award recognizes the member who has shown the most initiative in making the company the best it can be. This year, President Tim Clarke and outgoing Fire Chief Frank Davis presented the award to long time member, Bill Boyd.

Boyd has been a member of the company for 25 years. During those 25 years, Boyd has been involved in as many aspects of the company as he can. Clarke has described him as "the go-to guy" for projects and problem solving. Through his work and dedication he has become well respected among the organization. Boyd's well rounded personality and great communication skills have made it possible for him to help improve the company and its members.

Boyd has worked in many administrative positions within the company. He took on the role of the assistant secretary a year after joining the company. As the years passed, Boyd's roles changed and he began to move up in the organization. Two years into his time with the company he became the vice president. He has worked as the secretary and in the board of directors, and he is cur-

rently serving as the assistant treasurer. Through his hard work and dedication to the company, he has proven to be a great asset.

Boyd's service does not end with his administrative work. He takes the time to help put together company fundraisers, banquets and other events. He plays a large role in the company's youth program, the VHC Explorer Post #6 which helps young men and woman prepare to be great emergency service providers. "Bill has a natural way of bringing out the best in people," fellow member Wayne Powell comments. President Clarke attributes much of the company's success to Boyd's involvement.

VHC President Clarke notes that Boyd's "love for the game" drives him to take on so many tasks. One of the qualities that earned Boyd the award is his modesty. No matter how many tasks Boyd takes on, he never seeks recognition for them. Clarke explains that Boyd would rather be that individual behind the scenes.

Though he may stay behind the scenes, his impact on the company is obvious. Boyd's practical problem solving skills have made him a great asset to the company. Clarke comments that Boyd's work ethic and skills have touched everything the VHC does. When Boyd isn't spend-



Bill Boyd was recognized by the Vigilant Hose Company with its top award for his many years of outstanding service.

ing time at the VHC, he is working full time as the project manager at Emmitsburg Glass Company.

Boyd is able to combine his love for the company and his love for his family. Boyd is not the only member of his family who is heavily involved with the company; so are his wife, Joann, his son, Matthew, and his daughter, Jen. Boyd's daughter Jen describes her father as a caring man who is always willing to do anything for others. Boyd and his wife have been involved with the company since their children have

been young. Now, after years of seeing their parents' love for the company, they have become a part of it as well.

It is Boyd's love and desire to improve the company that earned him the 2015 Outstanding Member of the Year Award. He is a humble, hardworking, dedicated member of the company who continues to do his best to improve the VHC and make it the best it can be for future members. The Emmitsburg News-Journal congratulates Bill on his well-deserved award!

Candidates line up for commissioner seats

With three open positions on the board of commissioners, numerous candidates have announced their bid for one of those three seats. Democrat Paul Kellett announced his 2015 candidacy for Adams County Commissioner to his supporters at The Lodges at Gettysburg in late January. Kellett, a Freedom Township resident believes it's important to be able to explain why the commissioners vote a certain way or why something needs to be done. Even though the current board of commissioners remain well balanced with unanimous voting, asserting that he'll stay true to his values when it comes down to the final vote. Kellett is a licensed realtor and contractor, he believes that saving farms, protecting water and promoting economic growth are key factors in Adams County.

Republican candidate Bruce Hollinger of Carroll Valley also announced his candidacy for one of the three open seats. Hollinger hopes his decade of supervisory experience can bring even greater efficiency to county government practices. Hollinger, is perhaps best remembered for his recently dismissed lawsuit against Adams County regarding their admin-

istration of the Clean and Green Program. Hollinger is a self-described fiscal conservative who values basic rights via the U.S. Constitution and seeking the truth and justice in government.

McSherrystown Borough Council member David "Scotty" Bolton said he will file as a "lifelong registered Republican," but will welcome the support from Democrats that helped him with his current post. "I don't think local government should be about parties - it should be about people," he said. While having great praise for the three current commissioners, Republicans Randy Phiel and Jim Martin and Democrat Marty Qually, Bolton said, "They're all great guys who care about the county, but I think the democratic process serves the people best when they have choices."

Republican Jim Smith announced his candidacy in late February. He believes he can help find the "delicate balance" between both agricultural preservation and economic development. Smith, who has been a Germany Township supervisor for a year, has owned many businesses over the past 30 years. Smith grew up in Hanover, but has been a resident of Germany Township for 12 years. He says if he



Christina Simpson has thrown her hat into the ring for Judge of the Adams County Court of Common Pleas. The Straban Township native is a graduate of Gettysburg High School, Mount St. Mary's University, and Dickinson School of Law. To learn more about Simpson visit www.SimpsonForJudge.com

is elected, one of his goals would be to look into the county's prison system, which is 28 percent of the county budget. Smith pointed out that is almost one-third of the budget. "I think Marty Karsteter Qually has a clear vision of that as well and great intentions to do something about that. I would look forward working with him on that."

The Primary election will be held May 19. Voters will select two candidates from each party to move onto the general election held on November 3. With only two members from each party moving forward, neither party can win all three seats that are open, a state requirement designed to ensure minority representation on county commissioner boards.

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NEWS

Citizen's Advisory Committee

On January 20 the Emmitsburg Citizen's Advisory Committee held its first meeting with its newly appointed town liaison, Town Commissioner Joe Ritz III. Ritz was appointed by Mayor Don Briggs and confirmed by the Board at his first town meeting in October 2014.

The purpose of the Citizen's Advisory Committee is to research and propose general recommendations, rules and policies related to quality of life issues in the town of Emmitsburg. The committee is comprised of the Board liaison and 10 voting committee members. Currently, only 6 of the 10 slots are filled. To qualify as a voting committee member you must be a citizen of Emmitsburg within the town limits. The regulations allow for one member to

reside outside of the town limits.

The current members of the committee are Amy Myles, Zenas Sykes, Ed Lowry, Richard Lindsey, Mark Walker and Conrad Weaver (member outside of town limits).

The Committee meets on a quarterly basis, with special meetings held as necessary. The meetings are open to the public but only committee members can vote on motions to bring items to the attention of the town council.

At the January meeting, items discussed included considering other ways to broadcast the town meetings in "real time", renovations to 22 East Main Street and interaction with Frederick County Deputies, a future dog park and tie-in to town sustainability program, and the organiza-

tion of community watch programs in various town communities.

In response to the recommendation broadcast town meetings in "real time", Ritz said it was not currently possible other than on cable channel 99. Ritz told the committee that in order to provide 'real time' coverage the town would have to buy additional technology and that would have to be approved by the Board.

The next meeting of the committee will take place in April.

If you are interested in becoming a voting committee member or to learn more about the committee, contact Joe Ritz at jritz@emmitsburgmd.gov. You can also contact another commissioner, the mayor, or town staff.

State considers sign removal

The State Highway Administration (SHA) has announced its intention to replace existing signs on Route 15 for local attractions, like signs for the Fire Academy and the Seton Shrine, with more generic "corridor" signs. Under the new signage program called "Tourism Area & Corridor" (TAC), signs for local community attractions will only be visible to travelers once they are on the secondary road leading to the community.

The proposed plan has not gone over well with local organizations that depend upon tourists. John Fiesler of the Frederick County Tour-

ism Office said the program has already had adverse impacts on Frederick. Signs for the City of Frederick, which contained six specific attraction names, were replaced last year with new TAC signs that only list "Historic Frederick and Monocacy National Battlefield."

The National Museum of Civil War Medicine reported that when they had their name on the highway signs, 23% - 25% of the visitors reported that they came because of seeing those signs. Since the signs came down last summer, the museum's visitation has dropped by 21%.

Fiesler noted that 32% of the vis-

itors to the Seton Shrine say they stopped in because of the highway signs. The 40,000+ visitors the Shrine draws each year benefit all the businesses in Emmitsburg, said Fiesler. Emmitsburg Mayor Briggs fears that a sign that only reads "Historic Emmitsburg," without the specific attraction names, would reduce the number of visitors to the town.

Fiesler stated that current signs have also been effective in reducing the motorist confusion that used to exist between the Grotto and Seton Shrine. He said the same is true for the parks Catocin Mountain Park and Cunningham Falls State Park in

Mother Seton & Jubilee spread love

Mother Seton School & the Jubilee are always looking for ways to give back to the community. As February approached, Karolyn Myers, the school's art teacher, began to brainstorm ideas for the school's yearly service project. Myers wanted to come up with a way for the school and its students to show their love for the community. Through that brainstorming came the "Feel the Love" service project.

Myers says the idea came to her as she was working on the school's Catholic School's week displays. Myers wanted to do a service project that would represent who the school was as a community, a community of faith, knowledge, and service. With that in mind and Valentine's Day approaching, the "Feel the Love" project came together.

The "Feel the Love" Project allowed students to spread love to the community through art during the Valen-

entine's Day season. Myers partnered up with local grocery store Jubilee Foods for the project. Jubilee provided the school with 100 brown grocery bags for students to decorate and return in time for Valentine's Day. Myers chose to partner with Jubilee for the project because of all the support they have given the school over the years with the school's SCRIP program, a national fundraising program that sells discounted gift cards to nonprofit organizations. By ordering and using the gift cards, families are able to earn a percentage toward their tuition. Jubilee is one of the stores that participates in the program. When presenting the project to students in first grade through eighth grade, Myers made sure to explain all that Jubilee has done for the school and emphasize the importance of helping their community and neighbors.

Students decorated each bag with

hearts and a message of love such as, "Thank you," "care," "kind," and more. After the students were done preparing the bags, they were sent back to the store where they were distributed to customers on Valentine's Day.

The students weren't the only ones who got to spread some love during the service project. Myers created a banner for the project, which was also decorated with hearts. Myers placed the banner just outside the school's front office and invited teachers, staff, and parents to be a part of the project. Everyone was invited to choose a heart on the banner and transform it into a person. The banner was filled

with many "heart" people by the end of the project.

On Valentine's Day, the banner hung in the front of the store's cash registers for the customers to see as they received their bags. Store Manager Rich Boyd said the idea to create the bags was a great one when Myers brought it up to him. As customers received the bags, it was apparent that both Myers and Boyd were right: the bags were a hit!

Customers were feeling the love as they left the store with their Valentine's bags. Bonnie Coblantz of Thurmont commented that the bags were "lovely" as she looked at the artwork on her bag.

"I think it's great! I'll send it on to someone in the family," Mary Katherine Shields commented as she admired her bag. The bags didn't just brighten the day of Emmitsburg and Thurmont residents. Rebecca Grey from Hanover and her son enjoyed receiving their groceries in the special bags. "It's cute!" Grey commented as she showed her son the different messages on their bag.

When putting together the project, Myers hoped that the special bags would warm the hearts of the customers. It was clear as customers left on Valentine's Day that the bags had done just that. The school was successful in showing its gratitude toward Jubilee and spreading a little extra love to the community this Valentine's Day.

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Thurmont. "I would hate to see any of these helpful signs be removed," said Fiesler.

The SHA has not indicated when the current signs will be replaced.

In the meantime, local elected officials and affected businesses and organizations have begun lobbying state representatives to put the breaks on the program.

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Carroll Valley approves new Borough center

Carroll Valley Borough Council is moving closer toward the construction of its new community center and administrative building.

It was announced last week that the borough has applied for a \$2 million state grant to assist in the construction of the building. Further news on when they will hear about the grant is not known at this point.

Amy Kaufman, director of economic development for GMS Funding Solutions, which is working with the borough on the funding for the project, said last week she will let the borough know when she hears about the grant.

"This is a major project, and we want to do this right, obviously," Kaufman said.

The new building, approved

unanimously by borough council last month, will be 11,000 square feet in size, officials said. It will include borough offices, a police department and a community library.

The building is to be located on Fairfield Road, where the current building is located. The borough is hoping to have the building ready to be constructed by this spring.

Estimated measurements for

the design are the borough offices at 2,878 square feet; the community center at 3,789 square feet; 3,347 for the police department; and 2,072 square feet for the Adams County Library System. The sizes are still subject to change.

The new municipal building was discussed at a public input meeting in January, where a number of residents spoke about the

project. At that meeting, council member Ken Lundberg said the entire planning for the new structure would not require tax increases. He reiterated those feelings last week, shortly after being named president of the board by his fellow council members.

"I think the money is there. I believe the costs for this are already taken care of," Lundberg said.

Complaint filed against school board

A formal complaint was filed in Adams County Court of Common Pleas by three residents and three school board members, against the remaining five Fairfield Area School Board members. The complaint alleges violations of the Pennsylvania Public School Code and the Sunshine Act. They are requesting that board actions leading up to the voluntary resignation of Superintendent Bill Chain be rescinded.

Filing the complaint were Apryl Huster, Sara Laird, and Rhonda Myers and board members Lonny Whitcomb, Pam Mikesell, and Marcy Van Metre. They contend that during executive session, five board members discussed a severance agreement for Superintendent Bill Chain without knowledge of the full board.

In its response to the Court, the School Board's lawyer noted

that the plaintiffs' petition was profoundly flawed, both procedurally and substantively, and called for the suit to be dismissed with prejudice for failure to comply with law, failure to state claims upon which relief can be granted, and failure to join a necessary party.

The School Board response noted that contrary to the law, Mr. Chain's absence as a party to the original suit precluded the Court from granting the relief the Plaintiffs requested. In response to the alleged violation of the Sunshine Act, the Board noted that Mr. Chain tendered his voluntary and irrevocable resignation, which was accepted at the open public meeting of the Fairfield Area Board of School Directors held on December 1, 2014, thus rendering the notice requirement (the basis for the Sunshine

violation charge) moot. Moreover, in his letter of resignation, Mr. Chain stated, "I acknowledge and agree that the School Board is not required to provide me further public notice." (To read the full School Board response visit www.myFairfield.net)

In other board news, a settlement of a tax assessment appeal by Knouse Foods Cooperative Inc. was approved. The district will reimburse \$100,992 in taxes paid in 2009 and 2010 on the company's properties in Hamiltonban and Highland townships. Caroline Dean, the business manager for Fairfield School District stated that the amount is slightly more than two years' worth of property tax from the Knouse properties within the school district and that the district had budgeted for the probable settlement.

Several citizens expressed encouragement for the board to refund the settlement immediately. Sean Jones said "let's fix the problem now and move on." The board also approved Dean to recommend a public sale option or a sealed bid for the district to move forward on the sale of a six acre plot at 5144 Fairfield Road, or what is referred to as the McDannell property. In earlier meetings, the board had decided that the location of the property, in addition to other issues, made it unlikely that they could use the land currently or for future growth.

The public also voiced concerns regarding delays in hiring a middle school office aide and wanted to know about recent support staff transfers. Acting Superintendent Karen Kugler explained during the meeting that aide positions work 6-hour

days, this schedule left part of the school day without staff.

"In order to make sure the office is covered during school hours, high school and business office secretary, Brenda Miller transferred and is now the middle school secretary" said Kugler. Miller will undergo Crisis Prevention training, which was a requirement when the board voted to fill the middle school aide position.

Kugler said that Miller's position will not be filled but she is working with Dean to modify the job description for the assistant to the business manager to ensure that Dean's office has the administrative support it needs. Laura Blubaugh, who is currently in the position will retire on April 10.

The board will next meet in regular session on March 9.

Fairfield Area News Briefs. . .

Waynesboro man sentenced in Hamiltonban robbery

Jeremie Alan Baker, of Waynesboro, who was found guilty on all four burglary charges in December, was sentenced in Adams County Court on February 18 to serve no less than 11 years and no more than 22 years in a state correctional institution.

On December 9, 2014, a 12-member jury found Baker guilty of burglary, robbery, conspiracy to robbery and theft by unlawful taking, overnight accommodation, person present, and threat immediate serious injury. The unidentified victims lived in an isolated home in

Hamiltonban Township when they were robbed on May 21, 2014. The State Police are still investigating another suspect involved.

Adams County First Assistant Brian Sinnett, who prosecuted the case, explained that Baker was no stranger to his victims. Baker and his brother Jeffrey began doing landscaping and household work for the victims at the two motels and gas station the couple owned. "Our home is no longer a home," said the male victim.

Sinnett recommended that Baker serve 30 to 60 years in prison. Adams County Court of Com-

mon Pleas President Judge Michael George pointed out that the sentence would be greater than that of homicide charges. Sinnett responded "If not him, I don't know who."

In addition to his prison sentence, Baker must make restitution to the victims in the amount of \$4,279, to Erie Insurance for \$12,529.03, to the state's Victims Compensation Fund for \$1,779.73 and \$1,332.60 to High Mark.

Yellow Trail at Strawberry Hill Nature extended

Thanks to the hard work and efforts of Fairfield High School soph-

omore Matthew Bollinger, visitors from all walks of life will be able to enjoy the new extension of Yellow Trail at Strawberry Hill Nature Preserve. The project earned Bollinger his Eagle Scout Award, which was presented to him in December.

In order to fulfill the requirements for Eagle Scout, he needed to decide what kind of project to take on. Bollinger, 15, said he wanted to do something where he and his scout troop had a lot of memories. "I knew I wanted to do it at Strawberry Hill," he said. "It's close to home, and we've done a lot there." Bollinger asked Executive Direc-

tor Chuck Reid what kind of work needed to be done, and Reid suggested the trail.

Working with numerous volunteers over a period of time, Bollinger cleared a one-mile section of trail. He and the volunteers removed rocks and vegetation, redirected water runoff, and built a bridge from a split tree trunk to carry visitors over an area of flowing water. Collectively, the group put in almost 220 hours on the project. The trail is now complete, and Strawberry Hill will hold a dedication ceremony sometime in the spring, Bollinger said. "It's pretty cool to learn about," he said. "With Scouts, we've hiked on a lot of trails, and now I've seen the work that's gone into it."

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NEWS

Fountaindale Fire Company awards banquet



2015-16 Line Officers (L-R) Deputy Chief Sam Ginn, Fire Chief Dave Martin and Assistant Chief Brad Martin.



2014 Top 5 responders (L-R) Larry Fowler, Dave Martin, Sam Ginn, Brad Martin and Sarah Ginn.



2014 "Polly Award" recipient Sam Ginn (holding daughter Emma). This award is given in memory of Earl "Polly" Shindledecker to a member of the department for a minimum of 10 years and is active on both the fire operations and administrative side of the department.



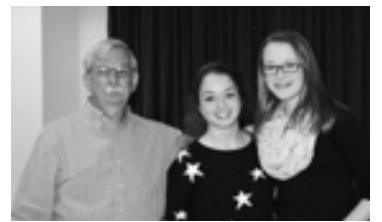
2015-16 Administrative Officers (front row L-R) Secretary Sarah Ginn, Treasurer Peggy Martin, Director Brad Martin (back row L-R) Director John Ruppel, Director Dale Buffington, Vice-President Charlie Berger, Director Sam Ginn, President Steve Fitz, Assistant Secretary Karen Rudisill.



Sarah Ginn presents an appreciation award to Dale Buffington for fundraising hours worked in 2014.



Sarah Ginn presents an appreciation award to Diane Fitz for fundraising hours worked in 2014.



Chief Dave Martin presents the 2014 Chief's Award to Junior Firefighters Lida Fitz and Colleen Rudisill.

Sabillasville Elementary facing closure

For the second time in ten years, the Frederick County School Board is considering the option of closing the Sabillasville Elementary School (SES) due to budget issues within the Board of Education (BoE) and low enrollment at the school. The school, which is celebrating its 50th anniversary this year, has a capacity for 160 students, but currently only has an enrollment of approximately 125.

The BoE has calculated that by shutting down Sabillasville Elementary, the school system would save hundreds of thousands of dollars.

If the decision to close the school is approved, the school will not close in the upcoming 2015 – 2016 school

year, but rather the year after. The purpose of the delay is to allow enough time for the community to weigh in on the possible closing of school.

While the BoE is looking at this from a budget standpoint, the communities that would be affected by this closing see it as a detriment to their daily life. Many have spoken against the closing of SES. Parents and the community feel that they are being singled out and that they will lose a part of their "family" if the school is closed.

Parent Angie Hahn said, "If Sabillasville Elementary School would close, it would be devastating to the students, staff, and community. Sabillasville is its own identity. We understand each oth-

er, our land, and our way of life."

SES Parent Group member Aubrey Harbaugh said, "The Superintendent and the Board have made it clear that they are determined to close SES. It is frustrating and troubling that they are completely overlooking the positive aspects of our small school and its value to the school system, our children, and our community. It is obvious that the strategic plan the Superintendent has designed for the school system does not include our children, and that is completely unacceptable."

The community of Sabillasville will not be the only one impacted if the school were to close. Parents of students in Thurmont, where the stu-

dents of Sabillasville will be bussed, have also begun to voice concern over the potential overcrowding of Thurmont Elementary.

Town Commissioner Marty Burns, liaison to the school board for the town of Thurmont, said he is completely opposed to the closing of SES and having the children bussed to Thurmont. "The negative consequences of this terrible idea will have long-lasting detrimental consequences to Thurmont and its residents," he explained. "We will experience congested roads with more busses; kids will be forced to take school bus rides that will be detrimental to them and their families' quality of life, not to mention the 30 teachers

that will be fired, all to give other teachers a raise."

County Councilman Kirby Delauter is also opposed to closing down SES. Delauter feels that this is a ploy used by the Board to get annual funding increases. He has argued the fact that it does not make sense to shut down a school that has received over \$1 million in improvements over the last seven years. Delauter stated that if they are going to close a school due to low enrollment, which would lead to redistricting students, then they should also consider redistricting schools that are overcrowded. Delauter feels the Board avoids this "like the plague." (See related articles on pages 6 and 32).

Budget update

At the town meeting on February 3, Mayor Kinnaird and the commissioners received the mid-year budget report. Tracy Schur, the town's Chief Financial Officer, presented the report at the meeting. Schur presents quarterly budget reports to the mayor and the commissioners, keeping them updated on where the budget stands at different

times during the year.

This report given at the meeting covered the data from July 1 to December 31, 2014. The report covered the revenues and expenditures, and the data showed very positive numbers. Jim Humerick, Chief Administrative Officer, commented, "The report was extremely positive." When it comes to revenue,

the report showed that the general revenue has already exceeded the halfway point with two more payments still set to come in. The report also showed that expenditures are right on schedule.

Schur's report was broken down into different sections to give the mayor and the commissioners a look at how the town's funds have been dispersed during the year so far. The report covers expenses, water/sewage, and utilities, to name a few. Overall, the report showed what the town had anticipated. According to

the report, the town's general income is ahead of expenses by \$960,050. Mayor Kinnaird comments, "That's a good thing to be ahead of the ball."

When it came to expenses, Schur reported an issue with the payroll and unemployment taxes. The July, August, and September payroll and unemployment taxes were distributed incorrectly into the general funds instead of the individual funds where they were meant to be distributed. There were a few payments that were not indicated in the re-

port due to them not coming in in time to be taken into account, one of them being under interest and savings. The town received \$1,166 toward those payments. The debt payment for waste water was also not included in the report; it was not received until February 1, which means it will be included in the next quarterly report.

The mayor and commissioners were pleased with the numbers they saw in the report and agreed all the town's budget seem to be on track.

<p>NEW! Heineken 18 PAK BOTTLES \$20⁹⁹</p>	<p>Happy St. Patrick's Day! March 17th!</p>		<p>Beck's, Beck's Light, Bass Ale, St. Pauli Girl, & Presidente 12 PAK BOTTLES \$12⁹⁹</p>
<p>Left Hand Brewing Company NEW! Of Colorado</p>	<p>Stella Artois 12 PAK BOTTLES \$14⁹⁹</p>	<p>Blow Out Special! Coors Light 12 PAK 16 OZ. CANS CASE OF 24 \$14⁹⁹</p>	<p>NEW! New Amsterdam Mango Vodka 750 ML BOTTLE \$12⁹⁹</p>
<p>Red's Apple & Strawberry Ale, Shock Top, Bud Light Lime, Bud Light Platinum, Beck's, Michelob Ultra Light Land Shark 4 PAK 16 OZ. CANS \$3⁹⁹</p>	<p>Paul's Pit Stop DISCOUNT BEER, WINE & LIQUOR Website: m.paulspitstop.net 150 S. Seton Ave., Emmitsburg, MD 21727 301-447-6262 Monday-Thursday 9 am-10 pm, Friday & Saturday 9 am-11 pm, Sunday 11-8 pm</p>		<p>Miller Light Coors Light \$13⁹⁹ 18 PAK BOTTLES We Have A Wide Selection Of Winter Beer In Stock Now!</p>

100 years ago this month

March 5

Painful Accident

On Tuesday afternoon Mr. Francis Krietz, riding to the country for feed, not returning within a reasonable time, his family became alarmed and telephone Mr. George Wilhide from whom he bought the feed. Mr. Wilhide informed the family that Mr. Krietz had left his farm about six o'clock in the evening.

Shortly after this his son went in search of his father and found him lying by the roadside near the Rentzel's farm near Four Points. It seems that at this particular spot there is a high embankment and it is supposed that the horse, which is blind, wandered off the road drawing the wagon into the ditch below. Mr. Krietz was pinned beneath the vehicle, the hub of which rested on his chest. He had lain in that position for about four hours. Four ribs were fractured and he suffered a laceration on his head. The horse was found nearby grazing contentedly.

Spelling Bee

A spelling bee of unusual interest will be given on Monday evening in the public school building under the patronage of the Civic League. This promises to be the most exciting, fun making, an elaborate contest of its kind ever held in Emmitsburg. There will be one match open only to children under 16 years of age. Three preliminary matches will be open to all in the town, regardless of age.

A specially compiled list of words from the standard dictionary will be used in the matches, but the words for the children's contest will be selected from the spelling books in use at the public and Catholic schools. With admission of only \$.10 it is hoped that the large room in the schoolhouse will be filled to its capacity.

March 12

Spelling Bee Best Ever

All four spelling contest drew a large number of contestants. Participants consisted of men, women, and children, who eagerly formed in a line, equal in extent to approximately the perimeter of the room. The winners of the minor matches were Mrs. Henry Stokes, Mrs. Cornelius Gelwicks, and Mrs. John Foreman. The winner of the children's match was Miss Virginia Eyster. The champion speller of the night was then determined in a final contest, in which the winners of the three other matches contended. Mrs. Henry Stokes was successful in eliminating her opponents in this grand finale.

The intermissions were made highly enjoyable by instrumental music, admirably and masterfully performed by Mrs. Higby and Miss. Gross, and the recitation of an appropriate selections by Mrs. Robert Gillelan. A grateful collection was taken at the doors and will be donated as an installment on the public school piano.

Robbed Twice Within Days

Thursday night of last week chicken

thieves visited the premises of Mr. Ashbaugh on Gettysburg Street, and carried away about 15 chickens. On Monday night, between the hours of 10 and 11 o'clock, robbers broke the store window in Mr. Ashbaugh's store and made off with hardware to the value of about \$25. On Tuesday night an attempt was made to enter a house uptown.

Vigilant Hose Plans Fair

The Vigilant Hose Company is having the exterior of their engine room and hall, on Gettysburg Street, repainted in preparation for a planned fair. All the members of the company are urged to be present at Fireman's Hall tonight when a special meeting of the company will be held to discuss the fair proposed to be held on April 9 and 10th. The proceeds of the fair will be use for a townhall fund.

Death of Samuel Moritz

Samuel Moritz of Fairplay, Freedom Township, died in his home on March 9. Mr. Moritz had been sick for about five weeks. His death was due to the infirmities of age, he being nearly 88 years old. Interment was made in Mountain View Cemetery.

Mr. Moritz was born and spent practically his entire life at the place where he died. As a young man he taught school for several years at "Moritz's School." He later engaged in farming in which he was unusually successful. Only about 10 years ago did he retired from active work. Although he never aspired to office, Mr. Moritz was always prominent in the affairs of his township and his counsel was thought by many.

March 19

Library Benefit

After much painstaking drilling and rehearsing, everything is in readiness for the big entertainment to be given in the auditorium of the public school building tomorrow night for the benefit of the Emmitsburg public library. The program is varied and well balanced. The program will include plays, piano solos & duets, voice quartets, recitations, and Irish drills. All in the community are encouraged to attend.

Auto Cars

The Emmitsburg Motor Car Co. received a carload of new Ford touring cars and runabouts this week. Meanwhile work on the new office and rooms that are being built by Mr. Zimmerman for the use of his Motor Car Company is rapidly progressing.

Spring Makes An Appearance

Saturday was one of the busiest days in Emmitsburg for long time. The streets were thronged with people from early morning until late at night and every hitching post was used. The approach of spring was heralded by the appearance of many autocars from far and near which pass through Emmitsburg on Sunday. Wanderlusts have been taking advantage of the beautiful spring days and bands of young people were much in evidence along the mountain and country passes and roadways dur-

ing the week. The first Robbins of the season made their appearance in a flurry of snow on Tuesday morning.

New Autobus Service

Beginning next Monday, a passenger autocar service to be known as the Emmitsburg-Thurmont Auto Bus Line will operate regularly between Emmitsburg and Thurmont connecting with the Hagerstown and Frederic trolley at Thurmont and meeting the most important trains on the Western Maryland.

Until further notice the first car each day will leave the square in Emmitsburg at 7:30 in the morning. The next car will leave Emmitsburg at 11:40. In the afternoon the bus will leave Emmitsburg at 2:30, with a second car leaving this place at 4:15. This tentative schedule has been arranged with a view to meet the demands of this community. The fare from Emmitsburg to Thurmont will be \$.45.

March 26

Fire at St. Joseph's

What might have proven a very disastrous fire at St. Joseph's College and Academy on Wednesday morning was averted by the prompt an efficient action of the workmen at that institution. A spark from the engine on the Emmitsburg Railroad ignited the dry grass in the large field in front of the buildings, but due to the strong winds that day, the fire quickly spread and within minutes a greater part of the field was ablaze.

The moment the fire was discovered the sisters had the men at work with chemicals an apparatuses from the Academy, the institution being splendidly equipped for such emergencies. Word was sent to the Vigilant Hose Company which responded immediately. Their presence was deemed advisable owing to the proximity of the fire area to the gasoline house in which a large quantity about combustible material was stored, but their services were not needed as the fire was completely extinguished by the time they arrived.

Boozer to Ride to Coast

"Uncle Joe" Walling, one of the founding members of the Emmitsburg Chapter of the Former Former

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Boozers Association has announced he intends to ride from Emmitsburg to the Pacific coast, starting next Thursday, April 1. His only companion on this trip will be the pony he rides, a stocky, well-built little animal which he bought from Patterson Brothers at this place.

To prepare for his long journey, he intends to close the Hotel Slagel's saloon every night and see how far his pony can get towards home before he falls off.

It is said that the Hotel Slagel's Saloon is sponsoring Walling's trip and that it will supply him booze to get him to at least Zora, and advertising material to distribute along the route. The Emmitsburg Cornet Band will escort "Uncle Joe" to the town limits when he makes his departure, and will involve great jollifications by the members of Former Former Boozers Association.

Bull Loose on Main Street

Much excitement on Main Street was occasion last Saturday afternoon by an infuriated bull. The animal charged uptown at a two-forty gait scaring women and children, scattering pedestrians in every direc-

tion. Being an Irish bull he made for the green in Commissioner Annan's lawn's, butted several fences and hurtled the railing between the Felix and Annan's homes. After a long chase, in which several "cowboys" took part, he was captured on the Miller Farm below town.

Runaways

Forty dozens of eggs were broken as a result of a runaway Monday, when the horses of Mr. Henry Plank became frightened and bolted for home. Nothing was broken other than the eggs, except the doubletree of the wagon.

Early yesterday morning a horse belonging to the Patterson Brothers, broke loose from a vehicle and ran off using the sidewalk as a speed course. After running the length of the town it made for the country and was caught by Mr. Thomas Gingrell at Zora.

Another runaway occurred about noon today when a horse, belonging to the Boyle Brothers, took fright and broke from the delivery wagon of this firm. The driver was thrown from the vehicle and dragged quite a distance, but was only slightly bruised.

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FROM THE DESK OF . . .

County Councilman Kirby Delauter

A few items we have discussed at the County Council meetings are the closing of Sabillasville Elementary School and the rehabilitation of the lime kiln furnace at Walkersville's Fountain rock park. The first item is the closing of Sabillasville Elementary School. This ploy is used every budget cycle when the FCPS union wants to use this scare tactic to get their annual funding increases. I spoke out against the closing of this school for several reasons. First, it is simply just a ploy to get the masses in the North end stirred up and supporting the budget increases so this school does not get closed.

The school is not going to be closed, it was never going to be closed, it was never an issue, just a ploy. Second, here are the totals for improvements that have been spent on this school over the last seven years. Tech-

nology, \$135,000, Playground improvements \$69,565, Air Conditioning, \$650,000, roof replacement \$530,000, water storage tank, \$106,000. This is almost \$1.5 Million taxpayer dollars in improvements to a school they consistently threaten to shut down during every budget cycle. Who makes these decisions to spend this money, when there would be any remote possibility of closing this school?

I personally sat down with Superintendent Terry Alban and gave her a list of items that would save the school system recurring monies. Things like outsourcing the plumbing, electrical, HVAC, and general maintenance items rather than carry hundreds of maintenance employees with salary, benefits, vehicles, insurance, and fleet maintenance, we could outsource on an IDQ (indefinite quantity) contract

and only pay for the services provided. This would save millions of dollars that could be reallocated toward teacher salaries putting the funds where it does the most good. These are real savings with real results that would reward the best teachers with the best pay. I can't deal in ploys and scare tactics, I only deal in the reality of results.

The next item I would like to discuss is the Fountain rock Park Lime Kiln rehabilitation. The total cost for this project is approximately \$600,000. We recently discussed this for some architectural costs and project management costs. The structure was built in the 1800's, back around 2002 it had some major work done to it and structurally the kiln is sound. There are a few minor cosmetic issues that could be repaired for minimal dollars, but to spend another

\$600,000 on this project in these tight budget times is just simply irresponsible. I requested that we remove it from the CIP (capital improvement projects) budget and let those funds drop to the bottom line (fund balance) to be used for something more critical at this point.

When I was on the last Board of Commissioners, this item came up and we removed it and placed it out four years in a future CIP. This is what we should have done in our Council vote recently. We need to recognize we can't be everything to everyone all the time. There has to be priorities and this in my opinion, isn't a priority. Frederick High School new construction is coming in over budget, these funds could have been transferred to that project and done far more good than a 150 year old lime kiln that will be standing when

my grandkids have kids.

The project at Fountain rock will move forward since Council member Tony Chmelik and I were out voted 4 - 2 to spend these funds on this project. One of the reasons I voted against spending the funds on this project was simple, the Parks and Rec Dept. solicited donations from the public to do the restoration of the lime kiln through the solicited donations. They received less than \$200 on a \$600,000 project. My point to them was simple, if the public doesn't want to voluntarily donate their money for this project, then why should we take their money by force to do the project?

You voted me into office to make these types of fiscally sound decisions. I will keep making these fiscally sound decisions. I can't guarantee the rest of the council will vote this way, but I can only be true to what I told you I would do. I will look out for your dollars as my own - that is something you can count on.

Emmitsburg Mayor Don Briggs

In early February I attended the Maryland Municipal League Mayor's conference in Annapolis. A principal program topic was preparedness for events that calls for a collective response by all levels of police, emergency personnel and government affected. On the day after the shootings at Frederick High, the Frederick mayor aptly gave an impromptu account of the event and how it was handled. Emmitsburg does have an Emergency plan in place. We have staff that have gone through special certification programs for various types of disasters.

The town requested and held meetings with the State Highway Ad-

ministration for an update on scheduling and the impact of replacement of E. Main St - Flat Run Bridge. SHA plans to advertise for bids during the winter 2016 with construction beginning in spring of 2016. Construction will be done in two phases and is expected to take 18 months. Two lanes of traffic will be maintained throughout the majority of the project.

A temporary eight-foot wide pedestrian bridge and sidewalk will be built on the south side of Main Street to the Silo Hill intersection until the project is completed. The final project will include sidewalks on both sides of the bridge. On the north side the side-

walk will be extended from Silo Hill to North Avenue. The HC ramps will be built on the south side. The final road section will be a 13' travel lane, a 6' shoulder and a 5'8" sidewalk on both sides of the bridge.

Town manager Dave Haller, and Zoning administrator Jerry Muir and I traveled to SHA offices in Baltimore for a meeting with their assigned 12-person square design team I will write about this next month.

For the second year in a row the high school national rugby champions, Gonzaga High School of Washington, D.C., accepted an invitation by the Mount rugby team

to hold preseason-conditioning sessions at the Mount. Like last year, for 45 players and four coaches, the weekend started with checking in at the Sleep Inn on Friday and then heading over to the Mount for a Friday night session. Unlike last year, this was the same weekend of Mount 2000 and Gonzaga could not use the indoor facilities of field house.

So Mount Coach Jay Myles contacts Mother Seton School for use of their auditorium on Friday night and calls me for use of the Community Center. I put him in touch with Dave McCarthy for use of the Community Center on Saturday night. Gonzaga gets there indoor training to com-

plement classroom and out training at the Mount. Gonzaga is no stranger to our area. It seems like every summer volunteers from the school come up and do volunteer maintenance work at Mother Seton School.

What is Mount 2000? Mount 2000 is a High School Eucharistic Retreat that was started 15-20 years ago by Mount seminarians in preparation for the Jubilee Year 2000. It was so successful that it has been held annually since. The retreat runs from Friday evening through noon Sunday. For the most part all the high schoolers stay on campus for the retreat. This year 1,531 students, ages 14-18 years, attended. Once again a resounding success.

Thurmont Town Commissioner Wes Hamrick

As a resident of Thurmont for forty-six years, excluding the ten years I resided in Frederick and Georgia, I have always taken for granted the services provided by our town and staff employees. The streets are expediently cleared during and after weather events; water main breaks are promptly addressed and fixed; electrical outages are restored with minimum disruption and downtime; parks and streets are well maintained; water and wastewater treatment is efficiently maintained to standards set forth by state and federal mandates; our community has been ranked as the second safest town in the state; and, the administrative side remains compliant to all aspects of the opera-

tion of the business, both fiscally and administratively.

It was not until I became an elected official a little over year ago that I fully recognized and appreciated the incredibly fine, dedicated and very talented and knowledgeable team of employees this town is so fortunate and blessed to have in their employment ranks. This faithful and committed team of employees makes it their number one mission in the execution of their job duties to provide services above and beyond and, to a degree, seamless and transparent to the general public. They are a group of men and women who strive for the continued betterment of our community.

One would be hard pressed to find another municipality that equals the exceptional services and amenities as provided for the town of Thurmont. When was the last time you can recall, other than an extenuating circumstance one March about three or four years ago, an electric service outage lasting for any duration? When have you not felt safe walking through town

day or night or taking a leisurely stroll through the park? How long before the snow was cleared from your street? Can you recall any disruption to water or sewer service? Many of the service calls occur at all hours of the night and usually under extreme weather conditions and circumstances.

This is my challenge to our residents. Take the time to thank an

employee whenever you encounter them as you go about your daily routine. They are the gears, pistons, wheels and spokes that ensures the efficient and continual operation of our town that helps facilitate Thurmont to be that wonderful and safe town that each of us calls home. A heartfelt thank you and acknowledgement of a job well done does good for one's soul.

Frederick County Government

Boards and Commissions Volunteer Opportunities

The Frederick County Executive invites interested persons to volunteer their time to serve on several boards and commissions that include the Commission on Aging, Containment Laboratory Community Advisory Committee, Roads Board, Social Services Board, and many others. To view a complete listing of the vacancies, please visit Frederick County Government's website at www.frederickcountymd.gov/boards.

Persons having a desire to serve must be residents and registered voters of Frederick County. If interested in serving, please submit a letter of interest and a current resume to:

Mrs. Joyce M. Grossnickle,
Administrative Officer
Office of the County Executive
Winchester Hall -12 East Church Street
Frederick, Maryland 21701
301-600-1102
E-mail: fcgboards@FrederickCountyMD.gov

Applications must be received by 4:00 p.m. on Friday, March 20, 2015. Frederick County Government does not discriminate on the basis of race, color, national origin, sex, religion, age, or disability in employment or the provision of services.



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GOVERNMENT—SOUTH OF THE MASON-DIXON LINE

County Executive Jan Gardener

There is a lot to cheer about in county government. Public participation is growing, employee morale is on the mend, and the transition to charter government is running smoothly.

The newly appointed ethics taskforce has begun its work to restore trust in county government. They are working to strengthen ethics laws to make it clear that county elected officials cannot do business with the county or profit from their position. They are also considering adding a code of conduct for elected officials and restoring penalties or consequences for serious ethics violations that were removed by the prior Board of County Commissioners.

Demonstrating a renewed interest in participation in county government are the 38 applicants who applied to volunteer their time to serve on this taskforce. Similarly, applications are pouring in from citizens interested in serving on the county planning commission. Engaging community talent and experience and empowering the public to participate and make a difference is a great sign of good government.

My leadership teams on jobs, education, community needs, and senior citizens will release their ideas for goals, priorities, and outcomes in these issue areas next week. Public participation in these workgroups has been incredible and a lot of creative and innovative new ideas have been brainstormed. Action plans will be developed to make sure we create jobs for the next generation, ensure world class schools, and plan to meet the needs of a growing senior population.

To protect taxpayers, I have proposed changes to local regulations to add county oversight to the construction of water and sewer infrastructure by developers. The prior Board of County Commissioners allowed the development community to both build the infrastructure and inspect it themselves. I am adding the county back to the inspection process to ensure high quality infrastructure since this becomes part of the county water and sewer system. This ensures a division of responsibilities and that taxpayers will not be stuck with a future bill to repair or prematurely replace this essential infrastructure.

I am spending a couple of days every week traveling to Annapolis to advocate for the needs of our community. The cuts in the Governor's budget to Frederick County are significant. As proposed, the cuts to Frederick County total \$5.5 million. Cuts to Frederick County are the third highest among the counties in Maryland. Cuts to public education alone amount to almost \$3.5 million. The magnitude of these cuts is one of the reasons why our Board of Education is looking to increase class size and close some of our smaller schools.

Working with our delegation, I am pleased to support a tax fairness bill to avoid duplication of taxation between the county and municipalities. I am also pleased to be meeting month-

ly with municipal mayors to ensure good communications and address issues before they become a problem.

As usual, there are always a few state bills that leave you scratching your head and wondering what were they thinking? One such bill introduced by both of our state Senators effectively gives our local ability to manage the disposal of our trash to an international zero waste organization. This will virtually eliminate our ability to landfill our trash and could cost us millions of additional dollars for waste disposal. I am hopeful that common sense will prevail once the impacts of this legislation are realized.

It is budget season in Frederick County. I will be holding a public hearing in March to share and gather input on the many requests for coun-

ty funding. So far, new requests for county funding exceed \$40 million.

The county budget is extremely tight due to an inherited \$3.4 million deficit created by the prior board of county commissioners. While there is modest growth in property tax revenue and income tax revenue reflecting a slowly recovering economy, these gains are wiped out as a result of the last board spending more money than it had. Multiple reserve funds were tapped including fleet reserves and the workers compensation reserve fund and this one-time money was spent on ongoing expenses. Over \$10 million was irresponsibly transferred from reserve funds and there was an assumption in the budget that the county would sell some buildings at a price that has simply not material-

ized. No one would ever balance their home budget in this manner.


Be assured, I will restore financial responsibility. I will balance the budget, address the deficit, and do so without a tax increase. I have asked county agencies to review all the privatization contracts to identify possible savings. I will be changing priorities to make sure the citizens of Frederick County are provided effective services. I am grateful for the many outstanding county employees who make this high level of service delivery a reality.

The \$160 million in taxpayer giveaways approved by the prior Board of County Commissioners to two large residential developments will continue to plague us for the next two decades. For the most part, these bad deals cannot be undone because

bonds have already been sold to the benefit of people of who do not even live here and Frederick County taxpayers are stuck with the obligation to pay the bill.

In north county news, I was pleased to join Congressman Chris Van Hollen to present military medals earned in World War II by James Wivell to his daughter Marie Messner and extended family. These medals included a purple heart and the bronze star, the fourth highest medal for bravery in service provided by our military. It is never too late to honor the sacrifice of our war veterans who served our country during times of conflict. Mr. Wivell was a medic and now several of his descendents continue to serve their community through volunteerism in our local ambulance companies.

Think Spring! It has been a bitterly cold winter but warm days are ahead.




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FROM THE DESK OF . . .

Carroll Valley Mayor Ron Harris

March brings to mind St. Patrick's Day, March Madness, a four-week national college basketball tournament, and the beginning of Spring on March 20th. It is also National Women's History Month. Take a moment to introduce yourself, your kids and closest friends to our country's past and present most influential women.

At the January Carroll Valley Borough Council meeting, Chief of Police Richard L. Hileman gave his 2014 annual Police Report. He reported the Department responded to 2,516 calls for service in 2014 which represents a 3.1% increase over 2013. Calls for service are incidents requiring a police response and do not include vehicle stops or other routine duties. The 2,516 calls for service resulted in 204 Uniform Crime Reports or UCRs. An UCR is a crime as defined by the Federal Bureau of Investigation and catego-

rized into Part 1 and Part 2 Offenses. Part 1 are homicide, forcible rape, robbery, assault, burglary, theft, and arson. Part 2 are everything else except traffic offenses like stop signs or speeding. Part 1 offenses decreased about 21% and Part 2 offenses decreased about 5%. Ignoring seasonal ski thefts, crime decreased 11% overall. How safe are we? As explained by Chief Hileman, the statewide rural crime rate for 2013 was 18 Part 1 and 39 part 2 per 1,000 residents. Carroll Valley's 2014 Part 1 is 15 crimes per 1,000 or 16% less and Part 2 is 24 crimes per 1,000 or 39% less. In 2014, we had 31% less crime overall than similar rural areas in the state did in 2013. As far as Traffic and Ordinance Citations, the Police Department issued 700 traffic, non-traffic and ordinance citations including 293 for speeding, 446 for other traffic, 3 for ordinances and 15 criminal violations.

To view the video of the Chief Hileman's presentation, enter following address in your browser: <https://vimeo.com/117337115>

At the last Council meeting, council member Ken Lundberg was elected president of council while Dan Patton was reelected as vice president. Prior to the council election process, Sarah Skoczen was selected from a list of four candidates to fill the vacant council member seat left by John Van Volkenburgh's resignation. Congratulations go to Sarah. John resigned from council because he plans to leave the borough in the near future for Texas to accept a new position with in his company. It was a pleasure to read the citation on the Certificate of Appreciation for his outstanding leadership, dedication and service to the residents of Carroll Valley while he served as President of Council. Unfortunately, John could not attend the council meeting because of work. The

certificate was delivered to his residence the following day.

If you missed it, you really missed a special evening. The Daddy – Daughter Sweetheart Dance organized by the July 4th (J4) committee to raise funds for the fireworks was a total success. Over 250 people were in attendance. Heartfelt thanks go to the volunteers and the two primary event organizers: Gayle Marthers and Jeni Jarrell. Gayle and Jeni were helped by a number of volunteers who welcomed the guests, cooked the food and served the delicious desserts. Thank you all. If you are interested in viewing the pictures, go to www.ronspictures.net and click the Sweetheart Dance – 2015 picture gallery.

I do have some sad news. The Carroll Valley Citizens Association (CVCA) is planning to close its doors and dissolve this year. For those who are not aware of the significance of

CVCA to the history of Carroll Valley, let me just say that the Borough's creation on September 30th, 1974 was a direct result of the sustained action by CVCA. Over 1,000 CVCA members, which represented about one-fourth of the home owners in the defunct Charnita, Inc. development, petitioned the Pennsylvania government to become a borough. It is my understanding that a Celebration and Farewell party will be held sometime later in 2015. An update on the new building project: the architect is preparing the design specifications and the grant has been completed and submitted to Harrisburg.

The Borough will be holding the following meetings in March: Planning Commission (Mar 2nd); Public Safety Committee (Mar 9th); Borough Council (Mar 10th); Water Authority (Mar 23rd) and Parks and Recreation Committee (Mar 25th). If you have any questions, please do not hesitate to contact me by email at MayorRonHarris@comcast.net or by cell at (301) 606-2021.

State Senator Richard Alloway

After legislation stalled last year in the PA House of Representatives, there is a renewed effort underway to help our neighbors who suffer from seizures, cancer, PTSD, or other severely debilitating illness.

The Senate moved swiftly and promptly to reintroduce a Medical Cannabis bill in January. Senator Mike Folmer's bill, otherwise known as the "Compassionate Use of Medical Cannabis," is the reintroduction of last year's legislation that overwhelmingly passed the Senate, but failed to come to a vote in the House. The bill will provide much needed relief to some of our most vulnerable citizens: children, veterans, and cancer patients. The bill is modeled after SB1182, which passed the Senate overwhelmingly last year by a 43-7 vote, but did not have support in the House.

While I'm disappointed in the outcome, children still need our

help, and I'm committed to advocating this important legislation. Parents pushing the bill say that time is critical. Their children suffer from epilepsy, which is not controlled by traditional pharmaceutical products that have been prescribed. Children are at risk every day that they cannot access a medical-cannabis oil that has been effective in treating intractable epilepsy.

The bill has wider possibilities, as the treatment could also help adults such as veterans suffering from post-traumatic stress disorder, Parkinson's, ALS, and the list goes on. These resilient individuals, particularly the children who have suffered their entire lives from seizures and are out of traditional medicinal options, deserve to have access to a medication that could help treat their condition.

Simply stated, we are in a position to help children and adults suffering from select illnesses, to get the help they need. Senate Bill

3 will allow them, as well as many others, that access to medical marijuana, prescribed by a medical specialist in a tightly controlled environment.

With certification from a licensed physician, Pennsylvania residents would be able to apply for a medical cannabis access card from the Department of Health. The bill also includes a strict regulatory framework that covers growers, processors, and dispensers. The legislation would not allow any individual or entity to grow, process or dispense cannabis without a state license or meet state-mandated security specifications and quality regulations.

The bill would only legalize the use of oil-based medical cannabis and specifies that the substance may not be ingested by smoking or vaporization. This bill, unlike any other in the nation, narrowly limits the scope of medical cannabis and establishes a private-sector

managed industry with strict government oversight to ensure that only those with a medical necessity have the ability to obtain this treatment.

Without question, this issue has been a controversial one, and understandably so. There are those out there who feel that this is nothing more than a pathway to recreational marijuana, including "boardwalk doctors" prescribing marijuana for any person that claims to have a minor medical ailment. I've heard that argument and shared those concerns with my colleagues. These concerns remained on the forefront of my mind as we discussed the regulatory environment that will need to be constructed in order to prevent abuse.

Having researched the medical properties of this God-given plant and hearing the struggles of our neighbors, who so desperately need this natural product to live a life free of seizures or to combat their cancer, I whole-heartedly support this legislation.

I've had the unique opportunity

to meet many of the families with epileptic children, many of whom live right here in the 33rd District, and fully understand that medical marijuana may be the best treatment for their illness. If there is an opportunity for us to improve the quality of their lives, I feel I have an obligation to try.

While I remained undecided for quite some time, it wasn't until I met the families and potential medical marijuana patients that I truly started to see why this was so necessary. These resilient individuals, particularly the children who have suffered their entire lives from seizures and are out of traditional medicinal options, deserve to have access to a medication that could help treat their condition.

Please join me with your support and encourage other Senators and your House members to vote "yes" on SB 3.

For more information about Act 89 and how it helps Pennsylvanians, I encourage you to visit my website: www.senatoralloway.com

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GOVERNMENT—NORTH OF THE MASON-DIXON LINE

County Commissioner Jim Martin

Four years ago, I made a serious decision to run for the office of Adams County Commissioner as a Republican candidate. I joined the race shortly after Republican Randy Phiel announced his decision to run for commissioner. The Republican Party primary race also included four other Republican Candidates. This was the making of an extremely interesting election which included a series of multiple forums and debates as never seen before. In the final analysis Randy and I won by wide margins in the primary and general elections to capture two of the three commissioner positions. Marty Qually received the third highest number of votes to capture the minority position. We became the first entirely new board of commissioners elected since 1967. That is the short version of the 2011 election for Adams County Commissioners.

Randy Phiel and I, Jim Martin, have decided to run for re-election for a second term as a campaign team. Our current term ends December 31, 2015. We are not running to win another trophy, but we are running because we see this as our responsibility to do so. Our years of experience, successful ac-

complishments, and ongoing initiatives and projects call us to serve another four years. Why? Because we realize these factors represent valuable investments of time and resources that will only produce their maximum benefit to Adams County by keeping our leadership and vision in place through another term in office.

Randy Phiel and I were elected in 2011 and, even before taking office, we realized the extremely challenging situation that was facing us. With this realization, we developed goals and objectives that we could work within. Using these goals and objectives, with a commitment to engage in an environment of respect and cooperation, we have been a productive and effective board. To our bewilderment, we have been criticized for a lack of contention and discord. Contention and discord provide little accomplishment as reflected by the divided U. S. Senate, an example we did not want to emulate.

To date in our first term we have shown to be an administration of LEADERSHIP, EXPERIENCE, VISION, AND COMMON SENSE and these will continue to be our signature of operation for a

newly elected term in office. These signature elements have brought us to where we are today and resulted in raising the bar for Adams County. Additionally, I believe we have attained this measure of success because of the high regard we have for our duties as Commissioner. This high regard is evidenced by the fact that we have chosen not to carry on a second career while serving as Commissioner.

Our leadership, experience, vision, and common sense were put to the test as soon as we enter office. Regardless of the need, our strategy was to gather the best information possible, seek unbiased and proven council, analyze the options, and then move forward with the solution that best served Adams County. This common sense approach allowed us to move forward on languishing projects like the emergency radio system. We decided we could no longer rely on a failing and deficient emergency radio system; under our watch the new replacement system is now in the final months of construction. The health, safety, and general welfare of our residents and first responders were and continue to be our top priority. Trusting health and

safety to an obsolete and unreliable system was not an acceptable option.

As we continued into our first year in office, we realized the performance of our computer network and associated technology was aging and operating beyond its designed capacity. We quickly ordered a professional analysis from an unbiased and reliable team, the technology division of the County Commissioners Association of PA. This analysis was timely; it showed that we were operating dangerously beyond system design and normal life expectancy. Failure of the system was on the horizon and thus we began a robust and systematic upgrade. We split the upgrade between two budget years to best manage our cash flow. Our IT director has masterfully directed us through this process with a most cost effective approach. Today the courthouse is operating with a vastly improved and highly efficient computer system.

Our IT director is an example of the caliber of administrative staff that we have assembled and who have been instrumental in our success. This caliber of personnel we have assembled did not happen by chance. As openings occurred for administrative staff, we put a very

aggressive recruitment and interview process in place. Final interviews are brought to a decision team that includes the commissioners; our concurrence is needed for approving the best applicant. A successful measure of our leadership has been the ability to identify the caliber and strengths of directors and higher level staff needed for key positions.

What I have shared with you is only a sample of the activity associated with our seats on the Adams County Board of Commissioners. These examples represent the LEADERSHIP, EXPERIENCE, VISION, & COMMON SENSE we will again bring to our next term if elected. As you review the record of Commissioners Phiel and Martin, you can vote with confidence that we are the right choices for the Adams County Board of Commissioners. I can truly say it is an honor and privilege to serve you and the more than 101,000 residents of Adams County. Voting for Commissioners Phiel and Martin is the formula to continue moving Adams County forward. May 19th will be your opportunity to say yes to another term for Jim Martin and Randy Phiel. Thank you for your support and your vote. Best regards, Commissioner Jim Martin.

State Representative Dan Moul

Pennsylvania faces an estimated \$2 billion revenue shortfall that must soon be addressed.

Of course, overcoming such a significant budget shortfall will be no small feat. Lawmakers are considering a number of measures to cut costs and raise additional revenue.

The greatest challenge of the 2015-16 legislative session, and the one that will have the most significant impact on the budget, is the looming public pension crisis, which now represents a \$50 billion unfunded liability and is growing by more than \$11 million every day. I believe a full shift now to a defined contribution plan for all new hires would better protect taxpayers by enabling the Commonwealth to improve the solvency of the pension systems in much less time, and would give new employ-

ees greater control over their retirement investment. I plan to introduce my own pension reform legislation in the very near future. I should note that my bill would be for new hires only and will not affect current employees or retirees.

Since pension insolvency is not unique to state government, I also intend to introduce a bill that would amend the municipal pension law to bring it in line with reforms at the state level. Again, I stress that these changes would only affect new hires, not current employees or retirees.

A major item on the revenue enhancement side of the budget equation is liquor privatization. A privatization bill passed in the House last session, but failed to come up for a vote in the state Senate. House leaders are moving forward with essentially the same

bill, which would gradually divest the Commonwealth of its wholesale and retail liquor operations. In fact, House Bill 466 was introduced on Feb. 16, and referred to the House Liquor Control Committee where it is expected to receive a favorable vote and advance to the full House for consideration. The measure would then be in the hands of the state Senate.

On a related matter, the Pennsylvania Department of Revenue announced it has extended the deadline for clubs that hold small games of chance licenses to file annual reports until July 1. The extension is needed as the department works to resolve technical problems with its electronic reporting system. It is anticipated the system will be operational by June 1, at which time clubs will be encouraged to review a publicly available database of

completed reports to determine if their reports were successfully received. Clubs that do not have a completed report on file at that time will have until July 1 to do so. Act 90 of 2013 requires club licensees – those holding both a

liquor license and small games of chance license – with proceeds of \$20,000 or more to file annual reports with the department. For more information, visit www.revenue.state.pa.us.

For the latest budget updates from the state Capitol, visit www.RepMoul.com.

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COMMENTARY

Words from Winterbilt

Why do we disagree?

Shannon Bohrer

A few months ago events with police shootings and police use of force dominated the news for some time, and they probably will again. There were large protests about these incidents and there was controversy over the protest. America often seems to have two camps, one being for something and the other being against something. The question we might want to address is why. Why would we think that people would think the same way and see the same things? People are different, we know this and yet we always seem to be surprised when the differences are expressed.

There are multiple reasons why we think differently. One is that many of us have inherent biases that filter what we see and hear. The filter is our schema. According to psychologist we each have our own schema, which is like have a filter that surrounds us. Our Schema is our beliefs, what we know and what we believe and if information does not fit with our beliefs, our schema often filters it. We know that people can unconsciously filter what they hear and see. This filtering itself is called a Confirmation Bias, we unconsciously confirm information we believe and discount information that is not from our perspective. Given our individual differ-

ences, our backgrounds and our biases, it should not be a surprise as to why two people witnessing an event can have different opinion and views of what they witnessed. Since we have different perspectives on many topics, it should not be a surprise that we have different opinions about a use of force incident or a protest. The differences we start with before an event occurs influence what we each see and hear and confirms our beliefs.

The differences that we have that affect what we see and hear are well known in the law enforcement community. If a crime occurs and there are three victims and one offender, the police often end up with three different descriptions. The same is true in many court cases. Listening to the testimony on both sides one can sometimes wonder if they are describing the same event. It has been said that many times we hear and see what we want. Maybe it could be said we see and hear what we believe, often filtering out what we don't believe.

"When two people meet, there are really six people present. There is each man as he sees himself, each man as the other person see him and each man as he really is." William James, psychologist

The law enforcement community was front and center in the news about the use of force and the protest. They were and are aware of

the different perceptions that people and groups have, and yet they seemed surprised with the controversies and the demonstrations. Considering that they deal with different perspectives every day, you would think they would have a better understanding. Of course, since they are the focus of the beliefs and the protest, the law enforcement community may have felt like they are under attack. Maybe – just maybe that is their perspective.

I watched with interest a sports commentator talking about professional football players that were wearing shirts – that sympathized with the protesters. The commentator talked about the courage the athletes had because they could be fined and or fired by the team owners. He added that it was nice that the players demonstrated their support for the protesters. The commentator then continued that it was his position that the majority of police in the country were good people that do good work. He even gave examples of his own very positive interactions with police. Obviously the commentator felt sympathy and/or empathy with the protesters but he still held the majority of police in high esteem. I wondered how many people watching and hearing his words, felt the same way. I wondered how many police and/or protesters felt the same way.

No one can defend every police officer in the country, as there have been officers that have committed crimes and have been arrested, found guilty and have gone to jail. You could say the same thing about every segment in our society. If we examine the number of people found guilty of a crime, then incarcerated and later found to be innocent, we know we have problems with our justice system. But the recent protest might indicate that large segments of the police are untrustworthy. If one believes that the police community cannot be trusted – that would be a very strong belief. We do have multiple politicians, television personalities and community leaders, constantly telling us that the government is the problem. Might this influence our perceptions and beliefs about the police?

With an estimated 850,000 sworn officer in the United States and less than 500 justifiable homicides (where police legally shoot and kill someone), I don't believe there are officers going to work each day – looking for someone and/or an excuse to shoot. Every time an officer does take a life, it is a tragedy. The officers are affected as well as the family members of the deceased. It is understandable that segments of our society believe that race contributed to the recent shooting and deaths of citizens. But just having a belief - does not always makes it true. Politics is a good example of this.

Nothing may be more scrutinized in our society than a police shooting, as it should be. Additionally, all

sides in any issue have a right to express their views, in print, in demonstrations and to question our government. While there may be strong opinions on both sides and a compromise may not be met, both sides have a right to express their views.

No matter how you view our government, it does give you the right of free speech. Just as the news focuses on the demonstrations, they also focus on the illegal behavior of protesters; the vandalism, theft and arson. Every segment of society has individuals involved in illegal behavior. Too brand one segment for the behavior of a few, is exactly what some are doing - on both sides of this issue. The entire police community is not bad nor is the entire protester group involved in illegal behavior. It is important to remember, that it is the United States Government that gives you the right to complain about it.

"If the freedom of speech is taken away then dumb and silent we may be led, like sheep to the slaughter." George Washington

If you agree or not with the message of protesters, that is your choice. But you should be thankful that they have the right to protest.

To read past editions of Words from Winterbilt visit the Authors section of Emmitsburg.net.

Editor's note: Sorry, we had a editing error in last month's column which played havoc with anyone trying to guess the answers to the owners of the quotes in the article. The corrected article can be found on Emmitsburg.net

Common Cents

Sustainable peace

Ralph Murphy

The Knesset or Israeli Parliamentary elections are due to take place 17 March pitting the incumbent, center right Likud party coalition against its traditional internal foe, the Labor Party. Prime Minister (PM) Benjamin Netanyahu has served as head of this government since March, 2009 when he upset the relatively liberal Kadima party and subsequently oversaw the arrest and jailing of its leader Ehud Olmert on corruption charges. Netanyahu seeks a fourth term as PM and current polls indicate he should win by a narrow margin.

While Israel divided along the usual international, socio-economic lines of liberal, social spenders and a conservative, defense-oriented community - it is relatively cohesive in business and foreign dealings. It is the wealthiest nation in the Middle East generating over \$305 billion in 2014 and enjoys a diversified economy with industry representing 31.2% of output, services 64.7%, and agriculture at 2.5%. While Israel is productive economically it has serious, religion-based historic antagonisms with its neighbors. Both the Muslim Arabs and Jewish Israelis have international backers who passionately defend their respective

interests. Emotions run higher in this region than in any other part of the world.

Muslims consider Israel an illegal state stolen from them by a post World War II Jewish influx which swelled the number of religious Zionists under United Nations and British control. To the Israelis, the state founded on 14 May, 1948 was a biblical "birth right" and reflected justice as a return home for the diaspora originally set forth by Roman Emperor Titus in sacking the region and destroying the second temple about 70 AD - 40 years after Christ's crucifixion.

There are current efforts - especially in the Arab world - to re-establish the state of Palestine in that sector. The Palestinian state has been recognized as an observer at the UN, and is entitled to treaty participation, but there is virtually no definition as to the nation's territory. France and Sweden also currently work to embrace the hypothetical nation, and it has joined the International Criminal Court (ICC) as a member in pursuit of individual leaders responsible for aggressive legal breaches such as genocide that cannot be tried at home. The ICC is Hague-based but its decisions are not binding at the UN. However, the UN can refer cases for

its consideration. Almost all 21 cases prosecuted by the ICC thus far, have had to do with African leaders, but the Palestinian Authority (PA) wants to bring the Israelis to task for last summer's Gaza Strip violence. At the time Israel responded to crude but troubling rocket attacks on the southern region with overwhelming force. Up to 2,192 Iranian-backed militants and civilians were killed in the Hamas-led enclave and 72 Israelis died... including 66 soldiers. Thousands of injured were reported and Hamas remains in power.

The Palestinian leadership appears irreconcilably split between the West Bank Fatah party and the Gaza Hamas. Fatah represents the Palestinians at the UN and speaks for its 2.1 million Arab residents. 2,676,740 (2013) people live there to include East Jerusalem's 197,000. The area has been occupied by Israeli forces since 1967 when it was overrun and effectively annexed by the Israeli army in the Six Day War. The Israelis also seized Egypt's Sinai peninsula, Syria's Golan Heights as well as the Gaza Strip. Sinai was returned to Egypt following normalization of relations through the Camp David accords of 1978. Golan was lightly populated, strategically valuable and easily retained. Israel withdrew from Gaza in 2005 but maintains strong economic ties

to the area. They don't have to pay for internal security under the current arrangement and do have discreet trade ties with its 1.816 million residents.

The West Bank is a bit closer to the Israelis governing its religious, and economic interests, but a demographic headache in what many call the "world's longest post World War II occupation". Fatah operates out of Ramallah and while talking to the Netanyahu government is openly hostile - as are the Muslim Arabs. Fatah has effectively been disarmed of war materiel, but they do have access to small arms, knives, and rocks that are used to harass the Israeli military forces.

The 1967 conflict witnessed Israeli troops take on Egypt, Syria, Jordan, Iraqi and Lebanese forces - along with the support of 9 other Arab nations and the PLO. Israeli dead reached 983 servicemen, but Egypt lost over 10,000, Jordan 6,000, Syria 2,500 and the USS Liberty came under attack by Israeli fighter jets and patrol boats. Jordan and Egypt subsequently established full diplomatic ties with Israel, but these are strained due to the West Bank problems.

Muslim, Quran - based culture is very aggressive with Sharia law allowing for amputation, stoning and polygamy. A climate of hostility is prevalent and while they're dangerous if you enter their Muslim enclaves, they pose a limited threat to others - beyond limited acts of terrorism. They seem to trust only

family or tribal friends, and cannot bond in common cause with others for whom they have no loyalty. Israel also has its divisions, but there is a strong construct to the social structure that allows for regional survival and even domination given the opposition's lack of coherence. The Israelis are unlikely to change "the hearts and minds" of the West Bank Muslims. Especially through acts of violence, but if they find a continued presence to be cost effective - they can probably maintain it.

Netanyahu is due to speak before a joint session of the U.S. Congress on 3 March. This is just two weeks before the scheduled, Israeli elections. His primary focus appears to be on Iran. A concern that is supported by most American voters. Many recall the hostage seizure of U.S. diplomats by the Iranian Mullahs in 1979. The economy doesn't appear an issue. Gaza is largely settled for now, and the West Bank rarely appears in the Western press. Israel will likely have border concerns barring religious bridges as that does appear the source of hostility. Occasional internal strikes are possible, but more likely from the disaffected Israeli Arabs who comprise 20.7% of the area's population of 8,238,300. Israel has to keep its anti terrorist defenses ready, but that appears the main election issue as other factors are reasonably stable.

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

Pure OnSense

Risks of strategic patience

Scott Zuke

In April or May a joint force of 125,000 Iraqi Security Forces (ISF), militia fighters, and Kurdish peshmerga plan to launch an assault to retake the Iraqi town of Tikrit from the Islamic State (ISIS). This is intended to clear the way for a later, and much larger, operation to retake Mosul, Iraq's second largest city and the de facto capital of the Islamic State. Achieving the battlefield victory will be challenging in itself. Previous attempts have failed, and the memory of the ISIS's complete routing of the U.S.-trained Iraqi military is still fresh. Even if ISIS forces choose to withdraw before being encircled, they could leave boobytraps behind, and there would be risk of sectarian conflict breaking out between the Sunni civilians and their Shi'i militia "liberators."

As uncertain as the outcome of the coming Iraqi campaign is, it is in some ways enviable when compared to the situation next door in Syria. Iraq at least has a cooperative central government and militia forces that, despite their sectarian divisions, are staunchly opposed to Al Qaeda and other jihadist groups. This makes it significantly easier for the United States to be more hands on in providing military assistance (aside from reservations back home about putting "boots on the ground").

The many-sided conflict in Syria, however, and especially the deranged and bloody leadership of President Bashar Al-Assad, has stymied U.S. ef-

forts to define a coherent strategy for fighting ISIS or bringing an end to the country's civil war. That conflict, now entering its fifth year, has been enormously costly in terms of lives lost and people displaced across the region. In providing a space for ISIS to operate, it has also created the next great threat to international security, inspiring dangerous spinoff groups in Libya and the Sinai Peninsula and lone wolf terrorists who carried out numerous attacks throughout Europe.

As such, Syria has become one of the most poignant indictments against the Obama administration's foreign policy. Last month the president delivered his new National Security Strategy, a 29-page document providing a broad outline of America's strategic approach to issues ranging from cybersecurity to violent extremism. While the paper is overall a pretty standard exercise in stating "universal values" and America's strength and resolve in defending them, it also codified a term that has stirred up the cynics criticizing Obama for his hesitation to respond to international crises:

"On all these fronts, America leads from a position of strength. But, this does not mean we can or should attempt to dictate the trajectory of all unfolding events around the world... The challenges we face require strategic patience and persistence" (emphasis added).

However pragmatic this approach may be when applied properly, it's hard not to read it as an attempt to justify

past indecisiveness.

Particularly in Syria, the administration was forced to reveal on multiple occasions that it was not willing to back up its tough rhetoric with meaningful actions, undermining its credibility in the region. In hindsight, though, the cost of inaction was likely worse than a knock on America's reputation. According to at least one former U.S. official, the administration was aware of the growing threat of extremism in Syria in 2012 and 2013, and had means at its disposal that could have—if not eliminated it—perhaps prevented it from spiraling out of control and becoming a beacon for the world's aspiring jihadis.

The policy debate was whether to send arms and other support to the supposedly moderate Syrian rebels—the groups that were at war with President Assad's forces, but who rejected jihadism and refused to align themselves with the Al Qaeda-inspired Nusra Front and later the Islamic State who were also fighting Assad. These moderate groups have shown grit and resolve throughout the war, maintaining control of key territory and taking a toll on Assad's forces, but the administration held back its support for them out of fear that any arms it sent into the country could fall into the wrong hands.

According to Robert Ford, the former U.S. ambassador to Syria (and, full disclosure, a colleague of mine at The Middle East Institute), the moderate rebels, "have been fighting constantly with arms tied behind their backs, because they don't have the same resources that either Assad does or the al-Qaida groups in Syria do." As a re-

sult, many have been forced to cooperate with Nusra and other jihadists at some point or another over the years, despite being opposed to their worldview, and for that reason they can be blacklisted from receiving Western support.

Where there once may have been opportunity to cultivate these moderate groups, the situation today has grown more complicated and dangerous. In February, the United States and Turkey signed an agreement to begin arming and training some moderate groups in Syria.

But the reaction from those who have long backed arming these groups has been muted, basically calling it too little, too late.

There is also little hope for a recently announced UN-brokered ceasefire around the Syrian city of Aleppo, the stronghold for anti-Assad forces. As beneficial as negotiated ceasefires may sound for humanitarian reasons, in practice they serve to bolster Assad's claim to legitimate rule over territories he couldn't retake by force. There's no reason for the rebels to agree to such terms. On the other side, the Syrian president is "so unyielding and deeply deceptive — or delusional — that it's impossible to imagine him ever negotiating an equitable end to Syria's civ-



il war," says Jonathan Tepperman, the first American allowed to interview Assad since 2013.

None of this sounds hopeful. Windows of opportunity have closed, and the threats that have evolved and spread beyond Syria and Iraq could end up drawing attention away from their original source. While there may be wisdom in recognizing America's finite resources and choosing how to apportion them across competing priorities, it's becoming clear that "strategic patience" can have very costly consequences that are difficult to reverse once we realize we didn't buy a seat at the table from the beginning.

To read past editions of *Pure OnSense* visit the Authors section of Emmitsburg.net.

Creative Destruction

Putin is not crazy

Edmond Pope

... but he is plotting our next major crisis.

Strange news emanating from Russia is nothing new, but events in the past few weeks might suggest Vladimir Putin has gone stark raving mad. Among other seemingly unrelated and unusual actions, he has cut the retail price of vodka, threatened WWII, increased military spending while seeing his national budget severely cut due to the global energy price collapse, has engaged in a series of provocative threats and acts in the Baltic region, is making a mockery of any semblance of peace in Ukraine, and has committed numerous other actions that would have Western nations question his mental state. That would be a grave mistake.

From the outside, the Russian economy would appear to be in shambles. Approximately half of their federal budget comes from the energy sector, which has been severely battered over the past six months. In January of this year, it was reported that the Russian economy experienced 15% in-

flation, which would equate to a 180% annual rate and the worst since their 1998 financial crisis. Putin has responded by ramping up military activities, assuming personal control of the military, enhancing his sabre rattling and further energizing his internal propaganda mechanisms to blame the West, and US in particular, for all their problems. Indeed, the Western economic sanctions leveraged against Moscow to counter its actions against Ukraine have had an impact but nowhere near that intended or possible.

One must understand the Russian culture and history to recognize the weak relative impact these sanctions will impart. The long history of subjugation of the citizens of Russia by brutal authoritarian leaders has resulted in routine and well-recognized survival techniques that accept fraud, theft, cheating and other criminal behavior as acceptable, and this certainly includes the rich and powerful oligarchs behind Putin. All of the king's men, both government and private, have many routes available to them to circumvent these economic sanctions.

In today's Russia, Putin's vastly reinvigorated state security services (KGB/FSB), you have few

choices: do what you are told, flee and hide, or disappear into the gulag prison system. No longer are we witnessing the defiant open protests of only a few years ago. In almost every sphere, the Russian secret police (FSB — former KGB) work hand-in-hand with the Russian equivalent of the mafia. During my imprisonment 14 years ago, former Congressman John Peterson was approached in his office at least twice by agents of this FSB-mafia linkage and solicited for large sums of money to affect my release. Fortunately for me, John had been warned and deflected these approaches. Things in Russia today have only grown more complicit.

Russia and Putin have two priority objectives in the current conflict in Ukraine: a distraction and a land grab. The distraction is primarily intended for internal purposes, together with plentiful vodka, while the territorial ambitions are part of Putin's vision of a reinvigorated Russian Empire. Russia has a cultural legacy of paranoia based on conflicts from their past to include the Mongols, Swedes, Turks, Germans, Napoleon and others. Russian dictators have never failed to remind their citizens of the ever-present "external" threat and the

US and NATO remain the number one targets for this.

What is not gaining much attention yet are the growing signs of Russian interference in the Baltic region, Moldavia and other areas of Eastern Europe. Putin is particularly angered by the three former states of Latvia, Lithuania and Estonia as well as his perceived "isolation" of the Russian Territory of Kaliningrad. Since early last fall, Russia has significantly stepped up its military activities in and around the Baltic Sea and even bullied Finland and Sweden into curtailing their routine training activities during a window in March and April of this year in which a traditional NATO exercise is conducted. Putin's early threats portend a possible active response in the coming weeks that could lead to serious conflict.

Putin has obtained near-total dictatorial powers over the past 15 years but has also garnered a personal wealth that has recently been reported as perhaps the largest on the planet with some estimates in excess of \$200 billion. Almost all of his wealth, no matter the number, has been obtained by what would be considered illicit if not outright criminal activities; but he is the ultimate power in Russia so don't hold your breath waiting for an indictment and trial. He makes the rules to suit his goals.

Putin has another strong card to play that he has previously demonstrated no hesitation to use: energy supplies. Presently, Russia is by far the largest supplier of energy to the European Union and he will use it if it fits his needs. At the present time he is attempting to both gain a stronger hold and divide the US and NATO/EU any way he can.

Other moves that have been favored by Tsars, Communist Party authorities and other dictators in Russia's past include stringent restrictions on human rights and open attacks against foreign press operating in Russia. Moscow has already made a move to shut one major newspaper and was likely behind the recent hacking and failure of that organization's web site.

Little doubt that Putin will leave history books speaking of his tenure as "president for life", however long that may be. He now feels the strength to actively work on his legacy. Vladimir Putin has now had 15 years to tighten his grip and pursue his goal, which I believe to be nothing less than the restoration of a Russian dominated empire. I fear that there is a storm brewing over the horizon and could soon blow much more fiercely from the steppes of Putin's Russia.

To read past editions of *Creative Destruction* visit the Authors section of Emmitsburg.net.

THE PASTOR'S DESK

God is _____, what?

Pastor Gary Buchman
Emmitsburg Community
Bible Church

I am writing this on Valentine's Day. My bride is still sleeping and I am recollecting 45 years together. My wife scares me sometimes because she knows what I am thinking before I think it. Do you know why? Because she knows me. She knows what I love and what I hate; what I enjoy and what makes me irritable. She knows what I need to do when I don't want to do it. And, I know her. That's what happens in marriage. Two people get to know each other as intimately spiritually and mentally, as they do physically.

Here's a question. How well do you know God? In the book of Jeremiah, God laments to Jeremiah, that the people don't know Him; in fact, they refuse to know Him. The one thing God wants the most from us is that we would know and understand Him (Jer. 9:23-24). The word know, means to know personally and intimately as married lovers. Do you know God like that? Here is a test.

How would you complete this sentence; God is _____? What one

word summary does the Bible use the most to describe God? Raise your hand if you said, "God is Love." Or, "God is Great," or, "God is Good?" Here is a shocker. Only two times does the Bible say, "God is Love." If you read through the Bible in a year by reading 3 chapters a day and 5 on Sundays, and started on January 1, with Genesis 1, it would be in December, near Christmas, before you would read, God is Love. It only occurs only two times, both in the same book, and in the same chapter-1 John 4:8, 16. The Bible does say that God demonstrated His love (John 3:16; 1 John 3:16, 4:9), and that God loves us with an everlasting love (Jer. 31:3). But, if you build your knowledge of God on the premise that God is, above all else, Love, you don't know God.

So, what one word summary of God does the Bible use more than any other? It is HOLY. Both Isaiah and John are allowed a glimpse of heaven and they hear the angels saying, "Holy, Holy, Holy, is the Lord God Almighty." (Isa. 6:3; Rev. 4:8) Christmas has passed, and Easter is approaching, but you cannot understand either holiday, if you don't un-



derstand this about God; He is absolutely Holy. In fact, you cannot understand the love of God unless understand that He is absolutely Holy.

What does this mean? The word, Holy, means separate and distinct. For God to be Holy means that He is absolutely separate and distinct from anything sinful or evil. Sin cannot abide in His presence. He must separate it from Himself. This is why he told our first parents not to disobey Him, because when they disobeyed, they would die. You know the story. They disobeyed. Did they drop over dead? No! But they did die that day. They could no longer walk with God, and were expelled from His presence, and unless some rescue or antidote could be found, they would go on to die physically and worse, they would die or be separated from God for eternity. Because God is mean? No! Because He is Holy. Sin cannot mix with Holiness.

Try this. Take an empty gallon milk jug. Pour in a quart of water and a quart of motor oil and shake it up. Notice that when you are through the water is still on the bottom and the oil remains on top. Why? Because the two cannot mix.

Physical death is not the end of existence. The soul separates from the body at physical death, but it continues to exist either with God or separated from Him. Why? Because God is Holy? Holiness and sin cannot occupy the same space. Just as light and darkness cannot.

Light will always dispel darkness.

How does the Bible describe people? Sinners (Rom. 3:23)! Dead (Eph. 2:1)! Slaves (John 8:34; Rom. 6:16-20)! Houston, we have a problem! How can sinners abide in God's presence? How can we possibly go to heaven? Many think that because God is Love and good, that we all get to go. Others think that we can be good and merit heaven? Really? How good is good enough? How much bad offsets our good? Remember, it was not rape, robbery, or murder that brought death and hell to reality? It was one act of disobedience. Will God say, "Aww, you are just human, you did the best you could, come on in to my heaven?" No! He can't, because He is Holy. He must punish sin. He must remove it. Is this depressing? Well, I have good news.

God is also, Love. His holiness demands justice. His love provided justice. First, God came up with a credit system. He allowed man to sacrifice certain animals and substitute the animal's death for their own. A practice that had to be constantly repeated. This provided an atonement or covering for man's sins. But it could not pay for man's sins (Hebrews 10). Just as your credit card provides a covering for your stuff, but the costs still has to be paid. Enter Christmas and Easter. To say that God is love means that God seeks the highest good for the objects of His affection regardless of their worth or ability to repay. The word Gospel means Good

News, and here is why. The infinite Holy God came in finite human flesh, through the womb of Mary, to be your sin bearing, death paying substitute. This is why we have Christmas and Easter. Jesus came to take our place and died, suffered our hell, and was separated from the Father, for us, so God could forgive and receive us, into His home and heaven as His children. This is how God loved you!

Jesus suffered the horror of the cross because God is Holy and yet Love. Good Friday is God screaming to you, "See how I love you." The Resurrection was God saying, "It's a done deal. Now the rest is up to you." You have to repent, and receive God's gift of grace, adoption, and forgiveness. It's a gift. God forces no one to receive it. He offers it. You cannot know God until you see His Holiness and Love at the Cross. And you can't have life unless you receive His gift (Rom. 6:23; Eph. 2:8-9).

Easter is approaching. Will you consider this and like the Bereans (Acts 17), will you search the scriptures to see if these things are so? Here is a summary. Know God and Know Life (John 17:3), or, No God, No Life (John 3:36).

Want to know more? Email me @ pastorgarybuchman@gmail.com. Better yet visit us on Sundays at the Emmitsburg Elementary School, 300 S. Seton Ave. Emmitsburg.

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Under the snow



It is a well-ascertained fact that snow affords a comparatively warm garment in intensely cold weather. This is difficult for non-scientific persons to understand; but it is based on the circumstance that snow, on account of its loose flocculent nature, conducts heat slowly. Accordingly, under this covering, exactly as under a thick woollen garment, the natural heat of the body is not dissipated rapidly, but retained.

Instances are abundant to shew that snow really protects substances from cold of great intensity. Farmers and gardeners well know this; and, knowing it, they duly value a good honest fall of snow on their fields and gardens in winter. There are not the same tests to apply in reference to the human body; nevertheless, the fact is equally undeniable. The newspapers every winter record examples. Thus the Yorkshire papers contained an account, in 1858, of a snowstorm at or near Market Weighton, in which a woman had a remarkable experience of the value of a snow garment.

On the 7th of March she was overtaken by the storm on the neighbouring moors, and was gradually snowed up, being unable to move either forward or backward. Thus she remained forty-three hours. Cold as she of course was, the snow nevertheless prevented the cold from assuming a benumbing tendency; and she was able to the last to keep a breathing place about her head. On the second day after, a man crossing the moor saw a woman's bonnet on the snow; he soon found that there was a living woman beneath the bonnet; and a course of judicious treatment restored her to health.

The remarkable case of Elizabeth Woodcock is still more striking. In the winter of 1799 she was returning on horseback from Cambridge to her home in a neighbouring village; and hav-

ing dismounted for a few minutes, the horse ran away from her. At seven o'clock on a winter evening she sat down under a thicket, cold, tired, and disheartened. Snow came on; she was too weak to rise, and the consequence was that by the morning the snow had heaped up around her to a height of two feet above her head as she sat.

She had strength enough to thrust a twig, with her handkerchief at the top of it, through the snow, to serve as a signal, and to admit a little daylight. Torpor supervened; and she knew little more of what passed around her. Night succeeded day, and day again broke, but there she remained, motionless and foodless. Not senseless, however, for she could hear church bells and village sounds—nay, even the voice and conversation of some of her neighbours.

Four whole days she thus remained—one single pinch of snuff being her only substitute for food during the time, and this, she found to her sorrow, had lost its pungency. On the fifth day a thaw commenced, and then she suffered greatly, but still without being able to extricate herself. It was not until the eighth day that the handkerchief was espied by a villager, who, with many others, had long been seeking for her. Stooping down he said, 'Are you there, Elizabeth Woodcock?' She had strength enough to reply faintly, 'Dear John Stittle, I know your voice. For God's sake, help me out!' She died half a year afterwards, through mismanagement of frost-bitten toes; but it was fully admitted that no one, unless cased in snow, could have lived out those eight days and nights in such a place without food.

Similar in principle was the incident narrated by Hearne, the antiquary, in the last century, in a letter:

"In the severe winter of 1708-9, a poor woman in Somersetshire was returning home, when, falling ill by the wayside, she requested to be allowed to sit by the fire in a cottage. This being unfeelingly refused, she lay down under a hedge in the open air, being too weak to proceed farther. Snow soon came on. A neighbour passed by, and helped for a few minutes to guide her steps; but her strength soon failed her, and he, in like manner, left her to her fate. Once more laid prostrate, she became gradually covered with the snow.

Day after day passed, for a whole week, during which time her friends made search and inquiry for her in every direction. The only person who could give

information was the man who had abandoned her, after her failure in the attempt to walk; and he remained silent, lest his conduct should bring reproaches on him.

There then occurred one of those strange sleep-revelations which, explain them how we may, are continually reported as playing a part in the economy of human life. A poor woman dreamed that the missing person lay under a hedge in a particular spot denoted. The neighbours, roused by the narration she gave, sallied forth with sticks, which they thrust through the snow in various places.

One of them thought he heard a groan; he thrust again in a particular spot, when a feeble voice cried out, Oh, for God's sake, don't kill me! 'The poor, imprisoned wayfarer was taken out, to the astonishment of all.' She was found,' says the writer of the let-

ter, 'to have taken great part of her upper garment for sustenance; but how she could have digested a textile fabric of wool or flax is not easy to understand.

She surprised her neighbours by the assertion that she had lain very warm, and had slept most part of the time. One of her legs lay just under a bush, and was not quite covered with snow; this became in consequence frost-bitten, but not too far for recovery. Her spirits revived, and she was able shortly to resume her ordinary duties."

In these two last-named instances the person was a full week under the snow blanket; and the covering evidently prevented the natural warmth of the body from being abstracted to so great a degree as to be fatal.

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THE (retired) ECOLOGIST

Will “Gimpy” survive?

Bill Meredith

“The first thing in Science is to know one thing from another.” — Carolus Linnaeus, ca. 1757

“If you’ve seen one squirrel, you’ve seen ‘em all.”

—Betty Jean Meredith, 1951 et quia semper

I never had a course in Journalism, but I could not have written monthly articles for the past 17 years without learning a few of the basic rules. The one I am grappling with just now is that short months have early deadlines. February is a short month, and it ends on a weekend this year, so my deadline for writing came earlier than usual. As it happened, it was the 12th of the month when I first sat down at the computer to begin arranging whatever ideas I could conjure up into a first draft of the March article. And for what seemed like several hours, nothing happened. Then I noticed that it was Abraham Lincoln’s birthday; and, as everyone knows, Charles Darwin was born the same day and year. So, I had a topic.

Darwin was not the first person to come up with the idea of evolution; it goes back to Greek thinkers as ear-

ly as 600 BC, and is found among Chinese writings of similar antiquity. The Greeks believed humans were descended from creatures that lived in the sea, but they thought those creatures were literally half human and half fish; this was consistent with the tales told by sailors, who reported seeing mermaids and sirens, like those who tried to lure Ulysses’ ships onto rocky shoals in *The Odyssey*.

By the 18th Century, miners and canal-builders began to find more and more strange-looking fossils, but it didn’t occur to most of them that they were related to present-day creatures; even Linnaeus, who classified and gave Latin names to over 6,000 species of animals, did not believe they descended from earlier forms. But a few scientists were beginning to suggest that animals like woolly mammoths found frozen in Siberia could have been the forerunners of elephants, and by 1800 several people were wondering if dinosaurs were forerunners of modern reptiles. So Darwin didn’t “invent” the idea of evolution. What he did was to propose a feasible theory to explain how it worked. The central part of that theory was “Survival of the Fittest.”

I saw an example of how survival works last month when a flock of

several hundred cowbirds descended on my yard after a snowstorm. For a few days they stayed and ate everything in sight; then they moved on, as their ancestors have done for thousands of years. At first, I could only distinguish the sexes... females and juveniles were uniformly gray all over, but adult males had solid black bodies and brown heads. They were a spectacular sight, and my wife even came to the window and watched them for a few minutes; however, she soon remarked that “If you’ve seen one cowbird, you’ve seen them all,” and went on to greater things.

Being less ambitious, I stayed and watched for a long time; and I soon noticed that a number of individuals were not as healthy as the rest of the flock. And surely, if my fading eyesight could pick out the less vigorous individuals, they would stand out to a passing hawk; I’ve read that hawks can see a dime from a distance of 100 yards, and their lives depend on picking out the most vulnerable prey. If a hawk (or any other predator) came along, most of the cowbirds would be strong and alert enough to escape; but the sick, old or injured would be for lunch. Survival of the Fittest was ready to happen right there in my yard.

Survival is an odd thing to think about; how you respond to it depends on the example you’re looking at. Josef Stalin said one death may be a tragedy but a million deaths are a statistic, and that’s how I felt about the cowbirds. There were hundreds of them; if half a dozen die, who will miss them? But if the one that dies is known to you as an individual, you react differently.

On an ordinary day, I see 15 or 20 species of birds at my feeder. In most cases, there are only a few of each kind, and I can’t distinguish one individual from another; but there are exceptions. Several years ago there was a junco that had only one leg; it was healthy and got around very well, except that it had trouble standing up in new, soft snow. The grandchildren were small then, and we called



Whenever two males squirrels meet, the tail is used to signal dominance or submission; if the low-ranking male lowers his tail and retreats, a fight is avoided.

it “Short John Silver;” we could recognize it at a glance, and watched for it every day. It survived the winter and left for the nesting grounds in the North Woods when all the other juncos did. Another year, we had a robin with three white feathers in its tail; it stayed all summer, and raised two broods of chicks. Over the years there have been many cases like these; one individual may be recognized by an injury or a “birthmark,” but all the others look alike. Right now there is a male goldfinch that has started to molt early; he has a few yellow feathers on his shoulders, instead of the usual winter’s olive drab. But there’s no use giving him a name; in a few more weeks, all of his band of brothers will look like that.

Two summers ago, a pair of gray squirrels raised a family in the Great Forest behind our house. Both parents carried a mutation in the genes that determine color, and they produced at least four black offspring. The young ones showed up at the bird feeder that fall; two of them are still surviving. They are like identical twins; you can recognize them but you can’t tell them apart. They come nearly every day, along with six or seven of their gray cousins, who all look alike... except “Gimpy.”

Gimpy was a normal teenage squirrel when he arrived at the feeder last fall, but in an outburst of testosterone-inspired machismo, he challenged an adult male and was severely mauled. One ear was nearly bitten off; some of the tendons that enabled him to move his tail were severed; his right front foot was probably broken; and a large chunk of skin was torn off his left hind leg. He was lucky that he wasn’t killed; young males sometimes are. Fortunately, the injuries to his legs were on opposite sides of the body; had they both been on the same side, he wouldn’t have been able to climb, and an injured squirrel on the ground is a Dead Man Walking. It was touch and go for a week, but the really cold weather hadn’t arrived yet, and he began to mend. But he was a slow learner; a couple of weeks ago he showed up bleeding from a large gash that exposed muscle and sinew on his back.

Gimpy’s latest injuries have started to heal, but the future doesn’t look bright for him. He hobbles around dragging his tail through puddles where the snow has melted. It’s not just a matter of looks; a squirrel’s tail is more important for survival than one might think. We learned in school that cats and squirrels use their tails for balance when climbing and jumping; but with squirrels, the tail may be even more important as a means of communication. Male squirrels court females by raising their tail and waving the tip of it forward and backward. Whenever two males meet, the tail is used to signal dominance or submission; if the low-ranking male lowers his tail and retreats, a fight is avoided. In Gimpy’s case, since he can’t lift his tail, he is less likely to be attacked... provided that he has learned his lesson and remembers not to advance.

So far, he has; but it remains to be seen what he will do when the days get a bit longer and the females become amorous. Gimpy may not die from his injuries, but the chances that he will mate successfully and produce offspring to carry his genes into the next generation are significantly lower. In a Darwinian sense, he will not be a success.

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Science . . .

Michael Rosenthal

... the word scares many people, but the principles of science dominate every event that occurs. Even when you are not a scientist, or even a follower of science, science consistently affects your life. It is my hope that this series of articles can help readers utilize the principles of science in their daily lives and help make better lifestyle decisions.

I fell in love with science, chemistry in particular, in high school, where I was lucky enough to have a wonderful chemistry teacher. So, I have spent the ensuing years of my life studying and teaching college chemistry, a subject of which I've never tired. In this article I'll touch upon a number of subjects that have been in the news lately, and that often have generated controversy, partly due to misunderstanding of the underlying scientific principles, but also often due to a yet incomplete scientific understanding of the issue. In ensuing articles I'll explore these and other topics and encourage readers to make suggestions for topics, to comment to me on reaction to the things I write, and to develop a protocol of learning that goes beyond the simple publicity headlines. I'll respect opinions that differ from mine, but I'll hope for and encourage opinions based on scientific findings, rather than on emotion. We all (even I!) have emotional reactions, but my hope is to balance them with scientific analyses.

Let's start with something with which I had a personal experience – Unidentified Flying Objects (UFOs). Over the years there has been a romance with UFOs, and the belief that we have been and continue to be visited by those from other parts of the universe. The beliefs were encouraged by the supposed sightings in New Mexico during the Cold War, and the culture built around the town, Roswell, in southern New Mexico. There is no firm evidence that we have ever been visited by aliens! Roswell has become a tourist center around the notion of alien visitors, and all of us are aware of the many science fiction films and science fiction books written about them. But the fact remains that there is no documented evidence that an alien has ever set foot on earth!

I have two personal anecdotes. Crossing the Hudson River once near Kingston, NY (I was a faculty member in those days at Bard College), I saw a mysterious silver, elliptical object hovering over the wetlands! It was hovering, it was an object, and it was unidentified! It would have been so easy to believe it was piloted by aliens. The second story occurred when visiting Roswell. While leaving the Alien Museum, a man behind us said to the staff member that the museum had absolutely convinced him that aliens had visited us. Believe it or not! Until firmer evidence comes along, I cannot believe it.

Another anecdote from that period involves overhead power lines. To a great extent due to a book and a subsequent three-part series of ar-

ticles written in 1989 in the reputable and popular (we have subscribed for many years) New Yorker magazine, it became a popular belief that microwave radiation from overhead power lines could cause cancer. This belief led to a period of fear, even of driving one's car under these power lines on a road trip. Electromagnetic radiation must have the energy high enough to do damage to human cells based on the equation: Energy = Planck's constant X frequency, where frequency is inversely proportional to wavelength. Thus high frequency radiation has high energy and can cause cell damage, and low frequency radiation cannot do so. This is why unfiltered sunlight, which has ultraviolet radiation, can tan you and can damage cells, and heat, which does not have such radiation, cannot do so. And why do you get warmed but not get sunburned when sunlight passes through the window? Glass absorbs the high-energy ultraviolet radiation and passes the low energy infrared radiation. We now recognize that there is not enough high energy radiation radiated from power lines to damage human cells.

Sometimes we discover things that do have the potential to harm us. You may have read recently that arsenic in rice, beer, and fruit juices poses a health hazard. It is agreed that inorganic arsenic poses a health hazard, and there are no federal limits for it in juice, rice, or most other food. Of particular concern is arsenic consumption by children. In May 2014 the Food and Drug Administration (FDA) announced that they are "conducting a risk assessment as the next step in a process to help manage possible risks associated with the consumption of rice and rice products". I believe that this is a matter worth watching, and that eaters of rice should seek rice with the lowest levels of arsenic. Articles in Consumer Reports magazine, the most recent in the January 2015 issue, are useful in learning about this issue.

Can we trust the FDA? The FDA has done much good work to rec-

Come one, come all to the Mother Seton School's science fair!



Have you ever wondered: What kind of water makes the best quicksand? How does a potato gun work? Mother Seton School's emerging scientists will answer questions like these and more at this year's Mother Seton School Science Fair from March 9-13. The public is invited to stop by and take a peek at the various projects. You're bound to learn something new—about the school's talented students, as well as about science! For more information visit www.mothersetonschool.org.

ognize danger to us from food and drugs. It is worth watching their pronouncements. Can we believe that they are totally unbiased and always correct? Well, I am a believer in having skepticism of scientific results. It is well to examine the source of information to be sure the researcher is competent and unbiased, and then it is well to be alert for the confirmation of results, since even the most honest and well-meaning scientist can make a mistake. In our household we are continuing to eat rice, but we seek a product with low arsenic levels, and we limit our consumption.

So how do we tell whose data and results are less likely to be wrong and are not biased? One must always be skeptical of those who are likely to gain from the results. To that end, I have a good deal of faith in Consumer Reports magazine, in articles published in respected scientific journals (for example, Science, the monthly publication of the AAAS, the American Association for the Advancement of Science), a little less faith in

government agencies (politics!), and real skepticism of newspaper and magazine articles that only reflect the opinions of the writer. One of the tenets of science is that one person's opinion should be reviewed and verified by others before publication. Even then mistakes are made, some accidentally, and some willingly. (We will talk about Cold Fusion as an example in a later article.)

Finally it is well to take note of the presence of the phrase, "This product has not been evaluated by the Food and Drug Administration". When you see this phrase, beware!

The product may not hurt you, but it usually means it has not been proven that it will do you any good. Many, many ads on television and even full-page or multi-page advertisements in respected newspapers and magazines for products to improve your health have this phrase on them. It usually means that it has no proven positive effect, other than to potentially make money for the seller.

Michael is a former chemistry professor at Mount St. Mary's and will be joining us as a regular columnist to share his insights into the world of science.

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IN THE COUNTRY

Making Maple syrup

Tim Iverson

Maple syrup, as the name implies, comes from the Maple tree, usually the Sugar, Red, or Black Maple. During the summer months the leaves of trees create sugar, which is stored as starch in the roots and trunks prior to winter. With the onset of spring trees will convert these starches back into sugar. The sugar combines with ground water to create sap, and the sap rises in the tree with the advent of warmer weather. In February winter begins to wane, and sugar makers venture out to tap Maples in anticipation for the coming seasonal changes.

To tap a tree a sugarmaker will bore a hole into a tree and insert a spile, or tap, to collect sap. The warm days and cold nights, generally 40-45°F high and 30°F or below low, build up pressure within the tree and causes sap to flow out. This process is entirely sustainable, and is a lot like a person donating blood. Once a Maple reaches 30 to 40 years old it can be tapped. A tree can support between one and three taps at a time, and will produce 9 – 13 gallons of sap in a given season. At this point the syrup making process is far from over. The collected sap must be boiled down to create the syrup.

It takes 40 gallons of sap to make just one gallon of syrup. Sap collected from trees is mostly water and contains about 2% sugar. Maple syrup typically contains 66% sugar, so to achieve this syrup producers send the sap through a reverse osmosis machine to extract most of the water. The remaining sap is then boiled down to evaporate the rest of the water and thicken the sap. As the water evaporates the sap thickens and sugar crystallizes. A sugarmaker continually tests the thickness and viscosity during this process. Once the pan reaches 219°F the syrup is siphoned off and is filtered to remove by-products like sugar crystals that affect grittiness or



Making a spile, or tap, to insert into a hole in a tree to collect sap.

flavor. After filtering the syrup is adjusted for density and graded on color and flavor. The U.S. and Canada, even some states (Vermont, New Hampshire, and New York), have different scales of classification. Grade A generally includes the light to medium colored syrups with mild flavors – these are table syrups used for pancakes, French toast, and that sort of thing. Grade B is dark and has an intense flavor and is primarily used for cooking.

Syrup producers generally take production, regulation, and grading pretty seriously. Vermont arguably has the strictest standards in the US. You can't label anything as Maple Syrup if it isn't made with 100% pure maple syrup, and they even got into a legal battle with McDonalds over the issue. While there are legal standards for syrup it's mostly industry regulated. The real deal Maple syrup isn't cheap as a result. If you found bargain syrup it probably isn't authentic. IHOP, most breakfast establishments, and popular commercial breakfast syrups (Log Cabin, Hungry Man, Mrs. Butterworth's, and Aunt Jemima to name a few) don't serve genuine Maple syrup. What you're getting is actually corn syrup that's been dyed a caramel color and artificially flavored.

Maple Syrup is taken so seriously that there is an entire organization

dedicated to its regulation, production, and marketing. Allow me to introduce you to the Federation of Quebec Maple Syrup Producers (FPAQ). Canada produces 80% of the world's maple syrup, and 90% of that comes from Quebec. With such a large stake in syrup it's only natural that they should want to protect their market share, product, and overall success and well being. In 1958 a small group of syrup producers banded together to market their products and to protect their rights. The idea caught on, and in 1966 the collective agreement was expanded to include nearly the entire Quebec province. Today members of the FPAQ abide by a collective agreement that serves to establish certain quality criteria, a production quota, establish industry policies, negotiate selling agreements, and marketing strategies. The FPAQ even maintains warehouses full of barrels of syrup. It is referred to as the Global Strategic Maple Syrup Reserve, and operates essentially to control supply, syrup prices and to shield producers from a poor harvest. This organization essentially runs as a legal cartel, and are jeeringly called the OPEC of Syrup.



Sap is boiled down to evaporate water and thicken the sap. As the water evaporates, the sap thickens and sugar crystallizes.

This strategic reserve and the organization that runs it has helped to steadily increase the profitability and total returns that producers see every year. In fact, a gallon of maple syrup trades at \$32 a gallon, and \$1800 per barrel. To put that into perspective a barrel of oil trades at approximately \$30 at the time of this publication. The FPAQ are clearly doing their jobs well. However, there is a flipside to this coin. The intense regulation of the product and industry has created a black market of sorts.

In the summer of 2012 during a regularly scheduled audit of the strategic reserve stockpile a large quantity of syrup had been discovered missing. Some barrels had been outright taken, while others were drained and refilled with water to conceal the heist. All in all, \$18million worth of syrup had been stolen. This is considered one of the largest agricultural heists of all time. Over the years the FPAQ had created a number of enemies, and has long been involved in what's referred to as the "Maple Wars" with producers, buyers, and suppliers both in and out of the province and country. It didn't take too long to trace the trail back to a long time maple renegade and illegal buyer of syrup, Richard

Vallières. The accused is allegedly the ring leader of the operation. Thieves rented another portion of the warehouse where a portion of the strategic reserve is held and overtime smuggled out 6 million pounds of syrup. The police followed the trail further to an exporter in neighboring New Brunswick, and seized his stockpile on the suspicion of purchasing stolen goods. Authorities have recovered most of the missing amount, but much of it is feared to have been sold to unsuspecting buyers. 22 people have been charged in relation to the theft, but most still await an official disposition – including Richard Vallières.

If you're interest has been piqued and you'd like to learn more, or even if you're now craving that sweet sticky substance you're in luck! Cunningham Falls State Park will be hosting their 45th Annual Maple Syrup Festival on March 14, 15, 21, and 22 from 9:30 – 2:30. You can see the maple syrup making process, enjoy authentic maple syrup with freshly made pancakes, see ranger led programs, live animals, and arts and crafts.

To read others articles by Tim Iverson visit the Authors section of Emmitsburg.net.

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IN THE COUNTRY

Maple syrup history

Laurie Stover

... A history as rich and interesting as its taste

Just when you were thinking that winter has overstayed its welcome, nature gives us a sweet little reminder that good things come to those who survive below zero temperatures. Beginning in February and continuing into March, maple sap flows throughout the northeast! The tradition of collecting maple sap can be traced back as early as the 1550s when fur traders and missionaries report watching native people collecting sap.

There is no shortage of interesting legends and folklore surrounding the origins maple sugaring. One involves an Iroquois chief and his wife who are surprised to discover how delicious venison tastes when cooked in water that ran from a maple tree. Another legend describes Glooskap, a man with magical powers, who stumbles upon a village that had become so lazy that they lay about all day beneath trees from which thick, sweet syrup ran copiously. To punish the villagers for their laziness he replaced the sweet syrup in the trees with water from the lake. He leaves the villagers with the message that they will once again be rewarded with sweet water, not syrup, from the trees but only for a short time in the spring. From that time forward the people had to work for their syrup by cooking down the sap.

The true origins of the Native American's discovery of maple sap are not quite clear but early settlers reported that natives were quite knowledgeable in the collection, use and storage of maple sap. Many tribes celebrated the first full moon of the spring, calling it the Sugar Moon as it marked the time period when sap was flowing bountifully from the maple trees. Early European colonists learned from the Native Americans about collection and uses of maple sap. Maple trees are found all over the world and there are nearly 130 spe-

cies so they would have been familiar to the colonists as they are present in northern European countries. However the weather conditions in Europe and many other parts of the world are not favorable for the collection of sap. Over time the Europeans began to customize the process and soon had changed the techniques to suit their own needs. Native Americans used a V shaped gash in the tree to expose the xylem portion of the tree. The sap dripped into hollowed out wooden containers where the Native Americans would skim off the ice each day leaving behind more and more concentrated (and sweeter) sap. It is also believed that the Native Americans would speed the process along by dropping heated rocks into the sap to help evaporate the water. Settlers abandoned the technique of gashing the trees and instead began drilling through the bark and inserting a wooden tube known as a spile. Later wooden troughs and collection bowls were replaced with copper and iron kettles.

Maple sugar became very economically important when the British Parliament enacted the Sugar Tax of 1764. Many colonists became concerned about the reliance of sugar from the British West Indies. Benjamin Rush, founder of Dickenson College, was perhaps the most vocal proponent for using maple sugar as a replacement to cane sugar. Rush, an abolitionist, believed that using an alternate form of sweetener could lessen the colonists' dependency on the British and the industries that relied on African slaves. Thomas Jefferson was approached by Rush to join the "maple movement" and Jefferson soon began a mission to bring maple sugar to the forefront. Jefferson traveled into the northern states and began talking to land owners in hopes that he could convince them to plant sugar maple stands. School children were put to work collecting and boiling down the sap. What Jefferson had underestimated was the amount of labor involved in the process but he was correct in his deduction that maple sug-

ar was easier to produce than cane sugar. So keen was Jefferson on the idea of the mass production of maple sugar that he even brought sugar maples to Monticello in hopes that he would be able to begin production in Virginia. Unfortunately, despite his efforts sugar maples did not thrive at Monticello.

In the years leading up to the civil war, maple sugar had become quite popular and was selling at half the price of cane sugar. However soon cane sugar and beet sugar prices began to fall and quickly became the new sweetener of choice. New advances in flat metal evaporating pans had made cooking maple sap more efficient. Now that maple sugar was no longer as sought after, maple producers began focusing their efforts on maple syrup. Thanks to the efforts of Thomas Jefferson nearly a century prior, Vermont, New York and other states in the northeast were and still are prolific maple producers.

Current day maple producers enjoy more modern equipment making the sap collection and evaporation more efficient. Plastic tubing runs through the sugar bush, a stand of sugar maples, and down to the sugar shack, the building where sap is stored and cooked. Other advances such as vacuum pumps, reverse osmosis and very large gas or propane heated evaporat-

ing pans help streamline the process. Approximately 40 gallons of sugar maple sap are cooked down to make one gallon of pure maple syrup. To be considered syrup, the sugar content must be 66%. Further cooking of the syrup results in maple cream, maple sugar and maple candy. Sugar season is very short and very dependent on the weather. For sap to be flowing well, the daytime temperatures should reach near 40 degrees and evening temperatures below 32 degrees. An early spring, insect defoliation, and dry conditions will all impact the amount, quality and taste of the finished syrup. Maple producers are like all other farmers: their livelihood is at Mother Nature's mercy.

At Strawberry Hill Nature Preserve we enjoy taking part in maple sugaring traditions. Beginning in January we tap our trees. Most of the tapping is done on our red maples as sugar maples are not as readily found in this area. Schools, scouts, and other groups take private tours of the maple sugaring process throughout the season. For two Saturdays, February 28th and March 7th, we also celebrate the sweetness with our annual Mount Hope



It takes 40 gallons of sap to make just one gallon of syrup.

Maple Madness festivals held at Camp Eder. Attendees can sit down to a delicious pancake breakfast, enjoy music and vendors and join in a maple sugaring demonstration. You will be a part of the entire process from tapping the tree, collecting sap, cooking down the syrup and lastly tasting the delicious final product. There is no need for reservations. Breakfast begins at 7:30 and tours begin at 9:00.

Please visit www.strawberryhill.org for more information.

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PETS

Second chances

Jennifer Vanderau
Cumberland Valley
Animal Shelter

He's scared. Rattle-the-bones scared. He can't stop shaking in the kennel. It's easy to tell he's not sure about this place. The other animals unsettle him. He doesn't understand why he's here.

His dad dropped him off like it didn't matter at all. Filled out the papers and just walked away. Five years they'd spent together reduced to nothing more than ink on a page and no looking back.

After everything it should mean more than that, shouldn't it? Shouldn't it?

The kitten hides in the litterbox. Won't come out. Every noise makes her jump. Her ears twitch at the slightest sound. She must be eating at night because the food in the cage definitely goes down, but no one ever sees her consume it.

What must it be like to be so afraid you only see the world from over the rim of a pan?

It's heartbreaking.

The new dog is older. He's got a lot of gray around his eyes and a look that speaks of wisdom, experience, and a little sadness. There's a growth on his leg. Probably cancer. He was found in the outside run, left overnight. No paperwork filled out.

Not even his name. They didn't even give him the dignity of his name.

Probably someone who couldn't take the responsibility and be with him when they had to say goodbye. Someone who shared a life

with him for a lot of years but refused to make that final journey with him.

Or just didn't want to deal with it.

So instead, they left him to strangers. Drove away in the dark of night while he sat shivering in an outside kennel and watched the taillights and wondered why.

The terrier mix keeps her eye on the door. Every single time it opens. We know she expects her mom to come back. But mom said she tore up the house too many times and when she'd shredded the Boyd's Bear it was just too much. Apparently the bear was some kind of collector's item.

Sure it was on the floor, well within reach of the dog, but that was how she displayed them. The dog could have left them alone, couldn't she?

Couldn't she?

An older cat had too many hairballs. Too many hairballs? Some of the staff think of how often they clean up after their own cats at home and how many hairballs they find on the floor and wonder how in the world other people justify the decisions they make.

They wonder when people will take responsibility for the lives with which they are entrusted.

All of the dogs and cats wait at the Cumberland Valley Animal Shelter.

They're waiting for a second chance.

Eventually, the scared boy gets used to the staff members and he licks a hand, tiptoes forward in his cage a lit-



Meet Ollie. He's a young male rabbit who's a sweet fellow. Ollie loves carrots and kale. He's looking for a place to call his own. Can you adopt Ollie?

tle further every day because he knows that soft touch is waiting for him. He looks forward to his daily walks – wags his tail for the Animal Care Technician he loves the best.

The kitten comes out of the litterbox one day because she sees the same person she's seen since the day she arrived and the tone of voice hasn't changed – it's kind and nice and low and sweet and something in her must say it's okay to trust again. It took time, but she does head-butt the cage and has become quite the attention hog. She gets kisses on the top of her head because no one seems able to resist her and those emerald green eyes.

The staff took a chance on the older dog – had the lump removed from his leg. The vet said he should make a full recovery. He's got something new in those brown eyes, something the staff hasn't seen before in him – it's hope. They smile when he gets up to greet them. Sure, he's slow and a little wobbly, but that will change over time and they know he's a fighter and will make someone an amazing friend as long as that person will give him the time and care that he needs.

The terrier starts to watch the door not just for a specific person, but for anyone to come through. Staff can tell there's still that little twinge that she's looking for mom, but eventually she gets so excit-



Trinity is a 3-year-old pitbull who is a petite little girl with tons of energy. She's got gorgeous brown eyes and a real sweet personality. She loves everyone she meets and really seems to enjoy chewing up toys. Because of her breed and energy level, we're looking for a home for her with children older than 8. Do you have the right spot for Trinity?

ed to see anyone – Animal Care Technician, volunteer, visitor. She's a sweet bundle of energy who just loves squeaky toys and yes, she tears them up, but diligence will keep valuables safe. The staff just needs to find that person – the one who understands a terrier's tenacity and be willing to work with it.

The cat with the hairballs does incredibly well on hairball-specific cat food. No more messes. He's a big boy, sturdy and lovable and he's looking for someone to understand that life with an animal isn't always perfect. It's not a calendar picture. There will be some rough days, maybe a mess to clean up, but the good days – and there will be plenty – the good days will more than make up for it.

None of these animals would necessarily be considered perfect, but looking into their eyes, the right person will see beyond whatever is-

sues brought them to the shelter and find the soul that lies beneath.

Because their souls are beautiful and resilient and forgiving and strong. And that, alone, touches a lot of hearts.

The Cumberland Valley Animal Shelter offers second chances to sweet babies just like these every day. Can you give them the home and love they're looking for?

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

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The HART Animal Center

A different approach to saving the lives of adoptable animals

Paula Yudelevit
HART Animal Center

In the second largest land mass county (Frederick being first) in Maryland, Garrett County, by contrast, is the third smallest in population, with a mere 30,000 residents. And while Maryland may be the wealthiest state in the Union, according to the 2010 Census, Western Maryland doesn't fare as well, falling within the state's four poorest counties. Yet, despite its lack of resources, a small group of committed animal activists has forever changed the landscape of this rural Appalachian mountain community, which is made primarily up of farmland and state and national parks and forests. These people, who were determined to forever change the lives of homeless dogs and cats, did just that and raised the money to build the HART Animal Center to carry out their mission.

Founded in 2003, HART for Animals has been rescuing animals from the county's twelve-kennel shelter and transporting them to larger adoption facilities in locations throughout the region. Prior to the organization's founding, the local shelter was forced to euthanize 800 to 1,000 animals each year due to a low adoption rate and shelter capacity. To date, HART has rescued and transported more than 6,500 animals. In 2009, HART opened a small low-cost spay/neuter clinic for low-income households to help reduce the number of unwanted puppies and kittens and educate pet owners

on the value of spaying and neutering. Since that time, HART has performed 6,000 spay/neuter surgeries, reducing the intake to the county shelter by 18%.

With the knowledge that without challenge, there is no change, in 2007, HART began a capital fundraising campaign to build, from the ground up, a dedicated, state-of-the-art facility all through private funding. This task seemed to many people like a monumental project for such a low-populated area. But through perseverance and sheer willpower, their dream was about to become a reality.

In the winter of 2014, the HART Animal Center, located in the popular resort area of Deep Creek Lake, and in the town of Accident, Maryland, opened its doors. Through a combination of private donations, grants, and a loan from the USDA -Rural Development's Community Facility Program, the Bredel Veterinary Clinic opened on February 25, 2014. The Bed 'n Bark Inn pet hotel, MUTTWorks Grooming Salon and the HART Shoppe retail store opened in March of the same year. These services will enable HART for Animals to support its mission of improving the lives of homeless animals by building an animal adoption center where adoptable animals will never have to be euthanized.

The revenues generated by these services, along with grants and fundraising efforts, such as the current "Forever Home" house raffle, will support and sustain the operations of the final phase: the HART Adoption Shelter Wing, to

be completed this year.

"The HART Animal Center represents a new reality for nonprofit organizations," says HART President, Michael Pellet. "In order to succeed, you need to realize that a nonprofit organization is a business and must have a workable business plan that addresses the reality of income vs. expense or it will fail. The Center will be an important resource for Garrett County for years to come because the revenue from the Center's businesses will sustain all its charitable programs."

Under the direction of Dr. Jennifer Barnard, the Bredel Veterinary Clinic is a full-service veterinary center, providing preventive and healing services for cats, dogs, and pocket pets. The services of the Bredel Clinic are designed to improve the lives of companion animals, always reinforcing the human-animal connection. In keeping with their mission of reducing pet overpopulation, the Bredel Clinic continues its highly successful low-cost spay/neuter program for pet owners with demonstrated financial need. In ad-

dition to their low-cost program, HART was one of 14 organizations across the state to be awarded the Maryland Department of Agriculture's new state-wide spay/neuter grant. (A total of 51 applications were received.) The program entitles low-income pet owners who are Maryland residents to spay or neuter and vaccinate them against rabies at no cost to the owner.

Guests at the Bed 'n Bark Inn are afforded the same amenities as any person would expect when taking a vacation. The Inn features twenty-five luxury dog dens and suites with Kuranda beds (some with doggie-cams), heated floors, doggie-doors leading to private patios, outdoor runs, long walks, and exercise and play periods. The cat condos feature two levels for sleep and play with individual exhaust systems, and a large play area with interactive toys and climbing trees to help keep cats alert and exercised. The Bed 'n Bark Inn provides 24-hour supervision for the safety and security of the guests.

MUTTWorks grooming salon offers complete dog grooming services for all sizes and shapes.

With the matching funds from the Appalachian Rural Community grant, state and county funding, and individual donations, the HART Animal Center will be complete. The HART Adoption Wing, opening in the fall of 2015, will house 60 dogs, 30 puppies, 40 cats and multiple litters of kittens. The dog kennels and cat condos will provide a safe, comfortable home for adoptable homeless animals and the adoption area will have space for potential adopters to get to know their new family member. A team of volunteers and staff members will care for the adoptable animals, creating a warm environment while the animals await their forever home.

HART for Animals, Inc. is a charitable animal welfare organization founded in 2003 to improve the condition of homeless animals in the Western Maryland region. HART is a 501 (c) (3) corporation and all donations are tax-deductible. For additional information on HART, the HART Animal Center or any of its programs, or to donate, visit the HART web site at www.hartforanimals.org.

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

HART for Animals raffles local home

HART for Animals, located in Garrett County, Maryland, is raising funds to raise the roof of the HART Adoption Wing by raffling a house and 18 other cash prizes as part of their "Forever Home" fundraiser. The raffle is expected to raise \$125,000 towards the construction, from the sale of the 4,000 tickets for a grand prize of a single-family Cape Cod home or 18 cash prizes including the first prize of \$5,000.

The house, valued at \$236,000, is located one block from Mount Saint Mary's College, in Thurmont, Maryland. Convenient to Hagerstown, Emmitsburg and Frederick, this newly remodeled 1,419 square foot home on one-quarter acre features a detachable garage, secluded, fenced-in backyard, three bedrooms, one full bath and one half-bath and walk-out basement.

"The beauty of this home is the options when you do win," says HART's executive director, Paula Yudelevit. "You can keep this beautifully-appointed home, sell it or rent it. Being one-

block from Mount Saint Mary's College makes selling or renting a profitable option," she concludes.

With a maximum number of 4,000 tickets for sale, the odds of winning the "Forever Home" are 1 in 4,000. The odds of winning one of the 18 cash prizes are 1 in 210. Tickets are \$100 each.

Information on the house, the cash prizes and full rules may be found on the raffle website, www.harthomeraffle.org. Tickets may be purchased on the website or at the HART Animal Center, located at 1265 Bumble Bee Rd., Accident, MD 21520. Information may also be obtained by calling 301-387-7729.

HART for Animals, Inc. is a nonprofit 501 (c) (3) corporation. Donations to HART are tax-deductible. For additional information on HART or any of its charitable programs, visit the HART web site at www.hartforanimals.org.

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THE MASTER GARDENER

Green buzzwords

Mary Ann Ryan
Adams County Master
Gardener Chief Linguist

In the gardening world there are some words becoming overused, like “native”, and “sustainable”, even “organic”. These words are thrown around without really knowing what they mean. These buzz words are misrepresented and misunderstood.

I think most of us want to be able to eat safe produce, grow beautiful plants without maintaining them and have an opportunity to reduce our costs as a result of our gardening practices. But understanding the words or phrases that we all use and representing good gardening practices becomes important when trying to succeed at these goals and not be misled by marketing.

By definition, according to the PA Department of Conservation and Natural Resources (DCNR), “native plants are one which occurred within the state before settlement by Europeans”. As we become more global, our native species of plants are becoming less present in our landscapes, and unfortunately in our natural habitat. As plants from other parts of the world come into our landscapes, things happen. For instance, barberry and burning bush – now found in our forests – are reducing the herbaceous material that typically grows in forested areas. No natural predators, no natural controls.

Our concern about native plants has come about for a few reasons. Research shows that native plants

attract native species. Not a difficult concept to grasp. The decline in honeybees (a European species) has brought the pollinator issue to the forefront in agriculture. Without insects to pollinate our crops, food is not formed, hence limited food sources for our tables.

Another concern is our water resources. As we became landscapes of non-native species, so did our insects. These insects have become a problem because we do not have predators that control these non-native problems. So we spray, to get rid of the insects and diseases that make our plants look bad, or even die. Many of us use sprays without understanding the implications of those sprays, better known as pesticides. Many people may incorrectly apply pesticides, thinking that if the label calls for 1 tsp per gal, why not try two? That should get rid of the little bugger!

When misused, pesticides can wash into our water sources. This is a concern because we drink water and I’m pretty sure we don’t want to drink water that is contaminated. Proper use of pesticides and fertilizers is so very important. Companies invest lots of money and time to be sure that the labels reflect proper use of their product so water contamination does not occur. So as a person using pesticides, we must be sure to follow label instructions. Pesticides include insect sprays, disease sprays, weed killers, foggers, mice poisons, and others.

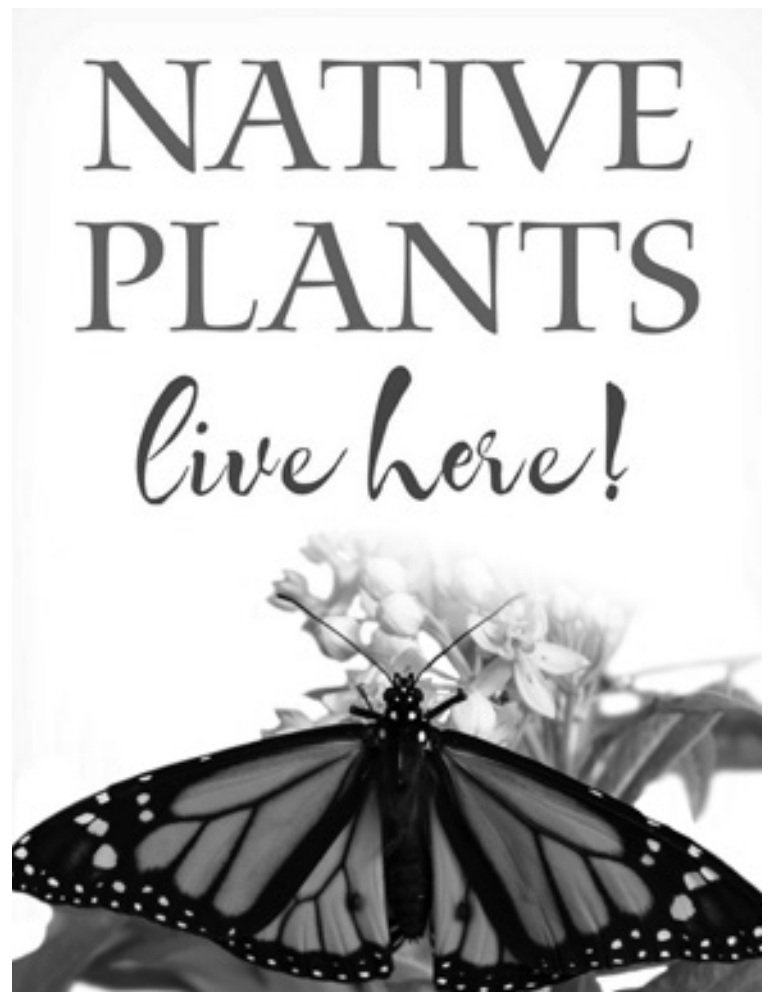
So – native plants like our soils. They naturally grow here. They tolerate native insects and attract na-

tive predators for those insects. This has a direct impact on our wallets because we will with less insect and disease damage, hardier, tougher plants that like our environment, we will be spraying less pesticides, protecting our water, and replacing plants less frequently. Watering will be reduced, thus conserving what we have.

“Sustainable” is a word often used in the agriculture industry. Webster’s definition is: able to be used without being completely used up or destroyed. That’s it. If we use this term, we should remember that we’re talking about not using up our natural resources, like soil and water, two of the most important things for plants and human existence. Sustainable landscaping indicates the use of native plants: plants which attract native insects, plants that don’t require added fertilizers, plants that use less water, plants that are adapted to our area, plants that can be used without completely using up or destroying our environment.

Sustainable vegetable growing is the same idea. Using less pesticides, more compost for enriching the soil, and irrigating smartly are all reasons we use the word sustainable. It doesn’t mean “organic”, it doesn’t mean “natural”, just simply growing food so that our natural resources are not used up completely or destroyed.

Let’s define “organic”. For an organic farmer, it means certification that follows rules as to what is applied to the crops and how they must be managed. Organic farming does not mean that pesticides are not used. Organic farmers use pesticides but they are natural products and not synthetic. We don’t want to be misled to think that organic gardening is pesticide free. I try to garden organically – most of the time – but use pesticides like horticultural oil and insecticidal soap, both of which are organic pesticide. Although on occasion, products like



If you have seen a Monarch butterfly in the past few years, you were indeed very fortunate. While they once numbered in the billions, they are now on the verge of extinction due to loss of habitat, destruction of milkweed, and spraying of herbicides and pesticides.

glyphosate are used to manage weeds, but used according to label instruction.

Heirloom is a term often used, whether is describing vegetables or ornamentals, like shrubs and perennials. This term is used rather loosely in the trade. If referring to vegetables, like tomatoes, these are typically thought to taste better. Which, in my opinion, is true. However, the heirloom tomatoes often don’t produce as much, or may have some disease issues, which is what brought about hybrid varieties. Heirloom doesn’t mean organic, as we can spray synthetic pesticides on these plants and they would still be heirloom.

Heirloom has many connotations, depending on who you ask. Things that may come to mind may be old, hardy or passed down. In my research, I have not found a clear definition of this term. In the vegetable world, it’s typically thought

of as seed prior to World War II because after WWII industry starting crossing plants to produce higher yield and better disease resistance.. In the flower and shrub world? Not so sure. There is no real definition to the term heirloom.

Once we understand the words used in the industry, we can make better choices when it comes to selection of plants and the purpose of those plants. Understanding “native”, may help you to choose a larger variety of native plants in your landscape, which may result in less pesticide usage, better success with growing the plants, and less water usage, and attracting more pollinators to your garden, which then makes for a sustainable landscape.

Because you are growing a sustainable landscape, your vegetable garden will prosper. It should make it much easier to grow organically, since you are attracting pollinators and good bugs into your yard.

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Frederick County Master Gardener Seminars

Saturday, February 28, 10 am – noon. The topic is: Early Spring Planting, Succession and Planting Fruits and Berries. Join UMEFC Master Gardeners Don Ludke and others, to find out when and how to get your cool weather crops in for the spring season. They will also discuss tricks to planting and maintaining fruits and berries.

Saturday, March 7, 10 am – noon. The topic is: Attracting Pollinators and Birds with Native Plants. It’s surprisingly easy to create outdoor spaces, large or small, that use native plants to attract and sustain bees, butterflies and birds. Fill your yard with sound, movement, and beauty.

Saturday, March 28, 10 am – noon. The topic is: Practical Structures in the Garden. You can

build your own structures to enhance the productivity and attractiveness of your yard and garden. Learn about making raised beds, row covers, arbors, and trellises.

Saturday, April 11, 10 am – noon. The topic is: Beginning Vegetable Gardening and IPM (Integrated Pest Management). For people new to vegetable gardening, we will improve our local environment, reduce storm water runoff, make our backyards more hospitable to local fauna, and more.

Saturday, May 23, 10 am – noon. The topic is: Container and Small - Space Gardening. Learn how to create a thriving garden even in limited spaces — from your windowsill, porch, or balcony to a small yard. See how to go beyond

flowerpots by using a variety of containers and raised beds to grow vegetables, herbs, flowers (both annuals and perennials), and native plants.

University of Maryland Extension Frederick County Master Gardeners are volunteers who love gardening and have been specially trained to help other gardeners. Our mission is to educate Maryland residents about safe, effective and sustainable horticultural practices that build healthy gardens, landscapes, and communities.

All classes will be taught at the Extension Office, 330 Montevue Lane, (off Rosemont Avenue) Frederick. To register call Lisa at 301-600-1595. Walk-ins are welcome if there is room.

THE MASTER GARDENER

Small Town Gardener

Take it easy

Marianne Willburn

There is a tendency in human beings to rush into the garden as soon as the temperatures warm and, with nothing but the best of intentions, wreak all means of havoc. Soil is overturned, whether soupy or solid; perennial clumps are unceremoniously divided and tossed into crypt-like holes; and spring bloomers are given drastic haircuts that should have waited until school was out.

To all those weekend warriors out there I have only this to say: Stay calm and sit down. To the experienced cool season gardeners: Go for it.

Which are you? Just ask yourself the following questions: When thinking about the new season ahead, do you think "tomatoes" or do you think "spinach?" Do your early spring shopping trips involve margarita glasses, or are you buying bamboo to stake the peas? Is your gardening wardrobe made up of an old sun hat and a pair of shorts, or a well-worn barn coat? I think you know where I'm going with this.

Quite frankly, many of you cannot be trusted to do right by tender tomato seedlings and burgeoning forsythia once the mercury starts to climb and the sun goes to your head. For that reason I have put together a list of jobs that you can do whilst enjoying the heady feeling of early spring sunshine – without causing too much trouble out there.

1. Clean up your shed/basement/garage. Nothing feels better than reaching for a tool and finding it. Do be aware that there is always the danger of cleaning up the shed just to find that doing so inspired the spouse and various children to start an outside project (with associated mess). You may want to use the mower to block access to the workbenches and neatly arranged tools – or use a lock.
2. Sharpen your tools. Slicing through lavender stems like they were blades of grass is a fantastic feeling. It doesn't take much to sharpen and oil pruners, loppers, spades and saws. There are even little pocket tools available to sharpen serrated blades.
3. Re-gravel or re-mulch your pathways, play-

ways and driveways and stand amazed at the transformation a bit of landscaping material and a rake can bring to a tired, over-wintered landscape.

4. If the temperatures remain steady around 40 degrees, re-paint or re-stain doors, fences, retaining walls, patios and decks. Once vegetation starts to grow, this job gets much more difficult, and your focus tends to be elsewhere. Also, this gives you a full three seasons to enjoy your work before winter dulls it.
5. Take your pots out of storage and start to place them in the various arrangements you have been envisioning all winter. Taking them out now allows you to inventory what you have and what you need (both pots and plants); and helps to curb impulse buying in the days ahead.
6. Clean up patio and deck furniture. This may involve buying a can of cast-iron spray paint and a mask, or just a rag and a bottle of teak oil. Putting your furniture out now makes it truly feel like spring, and gives you a great place to relax at the end of a particularly warm day. You may want to wait a little while on the pillows though.

And yes, there are seedlings be planted and dirt to be sifted and compost to be turned; but if you find yourself turned off by the cold and turned on by the warm, it's probably best that you wait a few more weeks before running out there with shovels blazing. For the rest of you hard-core, battle-scarred, green-fingered veterans? Carpe diem. The season is upon us.

Choosing heirloom seeds and plants will not contribute to the organic or sustainability of the space, since heirloom simply has to do with the variety of the plant, not how its managed and grown.

Composting will be a step you may take to reach sustainability. This simply requires a space where you can dump garden debris and green kitchen scraps into a pile and letting it break down into compost that can be used on the garden (vegetable or ornamental) as a mulch or soil addi-

tive. Compost can either replace mulch and peat moss, or certainly enhance other soil additives. Compost is free, raised on your property and applied to your plants and crops.

When the marketing world latches on to a word or phrase, be sure you take the time to really understand what it means. This will allow us to be better gardeners and stewards of our environment.

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

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HISTORY

History of Catoctin Mtn. Park

Continued from last month
Part 10

Another revealing element of the riot was the role played by alcohol. As previously mentioned, American alcohol consumption was at an all-time high in the early-nineteenth century. The uncertainties fostered by the market revolution only encouraged drinking—especially among those who found themselves the victims of the changing economy. For many, the arrival of early industry brought with it uncertainty and a loss of control. Instead of keeping one's own hours, one worked according to another's schedule. A wage-earner's future depended upon a host of factors well out of his or her control—economic downturns, changing technology, the whims of a boss or foreman. These factors, no doubt, all contributed to the rise in alcohol abuse. Meanwhile the emerging middle class, made up of business managers and small business owners, grew concerned with alcoholism and the resulting problems posed by an inebriated work force. By the 1830s, a middle-class-driven temperance movement, with strong ties to evangelical Protestantism, began organizing a temperance movement. In the Mechanicstown riot, one can see both the problems of alcohol abuse and the concern of the middle class for sobriety and order.

The Catoctin area was hardly

alone in this period in suffering a riot with deep social implications. Indeed rioting long was an American tradition. To some, crowd action actually represented a democratic spirit at work. But by the 1830s, violence often was out of control. The construction of the Chesapeake and Ohio canal, which passed through the south end of the county, was continually plagued by riots between the largely Irish immigrant workforce, the local populations, and the project supervisors. As riots became an increasing problem, the property-holding classes began to take action. Towns organized police forces. The reference to the "civil authorities" by the Mechanicstown letter writer may in fact have been an early police force.

The most perplexing aspect of the riot is the racial component. The two blacks involved are identified as slaves. Even if the writer is incorrect and the blacks were free, the episode was unique. Despite the all-powerful color bar of the time, the furnace workers—both black and white—stood together during the riot and apparently had celebrated together at the race track before the disturbance. White furnace workers even rescued one of the blacks, saving him from possible death. The skirmish, in a sense, represents a rare case in American history of class trumping race. The strong group identity among the furnace workers, apparently overcame the divisions of race.

Perhaps the circumstances surrounding industrial slavery, in which blacks may have had the opportunity to earn overtime rewards and perhaps had obtained special skills, played a role in the apparent absence of racial divisions between workers. As currently is being explored by some historians, the designation of "white" in the nineteenth century tended to apply more to middle and upper-class white, Anglo-Saxon Protestants. Members of the working class, especially immigrant workers, generally occupied a middle-ground in public perception—a position that was neither white nor black. Viewed in these terms, the riot might be seen as whites against non-whites.

Still, with only one brief episode told from one point of view, few definite conclusions can be reached about social relations. Nor do there exist the sort of sources that would provide a complete picture of this complex and fascinating period of development in the area surrounding present-day Catoctin Mountain Park. From our presently available sources, we can only conclude that social relations were mired in unexpected complexities and defy any easy categorization.

The Furnace After Brien

As sectional tensions over slavery heated up, the number of slaves working at Catoctin declined. From studies of personal property re-



Harriet Chapel

records and census materials, Michael Thompson has hypothesized that roughly twenty slaves labored at Catoctin in the 1820s and early 1830s. With the death of John Brien and a national recession beginning in 1837, the iron furnace operated only sporadically, and the number of slaves working appears to have declined dramatically. The 1860 census showed only 21 slaves living in the entire Mechanicstown district, seven of whom were males over seventeen years of age. No doubt the ever-rising price of slaves along with the soaring price of cotton made unfree labor in-

creasingly cost prohibitive. While we have no evidence, the furnace owners may still have "hired out" slaves for the busy seasons at Catoctin—although the price of leasing labor was also rising.

Following a potato famine in Ireland and political trouble in Germany, and as the cost of slaves rose, a new source of labor flooded into the country. Ever-increasing numbers of Irish and German workers began arriving in the America, especially after 1848. While census takers did not record the nation of origin of workers living in the area until later in the century, there is some evidence that

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21565R16	\$98	22550R17	\$107
18560R15	\$80	ALL TERRAINS	
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20560R15	\$86	P24570R16	HT \$122
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the furnace employed immigrant labor. As early as 1828, a Moravian minister assigned to Harriet's Chapel (named for John Brien's recently deceased wife) recorded in his journal a burial service for an Irish immigrant furnace worker. Friends of the deceased—apparently also Irish Catholic furnace workers—stood apart from the service, wanting to pay their respects but not partake in the Protestant rites.

Relying primarily on wage labor, the furnace struggled on. In the late 1830s, John McPherson Brien, son of John Brien, managed to purchase the enterprise from his father's estate. But McPherson's tenure as owner proved brief and difficult. Near broke, in 1843, Brien sold the furnace to Peregrin Fitzhugh. Again, the sale kept the furnace in the family, as Fitzhugh—descending from a wealthy planter family in Virginia—was connected by marriage to the Brien and McPherson families. By the early 1840s, the economy had emerged from the Panic of 1837, and Fitzhugh enjoyed several successful years at the helm of the furnace. The new owner made significant investments to revamp the operations. Within ten years, The Frederick Examiner could proclaim: "the works are in complete repair; and in regular blast, and are doing a better business than at any time for some years past." Fitzhugh's investments do not appear to have included slaves. According to the 1850 census, he owned eight slaves, but only one was of working age.

The new owner's success did not last long. In 1855, fire destroyed another enterprise owned by Fitzhugh, the Carroll Creek Foundry in Frederick City. The disaster began a period of financial collapse for Fitzhugh. A year later, increasingly in debt, Fitzhugh took on a partner, Jacob B. Kunkle (also frequently spelled Kunkel), in an effort to protect his Catoctin investment. Kunkle was a politically active lawyer of German descent, whose family owned a prosperous tannery in Frederick City.

The partnership, however, came too late to save Fitzhugh. In 1859, he sold the entire furnace and property to Kunkle's family for \$51,000. Under Kunkle, the transition away from slave labor appears to have contin-

ued. John B. Kunkle, brother of Jacob, who became iron master at the furnace, owned only four slaves, all of whom were under eight years old. In general, the Kunkle acquisition of Catoctin was a fortunate one for the furnace and its employees. The Kunkle family proved dedicated, hands-on owners, willing to continue investing in the enterprise long after it held any promise of profitability. But difficult days lay immediately ahead for the mountain area.

Civil War and Decline of Industry

The Catoctin area had been fortunate not to have experienced fighting during the Revolutionary War. The region would not be so fortunate during the Civil War. Memories of the dislocations and fears wrought by the Civil War long lingered for generations in the mountain area. Following the war, the second half of the nineteenth century continued to bring change. A changing economy threatened and eventually subsumed the furnace. Meanwhile, the first signs emerged that the Catoctins might one day become a recreation and vacation area. For those farming in the mountains, however, such changes were hardly noticeable. And subsistence agriculture continued in many ways as it had since the arrival of the first settlers.

Catoctin's Civil War

"Maryland, by the mid-nineteenth century," wrote historian Robert Brugger, "had become a sectional netherland, a mix of free and slave economy, Northern and Southern cultures." Throughout the 1840s and 1850s, tensions between North and South mounted. As a true border state in every sense of the term, Maryland (and more specifically Frederick and Washington Counties) sat geographically along an unenviable fault line. By the 1850s, there was little hope of delaying the inevitable conflict between North and South. Western Maryland suffered terribly during the war. While the upper areas of Frederick County were spared the worst of the fighting, the region still experienced the uncertainty, fear, dislocation, and occasional violence of the conflict.

Cozy caboose heads to Virginia

On Friday, January 30th the Cozy caboose was moved to Whitehall Manor in Bluemont, Virginia. Bluemont is 16 miles west of Leesburg Virginia. Whitehall Manor is a 50-acre estate called Whitehall Manor that hosts weddings and receptions. The caboose was purchased it to be a backdrop for brides to take photos and perhaps in a year or two we will renovate & restore the caboose and then use it as place for the Groom and Groomsmen to get ready for their wedding.

Bluemont, Virginia sits at the base of the Blue Ridge Mountains and was the terminus of the W&OD (Washington and Old Dominion) Railway from 1905 till about 1935. At that time, in addition to hauling freight such as milk and grain, Bluemont was a resort community that had boarding houses, a theatre, ice cream parlor, etc and was host to city folk from

Washington, DC and northern Virginia in the summer months for those who wanted to escape the heat of the city and enjoy the cool of the Blue Ridge Mountains.

The base from the old W&OD track bed runs across the front acreage Whitehall Manor and the thoughts of the railway are ever pres-

ent when discussing the history of the area and town. The owners of Whitehall said they were excited at the opportunity to have a living piece of railroad history come back to Bluemont.

More information on Whitehall Manor can be found at www.HistoricWhitehall.com.



The Cozy caboose being loaded on a trailer for its trip to its new home in Virginia.

In the fall of 1859, rumors swept across western Maryland of some sort of a riot or battle in Harper's Ferry. "Conspicuous among the rumors," reported the Frederick newspaper, "was the alarming statement, that the outbreak was a Negro insurrection." The event was John Brown's raid on the Harper's Ferry arsenal, which the insurrectionist hoped would be the beginning of a revolution. When the local militia proved unable to handle the situation a company under Colonel Robert E. Lee, which included soldiers from Frederick County, quickly contributed a company to restore peace to Harper's Ferry.

The next trauma came with the election of 1860. The newly formed Republican Party, and its nominee Abraham Lincoln, had its strength in the North and West. Meanwhile, the Democratic Party was badly split and nominated two candidates—Stephen Douglas, from the North and John

Beckinridge, representing southern sentiments. A fourth candidate, John Bell of Tennessee, ran as a member of the Constitution Party, advocating some sort of eleventh-hour compromise. Beckinridge won Mechanicstown with 189 votes, followed closely by Bell with 182. Stephen Douglas, the Democratic candidate from the north, earned 7 votes and Lincoln only 6. Meanwhile in Hauvers District, west of Mechanicstown, Beckinridge won overwhelmingly with 154 votes, Bell won 46 votes, Douglas 27, and Lincoln only three. In the end, Lincoln won only 103 votes in all of Frederick County. But the Republican candidate, with the other parties deeply split, won enough votes nationwide to become the new president. The prospect of a Lincoln presidency sent chills through western Maryland. In mid-November, The Frederick Herald could offer only a prayer: "May God in his mercy avert the dangers so threateningly."

Clearly significant sympathy for

the southern cause existed in western Maryland. In December 1860, a countywide convention met in Frederick City in an attempt to establish a common approach to the coming troubles. But the convention split roughly in half between unionists and secessionists and no progress could be made. Towns in southern Frederick County—such as Urbana, Buckeystown, and Petersville—all were particularly pro-South. In areas to the north, such as the upper-Catoctin region, opinions tended to be split. Bell's strong showing certainly suggests that many in Mechanicstown/Hauvers District areas hoped that conflict could be put off. But there was much pro-southern sentiment to be found even in the northern portions of Frederick County. In the growing town of Mechanicstown, in 1861 Isaiah Wolfersberger began the first newspaper, The Family Visitor, a weekly with a decidedly pro-southern orientation.

Part 11 next month

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COMMUNITY NOTES

FMH to build new Cancer Institute

Melissa Lambdin, Frederick Memorial Hospital

Frederick, MD – The FMH Board of Directors has ap-

proved a new location for the Frederick Memorial Hospital Cancer Institute. Instead of building the new state-of-the-art facility on the hospital cam-

pus, it will be located at FMH Rose Hill.

One of the factors in making this decision was the nature of cancer treatment. By building

in a convenient location in the community, patients are able to stop by for treatments and physician visits during their normal daily activities. Additionally, the Rose Hill location will provide ease of access with ample parking for patients.

“By building the Cancer Institute at Rose Hill instead of on the hospital campus, we will be able to provide the highest quality and most advanced cancer care at a lower cost for our patients,” said E. James Reinsch, Chair of the FMH Board of Directors.

“As the Frederick community continues to grow, and the incidence of cancer increases, we felt it was best to expand our treatment options in the community where we can deliver the best value to patients by providing the highest quali-

ty of care within the lowest cost in a comfortable and supportive environment,” added Thomas Kleinhanzl, President and CEO of FMH.

The Board of Directors and hospital leadership felt it was important to be good stewards of the hospital’s finances and building the cancer facility off campus will save \$7 million in construction costs.

The new Cancer Institute will provide patient-centered, evidence-based, collaborative cancer care to the Frederick community and provide a care environment that is convenient, comforting and healing. There will be space for complementary therapies to promote wellness, as well as cancer prevention and support group activities.

“The new facility will allow for strategic clinical coordination among our multidisciplinary care teams,” said Dr. Mark Soberman, Oncology Medical Director. “We will be able to provide our high quality cancer care in a best in class facility, close to home.”

Over the last 24 months, the FMH Development team has been in full capital campaign mode to help fund this new cancer facility. In January of 2013, the 70 community volunteers who serve on the Development Council agreed to raise \$15 million over a five year period to build and equip this facility. The Cancer Institute is projected to cost approximately \$20 million.

FMH leaders proudly announced that \$9.5 million in charitable support from individuals, businesses and area foundations has already been committed in support of this much needed facility.

“I am so proud of the support that this community continues to provide to their hospital. Frankly, it’s amazing and we’re very grateful. At the same time, I can’t say enough about the volunteer members of our Development Council. These people share their time, their talents and their treasures to help FMH be the premier healthcare provider it has become,” said Dr. Gregory Rausch, a retired medical oncologist and Chair of the FMH Development Council.

Hospital officials were optimistic that the new location for the cancer facility will create even more momentum for charitable support of the project.

Construction plans are being finalized. A timeline for the construction process will be released later this year.

For more information on the Frederick Memorial Hospital Cancer Institute visit www.fmh.org or contact Melissa at 240-566-3323.



After CyberKnife® treatment at FMH, Dr. Early is back in the pilot’s seat.

Dr. Calvin Early was already a two-time cancer survivor when he was diagnosed with prostate cancer in 2011. Retired from the U.S. Navy, Dr. Early received most of his medical care at the National Naval Military Medical Center in Bethesda, where he had served as Chief of Neurosurgery for 15 years.

After researching his treatment options, Dr. Early thought he might be a candidate for CyberKnife, a safe and painless outpatient alternative to surgery that involves no incisions and no recovery time. Thankfully, Dr. Early discovered the CyberKnife Center at FMH, conveniently located near his home. His doctors agreed that it was a good option for him and collaborated with the FMH team to facilitate his treatment. Today, Dr. Early is cancer-free.

“At the age of 80, my prostate cancer was treated using the CyberKnife. The procedure was painless, and I had minimal side effects. Afterwards, my PSA level went down to 1 and it has been steady ever since. I would definitely recommend CyberKnife to other patients.”

—Dr. Calvin Early, Cancer survivor



Dr. Greg Gagnon
Medical Director,
FMH CyberKnife Center

To learn more about the revolutionary CyberKnife System at FMH, call

240-566-4761 or visit

fmh.org/cyberknife.



Gettysburg Wine & Fruit Trail

Kathy Reid

Something old is now something new; plus something sweet and things to do...

The South Mountains of Maryland and Pennsylvania stretch from Dillsburg and Carlisle in Pennsylvania to Mercersburg, Middleton and Jefferson in Maryland. In this region a traveler will discover a rich agricultural tradition as well as historic sites dating back to the time before the Civil War so often the focus of visits to this area. The Gettysburg Wine and Fruit Trail, an agritourism trail consisting of family owned farms, agribusinesses and small businesses in this region, is working to heighten awareness of the traditional farm products representative of this region.

Orchards teeming with apples have long been a part of the South Mountain's agricultural face. The tradition of apple growing has placed this region in perfect position to make an old-time farm product that is new to many of us a great locally crafted beverage: hard cider. Distillery Lane Ciderworks, the newest cidery on the Trail, is located in the hills of Jefferson just outside of Frederick. The Ciderworks cultivates 45 varieties of apples, many heirloom, in order to make their rich, dry cider full of that lingering tart flavor on the back of the palate that tells your tongue this is real hard cider, not cider soda pop!

Co-owner and orchardist Rob Miller and head cider maker Tim Rose are passionate about keeping their cider in line with the Old World tradition of cider and cider making. The sandy loam of their orchards enriches the flavor of the apples, which in turn adds subtle flavors and character to their hard ciders. The passion of Miller and Rose can be experienced first hand by enrolling in one of their cider making classes at the cider house. From January through June on the first Saturday of the month the art of cider making is displayed and taught. The next cider making class will be held March 7th. A visit to their website will enable you to enroll online: www.distillerylaneciderworks.com. If you'd rather go right to the finished products, their tasting room is open weekends year round. For \$5 guests can sample four ciders and receive a souvenir glass.

Just up the road and over a hill you will find Orchid Cellar Meadery and Winery in Middleton, Maryland. Here the traditional farm product dates back even further than hard cider to mead: an alcoholic beverage made from honey. Orchid Cellar Winery is owned and operated by Marzanna and Andrzej Wilk. The family's Eastern European tradition of home mead and wine-making plus a biochemical background inspired them to continue the ancient tradition of mead and wine production in the South Mountain region. "Mead is a traditional Polish alco-

hol, and we grew up with it. We love the complex flavors and bold, sweet taste!" the Wilk's share on their website, www.orchidcellar.com.

The Wilk's make their mead the same way they make their Merlot wine, with one big difference: the "fruit" used for fermentation is honey, not grapes. Because honey naturally has a higher sugar content than grapes and other fruits used to make wine, mead has a higher alcohol content than wines at an average of 16-18% alcohol content and a much higher residual sugar content than wine. And because honey is a natural preservative, Orchid Cellar's mead varieties are preservative free. Whether you decide upon the light and fruity mead, Beekeeper, or the traditional spiced mead, Knight, your trip to the Trail member's tasting room will be worth the drive. Orchid Cellar's Middleton tasting room, which opened in October of 2010, is the site for tastings and tours on these cold and wintry weekends.

Beer, like mead and hard cider, is a traditional beverage that was once a staple of many farm pantries. Market Cross Pub & Brewery in Carlisle, Pennsylvania is one of three breweries on the Gettysburg Wine and Fruit Trail and the only one that produces all natural, unfiltered brews through an English Style Brewing system: the Peter Austin System. This system uses 10 barrels and is a "hands on" manual effort overseen by Brewmaster Kevin Spiver from the beginning of the process to the finished beer, which is sold on draft at Market Cross Pub.

Of the laborious process used to make their English style hand crafted beers Brewmaster Spiver says, "Our Beer is unfiltered and all of the ingredients have been personally handled by the brewers because...well, we have no choice. Every tank has been hand-cleaned, every keg hand-washed, every recipe hand-written because...well, again, we have no choice. However, we do

produce a beer that is 100% natural with 100% drinkability because...well, that's what we choose." A total of ten different styles are made over the course of the year, with 2 or 3 generally in rotation and on tap. A trip to Carlisle will yield four varieties during March: Red Ale, Sour Red Ale, Olde Yeller IPA and Dublin Yer Luck Irish Stout – the perfect beverage for March!

Last but not least on the Gettysburg Wine and Fruit Trail is the traditional Maple Syrup Tapping and Maple Syrup Boil at Dill's Tavern and Plantation located in the Trail's most northern edge in Dillsburg, Pennsylvania. Beginning in February and ending mid-March, hands-on lessons in how to tap a maple tree are given in the Dillsburg area. Maple syrup tapping may have been a part of European tradition, but it was the American Indian who figured out how to make that sweet sticky sap into an ever sweeter syrup by boiling away some of the moisture. Check out their tapping schedule on their website to teach yourselves and perhaps the kids how maple syrup begins: www.dillstavern.org.

Whether you join a tapping or not, our Trail member has an event that you won't want to miss: the Third Annual Maple Syrup Boil on Saturday, March 14th. All the collected sap is poured into giant kettles and boiled for eighteen hours by volunteers. Wandering the grounds you are likely to see a Redcoat soldier and perhaps a blacksmith on his way to the smithy to get to work making knives just as they did in colonial times. And if that wasn't enough of an enticement to get you to visit Dill's Tavern and Plantation, their All You Can Eat Pancake Breakfast at Maple Shade Barn in Dillsburg a week later might be the motivation needed to visit this historic venue, a true historical treasure of colonial living in the South Mountain region.

Dill's Tavern & Plantation, a colonial era historical venue in the South



Members of the Gettysburg Wine & Fruit Trail produce some of the finest locally crafted wines and beers one could hope for. But don't take our word, visit them and discover for yourself! You'll not regret it.

Mountain region, will host their annual Maple Syrup Boil on Saturday, March 14th followed a week later by an All You Can Eat Pancake Breakfast featuring – of course, maple syrup!

The Gettysburg Wine and Fruit Trail is the only Agritourism and Agritainment Trail in the South Moun-

tain region committed to keeping small family farms successful and profitable as well as supporting small family businesses that utilize the bounty of the South Mountain region. Visit the website to see the full list of members and to learn about their passport program. www.gettysburgwineandfruittrail.com.



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WWI NEWS REPORTS FROM THE FRONT

March 1

The end of the 31st week of the war, and the first signs of better weather conditions after a hard winter, find the Allied armies in the Western Theater nearing readiness for a further concerted onslaught on the Germans. From the sea, through the dunes of Flanders to Arras in France, the British and the Belgian armies appear to have withstood successfully all the attempts of the Germans to break through their lines, while the French continue to win slowly forward, although the skillful German commanders exact a heavy price for every step gained by the French.

Unqualified optimism with which the approaching gigantic struggle is regarded in Great Britain, France and Russia can be attributed largely to the remarkable recuperative powers shown by the troops of Emperor Nicholas. These soldiers, in spite of the fierce blows of the German armies under von Hindenburg, have been able not only to bring German progress to a standstill, but to push the invaders back on virtually the whole front.

The Russians assert that the recent retirement of the Germans in the north is more disorderly than any previous retreat. They state that the Germans abandoned large numbers of heavy and light guns, and had even left behind slightly wounded soldiers in an effort to execute a hasty retreat.

A few weeks ago Field Marshal von Hindenburg was sweeping victoriously through Northern Poland, while in the south the Austrians were pressing forward in Galicia. Today these roles appear to be reversed. Russian troops are attacking all along the German line and although the Germans are clinging to their positions, their thrust towards Warsaw has been brought to a standstill.

The Russian offensive in the Carpathians continues with successes. Even if no decisive battle develops for the present Russian offensive on the Eastern Front, the Allies today are advancing the claim that the Austria-German plans for the spring campaign in the east has been measurably interfered with.

Another event which is aiding to the certainty with which the allies today regard the future, is the picture of British, French and Russian warships hammering at the gates of the capital of Turkey, with such success apparently, that Turkey already has decided she has had enough of the Egyptian venture, and is now rushing her troops back to defend Constantinople.

Nine battleships took part in this week's bombardment of the forts in the Dardanelles. A detachment of Allied troops, which were dispatched on the Asian side, met with Turkish garrisons, which they easily scattered. The Allies have disembarked artillery near the destroyed Dardanelles' forts and British and French flags are now flying over them.

While the Allied fleet continues to pound away at the Dardanelles' fortifications, the panic and the general exodus in Constantinople shows no sign of abatement. Turkish officials, however, believe that the fleet can never penetrate the inner line of fortifications, they declared they always expected that the forts guarding the outer entrance of the Dardanelles would be easy to reduce.

The real defenses, according to the Turks, lies further up the straits, where their inner forts are considered impregnable. Due to the narrowness of the channel at those points Allied ships will be obliged to move in narrow shoals which are commanded by artillery and have been heavily mined by the Turks.

Notwithstanding this profession of security, Austria has been asked to send her warships to the Turk's aid and for Germany to send artillery officers to assist in resisting the Allied onslaught.

The Russian Black Sea Fleet is steaming toward the Bosphorus. The Bosphorus is about 18 miles long and from on one half to one and a half miles wide. It is defended with modern fortifications, which guard the northern approach to Constantinople.

In the Western Theater of the war interest is centering on the fighting in the Champagne district, where fierce attacks and counterattacks have marked the operations of the last week. Berlin claims to have repulsed the continued French advances in this region, while Paris asserts



The German auxiliary cruiser, Prinz Eitel Friedrich, was a German passenger liner prior to the war. She was one of the most successful of Germany's first wave of auxiliary cruisers, remaining at large for seven months and sinking 11 ships. Upon U.S. entry into the war, she was seized by the U.S. Navy and renamed the USS DeKalb (ID-3010). She then served as a troopship. After the war, she once again resumed her career as a cruise ship.

that French troops have been successful in making progress.

March 8

The German auxiliary cruiser Prinz Eitel Friedrich, one of the elusive German sea rovers which has been destroying commerce of the Allies on the seven seas, slipped into Newport News on March 7, eluding British and French cruisers along the coast, in need of repairs, coal, and provisions for her crew. In addition, the ship carried 326 prisoners taken from vessels it had sunk.

After dark the German ship appeared off Cape Henry, but did not enter until after daylight, when she passed quarantine and dropped anchor. No sooner had the German vessel anchored then the Coast Guard Cutter Onondaga came alongside to take up her watch to preserve the neutrality of the United States until officials in Washington decided what should be done with the German vessel. It was reported that the German vessel had

been chased to the 3-mile limit by a British cruiser.

All her prisoners were given liberty in Newport News but four. The four declined to sign papers that they would not take up arms against the German army and navy and will remain prisoners on that account. Several French women released were sent back after immigration inspectors said that they were undesirable and could not be emitted. Protesting vigorously, the women were escorted by officers to the dock and taken back to the German ship.

Within an hour after arrival a request was made to the Newport News Shipbuilding and Dry Dock Co. for information on whether work could once begin on repairs. The shipbuilding company immediately communicated the request to the Navy Department in Washington and asked whether the United States would have any objections.

The Prinz Eitel went into dry dock

after the captain submitted a report that he thought it would take three weeks to repair his ship. The estimate was made after a preliminary examination of the ship by shipyard officials. In his note the German commander declared that "my ship at the present time is very unseaworthy and it requires three weeks to make her seaworthy." Five English warships are now off the coast awaiting the Prinz Eitel should she try to slip out.

On the Eastern Front Field Marshal von Hindenburg is said to be attempting another flanking movement with the idea of resuming his original plan of advance towards Warsaw. The battle line of these operations extends roughly for a distance of 80 miles.

In the Dardanelles, the British battleships Queen Elizabeth and Prince George and the battle cruiser Inflexible, with their 15-inch guns, attacked the principle Turkish forts inside the narrows in the Dardanelles. The forts, which guard the narrowest part of the straits from the European side, are believed to be the strongest along the entire waterway.

On the Western Front, the British attack in Northern Belgium has brought on a vigorous counter attack by the Germans. The sweeping advance of British troops is regarded as the commencement of active operations by the Allies and is likely to be followed by another important offensive in the spring.

It is believed that the Germans will probably seek to retaliate. If they do this will compel them to keep their western forces intact, if not to reinforce them to meet the fresh forces, which Great Britain is putting into the field. That is just what the Allies desire. Their stroke is timed to aid the Russians. For if the Allies had not kept the Germans busy on the Western Front it is believed the German commanders would again have shifted forces to the Eastern Front to strengthen Field Marshal von Hindenburg, whose armies are now fighting hard to regain the ascendancy near the Warsaw front.

March 15

To demonstrate its neutrality, the US Navy invited the Captain of the Prinz Eitel Friedrich, onto the grandstand to watch the launching on the US dread-



The British battleship, HMS Queen Elizabeth, in the Dardanelles.

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100 YEARS AGO THIS MONTH

nought Pennsylvania, the largest engine of naval warfare in the world. The German commander, in full uniform, arrived on the launching platform early and mingled jovially with US officers.

The British Admiralty announced that since March 10 seven British merchant steamers have been torpedoed by submarines. The captain of the Indian City, which was sunk yesterday, said that he sighted what he thought was a periscope of a submarine. He said: "I kept the steamer going but the submarine caught up with it, and through a megaphone the commander of the submarine told me to put my flag up. I hoisted the German ensign. The submarine commander didn't believe us, and told us to get into the boats, which we did, he then blew up the steamer."

An eyewitness of the torpedoing of the Indian City says the submarine remained in the vicinity about an hour and was of keen interest to the Islanders. Immediately after the attack became known to patrol boats, they put to sea in the direction of the submarine, on which they opened fire. When the patrol boats approached the submarine, the latter submerged herself, but reappeared about two miles further west. The patrol boats resumed their chase of the submarine, but the were left behind by the speed of the submarine which was too great for them.

After evading the patrol boats, the submarine sighted the steamer Headlands and went in pursuit of that ship. The chase was brief. The German easily overtook the old steamer. Both vessels were seen to be constantly turning and maneuvering as a result of the merchantmen's efforts to escape destruction.

Finally the steamer stopped and a few minutes later the crew was observed boarding lifeboats. Shortly thereafter an upward rush of black smoke was seen. The Headlands began to settle down by the stern. The submarine then went off to the westward and was pursuing a third steamer when she disappeared from view of those on shore.

Nowhere in the Eastern Front do the Austrian-German forces appear to be making progress. British military experts think that the position of the German armies in the east preclude the transfer of any troops to the Western Front and that the German plan of dealing Russia a crushing blow before attempting the much discussed spring offensive in the west has failed.

Although fighting is still in progress to the north of Warsaw, the Germans apparently have abandoned efforts to break through the fortified lines in the north. Instead, they are transferring troops to the southern bank of the Vistula, in preparation for an attack along the front to the west of Warsaw.

Austrian forces are again making a determined effort to relieve their fortress at Przemysl, in Galicia. The fortress has been under siege by Russian forces since the early weeks of the war. The Austrians have made various attempts to relieve the garrison. Aeroplanes have been a great help to the garrison. They have kept the fortress in communication with Austrian bases, when no other method was possible, and they have taken in supplies and medicines. According to dispatches from Russia however, the latest effort

by the Austrians to reach the fort has fallen short. Meantime the Russians are drawing closer their lines around the fortress.

The Russian offensive in the Carpathians has broken down quicker than was first anticipated, considering the vigor with which the attack was begun. The Russians hope was to break the Austrian lines in the passes but all their attacks were repulsed. The Russian tactics consisted of charging in five separate successive lines. As soon as one line was cut down another advanced until all five were shot down. The Russians sent forward all available troops, even the older men, who previously were used only as guards for the military workshops. Even military tailors and cooks were forced into the attacking line.

With the Russian Black Sea Fleet reported knocking at the door of the Bosphorus and Allied battleships renewing the bombardment of Turkish positions on the Dardanelles, the fate of Constantinople is today hanging in the balance.

The British Admiralty report of the sinking of three battleships, two British and one French, gives weight to the growing belief that the straits will not be won until the naval operations are supported by land forces. The Allied battleships were sunk by floating mines. The waters in which the ships were lost had been swept free of mines and declared clear, but the Turks sent floating containers of explosives down the straits and these were carried by the currents into the Allied ships gathered inside the straits.

Neither side reports any important actions on the Western Front during the past week.

The Austrian government is resisting pressures exerted by Germany to induce her to make territorial concessions to Italy. The Austrians say they are ready to grant territorial concessions but they wish to ensure Italian neutrality, especially in view of the fact that the cessation of the province of Trent would imply a weakening of Austrian military resources.

March 22

The US Battleship Alabama arrived in Hampton Roads to enforce American neutrality in the port and off the Virginia coast where British and French warships have been hovering since the arrival of the German converted cruiser the Prinz Eitel Friedrich. Authorities are stolidly silent as to why the warship was sent, but it is not to protect the Prinz Eitel Friedrich within the three-mile limit of the American coast as some have suggested.

Instead it is believed that the battleship is present to prevent Allied merchantmen from carrying fuel and supplies to the British and French warships off the coast. Dockworkers have reported that Allied merchantmen have left fully loaded with fuel only to return within days completely empty.

The Prinz Eitel Friedrich in all probability will be interned in this port although the officers of the ship say they are ready to brave the dash for liberty. However it is believed that when her repairs are completed her ensign will be hauled down, her guns dismantled and the crew interned.

The Hamburg-American liner Od-



The Hamburg-American liner, Odenwald, was stopped from leaving San Juan, Puerto Rico when it became clear that she intended to fight out on the high seas with guns, as a commerce raider, like the Prinz Eitel Friedrich.

enwald was stopped from leaving San Juan, Puerto Rico, and is being held under the terms of the recent congressional resolution to prevent supplies going from American ports to ships of European belligerence at sea.

There were many circumstances accompanying her preparations for sea, which aroused the suspicions of the American authorities. When the Odenwald began to take on provisions a customs inspector was put on board. Just before she made her unsuccessful run out of the harbor, the inspector was told to go ashore, and when he refused was put over the side in a small boat. The ship was stopped from leaving the harbor by two shots across her bow from a 5-inch gun from the fort that defends the harbor.

Officials are convinced that the Odenwald intended to fit out on the high seas with guns, as a commerce raider, like the Prinz Eitel Friedrich now lying at Newport News. They also believe that once she got to sea she might transfer some of her stores to the converted cruiser Kron Prinz Wilhelm, recently reported to be near Puerto Rico.

The Austrian fortress of Przemysl surrendered to the Russians. The last of the outer fortifications were captured some days ago and the final act of the drama began towards the close of the week when the Austrian commander deliberately expended his reserve ammunition and sent the bulk of the garrison out in the forlorn hope of cutting their way eastward through the besiegers.

With a strong Russian line tightly drawn around the fortress, the effort apparently was hopeless from the start, and 6,000 Austrians fell into the hands of the Russians, while many more fell dead and wounded.



The remains on the Austrian fortress at Przemysl - considered impregnable due to her extensive ring of inner and outer fortifications.

According to figures given by the Austrian commander of Przemysl, the number of prisoners who surrendered to the Russians were nine generals and 93 officers of the general staff, 2,500 officers and officials, and 117,000 men.

Pitiable conditions prevailed among the soldiers defending Przemysl, men were dropping from exhaustion, while others had not sufficient strength to leave the trenches. They ate voles and gnawed at the straps of their equipment to keep themselves alive. It is reported that nearly a quarter of the garrison suffered from typhoid and scurvy.

Although the provisions were growing more and more limited, none but a few of the higher officers knew that actual starvation was impending. The real conditions of affairs was only learned by the troops when an aviator, who is carrying messages for Vienna, was shot down by the Russians and fell within the defenders lines. After that there was much grumbling in the garrison. Some of the Austrians slipped through the lines at night and surrender to the Russians.

By the end of February actual famine prevailed, scarcely a living animal was left. For weeks virtually the only substance was obtained from small supplies of concentrated foodstuffs brought in by aeroplanes. Officers daily considered the situation, but not until they were convinced that there was no hope of help from an Austrian relief column did they reach the decision to surrender.

The defenders of the fortress marched out of Przemysl with colors flying. The Austrian governor surrendered his sword to the Russian commander while thousands of Austrian troops piled their arms in front of Russian regiments drawn up in line. The

Russian troops saluted the Austrians after their last parade.

The fall of Przemysl has made a profound impression in Hungary, as the flower of the Hungarian infantry was included among the defenders of the fortress, which was considered impregnable.

Undaunted by the loss of the battleships Bouvet, Ocean, and Irresistible last week, the Allies are going ahead with their attempt to force the Dardanelles, confident that success will attend their efforts. Last week's battle was the first battle where Allied warships attacking the Dardanelles were within range of the Turkish guns for any considerable length of time. The result for the Allies was terrible, owing to the excellent marksmanship from the Turkish batteries, commanded by German officers. The result has inspired the Turks with confidence and they are looking forward to further engagements with calm assurance.

Engagements sharp, but not of a general character, are prevailing at different points in the Western Front. However, it is generally considered that the present lull is but a calm before the storm. When the onset of warm weather the allies are expected to begin their big drive.

Efforts by the German ambassador to persuade Austria to cede territory have failed. Germany has endeavored to bring about an accord between Vienna, Italy and Romania, in which Austria with cede her Italian province to Italy, and Transylvania to Romania. In doing so, the Germans had hoped to keep both Italy and Romania neutral in the war. Turkey has agreed to offer Bulgaria territory in exchange for her continued neutrality in the war.

COLD WAR WARRIORS

Cold War nuclear weapons

Captain William Hicks
USN, Retired

Part 3

Nuclear Weapons Research and Testing

A production site was established at Rocky Flats Colorado for the production of plutonium pits. Plutonium metal is radioactive and is subject to vigorous corrosion. Due to these physical hazards, pit production was a remote operation within closed glove boxes. The waste generated during the production of pits contained plutonium residue and required controlled handling. These challenges made operations at Rocky Flats complex as well as classified due to the specific information regarding the designs of the nuclear weapons that was followed in the manufacturing process. The site also produced Beryllium and fabricated uranium components. Rocky Flats stopped production of pits in 1989 following a raid of the site by the FBI over environmental violations. Production never restarted and the site was ultimately completely torn down and returned to a park like condition, although controlled due to buried radiological and chemical contamination.

Tritium was processed at the Mound Plant in Miamisburg Ohio. Tritium was a key element in the fusion process and was stored in the weapon in high-pressure vessels. Tritium has a relatively short decay half-life of 12.3 years meaning that the storage vessels required periodic replacement and the tritium in the vessels required purification. Mound accomplished these tasks. Mound also manufactured explosive detonators, which had various applications within the weapon such as releasing tritium or other boost gas. Following the cold war, the



Uranium is a metallic element that occurs naturally. It is also one of the more common elements in the Earth's crust. Uranium is 500 times more abundant than gold.

missions at Mound were shifted to other locations.

Uranium enrichment was conducted at three sites. The initial site was K-25 at Oak Ridge where the processes were developed and improved during the Manhattan Project. K-25 conducted enrichment to almost pure U235 for direct weapons applications as well as use for fuel in the naval nuclear propulsion enterprise. Enrichment sites were also developed in Portsmouth Ohio and Paducah Kentucky. The sites at Portsmouth and Paducah were leased to the United States Enrichment Corporation in the 1990's when their only customers were the commercial nuclear industry. K-25 ceased enrichment activities in 1985.

Nuclear weapons explosives were manufactured and formed at Pantex Plant in Amarillo Texas. Pantex also assembled and disassembled nuclear weapons. This included refurbishment of the weapons when limited life components in the weapons required replacement. Pantex was also the AEC/ERDA/DOE nuclear weapons storage location for newly assembled and restored weapons not yet returned to DOD custody as well as those weapons returned by DOD for refurbishment or retirement.

Uranium metal is an important item in nuclear weapons. Both enriched uranium and depleted (uranium metal from which the fissile U235 has been removed) are key materials in the more modern fusion weapons. The fabrication and management of uranium for the weapons occurs at the Y-12 plant in Oak Ridge Tennessee. This was the site of the original research and production of enriched uranium in the Manhattan Project.

The activities at Y-12 include fabrication of many different enriched and depleted uranium parts for various parts of the weapon. In addition, uranium scraps are recovered and uranium contaminated waste is treated to save the uranium that is included in the waste such as on wipe rags or forming molds. The stockpile of enriched uranium is also stored and managed at Y-12.

During the life of the nuclear weapons complex, uranium fabrication occurred at other sites such as Rocky Flats, Mound and Savannah River but it eventually all consolidated at Y-12. In addition, Y-12 is responsible for the assembly and disassembly of the secondary part of the weapons. The secondary contains no explosives or plutonium. It is the part of the weapon in which the fusion reaction occurs. While Y-12 assembles and disassembles the secondary, the work of final assembly or initial disassembly of the full weapon occurs at Pantex.

Several other sites were established to assemble, disassemble, modify, or evaluate nuclear weapons. These sites included the Clarksville Modification Center located on Fort Campbell Military reservation in Clarksville Tennessee where retired weapons were disassembled, the Medina Modification Center in San Antonio Texas on Lackland Air Force Base conducted weapon modification and stockpile evaluations, and Picatinny Arsenal in Morris County, New Jersey which produced adapter kits for the army nuclear weapons. Eventually the functions of these sites were transitioned to Pantex and Y-12.

Neutron generators are an important part of the weapon since the initial burst of neutrons is



Yellowcake is uranium concentrate powder obtained from processing of Uranium Ore and serves as feed stock for the enrichment facilities. Yellowcake was produced at the DOE's Fernald facility in Ohio.



K-25 used gaseous diffusion to enrich uranium from Fernald by separating uranium-235 from uranium-238.



Plutonium for nuclear weapons was produced at production reactors in Hanford, Washington, where Uranium 238 was converted into Plutonium 239.

what initiates the rapid supercritical condition and significant release of energy that is the nuclear explosion. In the initial weapons, neutron generation was a chemical process with radioactive materials that required frequent replacement and were difficult to handle. Subsequent development provided neutron generators that were stable and not subject to frequent changes. The neutron generators were manufactured at the Pinellas Plant near St. Petersburg, Florida. Pinellas also produced other electronic components. Following closure of the Pinellas plant in 1994, Neutron generator manufacture was transferred to Sandia in Albuquerque N.M.

Nuclear weapons contain many non-nuclear electrical, mechanical, rubber, and plastic components such as switches, timers, seals, and connectors which must be manufactured with precision, many from classified designs. The manufacture of these vital components is concentrated at the

Kansas City Plant in Kansas City Missouri.

While the components that enable the nuclear explosive capability of the weapon are the essential part, the packaging for those components and the delivery devices such as proximity fuses or parachutes are necessary to have a weapon. Sandia site in Albuquerque, New Mexico was both a laboratory to develop these non-nuclear packaging components as well as to manufacture many of them. Thus Sandia is both a production site and a research center which will be discussed in the next section. Sandia was the location at which many of the precise electronic chips that were part of the weapon were designed and manufactured.

As the dispersed nuclear weapons infrastructure developed and the volume of production escalated, a significant transport capability was required. Initially, a combination of commercial and government resources were utilized to transport the nuclear



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COLD WAR WARRIORS



A technician at Rocky Flats working with a Plutonium "puck" prior to it being machined.



A technician carrying the plutonium core for the trinity "gadget" in a protective case after final machining. The mass of the core is the M in the famous equation $E=MC^2$

weapons, nuclear weapon components and special nuclear material. With the rise of terrorism and acts of violence in the late 1960's a review resulted in a new series of regulations and equipment and the establishment of the Office of Secure Transportation (OST) within the Department of Energy.

The OST modified and redesigned transportation equipment to incorporate features that effectively enhanced self-protection and deny unauthorized access to the materials being transported. OST manages a fleet of transportation assets, couriers, and a comprehensive operations organization from the Albuquerque Operations Office in Albuquerque New Mexico. OST has accumulated over 100 million miles while transporting nuclear weapons materials without any loss, release of radioactive material, or fatal accidents.

Nuclear Weapons Research and Testing

During the Manhattan Project, nuclear research and nuclear weapons development including the production of the first weapons were accomplished at integrated sites such as Oak Ridge, Los Alamos, Chicago, and Hanford. As the post war nuclear weapons complex developed, it was determined that research, development, and testing should be separate from production activities. In this section, I will discuss the research and development and testing challenges and infra-

structure developed during the cold war in support of nuclear weapons development, enhancements, safety, and reliability.

Research associated with nuclear weapons looked in many different directions. There was a desire to make the weapons smaller so that they could be accommodated on a large number of delivery mechanisms from large bombers to man-carried satchels, and ultimately atop ICBMs. Requirements for different delivery required different packaging and delivery devices such as parachutes and mating packages for torpedoes, rockets, and missiles.

Research was also required to achieve both larger and smaller explosive yields. There was even a desire to set the size of the yield at the time of delivery. One of the significant advances was the discovery and development of fusion weapons, which used the fission explosion to trigger the much larger fusion explosion. Weapons explosive power with fusion weapons could exceed 50 Megatons (of TNT equivalent explosive power). On the other end, weapons explosive yield less than a kiloton was also developed. These weapons were much smaller than those which ended WWII and could be used in close proximity to friendly forces or for focused purposes. As noted above in one 13-year period, 39 new weapons systems were developed by the research complex and introduced into the inventory. Every one of these new

weapons systems required actual testing to certify the design assumptions prior to being placed into service.

Maintenance of the weapons in the stockpile became a research issue. The initial nuclear weapons had some components with very limited lifetimes which meant frequent maintenance actions which usually required returning the weapon to the weapons complex or very specialized training and facilities at the DOD depots. The goal was a nuclear weapon that could be placed in storage or in a ready status for a long period of time without interim maintenance.

Safety and Security was a key issue for the research community. The initial nuclear weapons were essentially assembled just prior to use. That was clearly not a desirable situation for the various military uses envisioned for nuclear weapons. Rather the weapon should be fully assembled while in storage or being transported for use, but safe from inadvertent explosion due to mishandling or stupidity on the part of the handlers, or accidents such as plane crashes or depot accidents. Having the weapons fall into enemy hands was also a risk that was mitigated by the safety and security design features in the weapons. In fact, the features that made the weapons inert until just before use are some of the most highly classified features of the weapon design.

The use of nuclear warheads on ballistic missiles provided another research and design challenge to ensure the continuing effectiveness of the weapons. When in ballistic flight beyond the atmosphere, the weapons were subject to excessive radiation. In addition, a potential defense against a missile in flight was another nuclear explosion that would release an intense burst of electromagnetic radiation. Finally, the ballistic missile launch and reentry produced great acceleration and deceleration forces on the weapons. The designers were challenged to produce a weapon that would remain effective in this severe environment.

An important task for the research community was to certify the reliability of the nuclear weapons stockpile on an annual basis. For many years, this certification was based on the results of actual weapons testing. Following the testing moratorium in 1992, the basis for the certification became computer simulations of the weapons performance. Variables such as radioactive decay of the fissionable material and aging of the weapon components, both electrical/electronic and mechanical such as high explosives and component seals required consideration when determining the continued reliability of a weapon which may have been in the stockpile for many years. To deal with all the possible variables significant computing power was required. Thus the weapons laboratories acquired or developed some of the most powerful computers



Once the center of the U.S. nuclear weapons complex, Rocky Flats, located at the foothills of the Rocky Mountains just outside of Denver, is an example of beating "Swords into Plowshares." With the end of the Cold War, Rocky Flats was the first of the aging Cold War weapons facilities to be dismantled and turned into a nature preserve.



in the world. In addition, the laboratories carried out cutting edge research into the aging properties of the unique materials used in the various weapons systems.

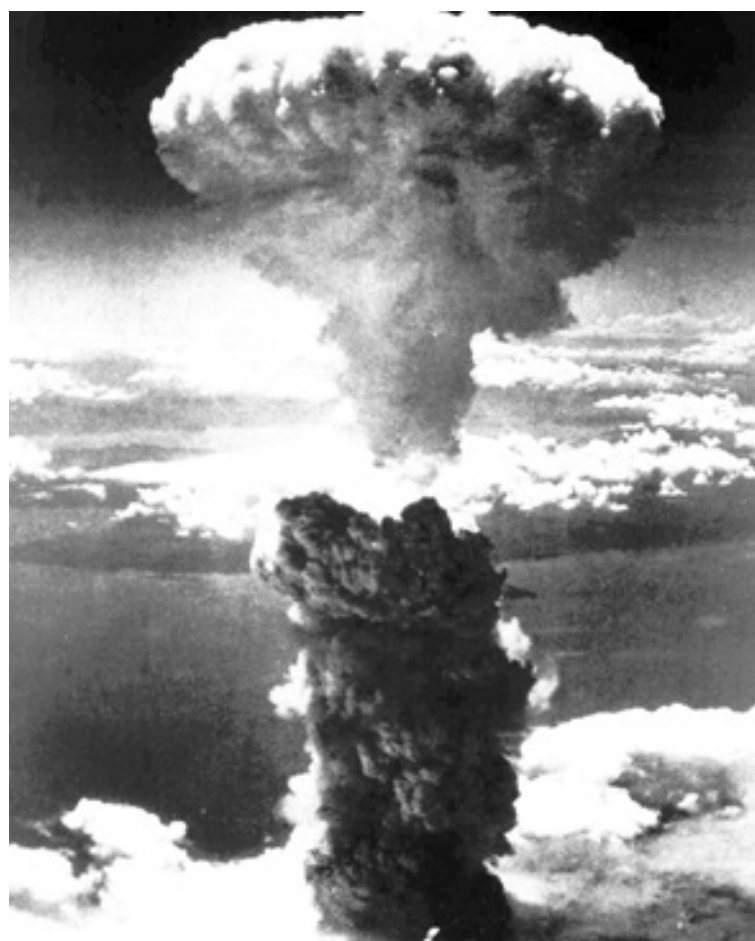
The testing moratorium had another consequence in that without testing it was not possible to develop any new weapons

systems. This required that existing weapons systems remain in the stockpile longer than the initial design life. The laboratories were tasked with providing the basis and necessary modifications to affect a lifetime extension for some of the weapons systems.

Part 4 next month



Following the testing moratorium in 1992, the basis for the certification became computer simulations of the weapons performance. To deal with all the possible variables significant the US Nuclear Weapons Complex employ some of the most powerful computers in the world.



$E=MC^2$

MOM'S TIME OUT

Love your family without losing yourself

Mary Angel

Last month I promised you this month's article would be about loving your family without losing yourself. So that is exactly what it will be. As I pointed out last month it is all too easy, as a mom, to do so much for others that things or people get lost in the shuffle. So this month we will discuss the true importance of mom getting a time out now and again. In many cases this can be her saving grace.

The alarm goes off and the race begins. You get yourself ready for the day, you get the kids ready for school, you pack lunches and make sure school projects and PE clothes are in book bags. Then you get everyone to the bus stop (or school) and it is off to work (even working at home). There is always laundry and dishes to do, there is always house cleaning and homework. Meals must be made and children must

be driven to their activities. There are grocery store runs and trips to the doctors and dentist. As a mom there is never an end to the things we must do for our family. This is not a complaint (all right sometimes it is a complaint), it is merely a statement of fact. For the most part we love taking care of our families. However, just because there is no end to the duties of a mother that doesn't mean there can't be a time out from those duties.

A time out can be as simple as an uninterrupted bath in the evening, or even a quiet cup of coffee on the porch before the kids get out of bed. Sometimes we are lucky enough to have it be a little bigger. Maybe with a little planning and sometimes spur of the moment works better, we can get a night out with some old girlfriends. Catching up with old friends, face to face, can be just the spark we need for that recharge. Please don't misunderstand; recharging doesn't al-

ways have to be done without our husbands. Sometimes a surprise date night planned by my husband does an amazing job. I am simply suggesting that some time apart from your family is perfectly acceptable.

Whatever it is that you enjoy doing be sure and make time for it. Even if you have to write it on the family calendar to get the time...do it! Do you like to scrapbook, bead, bicycle, play tennis, swim, shop, knit, whatever it is that relaxes you, make sure you make the time for it and for you. If you can't put aside a whole weekend for a scrapbooking retreat, then how about an all-day retreat with some girlfriends. Your husband could take the kids out for the day or to one of the other friends' houses for an all-day play date. I have even been known to invade my mother-in-laws house for a whole scrapbooking weekend when she was out of town



Catching up with old friends, face-to-face, can be just the spark we need for that recharge.

(with permission of course).

The point is similar to last month. One day the kids are going to grow up and it is likely that your husband will have work, and friends, and activities that he enjoys separate from you. You will of course (I hope) have all kinds of things that you do together, but it also ok to have things you do apart. Don't allow your likes, your friends, your hobbies, your identity to be completely defined by those around you. I find great joy in, as my kids grow up and need me less and less, dreaming of traveling and having new and exciting experiences with my husband. I know I will be one of those moms who struggles when the kids move out, but I also love my husband and can still (albeit vaguely) remember what it was like before we had kids. I sometimes have to remind myself that there is life after kids.

I sometimes have to remind myself that I haven't done anything for me in quite a while. It actually can come down to my husband reminding me to take some time. He has to point out that commenting or "liking" a friend's Facebook status is not the same as sitting across a table from them and shooting the breeze. (Don't get me started on the pluses and many minuses of Social Media) I will admit that there are many times

when I am sitting in the car waiting for one of the kids to finish an after school activity and I realize that is my only chance to call a friend and chit chat. As moms sometimes that is the only chance we have to catch up with a friend. If this is the case, by all means take the opportunity to do so. It is completely acceptable to squeeze in little conversations when you can, but also try and make time for something more. There aren't any rules to this, I am not saying that once a week or once a month you must schedule "me" time. I am just suggesting for your own sanity that you try your best not to stretch yourself to thin.

My husband will be the first to tell you that when I get a break once in a while I am recharged and much better to be around. I know that my kids have come to me from time to time and said, "Mom, do you need a break?" If this happens to you then the answer is yes. If your kids are noticing then you are past due. If you don't take care of yourself, both physically and mentally, then you may find you are unable to take care of your family the way you would like. So here it is, I give you permission to put yourself first from time to time at least!

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



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Breakfast delights

Brooke Hagerty
The Food Chick

Breakfast is the most important meal of the day and is also the most skipped meal of the day. Studies show that anywhere between 25 and 50% of people under 55 do not eat breakfast. Over 55's are more likely to eat the most important meal of the day with just 15 to 25% skipping it. Often people use the excuse that they don't have time for breakfast or that they don't want to eat breakfast because they are trying to lose weight.....screeeeeeeeech - BIG MISTAKE - eating breakfast actually helps you to lose weight! A study by Johns Hopkins Bloomberg School of Health states the following about eating breakfast:

- Breakfast is the most important meal of the day.
- Breakfast provides you with the energy and nutrients that lead to increased concentration in the classroom.
- Studies show that breakfast can be important in maintaining a healthy body weight.
- Hunger sets in long before it's time for lunch, but because it's not convenient to eat properly, many people who have not eaten breakfast snack on foods that are high in fat and sugar.
- People who skip breakfast are unlikely to make up their daily requirement for some vitamins and minerals that a simple breakfast would have provided.
- Breakfast provides energy for the activities during the morning and helps to prevent that mid-morning slump.

Making a delicious and nutritious breakfast is easier than you think. There are many recipes that you can make one day that can last you for up to a week and all you have to do on a daily basis is add an egg or other protein. Breakfast should include proteins, carbohydrates and fats. Beans are a great way to add protein and carbs. Spinach is a wonderful addition to add protein and carbohydrates as well. Getting GOOD fats into your breakfast is easy with the addition of avocado. Sweet potatoes are also an excellent choice to add to your breakfast and the best part is you can bake them and mash them on the same baking tray for easy clean up! Do you need a breakfast on the go? I saw a great one over the weekend that I am going to share with you!

First up, my favorite go to breakfast....it doesn't even have a name but if you have an idea for one please, please let me know. It is an amazing breakfast packed with protein, carbohydrates and fats. It is a great make ahead recipe and gets finished off on a daily basis with your favorite egg (over easy for me, please). Depending on the number of people you are

serving and/or the number of days you are cooking for you will adjust the amounts as needed.

Combine black and white beans (15 ounce can each) with a large handful of halved grape tomatoes and diced jalapeno to taste. Season with cumin, coriander, salt and pepper (I use lemon pepper and truffle salt). Stir all ingredients to combine well and heat on high for about five minutes or until tomatoes start to wilt. Add instant oatmeal according to package directions and stir. Add a handful of your favorite baby greens (I have found baby spinach and arugula are a very nice combination) and stir to combine. Remove from heat. Serving size is about 1 to 1.5 cups, top with an over easy egg or your favorite egg. The bean mix can be stored in the refrigerator for up to one week and reheated in the microwave or on the stove top. Prepare the eggs daily! To re-heat I use a flat skillet and sometimes will turn them into hash by heating on high to get a nice crust.

Another great breakfast favorite of mine is highlighted by one of my favorite foods, avocado. Most people only have avocado in guacamole but avocado on it's own is quite creamy and delicious. I like to grill my avocado for a great smokey taste. To grill your avocado slice in half and remove the pit. Season with a little EVOO, cumin, coriander, salt, pepper and a dash of your favorite hot sauce. On a hot grill (outdoors) or a me-

dium high grill pan (indoors) place the avocado open side down for 3 to 5 minutes and then flip to the shell side for 3 minutes. Remove by sliding a spoon under the skin and scooping out the flesh.

Now that you have your grilled avocado you can start building your five minute breakfast! In a sauté pan sprayed with pan spray sauté a large handful of baby spinach until just wilted. Remove to a plate and place in the center, top with your grilled avocado. Fry an over easy egg in the same pan and slide on top of the avocado. Chop bacon and top as a garnish! Voila - breakfast in five minutes. Note: make bacon ahead of time and heat to order while spinach and egg are cooking (in the same pan).

Sweet potatoes are another great addition to your breakfast repertoire! Baking and mashing them is so easy and can be done on the same baking sheet. Pre-heat your oven to 400 degrees. Line your baking sheet with aluminum foil (spray both pan and foil with cooking spray for super easy clean up). Prick holes in your potato and leave the skin on. Bake for 30 to 45 minutes or until you can stick a fork through and the potato is soft. Remove from oven and allow to cool for 5 minutes. Using your hands peel the skin of the potato and discard. Keeping the potato on the same baking sheet mash with a potato masher or fork. Season to taste with salt and pepper. Note: you can also



Brooke's Avocado Delight

use cinnamon or favorite seasoning. As I always say, get creative and the sky is the limit.

As always, should you have a question, an idea for an article or are in need of my personal chef/cater-

ing services please contact me at brooke@thefoodchick.biz. Be sure to check out my website, www.thefoodchick.biz or "like" me on Facebook at www.facebook.com/theoriginalfoodchick. Until next month, Happy Eating!!!!



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SCHOOL & LIBRARY NEWS

Appreciating new life at Seton School

Lynn Taylor

Happy Spring! At least, I hope it's feeling like spring by the time you read this. As I'm writing this, we're expecting another cold snap to come through, and we all know how fickle March can be. But regardless of whether it's fifty degrees or five outside, spring is happening!

One of the hallmarks of spring, no matter your culture or faith, is that it is a harbinger of new life. Part of what defines our Catholic faith is our deep respect for and desire to protect life, especially new life. Beginning in Pre-K, that tenet is taught as part of our religion curriculum, but like any other subject,

sometimes the best way to learn something is by experience.

This past winter, some of our students had the opportunity to put their faith in action. A couple of our 8th-graders took part in the annual March for Life in Washington D.C. They braved the freezing temperatures to demonstrate their beliefs and represent what we seek to teach within our faith. How many thirteen- and fourteen-year-olds have developed the courage of their convictions and the desire to act upon them? As a school community, we couldn't be more proud to claim these students as our own.

It's not just the older students,

either. Our 1st- and 2nd-graders helped bring new life into the world last month. Yes, you read that right! Thanks to a program of the American Farm Bureau in partnership with the Frederick County 4-H, our young primary students received incubators and freshly laid eggs. Over the course of several weeks, they watched and nurtured the baby chicks, learning far more by doing than they would have reading from a textbook. For example, they saw firsthand how fragile and delicate the chicks are when they are first hatched, how they socialize, and how quickly they grow. It's one thing to see pictures in a book or watch videos, but entirely another

to actively participate.

And just in time for Valentine's Day, the entire school took part in our annual Have-a-Heart Volleyball game, in which the 8th-graders challenged the faculty and staff in a friendly game for charity. Each student paid a nominal "admissions" fee, which was donated to a mission in Tunja, Colombia that aids children with basic necessities, as well as vocational and spiritual enrichment. Serving others, an integral part of our faith and school mission, is another way we demonstrate our belief in the sanctity of life.

So it's only fitting that we enter this new season on a theme of life. Though we may be heading into

the end of the school year, it's still a season of beginnings, especially for our students who are beginning to put their knowledge to use and their faith into action. I love watching the children bloom, especially my own. And this is the time of year to see it. So why not make plans to stop by and pay us a visit? With the Science Fair this month (Mar 9-13), and Young Authors Night (Apr 21) and the Fine Arts Festival (May 4) coming up, there are plenty of opportunities. And next fall, you can visit the Great Frederick Fair to see a few of the chicks our students helped hatch.

Keep your eyes wide open, look for signs of new life, and be blessed!

On Sabillasville Elementary School

Katie Groth

Frederick County School Board

First of all, the closing of Sabillasville Elementary School will not happen this year. Although the Board of Education of Frederick County currently has severe budget challenges, Board Policy 200.3 states that if it is deemed advisable to close a school due to increasingly lower enrollment, the board must "give consideration to allow adequate public review and comment" before any action is taken. Board members agreed that we could not provide adequate time for the community to provide "review and comment" if the closing were to take place this fall.

No one likes the prospect of closing a school. As so many people have eloquently stated, Sabillasville Elementary School is the heart of the Sabillasville community. It is in a stunning location and is a focal point for the area in many ways. One of the reasons Frederick County is special is that we have many small communities that dot the map – Emmitsburg, Brunswick, Kempstown, Lewistown, Carroll Manor and Wolfsville, among others. Most of these communities have schools that serve as a center of small town life. Sabillasville is such a community.

The harsh reality of this year's school budget is that we have to find cuts in current expenses in order to balance the budget. This is an especially painful year as it follows many years of "flat funding" of the school system by the previous Board of County Commissioners. "Flat funding" does not take into account the rising costs of our public schools due to inflation or just providing basic educational services to a population of students who have greater needs than ever before.

In essence, "flat funding" degrades the public schools when it continues for several years. No matter what we do this year, it

will be many years before we can restore the cuts and losses our schools have had to suffer. If we have to raise class size and therefore have to eliminate teaching position, the entire system will be impacted with larger classes and further stress on teachers.

Must we close schools to meet budget challenges? This is part of the debate. It may be that we will have to start consolidating our smaller schools in order to save money. This is a reality that the board of education must begin to face now.

Again, no schools will be closed this next school year. But we will have to take another look at our numbers and consider any and all ways to save money. For example, closing Sabillasville Elementary School would save the school system \$675 thousand after increased transportation costs have been factored in. Students from the Sabillasville attendance area would have to be bussed to

Thurmont elementary schools. The Thurmont schools currently have enough capacity to handle the increased enrollment that would result. However, there are other considerations, such as placement of the Sabillasville staff should it be decided to close the school.

The above information will hopefully give our communities what they need to know and what they might want to know about the closing of a school. It is important to remember, however, that all of this is tentative. Nothing will be decided this year. The Board of Education of Frederick County has endeavored to do the best we can for the students, staff and families we serve even in times of budget challenges. The citizens of Frederick County have always had reason to be proud of our public schools. The schools belong to all of our citizens. We all can participate in making them the best they can be.

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Fairfield School Board

Candidacy announcements for the Fairfield School Board

Gregory Murray

I would like to introduce myself to the Fairfield Area School District. My name is Gregory Murray. I have been a resident of Carroll Valley for 16 years and I have a Grandson in Fairfield Elementary.

I feel that my previous experience as a business owner, union negotiator, and school volunteer uniquely qualifies me to help remedy some of these problems.

Having been a business owner I dealt with: payroll, taxes, licenses, 3 state agencies and customer relations. I have experience in negotiating contracts with major international corporations and union representatives. I have always been able to contribute to agreements that benefit both sides of the table.

As a school volunteer for the last 3 years I have been in touch, on a weekly basis, with some of the concerns of the teachers and students. As a retired member of the Carroll Valley and Fairfield community I am also well aware how paying taxes on a fixed income can be a hardship.

There are a lot of daunting issues facing the next elected school board but with the involvement of the community and respectful dialog from the board I feel these hurdles can be overcome. Because I feel so very strongly regarding these issues and am confident that I can be an intricate part in helping to solve them, I would like to announce my candidacy for a seat on the Fairfield Area School Board.

I humbly ask for your support in the May 19th primary. If you find me worthy I pledge to you to be completely transparent with your concerns and to serve the community with no preconceived agendas.

Kelly Mays

My name is Kelly Mays and I am thrilled to formally announce my candidacy for School Board Director of Fairfield Area School District. As a resident of the Fairfield community for nearly 18 years, I would deeply appreciate an opportunity to give back in some small way to the community that has

given so much to me.

I believe that a strong public school district is essential to the future of not only students, but the entire community. FASD has a proud history of educational excellence. I should know. I am a 2005 graduate of Fairfield High School; where I received a quality education that prepared me well for college. I now hold a Bachelor's of Social Work, thanks in large part to the fine caliber of teachers and staff at Fairfield. I would like very much to see that same opportunity is given to each and every student.

The most important function of a school board director is to advocate for the best interest of the students. As our District motto states, "Students First!" I want my community to know that I can be trusted with this precious responsibility. Not only am I a long time resident of this area and a graduate of FASD, but I am also the parent of a kindergarten student as well as an active volunteer in the elementary school and a frequent participant in the elementary PTO.

This community deserves a school board that will invite you to the table, meet you with transparency and honesty, and represent your interests. Our children deserve a standard of education that will allow them to succeed. Our taxpayers deserve to have their money allocated fairly and responsibly without undue burden. I am asking you, my friends and neighbors, for a chance to do my part.

Ian Strahler

My name is Ian Strahler and I am officially announcing my candidacy for School Board Director of Fairfield Area School District. My decision to run for school board was not made on a whim. I have been a resident of the Fairfield community for over thirty years. I was raised in this community, graduated from, and attended every grade in the Fairfield Area School District (FASD).

Several members of my family are currently, or have been, educators. I am also a parent of one, soon to be two, students at FASD. My family made the decision to return to this area, from a

neighboring school district, in order for our children to attend FASD. I know firsthand the extremely high level of quality education that is provided by this school district. Because of this exceptional learning experience, I was well prepared for college and life beyond the classroom when I graduated. I want this same level of education to be available for my children. Not to mention, I am proud to be a member of such an incredible community.

I realize that being a School Board Director is not a glamorous position. There are many difficult decisions that have to be made and addressed, while maintaining the best interests of our students and district. Let's be honest, no one wants our students to suffer because the finances are not available to provide for them, or to lose highly qualified educators due to a lack of support, and supporting our school should not be a burden to our community. We all want what is best for our students and our community. The responsibility to achieve this balance lies on the board of directors.

This may seem like daunting or overwhelming amount of responsibility. It does not have to, and in fact it should not feel this way. An open, constructive dialog among well informed and educated board members, along with complete transparency between the board and our community, can easily lead to accomplishing even the most difficult tasks. This is what our school and community deserves and this is what you should demand. The bottom line is we all have to work together.

I have always considered myself an active member of our community. I have spent many enjoyable hours coaching AYSO soccer, volunteering in the school and community, and through our church activities. I would consider it an honor and a privilege to serve on our School Board and to help give back to a town that has given so much to me. To accomplish this, I am seeking your support and help. If you have any questions, please feel free to contact me via email at ianforfasd@gmail.com. You can visit www.fairfieldunite.org and www.fairfieldschoolboard.com for additional information about the election, our school board, and the candidates. Thank you, and I hope to see you at the polls in May.

dunite.org and www.fairfieldschoolboard.com for additional information about the election, our school board, and the candidates. Thank you, and I hope to see you at the polls in May.

Becky Bequette

As I'm writing this, it's been three weeks since I announced my candidacy for Fairfield Area School District (FASD) School Board Director, and I've found it to be an interesting time. I have taken advantage of several opportunities including attending the "Toss Your Hat into the Ring" class taught by Penn State extension, asking questions of local elected officials, and advice both asked for and not.

One piece of advice that stuck out for me was called "27-9-3". This stands for 27 words, nine seconds, three points. That is the number of words, amount of time and number of points that it should take to explain to someone why they should vote for you. In other words, it's a sound bite. To be perfectly honest, I fail miserably at getting my points down to 27 words. I do talk fast, so the nine seconds is still a possibility.

It is difficult to summarize the issues involved with the local schools and the surrounding community in such a short spiel when the reality is very complicated. I have already seen the coming Fairfield election distilled down to "pro-spenders" versus "anti-taxers." In reality, school funding and spending are complex issues that go beyond property taxes. This is the part where, as a former financial analyst, I started getting into the facts and numbers regarding FASD. Boring perhaps, but the facts are important when weighing election-time claims. While I have to keep it to 600 words in this article, my full analy-

sis will be posted as a blog entry on my website BeckyforFASD.com.

In the months leading up to the May primaries and then the November municipal election, you, as the voter, are going to be inundated with information from both the incumbents and those seeking change in the district. It is my hope that you will look at the information presented and determine whether it is true or just rhetoric. There are sources available to help. The website for FASD, www.fairfieldpaschools.org, contains minutes from all board and committee meetings. You can also review the audited financial statements and audit presentation there. Also, at my website, under "Facts," I will be providing helpful source documents and links.

As I stated, pro-tax versus anti-tax is not only simplistic, it is not what this school district needs. A candidate who wishes to raise taxes only because he or she can is not an asset. A candidate who says "no new taxes ever" without reason is unrealistic. The Fairfield Area Schools need candidates who can look at the financial situation of both the school and the community, recognize and prioritize needs (as opposed to "wants"), and keep a balanced view with both students and taxpayers in mind.

I am that type of candidate. Like many of you, I am a parent, a property owner and a taxpayer. Meeting the needs of our students and the community is my primary goal and my education and experience have prepared me to be a responsible steward of public funds and assets. If you, too, value a high-quality education for local students and responsible stewardship of school funding, I hope you will be voting for me in the May primaries.

For more information or to pledge your support, I can be reached via email at maysforfasd@gmail.com or you can find me on facebook at Kelly Mays for FASD School Board.

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FOUR YEARS AT THE MOUNT

We all need a bit of an escape from this cold weather we've been having recently, so we asked our Four Years at the Mount writers to put on their creative caps this month. Each of our writers has written a creative story about spring. We hope they will transport you to a much warmer place!

Freshman Year

A mountain of gold

Sarah Muir
MSM Class of 2018

There once was a man who lived on a mountain. His modest house sat at the end of a narrow lane that wound its way through the surrounding woods. The man had lived there, with his wife, for such a long time that they had become a constant presence to the few neighbors that knew of their existence. The man adored his wife and loved the home and life they had built together in their little pocket of the world.

They moved into their modest home after they were married forty-nine years ago. They experienced life's hardships and pleasures; the peaks of their marriage helped them through the valleys.

Life on their mountain was a simple one. They had a small garden and whatever else they needed could be retrieved from the

town that lay a few miles away. By then, they knew most of the trees and the flowers that grew on their mountain by both sight and name; the man knew that the Silver Maple and Aspen were the first to announce the autumn and that the crocuses would proclaim the coming of spring.

It seemed that this mountain was made especially for them. They had become a part of the life that surrounded them, and year by year, they learned how to survive the elements. Together they had been there through the bitterest winters and the most scorching summers, and they loved every moment.

Years passed and the man and his wife watched as the verdurous summers were set alight with the colors of fall, how the silent winters melted into the familiar sounds of spring. The man loved how the trees turned scarlet in the fall and how the pines and spruces added their fragrance to

the cold winter air. He loved how the trees cooled down even the hottest of summers. But while he loved each season in its turn, he treasured spring the most.

During these months, he would wander through the surrounding woods and watch how the sunlight found its way through the lush canopies just to spatter the ground with its golden light; sometimes he would fall asleep against a rock, warmed by the sun, as the birds sang and chattered around him like a symphony. It was during one of these outings the man had an idea.

His wife noticed a change. In the late summer, he would come home late in the evening, his face sun-kissed, smiling like a fool, and hands smelling of freshly turned earth. She would ask him what he was doing and he would just smile as if he had some private joke and say, "Not much at all."

It came to be their new routine until the trees caught fire with the coming autumn and the man's excursions dwindled until they stopped altogether. The winter was harsh and bitterly long, and the

man's wife started to notice an unusual air of impatience that hung around her husband. Every so often, she would catch him looking out the window, as if the seemingly endless snow would vanish if he just stared at it long enough. Alas, the winter lasted, and it was not until late March that the weather finally changed. It was not until then that God flipped a switch and turned on spring.

With the warm weather, Mother Nature realized it was time to decorate the world with new blooms and fill the air with their fragrant perfumes. Almost immediately, crocuses could be seen pushing through the frozen ground and buds started to appear on every tree and bush. As the snow melted, so too did the man's impatience, and his wife soon realized why.

She finally saw what it was he was doing those late summer evenings. In almost every place touched by the sunlight lay clusters of daffodils. Watching their lofty green stems proudly bearing up their golden heads, the wife looked in awe as they danced in the wind.

Watching as they rippled in the warm breeze, she imagined music rising out of the aureate trumpets and joining with the melodious symphony of the birds. She smiled and looked to her husband, who held in his hand a bundle of the flowers that seemed to be made out of sunlight. She took them in her hands and inhaled their sweet, delicate, perfume, and together they stood grinning proudly out on the veins of gold that dotted their land.

Every year, as summer reaches its end, the man will come back to his house and his wife, face sun-kissed, smiling like a fool, and hands smelling of freshly turned earth. Together they will wait as the flaming trees of autumn are cooled by the winter wind and as the melting snow awakens the sleeping buds of spring. They will watch as little by little, and year by year, the number of gilded trumpets grows, and one day they will look out and see their mountain has turned to gold.

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

Sophomore Year

The promise of spring

Leeanne Leary
MSM Class of 2017

Open my eyes, take a deep breath, and literally breathe it all in. The automatic doors shut behind me and I feel the weight of my suitcase hanging from my left arm.

I look around me and everyone is moving—hurrying toward the busses, waiting to bring people to the parking lot, running into the arms of anxiously waiting family members, or walking with friends, ready to accept reality again after tropical vacations. All of this is happening in a whirlwind around me as I stand outside baggage claim 11 at Baltimore-Washington International Airport—overwhelmed, anxious, and excited for the next three months of adventure.

Now, you may ask, who goes to Maryland for an adventure? Well the truth is I'm not really

here for an adventure; I'm here to study for a semester away from home. I have spent the last 20 years in Flagstaff, Arizona and my mom finally told me around Thanksgiving that I don't need to stay at home to take care of the dogs anymore. That sounds ridiculous. It was a real problem. I live at home with my single mom and six high maintenance Chihuahua puppies. I love them, but my social life and calendar has always suffered at the paws of these dogs. I guess I whined enough and my mom hired a 15-year-old boy to come take care of them for a few months before and after school. As it turns out, I'm a little protective over my dogs and I'm not sure how this makes me feel.

Okay, I could go on for hours about life at home. That's not the point.

The point is, I'm standing out-

side of baggage claim 11, ready to take on Maryland with absolutely no idea what lies ahead. I'm concerned about strange things. I don't think Flagstaff has adequately prepared me for the light rail system of Baltimore or the obnoxious amount of seafood that they eat on the Eastern Shore. Luckily, I'll be spending most of my time in a town called...well, I can't remember the name right now. I'm a little nervous, but I don't think it will be too bad. My biggest concern is the weather.

I don't know how to dress for this place.

I didn't know what to pack, or what to buy.

I looked at the weather app on my iPhone every day for the past few months and there seems to be no pattern at all.

I look on Facebook at what my Internet friends are wearing and I see hats and scarves one day and windows down on the Jeep the next day.

So instead of trying to figure it out, or over pack, I got overly stressed and just barely packed

anything. I guess we'll take it day by day as the weather seems to do. Supposedly this place is so great because there are four distinct seasons, and I'm excited to experience this as long as it happens slowly and I have enough time to get to a Wal-Mart in between seasons.

I'm getting distracted again; let's get back to standing outside of baggage claim 11.

I'm standing still, a little cold, looking around for my ride, when suddenly it hits me. I'm cold and everyone around me is wearing short sleeves. I'm anxious for a new beginning and most people around me are returning to their comfortable Maryland home. I'm taking my first independent steps as spring begins. It's not just a fresh start for me; it's a new beginning for everyone.

That's what's so great about this season of spring, at least from what I can tell so far! Everything is beginning again, everything from the grass to the graduating class gets a new start. The flowers bloom as people come

out of the cold months and use the Easter season to better their own lives. It's a time of renewal, allergies, spring break, Lenten promises, spring cleaning, and spiritual, physical, and emotional cleansing. Too often it's a time spent in a constant state of anxiousness for the coming summer months when we should be marveling in the wonder that is the first fresh cut lawn smell or the rejuvenated vibe present all around.

So yes, I'm nervous. I'm nervous for a new beginning in a strange place with strange people. Well, hopefully the people won't be too strange. I'm nervous but I know that just as the season begins with a fresh air about it, so too will my experience. If only I had the constant knowledge of an impending spring season to serve as a reminder of new beginning characterized by color, beauty, and innocence.

I may not have all the clothes I need; I may end up severely underdressed some days or homesick for my mom and dogs. I might get lost on all this public transportation or cry until I make a friend. Regardless, I will remember this moment, the moment I realized taking on a new experience is no different than preparing ever February for the next season. So now here I stand with a new mindset, outside of baggage claim 11, prepared to face this exhilarating and nerve-racking experience with an unparalleled gratitude for the simple promise of spring.

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



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DREAMING OF SPRING

Junior Year

Bundles of daffodils

Lydia Olsen
MSM Class of 2016

Gavin sat in the living room, looked outside the window, and sighed. His mother looked up from her magazine and rolled her eyes, "Gavin, you are only grounded for a week. Stop acting like it is the end of the world." Gavin kept his fixation outside, knowing that arguing with mom would only make him become grounded for longer since it was what got him in trouble in the first place.

Gavin's house was situated in a beautiful neighborhood. The majority of the houses had young children or ones in their teenage years like Gavin. The house that sat directly across from Gavin's belonged to Mrs. Manson. Mrs. Manson was a woman in her late seventies with bleach white hair and tired looking eyes. She had been a widow since Gavin could remember and wasn't exactly the kind of neighbor you would go to if you were short one egg when making a cake. Mrs. Manson never seemed to go anywhere. Most days she could be found sitting in one of the two rockers on her front porch as she drank coffee and stared into the distance.

As Gavin looked out the window in his living room, he couldn't help but notice Mrs. Manson sitting in her wooden chair, rocking back and forth. "Ugh!" Gavin

sighed. "Even Mrs. Manson looks like she's having more fun than me!" Gavin's mother laughed quietly and said, "Then I grant you permission to go and hang out with her." Gavin was taken back by his mother's response. Surely she must be joking! There was no way he was going to be hanging out with Mrs. Manson.

On day three of his grounded sentence, Gavin was walking back from his bus stop wishing he could go and hang out with his friends. He kicked pebbles across the sidewalk as he got closer to his house. Before turning the corner, Gavin looked across the street and noticed Mrs. Manson had migrated from her front porch into her front yard. He stopped and looked at her as she lowered herself to the ground and began pruning the bushes that lined her fence. Gavin was confused and wondered what would make her have such a desire, but his hand reached his front door knob and he turned his back as he went inside.

The next day, Gavin noticed Mrs. Manson working in her front yard once again. Surely, being grounded for so long was making Gavin lose his mind because he found his feet propelling him toward Mrs. Manson's front gate. When he reached it, he stood there not knowing why he was there or what he wanted to say. After a moment or two, Mrs. Manson looked

up and said, "Are you just going to watch me or are you going to help?" Gavin was surprised by her response but quickly grabbed some yard work tools and began helping Mrs. Manson clear out the leaves and old branches from her garden. The two worked in silence for a while. Slowly, Gavin found some courage and managed to ask Mrs. Manson why she was doing this. Mrs. Manson didn't stop to look up at Gavin but continued to work as she responded, "It is almost time for the daffodils to come up from the ground. We must make sure they have enough room."

After a couple of hours, Gavin's mother approached the gate of Mrs. Manson's house. "Gavin it's time for dinner. You can come back and help Mrs. Manson tomorrow but you must come eat and do your school work now." Mrs. Manson nodded and Gavin put away his yard work tools before following his mother back to their house.

Gavin continued to stop at Mrs. Manson's house every day to help her with the yard work. After the first occasion, the conversation between Gavin and Mrs. Manson seemed to improve on a daily basis. Gavin started to learn that daffodils were Mrs. Manson's favorite flower and that her husband had lined their yard with them one year as a surprise.

By the time Gavin was done being grounded, he and Mrs. Manson had cleaned up both her front yard and her backyard. The flowerbeds were thoroughly raked



and filled with enough nutrients to support flower growth. After Gavin gained his freedom back, he stopped going over Mrs. Manson's but still noticed her sitting on her front porch and would wave as he walked to his house.

The daffodils grew slowly. First, their green sprouts pushed through the dirt, and then they reached toward the sky until their yellow blooms opened proudly. Much to Gavin's surprise, Mrs. Manson's yard was not covered like she said it would be. Rather, random clutters lied here and there. Gavin was disappointed and went over to Mrs. Manson's porch.

"Why aren't there more?" he asked. "I thought you said they used to cover your yard."

"They used to, but that was in the past. The frost must have gotten to them, or maybe it was the squirrels. I guess our work wasn't enough."

Gavin wasn't satisfied. He wanted her garden to be as beautiful as she had remembered it. He had his mother take him out to the store where he bought dozens of pots of flowers. When the weekend rolled around, he gathered all his friends from the neighborhood and they all headed over to Mrs. Manson's yard carrying yellow bundles. They got to work digging and planting in the early hours of the morning and then headed back to Gavin's house. Gavin and his friends all huddled around the window in his living room and watched as Mrs. Manson opened her front door. She headed to her rocker with her coffee in hand and sat down before she realized. A smile broke across her face and tears of joy fell from her eyes.

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

Senior Year

"Spring arranging"

Kyle Ott
MSM Class of 2015

It is a little hard to picture the freshness and beauty of spring as I sit here huddled in Terrace's Brute Lounge. Outside the temperature of the air happens to be lower than the number of years that I have been alive. Inside I'm huddled in a blanket, nursing the final vestiges of a cold with a plate of leftover Pizza Hut and some cranberry juice. Despite this, there is a certain something in the air that seems ready to break at any given time, a sense that at any moment the cold is going to give way to something warmer and more pleasant.

With the coming of spring, there is of course the issue of spring cleaning. Everyone and everything seems hard set on selling the idea that once a year, we need to change our lives around and somehow get rid of the things that have made us who we are. While I am always one for self-improvement, I can't help but be a little appalled by this concept. Getting rid of everything that came before and sweeping our lives clean seems like it would do a great

disservice to the lessons we have all learned throughout the year. I would therefore like to submit, for humble consideration, the concept of "spring arranging." Instead of cleaning out the past I say embrace it, enjoy it, and with a little work, learn from it. As always, please take all of the advice I give with a grain of salt, and pick and choose what works for you.

Reevaluate Your Relationships.

The average spring cleaner will tell you that it's time to start cutting cords or mending fences respectively, that spring is the time when you should cut relationships that have been detrimental to your success and repair ones that you have allowed to atrophy. This isn't necessarily a terrible place to start, but it does paint the complex breadth of human relationships with some pretty broad strokes. This year, instead of doing the drastic thing, why not take some time and reevaluate your priorities and how those relate to the people closest to you in your life? Perhaps there is an old friend that you usually kept in touch with, but who recently doesn't receive the atten-

tion they perhaps deserve. Consider shooting them a text or a phone call once a week this spring just to catch up. Even if you don't have the time to devote to being with them, the constant communication can be a nice reminder of their importance in your life. You could also take some time to devote to learning from your mentors. We can get so wrapped up in the never-ending race of life that we often forget that we never stop learning, and that a lot of the lessons we glean come from the people we know. So this spring, don't cut; calculate. Choose to reappportion your time and give it to those who have helped mold you and shape you in a positive way.

Get a Healthy Amount of Exercise.

Normally the idea of going for a vigorous workout gets lumped with New Year's resolutions and gym advertisements, but I think it can certainly be a part of any good "spring arranging" routine. However, there is always the chance to combine something that is good for your physical well-being with something that will be good for your emotional life as well. Part of the benefit of living where we do is that there is a plethora of amazing opportunities to enjoy the beauty and majesty of nature. In addition to our lovely mountain, there

are several lovely national parks, a system of waterfalls, numerous bike trails, and plenty of other opportunities to enjoy the outdoors. With so many different ways to stay active, spring is a great time to get some exercise. And, with an entire world just waiting to be enjoyed, why not bring friends and family along for whatever expedition you decide to embark on next? The world is your gym, so trade in the treadmill for a hiking trail and your gym shorts for some sturdy walking poles, and enjoy the world you have been given.

Take Time to Reflect.

The father of philosophy, Socrates, is famous for saying: "The unexamined life is not worth living." It is an oft-quoted expression that has been repeated a great deal, but it has stood the test of time so well because it continues to be as relevant today as it was in an-

cient Greece. Self-reflection is often the difference between learning who we ought to become and staying the person who we are right now. Numerous studies have shown the importance of getting to know oneself, so I won't reiterate the benefits here. I will, however, mention that for the purposes of "spring arranging," nothing is more important than the study of oneself. Taking two to five minutes in the morning when you wake up and doing the same thing when you go to sleep is a great way to frame your day.

Well, friends, as always, I hope that you have found something useful and informative. Remember to keep yourself and those closest to you in mind this spring and to always take the chance to improve.

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

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FASHION

A backstage pass to Fashion Week

Valerie McPhail
MSM Class of 2015

While you might think the Lifetime television series "Project Runway" is a waste of time, it actually provides an inside look at the fashion industry. The show conveys a world that is much more than expensive clothes and beautiful people. Instead, it is an industry where creative minds work diligently in order to succeed at communicating their point of view through fashion design. This is the reason I am interested in the industry. I love the opportunity fashion offers for different perspectives and lifestyles, for both the consumer and those who have careers within the industry. My weeklong internship with a New York entertainment agency only advanced these feelings. This was an experience that brought me right to the heart of the Fall 2015 Mercedes Benz New York Fashion Week.

"Project Runway" is an introduction to the world I experienced at Fashion Week, a world that can be hectic. The fast-paced approaching deadlines and the late nights followed by early mornings are characteristics that describe this industry. All of this stress is felt in pursuit of the runway, which is an opportunity for a designer to reveal his or her frame of mind through design. On TV, I believe the show does an excellent job of exposing the pressure on designers. In this way, "Project Runway" shows the real fashion industry to the public

and becomes a window into the fashion world. After all, whether you are the designer or the customer, fashion needs to be accessible to everyone.

Over the years, the fashion industry has engaged more with the public in various ways. Clothing brands are transforming into lifestyle brands while blogging allows anyone to become a fashion critique. At the same time, television shows and documentary film are sources that make this over-glamourized industry a comprehensible reality. All in all, "Project Runway" communicates this idea. However, in life, some things can only be explained through experience. My week in New York City was memorable in this way: I found that there is nothing more real than encountering things in order to understand them for yourself. Here is my real-world lesson in

As the week began, my expectations were low. I was ready to work hard, yet when leaving the studio on day one, I was shortsighted. After running around trying to manage model castings while catering to the needs of my boss and the designers, I felt almost defeated. As the week progressed, I found that in both work environments, the studio and backstage behind the runways before the show, expectations were high while time was minimal. Models needed to be on time for hair and make-up, and we needed to stay organized. Despite the high stress around me, creative style and innovation was in the air. This is

simply the nature of the work in fashion.

In this world, you have to be ready to present solutions and fix problems. Tim Gunn's words, "Make it work," ring true. Work, particularly in the fashion industry, is not easy for anyone. Designers are on the hunt for the faces that will complete their collection and models are continually rejected. Subways go under construction, making people late for appointments, and printers jam, consequentially delaying production of schedule lists and look boards. To compensate, coffee runs provide interns with an opportunity to grab "pick-me-ups" for the faded minds.

For all the fun of fashion, the reality of this world involves a lot of hard work. I interned with a casting agency that worked alongside various production teams, designers and models. Each held a unique work style and fashion sense. Despite their differences, everyone attentively works behind the scenes to produce the designer's vision. This makes the environment of fashion demanding, and in order to reach the runway, there are a lot of projects that need to be completed before the show. Work needs to get done and the pressure is on as the clock ticks. Aside from the feelings and thoughts that create a collection, nothing else is personal. However, after the show is over there are moments when hard work is appreciated and sitting down for a snack at a café in the trendy meatpacking district make it all seem worthwhile. Tough work is rewarded with gratitude and tea...or more coffee.

Below is a rough idea of my work schedule from this hectic week:

Morning

5:00am—Wake up in New Jersey
6:07am—Take the 20 Coach Bus out of New Jersey and commute to Port Authority, NYC
7:15am—Arrive in New York City
7:30am—Grab a quick coffee and breakfast with my sister before taking the subway to the work studio
8:30am—Call time, to be at the studio
9:00am-1:00pm—Castings and fittings. This work included signing in models, taking head shots and looks for the show, organizing these photos on iPhoto and printing them so that the designer could use them for a frame of reference while developing their show

Afternoon/Night

1:00pm—Lunch break, although it was more of a balance of eating and working simultaneously
1:30-10:00pm—A combination of coffee runs, running errands, signing models in for casting/fittings, taking digitals and looks for the shows and then printing these photographs. As the day of the show approached, work hours became longer.
11:30pm—Take the latest bus out of NYC to New Jersey
12:45am-1:00am—Bedtime... and then start all over again at 5:00am!



Fashion model on the runway at the Romantika Fashion show, Bulgaria. Photo by Biser Todorov

The three things I learned during my internship would be that fashion is a difficult, well-connected world, and all opportunities are learning experiences in this industry. All you can do is try your best and grasp opportunities to learn.

I. Fashion is hard work.

I find that my schedule doesn't truly represent the difficulty of my week. I was emotional, rushing around the city and the studio trying to make everyone's jobs easier. As the days passed, hours quickened. I was perpetually exhausted. However, my anticipations for the show and the opportunity to be a part of this iconic, annual event kept me awake. I felt like my interest in this work was the only thing that kept me from falling asleep at my computer during the day.

Putting together a runway show takes team effort. The casting, hair, make-up and even the details of the line-up of the show require a team that works toward a cohesive collection.

Casting directors work with model agencies alongside designers and production staff, in order to reach a final product. This atmosphere brings together a group of people with different areas of expertise. Therefore, just like in any collaboration, elements of the project become stressful and time becomes your worst enemy. I think the time constraints make the work difficult. Deadlines appear in a blink of an eye and the hours quickly become days. As a result, even the simplest tasks are urgent quick results are a requirement of every task.

II. "It's a small world."

Because of the various collaborations and teams that work together throughout the industry, the fashion world seems expansive. However, the reality is that everyone knows everyone and from day to night, connections are constantly being made. Also, strong personalities and dismissive attitudes are common forms of communication. Despite this, the fashion industry is almost like one big family: everyone accepts one another for who they are regardless of how diffi-

cult they may be. There is an unspoken rule about the necessity for this type of behavior. In some places it is appropriate and in other circumstances it is not. For example, on the runway and in high stress situations, this behavior is inevitable. However, I felt that when working with this type of personality there were moments when brown nosing may become an aspect of the work atmosphere and therefore it becomes overwhelming. Nonetheless, this behavior is accepted because the industry is built on hard work and respect. In this type of environment, an intern must optimistically work with different perspectives and personalities in order to succeed. Just like a family, the industry relies on every member so that it may function. In the fashion family, attitude is accepted, yet never goes unnoticed. I learned that this is a good lesson for someone who wants to become a part of the family.

III. "Do your best and forget the rest."

After all the long hours and demands, I learned that an intern can only do his or her best in every assignment. This type of mentality encouraged me when expectations seemed unreachable and requests began to pile high. This reminder in the back of my mind throughout the week. I think there are moments in "Project Runway" that embody this work ethic. Things move quickly in fashion. Runway shows only last a few minutes and then everyone carries on to the next task at hand. Hard work and dedication serve to advance the industry. The nature of the city is that it never sleeps. Fashion is a product of this personality.

I left New York City with a greater understanding of that industry. Fashion is dynamic. It continually engages with all aspects of life. Whether through design or media coverage, fashion is available to everyone. That explains why the work is so difficult: fashion is defined and driven by a select few who work under pressure, who devote themselves and their vocations to making the luxurious obtainable.



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Out with the old, in with the new

Alexandra Tyminski
MSM Class of 2015

“Mom, I donated one full bag of clothes! Aren't you proud of me?” I asked.

“Yes, sweetie, that's great. But do you think there are maybe a few more things you could donate?” Mom said.

“Hmmm, I am not so sure,” I hesitantly responded. “What is the point of spring cleaning anyways, Mom? We just get rid of clutter and then I always end up with more!” I exclaimed.

Mom was sitting on my bed with a little smirk on her tiny face. Her name is Loree and she is the smartest woman I have ever met. I sometimes refer to her as the walking dictionary. She was elegant as ever, watching me intently and waiting so patiently until I finished placing all of my clothes in separate bags.

“There is a lot more to spring cleaning than just the concept of throwing away clothes,” she kindly replied to my question.

“Well, mom, I just don't know about that!” I smiled back at her.

She rolled her eyes and tilted her head back, slightly laughing. “Some-day you'll get it, sweetie.”

• • •

The first time that I ever understood spring cleaning was when I was 22 years old and across the country from my family. It was the first time I was on my own in the real world with a big girl job and my own apartment. When springtime came around, I gathered my confidence and organizational skills and dragged myself to my closet. At first, I wasn't really excited to start my spring cleaning. It seemed more like a chore than a fun task. So, I decided to make the environment more fun.

It was early March and the weather was getting warmer, so I opened up my window. I put my nose up to the black screen and felt it pressing against the rugged surface.

“Ahhhh,” I said as I took in and let out a breath of fresh air.

As I started pulling clothes, books, and items that were hiding away in my closet, I began hearing the birds chirping in the background. It brought a smile to my face, and I was really happy to know that spring was truly on the horizon. When I got back to cleaning out of my closet, I was getting very tired very quickly. I sat down on my bed in silence and thought to myself, I do not want to do this. I was tired and this was really the last thing I wanted to do on the first warm day we had. I laid back on my bed and looked outside of the window. I thought to myself that this would be a lot more fun if I had my mom here to keep me company like she did when I was younger.

While I sat there, I spent a second looking at the bags around me that I had filled. I had stuffed to the rim six full bags of clothes and two full bags of other things that could be donated. I chuckled to myself and smiled, thinking that my mom would be so proud that I had more than one bag this time. I couldn't believe how much I was donating. There was a part of me that felt a little sad when I saw some of my favorite clothes tied to my greatest memories sitting in a bag to give away. But, there was another part of me that felt relieved.

This feeling of relief came from being able to let go of things, move on, and pass them on. In fact, because I was donating many of my clothes, it was one of the first times I didn't feel justified to buy more. Usually, I had this attitude that if we throw out, we automatically have the right to get something better or more useful. In some ways this is true, but maybe not about material things.

If spring is a time of renewal and the birth of new things such as the simple opening of flowers, hearing the birds chirp again, or seeing the sun more, then this must mean that there are other renewing things that come with spring too. If spring cleaning is about getting

rid of our old clothes and stuff that we do not use that much or simply don't need, then should we do this with our lives? I thought, are there other things that I could leave behind in my life? Stress? Worries? Restlessness? Fear? Reliance on technology?

I was still reflecting while sitting on my bed, and I was reminded of what my mom said. There is a lot more to spring cleaning than just throwing clothes away. Maybe my mom was right. Maybe as we “spring clean” the things we don't wear or do not use, we are unconsciously reflecting on what else we need to get rid of. I know that every time I finish my spring cleaning, I always take a deep breath and feel relieved because I worked so hard to de-clutter my closet. Maybe the de-cluttering of the closet could be applied to our lives when we get rid of the things that cause us to not be our best selves.

In some sense, this should make spring cleaning something to look forward to. As we are donating to others in need, we are also helping ourselves by taking away things that take up space. As spring approaches, we are asked to not only clean out our closets, but also to clean out the things that might be holding us back in our lives. Maybe less really is more.

The motivation inside of me started to regain itself, and I thought it might be good to give the spring cleaning another shot. I got back to sorting through my clothes, and as I pulled a sweater from my top shelf, a large box fell. It wasn't that heavy, and it didn't have much in it. I pulled out some old photos that my mom gave me. There were also a few letters from my college friends and a stuffed animal I had since I was a baby. I was about to place the box to the side when I noticed a small blue envelope with my name on it. I had never noticed it before. By the looks of it, I knew that it had to be



from my mom based on the handwriting. I opened the light blue envelope and inside was a short letter from my mom. It read:

Molly,

I wrote you this short letter for when you needed it. I stuck it in one of your move-in boxes when you left home. I knew you would find it at the appropriate time. I hope you are settling into your new stage of life. Remember, this spring could possibly be a time for you to start over and settle into your new lifestyle as a young adult! It might be because I am a mother and knew you wouldn't look at this box again until you needed something from wherever the box was hiding. Maybe you are even spring cleaning! How funny would that be! I am writing this to you to remind you to always be your best self and to never let things hold you back from being as successful as you can be. I will share a secret with you. I am reminded of how I can let go of fears when indeed, I am spring cleaning. Over the years, as I have thrown out so many clothes and things I don't use often, I realize the importance that less is more. Living simply is actually what has helped me move forward to being a better person. It is also so perfect to learn this during the time of spring. Spring is a time when we can have new beginnings, not just with our wardrobe, but also with ourselves. We

can choose to move forward to better things, such as showing more compassion to others, becoming a better friend, or even giving money to those who need it. So, if you find this before, during, or after your own spring cleaning, remember that actually it is a time of reminders. A reminder that in life, there are some things we just don't need, both material and emotional. Take some time to reflect this year on the meaning of spring. What are you going to do to start fresh? Get rid of that old purple scarf and also lose the worries of being so far away? Toss those old tennis shoes from a few years ago and also spend some time calling your best friend? What can you leave behind, but also gain in order to be your best self? As I always told you when you were 12, out with the old and in with the new.

Love,
Mom

I looked up from my mom's letter and a tear streamed down my face. I smiled and thought, it's as if she knew I was going to read this today. At that moment, I heard a bird chirp so loudly. It was a red robin sitting on my window ledge. I looked up at it, and I swear I saw his beak curl up into a smile. It sat so elegantly, watching me so intently.

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

Church Basement Ladies

Jean Grubesky
The Majestic Theater

The fifth installment of the national hit musical comedy series, The Church Basement Ladies in The Last (Potluck) Supper presents two shows Thursday, March 5th at 2 p.m. & 7:30 p.m. at The Majestic Theater, Gettysburg. The popular series began at the Plymouth Playhouse in Minneapolis with the first installment, Church Basement Ladies, in 2005 has been seen in venues coast to coast to cheering, loving sell-out crowds. “Adams County loves The Church Basement Ladies. They have sold out their two previous shows at The Majestic, and this is their farewell tour,” said Jeffrey Gabel, Majestic's Founding Executive Director.

In the final installment, the year is 1979, the day of the church's Cen-

tennial Celebration, and past parishioners have gathered to share hot-dish, bars and stories from the last 100 years. As the women work in the kitchen, these shared memories burst into life through a series of flashbacks. As they time-jump through a Century, these ladies manage to serve up a rib-tickling panorama of the changes in the kitchen, without spilling a drop of their egg coffee!

Meanwhile, the bittersweet Centennial Celebration continues on the lawn. Times are tough in this small farm community, and hard decisions will have to be made. Once again, the ladies handle it all with grace, hilarity and more crazy antics.

Audiences from coast to coast have fallen in love with these ladies of the church basement, and all agree that each new installment gets better and better. What's more, you do not have

to have seen past installments in order to know what's going on. As the St Paul Pioneer Press says, “The genius in the writing of Church Basement Ladies is that familiarity with previous incarnations is optional.”

To purchase tickets call 717-337-8200, or stop by the Box Office, 25 Carlisle Street, Gettysburg. The Box Office is open Monday through Saturday from Noon until 7:30 p.m. and on Sunday from 1 to 5 p.m.

For the show, we are offering Free Parking – Free Shuttle - Park in the Gettysburg College's Constitutional Parking Lot. Shuttle starts one hour before the performance. The Majestic Theater at the Jennifer and David LeVan Performing Arts Center is owned and operated by Gettysburg College as a cultural treasure for its campus and the community.



ARTS

Thurmont Thespians present “Nunsense!”

In 2007 the Thurmont Thespians started the Nunsense series with the original “Nunsense!” which was a huge success for the local theater group. They followed that up in 2009 with “Nunsense 2: The Second Coming” which was also well received by the area theater goers. Now six years later they are bringing another hilarious entry from the Nunsense series back to the stage – “Meshuggah-Nuns: The Ecumenical Nunsense” and will once again be directed by Steven Ross.

Playing the part of Reverend Mother is Allison Banzhoff from Hagerstown, making her debut with the Thurmont Thespians. Kelli Donaghue from Woodsboro, MD will be playing Sister Robert Anne and Travis Sanders from Fairfield, PA will be taking on the role of Howard Listz. Making her stage debut is Jessica Paguingan from Thurmont, MD who

will be playing Sister Gnu and understudying the role of Sister Amnesia. Rounding out the cast are Thurmont natives Anna Perry as Sister Hubert and Emily Cofer as Sister Amnesia.

“Meshuggah-Nuns” sets sail for laughs and fun on the high seas with the Little Sisters of Hoboken attempting to put on show for the Faiths of All Nations cruise. They are joined by Howard Listz the only cast member from the ships production of “Fiddler on the Roof” not affected by sea sickness. Hilarity ensues when these characters join forces to put on a wacky review show that is part Catholic, part Jewish, and part disaster movie, with a little “Gilligan’s Island” thrown in to top it off.

The show dates are March 20, 21, 27, and 28 at 7:30 PM and March 22 and 29 at 2:00 PM. Tickets are \$15 per person. Dinner theater is on March 28 at



The Thurmont Thespians are bringing back the Little Sisters of Hoboken this winter with “Meshuggah-Nuns! The Ecumenical Nunsense.” (L-R) Emily Cofer as Sr. Amnesia, Allison Banzhoff as Reverend Mother, Anna Perry as Sr. Hubert, Travis Sanders as Howard Listz, Kelli Donaghue as Sr. Robert Ann, and Jessica Paguingan as Sr. Gnu.

6:00 and is \$35 per person. All shows are presented at the Thur-

mont American Legion at 8 Park Lane, Thurmont. Reservations

can be made by calling 301-271-7613.

2015 FCPL Celtic Concert

Day blues get you down. Keep the celebration going and join us for the 2015 Celtic Concert, featuring the popular band The ShamRogues.

Once dubbed, “The Best Irish Band to EVER play in Baltimore” The ShamRogues will perform at 7 PM on Thursday, March 19 at the Marion Burk

Knott Auditorium at Mount St. Mary’s University, Emmitsburg. The free and family-friendly event, underwritten by the C. Burr Artz Trust, is present-

ed annually by the Emmitsburg and Thurmont libraries. “This celebration is a wonderful way to pay tribute to the heritage of our community, and to promote our library services in the northern part of the county,” says FCPL Director Darrell Batson. “We are pleased as always to partner with the Emmitsburg community.”

The ShamRogues are part of the trendy Irish pub scene in Baltimore and as part of their stage performance they involve the audience in a fun, lively evening of songs and stories of Ireland. The band has entertained crowds up and down the East Coast, including New York City, and they continue to attract fans of all ages and walks of life wherever they travel with

their show.

Admission is free and all ages are welcome. Tickets are required. Free advance tickets can be picked up (limit four/person—while supplies last) at the Emmitsburg or Thurmont Libraries beginning March 1. Patrons with advance tickets will be seated between 6:30-6:45 pm. Seats are not guaranteed after 6:45 pm for advance ticket holders. Patrons without advance tickets are strongly encouraged to pick up numbered standby tickets in the concert hall lobby beginning at 6 pm. Any unoccupied seats, if available, will be filled by standby ticket holders between 6:45 pm and 7 pm. Due to no-shows, some seats are always available.

For further information, contact the Emmitsburg Branch Library at 301-600-6329.



THE SHAMROGUES
Underwritten by: The C. Burr Artz Trust

Frederick County Public Libraries

Celtic Concert The ShamRogues

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Wed., March 26 - 8:00 pm

Under the artistic direction of Troy Powell, this critically-acclaimed dance company presents an exhilarating and diverse repertory including Alvin Ailey’s Revelations as the finale.

Tickets: \$39; \$36; \$33

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No hibernation for Mount St. Mary's

Caroline King
MSM Class of 2015

Mount St. Mary's University has been covered in snow recently. There seems to be a permanent layer of ice on the grass in front of the quad and behind the library, and I've seen more than one person slip and fall on their way to classes. In fact, it almost comes as a relief when fresh snow falls and covers the slippery ground with powdery precipitation that acts almost as a grip to the icy mountainside. Perhaps it's because of the ice or the very low temperatures (as I write these words the "feel like" temperature outside is -8 degrees Fahrenheit), but recently if you were to look at Mount St. Mary's you'd say at first glance that the campus is hibernating, students huddled up in dorms and waiting out the harsh winter with cups of hot chocolate and school books in hand.

However, while the school books part might be true, students hibernating at the Mount could not be farther from the truth! Theater and art students are working diligently toward their end of the year projects, preparing for the SPARC festival and art galleries, getting ready for reviews and performances. They're braving the cold to plod out to class, huddling under their jackets and preparing for the spring to come and the campus to bloom to life.

Not to mention, they are getting themselves ready for a guest lecturer. Buzz Spector will be on campus on March 11 from 6:30-8pm in the Knott Auditorium. Spector is an artist and critical writer whose work has been featured in the Art Institute of Chicago, Los Angeles County Museum of Art, Museum of Contemporary Art Chicago, Corcoran Gallery of Art, Washington, DC, and the Mattress Factory, Pittsburgh, PA. He'll be coming to speak to the students about his own brand of artistic design, bringing with him years of knowledge, inspiration for the average art student... and hopefully some warm weather.

But it's not just the students who are working hard through this long winter. Since October, whenever I would walk into my art room armed with a pencil and notepad, I would find the studio covered in wood shavings. After some exploration (namely, snooping around the back studios), I found piles of wood, bent and shaped and carved into fantastic shapes, the handiwork of Mount St. Mary's professor, John Hutchings. If you're an avid reader or follower of the arts section of the Emmitsburg News-Journal, you'll know I wrote a piece about Hutchings when he first came on campus as a professor. His very first Mount St. Mary's gallery was a huge success and he's continued to work passionately on the art he loves while teaching students ways to unlock their ideas through art.

Hutchings' most recent work was not on display at the Mount St. Mary's campus however, but rather at the Morris and Gwendolyn

Cafritz Foundation Arts Center at the Montgomery College Takoma Park in Silver Spring. His gallery premiered on February 19 after months of hard work, and it will run until March 6. The gallery is open Monday-Friday from 8 a.m.-5 p.m. If you managed to make it to his 2014 Mount St. Mary's gallery, you know that Hutchings holds a very special power over wood, taking something rigid and inflexible and turning it into something pliable. It's as if he shifts wood into water. He has been featured in many galleries, not all Maryland-based. To name a few, he has displayed his work in the Hoffman La Chance, the Mildred Lane Kemper Museum in St. Louis, and Xue Gallery in Dallas, and he is a former member of 500x Gallery.

Most recently, Hutchings is an assistant art professor, but he started his formal training in art in Florence, Italy at Lorenzo de Medici Institute of Art. He then continued on to receive a Bachelor's Degree in Fine Art at Texas Tech University in 2003. In 2010, he received a Masters of Fine Arts from Washington University in St. Louis. And now, he's passing on all he's learned to the next generation of artists while still creating many new pieces. If you've never had a chance to look at Hutchings' works I would recommend looking at his website, www.jnhutchings.com, as well as checking back in our newspaper for different upcoming events of his work around the Mount St. Mary's community.

Hutchings makes powerful statements with his art, with a passion that is echoed in the students he works closely with. In his artist's statement, Hutchings explains, "I aim through the practice of my work to place the viewer in a position of conscious engagement with the artwork, by distilling the aesthetic experience. Similar to Haiku, I remove the superfluous elements within the work to speak in a more succinct and powerful voice. This voice is a quiet interruption into the noise of distraction, creating a space where the

viewer can be still and reflect on their presence in relation to the artwork."

Hutchings is not a man controlled by mediums; he is instead controlled by concepts. "The materials I use vary depending on the concept of the artwork," he explains. "Materiality has a conceptual weight therefore I am really specific in what I use for each piece. The correlation of the space and the materiality of the artwork is essential." By focusing on the idea he wants to portray, Hutchings' artwork is influenced not by a preference for pencil to charcoal, but rather by trying to "find the medium and the visual language that is closest to my concept."

The students working with Hutchings echo his passion and approach toward mediums. His influence is widespread already throughout the campus, even though he has only been a professor here for a short time. Jordan Forrest is a senior at the Mount who works closely with Hutchings as she just recently completed her own gallery exhibit that was featured in January. Her concept of bridging the gaps between generations was her own, and she was not bound by pen and paper; instead, she used knitted items as her medium of choice. When it comes to art, the whole campus comes together in a way only the small, tight-knit community of artists can do.

The Mount St. Mary's artists aren't hindered by snow or wind. Though, the few power outages the campus has had have been tricky for many of them to work around. Instead they're all gearing up to bloom in the spring and hold up new pieces of art that they've created during the long winter break. So next time the kids are home with a snow day or you can't get your car out of the driveway, consider picking up a pencil, a marker, even a box of crayons and get working on your own art project. You can stay warm inside and have an activity worth doing. And if you don't



John Nicholas Hutchings
Focused Gestures

The artwork of John Nicholas Hutchings, assistant art professor at Mount St. Mary's, will be on display at the Morris and Gwendolyn Cafritz Foundation Arts Center at the Montgomery College Takoma Park in Silver Spring until March 6.

have the desire to work with traditional mediums, take a page out of Hutchings or Forrest's books and look for things outside the norm.

From wood to yarn, anything can be used to make art if you are inspired. Even the snow in your front yard!

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SPORTS

Fairfield season recap

Michael Donahue

The Fairfield basketball season has sadly come to an end, and it is time to look back at the season that it was. Both teams struggled early on in the season and finished the season under 500. However, both teams are young and when they lost, the games were close and competitive. The Lady Knights lost each of their first three games by less than five points and could not get their legs churning after the emotional start.

The boys improved on the 5-16 record they held in the 2013-14 season, however, they did not meet their goal of surpassing a 500 record and making the playoffs. The Fairfield Knights finished the season with a 9-13 record. The Knights won manageable games but struggled against even opponents. Fairfield continued to struggle against York Catholic, who dominated them again this year, beating them in the first matchup 70-43.

However, they split the series against Littlestown, winning at home by two points with the

game ending 52-49. This was one of Fairfield's more impressionable games. Their desire to win was the difference in this close match up.

Another superior game for the Knights was when they played the York School of Technology. The match finished with the Knights ahead, and again they won by two points. In close games, it seemed the coaching and desire of the players was the difference. However, the team still demonstrated their youth when they were dominated by their private school rival, Delone Catholic.

The Lady Knights struggled this season, finishing with a 2-17 record. They had some problems on the court, but one of their largest problems was the bench and conditioning, or lack thereof. They did not have the depth of their counterparts and were outworked and exhausted by the end of most of their games. It was a major problem since the team had the potential to win. They were in most of their games and just could not finish teams in the final quarter.

Their first five games ended with the Knights walking

away with a disappointing close loss. Obviously, this completely changed the landscape of the entire season. Momentum plays a huge role in sports, and the Lady Knights were on the short end of the momentum stick.

However, the Knights struggled to shoot the basketball, leading to them struggling to break 30 points in each of their games. The two games they did win came back-to-back when the Knights played Veritas Academy and then Christian School of York. The Lady Knights beat the Academy by 11 with a score of 31-20, and they beat Christian School of York by just three points. Fairfield finished the game with 36 points while Christian School of York ended the game with only 33.

Next year, the boys will strive to improve on their record. Nevertheless, the boys will be in a tough spot next season when the majority of their team graduates. On the other hand, the Lady Knights are basically guaranteed to grow since they will only graduate three of their players. With the mixture of



experience and a larger team, the Lady Knights will win surely more than two games next season.

If you are still interested in high school basketball and are not ready to see the season end, the Catocin Cougars are guaranteed a playoff spot and will strive

toward the state championship. The Lady Cougars have the best chance of making it to states, but they will have a tough journey trying to fight through Poolesville and Walkersville. They need your help, so come out and support the team!

Thurmont Little League

Melissa Kinna

March has arrived and hopefully the cold temps and snowy forecast will soon be a distant memory as the Thurmont Little League 2015 Spring Season is now upon us. The major & minor league tryouts have concluded, next on the agenda will be the draft, team selections, and a head coaches meeting. Coaches will begin to reach out to players in early to mid-March and before you

know it there will be a line at the concession stand and a cheerful buzz around the ball fields.

As the players begin team practice this season, you may notice some new drills and techniques from coaches. TLL has made it a priority this season to provide each and every coach with proper guidance and encourages excellent leadership to its players. "We have come to the conclusion that in order to broaden our player's experience, we need to focus on the

coaches and ensure we are providing them with the techniques for a fun and fulfilling baseball experience," says Chris Skowronski, Thurmont Little League's Coaching and Player Development Manager. With this in mind the League VPs and Board of Directors have created a new guide for coaches which will be reviewed at an upcoming head coaches meeting.

The TLL Board of Directors appreciates the time and effort the

volunteer coaches dedicate to the league each season. This year TLL will lend a helping hand to its coaches so they may encourage players and allow them the ability to learn and enjoy the fundamentals of baseball while teaching virtues of character, courage, and loyalty.

It will be a GREAT 2015 season at Thurmont Little League, please mark your calendars for Opening Day on Saturday, April 18th. Team sponsorships are currently needed for the league, if you are interested contact Ed Lowry at



edlowryjr@hotmail.com for details. Check us out on the web at www.TLLbaseball.com or visit us on Facebook @ThurmontLittleLeague or on Twitter or Instagram @theTLLnetwork.

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Mount basketball hosts PAL youth

Bridgette Nitza-Buwala
MSM Class of 2015

Each week, a few other Mount St. Mary's University Criminal Justice Student Association (CJSA) members and I volunteer at Frederick Maryland's Police Activities League (PAL), an afterschool program run by Frederick Police Officer Mike Figgins, in order to mentor the city's at-risk youth. However, what may be even more exciting than these frequent trips from campus are the at-risk youths' frequent trips to campus for the Mount men's basketball home games.

The first game the PAL youth attended this year was on Thursday, January 22. During a break in this game against Robert Morris, one PAL boy was chosen to take shots at the basketball hoop on Jim Phelan Court. His peers and all audience members cheered, as he was successful in making both a lay up and a free throw in only a short, allotted amount of time.

Aside from this memory made, the youth also stood and raised their hands, hoping for a chance to win at the T-shirt toss. Sitting in the front row of our Mount student section, they were in the perfect position to catch after one of the cheerleaders threw a shirt. One youth was victorious and is thrilled to now have a souvenir from the experience. The other youth counted their tickets to the game as souvenirs and planned to take them home.

However, what thrilled the youth most was when the Mount men's basketball team left the court and took the time to high five each boy and girl. They felt connected to the athletes on a level higher than only observation. The youth personally experienced the appreciation the men have for their audience's encouragement.

On Thursday, February 12, the Mount men went head to head with Sacred Heart. While all Mount college students were anxious for the game to be televised, the youth were anxious for their second opportunity this year to watch a college basketball game live. When entering the stadium, many of the youth were given a free Mount towel, which pumped them up even further for what was to come.

Mount seniors Nathan Crankfield, Marian Grenchik and Andrew Schaller are proud to be project managers of this PAL/CJSA connection. They recognize the benefit of getting the youth to basketball games. The youth often pick out their favorite Mount players before the games begin and develop more favorites as the games are played. This does not go unnoticed by the project managers. They also notice the youth's recognition that these college athletes are playing

a sport that they themselves often play at the PAL center. This gives the youth hope that they may one day reach a comparable level of play. All project managers agree that volunteering with these youth is one of the highlights of their college careers.

Avid Mount basketball fan and Director of the Mount's Criminal Justice Student Association, Joseph J. Vince Jr., always attends these games along with the project managers, CJSA members, and PAL youth.

"The Frederick Police PAL program's objective is to help mentor youths so that they can become productive members of society," Vince stated. "The Mount's CJSA members play an integral part in accomplishing this goal. Education is their ticket to becoming successful adults, and these students become the model for them to stay in school in the present for a chance at a better life in the future. Having PAL students experience college life hopefully will be part of the catalyst that keeps them striving to imitate Mount students' aspirations and career goals."

Vince then specifically described the importance of the youth's attendance at the Mount men's basketball games. "Coach Christian and the entire Mount Athletics program have been such strong supporters of this program that I hope we can expand the event so that players and coaches can better interact with the students on off-game days. We must teach students that with hard work and perseverance, all of life's goals can be achieved. This cannot be emphasized enough to young people."

The Mount basketball men show this support that Vince speaks of through personal reflections on the PAL youth.



Members of the Mount's Criminal Justice Student Association introduced the excitement of Mount basketball games to at-risk youth from Frederick, Maryland's Police Activities League.

Junior guard Liam McManimon said, "I think it is great that the kids get to come watch us play and that they're excited to do so. With our program being so close to their hometown, it's a great opportunity for them to experience a fun atmosphere and gain quality time seeing how college basketball is played. I think it is beneficial for them to have such an opportunity as it can establish goals for them to attain in the future. Also, it is flattering to be looked at as a role model. Basketball kept me motivated and dedicated to the point where negative things are never an option in my life. I hope this program does the same for the youth that attend our games."

Junior forward Gregory Graves shared, "It allows them to see that you do not have to be in the streets. There are more opportu-

nities out there for them. Bringing the youth to our games allows them to have a positive mindset on life; it keeps them away from danger and it also allows them to have a good time. I'm glad to see that CJSA and the Frederick Police Department have invested time into doing something like this for the community."

McManimon and Graves were only two of the many Mount men's basketball players that impressed the PAL youth, and though the Mount men were defeated by their opponent on the PAL game day, they demonstrated poise and sportsmanship to those who idolize them.

Furthermore, the men went on to win their Saturday, February 14 game against Bryant. They left

the court with 75 points, compared to Bryant's 68. The PAL youth and the CJSA members were glad to hear this, and as always they wish the Mount men's basketball team future success.

Vince added, "Observing how PAL youth emulate Mount students and enjoy the wholesome experience makes the hard work our students put into the program all worth it. Cheering together for a common goal, a Mount win, has a tremendous bonding effect."

For more information regarding Mount St. Mary's University men's basketball, please visit www.mountathletics.com. For more information regarding Frederick Maryland's Police Activities League, please visit www.frederickpal.org.

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Lessons from Master Oogway

Renee Lehman

Have you ever watched the movie, Kung Fu Panda? If not, I highly recommend watching it. I love this movie! It is an animated martial arts movie about a clumsy, chubby panda bear who becomes an unlikely kung fu hero when a dangerous enemy spreads fear throughout China. Po, the panda bear, works in his father's noodle shop during the day, and dreams of becoming a martial arts master at night. He is chosen as the Dragon Warrior (the only one who will save the countryside from the enemy) by Master Oogway, and then undergoes martial arts training by Master Shifu.

Master Oogway (Oogway is the Mandarin word for 'Tortoise'), is the senior martial arts master who is depicted in the movie as a turtle. He is well-regarded for his wisdom, knowledge and experience, and is considered to be a sage. Master Oogway is greatly respected by Master Shifu, all other martial arts masters, commoners, and all of China. In the movie Master Oogway has many wise sayings that are timeless, and from which we can all learn.

Saying #1:

"One often meets his destiny on the road he takes to avoid it."

You cannot run away from your destiny! Have you every chosen a path to get away from someone or a situation, only to find that the path takes us toward what we tried to avoid in the first place? Destiny is unavoidable. You will end up running into the very thing that you were trying to ignore.

We all have a destiny, a purpose for our life. We are all des-

tinued to do great things, we just have to overcome whatever is holding us back and move toward that greatness (remember that each of us can and will define greatness differently). This reminds me of a saying by Marianne Williamson:

"Our greatest fear is not that we are inadequate, but that we are powerful beyond measure. It is our light, not our darkness that frightens us. We ask ourselves, who am I to be brilliant, gorgeous, handsome, talented, and fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God within us. It is not just in some; it is in everyone. And, as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our fear, our presence automatically liberates others."

So, take action to fulfill your destiny, even if others may think that you are 'crazy,' or even if you are not good at "it" yet. You need to believe that you are special. You need to believe in yourself. As you pursue your path, you may just discover how awesome you really are!

Saying #2:

"Quit, don't quit? Noodles, don't noodles? You are too concerned about what was and what will be. There is a saying: yesterday is history, tomorrow is a mystery, but today is a gift. That is why it is called the 'present.'"

Yesterday is history means that yesterday is in the past. Don't



worry about yesterday because there is nothing you can do about it. Also, realize that your past is not necessarily what your future will be!

Tomorrow is a mystery means that you have no idea of what will happen tomorrow. So, stop worrying about it! Besides, most of what we worry about regarding the future never happens.

Today is a gift, that's why they call it the Present means the moment at hand or "right now." Live in the moment. This moment, this "right now" is a GIFT, in that it is a space for us to be appreciative for what we have in our lives. We need to be thankful for being alive, for the people in our lives, and for anything else in our lives. Finally, you cannot change your past, and the future is out of reach. Remember that all we have is "right now," and so the point is to live in the moment and embrace your journey in the Present. And, who doesn't like gifts? So enjoy your present (gift), and make the most of it.

Saying #3:

"There is just news. There is no good or bad."

There is an ancient Chinese Taoist story that provides a wonderful example of this quote:

A farmer lives in a poor country village. He owned a horse which he used for plowing and for transportation. One day his horse ran away. All his neighbors exclaimed

how terrible this way, but the farmer simply said "Maybe."

A few days later the horse returned and brought two wild horses with it. The neighbors all rejoiced at his good fortune, but the farmer just said "Maybe."

The next day the farmer's son tried to ride one of the wild horses. The horse threw him and the son broke his leg. The neighbors all offered their sympathy for his misfortune, but the farmer again said "Maybe."

The next week enlistment officers came to the village to take young men for the army. They rejected the farmer's son because of his broken leg. When the neighbors told him how lucky he was, the farmer replied "Maybe."

All situations are neutral. It is our reaction to them and our interpretation of the situations that makes them "good" or "bad." How many times in your life has a "bad" situation turned out to be "good" for you in the long run, or vice versa? When things happen to us, we don't have a high enough vantage point from which to really see the long-term impact on our lives.

By accepting things just as they are, and not judging them, we can stay in a more restful and peaceful place within ourselves.

Saying #4:

"There are no accidents." Everything happens for a reason. This reminds me of the quote by

Deepak Chopra, "There are no accidents... there is only some purpose that we haven't yet understood." Regardless of whether or not we can see the higher purpose, we can be sure that there must be something that our soul needed to experience in every one of our life situations.

If events do not go according to your expectations, then learn to stop fretting over your suffering and misery. This event happened for a reason. It may just be a life lesson that you need to take. Learn from these lessons. Then, you will find yourself moving on, becoming a more evolved and higher Self.

Saying #5:

"Your mind is like this water, my friend. When it is agitated, it becomes difficult to see. But if you allow it to settle ... the answer becomes clear."

No further explanation needed! So, if you have not seen the movie yet, please watch it! AND, if you have already seen it and are a fan of the movie like me, go ahead and watch it again to discover many other words of wisdom that you may have missed!

Renee Lehman is a licensed acupuncturist and physical therapist with over 25 years of health care experience. Her office is located at 249B York Street in Gettysburg, PA. She can be reached at 717-752-5728.

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FITNESS AND HEALTH

Keep moving

Sweet treats can pack on the pounds

By Linda Stultz
Certified Fitness Trainer/
Fitness Therapist

The Holidays are over, Valentine's Day has passed but don't think those are the only temptations when it comes to sweet things. We all know candy, cake, cookies and ice cream are packed with sugar but did you know that your smoothie can also be full of extra sugar. Fruit is good for you and I encourage everyone to eat fruit one or two times a day, just be aware of how much sugar you may be consuming. Even though fruit has natural sugar and not the processed stuff, it can still sabotage

your weight lose plan. Grapes and bananas are high in natural sugar and eating too many of them can add extra pounds that you may not have been aware of. Vegetables like carrots and beets are also high in natural sugar. I know carrots are an easy and great snack to take with you and they are good for you, just be careful not to eat too many at a time. Smoothies are a great way to get your fruits and veggies for the day but again be aware of how much you are putting in that blender and how much you drink during a day. Some people even add a little sugar or sweetener to a smoothie to make it a tastier because we are so use to sweet drinks

and snacks. So many of the products we buy today are loaded with added sugar or salt to enhance the flavor, but many times, if given a chance, the food tastes great on its own. I know many people don't believe me when I tell them if they give up a food like chips or soda for a few weeks, and cleanse their pallet, when they eat the food again it will not taste nearly as good as they remember. Getting away from a lot of salt and sugar gives our taste buds a chance to reset and after being away from the abundance of salt and sugar for a while, the next time you eat it they will seem overly salty or sweet. Give this a try for yourself, especially if you want to cut down on salt or sugar for health reasons or if you would like to lose a few pounds. Many people don't realize that sugar is more to blame for America's weight problem than fat is, in my opinion. So many people

tell me of their or a family members weight lose surprise when they cut out sugar for a while. The main information I hope you take away from this article is to become more aware of how much sugar you are consuming in a day and how important getting your fruits and veggies are for good health and weight loss. I am definitely not saying to avoid these good foods just to be

a little more informed about how much of them to eat and what they contain so you can make informed choices that are good for you. If you have any questions or would like to talk about nutrition and healthy foods choices give me a call at 717-334-6009. Remember that exercise goes hand in hand with good nutrition for a healthy body so Keep Moving and eat well!

Fitness matters

George Puvel
Anytime Fitness Owner

Question: Is sweating any indication of how hard I'm working out?

Answer: How much you sweat depends on the type of workout and training goal rather than how hard you're working out. For example, power lifters who train hard and lift heavy need ample rest in between sets and, typically, do not sweat as much as someone moving through an 8 station circuit with little to no rest in between each exercise. Both types of workouts are challenging, but the amount of sweat you produce will be very different. Your environmental surroundings can also influence how much you'll sweat. Cooler temperatures or working out in an air conditioned room will result in less sweating, while a warmer room, such as a hot yoga studio, will result in the opposite. Keep in

mind that sweating is your body's way of cooling itself. Some people are simply more efficient at this than others, thus more sweat! Instead of measuring your sweat to see if you're working hard enough, try using the 'talk test' (if you're working hard it should be tough to talk), a heart rate monitor (an indicator of how hard your heart is working) or measure your workload (wattage, mileage, Mets).

Question: Since retirement, I have more time on my hands and want to devote a few days a week to working out. But, I've never worked out before. Can you give me some advice to help me get started so I do not injure myself?

Answer: One of the easiest ways to avoid injury when beginning a fitness program is to, first, get clearance from your physician. It's important, especially if you have

been sedentary, to know what you can do based on your current health, age, and overall physical condition. Next, once you find an activity that you enjoy, make sure to take time to warm up properly to help lubricate joints and slowly increase the demand on the heart and lungs for more intense exercise. If it's cardio you're doing, begin slowly and then increase the speed. If it's a weight workout, lighter weight and smaller range of motion will be appropriate for the warm up. As well, you'll want to progress slowly with your exercise goals, as the risk of injury is higher when you do too much, too soon, too fast. Remember, fitness is a life long journey! Lastly, stay hydrated. Proper hydration helps to regulate heart rate and core temperature, as well as replenish lost fluids from exercise.

About the author: George Puvel is the Club Owner. To submit a question for future articles, please contact the author at ThurmontMD@anytimefitness.com.



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Funding provided by the Maryland Dept of Health and Mental Hygiene, Cigarette Reformation Fund Program, Jan. 2015

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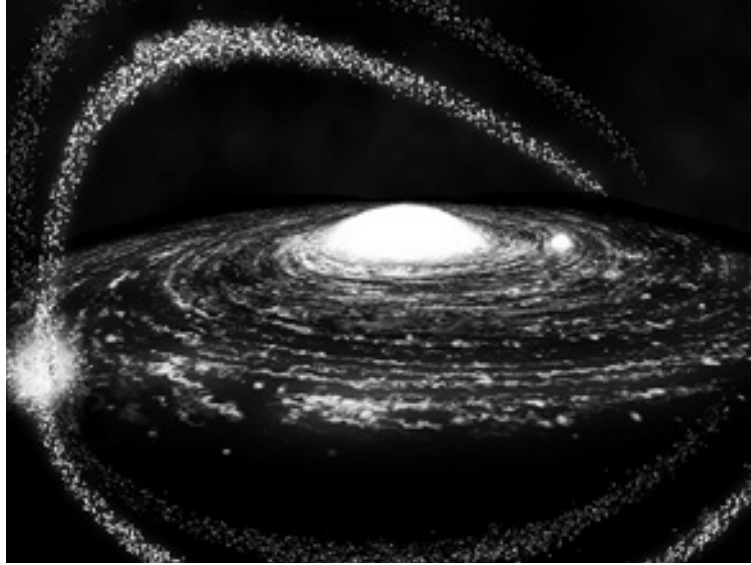
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ASTRONOMY

The night sky of March

Professor Wayne Wooten

For March 2015, the waxing gibbous moon passes 5 degrees south of Jupiter in the evening sky on March 3rd. The Moon will be full on March 5th; this is the Grass Moon. It wanes in the next two weeks of March, and reaches last quarter, half lit in the morning sky a week later, on March 8th. Our week is in fact based on observations of the quarter phases of the moon. Sunday, March 9th finds us springing forward to CDT. The waning gibbous moon passes 2.4 degrees north of Saturn on the morning of March 12th, and is at last quarter phase on March 13th, rising about midnight and half lit in the dawn sky. The waning crescent moon passes 5 degrees north of Mercury in the dawn on March 19th, and is new the following day. March 20th is also the Vernal Equinox; spring begins at 5:45 PM that day. This new moon also has a total solar eclipse, but only visible in the extreme Arctic regions, alas. March 21st finds the moon passing just south of reddish Mars in twilight, and then passing south of much brighter Venus the following evening. The Moon is first quarter phase on March 27th, and again passes close to Jupiter on March 30th, passing five degrees south of it. On April 4th, the full moon will be totally eclipsed, but this happens af-



This artist's drawing depicts the Sagittarius Dwarf Galaxy, a smaller satellite galaxy now being assimilated by our huge spiral galaxy—a.k.a. the Milky Way.

ter sunrise for us locally; farther west, observers will get a much better view of this blood moon.

It is a great month to be observing the planets. Venus dominates the SW twilight after sunset, an almost fully lit disk now on the far side of the Sun. It shows no detail in its cloud tops for amateur telescopes. Likewise Mars lies on the far side of the Sun, and is a tiny red disk in the telescope. It will be lost on the Sun's glare by month's end.

Jupiter is almost opposite Venus in the NE sky. Jupiter is bright and well up in the NE in Cancer at sunset as March begins. Small scopes reveal its four large Galilean Moons, and larger

scopes show the belts and zones on the giant planet's disk, as well as the Great Red Spot, and even shadow transits as the moons pass in front of Jupiter and casting their shadows on the planet's rapidly rotating cloud tops.

Finally, Saturn is still in the morning sky in the claws of Scorpius, but will come to opposition in the evening sky on May 23rd, so those who stay up late can observe it rising in the east about 11 PM in mid March, and about 10 PM at the end of the month. The rings are tilting more open, so Saturn will be brighter this spring than last year.

The constellation Cassiopeia makes a striking W in the NW. South of Cassiopeia is Andromeda's hero, Perseus. Between him and Cassiopeia is the fine Double Cluster, faintly visible with the naked eye and two fine binocular objects in the same field. Perseus contains the famed eclipsing binary star Algol, where the Arabs imagined the eye of the gorgon Medusa would lie. It fades to a third its normal brightness for six out of every 70 hours, as a larger but cooler orange giant covers about 80% of the smaller but hotter and thus brighter companion as seen from Earth. At Perseus' feet for the famed Pleiades cluster; they lie about 400 light-years distant, and over 250 stars are members of this fine group. East of the seven sisters is the V of stars marking the face of Taurus the

Bull, with bright orange Aldebaran as his eye.

The V of stars is the Hyades cluster, older than the blue Pleiades, but about half their distance. Yellow Capella, a giant star the same temperature and color as our much smaller Sun, dominates the overhead sky in the northwest. It is part of the pentagon on stars making up Auriga, the Charioteer (think Ben Hur). Several nice binocular Messier open clusters are found in the winter milky way here. East of Auriga, the twins, Castor and Pollux highlight the Gemini; it is directly above us as darkness falls in early March. UWF alumni can associate the pair with Jason and the Golden Fleece legend, for they were the first two Argonauts to sign up on his crew of adventurers.

South of Gemini, Orion is the most familiar winter constellation, dominating the southern sky at dusk. The reddish supergiant Betelgeuse marks his eastern shoulder, while blue-white supergiant Rigel stands opposite on his west knee. Just south of the belt, hanging like a sword downward, is M-42, the Great Nebula of Orion, an outstanding binocular and telescopic stellar nursery. The bright diamond of four stars that light it up are the trapezium cluster, one of the finest sights in a telescope and among the youngest known stars.

In the east are the hunter's two faithful companions, Canis major and minor. Procyon is the bright star in the little dog, and rises minutes before Sirius, the brightest star in the sky. Sirius dominates the SE sky as darkness falls. At 8 light years distance, Sirius is the closest star we can easily see with the naked eye from West Florida.

When Sirius is highest, along our southern horizon look for the second brightest star, Canopus, getting just above the horizon and sparkling like an exquisite diamond as the turbulent winter air twists and turns this shaft of starlight, after a trip of about 200 years!

To the northeast, look for the bowl of the Big Dipper rising, with the top two stars, the pointers, giving you a

line to find Polaris, the Pole Star. Here it sits unmoving 30 degrees high in on our northern sky locally.

Look for Mizar-Alcor, a nice naked eye double star, in the bend of the big dipper's handle, rising by 7 PM at the start of March. Just south of the last star in the Dipper's handle is M-51, the famed Whirlpool Galaxy. It's a great galaxy to look at as shows the difference in color between the hot young stars of the spiral galaxy and the aging yellow giants of the smaller elliptical galaxy that is passing just below it.

If you take the pointers of the Big Dipper's bowl to the south, you are guided instead to the head of Leo the Lion rising in the east, looking much like the profile of the famed Sphinx. The bright star at the Lion's heart is Regulus, the "regal star". The folk wisdom that "March comes in like a Lion" probably refers to the head of Leo rising just after sunset in early March.

If you follow the handle of the Big Dipper to the south, by 9 PM you will be able to "arc to Arcturus", the brightest star of Spring and distinctly orange in color. Its color is an indication of its uniqueness. Its large speed and direction through the Milky Way suggests it was not formed with our Galaxy, but is a recent capture from the Sagittarius Dwarf Galaxy, a smaller satellite galaxy now being assimilated by our huge spiral galaxy. Many of its lost stars, like Arcturus, follow a band across the sky at about a 70 degree angle to our galactic plane. Arcturus is at the tail of kite shaped Bootes, the celestial bear driver chasing the two bears from his flocks.

By 9 PM, many more galaxies will be following as the Virgo Supercluster, is in the east. This huge cluster of over a thousand galaxies is centered about 60 million light years away. The brightest star of Virgo, Spica, lies just east of the center of the cluster, and its rise just after sunset marks the time of year for spring planting in folklore. Time to get your peas in the ground....March goes out like a lamb, not just from Easter tradition, but because Aries the Ram is setting in the west by the end of March. Many of our sayings and traditions have astronomical origins.

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Farmers' Almanac

Mid-Atlantic Weather Watch: Fair, not as cold (1, 2, 3) with snow in the northern part of the region and rain in the south (4, 5, 6). Fair and cold (7, 8, 9, 10, 11, 12) turning cloudy and cool (13,14,15). Rain, some snow in the north (16, 17, 18) and again, cloudy and cool (19, 20). Storms, some severe in the south (21, 22); fair and mild temperatures (23, 24, 25). Windy, colder, with lake-effect snow, showers in the south (26, 27) turning fair and mild (29, 29, 30, 31).

Full Moon: March's Full Moon will occur on March 5th. Because March's warmer temperatures tend to soften the frozen earth just enough to allow earthworms to be-

gin appearing, it has been known as Worm Moon. It has also been called the Sap Moon by many Native American tribes because sap would start to rise and run at this time.

Special Notes: Don't forget to set your clocks one hour ahead when Daylight Savings starts on Sunday, March 8th at 2:00 AM EST. The Vernal Equinox will occur on Friday, March 20th and signals the arrival of Spring (at last!).

The Garden: Get started early if the weather allows. As soon as your compost pile thaws, start to turn it with a fork as best you can. March is prime time for feeding shrubs and perennials that bloom in the Sum-

mer months For best selection, consider buying Summer bulbs like gladiola, cannas, irises, dahlias and lilies but wait until mid to late April to plant. It has long been a tradition to plant peas and potatoes on St. Patrick's Day. Onion sets, asparagus, and rhubarb can also be planted now as well. Start to remove mulch covers from roses, azaleas, and other tender shrubs once nighttime temperatures rise into the mid-30's.

Start to prune Summer and Fall blooming shrubs now but wait to prune Spring-blooming shrubs such as azaleas until after they bloom. Lastly, many regions have flower shows in the month of March. Check where one is going to held in your area and make plans to attend. They can be the source for many great ideas for your garden this year.

COMPUTER Q&A

March is computer cleanup month!

Aysë Stenabaugh
The Computer Tutor
Jester's Computer

Why it is necessary?

Many times computers will lock up, bog down, or just plain don't work right. Some people assume that they need a new computer without ever considering regular maintenance. We recommend a clean up once a year. At Jester's Computer Services we offer a clean-up special twice a year (spring & fall), to promote the importance of computer maintenance. Below is a list of what we do in a cleanup and why we do it to keep your computer running optimally.

What is a computer virus?

A computer virus is a computer program that can copy itself and infect a computer. The term "virus" is also commonly but erroneously used to refer to other types of malware, adware, and spyware programs that do not have the reproductive ability. A true virus can only spread from one computer to another (in some form of executable code) when its host is taken to the target computer; for instance because a user sent it over a network, on the Internet, or carried it on a removable medium such as a CD, or USB drive.

Adware, Spyware, and Virus removal

Even if you are running an antivirus program, most computers that come into our shop have several viruses. Your antivirus may be doing a good job, but programs that you legitimately install may have bad software bundled along with it. Your antivirus will not stop you from installing software that you agree to install. Also, you may be running anti-virus but it may not have protection against adware, spyware, or the worst of all: Root kits. Leaving viruses and other bad software on your system can be extremely dangerous.

Viruses left on computers have the possibility of: 1) Using up valuable system resources causing your computer to slow significantly; 2) Logging your keystrokes and passwords; 3) Taking over your system and sending out spam; 4) Causing system crashes and blue screens; 5) Erasing all personal and system data leaving the hard drive blank; 6) Wiping out your desktop icons; and, 7) Corrupting the operating system.

What about all those temporary files?

Programs create temporary files primarily for backup purposes. Many programs, such as those included with Microsoft Office, will save a temporary version of a file every few minutes while the original file is open. Then if you have not saved the file and the program unexpectedly crashes or the computer shuts down, there will be a temporary file that was recently saved. Temp files are typically deleted automatically when the program is closed normally, but if the program quits unexpectedly, the temp files are not deleted.

Remove all temporary files

Over time surfing the internet causes an accumulation of temporary internet files. While your web browser has the ability to clean out these files, it doesn't do a very good job of getting all temporary files.

Cleaning you're your temporary internet files can: 1) Save space on your hard drive and 2) Help ensure you are viewing the most recent version of websites.

I didn't install that!

Many programs are designed to start automatically when Windows starts. Software manufacturers often set their programs to open in the background, where you can't see them running, so they'll open right away when you click their icons. That's helpful for programs you use a lot, but for programs you rarely or never use, this wastes precious memory and slows down the time it takes Windows to finish booting up.

Turn off programs that run in the background

You may notice that anytime you install a program it either asks you if

you would like the program to load when the computer starts, or the program runs automatically when the computer starts up. Many times programs run in the background, which are not visible without viewing your task manager. The majority of the time computers have many unnecessary programs running when the computer boots.

Turning off programs that run in the background will: 1) Lower the amount of time it takes to start the computer up; 2) Allow you to be able to use the computer faster when it boots; and, 3)Free up resources, speeding up the computer.

Why are there so many updates and which ones do I need?

Most of us are aware of the little pop ups we get while on the computer asking us to make important updates. While they only take a few minutes to complete, many of us are guilty of postponing them or just ignoring them completely. But keeping up with these computer updates is actually very important when it comes to having a healthy computer. Here is a look at why computer up-

dates are so important.

One of the biggest and most important reasons why keeping up with computer updates is so important is because they help to keep our computer secure. While they may not directly say so, a lot of these updates have to do with updating our security software and ensuring our computers are kept safe from any possible threats. Not updating or postponing these security updates can leave your computer vulnerable to things such as malware or computer viruses that can go in and steal important information.

We will download & install all Windows, Java, Adobe & Flash updates

Windows releases updates for your system every month. You should always update your operating system in order to prevent problems: 1) Patch security holes within the oper-

ating system; 2) Fix bugs which can cause errors and system crashes; and, 3) Update system drivers.

Continued next month

Visit us here at Jester's Computer Services, March 1st through March 31st to save \$ 20 off your computer clean-up. We recommend having your computer cleaned at least once a year. Heavy users sometimes require a clean-up more often. Save yourself frustration and visit us today. We will also perform a free diagnostic to determine if you are in need of any hardware upgrades. No appointment is necessary for our clean-up. We generally complete work within one to two business days. For friendly professional computer repair services contact Jester's Computer Services by calling (717) 642-6611

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Taneytown's St. Joseph's Church's Annual Lenten Fish Fry Fridays. Choice of: kettle fried catfish or pollack, baked catfish or tilapia, fried shrimp, home made salmon cakes. Choice of vegetables and beverage. Adults: \$12, Children (6-10 yrs) \$6, Children 5 yrs and under free. For more information call 410-775-7500.

St. Anthony's Parish's "All You Can Eat" Fish Bakes Fridays Our Lady of Mount Carmel Parish Center, Thurmont. Adults: \$10/, Children \$5 (4-12 yrs), children under 3 free. For more

information call 301-447-2367 or visit www.emmitsburg.net/sasolmc.

St. Francis Xavier Parish's annual Lenten Fish Frys at Xavier Center, 465 Table Rock Road, Gettysburg. Dine In or Take Out. Adult, Senior, Children and Reduced Portions will be available. Children under 5 eat free. For further info, call 717-334-4048.

March 1
Music, Gettysburg!! Presents Jeff Fahnestock, tenor, and James Hontz, guitar. Concerts are free and open to the public thanks. All concerts take place in the

chapel of the Gettysburg Seminary, 147 Seminary Ridge, Gettysburg. For more information call 717-338-3000 or visit www.musicgettysburg.org.

Gettysburg National Military Park's Special Film Presentation: Buster Keaton in The General. This 1926 silent film is loosely based on a true incident that occurred during the Civil War. The movie, best known for its remarkable sight gags, also represents one of the earliest attempts to apply humor and comedy to the carnage and destruction of the American Civil War. For additional information call 717-334-1124 or go to www.nps.gov/gett.

Mother Seton School Mother-Daughter Friendship Tea. Mothers and daughters in grades 4-6 are invited to join us at Mother Seton School for a Friendship Tea. Our keynote speaker is Beth Myers, LCSW, who will give a presentation on the topic "Step Into Your Light—Be Real!" The afternoon will be filled with fun, fellowship, and information on how to successfully navigate relationships as you prepare for Middle School. RSVP by calling 301-447-3161.

March 5, 6 & 7
Elias Lutheran Church's Yard Sale - Easter/Spring things, clothing of all kinds, books, kitchenware and you

name it! 301-447-6239 100 W. North Ave., Emmitsburg.

March 5
The Majestic Theater Present's The Church Basement Ladies In The Last (Potluck) Supper. For more information call 717-337-8200 or visit www.gettysburgmajestic.org.

March 7
Strawberry Hill's Maple Madness. Sugaring, the art of making maple syrup, has been practiced for thousands of years. The tradition began the Northeast United States centuries ago with the Native Americans and colonists. People of all ages are invited to see this tradition brought to life by Strawberry Hill Nature Preserve naturalists. You will learn how trees are tapped, view sap-collecting methods past and present, and see the boiling process that produces delicious maple syrup. Two public demonstrations, including a pancake breakfast; a local arts and craft fair; and local musician, are held at Camp Eder. Pancake Breakfasts - 7:30 - 11:30am. Strawberry Hill Nature Preserve, 1537 Mount Hope Road, Fairfield. For more information call 717-642-5840 or visit www.strawberryhill.org.

Elias Lutheran Church's Annual Spring Supper featuring: Roast Beef, Turkey and Ham - The Supper also includes

filling, gravy, mashed potatoes, green beans, cole slaw, stewed tomatoes, applesauce and cake. Adults \$12, Children 6-12 \$4, Carryouts \$13. Elias is located at 100 W. North Ave. in Emmitsburg. Just one block up from the Fire Dept. 301-447-6239.

Harney VFW All You Can Eat Bull and Oyster Feed - By popular demand, the famous "Hooper's Island Seafood" will be at the Post pavilion steaming their delicious Chesapeake Bay oysters for your eating pleasure. In addition, the legendary Chef, Richard Creager will prepare the pit beef. For further information or arrangements to obtain tickets, please call the post at 410-756-6866 or Frank M. Rauschenberg at 410-756-5444.

St. Joseph's Church Celtic Spring Dinner. Pig roast dinner with desserts, dancing, silent and live auctions, door prizes, complimentary drink, and blarney. Celtic music by Cormorant's Fancy. Benefit non-profit clinic EOPCC for medical care for the uninsured and underinsured. \$60 per couple; \$35 single ticket. Send check to EOPCC; PO Box 291; Emmitsburg, 21727. For more information contact Bill O'Toole at, otoole@msmary.edu or 240-439-7218.

March 8
Country Community Breakfast (Buffet Style). Our Lady of Mount Carmel Parish Center, Thurmont MD. Menu: Scrambled Eggs, Pancakes, Bacon, Home Fries, Fruit cup, coffee/tea, orange or apple juice. Cost: \$8 for adults, \$4 ages 4-10, Free 3 & Under. For further information, call the parish office at 301-447-2367 or visit the website at www.emmitsburg.net/sasolmc.

Gettysburg National Military Park's Lecture: The Closing Scenes: Admiral David G. Farragut and the End of the Civil War. This program will follow Admiral Farragut from Mobile Bay to the end of the Civil War and examine his part in its closing scenes. The lecture will also explore Farragut's post-war career through his death in Portsmouth, NH in 1870. By Karlton Smith, Gettysburg National Military Park. Takes place in the Gettysburg National Military Park Museum and Visitor Center Ford Education Center. For additional information call 717-334-1124 or visit www.nps.gov/gett.

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UPCOMING EVENTS

March 9, 10, 11 & 12 & 13

Mother Seton School Science Fair. What kind of water makes the best quicksand? How does a potato gun work? Our emerging scientists will answer questions like these and more during the annual Mother Seton School Science Fair. We invite you to stop by and take a peek at the various projects. You're bound to learn something new—about our talented students, as well as about science! The public is invited to visit and see the projects that will be on display. For more information visit www.mothersetonschool.org.

March 14

Frederick County Spelling Bee - Students from Frederick County's thirty-eight participating elementary and middle schools compete in the annual Frederick County Spelling Bee. The winner goes on to Scripps National Spelling Bee in May! JBK Theater at Frederick Community College, 7932 Opossumtown Pk. Frederick. For More Information call 301-600-7625 or visit www.fcpl.org.

St. John's Lutheran Church's Fried Oyster and Turkey Dinner. Fried Oysters, Turkey, Mashed Potatoes, Dressing, Gravy, Sauerkraut, Green Beans, Applesauce, Rolls and Cake, Adults \$16.00, 6-12 years old \$7.00, Children under 5 free, Carry-out

\$17.00, There will be a Fancy Table. 8619 Blacks Mill Road, Creagerstown.

March 14 & 15, 21 & 22

45th Annual Maple Syrup Festival - Welcome spring at Cunningham Falls State Park by learning how Maple Syrup is made from the sap of trees in the park. A pancake breakfast is available. For More Information call 301-271-7574 or visit www.cunninghamgambriell.org.

March 19

Celtic Concert - Enjoy a Celtic concert featuring The ShamRogues. Free and open to the public; tickets required in advance. Marion Burk Knott Auditorium, Mount St. Mary's University. For more information call 301-600-7625 or visit www.fcpl.org.

March 19, 20 & 21

Seaton Center Special Sale Event - Items for sale include, but are not limited to, large wardrobes, appliances, school & office furniture and books. All items will be sold as is.

March 22

Music Gettysburg! presents the Metta Ensemble. Concerts are free and open to the public thanks All concerts take place in the chapel of the Gettysburg Seminary, 147 Seminary

Ridge, Gettysburg. For more information call 717-338-3000 or visit www.musicgettysburg.org.

March Geminids Meteor Shower - rate generally about 40 meteors per hour.

St. Mary's Catholic Church's all you can eat spaghetti dinner to benefit Fairfield high school class of 2015 Safe and Sane. Adults \$7, \$3 children (6-10) \$3, children under 5 eat for free. For more information call 717-642-8815.

March 25

Harriet Chapel presents The Last Supper Presentation by Rabbi Ted Simon. - Rabbi Ted Simon will be explaining the Jewish roots of the Last Supper as part of a Lenten program at Harriet Chapel, Catoc-tin Episcopal Parish. Rabbi Simon

is a Messianic Jew, which means he believes Jesus is the Messiah for all people. His energetic presentation makes the Last Supper come alive as he explains what Jesus' Jewish followers would have understood when Jesus took up a cup of wine after supper and shared unleavened bread. As Rabbi Simon talks the Seder meal will be demonstrated with samples of Passover foods available to guests. Rabbi Simon welcomes questions and would like to invite those who have no experience with either the Jewish or Christian faith to take part. The Program will be held at Harriet Chapel, 12625 Catoc-tin Furnace Road just south of Thurmont. A free will offering will be taken up to defray Rabbi Simon's expenses.

The Majestic Theater presents Ai-ley II, a universally renowned for

merging the spirit and energy of the most talented young dancers with the passion and creative vision of today's outstanding emerging choreographers. The company embodies Alvin Ailey's pioneering mission to establish an extended cultural community that provides dance performances, training, and community programs for all people. For more information call 717-337-8200 or visit www.gettysburgmajestic.org.

March 29

Music, Gettysburg! presents the Gettysburg College Choir. Concerts are free and open to the public thanks All concerts take place in the chapel of the Gettysburg Seminary, 147 Seminary Ridge, Gettysburg. For more information call 717-338-3000 or visit www.musicgettysburg.org.

Taneytown Fire Company toy auction

On Saturday, March 14, the Taneytown Fire Company will hold its 20th annual toy auction. Every year, over 600 toys are auctioned off. The toys range from old to new and come in almost every shape and size, from old, wooden and metal toys to modern plastic toys. One year, Mr. White, a custom builder from the Mid-West, auctioned off a custom built John Deere combine and an IH combine. Each sold for \$1,100. At another auction, a Hubley wooden milk truck made in 1942 sold for \$800. One other intricate toy that has been sold at the auction was a Tonka farm set, made in the 1940s and never taken out of the box. It sold at auction for \$2,100.

The auction will begin at 2 p.m. and will be held at the Taneytown carnival grounds at 49 Memorial Drive. Admission is free to the public, and attendees can preview the auction starting at 10 a.m. Items for the auction will be posted on the Taneytown Fire Company's website two weeks prior to the auction.

The brainchild behind the auction is Don Shoemaker. Don, a lifelong member of the Taneytown Fire Company, started the auction as a way to help raise money for the Taneytown Fire Company. As an avid toy collector for over 40 years, Don has attended toy

auctions across the country. Don can't recall at which show it occurred to him that a toy auction would be a great way to raise money, but it did, and the rest is history.

In years past, the money raised has been used toward purchasing new equipment for the fire company. A new ladder truck and a new rescue truck have been among the items purchased.

Taneytown Main Street Manager Nancy McCormick said, "This annual toy auction is a wonderful draw for people who have never been to our community. This is one of the signature events of this town, and we thank Mr. Don Shoemaker for coordinating this wonderful event."

In addition to toys, food will be sold at the auction, including sandwiches, hot dogs, chicken tenders, french fries, desserts like pies and cakes, and Don Shoemaker's "famous" chicken corn soup. All proceeds from food sales will go to the Taneytown Fire Company.

On Sunday, March 15, toy dealers will be present to sell toys to the public. If you would like to take part in consigning toys at the auction or if you have any other questions about the auction, contact Don Shoemaker at 443-277-6204.

Seton Center Thrift Shop
3 DAY SPECIAL SALE EVENT!
SETON CENTER GYMNASIUM
Thurs. & Fri., Mar. 19th & 20th - 10am-3pm
Sat., Mar. 21st - 10am-2pm
 ITEMS FOR SALE BUT NOT LIMITED TO INCLUDE:
 Large Wardrobes, Appliances, School & Office Furniture and Books.
 All items will be sold as is. Customer is responsible for removal of items on day and time of sale. Must come prepared with manpower, equipment & vehicle for removal of purchased items. Seton Center not responsible for accidents or injuries.

\$5.00 BAG SALE
Sat., Mar. 21 - 10am-3pm
 16840 South Seton Avenue, Emmitsburg, MD 21727
 The Thrift Shop of Seton Center, Inc. is a non-profit ministry of the Daughters of Charity. For more info or to make donations please call: **301-447-6102**



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MOUNT ST. MARY'S UNIVERSITY

CALENDAR OF EVENTS

Spring Break

Saturday, Feb. 28–Sunday, March 8
ARCC and pool closed: Sunday, March 1, Monday, March 2 and Sunday, March 8
Campus offices closed Monday, March 2—evening classes at the Frederick campus will still meet.

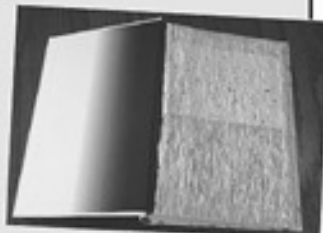
First Saturday Devotions

Saturday, March 7, 9 a.m.
St. Mary's Chapel on the Hill, National Shrine Grotto Our Lady of Lourdes Mass followed by prayer devotions.

Visiting Artist Buzz Spector

Wednesday, March 11
6:30 p.m.

Knott Auditorium
Buzz Spector is an artist and critical writer whose artwork has been shown at the Art Institute of Chicago, Los Angeles County Museum of Art, Museum of Contemporary Art Chicago, Corcoran Gallery of Art, and the Mattress Factory, Pittsburgh, PA. Spector will speak about his work, which frequently uses books as both subject and object, and is concerned with relationships between public history, individual memory, and perception.



Our Lady of Lourdes Rosary Crusade

Saturday, March 14, 10:30 a.m.
Grotto Cave



Celtic Concert featuring the ShamRogues

Thursday, March 19, 7 p.m.
Knott Auditorium

Frederick County Public Libraries presents their annual Celtic Concert, featuring acclaimed Irish band the ShamRogues. Admission is free, but tickets are required. Tickets will be available on March 2 at the Emmitsburg and Thurmont Libraries. The event sells out quickly so don't wait to get your tickets!

Simon Gabriel Bruté Student Art Exhibition

Thursday, March 19–Wednesday, April 15
Williams Gallery, Delaplaine Fine Arts Center

The Simon Gabriel Bruté Student Art Exhibition is an annual juried event open to all current students at the Mount. This exhibition encompasses all mediums including painting, works on paper, mixed media/ sculpture, and book art.

Allies Musical Revue—Time After Time

Thursday–Saturday, March 19–21, 8 p.m.
Horning Theater, Delaplaine Fine Arts Center

Time After Time tells the story of 12 young people from high school graduation to their 10-year reunion. They experience joy, love, heartbreak, and most of all, the bond of friendship. Featuring hits from the 80s and 90s, this show is sure to make you smile! Tickets are \$5 and are available at the door. Proceeds benefit the True Colors Fund.

St. Elizabeth Ann Seton Lecture "Listening to Those Who Matter Most— Gaining Insights from Our Students About How to be the Best Teachers"

Monday, March 30, 7 p.m.
Laughlin Auditorium

Dr. Mark G. Storz, associate dean of the College of Arts and Sciences for Graduate Studies and associate professor of education at John Carroll University, shares the insights he learned from his research with more than 400 urban middle school students about the types of teachers and practices that help (or hinder) student success.

MAYOR DON BRIGGS INDUCTED INTO MOUNT ATHLETIC HALL OF FAME

Mount St. Mary's University National Alumni Association inducted four new members into the Mount Athletic Hall of Fame, including Emmitsburg Mayor Don Briggs.

Stephan Ricker, C'00 (men's lacrosse) and Kim Keene Christensen, C'04 (women's lacrosse) were honored for their playing careers, while Agnus McClade Berenato, C'80, and Briggs received the Father John "Spike" Cogan Award for their exemplary support and contributions to Mount Athletics.



L to R: Mount St. Mary's University President Thomas H. Powell, Emmitsburg Mayor Don Briggs, and Mount St. Mary's National Alumni Association President Ellen Callahan at the Mount Athletics Hall of Fame Induction Ceremony.

Briggs was recognized as the father of Mount men's rugby. He began coaching the team in 1997, after a successful career as a player and coach. His honors include the USA Rugby East Selection, Washington Rugby Football Club Hall of Fame member, and recognition as a USA Rugby Level III coach. Briggs founded the Frederick Rugby Football Club and coached the Frederick Falcons semi-pro football team to three consecutive championships.

He posted a 141-15 domestic record as head coach of the Mount's men's rugby team. In 2000, Briggs guided the team to the Potomac Rugby Union Division II Championship title. He led the team on international tours to Ireland in 1994 and 1999 and to Argentina and Uruguay in 2006.

Stressing to his players the importance of community, Briggs founded "Pennies for the Poor," an organization focused on mentoring middle school students, reading programs for elementary schools, community festivals and charity runs.

The success of the 2014 men's rugby team is a tribute to his legacy as a coach. The team won the National Small College Rugby Organization Mid-Atlantic South regional championship, and finished fourth in the national tournament. During the regional tournament in Florida, the team visited a local children's hospital, befriending a girl who accepted the championship trophy for the team. One player described the program Coach Briggs developed as "the greatest brotherhood anyone could be a part of, both on and off the pitch."

Established by the National Alumni Association in 1971, the Athletic Hall of Fame annually recognizes former Mount student athletes who "have exhibited athletic prowess of an outstanding nature in an intercollegiate sport."

Over the years, alumni and coaches from such sports as basketball, baseball, cross country, soccer, track, tennis, lacrosse, decathlon, field hockey, softball, golf and football have been honored. Since 1971, 150 student athletes, eight coaches, four teams and three supporters of Mount athletic programs have been inducted.

Join us at the Grotto

Good Friday Friday, April 3

10:30 a.m., Confession
Noon, Stations of the Cross
1 p.m., Last Seven Words Homily
3 p.m., Liturgy of Good Friday

Extended Hours
8:30 a.m. to 6:30 p.m.
(gates close at 7 p.m.)

Easter Sunday, April 5

6 a.m., Emmitsburg Council of Churches Ecumenical
Sunrise Service
11:15 p.m., Confessions
Noon, Easter Sunday Mass

