

Emmitsburg NEWS-JOURNAL

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

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Plans underway to form Thurmont brass band

Thurmont local, Morris Blake, is still looking for musicians to participate in the new brass ensemble and choir. Blake has had a vision for several years to assemble a brass band in Thurmont, and now that vision is finally coming to fruition. Blake noted a desire to form a brass band in Thurmont because a group of this kind doesn't exist in the area. Anyone interested in playing with a group has to travel to Frederick or beyond, so he wanted to bring the opportunity closer to home. "There are many wonderfully gifted and talented players locally, and hopefully this will give them a chance to share their musical talent with others, while having a great time," stated Blake.

Apart from being the barber at Here's Clyde's Family Hair Care, Blake keeps busy serving as the organist at Harriet Chapel. He also teaches handbells, choir and violin. Blake has over 30 years of musical experience, citing a passion for music that has followed him throughout his life thus far, and will surely continue to follow him

and inspire him for many years to come. He has learned several instruments himself, including the piano, violin, mellophone, and trumpet, just to name a few, and has taught many students how to play or sing.

The brass band is half way to their goal, as there are currently four members participating. However, Blake would like to have at least eight players before they start performing, but will certainly welcome more. He is looking for horn instruments such as the trumpet, French horn, baritone horn and trombone in order to fulfill the four-part harmony a small brass band warrants. He is also looking for any interested vocalists: sopranos, altos, tenors and bass singers, male and female welcome.

Blake plans on bringing a New Orleans swing style to the music he chooses, which is a style that will set the band apart from other music groups in the surrounding areas, and will give them a unique sound. In fact, he already has a piece of music picked out for the Christmas season that brings a

swing style to a favorite Christmas classic. Blake will be choosing more modern selections in the future, all while putting a swing stylistic spin on the pieces.

For now, Blake noted that he will be keeping events local, playing for Thurmont town events. Hopefully, the brass choir will be ready to perform for the Christmas season, bringing the joy of Christmas music to everyone in town through Christmas caroling.

Band practices are being held at the Main Street Center every Sunday from 3 p.m. - 4 p.m., and choral practices are being held right after from 5 p.m. - 6 p.m. If you play a brass instrument, or love singing, this is a perfect opportunity to get together with a group of like-minded individuals all looking to have fun while playing music. Anyone who may be in-



Thurmont local and musician, Morris Blake, decided to put together a New Orleans swing-style brass ensemble and choir. Interested musicians and vocalists welcome!

Interested musicians and vocalists can contact Blake at 301-271-4831 or email Vickie Grinder at vgrinder@thurmontstaff.com.

In addition to seeking more musicians, a contest to name the band and choir is currently underway. All those who believe they have a great name for either the band or chorus can email vgrinder@thurmontstaff.com before November 15. Once all the names are compiled, they will be placed on social media for a vote and the top votes for both groups will go to the Commissioners for final approval.

11th Annual Foothills Artists Studio Tour

The 11th Annual Foothills Artists studio tour will be held November 18 and 19 at eight locations in the Adams County communities of Fairfield and Cashtown. Ten artists and artisans will open their homes and studios in a special pre-holiday show and sale from 10 a.m. to 5 p.m..

This is a self-guided tour that can be completed in any order. The website, www.foothillsartists.net, includes a map of each studio's location and street address, as well as links to each artist's individual website. It also includes biographies and artwork examples for each artist. The artists featured this year include:

Dorothea Barrick - Dorothea's studio will feature El Cuarto De Luna this year: a small room displaying moon-inspired interpretations created in various media. The prolific artist/educator has work in private and public collections, including UMUC, and Kala Institute of Printmaking.

Becky Carter - This year you will see lots of polka dots on anything that's paintable...ornaments, bags, gourds, cards, rocks and other fun things. New coloring book designs on cards make great gifts. Becky likes working with mixed media, acrylics and colored pencil. The award-winning artist has shown in a number of

local exhibits and juried shows.

Geoff Grant - Geoff is a fine art photographer whose subjects include painterly interpretations of landscapes, architecture, and street photography. His work has appeared in several shows, including this summer in the NOMA Invitational Art Exhibit in Frederick.

Jack Handshaw - An active local artist for 35 years, Jack is a potter working in all forms of clay, particularly reduction fired glazed porcelains. He is a juried member of the Pennsylvania Guild of Craftsmen, and has been accepted into numerous juried shows and received many awards. He also shares his art through teaching and demonstrations.

Michael A McCullough - Michael is a visual artist of abstract paintings, whose work has been featured in exhibitions in various galleries and museums. His work is held in national and international collections.

Sharon Pierce McCullough - A painter and sculptor of abstract and minimalist works, Sharon is an internationally recognized artist and children's book author and illustrator. Her sculptures have recently been recipients of several major awards, and her work is held in private and public collections.

Don Rinehart - Don specializes in watercolors, pastels, oils, pencil,

stained, and etched glass. He has won a number of awards and has shown in local galleries and exhibits.

Ann Ruppert - Ann designs and creates jewelry and works in two-dimensional media including pastels, oils, watercolors and colored pencil. She has been accepted into the Adams County, PA Arts Council juried show and has earned awards in the Franklin Co. Art Alliance annual show and the Franklin County Arts Council miniature show.

Rod Stabler - A fifth-generation woodworker and retired cabinet maker, Rod creates useful and practical woodcraft "with a flair", each piece is one of a kind. He strives to make objects of utility, which also are



Dorothea Barrick, one of the ten artists participating in the Foothills Artists Studio Tour, November 18 & 19.

objects of beauty.

Geoffrey Thulin - Geoffrey is a painter specializing in abstracts, landscapes, and animal imagery. He works primarily in watercolor and gouache, and also various drawing media. His award-winning work explores rhythm, pattern and color and their connection to the spiritual aspect of nature.

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EMMITSBURG NEWS

Trainor inaugurated Mount President

On October 23rd, Mount Saint Mary's University celebrated the inauguration of Timothy Trainor Ph.D., as its 26th president. The inauguration took place at Knott Arena and was preceded by a mass at the Chapel of the Immaculate Conception.

Trainor, who joined the university as interim president in August 2016 and was named president in June 2017, has overseen a vast improvement of enrollment rates, including the second largest freshman class in the Mount's 208-year history. In the past year, the university has welcomed several academic programs from cybersecurity and PPE (politics/philosophy/economics) to the new major and minor in entrepreneurship, which will be available in the spring semester of 2018. It has seen the opening of the Palmieri Center for Entrepreneurship, three student Fulbright award winners and articulation agreements with Frederick Community College in cybersecurity and biology. Trainor has also made efforts to expand the rosters for Division I sports, advance the Mount woman's rugby to varsity, and the welcome varsity men's soccer back.

President Trainor's vision for Mount St. Mary's includes continued growth. In an interview Trainor stated, "I see the university in ten years being the top Catholic university in the Northeast region... and

us being nationally known for certain programs and getting more and more on the national stage. I see us at a steady state of about 2,200 full-time undergraduates, 500-600 full-time equivalent graduate continuing study students and about 160 seminarians and being ranked nationally in a few athletic programs."

Trainor is more than qualified to carry out these goals. Before joining the Mount community last August, he served in the Army, retiring as a Brigadier General after 33 years of service. In his final six years he was dean of the Academic Board for the United States Military Academy, West Point. As the chief academic officer, he led more than 800 faculty and staff spanning three departments and 23 centers.

In describing his desired legacy, Trainor said: "When I'm gone, I want people to say that Trainor really cared about developing students to be successful in the future and cared about the development of the staff and the faculty to be the best they can be to help our students be successful in the future... I don't want any legacy for particular buildings or programs. I want people to say that he really cared about the students and making this university a place where people can become the best versions of themselves and that people will be ready to be ethical leaders and are prepared to lead lives of significance in service to God and others."



Timothy Trainor, Ph.D., 26th President of Mount Saint Mary's University

The Mount Saint Mary's community is that Trainor's legacy will be a long and bright one. "We've been lucky to have President Trainor on our campus for over a year, so we know that we're getting a caring, organized, and thoughtful man in this important role," stated Professor of Chemistry and Chair of the Faculty Patricia Krete, PhD. "He spent a year getting to know our campus community, our traditions, what we hold important, and what we hope for in the future. I think I can speak for the faculty in saying that we welcome Dr. Trainor as our president and colleague, and we look forward to working with him for many years."

Trainor earned his doctorate in industrial engineering from North Carolina State University, an MBA from the Fuqua School of Business at Duke University and a B.S. from the United States Military Academy.

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my. He and his wife, Colonel (Retired) Donna Brazil, are the parents

of three children: Cory, Daniel and Zachary.

Emmitsburg community projects update

Dog Park

The estimated completion for the dog park is late winter/early spring 2018. To date, the site has been cleared of vegetation and the contract to install the fence has been signed. The fence, waterline and amenities are next to be installed, along with the mulch. Mulch was recommended instead of natural grass to keep the area from becoming too muddy, however, the town

may consider planting grass in the future. So far, the town has spent \$8,500 of the estimated \$33,775 project cost. The money spent so far was from a Project Open Space grant in the amount of \$13,000. The town still has to raise \$18,910 for the remainder of this project.

Emmit Garden Playground

The Emmit Garden Playground is still in the early stages. As the pro-

posed location sits on a 100-year floodplain, an application had to be submitted to the MDE joint Federal/State for its alteration. This was done on September 26, and MDE has up to 180 days to review the application, which includes the site plan and proposed equipment.

The total cost for this project is \$16,930, which includes the installation of an ADA accessible walkway, playground equipment, rock borders and the wood carpet. A Project Open Space grant in the amount of \$10,000 was received already and the application fee was waived. The town plans on using

funds set aside several years ago in the amount of \$7,500 to cover the remainder of the project cost.

Square Revitalization

The sidewalk project has been well underway and is on track for its spring 2018 completion date. Connection to Timbermill Run will occur at the completion of the sidewalk work prior to the beginning of the work on the square. The contractor still needs to complete the asphalt work on the square where the waterline work was done at the beginning of the summer.

The town has thus far incurred \$7,500 in damages from the construction crew over the course of this project. Town staff is in the process of sending invoices and getting the payment resolved for the damage.

Flat Run Bridge

The estimated completion date for the Flat Run Bridge project is December 2019, slightly over a year from now. So far, Phase 1 Stream diversion is complete, the portable sediment tank has been installed and the southwest quadrant has been demolished. After weeks of discussion it has been proposed that the waterline will be moved. Most work, at this point, is being done underneath the bridge, so residents may not be able to see any "action."

Community Pool

The community pool project is on schedule and residents can expect the pool to be completed by May 2018. Interior lighting has been installed, and the deep end has been widened. However, an underground spring was found during demolition, and it is leaking into the pool, which is causing extra, unanticipated work in the pool shell pouring. The estimate to have this problem taken care of is \$4,600.

So far, the project has cost approximately \$159,000. The town received a \$217,200 Community Parks and Playground grant for this project. \$166,724 is left for the remainder of this project.

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FAIRFIELD/CARROLL VALLEY NEWS

Iron Springs plaza on indefinite hold

It was announced early last month that the Iron Springs Plaza project has been placed on indefinite hold. The Hamiltonban Township Board of Supervisors canceled the \$1.9 million contract with Fayetteville Contractors.

Realtor and Developer David Sites of David L. Sites Realty Leasing & Management proposed the project, and intended to construct the shopping center on a 17-acre tract located at the intersection of Iron Springs and Fairfield (Route 116) roads. The plan was to subdivide the land into five lots, one of which would contain a 35,000 square foot grocery store, as the

plaza anchor business, and a 7,200 square foot retail business. Giant was the original grocery store considered, and later Kennie's Markets was discussed. Unfortunately, both deals fell apart after years of trying to find a grocery store anchor. Sites states that he needs to find a different use for this property so for now, no new Grocery Store will be coming to Southwest Adams County.

Supervisor Chairman Bob Gordon stated that the contract was cancelled after the township learned that, as part of the project, they would need to move the utility poles. This factor was not originally planned for and would have

cost an additional \$300,000. The township is currently working on this issue and expects to acquire the necessary funds in the near future. In addition, Sites, as a cash contributor of the project, is not willing to put forth any more funds until he finds an anchor tenant.

The Iron Springs Plaza has been in the works since 2011, when the Board of Supervisors unanimously approved the project's subdivision and land development plan. This past April, Hamiltonban Township Supervisors had announced that the Iron Springs Plaza project would be advancing at last. However, one

month later, the bid process was delayed due to an expired permit.

The beginning stages of the project would have entailed infrastructure work for the future plaza. This would have included excavation, bituminous pavement placement, major drainage, signs and signals, construction of handicap accessible/ADA compliant ramps, concrete curb and sidewalk, pavement restoration and pavement marking modifications, in preparation for the plaza construction.

Hamiltonban Township has thus far been awarded two grants for this project. Last year the township was awarded a grant in the amount

of \$550,000 from the Commonwealth Financing Authority's Multimodal Transportation Program. This grant money was allotted for improvements to Fairfield Road and Iron Springs Road, including the intersection of both roads. The \$550,000 grant was added to the \$700,000 grant received two years ago by PennDOT, which was intended to cover costs related to the transportation infrastructure; those costs including permitting, road realignment and traffic signals. The \$700,000 grant has no deadline and the \$550,000 grant has a deadline of June 2019, so the township has time to resolve the issues currently being faced.

More information, or updates will follow as presented.

Liberty Township election clouded by alleged improprieties

During the October 3 Liberty Township Board of Supervisors meeting, local resident, Cindy Arentz voiced her concern over what she called an improper release of personal information related to Supervisor Walter Barlow, including Barlow's receipt of unemployment benefits.

According to the township policy, the proper avenue to have information released to a citizen is first and foremost to submit a right to know request. This request then goes to the Freedom of Information Officer, who researches the information in question and then decides whether it is public or private information that can be released. If deemed appropriate, the information may be released. The allegations brought forward state, in whole, that this proper avenue was not followed properly.

According to Arentz, allegedly, Supervisor candidate, Vincent Gee submitted a right to know request for personal and private information of current Supervisor Walter Barlow, whose position is up for election on November 7. Later, this request was cancelled, only to then be released and published on his website and Facebook page a few weeks later. According to Arentz, these documents never went through the proper channels and Arentz believes they were leaked in expectation of the upcoming election.

Arentz directed the allegations toward Supervisors Bob Jackson and John Bostek. "Everyone in the room should demand your resignation, this is a corrupt township. Why are you feeding an election candidate private information about another can-

didate, straying from the normal procedures. I hope everyone in this room demands the same answers that I'm asking for, because this is ridiculous," stated Arentz.

Gee defended himself by stating that in the beginning of the year, Supervisor Jackson offered his binders of documents to be reviewed by anyone who so wished. Gee, taking Jackson up on that offer reviewed the documents in question. Afterwards, Gee filed a Freedom of Information Request for the original documents to verify authenticity.

After the township solicitor approved his request, Gee went to the township office to review the documents. Upon entering the office, Gee noticed Walter Barlow was present. He noted that he felt threatened by Supervisor Barlow's presence

while he was reviewing the documents. When Gee asked Barlow to leave, Barlow refused, saying he had a right to be there. At this point, Gee stated that he no longer needed the documents and canceled his Freedom of Interest Request.

Other residents joined Arentz in voicing concerns and asking questions, to which no answers were given. One resident said everyone was just looking for feedback, and it's never given. An air of frustration has been felt during these meetings over the past year, citizens becoming further angered by the lack of communication coming from the Supervisors. It was simply stated by Jackson that he would be available after the meeting, as taking the time to answer everything during the meeting would take hours. Residents see this

as an unwillingness to answer questions on the record, as they would be more than willing to spend hours at the meetings, as long as answers were being given. The problem is that answers are not being given at all.

During the Supervisor's comments, Jackson also noted that the procedures for reviewing payroll, finances etc. have been tightened down upon. Anything to do with payroll is looked over in detail, taking a few hours to complete. Barlow stated that he will no longer take his turn in signing any paychecks until everything is straightened out and all questions have been answered. Barlow will sign checks again as soon as there is a separation of duties from secretary and treasurer, which was a suggestion given by Karen Frey in the conclusions of her financial investigative report.

Fairfield area news-briefs . . .

Hamiltonban Community Park almost complete

The Hamiltonban Community Park is still under construction, but Township officials and Parks and Recreation members are excited to announce that the Park will officially be opening on November 18. Phase one of this project will be complete and includes a brand new play structure, a pavilion, part of the walking path, fencing, and preparatory work for future parts of this project. Phase 1 was completely funded by two grants received from DCNR and Wellspan Health. Funding for phase 2 is currently in the works.

Liberty township traffic ordinance passed

On October 3, Liberty Township passed an amendment to Ordinance 2017-02, which prohibits

certain traffic and vehicular conduct within the Township's parameters. Such conduct includes: drag racing of vehicles, spinning tires or accelerating for no apparent reason, operating a vehicle in an offensive manner or endangering, or causing alarm to residents and anyone using the Township's roads. According to Police Chief Brand Briggs, this stair step approach is in line with a majority of surrounding Townships in Adams County.

As the ordinance originally stood, there was a \$100 fine per violation. The amendment to the ordinance proposes a stair step approach, in which additional violations to the ordinance incur higher penalties. Any violators could incur a \$100 - \$1,000 fine for the first offense, a \$250 - \$1,000 fine for the second offense, a \$500 -

\$1,000 fine for the third offense. If a perpetrator continues to violate the ordinance, they may receive \$1,000 and may be sentenced up to thirty days in jail.

The ordinance passed 2-1, with Supervisor John Bostek against. Bostek stated that he believes the existing fines are fine, and potential jail time after a third offense is unnecessary.

Hickory Bridge Road Bridge project re-bid

Hamiltonban and Franklin Townships voted to place the Hickory Bridge Road Bridge rehabilitation project out to bid once again

to see if a more competitive bid may be received. The \$149,000 bid for the bridge rehabilitation project, which was received in June, was denied as it far exceeded the original estimate. Both townships agreed to re-bid the project this fall in hopes of receiving more competitive bids.

Consideration for handling the project in-house is also being given to the project if bids received this fall are too costly. Roadmasters from both townships have been researching costs to do the project themselves, and are prepared to make a comparison when the time comes.

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THURMONT NEWS

Thurmont “thinks pink” in October

The American Cancer Society dedicated October as National Breast Cancer Awareness month in 1985 to increase support for the disease. The color pink has become identifiable with the month, which is celebrated widely in a variety of different ways. In Thurmont, the month of October was dedicated as “Gateway to the Cure” month in 2014. Since then, the month has been full of promotions from local businesses to help raise funds for breast cancer awareness. In previous years, upwards of forty businesses have participated in the month-long

event. Promotions from the past have included Criswell Chevrolet donating money for each car they sell and the Shamrock Restaurant donating money for every pink piece of cake sold. The town office also sells pink light bulbs, pink tote bags, and other pink items. The major event for the month, however, is the Think Pink 5K, held at Eyer’s Park. This year was the 3rd Annual Think Pink 5K.

Every year, the race is attended by many looking to pledge support for finding the cure to breast cancer. Additionally, the race is often attended by Thurmont Commissioners, and

Commissioner Wes Hamrick has been known to bring out a pair of bright pink high heels for the event in the past. This year nearly forty runners turned out on a chilly, early Saturday morning to participate in the fundraiser. The course takes runners and walkers through Eyer park and out through the covered bridge, before coming back to the park for the finish. Thurmont’s mayor, John Kinnaird, commented that the event had a “fantastic turnout” and he thanked everyone for coming out for such a great cause.

This year’s race was dominat-

ed from start to finish by Collin Shriner, a cross-country runner from Oakdale High School. Shriner clocked a time of 18:15, a new course record. Alex Contreas, a talented seventh grade runner for the Catocin Youth Association program, finished in second with an impressive time of 20:24. Taking third on the male side of the event was Maynard (Paul) Bello in a time of 21:52. Bello was a class of 2017 graduate from Catocin High School and is currently a freshman at Frederick Community College. On the female side, Felicia Albert

was first in a time of 27:29, nearly five minutes ahead of her next female competitor, Cindy Burnsteel who had a time of 32:18, while Jamie Grover claimed third place in a time of 33:40.

The month of October has come and gone once again, and with it, the Gateway to the Cure month hosted by the town of Thurmont. In a few more months, the town will look to prepare for the fifth annual event in 2018. To find out more information about the Gateway to the Cure month or the Think Pink 5K, visit www.thurmont.com.

Final phases of all-inclusive park complete

The final two phases for the East End All-inclusive Playground are finally complete and children and families are welcome to check it out. Phases II and III were started October 10, and were completed in just a little over two weeks.

The All-inclusive Playground was the brainchild of the Catocin Civitan Club, who in 2015 approached the Board of Commissioners about the idea of an all-inclusive playground that

would replace some of the deteriorating equipment in East End Park. Members of the club, with the goal of helping people with developmental and intellectual disabilities in mind, noticed that Thurmont parks were not all wheelchair accessible, which posed a concern for many members. Ideas and sketches were brought to the Board and from there, the playground was designed and phase I was completed in May.

The new playground was de-

signed and installed by Playground Specialists, Inc. from Thurmont. The playground allows for children of all abilities to play together without obstacles or constraints. The first phase of the project cost over \$70,000 and was completely funded through a Program Open Space grant obtained by the Town and a Civitan International Grant obtained by the local Civitan club. All of the equipment in the park has been built at transfer height, providing the ease of transferring children in a wheelchair onto the play equipment. However, the equipment is not just for children with disabilities, all children are able to enjoy the playground together.

The final two phases cost over \$200,000, but were completely funded by a Maryland DNR Community Parks and Playgrounds grant, as well as grant funding from Program Open Space. Both grants totaled approximately \$215,000. The remainder of the grant money will go toward making the restroom facilities ADA compliant. This project is expected to be underway this winter.

According to Jeff Barber, from Playground Specialists, the final two phases have the “wow factor” and will be sure to please families and children who use the equipment. The final two phases welcomed some new pieces, such as outdoor musical equipment in-

cluding drums and a xylophone, an aero glider, a domed climbing piece, slides, and a cozy cocoon. There are other unique pieces scattered throughout including a scavenger hunt, with pieces hidden around the playground, and an interactive “vehicle” that makes noise. The new equipment ties the playground together, but also ties the pavilion to the playground and up to the parking lot, as everything is ADA accessible.

This is an incredibly exciting project for Thurmont, and everyone involved. Families and children flooded the playground with excitement after phase I was complete, and will surely be amazed by the new equipment now in place.

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Paint the town

Thurmont Main Street held its first Paint the Town Plein Air on Saturday, October 21. Five artists entered the Paint the Town competition to capture, on canvas, historical buildings or landscapes in the Main Street area. The weather shined upon the five artists as they took their easels to Main Street on a picture-perfect day to paint outdoors, which is the French meaning of Plein Air.

Artist’s who Painted the Town were Libby Cain, Marilyn Miller, Nicole Luttrell, Rebecca Pearl, and Rebecca Shorb. Libby presented a painting of Mechanicstown Park, Marilyn painted the picturesque church/residence across from Memorial Park. Rebecca Pearl painted Timeless Trends Boutique which is located in the former historical Creager’s Furniture Store built in the mid-1800’s, and Rebecca Shorb illustrated the former Thurmont Bank and future home to All Hallows Coffee House. Nicole Luttrell would take the Blue Ribbon with her painting of Memorial Park. Frederick Artist Bill Watson judged the First Annual Paint the Town Plein Air, and also provided professional feedback to everyone about each painting. Thurmont will be hosting a second annual Paint the Town Plein Air in 2018 and hope more people come out to participate.

<p>Large Selection MOONSHINE</p>		<p>Happy Thanksgiving</p>		<p>TUESDAY SPECIAL Save 10% Every Tuesday On WINE & LIQUOR ONLY! PURCHASES OF \$40 OR MORE CASH ONLY 7% DISCOUNT ON CREDIT CARD PURCHASES</p>	
<p>BAILEY’S PUMPKIN SPICE</p> <p>750 ML</p>		<p>!!! SPECIAL SALE!!!</p> <p>WOODBRIIDGE BY ROBERT MONDAVI</p> <p>White Zinfandel Sweet White \$9.99 1.5 Liter</p>		<p>BAREFOOT WINE WINTER BLEND</p> <p>Limited Edition</p> <p>Now Available! 750 ML</p>	
<p>NEW! ANTIETAM BEER From Hagerstown!</p>		<p>Paul’s Pit Stop</p> <p>DISCOUNT BEER, WINE & LIQUOR</p> <p>Website: m.paulspitstop.net</p> <p>150 S. Seton Ave., Emmitsburg, MD 21727</p> <p>Monday-Thursday 9 am-10 pm, Friday & Saturday 9 am-11 pm, Sunday 11-8 pm</p> <p>301-447-6262</p>		<p>NEW! WEYERBACHER BEER From Eastern Pennsylvania!</p>	

100 YEARS AGO THIS MONTH

November 1917

November 2

First Snow In Emmitsburg

Severity, equal perhaps to any storm of the past summer; a thunder, lightning, rain and windstorm struck early Saturday evening and for nearly an hour the area Mother Nature had everyone's attention. October of this year is also the coldest October since the establishment of the Frederick weather observation office. 25° is the lowest mark reached. During Saturday's storm the vicinity was also visited with a snow flurry, which lasted for about an hour followed by considerable amounts of hail, some stones being the size of ordinary marbles. A very large amount of damage was done to properties, the main laws being the breaking of windowpanes by the hail, and the blowing over of chimney tops and young trees by the wind.

Troop Orders

Pvt. Charles Ohler, a member of Company L., 313th infantry, has been ordered to France to serve as a truck driver. Private Ohler was mustered into the infantry as an experienced automobile mechanic and left for New York on Tuesday, where he will set sail for a European port. John Schley, of Eyler's Valley is now in France. He is a member of the signal section of the Aviation Corps. Robert Hahn has been honorably discharged on account of physical disabilities. On Monday, Luther Kugler left for Camp Meade. Mr. Kugler was Emmitsburg's only contribution to the second draft of the new national army.

Halloween Celebration

As usual, the Halloween celebration in Emmitsburg took place on Wednesday evening. Besides the removing of front gates, doorsteps and shutters, and making the town look as ridiculous as possible, the event was a rather quiet one. The youngsters, adopting the Hoover plan of saving corn, had resorted to the throwing of confetti. In front of the public school building, on Frederick Street, trash, in the form of stones, tin cans and rails, was piled sky-

high; this evidently was the work of some mischievous boys. In the social way the festival was celebrated by the older set in the way of dances and parties, there being several in different parts of the town.

November 9

Rapid Progress In Road Work

The Potomac Engineering and Construction Co., who have the contract for the concrete work in Emmitsburg, are pushing the work before cold weather. Practically all of Frederick Street is finished and now the entire force of men is engaged in grading and preparing the Square for the cement work. On Thursday morning work was begun on Gettysburg Street.

Hospital Donation Date

Tuesday, 15 November is the last donation day for the Frederick City Hospital and Mrs. Andrew Annan, who is Emmitsburg's representative on the board, will be glad to receive groceries, jellies, preserves, fruit - in fact any foodstuffs the good people of Emmitsburg may give to this worthy cause. The Frederick City Hospital has done much for the people of this district. Hardly a month goes by that there is not a patient from this locality being treated for free. It is therefore urgently hoped that local citizens will liberally respond.

Election Day

Everything in Emmitsburg was quiet on Tuesday - quieter than on any election day in years. A great many qualified voters remained in the fields, husking corn. Some who were at work but a short distance from the polls utterly disregarded the appeals of their party and refused to cast their votes.

November 16

Old Flintlock Uncovered

While digging up the cobbles for the new cement roadway on Gettysburg Street, Felix Adams uncovered a flintlock rifle from the old times. He presented the old

relic to the Chronicle Museum

Gardening Specimens

Last week, Mr. Carrigan presented to this office two parsnips that beat the records. The vegetables measured about 38 inches and 29 inches respectively, and together weighed about eight pounds. Two large ears of corn from the fields of local farmers were also brought to the Chronicle office. One from the farm of Mr. Moses Baumgartner was 15 1/2 inches in length and an ear of corn from the Roddy Farm measured 14 1/2 inches in length. The cobs are small, the grains are regular and well filled to the very tips.

Boozers' Stuck With Liquor For Troops

The movement of troops from their camp at Gettysburg and the lifting of the Federal order on Friday which stopped the sale of liquor within a half-mile of the camp, closing all of Gettysburg hotels' bars, threw a real loop into the plans of the Former Former Boozers to cash in on the troops' unquenchable thirst for John Barleycorn. Stills in the area have been going full tilt for the past two weeks, taking up much of the areas prized corn, and the first shipment of "hooch" was being readied for delivery. A meeting was held at the Hotel Slagel's saloon to decide how best to utilize the excess booze. The results of the meeting were not available before this edition of the chronicle was printed

Turkeys In Good Supply

Contrary to rumors, the turkey crop in Adams County is not short but is the largest in five years, according to wholesale poultry dealers. There is a plentiful supply of turkeys in the lower end of Adams County and residents say that the birds are more numerous than they have been in years.

November 23

Public Sale

On Friday, November 30, the heirs of the late Robert Wantz will sell at public sale on the premises, one mile east of Emmitsburg, just off the Gettysburg Road, a well improved farm containing 29 acres,

improved by a seven room weather boarded house, barn, wagon shed, automobile garage, chicken houses, etc. also horses, cattle, chickens, wagons, farming implements, wheat, corn, hay, fodder, lumber and household furnishings.

Boozers Corn Squeezing Contest

We apologize for this paper being issued a day late. On Friday, just as we were getting ready to go to press, the Chronicle office was inundated by Former Former Boozers bringing into our office their corn squeezing for us to judge. A table was set up outside our offices and all the honorable men of the town were invited to join in the judging. Apparently this was the option taken by the Boozers last week to dispose of their excess hooch. Some on the entries were as smooth as honey, others tasted like gasoline, but all has the same effect - killing any motivation we had to get the paper out. After our tenth sampling round we found ourselves on the Square entertaining ignoring please from disgusted wives, girlfriends and on looking suffragettes with obscene drinking songs and generally made a nuance of ourselves into the early hours on Saturday. So please excuse any spelling errors in the paper as we are in no condition to catch them this morning.

November 30

\$500 For Streets

On Monday, Burgess Stewart Annan and Commissioner William Morrison appealed to the County Commissioners for an appropriation for the improvement of the streets of Emmitsburg. On motion of the County Commissioner Witter the sum of \$500 was voted for that purpose.

More About Corn

There seems to be lots of friendly rivalry among the farmers in this vicinity regarding the size of corn they raise. 14 and 15-inch ears would normally be prize winners but there is now on display in the Chronicle window one that measures just 20 inches. This year it has won the green ribbon.



John Reading Schley

Entered Officer's Reserve Corps, June 14
Embarked for Europe, September 27
Killed in airplane accident September 22, 1918

Fire On Stahley Property

On Monday, the house owned by Mr. John Stahley of near Emmitsburg caught fire, but through the timely efforts of neighbors the buildings were saved from complete destruction.

Union Thanksgiving Service

The Union service of all the Protestant churches was held in the Presbyterian Church on Thursday morning. The honor list of all the young men who have entered the service from Emmitsburg was rendered and addresses were made by the local pastors. High Mass was celebrated in St. Joseph's Catholic Church on Thursday morning at which a great number of the congregation was present to thank God for the many favors bestowed upon them in the world in general during the past year.

Troop News

Mr. Quinn Florence of Emmitsburg, who has been employed in Union Bridge and Thurmont has enlisted in the Aviation Corps. Charles Rowe of West Main St., left Thursday for Fort Meade to join the new national army. First Lieut. Thomas Troxel asked to be transferred to the regular Army, and was commissioned a Second Lieutenant on Sunday.

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

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FROM THE DESK OF . . .

County Council President Bud Otis

Profile in leadership

Recently I was asked to offer some remarks for the inauguration of the 26th President at Mount St. Mary's University, Dr. Timothy Trainor. It gave me the chance to reflect on what leadership means and many things came to mind: courage, service, patience, wisdom, listening to many viewpoints – especially those which are in opposition to one's own stance, knowledge, appreciation, learning, experience, application of principles, values, faith, mentoring, humanity, resolve, duty, mission, motivation, humility and most of all - authenticity.

I'd like to share an excerpt from the October 23rd inauguration:

"We met briefly a few weeks ago at Winchester Hall and I was immediately impressed with his demeanor, humility and strong sense of self. He is a tremendous

choice for the top leadership position here at Mt. St. Mary's. ... He brings heart, honor and tradition to this post and we are so very fortunate to have him as the guardian of these values. He is also the purveyor of the 10,000-foot view towards the future of this great institution. ... Being a retired Brigadier General in the U.S. Army brings not only the confirmation of his leadership abilities, but reflects his devotion to our beloved country. After 33 years of service in the military, he has a brilliant track record of success and the willingness to listen, learn and work with many differing personal and cultural viewpoints. He has the heart of a teacher, and the humility to know his best service is found in service to others."

It is a privilege to shine the spotlight on President Trainor's

tremendous history and his mission towards the future. He is a wonderful example of a true leader and patriot.

This reminds me of a quote from John F. Kennedy: "Leadership and learning are indispensable to each other." And thoughts from Madame Marie Curie: "You cannot hope to build a better world without improving the individuals. To that end, each of us must work for our own improvement and, at the same time, share a general responsibility for all humanity, our particular duty being to aid those to whom we think can be most useful."

Over the years many people have become examples, both positive and negative, of what traits a truly great leader needs to possess. It may be easiest to learn from those who project positive management and interpersonal skills, but many lessons may be learned from those whose tactics are less polite. It may

be another way of viewing learning, but it seems to me that recognizing the ways "not" to do something may be a powerful tool as well. So, how to handle those not so kind in their approach – with courage. As Ronald Reagan noted: "There are no easy answers but there are simple answers. We must have the courage to do what we know is morally right."

It is not always popular to take a stand in opposition to others. To be a genuine leader, one needs to honor personal convictions and what constitutes right and just in your own heart. It takes a personal will above worry about political cost. This question is a go-to for many prior to making decisions to consider, "What is in the best interest of ____ (fill in the blank – students, Veterans, citizens, constituents, company X, etc.)".

This is a lesson learned by many who hold public office. The takeaway from this is a quote from one

of my heroes, Thomas Jefferson, who said, "Honesty is the first chapter in the book of wisdom."

As every November we honor our beloved Veterans during a commemorative ceremony on Veterans Day, I think we owe an unfathomable debt of gratitude to each one of them. Not only for their commitment to this great nation, but for their individual pledge of duty to their brothers and sisters in arms. Tremendous lessons have been learned from military leadership and we are truly fortunate as a country to have many men and women with such honed qualities.

I hope some of these thoughts have made you think about your views on leadership, courage, honor, duty, and personal integrity. I leave this message with a final quote from John F. Kennedy, "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

My wife Rose and I hope you have a great Thanksgiving season.

County Councilman Kirby Delauter

Recently, County Executive Jan Gardner published a "letter to the editor" in the FNP outlining the many "successes" of her administration. Unfortunately, this letter was riddled with falsehoods and misrepresentations.

Let start with her claim the County has "adopted strong ethics laws"

Fact: Gardner supported a watered-down version of ethics reform and publicly attacked a stronger version proposed by Senator Michael Hough. Hough's bill, which I supported was stronger and broader, and it addressed

situations exactly like the one in which Gardner found herself. Hough's bill would have required county officials to disclose campaign contributions greater than \$500 within 48 hours, and Gardner rejected the bill. However, Gardner accepted campaign cash from the lobbyist for the Downtown Hotel Conference Center at the same time she was pushing for the project. "Strong" ethics reform would have forced Gardner to disclose this contribution

Gardner claims that Frederick High School was "advanced" under her administration - but it

opened on schedule per the Blaine Young BoCC's 2012 Capital Improvement Program. Gardner also claims that she "advanced" Butterfly Ridge and Sugarloaf Elementary schools - but they are only opening on-time because developers stepped up when Gardner's only solution was raising taxes.

Gardner also claims she "advanced school construction ... including Frederick High School, as well as ... Butterfly Ridge and Sugarloaf Elementary Schools"

Fact: None of the schools mentioned by Gardner were "advanced" in any way. Frederick

HS was moved up by the Blaine Young BoCC in the 2012 Capital Improvement Program. The construction for Butterfly Ridge and Sugarloaf were delayed during Gardner's admin. They are only "on-track" because developers stepped up and forward-funded their construction when Gardner proposed raising taxes first.

Gardner claims she "advanced new and expanded parks, the Walkersville branch library, the Middletown fire station, and a number of county road/bridge projects..."

Fact: None of the projects mentioned were "advanced" at all. There is no instance of a Parks and Rec or road/bridge project being advanced. The Walkersville branch library was planned in the 2012-17 CIP established by the Blaine Young BoCC, and the majority of the Middletown fire station was funded in FY2013.

Gardner claims she has "energized job creation" and created "over 4,200 jobs" in the "past two years"

Fact: The most recent publicly-available data doesn't support this claim. From Q12015 to Q12017, total employment in-

creased by 3,197 and private sector employment increased by 3,051. Even assuming that 4,200 jobs have been added, this would be on-par with job growth in the first two years of the Blaine Young BoCC, when private sector employment increased by 4,144. There is no sign that job creation has been "energized" at all – in fact, from June 2015 to June 2016, Frederick County was the only county in Maryland that experienced negative job growth.

Gardner Claims Frederick has "earned the first ever AAA bond rating" for the country from "all three" ratings agencies.

Fact: The county was awarded its first ever AAA bond rating in 2014, under the Blaine Young BoCC. This was after the county bond rating was lowered from "stable" to "negative" while Jan Gardner was President of the BoCC. The Blaine Young BoCC achieved "one" AAA bond rating while cutting over 200 taxes and fees.

Gardner claims she "has kept taxes low with absolutely no property tax or income tax rate increases"

Fact: During Gardner's administration, the property tax rate has been set above the constant yield rate every year. By the state's own definition, this is a tax increase on Frederick County taxpayers.

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64 Meadowlark Tr., Carroll Valley, PA - 0.92 ac., well req., perc appr., great double lot, close to ski resort & golf. \$29,900	12 Snow Plow Tr., Carroll Valley, PA - Well priced lot in lovely Carroll Valley. Public sewer, close to skiing & golf courses. \$23,500
43 Hilltop Tr., Carroll Valley, PA - Great location, ready to build on, near ski slope and 2 golf courses. Close to MD. \$24,900	Lot A Waynesboro Pike, Fairfield, PA - Exceptional home site near Emmitsburg, MD. Bordered by Toms Creek in rear. \$139,900
5 Oak Ridge Tr., Carroll Valley, PA - Peaceful cul-de-sac, perc appr., priced to sell. Very motivated sellers. \$5,900	23 & 25 Gladys Tr., Carroll Valley, PA - Beautiful wooded lots with sweeping views. Low perc rate. Can be offered as 1 parcel. \$45,900

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GOVERNMENT—SOUTH OF THE MASON-DIXON LINE

County Executive Jan Gardner

Northern Frederick County shines each autumn, as thousands of visitors head to the mountains. Visitors to Colorfest overflow the streets of Thurmont to celebrate the season's beauty each October. Despite the cloudy start, this year's craft show was another success for those who start their holiday shopping early or simply crave homemade apple dumplings.

In Emmitsburg, a solemn ceremony drew thousands from across the nation to honor firefighters who have died in the line of duty. I am always touched by the National Fallen Firefighters Memorial Service and am honored to welcome families of the fallen and to let them know that our community opens our arms to them.

This year, we gained a place to honor fallen heroes from our own county. The Frederick County Fire & Rescue Museum dedicated a memorial wall honoring the 23 men and women who perished in the line of duty since 1840. I encourage you to stop by the museum on South Seton Avenue to see this wonderful tribute to our own fallen heroes.

Save money on prescription medication

Everyone likes to save money! Many residents are concerned with the growing cost of prescription medication and other health care services. I am pleased to share some good news! Frederick County has again partnered with the National Association of Counties (NACo) to provide all

residents with a free Live Healthy prescription discount card.

The prescription discount card can save you big bucks. The discount card may be used by all county residents, regardless of age, income or existing health coverage, and is accepted at 50 county pharmacies, including independent drug stores as well as major drug store chains and pharmacies located in grocery stores. There are participating pharmacies in all our neighboring counties, as well, including in Pennsylvania. The card can be used to reduce the cost of some over the counter items too. For example, people with diabetes can get a discount on test strips and the prescription discount card can even be used on prescriptions for some pet medications.

The prescription discount card is easy to use. You can take it to the pharmacy and present it along with any prescription plan you now have and the pharmacy will tell you which plan will give you the better deal or you can use the discount card alone if you do not have a plan that covers prescriptions. The prescription discount card may cover some items your health plan does not cover. Last year, the average savings for county residents who used the card was 33 percent. That's real money!

The prescription discount card incurs no cost to the county or to citizens and is offered to the county through our membership in NACo. There is no enrollment form, no membership fee and no restrictions or limits to use the discount card.

You can print an ID card from www.nacox.org, or pick one up at your local library or senior center, or many county facilities. You can call my office at 301-600-1100 and we can mail you a card.

Save money on dental and health services

More good news! Starting this month, in addition to the Prescription Discount Card, we are participating in the Live Healthy program by adding low-cost health and dental discount options. With so much uncertainty about the future of health care, these programs can offer some assurances.

The dental program provides savings on dental procedures like exams, fillings, and dentures. The health services program reduces the cost of vision services including frames, contacts, and Lasix; hearing aids, diabetic supplies, and some lab and imaging services. Many people do not have a dental plan and dental care is important to good health. The dental plan and the health services plan do have a cost but the cost is very reasonable. There are local dentists and other health care providers who participate in the dental and health discount programs.

You can sign up for just the low-cost dental program, just the health program, or a combination of the two. The programs cost less than \$7 a month each for an individual, and less than \$9 a month for a family. There is a discount for an annual enrollment. Enroll by calling

1-877-573-2395, or visit www.NA-CoHealth.org.

Live Healthy can help those who are uninsured, as well as those who are underinsured. Everyone deserves an opportunity to live healthy and have a bright future. I encourage you to check these programs out to stay healthy and save some money.

Saving green through PACE

If you own a business and want to save money on energy, the commercial PACE program may fit the bill! PACE is an innovative program that helps commercial properties to take out private loans for up to 100 percent of up-front capital costs to make energy-saving upgrades and then pay these loans back over 20 years through a special assessment or surcharge on the property tax bill. For instance, a business may want to reduce its energy consumption, conserve water, or install solar panels. PACE loans allow the work to be done quickly, while repayment can take up to 20 years. Often the savings from the energy improvements make the project net positive even in the first year. The loan repayment can transfer with the sale of the property. No public funds are used, and the county does not assume any risk for the loans.

The PACE program can help Frederick County businesses that want to save green by going green. PACE creates opportunities for other small businesses, such as the contractor making the high-tech improvements. The Bar-T Mountainside in Urbana has already been pre-approved for the first PACE loan. Bar-T is partner-

ing with TimberRock Energy Solutions of Frederick to design energy efficiencies for the ranch. If you own a commercial property and want to learn more, please call the County's Office of Sustainability and Environmental Resources at 301-600-1416 or go to www.FrederickCountyMD.gov/PACE.

Energized by Innovation

A few weeks ago, I presented the annual State of the County Address and highlighted some of the exciting and innovative programs inside county government and in the community that are energizing our community and moving us forward to a prosperous future.

In Frederick County, we are advancing innovation in public education with new state-of-the-art schools and with the LYNX program – Linking Youth to New Experiences. We are turning big ideas into new jobs with our innovative business and technology collaboration at ROOT. And we are leading the way with a new and different approach to serving our growing senior population. You can learn more by watching State of the County at www.tinyurl.com/StateofCounty2017. This presentation includes a video tour of the new Frederick High School and some video of innovation in business and agriculture. I encourage you to check it out!

Good things are happening in Frederick County every day. If you need information or have a question, please contact me at jgardner@frederickcountymd.gov or at 301-600-3190.

Growing pains

Justin M. Kiska

For as long as I can remember, one of the most heated debates in Frederick County has always been over growth. It's a divisive issue, there's no doubt about that. As I was making some notes before I started writing this piece, I went back and read some articles and editorials from about fifteen years ago. When I compared them to some of

the recent stories and articles, they could be interchangeable. The arguments for and against growth in Frederick County have changed very little over the last two decades. It really is amazing how in twenty years so much has changed, yet so much remains the same in many ways.

The latest discussion about future growth and development in the county started when County Executive Jan Gardner held a press conference to take the final Board of County Commissioners to task for approving so many de-

velopment projects. At the press conference, she released two studies that outlined the amount of infrastructure improvements that would be needed to accommodate the 21,000-plus housing units now in the development pipeline.

The county executive said it will cost roughly half a billion dollars in infrastructure projects to handle the pending – or “looming,” depending on who you talk to – growth. \$500 million is a pretty big price tag – even scary. But there's one thing everyone needs to realize; this

cost is spread out over a period of time. The county doesn't need to find \$500 million by next year. We can be talking as long as thirty years. When you do the math and look at it being just under \$17 million a year, the sticker shock isn't as bad. Of course, some years will be more, some less. The point is, \$500 million in infrastructure improvements over thirty years is not that unthinkable.

Here are two more things to think about. As these 21,000 new homes are bought and people move in over the next thirty years, they will start producing tax revenue to help offset the amount needed for the infrastructure improvements they require. Second, some of the road projects mentioned in the Monrovia/New Market Roadway Needs Study are projects that have been discussed for some time and will be needed regardless of future development. There are already 240,000 people in Frederick County and they have needs as well.

So, it comes down to the fact that the situation is not necessarily as dire as County Executive Gardner's press conference led everyone to believe.

That's not to say uncontrolled growth wouldn't seriously hurt Frederick County. I don't think anyone wants to see the develop-

ment on top of development that is Montgomery County. At the same time, we can't just freeze all future development and say no more ever again. It cannot be one extreme or the other. We need to find the middle ground when it comes to future growth.

The fact is, Frederick County is growing and it's going to continue to grow. It can't be stopped and shouldn't be. But it does mean that we must be prepared and plan for this development so that everyone will have a chance to benefit. I believe with all my heart, well thought out and planned development is a good thing. In planning for this growth though, the infrastructure must be in place. Our roads must be able to support increased traffic. Our schools must be able to handle more students. And our public services must be able to provide the highest level of service possible.

We can't run from the issue of growth and hope it just goes away. We can't stop all future development projects and we can't just allow development for development's sake. Growth can be good if it is planned and done correctly. When that happens, everyone wins.

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FROM THE DESK OF...

Carroll Valley Mayor Ron Harris

As of November 1st, we are 23 days to the unofficial or official start of the holiday shopping season. If you are wondering why it is called Black Friday it is because it relates to businesses recording their losses in red ink and gains in black. I don't think that helps. One good thing though is this year we turn back the clocks and say goodbye to Daylight Saving Time in the early hours (2 am) of November 5th. That means an extra hour of sleep and at my age I want all the sleep I can get even if the rest of the nation wants to join in.

Election Day is November 7th (Tuesday). The polls will be open from 7 a.m. to 8 p.m. All voting will be held at the Carroll Valley Community & Education Complex. If you have any questions regarding the election polls and voter ID, contact Ms. Monica Dutko, Adams County Director of Elections and Voter Registration at 717-337-9832. A sample of the Official General Election Ballot can be seen at www.adamscounty.us and then go to Administration > Elections and

Voter Registration > Election Resources 2017.

On November 10th, our nation celebrates the birth of the United States Marine Corps. Did you know that the Marine Corps was created during the Revolutionary War? They are celebrating their 242nd birthday. Veterans day falls on Saturday, November 11th. It is a day we honor all Armed Forces veterans who have served our country. As they do each year, Fairfield School is holding a "Veteran's Day Breakfast" on November 13th from 8:30 a.m. to 10 a.m. in the Fairfield High School cafeteria. All veterans as well as their spouse or guest are invited to attend. For more information you can call the office at 642-2045 or email fasdvets@fairfield.k12.pa.us. As a 20-year veteran, please accept my heartfelt appreciation. We celebrate Thanksgiving this year on November 23rd.

Around this time of year, the question always comes up as to whether someone can hunt in Carroll Valley. To clarify the rules, Carroll Valley can-

not change state law regarding hunting; however, current state rules make legal hunting in Carroll Valley difficult. Pennsylvania has what are called "Safety Zones". In a safety zone, it is unlawful to hunt for, shoot at, trap, take, chase or disturb wildlife within 150 yards of any occupied residence, camp, industrial or commercial building, farm house or farm building, or school or playground without the permission of the occupants. It is unlawful to shoot into a safety zone, even if you are outside of the zone. Driving game, even without a firearm or bow, within a safety zone without permission is unlawful. For comparison, think of a safety zone as about one and a half football fields. Hunting on hospital and institutional grounds, and in cemeteries, is also prohibited.

The safety zone for archery hunters statewide, including those using crossbows, is 50 yards. Archery hunters carrying muzzleloaders during any muzzleloader season must abide by the 150-yard safety zone regulation.

Around playgrounds, schools, nursery schools or day-care centers, the safety zone remains 150 yards. For further information, refer to www.pgc.state.pa.us. As Carroll Valley has grown over the years, it is more and more difficult to find a location outside these safety zones. Should you think someone is hunting too close to a residence, you can call the Pennsylvania Game Commission's Dispatch Center in Huntingdon at 814-643-1831 and an officer will check for violations. If you see persons hunting from vehicles or after dark, call County Dispatch at 9-1-1 to get the quickest response."

The Fairfield Fire & EMS Fall Gun Feed is scheduled for November 11th. The ticket price is \$20 and are available from a Fire Department member or call 717.642.8842 for more information. The Fairfield Fire & EMS Bingo will be closed on Thanksgiving Day but on Saturday, November 25th (the Saturday after Thanksgiving) the Buck Fever Bingo will be held. The format/program will be the same as First Friday with 3 \$1,000 Jackpot games! Call the Fire Department for further details. Come to play bingo

and support the Fire Department.

If interested, you can view the pictures taken at the Fairfield Fire and EMS Open House, www.ronspictures.net. Based on the results of the October 25th Council and Finance Committee Workshop review of the Carroll Valley draft 2017 Budget prepared by our borough manager, Dave Hazlett, the current Borough tax rate will remain at 2.45 mills or .00245 of assessed value of land and buildings – meaning No Tax Increase. The next steps – Council approves the advertisement of the budget for public review at the November meeting and, if no changes, the tax ordinance will be signed at the December meeting. The Borough Office will be closed November 7th (Election Day). Meetings this month will be November 14th (Council Meeting), November 15th (Recreation Committee), and the Office closed November 23rd and 24th (Holiday). Please reduce your speed to make sure you, your loved ones, your friends and neighbors will be safe. If you have any questions call me at 301-606-2021 or email at MayorRonHarris@comcast.net. Happy Thanksgiving folks!

Candidates for Carroll Valley Borough Council

Richard Mathews

I am a Republican running for a 4-year seat on the Carroll Valley Borough Council and I ask for your vote.

My wife and I bought our Carroll Valley home in June of 2012. I am a self-employed consultant and Executive Director of a 501(c)(5) non-profit. I am actively involved as the Vice Chairman of the Adams County Republican Committee. My education includes Master of General Administration, Bachelor of Science, and Associate of Applied Science degrees and professional development certifications in Leadership, Management, and Administration.

I believe Carroll Valley citizens want council members who listen, and when appropriate, take action on their concerns. I will listen and show respect for your positions.

I believe Carroll Valley citizens

expect their tax dollars to be spent wisely and they want to know the real cost of projects such as the new Borough building. I strongly believe in being fiscally responsible and will vigorously oppose any unnecessary tax. I will insist on full disclosure of the real costs to our citizens.

I believe Carroll Valley citizens expect their council members to take actions that ensure public safety and preserve the overall quality of life. Government must provide only necessary services while protecting our community's quality of life and public safety. That will be my goal.

I believe Carroll Valley citizens expect their council members to put community over personal gain. I will serve for the community, not personal gain.

I have nearly 40 years of leadership experience and 32 years of Board experience. Nearly 34 of those years in

various USDA positions and programs where I earned over 30 performance awards. I am experienced, managing programs; leading paid staff and volunteers; creating budgets and plans; providing oversight, advising and serving on Boards; meeting with and speaking before Congressional members and staff; writing and interpreting regulations and statutes; developing and implementing review and evaluation programs; conducting reviews and evaluations; coordinating and leading meetings; and performing training.

I have served in leadership of two homeowner associations where I held positions of President, Treasurer, and Director. I was president of a 100-unit homeowners association, which provided all outside building maintenance, play grounds, lawn care and landscaping, snow removal, street and sidewalk repairs, street lighting, insurance, and assessment collection.

Michael Wight

Originally from Michigan, my family and I moved to Maryland in the early 90's to pursue a career with UPS. My career with UPS began as a developer, writing the software for several communication initiatives. A few years later, I moved into developing the UPS website and the applications, continued into management of development and support teams, and retired as a Senior Manager in 2016. Last year, my wife and I moved to Carroll Valley and we continue to appreciate what the area offers in terms of quiet living and amenities.

Since moving into the community, I have become involved with volunteer opportunities such as Ruth's Harvest, and the Wesley Chapel United Methodist Church's Family Fun Nights. I also volunteered to be a

member of the Fort Ritchie Community Center Board of Directors. I have volunteered for many of the activities and programs there, including the Easter egg hunt, and I have used my knowledge in IT to help with computer and network issues. Additionally, I used my technical background during the final stages of the new Carroll Valley Borough building project. I had an opportunity to review the contract and contribute my knowledge of wireless systems and IT processes. During this time, I made suggestions that saved the Borough more than \$10,000 dollars.

My time at UPS was filled with volunteer opportunities. Using my skills, knowledge, and wisdom was a way of life, and I am looking to continue that with the Carroll Valley Borough.

I like what I see here in Carroll Valley, and I would like to help keep it that way. There are areas for improvement and refinement. The parks and public areas get some use, but with a minimal facelift they could be more attractive - and some of that is going on now. Some have called Carroll Valley a "Bedroom Community" and I like that. With yards and neighbors and community events, there is a quality of life here that we found attractive and that I, for one, would want to help maintain.

I was ineligible to run in the primaries due to a residency requirement. That requirement was fulfilled in August, so now I am running as a write-in candidate.

Robert Verderaime

I respectfully solicit your vote to be your representative on the Carroll Valley Borough Council.

Unless you know the candidate personally, what criteria should you use in determining whom to vote

for and who best represents your interests. I suggest that answers to the questions who, what, and why, can help make the right decision among the candidates vying for the position.

The "who" and "what" are interrelated. You would want to know who the person is, their background, their credentials, and what they can bring to the Council. I ask you to consider the following information in voting for your representative.

I am a semi-retired attorney, licensed to practice in the State of Maryland. My undergraduate degree was obtained from Loyola University Maryland and my law degree from the University of Maryland School of Law. I still maintain an office in Baltimore.

Serving on the Council requires the ability to analyze, discuss civilly, weigh the pros and cons of any issue, and reach a decision, which is best for the majority. Having served as president of a PTA, a homeowner's association, and a bar association, has taught me those qualities. In addition, I have been elected to serve on a national association board of governors and to serve on a governor's task force. These too have been important in understanding the mechanism of serving on bodies that establish a policymaking, which has an effect upon others. In addition, I have served for almost eight years on the Carroll Valley Planning Commission.

To answer the "why" question is to simply state I believe my background can help me understand and act on those matters that come before the Council and which affect each and every resident of Carroll Valley. My primary consideration is to retain the ambiance, quietness, rural atmosphere, and the wonderful quality of life living in Carroll Valley brings.

If you believe that I can best represent you on the Council, then please cast your vote accordingly and I thank you for it.

VOTE
For
STEVEN
SITES
Carroll Valley
Borough Council
On
November 7th
Paid for by Steven Sites

GOVERNMENT—NORTH OF THE MASON-DIXON LINE

Liberty Township Supervisor Walter Barlow

The most important question in every election – including the upcoming election for supervisor in my township, Liberty Township on Tuesday, November 7 – is also the question most rarely addressed: what is the fundamental responsibility of an elected official? The answer is quite simple.

There is but one duty of an elected official: to serve the public. To ensure that employees, finances, and operations are managed properly and in the best interests of all

citizens. To advance only those measures that will benefit the public as a whole. To investigate and expose any and all wrongdoing. To encourage and elevate public discourse, so that all viewpoints are heard and respected. In short, an elected official must be a servant of the public – representing all citizens fairly and equally.

That is the principle I have followed since being elected two years ago. It is why I pressed for an investigation of my township's financ-

es, which revealed nearly \$100,000 (and possibly much more) in funds misallocated, lost, or outright embezzled by the township's former treasurer. It is why I have continued to push for a full audit of the township's books, and insisted that all business be conducted in meetings open to the public. It is why I have advanced multiple measures to reform the township's governance and management. And it is why I have endeavored at all times to engage with all citizens, even those

with whom I disagree, and demanded that everyone be treated with respect.

Others do not follow the same principle, however. The supervisors with whom I serve resisted any investigation or disclosure of misdeeds of the former treasurer, and they have continued to block further inquiry into township accounts or past mismanagement. They have granted those who support their own views and interests – including my opponent in the upcoming elec-

tion – unique access to township resources and communication channels. They have allowed and indeed encouraged them to denigrate and defame other citizens, even at township meetings, as my opponent has done on many occasions (often in vulgar and aggressive terms).

I originally ran for election to combat such abuse, and I am running for reelection to stop it. I hope that, with the support of other concerned citizens, we can achieve that goal and secure the government that we deserve: one that serves all the people – not only its officials and their friends.

Vincent Gee, Candidate for Liberty Township Supervisor

In the last couple months I have journeyed to all corners of our township to hear the opinions of the voters of Liberty Township. I have conversed with voters regarding many different issues. These issues include the Wormald development, casino, wildlife populations and financial accountability. The question which stands out the most which was asked of me was, "How can one person make a difference in our township?"

"Showing a positive attitude, an openness to ideas and a desire to perform ones best." is in my opin-

ion the optimal way to make a difference in our township.

We must end the negativity which has encircled our township. Negativity has never accomplished anything other than destruction and we ought to eradicate it. Many people I spoke with in our township stated that they refuse to attend the township meetings due to the amount of hostility there. How can we solve the problems facing us when the people who can make a difference won't attend? We need to change this.

Furthermore, in business I have realized that no one person has all the first-class ideas. Success is determined by the ability of an organization to consider all options available. A successful manager must be a shepherd of exceptional ideas. The shepherd must keep the flock safe and protect it from the wolves, which try to harm or steal. In retrospect, we have all experienced what a bad manager looks and acts like, do we want another six years of this type of township management?

Finally, the last way a manag-

er can make a difference is to demonstrate a desire to perform to the best of one's ability. This facet needs little explanation, we all know what the best looks like. Sometimes our best might not always be the first place, but the desire to achieve our best is always visible in our actions. As always, "a task worth doing, is a task worth doing right".

For the prior two years, our township experimented with the complete opposite of this management approach. Has the incumbent Mr. Barlow accom-

plished anything? Does the township operate smoother? Are we solving problems and moving forward? Unfortunately, the answer is no. As of today we are still in the mists of frivolous lawsuits and I reckon our local government will continue to deteriorate unless an alteration is made to the management of our township.

November 7th we can improve the future of our township with a vote for Vince Gee as township supervisor. Become a voter on November 7th and make a difference!

Letter to the editor

In a small organization with only a few employees, it is difficult to incorporate internal controls over funds. Often times you need to trust the one

person handling the money. Unfortunately this trust was broken in Liberty Township and funds were misappropriated. Now is the need for stron-

ger policy and procedures for internal controls over the Township funds.

Supervisors John Bostek and Bob Jackson have initiated a change in internal controls. They are requiring more documentation and they are spending much more time review-

ing this documentation before issuing checks. This is a strong policy.

Another good internal control policy is to rotate duties among the supervisors. Fresh eyes reviewing the records can catch potential errors. Unfortunately, as stated at the October 3rd meeting, Supervisor Walter Barlow "will not process payroll until certain matters are resolved". Why is Mr. Barlow waiting? We need to protect our funds now. The business of the township has not stopped. It can't wait. Mr. Barlow needs to start performing his duties of a supervisor.

A few months ago, Mr. Barlow sued our two township supervisors. His suit was dismissed in the Adams County Court. Mr. Barlow did not like that

decision, so he is suing again.

To my Liberty Township neighbors, please realize that township funds pay for the defense of a lawsuit over our supervisors. Every resident's taxes go into the township funds. When someone sues the township supervisors, that person is suing every resident of the township.

I will not vote for Mr. Walter Barlow in this next election. I support Vincent Gee. Mr. Gee has the knowledge to incorporate good policy and procedures for internal controls over the township monies. He also demonstrates the ability to work as a team member with the other supervisors. Please join me in electing Vincent Gee for Liberty Township Supervisor.

THE PASTOR'S DESK

A thousand gifts

Joyce Shutt
Pastor Emeritus,
Fairfield Mennonite Church.

A little book, *One Thousand Gifts* helped me capture the power of gratitude. Life felt heavy after my sisters died. One entry absolutely mesmerized me, enabling me to look at life through a new set of eyes, grateful eyes. "Blue shadows on the snow." That particular phrase, that specific observation, invited me to look for my own grace notes, my own blue shadows on the snow.

Gratitude is a choice, a deliberate way of living, of looking for and teaching ourselves to not just see, but to embrace the serendipitous, overlooked moments, insights, beauty, opportunities, gifts of everyday life. Gratitude opens the door to joy, to unknown possibilities, to appreciating the seemingly insignificant, everyday things we simply assume will be there. Gratitude re-orient us, deepens our awareness of much in life. Gratitude broadens our horizons, healing us, filling us with promise and hope. Gratitude, when truly embraced, fills our inner spaces with positive energy, pushing out anger, hatred, bitterness, resentment, jealousy. Gratitude actually

changes our brain chemistry!

Thanksgiving is my favorite holiday. Thanksgiving is the least commercial, the most up-lifting of our national celebrations. Thanksgiving is relatively free from the commercialized, obligated shopping, gift giving, entertaining, decorating one-upmanship that's come to characterize Christmas, for instance. Yes, there is the elaborate feasting aspect of the day, which can be a challenge for the cook, but in the end, Thanksgiving is primarily about taking time out of our busy lives to simply be together, to be grateful, to focus on what we have rather than grumbling about what we don't have.

Gratitude for our families and friends, dysfunctional and wacky as they may be. Gratitude for shelter, clothing, the basic necessities of life. Gratitude for doctors, medicine, public schools, jobs, decent roads, safe bridges.

Thanksgiving is a day to gratefully enjoy eating too much, napping, watching football together, taking a walk, putting down our grumbles and complaints and just enjoying what is.

Holidays can be difficult for many. Holidays are filled with memories,

some bitter, some sweet. Holidays bring out the best and the beast in us. Holidays are rife with unrealistic expectations, sanitized, glamorized versions and expectations of family. That's one reason why years ago our little congregation chose to create a new tradition for ourselves. Instead of a divorced mother feeling sorry for herself because the kids were spending the day with dad, a widow being alone, families separated by distance or unresolved hurts, or folks just wanting to be part of a big do, we now hold a communal Thanksgiving dinner at the church for any and all. Since our congregation practices what we call membership by participation, we don't focus on who is in or who is out. If you are with us, you belong! Our table, God's table, is open and welcoming. Thanksgiving dinner is a time together with all the perks, but not all the work. We pot-luck food, including the turkey and trimming, the decorations. We share special family dishes, traditions, stories, things for which we are grateful, even the clean-up. Being together, we remind ourselves that God's extended family extends far beyond our religious, national, ethnic, racial, cultural or family ties.

A number of years ago Mennonite church workers started taking small oil lamps with them when they traveled around the world, giving these lamps to churches, mosques, synagogues, and other places of gathering and worship. They had only one request; that the recipients light the lamp and pray for peace on a daily or weekly basis, knowing they were joining thousands of others around the world.

We have one of those lamps in our sanctuary. Each Sunday morning our peace moment has become an integral part of our service and week. Folks can't wait to share the many ways each saw or participated in random acts of kindness, paying it forward moments, moments of actively practicing thanks-giving and thanks-living.

What if we made everyday a thanks-giving day and thanks-living day? How would that change us? How might gratitude change our broken world? Studies document that to be authentically happy and productive we have to actually practice both intentional and random acts of kindness and gratitude. It's not enough to just think that "thank you." We need to say it out loud. Gratitude, to be gratitude, is active, not

Incarnation UCC Responds To Hurricane Crises

When Incarnation United Church of Christ members realized the incredible devastation recent hurricanes had inflicted on Texas, Florida, nearby states, and Puerto Rico, we contacted Church World Service (CWS) to inquire how we could help. CWS gave us a list of options from which we decided to fill Clean-up Buckets with supplies as listed by the CWS.

We were very fortunate to have the Sherwin Williams paint store in Westminster donate the buckets for the relief cause. Incarnation filled 24 buckets and delivered them to the CWS facility in New Windsor on October 17. The office manager told us that our buckets would be used to restock the warehouse for future emergencies; buckets had already been distributed to where they were needed here in the U.S. A container was on its way to a New Jersey port to be loaded with supplies headed for Puerto Rico—they expected it to take three weeks to arrive there.

Church World Service began in 1946 following WWII to meet a



staggering refugee crisis in Europe and Asia. In the 50s, 60s, and 70s CWS expanded its assistance to other successful projects. At the request of the many churches and organizations that work in partnership with CWS, in the 1970s it began responding to disasters in our own country. Today Church World Service works together as part of a global partnership that responds to human needs around the world.

It's worth the trip New Windsor to visit and tour their shipping facility there; it's quite fascinating.

passive. For instance, just by keeping a gratitude diary and writing down at least three things a day for which we are grateful for at least four months we can actually cure or modify depression and alter our brain chemistry, thus developing a new way of experiencing the world!

Webster defines altruism as an unselfish regard for, or devotion to the welfare of others. Altruism and gratitude are integrally linked. They are the highest form of self care. Unfortunately, our society has become so polarized by focusing on individual rights and wants that we have forgotten what affects others ultimately affects us. Study after study documents that people who volunteer without regard for praise or pay-offs, people who willingly help others, who donate to good causes are less depressed, happier, physically healthier, more productive, creative, and live longer. Even those required to do community service find they feel better about themselves, are more confident, less judgmental, and experience a greater sense of peace and contentment.

Since we all live in community and are far more dependent and inter-dependent than we realize, let's use this Thanksgiving season as a time to jump start our attitude of gratitude. Let's begin


by saying "thank you" to all those "invisible" people such as store clerks, first responders, road and sanitation workers, waitresses, cooks, school teachers, janitors, linemen; all those who serve us everyday. Let's take time to become aware of what they do to make our lives better. Let's share our time and talents with others whether at church, home, school, food pantries, homeless shelters or other helping agencies. Let's treat our families with decency and respect, thanking them for just being.


Thanks-giving and thanks-living means no longer taking each other for-granted! Let's turn off our cell phones, look at each other and say, "I love you! Thank you for being you! Thank you for enriching my life." After all, science has proven that when we help others and practice gratitude, our bodies release pleasure and pain relieving chemicals called endorphins. By being authentically grateful and by helping others, we help ourselves! So, let's all have a grateful Thanksgiving Day. Let's get out our pens and start a gratitude diary. Let's be intentional about developing an attitude of gratitude!

Joyce Shutt writes a daily blog that you can read by going to stepstohope.weebly.com.

Join Us For An Evening Of
GOSPEL MUSIC
Sunday, Nov. 12th
7:00 p.m.
8619 Black's Mill Road, Creagerstown
Enjoy the gospel side of Carl Thayer, Jr. and the Moosic Land Band with the help of singer Lori Williamson and fiddler Lavinia Reid!
Refreshments in the church after the concert!
Worship on Sundays at 9:30 a.m. with Pastor Wayne
St. John's Lutheran Church Call: 301-304-2507
8619 Black's Mill Rd., Creagerstown, MD Or Visit Us At: www.emmitsburg.net/iglc
(Take 15 N. or S., get off at Thurmont exit and follow Rt. 550 to Creagerstown.)
(Take 194 N. or S., turn onto Rt. 550 at Woodboro to Creagerstown.)

125th Annual
Thanksgiving Dinner
Thursday, November 23, 2017
11:00 am to 4:00 pm
Menu: Roast Turkey, Country Ham, Mashed Potatoes, Gravy, Sweet potatoes, Corn, Green Beans, Homemade Cranberry Relish, Pies & All The Trimmings.
Fancy Table ~ Homemade Items
Adults: \$20 Children (7-10) \$10
Children Under 7 FREE Carry-Out \$22
St. John's Lutheran Church Call: 301-304-2507
8619 Black's Mill Rd., Creagerstown, MD Or Visit Us At: www.emmitsburg.net/iglc
(Take 15 N. or S., get off at Thurmont exit and follow Rt. 550 to Creagerstown.)
(Take 194 N. or S., turn onto Rt. 550 at Woodboro to Creagerstown.)

 **FREE Community Dinner!**
Trinity United Methodist Church, 313 West Main St., Emmitsburg,
invites all residents of the Emmitsburg area to share a free meal and
fellowship. There is no charge for these meals and we welcome your attendance.
**Wednesday - November 29th
& December 27th, 2017**
Meals will be served from 5:30 - 7:00 p.m.
Please call Merri Sayler at 301-667-6169 for more information.

 **Please Join Us!**

BOOK OF DAYS

Mermaids



Nov 24

Mermaids have had a legendary existence from very early ages; for the Syron of the ancients evidently belonged to the same remarkable family. Mermen and mermaids and men of the sea, and women of the sea have been as stoutly believed in as the great sea serpent, and on very much the same kind of evidence. Sometimes, as expressed in Haydn's Mermaid's Song, there is a delightful bit of romance connected with the matter: as where the mermaid offers the tempting invitation:

*'Come with me, and we will go
Where the rocks of coral grow.'*

However, the romance is somewhat dampened when the decidedly fishy tail is described. The orthodox mermaid is half woman, half fish; and the fishy half is sometimes depicted as being doubly tailed.

Notices of mermaids are scattered abundantly in books of by-gone times; sometimes in much detail, sometimes in a few vague words. In Merollo's Voyage to Congo, in 1682, mermaids are said to be very plentiful all along the river Zaire. A writer in Notes and Queries, in November 1858, lighted upon an old Scotch almanac, called the Aberdeen Almanac, or New Prognostications for the Year 1688 in which the following curious passage occurs:

"To conclude for this year 1688. Near the place where the famous Dee payeth his tribute to the German Ocean, if curious observers of wonderful things in nature will be pleased thither to resort the 1, 13, and 29 of May, and in divers other times in the ensuing summer, as also in the harvest time, to the 7 and 14 October, they will undoubtedly see a pretty company of mermaids, creatures of admirable beauty, and likewise hear their charming sweet melodious voices."

In Scotland, about the same period, a real mermaid was seen, if we are to believe Brand's Description of Orkney and Shetland, published in 1701. Two fishermen drew a mermaid up with a hook, having face, arms, breast, shoulders, &c., of a woman, and long hair hang-

ing down the neck; but the nether part from below the waist hidden in the water. One of the fishermen, in his surprise, drew a knife and thrust it into her heart; where upon she cried, as they judged, "Alas!" and the hook giving way, she fell backwards, and was seen no more. In this case, the evidence went thus: Brand was told by a lady and gentleman, who were told by a bailer to whom the fishing boat belonged, who was told by the fishers; and thus we may infer as we please concerning the growth of the story as it travelled.

In 1775, there was a very circumstantial account given of a mermaid, which was captured in the Grecian Archipelago, in the preceding year, and exhibited in London.

"It has," as the Annual Reviewer of that day said, "the features and complexion of a European. Its face is like that of a young female; its eyes of a fine light blue; its nose small and handsome; its mouth small; its lips thin, and the edges of them round like those of a codfish; its teeth small, regular, and white; its chin well shaped; its neck full; its ears like those of the eel, but placed like those of the human species; and behind them are the gills for respiration, which appear like curls."

"Some (mermaids) are said to have hair upon the head; but this has none, only rolls instead of hair, that at a distance may be mistaken for curls. But its chief ornament is a beautiful membrane or fin, rising from the temples, and gradually diminishing till it ends pyramidically, forming a foretop like that of a lady's headdress. It has no fin on the back, but a bone like that of the human species. Its breasts are fair and full, but without nipples; its arms and hands are well proportioned, but without nails on its fingers; its belly is round and swelling, but no navel. From the waist downwards, the body is in all respects like a codfish. It has three sets of fins, one above another, below the waist, which enables it to swim out upon the sea; and it is said to have an enchanting voice, which it never exerts except before a storm."

There is an equally circumstantial account of a mermaid observed by one Henry Reynolds, in 1782:

One morning, just outside the cliff, he saw what seemed to him a person bathing, with the upper part of the body out of the water. Going a little nearer, to see who was bathing in so unusual a place, it seemed to him like a person sitting in a tub. Going nearer still, he found it to resemble a youth of sixteen or eighteen years of age, with a very white skin. The continuation of the body below the water seemed to be a brownish substance, ending with a tail, which seemed capable of waving to and fro. The form of its body and arms was entirely human; but its arms and hands seemed rather thick and short in proportion to its body. The form of the head and all the features of the face were human also; but the nose rose high between the eyes, was pretty long, and seemed to terminate very sharp. Some peculiarities about the neck and back are then noticed, as also its way of washing its body. It looked attentively at him and at the cliffs, and seemed to take great notice of the birds flying over its head. Its looks were wild and fierce; but it made no noise, or did it grin, or in any way distort its face. When he left it, it was about a hundred yards

from him; and when he returned with some others to look at it, it was gone.

We hear nothing further of this merman or merboy; but on looking at the roundabout evidence of the story, we find a paper containing the account was lent to a Mrs. Morgan; the paper had been written by a young lady, pupil of Mrs. Moore, from an oral account given to her by that lady; Mrs. Moore had heard it from Dr. George Phillips; and he had heard it from Henry Reynolds himself. From all of which statements we may infer that there were abundant means for converting some peculiar kind of fish into a merman without imputing intentional dishonesty to anyone.

Something akin to this kind of evidence is observable in the account of a mermaid seen in Caithness in 1809, the account of which attracted much attention in England as well as in Scotland, and induced the Philosophical Society of Glasgow to investigate the matter. The editor of a newspaper who inserted the statement had been told by a gentleman, who had been shown a letter by Sir John Sinclair, who had obtained it from Mrs.

Innes, to whom it had been written by Miss Mackay, who had heard the story from the persons (two servant girls and a boy) who had seen the strange animal in the water.

So it is with all these stories of mermaids when investigated. There is always a fish at the bottom of it either a living fish of peculiar kind, which an ignorant person thinks bears some resemblance to a human being; or a fish which becomes marvelous in the progress of its description from mouth to mouth; or a dead fish's skin manufactured into something that may accord with the popular notions regarding these beings.

Mr. George Cruikshank, in 1822, made a drawing of a mermaid, it drew crowds by its ugliness, and showed what wretched things will suffice to gull the public although, of course, outside the booth at the fair there was a picture of the orthodox mermaid, with beautiful features and hair, comb in one hand, mirror in the other, and so forth.

To read other selections from Robert Chambers' Book of Days visit www.thebookofdays.com.

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COMMENTARY

Words From Winterbilt

Hurricanes, flood insurance, the budget and tax cuts

Shannon Bohrer

Hurricanes Harvey, Irma and Marie were news and then more news. Before the hurricanes even made landfall, government agencies, private charities and individual citizens made preparations. When the hurricanes struck the relief efforts began - and in many places they still continue. The damage, devastation and loss of life were so great it is expected that many communities will take years to recover. Some may never recover and of course, that is providing the same communities are not struck with additional storms.

We understand from recent history, with Hurricane Sandy in New Jersey and before that, Hurricane Katrina in New Orleans, that recovery takes time and a lot of money. We also understand that these horrific storms have broad impacts, starting with loss of life. Impacts also include homeowners without flood insurance meaning that many have lost everything.

We see the news, we donate to charities and we follow some recovery efforts and then we move on. That is until another storm or national emergency happens. The problem is that these national emergencies seem to occur more frequently. Are they becoming normal? Are we as a nation do-

ing enough to prepare for future emergencies? While we were all watching the floods, the west was burning up with wild fires and more hurricanes were forming. Of course since they seem to also be occurring more frequently, maybe the public is just tired of watching.

Moody's Analytics projected the economic cost of Hurricane Irma, in Florida, will be \$64 billion to \$92 billion. That's in addition to the projection of \$108 billion from an estimated damage from Harvey. Hurricane Marie's initial estimate is 90 billion. Just these three storms could cost \$276 billion. That sounds like a big problem, but we have insurance - don't we? Actually, we don't. According to the news reports, it is estimated that only about 10 percent of those affected have flood insurance.

The Federal government sells flood insurance. It is known as the National Flood Insurance Program (NFIP).

The National Flood Insurance Program was created in 1968. Why it was created was simple. The private insurance companies left the markets when they realized it was not profitable. Currently home owners in areas called "NFIP - participating communities" are eligible to purchase the insurance. In theory, the communities have a risk of flooding and have adopted

mitigation measures to deal with floods. The insurance rates are heavily subsidized. Currently the NFIP is \$25 billion in debt, but it collects around \$3.5 billion in premiums. These numbers were before Harvey, Irma and Marie.

"Whether or not FEMA will ultimately be able to pay off the debt is largely dependent on future insurance claims, namely if catastrophic flooding incidents such as Hurricanes Sandy or Katrina occur again and with what frequency." The quote was from a congressional report, published just a month before Harvey. That does not sound good.

How will congress solve this issue? Can the government continue to subsidize insurance for millions of homeowners? It is really very simple, if the government charges its customers the real cost of insuring at risk properties from flooding, the government's NFIP would be solvent. However, the cost of insurance would be so high that many or most could not afford it, so fewer would be covered. That would mean that the NFIP would still be losing money.

The NFIP has been questioned before about problems and issues and has gone through a few changes. One change only allowed for a limited number of payments due to flooding and then the government

would purchase the property. That did not last long. Just imagine a group of multi - millionaires having homes in almost exclusive waterfront properties. The homes are flooded and the government wants to take possession of the properties. I am sure the home owners started calling their congress persons - since the rule was reversed.

Another issue was that the NFIP did not allow the sale of flood insurance, unless the property was actually in a flood zone. After some major disasters, like Katrina, the program changed so more individuals could purchase the insurance. Sounded like a money maker, selling insurance to homeowners that are not supposed to flood. However, many of those properties in none flood zones - are now flooding.

Many groups complain that by selling subsidized flood insurance the NFIP is creating incentives for individuals to move into flood prone areas. This is evident in that the NFIP refers to properties that repeatedly flood as "Repetitive" and "Severe Repetitive Loss Properties." Meaning the NFIP is subsidizing the rebuilding, repeatedly, with no encouragement to move to non-flood areas. As one "Severe Repetitive" Houston homeowner recently said, if I could sell my property, I would. He said he has no choice but to stay put and keep paying his insurance premiums.

No matter how one examines the NFIP - problems exist and they seem to be growing. I don't believe the government can stop provid-

ing the insurance, since millions of home owners rely on it. And at the same time, the NFIP cannot afford to sell more insurance, since each policy is a potential loss and the program is already in the red. More and more people are living in coastal areas and more and more will be flooded and more and more will buy the insurance. The NFIP is one very large subsidy - that is growing.

Related to the issue of debt, some members of congress that have stated - that in the future we will be unable to afford Medicare - because it cost too much. The latest federal budget proposal includes provision for future seniors to be given a stipend - to purchase their own insurance. Of course this won't affect current Medicare recipients. At least that is what they are telling us.

In the midst of all this debt, our President and some members of congress have put forth a proposal to reduce our taxes. The party in power says this will be good for everyone and grow the economy. However, independent analysis predicts the economy will not grow and eighty percent of the proposed benefits will go to the top one percent. Millionaire tax cuts, insurance for million dollar homes on seashores, but we don't have enough money for Medicare? I predict it will get worse - before it gets better.

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

Common Cents

Praying for the moths and beetles

Robert C. Koehler

"... insects as a group are in terrible trouble and the remorselessly expanding human enterprise has become too much, even for them."

And instantly I'm beyond the realm of anything I know, as I consider the gradual disappearance not of whales but of ... beetles, moths and hoverflies, thanks to the human enterprise we call civilization, as Michael McCarthy put it in The Guardian.

It's too easy to isolate these deeply troubling matters, to focus on one, take aim and fire off blame, but in my uncertainty and aching sense of responsibility, as a full participant in the human enterprise, I find myself groping instead for understanding. We have to change course and I have no idea where or how to start, except in a million places at once, but all of these starting places have at least this much in common: reverence for the planet and life itself; acknowledgment and awe that the universe is alive and we are connected to everything in it; and a sense that even the small, mocked, discarded fragments of civilization are to be valued ... that they are sacred.

The human enterprise of the present moment - the culmination of ten millennia or so of "dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth" - is founded on a polluted and perverted sense of the sacred. Money is what's sacred, because money is the lever of power, conquest, control, dominion.

And thus, as McCarthy points out, dating back to the 1970s, "though unnoticed by the world at large, a whole giant ecosystem was collapsing. The insect world was falling apart.

"Today we know beyond doubt, and with scientific statistics rather than just anecdote, that this is true, and the question immediately arises: what caused it?

"It seems indisputable: it is us. It is human activity - more specifically, three generations of industrialized farming with a vast tide of poisons pouring over the land year after year after year, since the end of the Second World War. This is the true price of pesticide-based agriculture, which society has for so long blithely accepted."

The disappearing insects pollinate plants and are food for numerous species of birds, "and their disappearance," McCarthy writes, "is a principal reason why Britain's farmland birds have more than halved in number since 1970."

In other words, insects are valuable - a crucial part of the world we inhabit - because all of life is complexly connected. But to leave it at this is to reduce "value" to functional necessity. If life is sacred, all the fragments of it are valuable in and of themselves, and contribute to the whole in ways we cannot begin to fathom.

In our ten-millennia (and remarkably successful) quest for dominion, we have, I deeply fear, lost a sense of the whole, "that great, amorphous void," as Laura Bridgeman writes, "which we draw individuals out of, pour refuse in to, and in which lives the nameless, faceless 'biomass' that we refuse any real legal or political consideration on a categorical basis. . . ."

"Within capitalist models, individuals of other species are not only neglected - their very existence is denied," she goes on. "They are instead relegated to the realm of property, only to be

considered or 'conserved' when their bodies are seen as necessary for the health of an ecosystem of value; and then, they are lumped into 'populations' or 'stocks' rather than recognizing them as individuals with interests, deserving of their fair share of resources like any human being."

For me, the big question that emerges - the question I don't want to face - is how to live within a system and mindset that devalues and diminishes most of life, regarding it as, at best, a resource, and at worst, trash, to be landfilled, dumped into the ocean, tossed on the sidewalk. Even when I object to a particular situation, I utilize resources to do so - my computer, my car, my cellphone, whatever - that contribute to some serious and worsening ecological or social disaster.

How does one live in a world that needs to be reconceived at its core? I'm not a religious guy, but this when I stumble toward prayer.

"Many of us who grope toward praying today are like a city gutted by fire. Exhausted, overcommitted, burned out, we scarcely have the time or the energy to pray," Walter Wink writes in The Powers That Be.

"Prayer may or may not involve regular regimens, may or may not be sacramental, may or may not be contemplative, may or may not take traditional religious forms. It

is in any case not a religious practice externally imposed but an existential struggle against the 'impossible,' against an antihuman collective atmosphere, against images of worth and a value that stunt and wither full human life.

"Prayer is a field hospital in which the spiritual diseases that we have contracted from the Powers can be diagnosed and treated."

And from this field hospital, I pray into a void in which there are no answers, just overwhelming silence. The silence is respect. The silence is humility.

And the wisdom that emerges is indigenous: "When you go to dig your fields, or make a pot from clay, you are disturbing the balance of things. When you walk, you are moving the air, breathing it in and out. Therefore you must make payments."

The quote is from Survival International, describing the philosophy of the Arhuaco people of northern Colombia. Is it too late to pay attention to this sort of knowing? What could it possibly mean? It can't make the moths and hoverflies return, but perhaps it can make us notice and value the insects that are still here, and ask: What do they need?

Robert Koehler is a Chicago award-winning journalist and editor.

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The American Mind

Antifragile

William Hillman

With one left hook, Eddie connected with my eye. I lunged into him, both of us falling to the blacktop school playground. On the ground, we continued to wrestle, throwing mostly harmless, ineffective punches. In a circle gathered around us were all of our classmates yelling words of encouragement and advice. At some point the fight just stopped. We both got up and went our separate ways, both declaring victory to our friends. The next day I had a black eye and Eddie had some scrapes. It was my first and only school yard fight. We were in 6th or 7th grade. I have no recollection of what started it, but I guess one of us insulted the other. What I do seem to recall, is both of us needed the fight to prove to our peers that neither of us would be pushed.

By the following weekend, I was playing first base, Eddie was on second, and together we were turning double plays. Many years later, I would give Eddie a job during a period of his life when he was going through a tough spell. We remain friends to this day.

My fight with Eddie was not the

only one that year. I seem to recall once a month someone was fighting someone else. One Friday, a bunch of us boys got together and jumped the biggest kid in the grade, Gene, who had been bullying us for years. But no one ever got hurt beyond some bruises and scrapes.

Looking back, I don't think these tussles were about who was stronger or even about winning and losing. They were a way of proving ourselves to each other. By the time we left that school in 8th grade we were all close friends. There were no clicks or cool guys or outcasts. At lunch time, there was no self-segregation of tables. Anyone was welcome to sit anywhere. Even today, 40 plus years later, we all look forward to those class reunions and everyone shows up.

Funny thing about big Gene. In high school, we were mixed with kids from a half dozen other elementary schools. Each year, one Friday was designated "Freshman Day" – a one day open season on Freshman by the upper class. The penalty for being a freshman was to be pinned down to the ground and covered with shaving cream. This particular Freshman Day, I found myself alone at the end of a corridor when four Seniors approached me, cans of shaving

cream in hand. Quickly they overwhelmed me. As I was struggling to keep from being pinned, Gene shows up and grabs the biggest kid and pulled him off me, tossing him to the ground. All the other seniors scattered. As Gene covers this kid with shaving cream, he tells him, "Remember, if you mess with any of my friends, you mess with me." Fifteen years ago, when Gene's father passed away, every boy from that class came from around the country to attend the funeral.

There was a lot learned in those schoolyard tussles, which is lost on our kids today – the confidence to defend yourself, proving to your peers and yourself that you will not be bullied. And, in my case, that I could take a punch and would be okay. Gaining the confidence, at an early age, that you can defend yourself is incredibly powerful, and builds self-confidence like no other experience. We learned that we could deal with our problems by ourselves. Lastly, it taught us the confidence to take risks.

Don't get me wrong. I am not advocating that we should teach our kids that fighting is okay or send them out to fight as a rite of passage. But every time we increase the protective barrier

around our kids, there is a price to pay.

The above story came to mind as I was reading Nassim Nicholas Taleb's latest book, *Antifragile*. We spend a lot of time insulating our kids from harm. I am beginning to wonder if that is the right path. Taleb makes the argument that biological systems grow stronger with stress. Small illnesses stimulate the immune system and make it stronger. Exposure to small pain develops the body's ability to tolerate stronger pains. The medical community has been on this mission to inoculate us against all diseases and medicate us so we feel no pain. But that just makes us more fragile and increases the impact of diseases that they cannot predict.

And as for pain, if the body never develops a tolerance to pain, pain can kill. Not all the 13,000+ people who die each year from heroin started taking the drug because it sounded like "fun".

This is nothing new. Each day my local gym is filled with people lifting weights and putting stress on their body in an effort to make their bodies stronger. We know that a sedentary life with little to no physical stress leads to an early death.

What about mental and emotional stress? I think it is fair to ponder the idea that by attempting to eliminate all the normal

stresses of childhood, we may be doing children a disservice as they grow into adulthood and leave the protection of the home.

We have a generation of kids who have been "protected" from name calling by bullies and given trophies for simply showing up to soccer, in an effort to be "protected" from the difficulty of losing. We sterilized our childhood from stress. Now that they are in college, this group feels they need safe places from opinions they disagree with. They lack the self-confidence to deal with anything outside of their narrow comfort zone. When they come in contact with things outside their narrow comfort zone, the impact on them can be emotionally devastating. (As evidence, look how this generation has dealt with the political loss of their candidate, Hillary Clinton. Their temper tantrum has been mind boggling.) Lastly, this generation has become a slave to the protective state because they are incapable of protecting themselves.

The desire of adults to eliminate stress from our children has stunted their growth and produced a fragile generation. We really need to think about this path we have started our children on.

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

Down Under

The rule of money

Lindsay Coker
Melbourne, Australia

Wherefore do ye spend money for that which is not bread? And your labour for that which satisfies not?
—Isaiah 55: 8

Countries are instantly recognizable by their icons. The Union Jack and lions for Britain, the southern Cross and the Sydney opera house for Australia, Maple Leaf and Mounties for Canada, and so on. There really do evoke the popular conceptions of the place, with some being specific to a particular time – the Hammer and Sickle or the Swastika for instance. And this is true for The United States – the Stars and Stripes, Coca Cola and Hollywood being the things that are the epitome of America.

Sometimes, though, a country is known for more than its icons. Sometimes there is an underlying motif so strong that it IS the country, the factor that dominates the life of every citizen. In Russia it used to be communism, and in your country it is money. The rise and rise of your love for it is history, and more than that, it is your true religion. In this, your title of the most church going nation in the world is correct. Just the symbol is wrong – not the cross but that curly sign with the bar through it, the \$. Every day it has far more reverence given to it than

all other symbols; it has become the golden calf, the shibboleth of every person in the country. It infuses every aspect of life, and very little life can be done without it.

You have become so used to it that its need is taken for granted, and like all commonplace things, its hard to realise the tragedy it has produced. Forget unregulated guns, forget injustice – money has led you down the slippery slope of inequality, and that is producing so much pain in so many places that you will try anything to ameliorate it. Things like allowing a madman to be elected. I suppose you could be proud of being the only western nation that has ever achieved this state of euphoric imbalance, and while that is tragic, it wouldn't matter except that the fallout is producing catastrophe on an unprecedented scale around the world.

You see, your reputation is so great that if you adopt a certain way of doing things others will try it too. Even when those things are crazy. When the ultra-right begin to win power, when rational thought is subsumed by off the cuff tweets, then we all just want to escape.

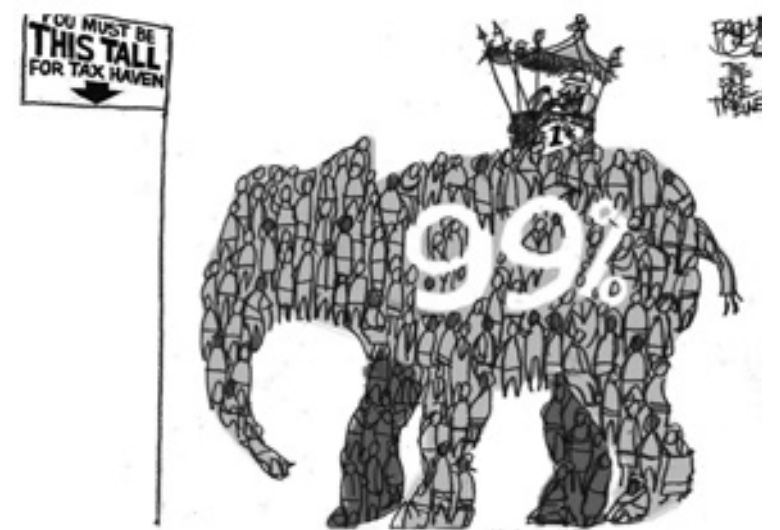
At home the suffering is so enormous that in previous times and places barricades would be stormed and Marie Antoinette dragged from her silicon valley palace to le guillotine, but now we have the spectacle of wage slavery and underground

scrabbling even as unemployment declines. This is Hitler's ideal come to perfection, because no storm troopers or SS are needed. Algorithms now suffice.

Overseas governments have been bought or out-sourced, had their security burgled, or at the very least bullied. And no, this is not fantasy, it's documented and written up by a press that is generally more honest and forthright than most. It's the stories from those caught up in this modern day plight, the pleas from communities left out and ignored, the people who thought it could never happen to them that they tell us about.

But it doesn't change the dysfunctional nation that has been created, because when money not only rules but decides what is good and what is not, then people, actual living human beings, no longer matter. That's the result of the rule of money. The haves and the have-nots in a ration of 98 to 1. An elite at the highest pinnacle possible, the rest spreading out like cheese melting down a totem pole. Money insulates them from reality, creates a wonderland where only good things happen, where power is the ultimate aphrodisiac, and government is tweaked and moulded for their benefit.

And no one can do anything about it. Those that can, can't be bothered and really don't care. Those that might have are fighting among themselves, unable to produce anyone with the power and charisma that could set things back on course. Indeed, the only half way sane voice in all this has been rid-



Museum-goers examine the Feejee Mermaid

iculed by the Democrats as being communistic. There is no one less deserving this appellation than Bernie Sanders, but he seems to have been the only person with an idea of what money actually is.

Those that have no hope of achieving redress are stymied by being unable to find anyone who can explain, ease their hurts, or take them seriously. The algorithm, that automated response insulating the upper echelons from responsibility, removes any sense of shame and the idea of caring. And this happened because presidents, too naive to understand and too seduced by the American dream, have been influenced by greed and slight of hand, the package put out by such famous people as Milton Freedman and Ayn Rand and touted by successive right wing think tanks. Money actually blinds its lovers to its disease carrying numbness.

Is there an alternative? Yes, there are ways of running a society where money is kept in its proper place, where it is not something in its own right, but simply a token, a means of facilitating trade. Not something to be accumulated for its own sake, when it can be used to generate more. The buying and selling of money is the ultimate sin, one that caused the money changers to be tossed from the temple. And, as the bible says, such love is the root of all evil, the evil you now live with every day, that blights all of society. The filthy rich are just that – filthy in their morality and respect for their fellow man. They have trashed your labour, reduced you to the status of slaves.

Time to wave the flag of liberty again.

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

THE (retired) ECOLOGIST

It's that time again

Bill Meredith

*"No birds, no bees;
No flowers, no leaves...
No wonder, November!"*
—misquoted from
Thomas Hood, 1844

November is here again. If that came up as a topic of conversation, my wife would probably say something like, "Big Whoop. Get ready to be excited." Apparently it's always been like that; in 1844, I'm told, an English poet named Thomas Hood actually wrote a poem called "No!" which consisted of a long list of things that either stop happening or don't happen at all in November. It never reached the level that folks who know such things would call "Great Poetry," but it did provide a field day for people who like to create mirth by misquoting things. I first heard the version printed above recited by Benny Hill on his TV variety show years ago.

I suppose there's a grain of truth in it. October ends with a bang at Halloween, when unfamiliar cars stop in front of your house to disgorge crowds of kids dressed in costumes either created at home from old sheets or purchased at fashionable stores for prices that rival a new car. It's a ritual that started in the Middle Ages as a religious holiday when the souls

of everyone who had died that year rose from their graves and wandered about in hopes of being transported toward Heaven. It was called "All Hallows' Evening," which morphed into "Hallow-e'en" after a few centuries, and people in country villages would make lanterns and parade to the local graveyard to see if the spirits had arisen. Then, poor families were allowed to knock on the doors of the Rich and Famous and receive gifts of food. After a few more centuries, when America had been discovered and pumpkins were brought to Europe, pumpkin lanterns were added to the ceremony, and the visits to wealthy homes evolved into "Tricks or Treats." And then, for the next three weeks nothing much would happen until Thanksgiving.

Nothing much happens? I don't know about you, but in my case I have to be careful about becoming too self-centered. Of course things happen; but they happen quietly, and it's easy to take them for granted. As Solomon reminded us in last month's essay, the world keeps going on; and it's complicated. A lot of routine machinery has to be maintained to keep the planet inhabitable. All of those leaves fall, and if somebody didn't get to work and decompose them, our soil would get depleted of minerals and within a few years

we wouldn't have enough crops to feed ourselves. And besides, we would have dead leaves piled everywhere higher than our heads, and whenever the wind blew our houses would be completely covered, and then someone's chimney would release a spark, and whole cities would burn up... a ridiculous example, maybe, but if all of those worms and bugs and fungi and bacteria didn't do their jobs, we would be in deep trouble.

This time of year, my lawn is always full of little piles of dirt where the squirrels have buried walnuts. The nearest walnut tree is two blocks down the avenue toward the square, but there is a steady stream of squirrel traffic running along on the power lines between my house and that tree. If I stopped mowing the lawn, within just a few years our house would become hidden behind a forest of walnut trees. My wife grumbles occasionally about the squirrels, but I've decided I can live with a few bare spots in the lawn. In fact, as I grow older I tend to let things go a bit. This summer I sometimes forgot to rake up the grass after I mowed, and a layer of thatch developed; and this fall, there are several places where ant hills are developing. The ants are creating a labyrinth of tunnels and chambers where they carry in the dried grass clippings, just as we used to haul hay into the barn when I was growing up. And just as the cows in our barn converted that hay into manure that we spread on our garden before plowing the next spring, the ants will do the same. There may be some bare spots in the lawn next year, but around them the grass will be greener.



Sometimes dismissed as a 'lesser poet' of the Romantic Era, Thomas Hood, born in 1799, was known in his lifetime as a comic writer. His work which was reprinted across various European newspapers.

I had supper with a friend at a local golf course the other day, and we sat on the porch with a wee glass of refreshment to watch the day end. There was a light breeze blowing, and it was cool enough for a sweater, but very clear and pleasant... the end of the day and the end of a season. On the bank beside us stood a Canadian Thistle with two late blossoms still hanging on it, and on one of them was one of the last butterflies. It had a clear patch on each hind wing, so I think it was a Silver Checkerspot, but couldn't be sure (my friend said it didn't matter). Occasionally it would let go of the thistle flower and try to fly away, but the breeze kept bringing it back; and about that, my friend was right. It didn't matter. It had done its life's work; by now, it will have laid its eggs and made its contribution to the gene pool, and November is almost here.


Whether it died there that night, or the wind changed and allowed it to fly away a mile or so tomorrow, its life was over. November is coming.

As the light faded, an American Egret glided in on motionless wings and landed beside the pond across the fairway. It is one of the largest birds in our area, standing four feet high when its neck is extended, and pure white with a yellow long beak for spearing fish. A few of its kind nest in this area, but it is more likely that this one spent the summer in northern Pennsylvania or southern Canada. It might stay around here a few days... but November is coming. Soon it will resume a leisurely migration toward the Atlantic coast, and if nothing bad happens it will spend the winter when it finds its Camelot... a congenial spot along the coast between Virginia and Florida.

Driving home, the sky reddened and we saw three large flocks of geese flying across the southeastern horizon. They were big flocks of migrants... hundreds of them in each flock... and they were on a path that would take them toward Chesapeake Bay. For many of them, it is their first trip; they were hatched somewhere north of Lake Erie, and depending on the weather, will spend the winter at the Blackwater National Wildlife Refuge on the Eastern Shore of Maryland, or farther south. For many, it will be their last trip; they be taken by hunters or predators, they may meet with accidents, or they die of disease or parasites. Some may feed peacefully all winter on grain fields planted for them by conservationists, only to find that they are too old and tired to make the trip back north next spring. Like us, they live in the present... November. Neither they nor we know what the future will be.

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Shifting seasons

Tim Iverson, Naturalist

The first way to survive the winter months is to just adapt. These animals will have to make serious changes and work even harder during these tough winter times to survive. Deer and rabbits forage underneath snow cover to find food. If the temperature drops significantly deer will gather close together in dense tree stands using body warmth to wait out the cold. Shrews, which during the summer months eat primarily berries, mushrooms, and insects, will hunt exclusively for prey during the winter. Beavers and squirrels will store up food during the summer and fall months to snack on throughout the long cold winter. Most animals add an additional layer of fat that helps to insulate the body against the cold. Many animals will shed their fur or molt their feathers and grow a thicker winter coat to assist in insulating body heat. Some animals, like the mountain hare, will even change the color of their coat.

Hibernation is an evolutionary adaptation that helps mammals and reptiles survive winter. During hibernation metabolic rates essentially come to a grinding halt. Heart rate can drop to as little as 3% of normal rate. For example, a chipmunk will go from 200 to 5 heartbeats per minute during hibernation. Breathing can slow to half (or more) of the usual rate, with some species stopping breathing entirely. Every living thing burns energy all the time simply by being alive. It takes energy to walk, sleep, breathe, and even to think! Mammals spend a lot of their energy just regulating body temperature. We eat to get enough energy to do all these things. During the winter plants stop producing fruit and food is all around a lot harder to come by.

Hibernation isn't very similar to sleep. Animals virtually lose all consciousness and are nearly impossible to wake up. When they do eventu-

ally come out of hibernation they often exhibit signs of sleep deprivation, and may need to dedicate a substantial portion of time to sleep. The primary difference between sleep and hibernation basically boils down to what the body is doing. During sleep there are minor physiological changes to the body, it's mostly mental change. It's also very easy to wake up from sleep, whereas hibernation it's nearly impossible making these animals susceptible to predation. During hibernation brain activity is actually very similar compared with normal active brain activity. Hibernation just brings animals to the lowest possible metabolic rates they can stand so they require nearly no energy. Animals are given natural cues to start hibernating when the days get shorter and colder. This is the same time that other animals, mostly birds, begin travelling south.

When the weather turns migratory animals pack up shop and relocate to more suitable environments for a few months. The longest migration belongs to the Arctic Tern, which spends summers breeding in the Arctic and over-winters in Antarctica, encompassing the globe for a whopping 25,000 mile round trip journey! The switch that flips indicating when a bird should head south is initiated by a few factors. Shortening daylight hours, cooler temperatures, dwindling food supplies, and genetic factors are all cues that tell a bird when it's time to go. Migratory birds can cover thousands of miles during a single trip. They seem to intuitively know the way to go.

How do these plants and animals know when to do this? That's where a type of ecology, known as phenology, comes in. Phenology is the study of changes in seasonal timing, it literally means the study of appearance. Animals take their cues from the food availability, sun, and weather pattern changes. This is the mechanism

that tells them what to do and when. Other animals like hibernators and long distance migrators are on a cyclical clock that cues them into when it's time to wake up or move along. In either instance, decades long research indicates that for some species these annual events are occurring earlier and earlier every year. The UN's Intergovernmental Panel on Climate Change (IPCC) released a report in 2007 showing that spring is arriving by about 2.3 to 5.2 days earlier per decade in the last 30 years. The findings show that the seasonal timing that ushers in plants and animals is accelerating across the globe.

Plants are putting out buds earlier every year, insect populations are emerging sooner than they historically should, and many birds are advancing the timing of their annual migrations. By falling out of sync food sources are not readily available for these insects or animals at critical times, like breeding or migrating seasons. The Great Tit, a European songbird, relies on caterpillar availability each spring to feed its young. These caterpillars have emerged earlier with warmer temperatures, but the Great Tit hasn't advanced their egg-laying causing a mismatch between the two species. As a result, the hatchlings are missing peak food availability and less hatchlings are surviving to leave the nest.

Changes like this are prevailing trend across the globe. It signals potential problems for more than just wildlife, as it could dramatically impact human food production. Pollinators are needed when agricultural plants begin flowering. Fisheries depend on annual migrations that affect production and livelihoods. Unfortunately, the impacts of changing climates are already being experienced far and wide. Phenology can help researchers, policy makers, and people be better decision makers and agents of positive change. Citizen sci-



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ence participation can help researchers and policy makers. By helping track phenology and submitting findings individuals can help collect data that will help shape information and policy. Interested parties can explore options through Project BudBurst (budburst.org) by monitoring and observing plants, tran-

scribing old weather logs through Old Weather (oldweather.org), or monitoring ice conditions through IceWatch USA (natureabounds.org/icewatch_usa.html).

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REAL SCIENCE

The 2017 Nobel prizes in science

Michael Rosenthal

It's Nobel Prize time again. Three scientists are sharing The Nobel Prize in Chemistry this year for inventing new ways to see and understand molecular structure. I became fascinated with chemistry in high school in the realization that scientists could determine the structure of substances – understanding how atoms and molecules are arranged and relate to one another. This fascination led me to my study of chemistry and eventually my career as a college chemistry professor. In retirement, the novelty has not worn off.

The three Nobel winners in chemistry are Jacques Dubochet, Joachim Frank, and Richard Henderson, awarded the prize “for developing cryo-electron microscopy for the high resolution structure determination of biomolecules in solution.” This spectroscopic method allows scientists to visualize proteins and other biological molecules at the atomic level and thus understand their structure.

When I was growing up, biologists, chemists, and physicists lived in somewhat different scientific worlds. Now the divisions of science are much more unified, recognizing that the laws of nature apply uniformly to all scientific endeavors.

The international flavor of the prizes is recognized here: Dubochet is a professor in Switzerland, Frank, born in Germany, is a professor at Columbia University in New

York, and Henderson is Scottish and works at Cambridge University in Great Britain.

Cryo-electron microscopy flash-freezes a sample to create a layer of ice over a layer of liquid where the molecules can retain their natural shape. This technique, first developed by Dubochet in the late 1970s and early 1980s, was first rejected for publication by skeptical colleagues – they did not believe that water could be manipulated this way. Over a period of 25 years, the technique was refined and became accepted by the scientific community.

In the 1990s, Henderson applied the technique to large biological and molecular assemblies at atomic resolution.

An important recent practical application of this technique is the determination of the shape of the Zika virus, a cause of serious birth defects, and from this study, we have achieved a better understanding of how it infects host cells.

We wrote earlier on gravitational waves. Now three scientists involved in this discovery have been awarded the Nobel Prize in Physics. Rainer Weiss, Barry C. Barish, and Kip S. Thorne are members of the team that detected gravitational waves, formed when two supermassive black holes collide. Gravitational waves were predicted by Albert Einstein in his 1915 General Theory of Relativity stating that distortions in gravity would travel through space-time like a shock wave. Weiss, born

in Berlin, is now a U.S. citizen and a physics professor at M.I.T. Barish and Thorne work at the California Institute of Technology. The first detection was the result of two black holes, more than a billion light-years away, colliding and converting a mass equivalent to three suns into energy. The first “cosmic chirp” was discovered at the twin LIGO detectors in Louisiana and Washington State. The collaboration team that studied this phenomenon consisted of more than 1,000 scientists, researchers, and technicians. The Nobel rules restrict the prize award in each field to no more than three people. LIGO, funded by the National Science Foundation, began the hunt for the cosmic ripples in 2002, and cost over a billion dollars. Previous winners of the Nobel Prize in Physics include Einstein, Marie Curie, and Niels Bohr. Three Americas are the winners of the Nobel Prizes in physiology or medicine are Jeffrey C. Hall of the University of Maine, and Michael Rosbash, and Michael W. Young of Rockefeller University, for their discovery about circadian rhythms. The research was conducted at Brandeis University. The researchers, working with fruit flies, they isolated a gene that is responsible for a protein that accumulates in the night but degrades during the day. Misalignments in this clock may play a role in medical conditions, and it explains the temporary disorientation of jet lag from travelers when crisscrossing time zones. The research began in 1984 at Brandeis and Rockefeller University in the isolation of the relevant gene, known as the “period” gene, which controls the circadian rhythm of fruit flies. The president of the Howard Hughes Medical Institute, Erin O’Shea, said that people have observed for centuries that plants and animals change their behavior



The 2017 Nobel Prize in Physics was won by three American scientists for detecting, for the very first time, gravitational waves or ripples in space-time, which were first predicted by Einstein back in 1916.

in sync with the light present in the natural environment. The team figured out how this happened.

Along with the Nobel Prizes, we have the 2017 Ig Nobel Prizes! The Ig Nobel prizes “honor achievements that make people laugh, and then make them think.”

The Ig Nobel Fluid Dynamics Prize was awarded to Jiwon Han, a high school student at the Korean Minjok Leadership Academy when he studied the dynamics of liquid sloshing. His goal was to find out exactly what happens when a person walks backward while carrying a cup of coffee. From this experimentation, he noted that walking backward “drastically increases the chances of tripping on a stone or crashing into a passing-by colleague who may also be walking backwards”, both of which would lead to spillage.

The Nutrition Prize went to Enrico Bernard and co-workers at the Federal University of Pernambuco, who identified DNA fragments associated with human blood in the feces of hairy-legged vampire bats. They concluded that the bats appear to have developed a taste for people

in the absence of avian prey.

A team at Queensland University, Matthew Rockloff and Nancy Greer, won the Ig Nobel prize in Economics for their experiments assessing people’s willingness to gamble after holding a meter-long crocodile. They found that people who had negative feelings after holding the croc tended to bet less than the non-croc holding control group, while people who had no negative impacts from croc handling placed higher bets.

The Medicine Prize went to a team led by the University of Lyon’s Jean-Pierre Royet “for using advanced brain-scanning technology to measure the extent to which some people are disgusted by cheese.”

The Cognition Prize was won by Matteo Martini and co-workers at The University of Rome for their discovery that most identical twins aren’t very good at differentiating themselves from their twins in photographs.

The full Ig Nobel ceremony including other prizes can be viewed at youtube.com/improbable_research, and a public radio airing is scheduled for “Science Friday” on the day after Thanksgiving.

To close, here is some good news in the energy world, for those of us who support heading toward Clean Power.

In spite of governmental efforts to revive the coal industry, coal continues to fall out of favor, because more utilities are switching to natural gas, which has become much cheaper in recent years. The worldwide average cost of wind and solar power has fallen sharply over the last three years, according to a recent report of the International Energy Agency. Currently 15 percent of electricity generated in the United States and 24 percent worldwide come from these sources. Technical advances are making renewable energy sources more productive and more reliable. The cost of batteries for energy storage has become much cheaper. The average cost of lithium-ion batteries has fallen 73% between 2010 and 2016.

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THE VILLAGE IDIOT

2017 garden

Jack Deatherage, Jr.

In spite of all that goes wrong in every garden - weather, insects, iffy soil experiments, poor seeds, late starts, late frosts, clueless gardeners (in my case - lazy gardener syndrome) there is usually something to brag about come harvest time!

What little I planted this year was sown directly into fermenting straw bales. Mostly I wanted to see how a straw bale garden behaved. Better than expected.

With only ten prepped bales to work with I managed not to go too crazy come seed sowing time. Tomatoes, beans and peppers were a fair compromise this first experiment. The tomatoes are 'Italian Heirloom' which seems a rather arrogant name, but that's the one they are sold under. The largest fruit, so far, weighed in at 1 lb, 9.9 oz. The others average around half a pound. I sliced one for a BLTM sandwich. It was flavorful, though a bit watery. The rest of the picked tomatoes were cooked down to a tasty sauce. Would the variety have been better flavored, less watery grown in soil? Possibly, but it proved its worth in a straw bale.

A Serrano chili variety - an heirloom known as 'Sinahusia' from New Mexico - was grown opposite the tomatoes in the same bales. I'll likely pick and pickle the green fruits for use in stir fries. The red fruits I'll dry and save the seeds of against the day I've used up the old saved seeds I grew this year's plants from.

The mottled Christmas Lima bean is a pole variety (Momentarily my favorite - a fine creamy, nutty bean unlike any other Lima bean I've ever eaten!) is growing between the tomatoes and chilies - in the same bales. The Lima bean seeds were the last to sprout among the three bean varieties I'm trialing, but the Limas were the first to bloom and set pods. I pinched off as many growing tips as I could find and the vines still set pods maddeningly late in the season! I may get enough seeds to actually boil up and butter - with a dash of salt and pepper!

Scattered among the bales, intertwined with the Limas, are a black runner bean: Ayocote Negro and a green pole bean: Rio Zape, supposedly the most flavorful of dried beans. The runner has beautiful red blossoms that have been drawing humming birds since they began blooming, but hasn't set many pods - as is its wont. Its natural climate ain't mid-Maryland's! The dry soup bean bloomed late, set pods profusely and hopefully will have gone to seed before the first killing frost. (Yes, I'm a zone denier. I'm growing all these beans outside their native climes.)

Tucked in where I can hardly see them are a few oxalis bulbs, two rosemary plants and a borage. So far? The straw bales have

proven their worth in my garden! Though this year's attempt is merely a stepping stone to bigger and hopefully better gardening methods as I play at improving on what worked this year and plan for less cooperative weather next season. It seldom rains enough here to keep a traditional garden productive without supplemental watering so wrapping the sides of the bales with plastic would help keep them moist in a less wet season. A mulch of some sort spread over the tops of the bales would also help retain moisture, though I noticed this year the rotted straw held water better than I'd been led to believe it would from the research I'd done before acquiring the straw. A soaker hose with a 2 gph washer sustained the plants well enough during the few dry patches we had this summer. And though the water was occasionally left on overnight, our water bill was not affected by the small usage.

DW hasn't had much time to look at what I've done to her yard this year. Mostly she sees unmown weeds when she wanders back there, but she did comment that I'd accidentally stumbled upon a garden method that seems to work for me. "Pity you couldn't have figured this one several thousand dollars worth of tools ago." (Women. Sheesh.)

"Can you plant some heirloom melons next year? You've been trying to grow them for years on the ground - without much luck. Maybe the bales are the way to go?"

I've been planning a melon experiment since the first bean pushed its way out of the straw! But I'm going to have to take part of the dog run away from the beasts and that's going to require some serious planning and effort

on my part and DW's! I'm simply not up to some of the physical effort I know next year is going to require. Now would be a good time to sit down with my neighbors and work out a mutual garden, but - stubborn ass that I am - I'm still balking at that idea. I'm sick of losing control when I have to rely on other people to get things I envision done. Better to go it alone, show others what can be done and then see if they want to get involved!

A neighborhood garden could easily become a danger to me. If we managed to build one that worked for even one season I'd be tempted to try establishing a youth market garden. I already know that path leads to madness because it eventually requires government sticking its ugly nose into the business. Better to plan on running my experiments and taking what works back to Marty's family farm and showing his kin what I've done and see if they might make use of it.

The latest three straw bales I brought home from the farm (Marty's family's farm) are going to be planted with three varieties of hardneck garlic: Bogatyr, Metechi and Romanian Red- one variety per bale.

"You spent \$52 on seed garlic to try them in straw bales?" DW blinks rapidly. I can see she's warming up to unleashing Balor of the evil eye on me.

"Well," I'm ready for this confrontation. I've been practicing all summer. "I've been spending that much on bourbon and rum each month for the last year. You've noticed I haven't bought any booze since I began funding First Sister's painting T-shirts? Well the garlic experiment ate up some more of the booze money." I smile. "Would you rather I buy booze? There are several expensive gins I've been wanting to try."

Balor retreats. I drag the bales into the yard and prep them for



Jack, of course ignored the more obvious advice and turned the bales sideways in the row. As the rot and collapse began they fell out of the row instead of against each other! A lesson learned - one of several...

planting garlic. Flipping them on their sides with the cut ends facing up I sprinkle them with an organic bulb fertilizer and water them well each day it doesn't rain. As soon as they reach an internal temperature of 110F I spread the layers open and stuff them full of professional potting soil, poke in the garlic cloves and water again. A mulch

of last year's straw bales and I'm set for winter. Perhaps a bottle of Makers Mark - to celebrate the first garlic planting in several years and to ease me through the winter months could be considered?

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

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In the moment

Jennifer Vanderau

I have heard over the years that it's important to live in the moment. One of my favorite lines from Kung Fu Panda is "Yesterday is history. Tomorrow is a mystery. Today is a gift; that's why it is called the present."

Being present, right now, can be incredibly refreshing. It can also be incredibly difficult.

As human beings, we have minds that seem to constantly run the gamut of what groceries are needed to when the next doctor's appointment is scheduled to what happened years – sometimes decades – ago.

Sometimes it feels like our minds can't ever really stop that constant spinning and looping it likes to do so much.

I heard a story recently about how a woman lives only in the now. She was asked about how she handles planning everything that's coming up in the future and she simply said, "I don't. I'm always right here" and she waved her hand in front of her face.

This is a woman who just jumps. She goes, quite literally, wherever the wind takes her. She makes decisions that for many of us would take months if not years to contemplate in one day. Can you imagine? I mean really?

She basically gives herself to the universe and knows, deep in her gut, that everything will work out how it's supposed to.

I can certainly understand how being present in the moment is quite freeing, but I also recognize how hard it is to maintain.

Interestingly enough, I may have discovered a remarkably easy way to accomplish this, though. As is no great surprise, it has to do with animals.

A few weeks ago I needed a picture of one of our cats in the adoption area. He's a black-and-white boy with incredibly unique markings aptly named Oreo Cookie. He's got black splotches around his eyes that make him look like he had some problems with mascara or eye liner, but it really just means he looks pretty cool.

He's 1-year-old and came into the shelter as a stray. His green eyes seem very knowing, though, so for living only one year on this planet, I know there's a story in this feline and I so wish I could hear it.

To get the picture I needed, I took him into the bonding room and let him wander for a little. He did the typical big boy stretch, extending his back legs out behind him and spreading his little toes and he glanced around the room.

Eventually he settled on the cat fluffy cat tree we have in the room and tucked his front legs under his chest and looked from the window to the door with every movement or noise. He's a very intent boy and he didn't miss much.

I can tell that he would absolutely love to have a perch on or near a window. It was almost like a tele-

vision for him! We have these awesome cat beds that actually attach with suction cups to the window pane. If you haven't seen them yet, check them out – they're perfect for the feline window watchers.

I had some time, so I just let him get settled and started snapping off some pictures. They turned out pretty well.

Eventually, though, I couldn't help it. I had to go over and get a pet. He saw me coming, let out a little meow and head-butted my hand.

What a sweetheart this guy is! I pulled out some toys for him and he batted them around a little – didn't leave his perch on that fluffy cat tree, though. He seemed to prefer the spot. Even when picked up and put on the window sill, he went back to that cat tree every time.

I must have found a toy with some catnip in it, because boy did he go a little nutty with that one! Nothing overly dramatic, mind you, he just rolled and chewed and generally seemed to "enjoy the trip," so to speak.

Oreo Cookie is one cool character and whoever gets him is going to be a very lucky human.

But the thing is as I sat and waited for him to settle in so I could get a picture, I could actually feel myself relax. We have music that plays in the bonding rooms and adoption kennels to soothe our animals and it can also help soothe people as well.

I really think just sitting quiet-



Oreo Cookie is an aptly named black-and-white, 1-year-old boy who has the coolest personality. He absolutely loves attention and will trill little noises to get it. He's got expressive green eyes that don't miss a thing and a really unique fur pattern. Whoever gets this guy will be one lucky human!



Clara is a 4-year-old lab/basset hound mix. She came in as a stray, so we don't have any background information on her, but those short little legs kind of scream basset. Clara is a really affectionate girl who loves people, but needs a home without cats or other dogs. If you've got the right spot for her, come get some kisses from Clara!

ly with that cat, trying to see and hear the world from his perspective, lowered my blood pressure and quieted my mind a bit. I kind of just gave myself over to him and the moment for a little while and man, it was nice.

I've experienced similar reactions when I have dogs out at offsite events. Sitting and petting a pup or hanging with a cat really can be a much-needed mental and physical break.

Animals very much living in the moment. Have you ever left your dog for thirty minutes and when you return it's as though you've been gone for thirty hours? Animals have a little sense of time because of the circadian rhythm of the planet, but for the most part, they are very much in the present.

Taking some time to just sit with a pet and forget about everything you need to do or that has happened or is going to happen can of-

ten time be exactly what we require to unplug for a little while.

Animals give us so very much, in so many ways, so if you ever find yourself in need of being in the moment, why not stop by CVAS and hang out with a four-legged friend?

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Jennifer Vanderau is the Director of Communications for the Cumberland Valley Animal Shelter and can be reached at cvascomm@cvas-pets.org. The shelter accepts both monetary and pet supply donations. For more information, call the shelter at 717-263-5791 or visit the website www.cvas-pets.org. CVAS also operates 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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Kimberly Brokaw DVM
Walkersville Vet Clinic

The clinic where I work is a mixed animal practice. While the majority of our patients are cats, dogs, and horses, we do treat cows, goats, sheep, and chickens. However, aside from health certificates for the fair and other, very basic care, we don't treat pigs. This isn't because we don't like pigs. Actually the pigs that I have seen have been very pleasant pets for their owners. It's just that it is very difficult to be up to date on the best treatments for all animals so most veterinarians tend to focus on just one or two species. In fact there are very few mixed animal practices anymore.

Our practice manages to stay current with multiple species because all of us are proficient in the usual species, but each of us also has some proficiency with a less common species. For example, I see some wildlife, in addition to my usual caseload of horses, dogs, cats, chickens, goats, sheep, and cows. Unfortunately, none of the vets in our practice have any extensive knowledge of the diseases of pigs.

Just as backyard poultry have gained in popularity, so have teacup/mini pigs. I now have a couple of clients who have potbelly and mini pigs and I always dread it when I'm out there treating their horses and they start to ask me about the pigs. It usually starts with "hey Doc. While you're here, can you look at my pig..." That quickly progresses to us chasing the pig around the enclosure and never actually catching it. At that point my brain usually thinks about the line from a James Herriot book about if your patient is well enough to run from you then he likely doesn't need to see the vet. While this isn't always true, in my experience, the sick ones do tend to be easier to catch.

One of my clients has a large horse farm. She also has a farm pig named Lady. Lady loves treats and food and my client's husband and kids enjoy feeding the pig. As the pig gained weight, rather than stop giving her treats, the kids just changed the pig's name from Lady to Lardy. Not only would Lardy beg for treats from the family, but she would also go into the horses' stalls and look for any bits of

grain that the horses had dropped. She'd also learned that she could rub her body against the gatepost and knock the horses' treat bag off the post and then eat those as well.

One of the days that I was at the farm, the wife asked me to check Lady. She was concerned that Lady was going blind. While she used to walk around the horses when she was eating their food, she was now walking right under their legs. While the horses weren't stepping on Lady, she was very concerned that one might. Lady doesn't really like me. Ever since I cornered her in a stall to give her a rabies vaccine, Lady has started high pitched squealing whenever I get within 3 feet of her. I'd tried petting her on subsequent farm visits after the rabies vaccine, but the second I got close she started squealing like I was going to kill her so I stopped trying.

I knew that I was going to need to sedate Lady in order to see her eyes. If we just threw a horse blanket over her and restrained her for an exam, she would get so stressed out that she would start vomiting in between her deafening screams. My plan was to give Lady some food and as she was eating it inject her with some sedatives. Unfortunately pigs have very thick and tough skin. Ideally I would have wanted to use a small needle with the hope that she wouldn't notice the injection. However, in order to get the injection in I was going to have use a very large bore needle and there was going to be no sneaking. I just hoped that she loved food more than she hated me. Unfortunately even granola bars weren't tasty enough for her to let me get close to her.

We moved on to plan B. Plan B was to put sedatives into fig newtons and let Lady eat them. It wasn't my first plan as I prefer not to sedate pigs after they have eaten. If she were to throw up and yet was too sleepy to spit or swallow correctly, there was a risk of aspiration and subsequent pneumonia. After discussing the risk with Lady's owner's she decided to proceed with plan B. Half a container of fig newtons later, Lady was awake but mellow enough to allow us to examine her eyes.

Lady had become so fat that her eyelids were rolling over and obscuring her vision. The eyelids were also rolling in enough to cause mild abrasions on her cornea. This meant that not only was Lady going to need to either go on a diet or get an eyelid tuck, but she was also going to need ointment put in her eyes twice daily until her corneas healed. Lady's owner reassured me that Lady was much better behaved for her than she was for me and that she would be able to get the eyes treated. I left instructions with the owner, wished her luck, and told her to call me if she wasn't getting Lady successfully treated.

About 6 months later I was back at the farm to look at the horses. Lady heard my voice and quickly bolted out of the stall and ran away from me out of the barn. As she was running away I noted that she had lost a good bit of weight. Lady's owner told me that she bought Lady a harness and leash and they have been going on walks together every day. She also told me that she threatened her husband and kids with making them pay to take Lady to the specialty hospital for an eyelid lift if they continued to give her treats.



Kim – really??? You don't want to treat such an adorable creature?

Even though I have been persuaded to treat minor ailments in pigs, please remember that we aren't pig veterinarians. I know it is convenient to have every animal and ailment cared for at the same time on the farm, but sometimes, we just can't do it. I'm happy to look at all of your animals while I am at your farm, but sometimes, your pig might need to see a real pig veterinarian. I can refer

you to specialists at the University of Pennsylvania, Virginia Tech, or NC State, as they can see pigs for all kinds of complex health problems. I do like your pig, even if your pig doesn't like me. I just want your pig to get the best care possible.

To read past articles by Dr. Brokaw, visit the Authors Section of Emmitsburg.net.

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THE MASTER GARDENER

Gardening in November

Mary Ann Ryan
Consumer Horticulture
Penn State Extension

Gardening for this season is just about over, but you can still have time to do a few things that will make your spring easier to manage.

First, consider cleaning up debris. Especially in the vegetable garden, any old plants and plant parts should be removed from the garden. If the plant was diseased, put it in a trash bag and send it away. If not, put it in the compost pile.

An additional step to take for your veggie garden is to spread some compost on the vegetable garden after cleaning it up. If you choose to do so, dig it under. This will loosen the soil for spring planting.

In the perennial garden, leave the stems of flowers in the garden as well as some leaf litter on the ground. Those stems and leaves provide living quarters for overwintering insects, amphibians and reptiles. Again, if there were issues with any disease, these plant parts should be thrown away. Sanitation is the best action to take for control of disease problems.

Take time now to edge beds. This will alleviate the chore in the spring. Spring will arrive, and all that will have to be done is a final bed clean-up and a fresh layer of mulch. When edging, use a square tipped shovel. This will

give you a nice, clean cut.

Take advantage of any fall sales that may still be going on in garden centers. Bulbs can still be planted. Be sure they are firm to the touch when choosing them. Tulips, alliums, and hyacinths are especially easy to survive a late fall planting. Spring will arrive and be full of spring flowers!

There is also time to plant shrubs and trees. The ground isn't frozen, so there is a bit of time for roots to develop. When planting, always remember to dig the hole twice as wide as the ball of the plant. Don't dig it any deeper, as the root ball must sit soundly on existing soil. If planting an individual plant, back-fill with the native soil that you took out of the hole. However, if you are planting an entire bed with multiple plants, adding compost and working it into the entire bed is recommended. Keep these newly planted shrubs and trees watered until the ground freezes. Often the demise of a fall planted shrub or tree is due to our lack of watering, not the plant itself. A general rule of thumb is that the plant needs one inch of water per week, either through rainfall, or garden hose.

Turf can use a bit of attention this time of year as well. Aeration will improve compaction from mowers and foot traffic from summer use as well as allow an opportunity to add compost and over-seed. Although



Whatever you do, don't throw your leaves out. This year's leaves will be next year's compost!

the best time to do this is in September, our warm fall weather this year allows us time to continue to improve the soil that supports our lawns. If choosing to do this yourself, rent a core aerator. Core aerators actually pull plugs from the turf. This gives more space for the compost and follow up seeding to take hold.

Take time this fall to turn your compost pile. Hopefully, all summer long new material, like grass clippings and kitchen scraps, have been added to the pile. This fall, leaves should be added and time taken to turn under all of the leaves and green material from the summer. There may be a surprise of great compost already made when adding this chore to your fall list.

If you have a garden pond with fish and water plants, covering it with netting may be a good chore for this fall. Netting will keep out the fallen leaves as well as keeping the blue herons at bay! Once the

plant cover is gone, there is little to protect those fish!

Hopefully, all your tender plants have been dug up. If not, cannas, gladiolas, callas, etc. should be dug up and stored in a cool, dry location for the winter. Tropical plants, like hibiscus, citrus, Norfolk Island pine, and other houseplants should be inside. When bringing them back in for the winter, be sure to check them for insects. Mealy bugs, aphids and scale like to come in where it's warm as well. Particularly check in the leaf axils and stems of the plants. Use an insecticidal soap or an oil spray for houseplants before bringing them in. Once they are inside, it becomes even harder to fight with these insects.

Begin the countdown for Christmas bulbs. Amaryllis and paperwhites are great color for the holidays. Buy accordingly, as the more sprouted the bulb, the quicker flowers will appear. Realize that cooler temperatures delay blooming and

keep the flower stems more compact. Warmer temperatures speed up flowering as well as allow the flower stems to stretch. Keep these tips in mind and you'll have great flower color for the holidays.

Also in November, many flowering plants are available at the local nurseries and garden centers. Plants like cyclamen, Christmas cactus, and kalanchoe are abundant. Proper placing of these plants become imperative for good flowering and healthy plants. When in doubt, place winter flowering plants in cool, sunny windows for best flowering. The plants will hold the flowers for a longer period of time.

November also becomes the time when we start to think about holiday decorating. Containers outside have probably begun to look a bit sad as the chrysanthemum flowers are declining and any annuals that may have been mixed in have been zapped by the frost. Replacing those containers with winter color can easily be done by the end of the month. Adding evergreen branches like white pine, spruce and cypress, berried branches such as winterberry holly, callicarpa, and chokeberry all add great winter interest in a container. These branches can easily last for all of December and January, unless we have an unusually warm winter.

Adding potted shrubs as well can add that needed spice for a winter container. Evergreens or deciduous shrubs can be happy in a container provided watering continues through the winter and the plant is protected through freezing and thawing during the late winter months. Annual flowers like pansies can be purchased for the holiday pots. Flowering cabbage and kale may also be an option. I've seen cabbage kale spray painted gold or silver for a little "sparkle" at an entrance.

And in your "down time" this November, make notes as to what was successful in the garden and what was a failure. Determine whether the failures were due to

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THE MASTER GARDENER

Small Town Gardener Should you plan a cutting garden?

Marianne Willburn

I have a friend who has always considered a weekly bouquet of fresh flowers a necessity. She is French however, and they are presumably taught such things at their chic mothers' beautifully sculpted knees. For years I have secretly admired her resolute stance on the subject, but as the daughter of an English father and a California cattle rancher's daughter, I was schooled very early in the separation of 'want' from 'need.' Consequently it is only on rare occasions that I find a fresh bunch of pick-me-up sharing space with a gallon of milk in my grocery cart.

Yet I know in my heart she is right. Nothing tells of a life well lived as thoroughly as a large bunch of Oriental lilies sitting on the drinks cabinet, or an assortment of fresh gerbera gracing a bathroom sink. Plants may provide us oxygen, but flowers provide us joy – creating 'event' in the midst of daily routine and celebrating the ordinary lives that make us who we are.

Thus I, and others who share my parsimony, must turn to the garden.

There is one complication. If you are one who looks at each garden flower as a crucial piece of a larger composition, you may be loath to take pruners to it – sure that a lost bloom will be keenly felt. Let me gently assure you that from an outside perspective, this is not the case. The overall look may change, but a snip here and a snip there will only create a new composition, not to mention a lovely inside bouquet to grace a tabletop.

Still, I do not wish to force you to take up arms against your own creation. If you don't feel comfortable, you don't feel comfortable.

Better then to consider a cutting garden – beds specifically designed with one thought in mind: harvest. And, to consider siting it in an out of the way spot or in a vegetable garden where harvest happens every day. Such placement can help snip-adverse gardeners to share those outside blooms with their inside spaces.

As our wisest planning often takes place at the tail end of the current growing season when we are still faced with the realities of maintenance so easily forgotten during the winter, I invite you to walk around your garden now and think

about where you could fit a small area next year to provide blooms for the house.

Where?

Sun exposure is a huge factor in making this decision, as many of our very favorite bouquet flowers desire a sunny position. If you don't have a good deal of it, you can either get creative with your flower choices (roof iris, azalea, big leaf hydrangea, astilbe etc...) or creative with where you grow – I have two friends with gardens in shade but who both keep community garden beds solely for the purpose of cutting flowers.

How?

A corner of an existing garden is a good place to start, but as I like to keep harvestable and high-maintenance beds separated from the grass/weeds/chaos around them, I prefer to work with raised beds. If you feel similarly but have no desire to build anything, even a kit, you can buy large heavy duty fabric beds that last for many seasons from Smart Pot. Simply unfold, fill with soil and plant.

What?

Asian lily bulbs? Zinnia seeds? Mini sunflowers? The choices are endless, and when you specifically are growing to harvest, you don't need to worry about whether your colors will clash or if you have enough texture contrast. Simply grow what you wish to cut and what will last in a vase for more than a few days.

A few long-life favorites are tulips, daffodils, roses, sweet-pea, zinnia, annual and perennial sunflowers, lilies, peonies, Shasta daisy, Echinacea, hydrangea and baby's breath. Be aware of your foliage to flower ratio however. A peony is a gorgeous cut flower, but the plant easily takes up three square feet in a bed. This can work as long as you cut back mildewing foliage in late July and succession plant with annual seedlings such as zinnia or sunflower.

After a season or two, you may want to branch out to make your bouquets fascinating as well as beautiful. Try growing eucomis, celosia, belamcanda, atriplex, kniphofia, echinops or eryngium.

Though you have no need for design, it is wise to consider timing and spacing when putting together your wish list. This way you can start with daffodils and end with goldenrod, maxi-

mizing the space you have for bouquets throughout the growing season. If you have time to throw the bed together this season, you can start your spring bouquets with some late fall planted bulbs.

Once you have fresh blooms guiltlessly in hand, you may even consider adding to them with berries and foliage from the rest of the garden, using needed prunings as fodder for your vases. Experimentation here, as with all things in gardening, will allow you to grow more creative and confident with each vase that you fill and each room that you brighten.

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

weather, bad placement, or just improper care. Question the successes – did the plants do well because of the rain? Or the sun? Or the attention given to those particular plants? This will help in planning for next year's garden, whether it's the vegetable garden, perennial garden, containers, or shrubs and trees. Keeping a garden journal becomes a great tool throughout the gardening season in those successes and failures. It is the first reference book used when ordering seeds and choosing plants for next season's garden.

So there's lots that still needs to be done before calling the garden season over. Outside chores abound, from planting, edging, cutting back and turning compost, to preparing for indoor gardening – growing holiday plants and forcing bulbs. Preparing for the holiday decorations becomes a "top of the list" as we approach the end of the month. Enjoy all things gardening, grow plants and enjoy the month of Thanksgiving!

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



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COMMUNITY NOTES

Thurmont's H&F Trolley Trail

Bryant Despeaux
Vice Chairman, Thurmont Planning & Zoning Commission
President, The H&F Trolley Trail Association

On February 20, 1954, the last clang, clang, clang of the trolley bell rang on the H&F line between Thurmont and Frederick. Although there would be freight

service on the line for a few more years, it was the end of an era. The Hagerstown and Frederick Railway tied the county together with lines that ran from Frederick to Thurmont, Braddock Heights, Jefferson, Middletown and beyond. The electric service that was created to power the trolleys would eventually evolve into the Potomac Edison Company. The H&F held ease-

ments and right-of-ways on the land that the trolleys ran and Potomac Edison continues to hold many of these easements today to service their power lines.

In the late 1990's, a group including myself, Jim Gugel, Pat Ott and Lisa Coblenz, came to the town of Thurmont with an idea to build a multi-use trail on the old trolley line. The group was successful in getting the trail started, but when the trail reached Big Hunting Creek the need for a bridge crossing halted the project. A steel truss bridge was available from a local bridge replacement project, but due to concerns of lead paint on the bridge the Town would not approve its use. The idea of building a bridge to cross the creek was also presented at the time, but again the Town rejected the idea.

In 2006, the Thurmont Lions Club decided to take on the project and began refurbishing the existing trail and building the bridge to cross the creek which extended the trail to Moser Rd. The Lions Club along with many volunteers and donors from the community did a wonderful job building and enhancing the trail with flowers, benches and signs.

My vision is to complete the H&F Trolley Trail on the old trolley line all the way to Frederick. This section of the trolley line ran from Thurmont to Lewistown, through Yellow Springs and on to downtown Frederick along Rosemont Ave. The first phase would go to

Catoctin Furnace, linking the town of Thurmont to this important historical site. This connection would also link the trails in the state and federal parks to the trolley trail.

The next phase would take the trail to Lewistown. After reaching Lewistown, the next big hurdle on the way to Frederick would be the crossing at Route 15. After crossing Route 15 there would be few physical hurdles to take the trail the rest of the way to Frederick. The trail would continue on to connect with the trail system in Frederick city, connecting just off Rosemont Ave. Much of the line travels through farmland and private property and there would be many concerns from residents and landowners to address. I feel the overwhelming benefits of such a trail outweigh any negative impacts.

A trail link to Emmitsburg would be the next logical step to connecting Frederick with the northern part of the county. I believe there is interest to construct a trail to Thurmont and Gettysburg from Emmitsburg. A trail from Frederick to Thurmont, Emmitsburg and on to Gettysburg would bring tourism and add great economic benefits.

I formed the H&F Trolley Trail Association and am working towards getting a 501c (3) designation. The mission of our group is to promote the creation of the trail, build awareness and raise funds for construction and upkeep. I would like to see the trail built using pri-

mate donations, grants and volunteers if possible and then turn the trail over to the county as a designated park.

Although the trail in Thurmont is less than three-quarters of a mile, it is well used. Recently, the trail has been paved making it more compatible for strollers, skaters and wheelchairs. The benefits of a multi-use trail of the length I'm proposing are significant. Not only would this trail bring tourism revenue into the county, but it would also provide a safe trail for biking, hiking and other uses and offers another avenue for county residents to increase their physical activity and improve their health.

In a 2012 Economic Impact Study on The Heritage Rail Trail in York County, Pennsylvania, a trail that is similar in length to the proposed H&F Trolley Trail, the study found that the trail drew in 281,185 annual visits resulting in over \$4.4 million dollars in revenue to the local economy. The trail would also allow for safe bicycle commuting from the northern part of the county to Fort Detrick and downtown Frederick, removing cars from the heavily traveled Route 15.

The H&F Trolley Trail would be a huge project and getting the first phase to the historic Catoctin Furnace would be a great start and would help prove the concept off the enormous benefits of this north/south connecting trail in the county.



Plans to complete the H&F Trolley Trail to Frederick are in the works.

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COMMUNITY NOTES

Thank you!

The sponsoring organizations of the 61st Thurmont & Emmitsburg Community Show, would like to thank those individuals who helped with the Show. We sincerely thank the community businesses and individuals for advertising and sponsoring our show booklet as we had excellent attendance and great community support during the entire event.

During the opening ceremonies, approximately 35 community organizations participated in the opening flag ceremony during which Stephanie Moreland was appointed the 2017-2018 Catoctin FFA Ambassador.

Special thanks to the many exhibitors who entered items at the show and to the over 150 new exhibitors this year, which is a reflection of how our show has grown over the years.

We had approximately 280 baked products entered and sold at our baked products sale. The grand champion cake, (a chiffon cake) made by Dawn Hobbs of Rocky Ridge, was purchased for \$1,050. Monies received from the silver offering, and the Junior and Youth Department Champion Cakes totaling \$1,100 was donated equally to the Thurmont Food Bank and the Emmitsburg Food Bank.

We would like to thank all of the department superintendents and the many volunteers who help to take entries, haul tables and help in any way to make our show excellent and also to the many com-

mercial exhibitors, including the Thurmont History display by John Kinnaird, and the Thurmont Library for sponsoring their annual book sale and to the many other commercial and animal displays that make our event community oriented.

Special thanks to Bollinger's Restaurant for sponsoring a free meal ticket to all department champions and our food stand vendors - the Catoctin High School Junior Class and Thurmont Lions Club were busy all weekend with sales. We would also like to thank all of the individuals, businesses and families for sponsoring show awards, for purchasing baked goods at our cake sale and for supporting our livestock show and sale.

In addition, we thank Bernie Quesada, Principal of Catoctin High School and the entire faculty, cafeteria and custodial staff for their professionalism, cooperation and understanding during the show.

The Community Show is an agricultural educational event and is a total community effort. Many community citizens volunteer many hours to make the show one that our area can be very proud of and visitors comment on the large amount and quality of entries. These efforts are appreciated by the show sponsors - Thurmont Grange; Catoctin FFA Chapter, Catoctin FFA Alumni, The Maryland State Grange and the Maryland Agricultural Fair Board.



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HEALTH NOTES

Fight back against Alzheimer's disease

Kelsey Shupe
Frederick Memorial Hospital

When President Ronald Reagan designated November as National Alzheimer's Disease Awareness Month in 1983, fewer than 2 million Americans had Alzheimer's. Today, nearly 5.4 million people are suffering from the disease. As the disease affects more people every year, it is important to understand the warning signs, get screened, and take advantage of public information and resources.

Know the Warning Signs

Alzheimer's is the most common form of dementia, accounting for 60 to 80 percent of all dementia cases. It worsens over time and there is no cure, although there are treatments available that can delay the symptoms and improve quality of life. If you feel that you or someone you love may be suffering from Alzheimer's, it's important to know

the 10 warning signs that could help you detect it early.

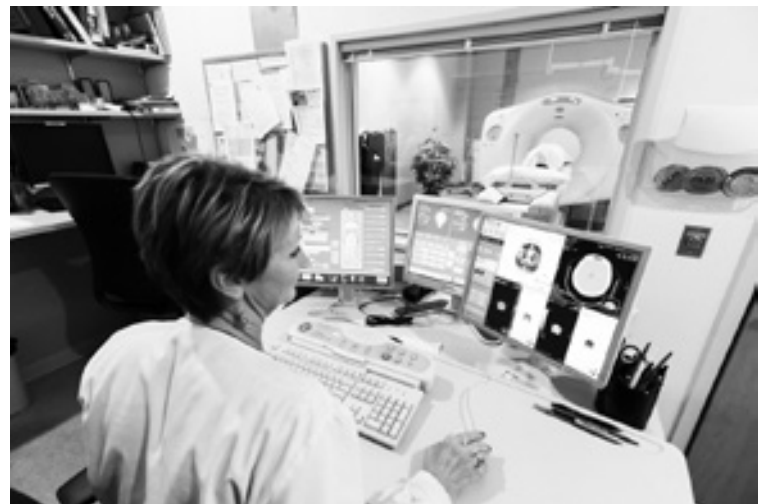
- A common symptom of early-stage Alzheimer's is memory loss that affects daily life. Forgetting information that was just recently learned, important dates or events, and asking for the same information, multiple times are all symptoms of memory loss.
- Many people in the early stages of Alzheimer's lose the ability to follow a plan or work with numbers; they have difficulty completing tasks they would otherwise consider simple.
- Someone who is suffering from Alzheimer's may struggle to remember how to drive somewhere they've driven many times before, or forget the rules of their favorite game.
- Losing track of dates, seasons, and the passage of time is a warning sign of Alzheimer's. A person suffering from the dis-

ease may forget where they are and how they got there.

- They may also misplace things and forget how to find them. Putting items in unusual places or accusing others of stealing is not uncommon.
- Other potential warning signs include difficulty following or joining a conversation; poor decision-making; vision problems; withdrawal from work, family, and social obligations; and changes in mood.

Get Screened

If you or someone close to you is suffering from any of these 10 warning signs, it's important to schedule an appointment with your doctor immediately. Early detection can make all the difference in quality of life for both those diagnosed with Alzheimer's and their caretakers. You can also take advantage of treatments that could lessen symptoms and help you or your loved



one maintain as much of their independence as possible, for a longer period of time. Early detection gives you and your family more time to plan for the future and make decisions about care, transportation, living options, and legal matters.

Many people dismiss the warning signs as "senior moments" or something less serious than Alzheimer's. A screening could be vital to getting

someone suffering from Alzheimer's the treatment they need.

Resources for Families

There are 15 million Americans providing unpaid care and support to family members with Alzheimer's or other forms of dementia. In 2016 alone, these same caregivers provided an estimated 18.2 billion hours of care valued at over \$230 billion. Nearly 35% of them reported their health had declined due to their responsibilities to their loved ones. In comparison, only 19% of those who cared for elderly loved ones without dementia felt their health has gotten worse.

It's important for families on this journey to know they're not alone. Alzconnected.org allows caregivers to connect with an online community of people who are impacted by Alzheimer's. Here, families can find advice from other supporters, and get the strength they need to keep moving forward.

Local Resources for

Alzheimer's Care & Support

If you're looking to connect with someone face to face, support groups are available right here in Maryland. Individuals with Alzheimer's disease as well as their family, friends, and caregivers meet regularly once a month. They create a safe place for patients to go where people understand them, and caregivers can find emotional and spiritual support too. Call the facilitator listed at your local support group to become a member.

The Frederick County Health Department and the Frederick County Department of Aging are two local resources available to Frederick County residents that provide information and assistance to people suffering from Alzheimer's and dementia.

New Alzheimer's Research Study at Frederick Memorial Hospital

Frederick Memorial Hospital's Imaging Services Department is the only registered specialist site in Frederick County to participate in a new \$100 million study called Imaging Dementia Evidence for Amyloid Scanning (IDEAS) Study. IDEAS is sponsored by the American College of Radiology (ACR) and American College of Radiology Imaging Network (ACRIN), with funding and direction from the Alzheimer's Association.

Visit FMH.org and search IDEAS Study to learn more.

Dr. Maurice Smith is a thoracic surgeon and the medical director at Monocacy Health Partners Center for Chest Disease.

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WWI NEWS REPORTS FROM THE FRONT

The October Revolution!



Editor's note: *Russia was still on the Julian calendar and did not switch to the Gregorian calendar until after the revolution. The 11 days difference took the "October revolution" into November.*

November 2

Germans Break Through Italian Front

Often repeated statements of Allied military leaders that the character of European fighting may change overnight, is exemplified in the conditions surrounding the Austrian-German drive on Italy. Instead of trench fighting, operations on the Italian front have reverted to the old time maneuvering of the great armies, with flanking movements, surprise attacks, and seven million men being moved about to play the strategy game of generals and their lieutenants.

Italians, who have been urging that the Italian front was a position of extreme strategic value, now frankly state that they believe the war will be won or lost for the Allies within the next few weeks. They state that the issue now hangs on whether the Italian armies can hold the onrush of the Austrian-German forces.

Such an achievement on the part of the Central Powers would not only afford them the resources of Italy and free access to the Mediterranean, but also would place the Allied forces in Macedonia in a precarious position to release hundreds of thousands of Austrian, Turkish and Bulgarian troops for service on the Western front.

In the latest operations, the Germans captured 60,000 Italians, bringing the total prisoners reported taken to 180,000 in the past two weeks. Although the Germans have broken the Italian line, the resistance offered by Italian contingents, which offered themselves up for the supreme sacrifice, delayed the Germans such that the Italian Third Army had time to cross the Isonzo River in an orderly fashion. As a result, the main body of Italian forces is intact and ready to face the Germans in the counteroffensive, which is being prepared.

The methodical retirement on a huge scale, involving the movement of upwards of one million men and their stores within three days was naturally accompanied by extreme hardships and many detached instances of unavoidable confusion.

The outstanding fact is that a huge army has been withdrawn in the face of overwhelming odds and has come out scarred, but still intact, and with colors flying.

November 9

Bolsheviks Cease Petrograd

Wednesday night, the Maximalists and their Bolshevik allies ceased control of Petrograd. Initial reports indicate that the coup d'état had been brought about without bloodshed.

Leon Trotsky, President of the Central Executive Committee of the Petrograd Council of Soldiers' and Workman's Delegates, and a leading Bolshevik, issued a declaration to the effect that the Provisional government was no longer in existence and that some of its members have been arrested. The proclamation declared that the new government will propose the immediate and just peace, will hand land to the peasants, and will summon a constitutional assembly.

The Maximalist also announced that the death penalty, which was re-established at the front by Premier Kerensky, has been abolished and complete freedom for political propaganda has been established at the front. All revolutionary soldiers and officers who had been arrested for complicity in so-called political crimes are to be set at liberty immediately.

Leon Trotsky was the editor of the *New World*, a revolutionary paper published in New York City, where he was prominent in the radical circles on the East Side. When he arrived in New York in January 1916, from Spain, immigration authorities permitted him to land when he declared that he was not a revolutionist but a disciple of Karl Marx and desired to bring concord among the nations. He remained in New York until the overthrow of the Czar, when he returned to Russia.

Because of his revolutionary tendencies, Trotsky was often in jail in Russia. He was sent to Siberia in 1903 and later in 1912 for participation in revolutionary plots. After his release the second time he went to Berlin, but when the war broke out he was ordered to leave. He fled to Spain, where he was promptly thrown into prison. After his release he came to the United States.

The Maximalists comprises the most extreme element of Russian revolutionary socialists. The Bolshe-

viks first sprang into prominence in the early days of the revolution under the leadership of Nikolai Lenin, the radical agitator, who later was put under the ban of the Provisional government because of his ultra radical preaching and his suspected pro-German leanings. He is known to have been in Petrograd for some time, however, a government order for his arrest failed to result in his apprehension. Meanwhile the Maximalists were under the leadership of his chief lieutenant, Leon Trotsky.

The strength of the Maximalists has lain in the support, which they obtain from the military, chiefly in the Petrograd garrison. They have failed, however, to impress their policies upon Russia as a whole. Nevertheless, their influence upon Russia's policies, both internal and external, has been marked because of their prominence in Petrograd, the seat of the government. This was this sinister influence that, in part, prompted the recent proposal by the Kerensky government to remove the capital to Moscow, which would be freer to represent adequately the will of the whole Russian people.

Kerensky's task as the head of the Provisional government has been a formidable one. Hailed as the savior of Russia in her hour of need, he labored with ability and patience to keep the diverse elements comprising the revolutionary democracy together. It appeared for a time, after the failure of the Korniloff rebellion, that he might succeed in guiding Russia over the dangerous shoals upon which she had drifted as the result of seemingly irreconcilable diverse currents.

However, it was indicated by a recent interview that he was becoming discouraged over the situation. Although he declared Russia was still emphatically in the war, he asserted she had been worn out by the struggle and felt she had a right to claim that her allies henceforth assume a heavier burden of the fighting.

Reports state that Kerensky has left the capital, and has gone to the front to appeal for troops. But another report says that the whole Northern army has deserted to the Maximalists who now hold the Russian capital.

Opinion in Allied capitals seems to be that the Maximalist's attempt to guide the destinies of trouble torn Russia will be short-lived. Civil war, with a more conservative element of Russia opposed to the extremists of Petrograd, is expected.

Italians Prepare To Defend Venice

Italy is undergoing a rebirth of patriotism. Everywhere men are clamoring to go to the front. The troublemakers who two weeks ago said they were tired of the war, and who were willing to listen to German agents, now are either in hiding or hastening to admit that they were misled. The entire country is placarded with announcements from the War Ministry, calling upon citizens to join the army and asking women to help support the morale of the soldiers.

Ever since the opening of the war, Italian cavalrymen have been chafing because the mountain warfare offered no opportunity for employment of their branch of the service. Now, however, they have had the chance to prove that the cavalry is not as obsolete as "crossbow men," as one writer put it.

In fact, the successful retirement of the Italian army was due very largely to the heroism of the mounted troops. The splendid maneuvering of the cavalry and their reckless charges in the face of streams of machine gun bullets, reminiscent of the deeds of the famous British Light Brigade, are regarded by military officers as constituting one of the most brilliant features of the fighting on this front.

Charges of entire brigades were encountered with the perfect precision and control. Machine guns could not stop them. Some regiments were virtually annihilated, but their sacrifices were not in vain, in so much as they protected the road over which the Third Army passed to safety.

Virtually all of eastern Venetia is being left to Austrian-German occupation. Meanwhile, the leading citizens of Venice met yesterday and voted that they will never desert the city in its hour of need.

First American Soldiers Captured

The Germans announced the capture of American soldiers by a German raiding party on Saturday. Capturing, killing and wounding American troops on the battlefield are some of the inevitable misfortunes of war. The German high command has been eager to capture Americans and has offered special

money rewards and other inducements to the first German troops who should take a man in the American uniform.

Although the sector in which the American unit is being hardened to trench warfare is comparably a quiet one. There has been frequent night raiding parties on both sides in which the American soldiers participated in, and it was on one of these nocturnal exploits when the Americans met up with a German patrol prowling about in no-man's land.

The government has taken steps to be assured that American prisoners in German hands will fare as well as it is possible to arrange it, and, indeed, that their lot may be better than the average. Through the Red Cross in Geneva the government has arranged to provide food and clothing for American prisoners, so they may not be forced to depend on the insufficient, skanky, and constantly shrinking bounty of the Germans.

November 16

Kerensky Army Moves Toward Petrograd

The All Russian Congress of Workmen's and Soldier's Delegates is reported to have named a cabinet composed of Bolsheviks. The cabinet is headed by Nikolai Lenine as Premier and Leon Trotsky holds the post of Foreign Minister. All Cabinet members are to be Bolshevik.

Lenine said the first act of the new government would be to offer to all nations a democratic peace, based on no annexations and no indemnity. Such a peace, he said, is to be concluded, not by diplomacy, but by the representatives of the people.

Lenine explained that by annexation he meant, the forcible seizure of any territory in the past or the present without the consent of the people. He asserts that all secret treaties made to benefit the bourgeoisie must be published and voided to benefit all.

Lenine spoke in short, graphic sentences, vaguely outlining the program of his party. He said: "Our revolution, which the Bolsheviks started several months ago, is now an accomplished fact, and a new era is beginning for Russia. Russia's third revolution should result in the complete victory of socialism worldwide."



Unleashing chaos in Russia, and driving Russia out of the war was exactly what the Germans intended when they released Lenin from custody and allowed him to return to Russia.

NOVEMBER 1917

Lenine then reiterated all the well-known prescriptions for the cure of all Russia's ills: immediate peace, suspension of the rights of the estate owners, immediate division of the land among the peasants, and the controlled industries by the workmen.

Meanwhile, it is reported that Kerensky arrived at Luga, 85 miles southwest of Petrograd last Wednesday and the garrison there attested their loyalty to his Provisional government. Saturday morning he reached Gatchina, 30 miles southwest of Petrograd where the same thing happened. Reports indicate that troops loyal to the Provisional government are known to be near Petrograd and a division of Cossacks is on the march from Finland to take on the Bolsheviks.

The garrison at Petrograd, which two days ago was solid for the extremists, now is wavering in their allegiance to the Bolsheviks. Dispatches say that most of the Moscow garrison has returned to the allegiance of the Provisional government. The Railway Workers' Union, which at first had worked under the instructions of Nikolai Lenin, now declares itself wholly on the side of the Committee of Public Safety and that it would not obey further orders of the Bolsheviks.

A certain amount of opposition is also developing in the Soviet Congress, which is splitting into two camps, with the Bolsheviks on one side and the Minimalist, Socialist Revolutionaries and other less extreme elements uttering hostile sentiments on the other. The Central Executive Committee of the Soviet declared that the tactics of the Bolsheviks have nothing in common with true socialism and that they will force the army into the hands of Kerensky with the result that there will be a civil war.

Meanwhile, reports indicate that Gen. Korniloff, leader of the futile revolt of some weeks ago, is reportedly forming a government in Moscow. Whether it will support Kerensky is not yet indicated. Serbia, meanwhile, has announced its independence and proclaimed former Emperor Nicholas as its Emperor.

November 23

Kerensky Defeated By Bolsheviks

Defeated in battle by the Bolsheviks and deserted by most of his own officers and men, Premier Kerensky is in flight and his whereabouts is unknown. In Moscow the tide apparently has turned and the Bolsheviks are in control of the ancient Russian capital, with the forces of the Provisional government now besieged in the Kremlin. Between 2,000 and 5,000 have been killed in Moscow.

Premier Kerensky's forces, which advance from Gatchina were defeated as they approach Petrograd. Kerensky's Troops then retreated back to Gatchina. The battle in which Premier Kerensky was defeated began last Saturday and continued until Monday night.

The Premier had 5,000 Cossacks and several hundred military cadets,

with considerable artillery. The Maximalist forces included four guard regiments, several battalions of sailors and numerous detachments of the Red Guard. The Bolshevik troops were commanded by members of the old aristocracy and former army officers.

While Petrograd appears to be firmly in the hands of the Bolsheviks, its control of Moscow is uncertain. Two trainloads of Red Guards in route from Petrograd to Moscow to support the Bolshevik soldiers have been stopped, and reports indicate Cossacks from southern Russia are moving northward, and that the Bolsheviks are in a panic of their approach. It is likewise reported that approximately a corps of mixed troops from the South Western front, intent on putting an end to the civil war, is in route to Petrograd.

Travelers returning from Russia say that there is little sympathy for Premier Kerensky. The educated masses are infuriated at Kerensky's laxity and permitting the Bolshevik agitation. Soldiers were indignant that the Premier was unable to maintain authority and order.

Nowhere is there a spark of enthusiasm for the provisional government as it was felt to have deserved its fate. However, a longing for real order and real authority for someone to save Russia, was wanted everywhere. In most of Russia, there is complete absence of news. Order prevails and most people knew little of politics and cared less, as they were more worried about obtaining food for tonight's meal.

Reports have been circulated that a new Monarchal Union has been formed in the Crimea, whose slogan of: "Onward with the Czar and Holy Russia." The Union is calling for the return of the Czar as the only way to restore stability to the country.

Basing their opinion on the statement of Lenine that the success of the Bolsheviks is dependent on a worldwide revolutionary movement by soldiers and workmen, officials at the Russian Embassy in Washington today projected that the followers of the Kerensky government would win eventually, either through a military victory or through the incapacity of the Bolsheviks to make good their promise to their followers.

Germany, meanwhile, is taking advantage of the situation in Russia by transferring troops from the Russian front. Only part of them appears to be going to Italy, where the front is too narrow to permit the use of great masses. A blow by von Hindenburg at some other point, in way of a diversion, may perhaps be expected.

Some troops were reportedly moved to the Western front, but this is not necessarily significant, as Field Marshal Haig's pounding tactics necessitate frequent relief for German divisions. German newspapers report the prospect of an offensive on the Greek front, but have also mentioned the obvious chance of a smashing blow at Romania in an effort to end the resistance of that nation.

Hindenburg Line Broken

The British War Office announced

that the Hindenburg Line has been broken to a depth of four miles. A large number of tanks moved forward in advance of the infantry when the attack was opened and broke through successive belts of German wire defenses. Following through the gaps made by the tanks, English, Scottish and Irish regiments swept over the enemies' outpost.

Triumphant in their brilliant stroke against the Hindenburg Line, British troops are pushing forward. In two days the British have gained almost as much ground as in the four months of the Battle of the Somme.

The Hindenburg Line was the strongest the Germans have laid out in the west. The enemy considered them impregnable. Not only were they strongly fortified, but they were also protected by extensive fields of barbed wire, which, it was said, only a protracted bombardment would cut sufficiently to allow the infantry to go through.

British tanks had never been before called upon for such extensive work, but what they did in a few hours artillery would have required days to accomplish. The tanks did amazing work and in most places they had no trouble either in tearing through the wire or in crossing trenches. The condition of the German trenches showed plainly that the occupants had abandoned them in a hurry, all sorts of equipment and personal belongings were on the ground.

November 30

Britain Aims To Split Muslims

The advance of the British Army in the Holy Land has stirred the Christian world, and that portion of the Jewish world which accepts the Zionist propaganda has been equally interested. But the Christian and Jewish worlds have been thinking of their own religion rather than those of Islam.

The aim of the operation is to insert a permanent wedge between the Turkish Empire and the Mohammed Holy Land, including the cities of Mecca and Medina.

As the Sultan of Turkey is the recognized spiritual head of millions of Mohammedans who live in France, British and Italian North Africa, and in British India, the Allies fear he has the power to call them into revolt. But the Turkish hold upon Islam rests upon possession of the holy cities.

The Turk is really an intruder and a newcomer in the Mohammedan world. His very title to the caliphate rests upon a questionable transaction not so many centuries ago. The Arab has never accepted the Turkish dominion readily, nor does he cherish any affection and the political fortunes of Islam have steadily declined since the Sultans ceased control of the religion.

Already, an insurrection in the holy cities has temporarily deprived the Turks of control over Mecca. It would be a short step to see the revolt leader raised to supreme power on the religious hierarchy of the Islamic church, where under British influence, they can be controlled.



With Russia soon to be out of the war, and Italy in retreat, Germany began its long anticipated re-enforcement of its Western Front forces which it hoped would put an end to the long grueling trench warfare in that theater.

If the British can succeed in occupying Palestine and create a protectorate over the Holy Land, then the Turkish connection with Mecca will be broken and the threat from the Mohammedans will have been lifted forever.

Russia On Verge Of Civil War

The general situation in Russia shows little improvement and the country is described as being on the verge of a civil war.

Russian soldiers at the front are reportedly desperate from hunger. The Russian army on the northern front has had no bread for several days and only two or three-day supply of army biscuits is on hand. Army delegates are reported to have recommended withdrawing troops from the front in order to prevent a general flight. Meanwhile, the Second Army on the Russian Northern front has removed its officers and pledged to support the extremists, while the Caucasus provinces have announced that they have seceded from Russia.

Efforts of the Bolshevik government to arrange an armistice continue in Berlin and Petrograd, presumably in connection with the peace offers of the Maximalists.

Meanwhile, indications are that opposition to the Bolsheviks is rap-

idly gaining strength. A conference of anti-Bolshevik leaders at Russian army headquarters is taking place for the purpose of forming a coalition government.

Gen. Kaledines, the Cossack leader, said he is master of the situation in Russia and many army officers opposed to the Bolshevik regime have joined his forces. Gen. Dukhonin, the de facto commander of all but the Northern forces, has sided with Kaledines and refused to treat with the Germans.

Kaledines is in control of most of the grain growing territory in the South and is said to hold the Russian gold reserves. Kaledines is rapidly capturing those remaining provinces upon which Russia relies for its daily bread.

Under Kaledines, a vast union, under the name of the Southeastern Union, has been formed. It includes the Don territories, the greater part of Little Russia, the lower Volga provinces and Turkestan - the areas that feed all of Russia. This union is growing by the day and promises to soon include the Siberian corn lands.

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HISTORY

The History of Emmitsburg

James Helman
 Edited by the Emmitsburg
 Historical Society

Part 8

Schools

The first schoolmaster of the village was Thomas Cocklin. At the beginning of the century, 1800, Martin Corcoran taught the large scholars and Miss Corcoran the primary department; after a time Mr. Sanders, then Mr. Malady and William Mullen came; establishing his mathematical academy on Church street, the old people thought well of Mullen; next came Isaac Burbank; he was an up-to-date teacher; some of the older citizens were pupils, and quote him yet; he married the daughter of Jacob Troxell, the batter; opposition to the marriage caused them to run away; they settled in Indiana, doing well; their daughter married Governor Morton, afterward U. S. Senator Oliver P. Morton. James Knauff and Robert Crooks taught the young ideas how to shoot if they were severe. Oliver McLean, Derios Thomas, Pearson, Donnelly, Barrack, Fish, Packard, Hill, Seabrooks, Kerrigan, Frazer and many more, good, bad

and indifferent, very few the children liked. Mrs. Reid taught a private school.

Miss Martha Moore was a teacher of note for children; she was an expert in the primary. The teachers today in the public school are Lloyd Palmer, principal, Miss Ruth Hoke and Miss Sallie Miller, assistants. The first schoolhouse was at the intersection of the Gettysburg road and alley dividing the priest's lot. On that vacant point all the children back of 1820 attended there. A large brick house was erected, on the lot where St. Euphemia schoolhouse stands. It was divided by a partition, separating the male and female. Here up to about 1880 the public school for boys was conducted, prior to 1860 a good house for a girls school was erected on the vacant lot between the Methodist cemetery and Patterson's stable.

The two schoolhouses were torn down and the house in which George Kugler lives erected out of the material; after serving the purpose for a few years, the present building on the pike was erected. About 1830 a brick schoolhouse was built on part of the Lutheran Church lot. Here, a select school was taught by competent teachers, giving instructions not to be had in the public schools



The old St. Joseph's High School.

at that time. When the cemetery was enlarged it was torn down. Richard Gilson taught a private school in a house standing where Dr. Fichelberger's garden den is. Rev. G. W. Anghenbaugh and E. F. Higbee taught a select school where the vacant lot of A. A. Annan is.

The St. Euphemia house was built to accommodate their increasing school, which occupied the hall built by the Roman Catholics and town, corner Gettysburg Street and Green Street.

Six-Horse Teams

Teams, usually six horses, did all hauling from Baltimore to the west. This town was on the route to Pittsburgh, hundreds of teams during the year passing east and west; an occasional team was decorated with bells; these teams would travel in companies from a few to a dozen or more, for protection and help, stopping at night at one of the many taverns along the road. These taverns had large wagon yards to accommo-

date these almost daily visitors; the teamster would select a spot to stand his wagon, take the feeding trough from the rear of the wagon, fasten it to the tongue, and tie his horses on either side to feed and rest through the night; no other accommodation regardless of rain, snow, wind or heat; no blankets to cover in winter; this was a Wagoner's life.

The teamster carried his bed, unfolding them, they spread them on the floor of the bar room and slept. As their teams approached the town it was a common thing to see a crowd of boys run to the end of town to meet them, and walk beside the teamster. It was an occupation every boy intended to follow when he was a man. These wagons were loaded with goods for the merchants out west; returning they brought flour, whiskey, hides, dried fruit and many other articles. The millers in this locality sent flour to Baltimore by teams belonging to the farmers, who in return hauled goods for the merchants here. This was before railroads were running; when the railroads were made it ceased, and the taverns closed along the roads.

Peddlers

In the long past peddlers with horse

and wagon and pack peddlers were plentiful; the cheap license enabled a new Jew, for they alone followed it, to make a good living, with a small amount invested. Some carried packs, a burden for a horse. One of the early peddlers who frequented these parts was Arnold Schiteling, a regular visitor, horse and wagon; these men carried dry goods principally; the high license put an end to it.

Coopers

This industry gave employment to a great number of hands; the timber barrels were made here and shipped. All the flour was barreled; whiskey made at the distilleries here and Frederick was supplied with barrels from here. In 1812 John Young, afterwards Michael C. Adelsberger, was the most extensive manufacturer; Henry Foller, Joseph Felix, besides nearly every mill had a cooper shop attached to the mill.

Cigars

In 1847 James Storm opened a store; he had one journeyman cigar-maker to manufacture fine cigars; the cheap cigars called tobies sold for 16 cents a hundred, the half Spanish for 37 1/2 cents or two for one cent, to-



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HISTORY

bies four for a penny. Mr. Storm carried on for about a year. In 1850 Michael Helman had two, sometimes three men making cigars, in connection with his other business; he discontinued in a few years. Not until 1868, when Frank Scheek made cigars, was the manufacture of cigars carried on again. In 1885 James A. Hicky worked a number of hands for a few years; he discontinued when Charles Miller, of Frederick, carried on for about two years, returning to Frederick. Mahlon Whitmore came from Thurmont, opening a factory, which he continues to the present time.

Hatters

This was an occupation second to none in each community, as every head required a hat, and all the hats were made by the local hatters. Major John Horrit carried on where the Slagle Hotel stands; he was born 1779, and died in Baltimore 1856; is buried in a Roman Catholic cemetery. Jacob Troxell carried on the business where J. Harry Row lives; he was born in 1767, died 1852, he is buried in a Lutheran cemetery. Abraham Weltv carried on where Payne lives; he was born in 1774, died 1876, and buried in a Roman Catholic cemetery. John Hitechew was an old man when working journeywork for Henry Winter where the Misses Winter's live. The manufacturing of hats closed up all the local enterprises. Hats like all others. Saltzgeber made hats where Hopp, the baker, lives; with him the industry ceased in Emmitsburg.

Milliners

A milliner was a lady that understood the art of trimming hats; she did not sell bonnets, hats, ribbons, flowers, silks for lining, &c.; these articles were kept in stock by the merchants. The ladies selected their bonnets and trimmings, taking them to the milliner. She did the work, charging a nominal price for it, usually employing a number of young girls, who intended to follow the trade. Miss Kate Curren and Mrs. Blair are remembered as the old time Milliners. Miss Kate Cash was the first to carry a stock of material in millinery. She had her store in the east end of Mrs. F. R. Zim-

merman's house. It revolutionized the trade. The merchants closed out their stock, and the milliner made a success of the business. Mrs. D. G. Adelsberger, Jacob Hoke, Misses Susan and Lunnie Winter and Miss Helen Hoke to date.

Confectioners

The places for children to spend money were few sixty to seventy-five years ago; whilst they had little to spend, places to spend that were, Mrs. Boyles, a few jars of stick candy and a few ginger cakes, and Mrs. Hitechew, ginger cakes and small beer. Mrs. Hitechew was noted for her ginger cakes; the young men and maidens were frequenters at both places for refreshments. In 1847 James Storm built the office of Dr. Stone for a store; he opened out the first stock of candy; it was an up-to-date assortment; the people appreciated the opportunity and were profited by their patronage.

A year later F. X. Deckelmyer, a candy manufacturer and practical cake baker, opened where the store of Rotering stands, where he kept candy, cakes and toys; he made the first ice cream for sale in the town. He built the brick house of E. E. Zimmerman in 1832, where he carried on until about 1868, when he sold out to Mrs. Seabrooks; now ten stores carry in their stock confectionery; prior to 1850 bananas were not seen in this market; oranges never sold for less than five cents; too high for the children of that age, as money was not so plentiful as now.

Newspapers

The first newspaper published in Emmitsburg was edited and printed by F. S. Riley, called The Banner, 1841, After publishing it three months he sold out to Troxell, Duphom & McTale. We hear of it no more. In 1844 Mr. C. Grate published the Emmitsburg Star in a shop on the lot where Bennet Tyson lives; he continued for several years, and it is heard of no more. In 1879 Samuel Motter established the Emmitsburg Chronicle, carrying it on successfully through its infancy; making it an assured fact that a paper can be edited and sustained here; he died in 1889, after which time his son Paul conducted the paper. Later William Troxell purchased the plant, continuing it until June 1906, when Ster-

ling Galt, of Washington, bought it. Since the first it has been publisher in the room over J. A. Row's shoe shop.

In July 1906, Mr. Galt purchased the brick store building of G. W. Row's heirs, and moved the plant into it. The old hand press has been laid by, a new outfit installed, with all the modern improvements. We seldom think of the deprivation of the past.

The weekly papers from Baltimore came late Friday night; the only papers received were the weeklies - Sun and Cloher, until 1851. Albert Potterfield opened a store where S. N. McNair's house stands; be arranged to have the daily Sun sent him each day; he had a few subscribers. J. A. Helman sold the papers on the street, one cent each. The paper was four pages. His store burned in 1852. Mr. Andrew Eyster took the agency and the papers have been a daily visitor ever since. The American, Sun and Chronicle are served regularly at this time.

Street Pump

In the Square, displaced by the fountain, is a well dug no doubt by the first settlers in 1780 or earlier, or at least 1786, when the town was laid out. This was a custom, to dig a well in the square when a town was laid out. There the people of all classes and colors slaked their thirst; from this well some of the families around the Square obtained their water, not having wells on their properties; here the boys drank from the spout just like a boy can drink; passing teams were watered here daily; cows were watered also.

It has been said any boy that has drunk from this well will never lose his desire to return to his old home. What if beckons now, and cannot get a drink? Does not certain objects; familiar scenes make life what it is to us all; the removal of a tree changes the aspect. The thirsty need water; can this be had in Emmitsburg today at any public place? - only at a private house, hotel or saloon. When the pump stood on the Square all could drink, man and beast, day or night, summer or winter.

Oysters

This feast of bivalves the people of today enjoy is something in olden time was a luxury indeed. The only time the people of Emmitsburg en-

joyed oysters was when some huckster or team had no return load from the city brought oysters, selling them at 25 cents a bushel along the streets. Many were the family shuckings as they roasted them in the tinplate stove. Young men and maidens often partook of them in company. Later John Burket arranged to sell oysters; shipped to him he carried them along the street, his melodious voice singing:

My oysters is fresh, and just from de shell,

I don't know de reason my oysters don't sell.

Lights

The present lighted streets and flood of light in the houses, from the improved burners, give a striking contrast to the olden times when the light of other ages, the pine knot or tallow dip, gave a satisfied people pleasure in what they possessed.

It was the universal light; the well-to-do had no advantage over the poor; there was no other alternative, use the dip or sit in darkness. Some of the heirlooms in candlesticks if they could tell, oh, what would it be? Courtships, marriages, sickbeds, death scenes, and the only light the tallow dip. The tailors sat around the candle working on the cloth; the shoemaker at his shoes; the wife at her sewing; the merchant in almost darkness.

This continued until the lard lamp was invented; there was more appreciation of this change than at present over this change from an oil lamp to electric light. Late in the fifties kerosene oil was refined and lamps made to burn it; one wick No. 1 satisfied the people; the size was increased, Argand burners invented, then duplex, latest Rochester, now we are at the Apex; houses lighted beyond its use. It does not stop; acetylene in the churches, in the houses, on the streets, electric light in prospect. View the changes compared with the dip; are we satisfied?

Item: The warehouse of Zimmerman & Co. was built for a machine shop by Joshua Shorb, Charles Miles and D. G. Adelsberger; they carried on a machine shop, foundry and blacksmith shop. The machine shop and contents were moved to Westminster, when Mr. Shorb left, 1868, Zimmerman and Maxell bought the property and moved their warehouse business from the station. It is now used by Zimmerman & Shriner for a warehouse.

Pottery

Samuel Baumgardner manufactured clay pots in the house known as Peter Brown's, between 1830 and 1840.

Part 9 next month



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MOM'S TIME OUT

Counting your blessings

Mary Angel

Here we are at the beginning of November and I once again find myself counting my blessings. There are always many things I am thankful for but this year I am hyper focused on something silly. Never before have I had two children go through the awkward klutzy phase at the same time, until now. The past few weeks, my girls have been more klutzy than the boys ever were. So it is on my mind constantly.

It all started fairly simple. One of them would trip over their own feet or run into a wall. Then it was your basic kid stuff. They would be playing basketball and one of them would get a ball to the head or ankle. Someone would come in screaming that the other had wrecked their bike. Luckily these were all fairly basic childhood injuries. There was a little blood, a lot of tears and more than the required bandaging (mainly because it stopped the tears). Often times, there wasn't even a mark on them, just a frightened little girl or girls.

Then the clumsiness got worse. My youngest daughter came running with a terrified look on her face. Apparently her sister was trying to impress her with some amazing gymnastics skills and pulled a groin muscle. There was also some question as to whether or not she

was stuck in a split position. Everything ended alright; she wasn't stuck and her pulled muscle was much better in just under a week. However, this wasn't the end of the mishaps. A day went by with nothing to report and amazingly I got excited. The following day was unfortunately not so lucky. On that day my youngest fell out of bed trying to get up to use the potty in the middle of the night. Besides a few bumps and bruises she was fine. I was beginning to wonder if we were all going to survive.

The following week wasn't much better. The good news was that not all clumsiness ends in injury; the bad news is that it can still be costly. While at a craft store one of the girls was swinging her arms at her side and knocked over a rooster figurine that was hanging off of a shelf. The store was extremely kind and did not make us purchase the rooster, even though I offered. The next day ended fairly uneventfully with one girl falling off her chair and the other tripping over her feet in the hall and smacking into the wall.

Sometimes the girls take turns. For example one week my oldest was all about being clumsy and the next she took a break and let her little sister be the clumsy one. During the 13 year old's week she fell down the basement steps and dented the wall at the bottom, caught a huge bottle of lotion with her nose, and

ran into the sliding glass patio door with her entire body (although face first). In her defense she had asked her sister to hand her the lotion not toss it to her and we had just cleaned the sliding door and it was extremely clear. As for the steps and the dented wall I have no excuse to give except clumsiness. The 10 year old's clumsy week was more like a two day extravaganza. We went to a pumpkin patch where she proceeded to bang her head and get a splinter. Upon arriving home she went to tell her Meme about her troubles and closed the door on the back of her foot, removing a bit of skin and causing a bruise. The next day we went on a homeschool field trip to the zoo and she "chose" one of the few gravel covered spots to trip and fall on her knees and palms. There was a little blood, a lot of tears, and much less skin.

The other day the girls and I were discussing their clumsy phase and the youngest asked if it really was a phase. When I asked her to explain her reasoning she shocked me with her answer. She explained that I have had more than 9 concussions in my life (true fact) and that if she understood correctly they weren't all when I was young. So she drew the conclusion that maybe it wasn't a phase but just who we are, a clumsy family. WOW, I couldn't argue with that logic. Between being almost knocked unconscious playing racquetball for the first time, a few car accidents, a plate glass window to the head, getting a



Dremel wound up in my hair and running into a piece of wobbling rebar with my head, I guess my phase is still going on. I was very proud of my 10 year old for taking all of these family stories and drawing such an accurate conclusion. I hope for my girl's sake that theirs is just a phase.

I am really not sure when this phase will pass, but for now I am just thankful when we have a day without a fall or an accident. I am also extremely thankful when my girls are not hurt badly by their accidents. I am also thankful that the girls seem to be toughening up from all of the

mishaps. A fall or a bang on the head doesn't always bring tears now, sometimes they even laugh at the fact that there are so many accidents. I am thankful so many more blessings than just these but for right now this is where we are in this season of life. Make sure in this month of being thankful that you are counting your blessings. Even if those blessings are as simple as having a day without a clumsy incident.

To read past editions of Mom's Time Out, visit the Author's section of Emmitsburg.net.

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Tempting Thanksgiving sides

Carol Cogliano

Thanksgiving is just around the corner, and if your family is anything like mine, your meal consists of family favorites that might make an appearance only once or twice a year – but without them, something would be missing, and Thanksgiving just wouldn't be complete!

For my family, our annual Thanksgiving meal consists of turkey, stuffing, mashed potatoes, candied sweet potatoes (with marshmallows on top, of course!), Mom's cranberry sauce and quick breads, and "corn stuff" – a name we gave it years ago, because "escaloped corn" just isn't as exciting as "corn stuff".

Regardless of your family's holiday menu, it would be safe to wager that it could use a little shake up, right? Now, I'm not talking about trying flaming cherries jubilee if you've never attempted those before – no one needs a trip to the emergency room on Thanksgiving Day – but what about some roasted brussels sprouts? Or sweet potatoes, prepared in a slightly different way? Thanksgiving is a great opportunity to try something new and not feel over-indulgent if you still choose to prepare it the standard way, too. I mean, you can't have too many sweet potatoes ... can you?

For those of you who find yourselves tasked with the responsibility of cooking the meal, consider adding something new to your family's repertoire this year! For those of you who find yourselves tasked with the responsibility of eating the meal – Enjoy!

Roasted Brussels Sprouts & Butternut Squash

Prep Time: 20 minutes, Cook Time: 20 minutes, Total Time: 40 minutes, Yield: 6 servings

Ingredients:

- Roasted Brussels Sprouts:
- 3 cups Brussels sprouts, ends trimmed, yellow leaves removed
 - 3 tablespoons olive oil
 - Salt, to taste

Roasted Butternut Squash:

- 1 and 1/2 pound butternut squash, peeled, seeded, and cubed into 1-inch cubes (Yields about 4 cups of uncooked cubed butternut squash)
- 2 tablespoons olive oil
- 3 tablespoons maple syrup
- 1/2 teaspoon ground cinnamon

Other Ingredients:

- 1/2 cups pumpkin seeds
- 1 cup dried cranberries
- 2-4 tablespoons maple syrup (optional)

Instructions:

Roasted Brussels sprouts: Preheat oven to 400 F. Lightly grease the foil-lined baking sheet with 1 tablespoon of olive oil. Make sure Brussels sprouts have trimmed ends and yellow leaves are removed. Then, slice all Brussels sprouts in half. In a medium bowl, combine halved Brussels sprouts, 2 tablespoons of olive oil, salt (to taste), and toss to combine. Place onto a foil-lined baking sheet, cut side down, and roast in the oven at 400 F for about 20-25 minutes. During the last 5-10 minutes of roasting, turn them over for even browning, the cut sides should be nicely and partially charred but not blackened.

Roasted butternut squash: Preheat oven to 400 F. Lightly grease the foil-lined baking sheet with 1 tablespoon of olive oil. In a medium bowl, combine cubed butternut squash (peeled and seeded), 1 tablespoon of olive oil, maple syrup, and cinnamon, and toss to mix. Place butternut squash in a single layer on the baking sheet. Bake for 20-25 minutes, turning once half-way through baking, until softened.

Note: You can roast both Brussels sprouts and butternut squash on 2 separate baking sheets at the same time, on the same rack in the oven – that's what I did.

Assembly: In a large bowl, combine roasted Brussels sprouts, roasted butternut squash, pumpkin seeds, and cranberries, and mix to combine. Optional: For more sweetness, add 2 or 4 tablespoons of maple syrup, if desired

– do not add all maple syrup at once, start with 2 tablespoons, then add more, if desired, and toss with the salad ingredients to combine.

Easy Cinnamon Apple Cranberry Sauce

Don't settle for cranberry sauce from a can – this flavorful cinnamon apple cranberry sauce is super simple to make and can even be made a day or two in advance! Recipe courtesy of: www.rachelcooks.com

Prep Time: 5 Minutes, Cook Time: 15 Minutes, Total Time: 20 Minutes, Yield: 4 Cups

Ingredients:

- 5 cups fresh cranberries, washed and drained
- 3/4 cup apple cider
- 2 cups small-diced apples (about two medium apples)
- 1 1/2 cups tightly packed brown sugar
- 1/2 teaspoon allspice
- 1/2 teaspoon cinnamon

Instructions:

Combine all ingredients in a large pot (choose an extra big one to prevent yourself from being a splatter-victim).

Bring to a boil and reduce heat to medium.

Stir frequently and simmer for 15 minute or until apples and cranberries are soft and sauce is thickened.

Cool before serving.

Note: Works best with a firmer apple like Granny Smith, Gala, or Honeycrisp. Softer apples like Macintosh will turn into mush.

Nanou's Garlic Green Beans

Garlic Green Beans is one of my favorite side dish recipes! It's easy to make and pretty healthy with Crispy Green Beans sautéed in a skillet. Fresh parsley adds a great, herbaceous brightness with a little bit of butter and garlic. This is special enough food for Thanksgiving or any other holiday meal and also great in a pinch on a busy weeknight! Author: Sylviane Reepmaker.

Prep Time: 10 minutes, Cook Time: 15 minutes, Total Time: 25 minutes.



Ingredients:

- 1 lb. of green beans
- 2- Tbsp. butter (you can halve it with olive oil if you're trying to be healthier)
- 3-4 cloves of garlic, minced (I use a garlic press because I'm lazy)
- 1/4 cup of fresh parsley, chopped fine
- Salt and pepper to taste

Instructions:

Boil your green beans for around 10 minutes and drain well.

In a sauté pan, melt your butter over medium high heat.

Add your garlic and sauté for a couple minutes stirring here and there.

Add the beans and the parsley and mix all together.

Add salt and pepper to taste.

Notes: Like all the best family recipes, there are no true amounts; it all goes by taste (and really, I always encourage you to taste your food as you go along!). That being said, the measurements given are based on how I make it when I cook it for my family. Feel free to adjust the amounts as per your preference.

French Style Sweet

Potato Soufflé

Ingredients:

- 2.5 pounds sweet potatoes (about 3 large)
- 1/2 c. heavy cream
- 1/2 stick (4 T.) unsalted butter, melted

- 4 large egg yolks
- 1 t. salt
- 1/4 t. fresh ground pepper
- 1/4 t. fresh ground nutmeg
- 2 large egg whites
- 3/4 c. pure maple syrup
- 1 lemon

Instructions:

Peel potatoes and cut into cubes. Place in a large stock pot and cover with cold water. Bring to boil and then simmer until fork tender. Drain. Potatoes can be made a day or two ahead and stored covered in the refrigerator.

Preheat oven to 375 degrees.

Butter a 1 1/2 qt. round baking dish.

With a hand or stand mixer, puree the cooked sweet potatoes together with the cream, butter, egg yolks, salt, pepper and nutmeg. Transfer mixture to a large bowl.

With a hand or stand mixer beat the egg whites on high until stiff peaks form.

Using a spatula, fold in half the egg whites to the sweet potato mixture. Then fold in the other half until well mixed.

Transfer to the buttered baking dish and smooth the top.

Bake for 50 - 60 minutes until top is browned and the soufflé is firm to the touch.

Squeeze the juice from the lemon and discard the seeds. Whisk together the fresh lemon juice with the maple syrup. Serve with the soufflé.

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LIBRARY NEWS

Blue Ridge Summit Free Library

Standing Events

Monday- Lego and Wee Build Creation night!!! Let your imagination show its genius! All ages welcome. From 3:30-5 p.m.

Wednesday – Coffee club in the community room from 3:30-5 p.m.! Mingle with the gang for coffee, tea, puzzles, board games, coloring books, etc. Food donations appreciated.

Wednesday- VITT (very important teens and tweens) night. The community room is reserved for teen use from 6-7:30p.m.

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

Upcoming Special Events

On Nov 7th we will have our 3rd fall/1st Christmas scherenschnitte get together with Bill Hammann. New members are welcome, old members are appreciated. Please bring your knives and boards if previous students.

On Nov. 9th we will be viewing the FREE Disney family movie "Cars 3" rated G. Bring your pillows!

On Nov. 11th the library will be closed in honor of Veterans' Day.

Digital Graphics Club starts at 6:30 p.m. on Nov. 16th. Come to learn or come to help! We will be creating new graphics, animated and static, for our digital sign.

Anime.Manga club is on Nov. 20th at 6 p.m. Movies, graphic novels, books, and cool crafts will be showcased.

The Summit Stitchers Quilt Club is meeting on Nov. 21st at 5:30 p.m. New members and new projects are always welcome! Any skill level may attend. Challenges appreciated.

Nov. 22nd through the 25th the Blue Ridge Summit Free Library will be closed for the Thanksgiving holidays.

Our new adult book club will be meeting on Nov 30th at 6:30 p.m. If you are interested in participating but can't make this meeting, please contact the library at 717-794-2240.

"Reading Rocks: Holiday Edition" at the Blue Ridge Summit Free Library will be on Dec. 6th at 6 p.m. Paint your favorite holiday message or picture. Ages 8-17. There is a limit of 12. Please call the library, 717-794-2240, to register, or stop by the front desk.

Emmitsburg Library

Introducing Library Staff:

This month I'd like to introduce you to our Adult Services person who normally greets you first at the Information Desk - Sue Cardella.

"How long have you worked at FCPL?" It will be 17 years this fall.

"What do you like best about your job?" Without a doubt, all the people I've met in the past 17 years. That includes library patrons and my co-workers, who are amongst the best and most supportive people I've ever known.

"What types of books/genres do you like to read?" I love Ken Follett, and recently read his Century Trilogy. Another recent favorite was Devil in the White City, by Erik Larson, which, since it took place in Chicago, led me to read Loving Frank by Nancy Horan.

"What books are you currently reading?" Currently Game of Thrones and all of the ones that come after. Right now I'm on Storm of Swords. Game of Thrones was highly recommended by a patron.

"Do you have any hobbies or things you do when not working you'd like to share? I have four cats, and love them very much. I love to sew, and have been doing that since high school, about fifty years.

On Wednesday, Nov. 15, join Sue and special guest speaker, genealogy educator Dottie O'Neal, to learn techniques about the art of sharing and preserving family stories. This afternoon program starts at 3 p.m. and no registration is necessary.

The library would like to invite book lovers to consider starting an afternoon Book Discussion Group at the Emmitsburg Branch. Normally a book discussion group meets once a month. Ideally, the book group begins meeting this fall as an ongoing program throughout the year. Please let staff know of your interest as soon as possible. We are excited to help you make this happen!

Homeschool Connection (Grades 1-5) Wednesday, Nov. 1, , 2 - 3 p.m. 11/1: International Games Week, 11/15: Art Exploration.

Earbud Monster Holders (Grades 6-12) Saturday, Nov. 4, 1 - 3 p.m. Tired of tangled earbuds? Create a monster holder to keep them under control.

Kitchen Chemistry (Grades K-5) Saturday, Nov. 4, 1 - 2 p.m. Science exploration using common household products

World War I: Remembrance Day Poppy Pinwheels (Grades K-12) Saturday, Nov. 11, 10 - noon. Make a craft and learn about the significance of the WWI poppy.

Vintage Vibes: Sharing Family Stories (Adult) Wednesday, Nov. 15, 3 - 4 p.m. Local genealogy educator Dottie O'Neal discusses the art of sharing family stories.

R.E.A.D.® with Wags for Hope (Grades K-5) Thursday, Nov. 16, 5 - 6 p.m. Children read to Reading Education Assistance Dogs.

Saturday Art Class: Printmaking (Grades K-5) Saturday, Nov. 18, 11 - Noon. Make prints on paper using various media.

World War I: The Homefront During World War I at the Frederick Visitor's Center (Adult) Monday, Nov. 20, 6 - 7:30 pm, Historian Jake Wynn discusses life at home in Frederick County during the Great War. Co-sponsored by Frederick County Tourism. Event will be held at 151 S East St., Frederick.

Thurmont Library Events

Smartphones 101 (Adult) Wednesday, Nov. 1, 6:30 - 8:30 pm, Basic instruction for Android and Apple phones, including cloud storage, Google backup and data usage. BYO smartphone is required. Register for event @ FCPL.org or 301-600-7212

STEM for Adults Saturday, Nov. 4, 10 a.m. - 2 p.m., Doodle in the air with 3D pens and complete other artistic STEM activities.

Historic Dairy Bottle Collection Introduction (All Ages) Sunday, Nov. 5, , 2 p.m. - 4 p.m.. A new collection of historic dairy bottles from the Emmitsburg and Thurmont area have been donated to the library as a permanent display just outside the Thurmont Center for Agricultural History. The collection was donated by Denny and Judy Black who will be sharing information about long ago home dairy delivery.

Sustainable Crafts (Grades 5-12) Wednesday, Nov. 8, 3 - 4 p.m.. Using sustainable materials, make your own piece of art, Mother Earth-approved.

Thurmont Friends Book Club (Adult) Monday, Nov. 13, 7 - 8:30 p.m.. Hosted by the Friends of the Thurmont Regional Library and open to adult readers in the community who are interested in discussing books. Contact the Thurmont Regional Library at 301-600-7212 for information.

World War I Film Series (Adult) Wednesday, Nov. 15, 6 - 8:30 p.m.. To commemorate the centenary of the U.S. entry into the First World War with films set during the "War to End All Wars." Screenings are part of a series commemorating World War I and include a brief historical introduction and Q and A. 11/15: "Gallipoli" (PG).

DIY Twig Vase (Grades 5-12) Thursday, Nov. 16, 5 - 6 p.m.. Impress friends and family by adding this natural twig vase to your Thanksgiving table. Easy and earthy.

Chess Club (Grades 3-Adult) Saturday, Nov. 18, 11 a.m. - 12:30 p.m.. For those who want to play, learn or sharpen their skills. Hosted by a USCF Class B Rated Player.

World War I: The Homefront During World War I at the Frederick Visitor's Center (Adult) Monday, Nov. 20, 6 - 7:30 p.m. Historian Jake Wynn discusses life at home in Frederick County during the Great War. Co-sponsored by Frederick County Tourism. Event will be held at 151 S East St., Frederick.

Curious Minds: Genealogy 101 (Adult) Monday, Nov. 27, 2 - 3:30 p.m.. Maryland Room Manager Mary Mannix provides an overview and helpful information for delving into the hobby of genealogy.

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The Kirwan commission

Joy Schaefer
Frederick County
Board of Education

As you read this, a commission authorized by the state legislature is wrapping up its evaluation of Maryland's investment in our public schools and preparing recommendations for the General Assembly that may change how K-12 public schools in the state are funded and how the level of funding each county receives is school system receives is determined. Some of these recommendations may be put forward in the form of legislation as early as the upcoming legislative session, which begins January 10.

During this process, we should keep in mind during that our schools exist within our communities and that education funding alone will not serve to substantially raise performance of students. When families are stressed, children are stressed and they cannot come to school ready to learn. Families need good-paying jobs, affordable, quality housing, health and childcare, so their children can take full advantage of a high quality school system.

During the 2016 legislative session, the Maryland General Assembly passed a bill to create the Commission on Innovation and Excellence in Education. It has taken on the shorthand name "Kirwan Commission," for its chair, Dr. William E. "Brit" Kirwan, former University of System of Maryland Chancellor. Dr. Kirwan opened the first meeting of the Commission in the fall of 2016, noting the task at hand was essentially to make recommendations to make our schools better and that "we owe it to students to develop a system that is as good as the best in the world."

Since that first meeting, the Commission has spent the better part of a year evaluating the performance of Maryland's K-12 public schools, benchmarking their results against the most high performing school systems, in the world and in the United States, and identifying the components of successful school systems. The appointed twenty-four Commissioners and Chair also examined the work of Maryland public schools, identifying what is already in place in the state, what is working well, and what might need enhancement or more support.

More recently, the Commission turned its focus on the price tag for potential recommendations and will, this month, take a deeper look at dollar allocations. There will be recommendations regarding the base amount that every student in Maryland should receive each year, known as a "per pupil allocation," as well as how, in addition to that foundation amount, students with special needs should be funded.

The Commission may also make recommendations regarding how to ensure that counties

and school districts spend the money allocated in a way that supports the Commission's specific recommendations geared toward improving teaching and learning. Recommendations will also include how monies should be distributed to ensure equitable funding to counties and Baltimore City.

The work of the Kirwan Commission actually began during the 1999 legislative session with the authorization of the Commission on Education Finance, Equity, and Excellence (Thornton Commission, named after chair Dr. Alvin Thornton). The Thornton Commission's recommendations resulted in the 2002 Bridge to Excellence Act, which established the state school aid formula under which we currently operate. The resulting finance system and increased funds were phased in from 2003 through 2008. As part of Bridge to Excellence, a second report was stipulated to make sure the Commission's recommendations were accurate and adequate in funding Maryland's public schools.

That report, completed in the fall of 2015 found that the full promise of Thornton was not met. While nearly 100% of "adequacy" in education funding was attained by 2008, in subsequent years some pieces of the formula were not funded or were capped. The authors of the report estimated

the gap in state funding for public school education was approximately \$1.9 billion. For Frederick County that amount is over \$35 million or \$902 per student.

The reality is that we have not been adequately funding our public schools for nearly a decade. In that time, we have made changes to our education standards, curriculum and assessments. The students coming through our doors have increasing and more complex needs. The number of families who qualify for assistance under the Federal Poverty Level guidelines has increased. In Frederick County, 26% of students qualify for free or reduced-priced meals. This does not capture the families who make too much to qualify for assistance programs but not enough to meet basic needs.

When we compare ourselves to the highest performing school systems and attempt to develop education funding and policy to mirror them, we should also compare the support these countries and states give to their most vulnerable families.

Joy Schaefer, Education Advocate, Frederick, MD. Joy serves on the Board of Education of Frederick County, Immediate Past President of the Maryland Association of Boards of Education, and serves on the Commission for Excellence and Innovation in Education. Her opinions do not reflect the positions of these organizations.

New members to Vincentian Marian youth



Mother Seton School's 2017 Vincentian Marian Youth inductees stand with His Excellency, the Most Reverend William E. Lori, Archbishop of Baltimore after a special St. Vincent de Paul Feast Day Mass. (Front, L-R) Pearl Walker, Elena Crutchfield, Carli Mazaleski, Faith Collins, Raphaela Smaldone, Madison McDowell; (Center) Shae Archie, Violet Walker, Mackenzie Orndorff, Jameson Doll, Beckett Tayler, Keola Evans; (Back) Mis Ferraro, Layla Metts, Bella Rabaiotti, Brody Holz, Hannah Cavey. Not pictured: Jacob Hartness

During a Mass celebrating the Feast Day of Saint Vincent de Paul held on September 27, Mother Seton School welcomed five new students into its Vincentian Marian Youth (VMY) Seton Council chapter.

Mother Seton School had the honor of welcoming His Excellency, the Most Reverend William E. Lori, Archbishop of Baltimore, to preside over the Mass, assisted by Father John Lesnick, Pastor of St. Joseph's in Taneytown, and Father Louis Bianco, priest secretary to the Archbishop. Honored guests in attendance included the Ladies of Charity of Emmitsburg, the St. Vincent de Paul Society of Westminster, the St. Vincent de Paul Organizational Committee of Northern Frederick County, Seton Outreach Center, and the Daughters of Charity.

The VMY is an international youth service organization that is part of the world-wide Vincentian Family. Modeled after St. Vincent de Paul, the VMY encourages youth to become missionaries of Christ

through outreach to their communities. The Mother Seton School chapter is one of only four U.S.-based chapters. Students in grades 5 through 8 interested in working side-by-side with friends and classmates to serve Christ by serving their neighbors are invited to join in September, and spend a year in service before taking their final pledge and being inducted as full members into the organization. Fifth-graders Faith Collins, Elena Crutchfield, Annabelle James, Carli Mazaleski, and Madison McDowell are the newest members to begin their service year.

The VMY has four principles that are woven into every activity and meeting: Community, Service, Marian Spirituality, and Formation to Service. Some of the outreach activities that members commonly perform include an annual food drive for the Seton Center in Emmitsburg, volunteering at the Catoctin Pregnancy Center and at the Seton Thrift Store, and spending time with the residents at St. Catherine's Nursing Center.

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FOUR YEARS AT THE MOUNT

This month our writers sat down with the Alumni of Emmitsburg High School at their 93rd annual alumni banquet to reminisce on the value of education they have received at the High School which closed in 1969.

Freshman Year

A blossoming gratitude

Kaitlin Marks
MSMU Class of 2021

Each morning as I start my day, bright sunlight beaming over the vibrant autumnal colors surrounding me, I take the quiet time to think about the privilege that it is to be at a place such as this. The Mount, which has rapidly become another home to me, is an environment where education is a priority. However, I have learned more about what education means in the approximately two months I have been here than I had ever thought possible.

In every way, education is about growth. To become educated is to become more; it is to become someone new, better, whole. Spiritually, academically, and emotionally, education is a powerful tool with which one can grasp the world's opportunities and grow towards success and a bright future.

This month, I had the wonderful opportunity to get to know some of the alumni of Emmitsburg High School by attending the 93rd Annual Emmitsburg High School Alumni Banquet. As I looked over the memorabilia, photographs, and the people themselves attending the banquet, I felt the strongest sense of community. It became clear to me that Emmitsburg High

was more than a school; rather, it was a community where a sense of belonging and possibility was fostered in each of its members.

Tasked with interviewing alumni, I will admit I was a bit nervous. I feel so overwhelmed with gratitude to be writing for this paper, and to meet such interesting and inspirational people each day. I spoke to one of the most interesting women I've ever met at the banquet, and am beyond happy to have experienced her wisdom and grace. My nerves about doing an interview quickly dissipated as Carolyn Lewis, class of 1967, started by telling me her philosophy of life. "I live by a philosophy. That philosophy is, I don't want to go through life, I want to grow through life. And you grow through the people you meet. You grow through the books you read, and you grow through travelling, which I do all of."

As I spoke to Carolyn, I could not help the pride and inspiration I felt as she detailed how her education shaped who she is now, so many years later. Explaining how the philosophy by which she lives came about, she mentioned gratitude towards her English teacher, who inspired her to read more. Presently, she reads two books per week and works at the Thurmont Library part time, and her English

Literature and English Composition teacher was a big inspiration to her in creating the love of reading that she has today.

An educationally-fostered love of reading is something I am grateful to have experienced throughout my life as well. Since I was little, I could be found curled up with piles of books, and that has not changed as I have gotten older. This passion was nourished by special teachers along the way. In elementary school, my fifth grade English teacher, Ms. Haddaway, dealt with my overenthusiasm for all things literary and did not get frustrated with me (or too frustrated, I should say) when I turned in one reading log per week for fun instead of the small number that were required per quarter. In middle school, I was graced with experiencing many wonderful teachers, especially my caring and lovely sixth grade English teacher, Ms. Calhoun, who I ran into recently and was beyond overjoyed and grateful for. In eighth grade, I had an outstanding English teacher, Ms. Basil, who challenged us and cared for us with equal fierceness, and went above and beyond to ensure my success. Without these fundamental people within my education, I would not be the person or the writer I am today.

Carolyn explained that Emmitsburg High was a school that took many trips, leading her to the current love she has for travelling. In 1964, she attended the World Fair

on a bus, and today she travels often. Education involves embracing culture and experiencing new places. Through college, my worldview will develop and grow as I travel and experience courses, peers, and professors that expose me to the brilliance of the world. However, the small, individualized education at Emmitsburg High also made her education valuable. When comparing today's larger-scale education with the education she received, Carolyn drew one conclusion I agree with completely. "I think that so many children get lost today...I think they're just overlooked, and in our school, nothing like that could ever happen."

When education is based around smaller classes and caring teachers, students feel like they are valuable and capable of excelling in their education and in life. In high school, some of my classes made me feel like I had the potential and capability to do anything I could dream of. In AP Biology, with Mrs. Riddle, I felt overwhelmed by a challenge so great, and learned that with hard work, sacrifices, and a supportive teacher, I could overcome whatever obstacles I faced in my education and in life.

I became grateful for curiosity, for the ability to make discoveries, and the chance to see dedication pay off. In AP Language and Composition, Mr. Bouselli pushed me to become the best writer I could be and made personal connections to help her students become bet-

ter students, writers, and people. I learned to appreciate the gift of being able to understand other's stories through reading, of being able to craft my own works of writing, of expressing my thoughts with a pen and changing someone's mind through that power.

Carolyn ended our interview by proclaiming her love for life as a whole. "I just find life interesting. It's so exciting, there's so much out there!"

As life evolves, grows, and blossoms around me, education allows me to grow right along with it. Meeting such wonderful alumni at the banquet provided me with the insights I needed to be more humble and grateful for my own education, both to this point and in the future. In talking to Carolyn, I found that she was able to verbalize a gratitude for the way education fits into our lives in a way I adore. I feel so grateful for each person I meet, book I read, paper I write and professor I listen to. Without education, I could not be the person I am now, or the person I am destined to become. I am so appreciative to the teachers I have had along the way, to my parents and family for supporting me in every educational and life goal I dreamed up, to the education I am receiving for shaping me and allowing me the chance to shape the world myself.

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



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The Emmitsburg High School

The Emmitsburg High School on South Seton Avenue which was built in 1922 and is now known as the Emmitsburg Community Center. The three-story building once housed first through 11th grades. The basement consisted of the cafeteria, where dishes were washed by hand and upper grade students helped serve meals and did clean up each day in exchange for a free lunch; a music room; the furnace room, which had a coal bin, steam-producing furnace and the janitor's quarters occupied by 'Pappy' Kugler, who cleaned the whole school by himself; the Industrial Arts room, which was a shop where only the men could learn about woodworking, etc.; and a room that served as the biology/lab and physics area.

There was one bathroom for the boys and one for the girls and two storage areas. On the first floor, where the main entrances were located, a library was to the left of the front door and the principal's office and storage area for the teachers' supplies were to the right.

There were classrooms for first, second, third, fourth and sixth grades with stairwells at either end. On the second floor was the fifth grade, the algebra/math, Latin/English, and History classrooms plus the gym/ auditorium and the Home Economics room with two

storage rooms. One Storage room served as a Sick Room sometimes.

Kids arrived at school on one of the many buses or walked the streets and alleys through Emmitsburg to our daily destination in the rain, snow, sleet, wind and boiling hot sun. There were no parents driving the children to school. The children who lived on Waynesboro Road had no bus service and therefore walked the greatest distance to school.

At recess time in the spring students would be given us paper grocery bags and we would go out on the lawn and pick dandelion blossoms. The blossoms were used to make wine.

Seventh grade was the first year that students changed classrooms for various subjects, which meant those ringing bells become a major item in their daily lives and not just a signal to board the bus for home. Seventh grade curriculum included or Latin, Industrial Arts [Shop] for the boys, and Home Economics for the girls.

In 1949 the high school realm faced a big change. The school grades were first through 11, but the Board of Education decided another grade should be added to make the school period first through 12 years to earn a diploma.

The first of May was a very special day of activities for the entire school to participate in. There was the crowning of the May Queen and her court (all

senior girls) usually escorted by the boys; the May Pole with all elementary classes dancing around the pole. Then the Home Economics' girls put on a fashion show wearing their creations sewn over the year. The shop boys displayed of their woodworking projects. The school orchestra and Glee Club performed.

In 1951 rumors were flying about that an addition was in the process for our school.

The addition would consist of an auditorium-gymnasium, one classroom, a kitchen and cafeteria, showers and dressing rooms for each gender, and storage rooms for the sum of \$185,740. This addition was added to the south end of the existing building. The original 1922 cornerstone of the high school was not removed and was covered by the new construction.

At Christmas it was a custom of the high school to place a large tree in the main hallway facing the front entrance. It was the responsibility of the juniors and seniors to get the tree and decorate and care for the tree during the holiday season. Every morning a different class would gather around the tree and sing one or two carols, which was the beginning of the day's activities. The tree had to be dismantled the day before holiday vacation.

REFLECTIONS ON THE HIGH SCHOOL REUNIONS

Junior Year

The world in my backyard

Shea Rowell
MSMU Class of 2019

As a college student at the Mount, education surrounds me. My weekly schedule consists of many hours spent in classes, co-curriculars, and work study. The rest are spent doing homework at various locations on campus, reading, studying, or writing essays (and newspaper articles!) and praying in one of the many campus chapels that the end of the semester will bring decent grades and preferably cancelled final exams! Education saturates my life so much that I fear it dulls my own sense of how valuable it truly is, and how fortunate I am to have such an opportunity. Amid the whirlwind of due dates, late nights and other academic anxieties, it rarely crosses my mind at all.

I've always had a passion for learning. I owe this passion largely to my parents, who instilled in me the true importance of education. Learning, they always told me, would open doors in my future that were closed to them. If I worked hard enough, education could give me the gift of choosing my own path in life. I have always taken this advice very seriously. However, it never occurred to me before my arrival at the Mount that the most valuable experience of education may not be the book learning at all.

Recently, I had the privilege of attending the Emmitsburg High School alumni Reunion. This event is highly anticipated and

well-attended. For many, this event is a solemn and sentimental one, as the school closed in 1969, when it merged with Cacocin High School. The closing had a particularly sad impact on the students, as what they universally valued the most about their Emmitsburg High School years was their sense of community identity. Most of the graduating classes had between twelve and twenty students. Each class was small and intimate, and their relationships made their community strong. Wanda Meadows Valentine, C'68, said that her favorite part about EHS was its small size. She said, "I liked being part of a small school... You knew everybody and who they were related to." The family mentality at EHS is one that very few schools today can replicate, but it gave the EHS graduates a sense of belonging and community obligation which influenced their post-graduation careers.

However, EHS also gave its students the education they needed to spread their wings and leave the community after graduation. When asked why he was thankful for his EHS education, Gene Toms, C'50, jokingly replied, "Well, it got me off the farm for a few years." He then reflected on one of the most influential figures at EHS, principal Jones. He said that Mr. Jones was very strict but had a good heart. Mr. Toms knew he was a good man when Shirley Jones, Mr. Jones' daughter, was hosting a dance. Mr. Toms was the only person in the class with-

out the transportation to attend the dance after school. However, Mr. Jones would not allow Gene to be left out. Mr. Toms said that Mr. Jones "came clear up the mountain and said, 'you're going to the dance!'" Mr. Jones' combination of integrity and discipline would become a powerful example for Mr. Toms, as he went on to serve four years in the navy immediately after graduation.

For both alumni, it was the community that truly inspired them to excel. This community identity is an element that they fear is missing from schools today. Of course, there are positive elements to expanding the community of education. Today's public schools strive to offer people from different areas, ethnicities and socioeconomic backgrounds access to the same opportunities. This is an achievement of the public education system that should be celebrated. However, as 100-student lecture halls replace 20-student classrooms, what is lost is interpersonal education. There is little class discussion, if any, and the professor does not know the names of his or her students. Misunderstandings between teacher and student are rarely addressed. The communication is one-sided. The professor speaks and the class listens, hopefully memorizing his or her words. This is an efficient way to absorb the maximum amount of knowledge in the least amount of time. But is this all education is about?

As a Mount student, I am spoiled with the best of both worlds. Our undergraduate class of 1,500 students is large enough to be inclusive, but small enough to main-



tain a family-like atmosphere. My classes rarely exceed 20 students, and lecture and discussion are used in tandem. My professors are always available to answer questions after class, or to provide helpful feedback and advice specific to my work. Seniors attend "Ott's nights" with professors in their department. The campus chaplain, Fr. Brian, will stop you on your way to class to ask how you're doing, always meeting you with a smile. Students maintain a supportive community of their own, and due to the core curriculum, can discuss this morning's philosophy class, or yesterday's theology paper with solidarity.

There are a lot of reasons to be grateful for education. It is a springboard toward a successful career. It has given me a different and constantly widening view of the world around me. It has introduced me to people who inspire me to work passionately toward my goals. It is

an opportunity that I cannot take for granted, for the generosity and kindness of others has made it possible. Most importantly, it has given me the community experience and values that Ms. Valentine and Mr. Toms valued so much in their own education. I am grateful for the professors who take time out of their lives to get to know their students. I am grateful for the administrators who ensure the welfare of all students and faculty, and allow everyone a chance to be heard. I am thankful for the students who have made themselves part of the Mount family, and who have welcomed me into it with open arms. Like the EHS alumni, I am thankful for the book learning and for the opportunities education provides, but in the end, I owe it all to the support of the Mount community.

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

Senior Year

These precious few

Sarah Muir
MSMU Class of 2018

This past month, alumni of Emmitsburg High School met for the 93rd Annual Alumni Banquet. In honor of the event, I sat down with Mary-Catherine Shields who was part of the class of 1954 and spent 37 years as secretary for the alumni committee, to discuss not only the history of the school, but the impact it has had on herself and others who had the pleasure of being a part of the school.

The school, built in 1922 is now the Emmitsburg Town Offices and Community Center. It remained a fixture of the community for forty-seven years before it merged with Thurmont Cacocin High School in 1969. The elementary school followed suit in 1982. Between the opening of the school and its closing, it brought together the lives of so many individuals into a patchwork family that stretches through the generations.

The graduating class of 1954 contained thirteen people. Twelve of them were together since 1942

when they started first grade at Emmitsburg Elementary and the thirteenth was a German exchange student who was quickly welcomed into their little family. The public school had grades first through eighth and fed into the High School. During this time, World War II was in full swing and Emmitsburg Elementary along with schools in the surrounding area experienced a teacher shortage and frequent air raid drills: "One thing I do remember about first grade," recalled Shields, "we used to have to practice air raids...everybody was assigned a spot. You either had to crawl under a desk or crawl under a table...or have to go to the back of the cloak room. You had a corner assigned to you...They had this drill siren and that meant everyone would take cover till the all clear...". For some reason, this was one of the stories that stuck out to me. It is an experience shared by those in that generation that no other generation has had to experience and one that, I hope, no future generation will have to live through. These shared experiences, even though they were filled with fear and uncertainty, are

highlighted by the unity those that live through them will have forever. In the case of the class of 1954 the stories they have to share take place in many highs and lows of our country's history. Mary-Catherine Shields wrote a letter for the 50th reunion highlighting what the class lived through:

"...We heard and lived through World War II and saw our family members go off to war; some returned, some did not and some came back wounded. All were heroes. As we advanced through the grades, we learned what friends mean and how to survive as a close-knit group. I guess, 'All for one and one for all,' would describe our brood. We lived through the years of Franklin D. Roosevelt, the only president to be elected to three full terms in office. Then we saw Harry S. Truman and the first A-bomb. There was the first Catholic president elected [who is] was the youngest man elected to date. We experienced the Korean Conflict, the Bay of Pigs and the brutal slaying of J.F.K. We saw a great general serve our country in the White House, Dwight D. Eisenhower. [We] experienced the political corruption through Richard M. Nixon and Watergate. [We saw] the

first space craft to leave U.S. soil and an American take the first step on the moon. There was the Vietnam War, the economic downslide and the election of a movie star to the White House, Ronald Regan. [We lived to see] the Berlin Wall [come] down and Germany was reunited... We have seen the Middle East conflicts, the destruction of the Twin Towers in New York, terror striking the U.S.A and many points of the world..."

Having been a part of small schools most of my life, I can attest that to go to a small school is to have a family that exists outside of blood. You grow up with people and have years of shared memories and experiences that you can find nowhere else in life. The alumni of Emmitsburg High School vary in age from mid-sixties to nineties. Even though generations of people exist within that range, they all have the open point of contact that is the memories of their school and the family pride that came with it. When a school closes, it affects more than just the people that attend it. It also affects the people who have been marked by it; the lives that were touched and changed during the time when its doors were open.

"What do you think was lost

when the two schools merged?" I asked her. Her response was touching and filled me with a sense of nostalgia, "The family feeling, the closeness, the comradeship—You know it was one for all. I mean when one got in trouble we all got in trouble. It was how it was all through school...What pain one family felt, another family felt, because we were so close...we knew everybody's history, really. It was like if a family needed help, everybody was there to help. It was the same way in the classes we were in. If we knew one student was failing we'd all step in and drill those kids and do everything in our power to make sure they would pass, so that we wouldn't be separated. And I don't think you have that today...and you cannot break that feeling because it has come down through families."

The memory of any great thing lives on in the stories that live after it. A school like Emmitsburg Public High School will continue to survive in the multitude of histories that live on in the minds and voices of those that were blessed to have walked its halls.

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

FASHION

Layers

Valerie McPhail
MSMU Class of 2015

Never have I been one to set rules of fashion, or behave as the recipient who abidingly follows those set by the glossies for that matter. Rather, in recent observations I have sensed a tension in the air, where the New York fashion scene struggles to offer the American market their practical needs. The industry buzzes around fresh faces and scandalized designs that reward artistic perspective and serve to entertain. This becomes a questionable concern, when after the rowdy week, fashionistas and market consumers are left to shop exhausted trends and overpriced denim for fall. This disconnect invades the city in conversations on the streets of Midtown Manhattan all the way into neighborhoods such as artist communities in Brooklyn to downtown Soho, it influences how we dress for work and for Thursday night happy hour, alike. In this confusing fashion climate, the weather too has created stress on the way people dress, constantly changing in fluctuating temperatures in the midst of the wavering perspectives on trends and styles the returning question “how am I supposed to dress,” remains.

When it comes to style, the seasons have little influence over my habits. I am the one who dresses with discipline—once September 1st approaches; I pull out my sweaters and jeans in uniform. Despite that in the event we face an Indian summer I am forced without any other option but to accept the overwhelming heat as I wear an oversized woolly turtleneck sweater in the mid day blazing sunshine. I then face a rude awakening, like a splash of cold water to the face, bringing me to an uncomfortable reality.

The season's leading question transpires in everyday life — in

daily commutes, and honest conversations with friends — as she sheds the layer of her forest green military rain jacket, and comments on a question so familiar the sound rings in my ear. The difference between us is that she is bold enough to speak out about fashion, and I believe, in my adamant stylistic decisions, that I am making a sacrifice in the name of style. I'm starting to believe my stubborn nature, my perspective is the greater of two evils and I too consider how I can consider layering as a solution to ease a discomfort overcome by the season's change.

Its first symptom is a faint feeling after the train doors close and the underground tunnels provoke a heat wave in the car and my commute becomes a dizzy. Once I exit, I feel precipitation gather upon my upper lip after bearing the morning's breeze in a walk that seeks shelter at my destination. In this season, my outfit functions as armor, a set of clothing protecting me from the anticipated colder weather. As I put on this armor, my work commute has become a testimony to a journey leading in a lesson of layering. This has become a pattern in my life: when anytime before nine in the morning nothing deems more appropriate than a long sleeve dress, with tights that keep legs covered. But as the sun gloriously rises in an instant, no longer is there a need for the extra fabric that once was a necessity earlier that same morning.

This is why we need layers. Layering, a technique I return to not necessarily for the physical comfort, but more or less consistently for travel reasons: pack light, and comfortable. And I have found it forces me to have a good thought and consideration for the clothes in my closet, their function and how I am using them, and respecting their function. The more I understand my relationship to clothes, consider the reason for why I wear the clothes in my closet in the manner in which I wear them, I reminisce the seasons in which my reliance on layering was a benefit to how I relied on the

clothes in my closet.

Layering was a response to the relationship among the different items of fashion. My answer to the concern is simple, how to dress in an erratic climate is to fashion summer and winter pieces together when creating an outfit. Mix and matching: pairing a skirt with a sweater and boots, layering a short sleeve underneath a full-length dress are fashionable ways to approach layering. New York City brand Mansur Gavriel succeeds the approach to layering with designs colored in calm baby blue and pink, a pea coat blankets a slip dress in one look and a fuzzy turtleneck sweater for Fall 2017. The tones were impactful in conjunction to the practical approach to styling high fashion presentations of clothing.

Los Angeles brand The GREAT is another example of practical approaches to layering. Designers Emily Current and Meritt Elliott — the duo behind Current Elliot Denim purposes “to create best friends for your clothes.” A debut in 2015, The GREAT celebrates a recent victory in their 2017 Fall Collection that too launched their capsule boot collection titled Boxcar Boot. For this season the GREAT fashioned a true fall look by the means of back to school style. Cozy sweaters paired with mix-matched printed skirt, and a casual striped cardigan with boyfriend fit jeans.

Truest to the statement, accessories and jackets, blazers and overcoats are pieces that add onto one's outfit in equivalence to layering. Aside from the silk twill, cashmere and infinity scarves, there are items of clothing that can make layering an intentional piece to an outfit. These pieces are open knit sweater, oversized jumper, also referred to as pullovers and cardigans. They are all conventional designs that support layering.

To address the point quite frankly, I am a big fan of the cardigan. Although, I hardly feel it is apiece appropriate for my own wardrobe, I appreciate its look, and purpose as a layering piece. Dressy forms



The GREAT Fall 2017 collection presents layers in the epitome of casual fashion

of the cardigan would bring out a preppy style — Comme de garçon and APC are brands that are naturally slim fitting creating a clean, sleek and proper look. Stylistically the look evoke librarian uniform, and Europe brands carry a preppier look radiating Europe's cosmopolitan culture. It is a smart way to start to consider layering in fall.

For a more bohemian style, an oversized knitted is a more relaxed fit, knitted materials and baggier sizes warms the spirit, and feels almost like you're wearing a blanket.

Such was the piece I would cozy to literature class in college. Fashion labels such as Isabel Marant and Stella McCartney offer this chunky cardigan style in a matured relaxed look, viable to the cardigan.

There are other ways to approach fall layering without shopping a whole new wardrobe, such alternative ways than such offer a creative outlet. This perspective requires attention the items hanging in your current closet, and allowing their function to expand beyond the season. In personal experience, I will layer baggy vintage graphic tee shirts over slim fitting long sleeved shirts. In a similar light, I have seen friends layer oversized tees over hooded sweatshirts; these are the most casual appearances of layering.

When the fall season starts to present itself among this Indian Summer, dressing for the time in between can be most uncomfortable — frigid mornings progress into sunny afternoons — making it difficult to dress for the day. As the fashion culture becomes progressively difficult to shop, from personal experience, finding purpose and greater function within the clothes stored in one's dresser drawers and hanging in the closet have gained further value as they resource as pieces that layer. This too makes the conversation about fashion even more exciting!

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

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THE OUTDOORSMAN

Scouting gear comes to Thurmont

J. Rothrock Outfitters, owned by Hillary and Paul Rothrock of Thurmont started their business last year with the goal of making the great outdoors more accessible for all ages and lifestyles. Named after Paul's ancestor Joseph Trimble Rothrock, the Father of Forestry in Pennsylvania, their family is dedicated to the stewardship of our natural wonders. They are excited to announce that they have been granted a contract with Girl Scout Merchandise to sell uniform necessities, journeys, fun accessories and other official Girl Scout gear.

The girls of local Girl Scout Troop 81178 were the first to benefit from the sale of official Girl Scout Merchandise in Thurmont. The girls had big needs for their large troop Investiture and Rededication ceremony they hold every Fall. It made last minute uniform decisions and the replacement of lost necessities and forgotten pins convenient for our scouts.

Until now, local girls had to travel to the Girl Scout Shop in Germantown, Maryland or order online. "It took away a lot of the stress of online ordering and making sure we had everything we needed on time. The girls could even try on the uniforms and get the right size for them" said Crystal Woods of Thurmont. Crystal is an active leader in Girl Scout Association 37-4 and assists with many aspects of local scouting and troop organization for the Emmitsburg/Thurmont area. She's the one making sure local scouts have spaces to sell Girl Scout cookies. J. Rothrock Outfitters is a local cookie booth location for troops, so you can look forward to seeing many local troops selling cookies there in late February and March!

The Rothrocks also keep wish lists for local troops looking to update their camping and hiking gear. On occasion patrons donate items, like boats and tents to local scouts. The

Rothrocks keep in touch with local Girl and Boy Scout leaders and assist them in getting what they need and matching up donations with local scouts in need. They support anything that gets kids outside with their peers and families enjoying the outdoors, learning about nature, survival, stewardship, responsibility, and community service.

The Scout Room at J. Rothrock Outfitters contains items specific to children who enjoy the great outdoors. They take consignment in addition to carrying a selection of new gear, so you never quite know what you might find. They currently have a few mess kits, sleeping bags, and canteens consigned. They always have a selection of daypacks and other trail necessities. They offer a one-stop-shop for girls to get into scouting. Thurmont and Emmitsburg have amazing local troops led by active leaders for girls of all



Brownie Girl Scouts from Troop 81178 - Nova Rothrock, Paige-Maree Woods, Ily Rothrock, Alice Harrison, & Maria Perella enjoy the Scout Room at J. Rothrock Outfitters in Thurmont

ages and interests and now they can come into the shop and speak with someone who has been in the organization for 5 years and buy exactly what they need.

Have a scout or are interested in getting your family involved? Have an item you'd like to donate or con-

sign? You can stop in to J. Rothrock Outfitters at 3 East Main Street in Thurmont, Maryland Thursdays through Mondays until 6pm or give them a call at (301) 842-7231. They can also be found on Facebook or their website [www. JRothrockOutfitters.com](http://www.JRothrockOutfitters.com)

The fair trade story

This November, for the 57th year in a row, the Fairfield Mennonite Church will help to provide hope and empowerment to artisans. As holiday shoppers fill their baskets with handmade gifts at the church's annual Fair Trade Gift Festival, they provide vital income to artisans in the developing world.

A pioneer in the fair trade movement, Ten Thousand Villages was founded on ethical principles, including a commitment to long-term partnerships with artisan groups. Biborton Handmade Paper Project is a workshop of our artisan partner Prokritee in Bangladesh; Ten Thousand Villages has worked closely with this group since its inception. From personal connection and long-term commitments comes the story of Rina Dewri.

It is the winter of 2001. 28 year-old Rina Dewri has two children and job with Biborton Handmade Paper project in Agailjhara, Bangladesh. In a region prone to flood, drought and cyclones, electricity only became available in the early 1990s. Even as the infrastructure improves, jobs are scarce and there are far fewer employment opportunities for men than women. It is a vulnerable community.

Biborton Handmade Paper project was established by Mennonite Central Committee to provide income for women heads of household, who are widowed or separated and without land or other assets in this rural area. Though Rina is married, her husband's job prospects were so dim, and their finances so critical, she qualified for Biborton's program.

Simple new technology has given these women a way to create paper from water hyacinth, an invasive weed that clogs the many canals and ponds in Southern Bangladesh. Biborton creates high quality products and develops new designs to meet the high demand for handmade paper goods. The workshop is thriving, Rina has be-

come skilled at color mixing and dyeing handmade paper. She matches the colors for customers' orders and creates the samples that guide other artisans.

Employment with Biborton helps women provide adequate food for their families—when they otherwise might have skipped their own meals so their children could eat—and to improve their homes, replacing thatched walls with tin structures and wood trim. Their income pays for children's schooling and builds savings for further education or marriage. Women become more respected as relatives and neighbors see them providing for their families.

Rina and her family are able to eat fish and twice the amount of rice they could afford before she worked Biborton. She has learned that vegetables are important to her family's nutrition. Two cows provide milk for her family to sell. She and her young daughter wear gold earrings – sym-

bols of financial security that she longed for as child. Rina even purchased a rickshaw for her husband. Now he is able to earn income transporting people or making deliveries, more profitable employment than working as a day laborer.

Rina only attended school through sixth grade. When she was 13, her parents arranged her marriage. She wants something different for her children – her son, Anjan, age 12, and her daughter, Antara, age 5.

As mothers, we love our children in the best ways we know how. We give them shelter and strength. We teach them grace and goodness. We nurture their souls. We empower their dreams. We hug them tight each night, and each morning send them to face the day and so much we cannot control. One day, we let them go off for good, grown people to make their own way in the world. All we can really do is love, and pray and hope. And there

will be many times along the way that will wonder if all we have done is really enough.

It is now Winter 2017. Even with two income-earning members in the family, it was a challenge to manage the expenses of sending her children to school in the precarious economy of a developing country. But the Biborton workshop of fair trade organization Prokritee has flourished. Over the past decade and a half, Rina's hard work was noticed and rewarded by Biborton's management. She was regularly awarded performance bonuses, and loan programs allowed her to take advances on her

salary to pay for school fees.

Today, her son is enrolled in a dental college. Her daughter is working toward the completion of her nursing degree in Dhaka.

This year, become part of Rina's story. The Fair Trade Gift Festival and Oriental Rug Event will be held November 7th – 11th at Fairfield Mennonite Church, 201 W. Main St, Fairfield, PA. Event hours are Tuesday – Friday 10 a.m. – 7 p.m., Saturday, 10 a.m. – 5 p.m., with free coffee and chocolate tasting on Friday evening from 5 – 7 p.m.. For more information visit www.facebook.com/giftfestivalfairfield or call 717-796-1474.

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ARTS

Art scene warms up the Mount

Hannah Opdenaker
MSMU Class of 2018

When the dead come knocking, will you answer? November 2nd thru the 4th Mount Theatre is producing Sarah Ruhl's, *Dead Man's Cellphone*, a dramatic comedy that tells the story of a woman, Jean, who becomes responsible for the cellphone of a deceased man, Gordon, as she tries to piece together what his life was really like. Jean takes it upon herself to try to right all of the wrongs in Gordon's life, beginning with Gordon's relationships. She then finds herself at his estate where she encounters Gordon's mother, Harriet. Harriet, an eccentric woman in her late 60's is experiencing grief for the first time in her life. Also featured in the play is Harriet's second son, Dwight, who is experiencing love for the first time in his life. The show, naturally, is set right as the cellphone became a ubiquitous part of our culture today. It questions not only the existence of cellphones, but also the relevance of cellphones in our lives. Ruhl wrote this play roughly ten years ago, and her assumptions about the impact technology would have on our lives is fairly accurate.

It is impossible to walk down the street and not see someone on his or her cellphone. As Harriet claims, "there are only two places left in the world where there are no phones: the theatre, the church, and the toilet." Jean, a woman who is virtually disconnected from the world, is rediscovering herself through Gordon's vir-

tual identity. The show, in turn, is a commentary on our society's dependency on cellphones and technology. In an age in which plays like *Dear Evan Hansen* or television shows like *Thirteen Reasons Why* are becoming increasingly popular among millennials, shows like *Dead Man's Cellphone* appeal to a larger audience as the show is designed to make an audience reflect on not how they use it, but why they use it. It also comments on who people become on social media, as opposed to who they are in real life. If you dare to pick up the call, *Dead Man's Cellphone* runs thru November 4th. All shows begin at 8 p.m., and tickets are \$7 at the door.

Another exciting event happening this November on the Mount campus is the *Allie's Musical Revue*. This year's review is a story called *Working*; a short musical revue that tells the story of 26 men and women that fall into that Working class of America. It explores the hopes and dreams of the majority of workers that have been taken for granted by society. The audience will meet a parking attendant, a steelworker, millworker, a big shot publicist, and a community organizer among many others. There is something for everyone in this show. The musical is based on Studs Terkel's collection of interviews with working class Americans. The music was a collaborative effort between Stephan Schwartz, Nina Faso, Craig Carnelia, and many others.

Working challenges its viewers to explore not only themselves, but also

the people that they interact with every day. The musical explores the ups and downs of working – like traffic jams, coffee runs, business meetings, etc. The show comes to the Mount at an ironic time for most seniors are preparing plans for post baccalaureate work, graduate degrees, law or medical degrees etc. College students, in particular, seem to get caught in the haze of work, in which sometimes we forget to sit back and smell the roses. The people interviewed are all "working" towards something, much like the students of the Mount.

This production of *Working* is viewed as a fundraiser on campus for the 40 to None Project, which is a program that focuses on assisting homeless youth that identify as gay, lesbian, bisexual, queer, trans gender/sexual, etc. Nearly 40% of all homeless teens identify in some way with LGBTQIA, and this network has created a place for not only those who have been displaced because of their homosexuality, but also a network for those willing to donate time, money, and effort into rehoming these teenagers. The Allies organization on the Mount's Campus, along with the Visual and Performing Arts department, are hosting the event in the Horning Theatre November 16th thru the 18th. Ticket prices are expected to run



Students in rehearsal for *Dead Man's Cellphone*, which is being held in Horning Theatre November 2nd through the 4th.

around \$5, and a donation will be made to the 40 to None project once the show closes.

In October, the Mount saw a month full of music programming. Earlier in October, the Visual and Performing Arts Department hosted an event entitled "Sacred Spaces", in which the Mount St. Mary's University Chorale, Lab Bands, Wind Ensemble, and percussion ensemble joined forces for a meditative concert to reflect upon the deep connection between spirituality and music. The Mount also saw its first Café in October. During these Café Nights, students are encouraged

to play their music in a casual setting among their peers. These performances can be anything from students playing a solo instrument, singing either a cappella or with tracks, and even small bands get together and perform for the student body.

October also introduced some of the first "student spotlights" for Mount Theatre. However, new full time faculty member Ben Buhrman took the limelight during his master class on theatrical movement and improvisational theatre. This form of art is wildly underrepresented in the theatre world, but is perhaps some of the most beautiful work a person can experience. Roughly ten students attended the event, and took an afternoon to explore physicality, human emotion and human connection. Skills that are taught in these classes are not only relevant to students interested in theatre, but are relevant for everyone. Buhrman's main focus was bodily awareness, physicality, and attention to detail. These skills are certainly applicable to the stage, but also applicable to day-to-day activities. Being conscious of yourself and your surroundings surely prepares you for an interview for a job or internship.

In a similar way that the Master Class was applicable to not only theatre students, an event entitled "What a Theatre Degree Got Me" will discuss the ins and outs of post graduate life with a theatre degree or concentration. Ben Buhrman along with Matt Mastermataeo (class of 2013) and Rosaline Smaldone (class of 2016) will be speaking on utilizing a theatre degree in the real world. Buhrman's current focus is on what he calls the "STEM" side of theatre – the engineering, light and scenic design, as well as management etc. Mastermataeo graduated from Long Island University with his Master's in Theatrical studies. Smaldone, who was a communications major, decided to take an extended internship in Baltimore, directly working on the Theatre scene. Events like this are always wonderful, as not only do our professors and colleagues get to enter the classroom in a less formal way, but it allows students to build meaningful relationships with their professors that may not be available in other settings.

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

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Music, Gettysburg! announces 2017-18 season

Music, Gettysburg! will enter its 38th season offering concerts free and open to the public. The following concerts will take place in the chapel of the United Lutheran Seminary, 147 Seminary Ridge, Gettysburg:

November 12 - Herbert Howells Anniversary. It's the 125th birthday of the great British composer and pianist Scott Crowne, soprano Leah Schenk and friends lead the celebration.

November 19 - Ken and Brad Kolodner Quartet with Rachel Eddy & Luke Chohany.

American roots music at its best, with hammer dulcimer, fiddle, banjo, and much more!

December 3 - Festival Choral Vespers for Advent. The holiday

season kicks off with candlelight prayer the Schola Cantorum singing some of the last millennium's most beautiful music of hope and expectation.

December 17 - Christmas Offering. Annual holiday sampler, of favorite performers and festive music, this year led by Wayne Hill, the Ben Jones Brass, the Gettysburg Children's Choir, and the Schola Cantorum with Stephen Folke-mer on the organ.

January 14 - Felix Hell, organist. The international star returns for his annual performance at his favorite instrument!

January 26 - Robert Burns Night. Poetry by the Bard of Ayrshire, read by Jeffrey Greenawalt, and the music it inspired, played by Cormorants

Fancy, with haggis, shortbread, and tea to follow!

February 25 - Sunderman Wind. Tour the world with faculty members of the Sunderman Conservatory who will perform music from Puerto Rico, Klezmer dances, songs from the Mississippi delta, and more!

March 4 - Solemn Lenten Vespers for Lent. Contemplative music for a contemplative season, in a service of Evening Prayer led by the Schola Cantorum of Gettysburg.

April 8 - Central Bucks West High School Choir. America's most acclaimed high school choir returns for another vibrant, virtuosic performance!

April 29 - Hymn Festival. In honor of their retirement, texts by Mark Old-

enburg, set to music by Stephen Folke-mer, sung by the Schola Cantorum and the audience.

May 6 - Gettysburg Children's Choir. An annual tradition - the choir's closing performance of the year, with all its astonishing musician-ship and verve!

May 13 - Gettysburg Chamber Or-chestra. The best way to spend Mothers' Day! The GCO will be joined by Gettysburg's own John Wolfe, performing music for organ and orchestra from the Baroque and modern eras.

May 27 - Wayne Hill and Friends. This program of music from the Civil War has been a hit up and down the East Coast; at last it comes home to Gettysburg!

June 9 - Gettysburg Brass Band Festival. Music, Gettysburg! is honored once more to host and help sponsor this premiere musical event: a band an hour all day!

July 1 - Dearest Home. Fourth of July weekend wouldn't be the same without a performance by this group, dedicated to performing Civil War era music in lively and moving fashion, with authentic instruments and heart-breaking vocals.

Music, Gettysburg! is a premier concert series featuring international, regional and local musical artists for the greater south central Pennsylvania region. For more information about these concerts please call 717-339-1334 or visit www.musicgettysburg.org.

GCT presents Elf the Musical

Gettysburg Community Theatre (GCT) the not-for-profit 501c3 community theatre located at 49 York Street in downtown Gettysburg, will once again change lives through the joy of musical theatre during their 4th annual Penguin Project (Special Needs Theatre) production. This year's production is Elf the musi-

cal performing weekends November 10-19.

The production stars 50 children with and without special needs/disabilities from 10 different school districts performing on stage together. GCT will present their annual Christmas Cabaret on Friday, November 24th.

In December, GCT is proud to once again for the 3rd year in a row, partner

with Totem Pole Playhouse for their professional production of the Charles Dickens classic A Christmas Carol to be performed December 8-17, at Gettysburg College's Majestic Theater in downtown Gettysburg. Tickets on sale now at Majestic Theater, as well as the websites of Totem Pole Playhouse, Majestic Theater, and GCT.

Tickets go on sale to the gener-

al public on December 1st for all of GCT's 2018 productions for their 10th Season including: Joseph And The Amazing Technicolor Dreamcoat - January 5-21, Disney's Sleeping Beauty kids - February 2-18, Godspell -March 2-18, Disney's Beauty & The Beast Jr. - April 27-May 13, Into The Woods -June 1-17, Children Of The Battlefield and America The Beautiful - July 6-22, A Year With Frog And

Toad - August 10-26, Annie -September 7-23, The Diary Of Anne Frank - October 5-21, The Wizard Of Oz -November (dates TBA), and Home For The Holidays November 23 - December 2.

GCT is located at 49 York Street within the first block of Lincoln Square in historic downtown Gettysburg. For more information call 717-334-2692 or visit www.GettysburgCommunityTheatre.org

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Catoctin women's soccer

Edison Hatter

Catoctin lost many talented girls' soccer players after last season, including Carrie Reaver, McKenna Hardie, and Jaimi Snyder, all of whom are now playing at the collegiate level. As a result, Catoctin has a very young, inexperienced team this year as they work to rebuild. In fact, nine freshmen are on the team's roster, nearly half of the team. Shayna Gerring, Abigail Weagley, and Emmalynn May serve as team captains for the group, while Gerring and Jordan Manahan are the only two seniors on the roster for the Cougars this season. Through eight games so far this year, the Cougars have scored three goals and given up forty-four goals.

Gerring has been playing high school soccer since her freshman year and has been a member of the varsity team for three years. Before high school, she had a long career in the Catoctin Youth Association soccer program, beginning when she was just three years old. Currently, her father, Jeff Gerring, is an assistant coach on the team. Fellow senior Jordan Manahan has been playing soccer since sixth grade and has played two seasons on the varsity team. Although both considered it, neither plans on continuing their career in college next year.

During Gerring and Manahan's freshman year, the JV team won two games and they felt they had a decent team that year. The following year, the varsity team won four games behind a group of very strong juniors. Last season, the team had one of their best seasons in a long time, winning about half their games with a strong group of seniors leading the way. They even won a playoff game in dominating fashion, 7-0 over Chesapeake. Nonetheless, they both understood that this season

would be a rebuilding year and that it could be difficult at times.

The frustrations of the season appeared to come to a head on October 10 in a match against Walkersville. The Cougars appeared to have a lot of miscommunication in a first half in which they were outscored 6-0. During half-time, head coach Mark Olson appeared to leave the team to sort out issues on their own. Gerring appeared to take control of the group and talk to the team before the second half. Olson later commented that he reminded the team of the score before leaving the team captains in charge for the rest of the halftime talk.

Whatever Gerring said must have worked as the team looked much better in the second half and held Walkersville scoreless. "The strategy definitely worked," Olson added, "there was a lot more intensity in the second half." Another interesting coaching decision from the game was to sit most of the starters in the second half and get a lot of the younger players some experience. "We were down 6-0," Olson stated, "half the team is freshmen and we have to look for experience. If they don't play this year, we will be in the same situation next year." When asked about why he chose this game rather than another game to play the younger athletes, Olson said that the starters were not making a big difference and couldn't stop the bleeding, so it was time to let players get experience.

One of the most talented players on the team currently is Grace Kovalcik, a freshman who has been playing soccer since she was in sixth grade. This season, Kovalcik has scored two goals so far and has played hard every game, regardless of the score. Kovalcik's two goals came in back to back games

within the same week against Francis Scott Key and Brunswick. When asked about the goals, Kovalcik said that it's "boosting" and that she feels like "the future will be so bright." Kovalcik acknowledged that she is grateful for the opportunities that she has been given so far. Coming into high school, she had mostly been a defender, but was given the opportunity to be a part of the Cougars' offense this year. While Kovalcik has excelled this season, the team is not doing as well as she expected. "It's frustrating," she said, "but we are definitely improving and doing our best. We build each other up every game."

While a state championship should be the goal of every team going into the season, the Cougars knew that this year would be difficult and they tried to set more realistic goals for themselves. At this point in the season, Coach Olson said one of his top priorities is to continue to get more playing time for his underclassmen.

Despite all the struggles of this season, Olson still had little difficulty finding positives in his team's play this season. To begin with, he was extremely proud of the hard work that Gerring, Kovalcik, and freshman Alyssa Malasky put in and that they put it all on the line every game. Additionally, he commented that Kovalcik's two goals this season were impressive. Finally, he was extremely impressed with a stretch



Freshman Grace Kovalcik has been a standout on the girls' soccer team this year, scoring two goals and bringing a high level of intensity to every game.

during the FSK game that saw Gerring make an impressive save in front of the goal that led to a Kovalcik goal at the other end.

The boys' soccer team is full of seniors and potential. Led by team captains Kyle Gasior, Sean Miller, Noah Olson, and Matt White, the team may not be doing as well as they want to in the regular season, they do possess the talent to make a deep playoff run. Olson has been a standout player on the team, scoring thirteen goals this season, including five goals in one match against Fort Hill.

One of the most exciting games for the Cougars this year was a match-up at Smithsburg in the beginning

of the month. After trailing most of the first half, Catoctin pulled even with an Olson goal in the fifty-first minute. Two minutes into extra time at the end of the match, a beautiful pass from junior Angel Hernandez found its way to senior captain Gasior, who put it past the Smithsburg goal keeper for the win. Gasior was pulled from the game with six minutes left to cool off after a hard foul against him left Gasior frustrated. He was able to cool off and return to the match to score the winning goal. "I can't remember a better night for us," head coach Robert Phelan said after the game, "we are riding a great wave and we just have to keep it rolling."



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MOUNT SPORTS

Winter sports

Samantha Barbato
MSMU class 2018

November marks the start of a transitional period for all college sports; the change and merge of fall and winter seasons. Fans at the Mount will trade in their blankets on the grass for indoor seating (and heating) and prepare for the biggest season of sports.

The Mount Men's and Women's Swimming and Diving teams look to continue their impressive start to the seasons. The women's team is currently 4-0 after a pair of wins against Virginia Military Institute at home which opened with a relay win as well as wins on the road against Monmouth University and Saint Peter's University. The women will look to keep their undefeated record when they face Howard University on Friday, November 3 at an "away" meet along with the Franklin & Marshall Invitational in Lancaster, Pennsylvania from Friday, November 17 until Sunday, November 19.

The men's team has a starting record of 2-3 after a series of meets, including the programs first ever win against Virginia Military Institute on the second day of the meet. The first win had highlights from freshman Ryan Carroll, who had a pair of individual event wins, another freshman victory from Jonathan Mata, a 1-2 finish from sophomore, William Twizell and Ethan Pham, junior Eiann Bulatao with a top score in the men's one-meter diving event, in addition to both relay wins from the team. The men were also able to post a win against Monmouth University. The men, like the women, look to register wins against Howard University, at the away meet, on Friday, November 3 as well as at the Franklin & Marshall Invitational from the 17-19 of November.

The Mount St. Mary's University Men's basketball team has come off an impressive 2016-2017 season. They started their season with

an ambitious 19-day road trip where they faced quite a handful of high-major opponents. Although the eight-game, revenue-based trip, proved tough by the 1-7 record, it ended up possibly being the key to their season.

The Mount went on to win the Northeast Conference tournament for the first time on their home court and compete in NCAA's March Madness Tournament. The team began the tournament by defeating New Orleans University 67-66, but ultimately falling to the number one seed, Villanova University in the next round after an impressive first half.

In addition to the excitement and pride of the team following March Madness, the Mount community was also able to celebrate the return of the Northeast Conference Jim Phelan Coach of the Year. The honor was bestowed on head coach Jamion Christian and was the first time for a Mount coach to take the title home since Jim Phelan, after which the award was named. Coach Christian was also named the Ben Jobe Coach of the Year by CollegeInsider.com. The success that Christian has brought during his time as coach has been obvious, the team has had five NEC appearances with two NEC championships, in addition to two NCAA appearances and one NCAA win under their belt. Under the direction of Coach Christian, the team has been the only NEC team to have a winning regular season record each year within the past five years. For these reasons, Mount has signed Coach Christian to a multi-year contract extension. The contract extension means that Christian will be with the Mount until at least the 2026-2027 season, which is a lot of time to train the team to go further than ever before.

Though the men's team has had an exciting year after making it into the second round of the March Madness tournament, they will not let it get to their heads. De-

spite the success of the previous season, the program has still undergone changes within the past year. This includes the loss of three starters: NEC tournament MVP and guard Elijah Long to Texas, guard and NEC All-Rookie Team member Miles Wilson to University of Miami, and center Mawdo Salah to University of North Carolina-Wilmington.

However, the Mount still has a number of returnees and has absolutely no intention of slowing down in their race to the top. Returning for their senior season are 5'5" standout guard Junior Robinson, and the multi-faceted guard Greg Alexander and forward Christopher Wray. To support the senior class, sophomore Ryan Gomes will return after having averaged about six and a half minutes per game. Coach Christian recruited six new freshmen to be put into the mix, in addition to Jonah Antonio and Jack Vukelich, two redshirt freshmen. The combination of these players, in addition to the rest of the team, creates a talented, deep roster for the year and years to come.

Antonio, a freshman guard agrees, "The team is gelling really well and we have a lot of young guys who are all close and mesh well with the upperclassmen," he commented, "We lost some key guys, but we brought in some very good freshmen who should be able to contribute immediately."

This will be tested quickly as the basketball team will begin their season on Saturday, November 4 with



Mount St. Mary's Men's Basketball team prepares for the start of their 2017-2018 season.

a home opener against Hood University. The Mount will then, enter the Maui Invitational, an annual early-season tournament, where they will face Marquette University, away, on Friday, November 10. From there, they will continue the tournament by traveling to South Bend, Indiana to face Notre Dame University on Monday, November 13. The team will head back to the area for an away game against Georgetown on Wednesday, November 15, before traveling away once more to Spartansburg, South Carolina to face North Florida University on Saturday, November 18. Mount Mayhem will return for a home game for the Maui Invitational against York College of Pennsylvania on Tuesday, November 21 before traveling once more and facing Ohio University in Athens, Ohio, on Friday, November

24. The men will return home to round out their month of November with a game on Monday, November 27 against Morgan State.

The Mount was honored by the NEC this past summer for leading the Northeast Conference in game attendance. The team brought in 34,042 fans throughout the duration of the season, which was over 13,000 more than the next team in the NEC (Wagner with 21,124). These numbers are the second highest attendance for basketball games in the state, trailing the University of Maryland. The Mount hopes to continue this trend in the 2017-2018 basketball season with record attendance, so grab your family and friends and come to see the basketball team compete in any (or many) of their fourteen home games this year to watch their journey to the Northeast Conference, and hopefully further!

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COMPLEMENTARY CORNER

TCM conference wisdom

Renee Lehman

This past September, the 14th annual Building Bridges of Integration for Traditional Chinese Medicine Conference was held in Reston, VA. The 2017 Conference was entitled: Consciousness, Self-Discovery, and Everyday Health, and highlighted self-discovery, the inner awareness that illuminates the vital link between consciousness and everyday health.

Overall, the conference was a wonderful experience. There were opportunities to learn practical ways to incorporate body-mind-spirit healing into your daily life. The conference focused on the innovative framework that connects timeless ancient wisdom (of Traditional Chinese Medicine) with the latest advances in modern science (quantum physics).

This unique perspective illuminates a deeper understanding of humans as energy beings. In many of my articles I have written about Qi (pronounced chee), the wise and intelligent Universal Life Force that runs through all living things. I have also written articles dealing with Oneness. Modern science tells us that everything is energy (Qi) and everything is connected. All that is, is part of the Universe. Nothing exists in isolation. Based on these discoveries, health, and healing can be viewed as a window into the body's quantum information framework. During the conference, speakers used the ancient Traditional Chinese Medicine (TCM) framework to show how healing goes beyond the physical level, thus revealing that we are an expression of Oneness and Universal love.

There were many new concepts and knowledge learned from the

conference that dealt with how to gain optimal health and enhance daily life. I thought that it would be nice to share some of them with you.

What is the Purpose of an Illness?

Healing from any illness (whether body, mind, or spirit) becomes a journey to reclaim your true purpose and become aligned with your inner blueprint. This personal and ultimately private journey is one of self-discovery. Health and wellness occur when you access your "inner-net," not the inter-net! The answer comes from within! Through self-discovery, we recognize our connection to the universe and that nothing is separate.

Look first at the fact that everything is energy, that all energy has consciousness, and that all consciousness has purpose. Therefore, all energy has purpose. Everything has purpose. So, any illness/disease has purpose. Rather than dealing with the illness/disease, deal with the purpose of this illness/disease in one's life.

What does this mean? Albert Einstein said, "Everything is energy. Energy cannot be created or destroyed, it can only be changed from one form to another." Remember his equation:

$E = mc^2$. Energy = (mass) x (the speed of light)². Since the speed of light is a constant, we can look at Energy = Mass. Energy and mass are the same thing! Energy is invisible, and mass is visible. To change one's mass (the visible), you must change your energy (the invisible). Since everything is energy, then illness/disease is a representation of how the invisible energy shows up as the visible mass. Your energy

must change to change the illness/disease.

"In the circle of health and illness, illness becomes a gateway to self-discovery and spiritual transformation. Your health represents harmony between you and the Universe. From this angle, any illness or chaos in your life becomes an opportunity to see Oneness, to discover that you are a child of the universe." Nan Lu, OMD

Words of Wisdom

Speaker, Menas C. Kafatos, Ph.D., is a quantum physicist, cosmologist, climate change researcher and works extensively on consciousness. He teaches individuals and organizations on the natural laws that apply everywhere and are the foundations of the universe, for well-being and success. He is the Fletcher Jones Endowed Professor of Computational Physics, and Director of the Center of Excellence of Earth Systems Modeling and Observations at Chapman University. He is also a Visiting Professor, Division of Environmental Science & Ecological Engineering, and Advisor BK21 Plus Eco-Leader Education Center, Korea University, Seoul, Korea; and Affiliated Researcher, National Observatory of Athens, Greece. He has authored 315+ articles, is author or editor of 17 books, including The Conscious Universe (Springer), Looking In, Seeing Out (Theosophical Publishing House), and is co-author with Deepak Chopra of

the 2017 book, You Are the Universe (Harmony).

"We hold onto things that are not there (we live in the past), and we anticipate the future. Therefore, are we really here in the present moment?"

"The Universe is infinite, and our mind is limited. How can the human mind think that it can capture infinity?"

"Our body is very wise."
—Menas Kafatos, PhD

Speaker, Nan Lu, OMD, is founding director and president of Traditional Chinese Medicine World Foundation, the country's foremost educational organization for traditional Chinese medicine. As Grand Master of Wu Ming Qigong, he is a lineage holder of ancient knowledge not found in today's textbooks. He has devoted his life to preserving the unique body-mind-spirit wisdom of TCM and Wu Ming Qigong. A longtime TCM practitioner, his mission is to help patients and his Qigong students discover their healing abilities and the effect of consciousness in everyday health. Dr. Lu's latest book is Digesting the Universe: A Revolutionary Framework for Healthy Metabolism Function, a major work that addresses the multidimensional aspects of today's chronic health issues. He holds a doctorate in traditional Chinese medicine from Hubei University, China, and is a clinical associate professor at the State University of

New York (SUNY) at Stony Brook, School of Social Welfare.

"Deal with your LIFE. When your life changes, your illness/disease will change."

"We are all stars. If you don't see the light, clean up your stardust. Then you will see your light." — Nan Lu, OMD

Speaker, Lillian Pearl Bridges, is the world's leading authority on Face Reading and Facial Diagnosis. She is credited for reawakening Chinese Medicine to this body of ancient knowledge and introducing it to Western Medicine and Business. She has taught Complimentary and Allopathic Doctors, Acupuncturists and other Natural Health Practitioners, CEO's and Executive Management Teams. She has developed a Golden Path Program to help her individual clients discover their life's purpose. Lillian is the founder of The Lotus Institute, Inc. and The Lotus Institute Press based in Seattle, WA. She is a lineage holder from a long line of Master Chinese practitioners in her Chen Family and received her degree in Psychology from UCLA. She is the author of Face Reading in Chinese Medicine, 2nd Edition.

"It does not matter what happens. It matters how you feel about it."

"Aging is an overuse injury. The spirit is ageless."

"Be willing to stand in the light of your truth, and you will attract those who see 'You.'"

—Lillian Pearl Bridges

So, if this article has peaked your interest, check out next year's Building Bridges of Integration for Traditional Chinese Medicine 2018 Conference. It will be held from October 11-14, 2018 at the Hyatt Regency, Reston, VA. Information will be at the tcworld.org website next year. Hope to see you next October!

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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Starting a new tradition for your family Thanksgiving Day may be something to think about this year. If you can't come up with a new idea on your own make it the topic of conversation at the table this year after everyone tells what they are thankful for. The ideas I have in this article for food and exercise are not new but it is always helpful to read them again. Maybe this will be the year one of the ideas or changes jumps out at you. Maybe an event in the past year finally has you ready to make some changes to improve your eating or exercise for your health.

The menu for this meal usually remains about the same from year to year. Of course, turkey is the main attraction. Make sure you get a lean turkey that is low in fat. Most of the fat in poultry is in the skin. You need the skin while roasting for a juicy, tender bird, but before you slice it, remove the skin. That will take the temptation away from those folks who tend to tear off a piece when they slip into the kitchen to see how things are going. A way to add a little more spice to the bird is to loosen the skin and inject your favorite seasonings or herbs. You can also add a little low fat butter for extra flavor.

Dressing, mashed potatoes, gravy, warm bread and dessert are also part of the traditional meal. I'm not saying don't have these favorites; just alter the way they are prepared. Try mashed sweet potatoes or mashed cauliflower this year. The cauliflower trend has really taken off this year. There are so many recipes out there for traditional dishes that use cauliflower instead of pasta or potatoes. Try whole grain bread for the dressing. Whole grains are much healthier than processed white bread and supply added fiber. You can also sprinkle flaxseed meal or wheat germ to add a bit of nutty flavor and nobody will be the wiser.

Gravy is one of the most important parts of this meal. Let your broth set for a while till it forms a solid skin on top. Remove this and you will have broth with much less fat. The gravy still tastes the same, without the fat.

Gravy can even be made a day or two early to save you time on the big day. The warm bread can be a variety of different whole grain buns. This way, everybody gets their favorite kind such as wheat, rye, pumpernickel and now even whole grain white. Add a veggie tray with low fat dip. Cooked seasoned veggies such as squash, carrots and cauliflower are also a great combination if you prefer hot vegetables. One half of your plate should be filled with veggies.

Raw vegetables give you the most nutritional value. Have them on the table or the kitchen counter for your family and guests to nibble while the main meal is being prepared. They will fill up on these and maybe not eat as much later. Supply a variety of vegetables to pick from. Hopefully, you will have at least one kind that the kids like. You don't always have to make traditional dishes. Try making a lasagna or a hardy soup to add to the meal. Believe it or not, not everybody likes turkey. At my house we always have roast chicken because my crew perfect chicken instead of turkey. Let's face it, there's not a lot of difference when you look at them. Making something different may give them something they like better and just didn't want to tell you they

prefer something else.

Desserts! Some people live for the Thanksgiving Dessert Table. That's OK. Give yourself a treat. Just look over everything carefully, and decide what you really want. Maybe even sample a few different kinds. Try cutting the slices in half. That way you can try a bigger variety. Watch out for the pumpkin pie, you know who you are! Preparing a small plate of dessert for your guests to take home is also a thoughtful way to let them sample everything, just not all at one time. They can take a little piece of Thanksgiving home to remember for the rest of the holiday weekend. This way you do not have all of that dessert leftover and tempting you. Your waistline will thank you later. Check into some small changes in the recipe that will make a big difference in the fat and sugar content of the dessert. Pumpkin is a great way to add that creamy texture to your cakes and cookie and even a good thickener for other recipes, while lowering the fat and raising the protein. Flaxseed meal can also be added to pies and cakes to give your family that added health benefit without them even knowing it is there. Applesauce in place of oil is another helpful, healthy hint. sugar is a big ingredient that packs on the pounds.

Add a little less sugar to your recipes and you may just discover you didn't need all that the recipe called for anyway. Check out your grocery store's healthy cooking aisle for alternatives to sugar. Remember, fresh seasonal fruit also makes a great dessert. Fruit has natural sugar but has much less calories than desserts made with sugar.

Finally, start a new Thanksgiving Tradition. I know people like to watch the football games on Thanksgiving Day but maybe you can talk them into playing a little tag football themselves. Taking a walk after your meal is a great idea. I know how everybody feels after eating a big meal, all the more reason to get moving. Take the whole family for a walk in the brisk, fall air. Share this time and walk off some of those extra pounds you just consumed.

If you can't get the whole family involved, pick a friend or family member that you would like to spend a little extra time with. Share conversation, ideas and just time with them. Maybe after all day together preparing the big Thanksgiving feast you may want to escape by yourself for a nice, quiet, peaceful walk of your own. If you can't get outside for a walk use the treadmill or an exercise tape. Don't have a machine or tape, turn on the music and just dance. You will have fun and bring the family together. These tips are not just for Thanksgiving. They work well for Christmas or any holiday gathering.

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ASTRONOMY

The night sky of November

Professor Wayne Wooten

Daylight saving time ends at 2 a.m. on Sunday following, November 5th, so fall back to CST. The last quarter moon rises at midnight on November 10th. On the morning of the 13th, the waning crescent moon sits above a spectacular conjunction of the two brightest planets, Venus and Jupiter, which are less than a moon diameter (only .3 degrees) apart; both rise about 5 a.m. locally. The crescent moon will pass three degrees north of Mars on November 14th, and then by Jupiter on November 16th. It is new moon on November 18th, which is also the peak for the Leonid meteor shower, peaking in the dawn that morning with no moonlight to interfere. The waxing crescent moon passes by Mercury and Saturn in the SW twilight about 5:30 p.m. on the evening of November 20th. The Moon is first quarter on November 26th. Mercury passes three degrees south of Saturn low in SW twilight on November 28th; this will be your last shot at the ringed wonder, which will be lost in the Sun's glare in December.

While the naked eye, dark adapted by several minutes away from any bright lights, is a wonderful instrument to stare up into deep space, far beyond our own Milky Way, binoculars are better



The Pleiades cluster in our night sky is a sure sign of bright winter stars to come. The famed "Seven Sisters" cluster lies about 440 light years distant. The cloud of gas and dust it lies in may be left over from the formation of this young cluster only 100 million years ago.

for spotting specific deep sky objects. For a detailed map of northern hemisphere skies visit the www.skymaps.com website and download the map for November; it will have a more extensive calendar, and list of best objects for the naked eyes, binoculars, and scopes on the back of the map.

It is not a good month to spot the planets in the evening sky; catch Saturn and Mercury right after sunset, low in the SW; Saturn is lost in the sun's glare by midmonth. Venus is heading behind the Sun as well, but does have a nice conjunction with Jupiter on the morning of November 13th. Mars is moving eastward in Virgo, passing north of Spica in

the dawn at month's end. Jupiter is rising about 5 a.m. as November begins in Libra, and dominates the dawn skies for the next several months.

Setting in the southwest is the teapot shape of Sagittarius, which marks the heart of our Milky Way Galaxy, but the best view of our Galaxy lies overhead now. The brightest star of the northern hemisphere, Vega dominates the sky in the northwest. To the northeast of Vega is Deneb, the brightest star of Cygnus the Swan. To the south is Altair, the brightest star of Aquila the Eagle, the third member of the three bright stars that make the Summer Triangle so obvious in the NE these clear autumn evenings. Use binocs and your sky map to spot many clusters here, using the SkyMap download to locate some of the

best ones plotted and described on the back.

Overhead the square of Pegasus is a beacon of fall. South of it is the only bright star of Fall, Fomalhaut. If the southern skies of Fall look sparse, it is because we are looking away from our Galaxy into the depths of intergalactic space.

The constellation Cassiopeia makes a striking W, rising in the NE as the Big Dipper sets in the NW. Polaris lies about midway between them. She contains many nice star clusters for binocular users in her outer arm of our Milky Way, extending to the NE now. Her daughter, Andromeda, starts with the NE corner star of Pegasus' Square, and goes NE with two more bright stars in a row. It is from the middle star, beta Andromeda, that we proceed about

a quarter the way to the top star in the W of Cassiopeia, and look for a faint blur with the naked eye. M-31, the Andromeda Galaxy, is the most distant object visible with the naked eye, lying about 2.5 million light years distant.

To the northeast, Andromeda's hero, Perseus, rises. 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. south. Look at Perseus' feet for the famed Pleiades cluster to rise, a sure sign of bright winter stars to come. This is probably the best sight in the sky with binoculars, with hundreds of fainter stars joining the famed "Seven Sisters" with 10x50 binocs. The cluster lies about 440 light years distant according to the latest work by the Gaia astrometric satellite early in 2017. The cloud of gas and dust may be left over from the formation of this young cluster only 100 million years ago, but more likely is just "intergalactic cirrus" dust scattering the blue light of the hot young stars moving through the reflection nebulae very beautifully in this portrait by EAAA member Ed Magowan.

In fact, yellow Capella, a giant star the same temperature and color as our much smaller Sun, rises at 7 p.m. as November begins along the northeastern horizon. It is the fifth brightest star in the sky, and a beacon of the colorful and bright winter stars to come.

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Farmers' Almanac

Mid-Atlantic Weather Watch: Snow in the northern part in the region, rain in the south (1) with fair and cold weather to follow (2, 3, 4, 5). Heavy snow in the north, showers in the south (6, 7, 8); fair and cold again (9, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17) with more snow, mainly in the south; fair and much colder (20, 21, 22, 23, 24, 25, 26, 27, 28, 29) with light snow (30).

Full Moon: November's Full Moon will occur on Friday, November 3rd. With colder days and heavy frosts coming during the month, killing off most of the grasses and almost all of the leaves have fallen, many Native American tribes have called it both Dying Grass Moon and Falling Leaf Moon. Many other tribes have called it Big Wind Moon, because of the high winds that would sweep through many regions this time of year.

Special Notes: Remember to 'fall back' on Sunday, November 5th at 2 a.m. when Daylight Savings ends for 2017.

Holidays: Elections are traditionally held on the first Tuesday of November. This year, they will be held on Tuesday, November 6th. Please remember that every vote counts! All military service branches will be honored on Veteran's Day, which falls on Saturday, November 11th every year. We must never, ever forget the sacrifices millions of servicemen and women have made in the past and to continue to support those who are in service today, many who are in harm's way. Without their service and dedication, we would not have the freedom to create our own destiny, speak our minds, or practice the religion of our choice. Celebrate Thanksgiving this year on Thursday, November 23rd with family and friends. We all have so much to be thankful for and we should carry that thankfulness beyond the holiday season.

The Garden: Keep mowing if your lawn is still growing. If you do have to do that one last mow, don't bag those grass clippings.

Instead, recycle them back onto the lawn. Contrary to what you might have heard, clippings will not become thatch (a spongy layer found between grass blades and roots). Keep all of your plants well-watered going into late fall and winter.

Pay particular attention to any plants or shrubs recently planted. Plants that face winter dryness are prone to damage and dieback during the cooler months. The trick is to water deeply and less often in order to establish self-sufficient plants. Feed the birds in a fun, unique way by making a pinecone bird feeder. Just roll a large pinecone in peanut butter and birdseed. Hang the finished 'ornament' with rustic twine or ribbon in shrubs or on tree limbs close to windows for easy observation. Remember that once you start feeding them, don't stop until natural food becomes available for them again next spring. Providing a source of fresh water is always desirable for our feathered friends, too!

John Gruber's Thought For Today's Living

"Be fair in your criticisms of others, but more so in that of yourself"

COMPUTER Q&A

Microsoft accounts

Ayse Stenabaugh

A Microsoft account is an account that you setup through Microsoft that helps you access certain services. When setting up a Windows 8 or Windows 10 computer or new user account you will be asked to create a Microsoft account. Otherwise Microsoft accounts are also used for Microsoft Office, Skype, Xbox, Outlook, Hotmail, MSN and more.

Creating a Microsoft account for your Windows user can help you preserve certain settings and will allow you to more easily sync settings and files across multiple devices. You will also need to setup a Microsoft account if you wish to download any programs or entertainment from the Microsoft Store.

Microsoft Account Tips

You can setup a new Microsoft account or view your account settings and privacy by visiting www.account.live.com

When setting up your account make sure to include 2 recovery options (phone or email) in case you forget your password or get locked out of your account. This information, also called your security information, should be updated any time you change your phone number or email address.

If you use multiple Microsoft Account services you should try to use the same account to access all services to avoid having to remember multiple account emails and passwords. If you have an existing email address you can even use that to create your Microsoft account.

How to know if you're using a Microsoft Account

In some cases when logging onto a computer with a Microsoft account it will show your email address at the login screen. If you are want to be sure you're using a Microsoft Account or would like to switch your local user account to a Microsoft account, follow these steps. First click on your start menu in the bottom left corner of your screen. Then click on the gear icon in the bottom left of the start menu to open settings. Once settings is open, click on accounts. Here you will see manage your Microsoft Account if you are logged in with one and you will have the option to switch to using a Microsoft Account if you are not logged in with one currently.

If you are using a Microsoft Account to login to your computer you can help locate a lost or stolen device by visiting www.accounts.microsoft.com/devices to see the last known location of any devices that you logged into your Microsoft Account on. If you registered a video game console with Microsoft you will also see your XBOX consoles listed

here as well as warranty information related to your device. You can also view system information on any PC listed here by clicking on device info & support.

Microsoft Office

If you have Microsoft Office you

can use your Microsoft Account to safeguard your software so that you won't lose your license key that is required to re-install office. Just visit www.office.com/setup to login to your Microsoft Account. Once you are logged in, enter your 25-character product

key to add your Office product to your Microsoft Account. Once you do this you can visit www.office.com/account to re-download your software any time. This means if you lose your disk or product key, as long as you know your Microsoft Account information and have access to it, you will be able to re-download your software to re-install it.

Using a Microsoft Account makes it easier to manage your devices especially if you have multiple devices that you would like to sync together. If you would like help setting up a Microsoft account or are in need of technology support contact Jester's Computer Services in Fairfield PA at (717) 642-6611 or visit us on the web at www.jesterscomputers.com or on Facebook



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UPCOMING EVENTS

November 9

The Seventh Annual Giving Spree presented by Adams County Community Foundation held at the Gettysburg Area Middle School. The mission of the Giving Spree is to inspire a passion for charitable giving among the citizens of Adams County for causes that are close to their hearts. 70 local agencies will be in attendance. Entertainment, refreshments and a ten dollar coin to donate as you choose for those who attend. For more information visit www.adamscountycf.org.

November 11

Twisted Turkey Trail Tussle at Strawberry Hill Nature Preserve. This fun fall event is designed to offer runners a chance to experience miles of trails in

the Blue Ridge Mountains, while giving families the perfect opportunity to enjoy the colorful autumn foliage. 5K, 10K and 15K courses available. For more information visit <http://strawberryhill.org/twistedturkey/>.

November 12

Music Gettysburg! presents Herbert Howells Anniversary. It's the 125th birthday of the great British composer and pianist Scott Crowne, soprano Leah Schenk and friends lead the celebration. Music Gettysburg! is a premier concert series featuring international, regional and local musical artists for the greater south central Pennsylvania region. For more information, call 717-339-1334 or visit www.musicgettysburg.org.

St. John's Lutheran Church in Creagerstown will be hosting an evening of Gospel Music, presented by Gospel side of Carl Thayer Jr., and The Moosic Land Band, accompanied by singer Lori Williamson and fiddler Lavinia Reid. For more information call 301-667-4380.

November 14

VFW Auxiliary Post #6658 will hold an old-fashion Basket Bingo at Mother Seton School. Doors open at 5. There will be 16 regular games, 5 specials, one jackpot and two 50/50 specials. Refreshments will be available for purchase. For more information, call 301-524-9885.

November 19

Music Gettysburg! presents Ken and Brad Kolodner Quartet with Rachel Eddy & Luke Chohany. American roots music at its best, with hammer dulcimer, fiddle, banjo, and much more! Music Gettysburg! is a premier concert series featuring international, regional and local musical artists for the greater south central Pennsylvania region. For more information, call 717-339-1334 or visit www.musicgettysburg.org.

November 22

The Emmitsburg Council of Churches (ECC) invites the community to Incarnation United Church of Christ located at 124 W. Main Street in Emmitsburg for a service of Thanksgiving. The Reverend Christopher Spruill will share a Thanksgiving message. An offer-

ing at the service will support the ECC, and everyone is encouraged to bring an item for the Emmitsburg Food Bank. The greatest needs are toiletries, jelly, and canned fruit.

November 23

Emmitsburg's 9th Annual Turkey Trot for Hunger; 1 Mile Walk, 5 Mile Run. This run/walk is to support Emmitsburg's citizens through the Seton Center Outreach. Participants will be provided with a great time, music from DJ Fire, breakfast, and a commemorative T-shirt. All ages, ability levels, and leashed dogs welcome. Prizes will be won for single person, couples, partners, teams, baby stroller, and best costume, and best costumed dog. For more information, call 301-801-8711 or email emmitsburgcares@gmail.com.



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UPCOMING EVENTS

Join with the congregation of St. John's Lutheran Church as they celebrate their 125th annual Thanksgiving Day Dinner at the Parish House. The meal will feature Turkey, Country Ham, Mashed Potatoes, Gravy, Sweet Potatoes, Dressing, Corn, Green Beans, Sour Kraut, Cranberry Relish, Pie for Dessert. For more information call 301-667-4380.

November 26

Emmitsburg Community Chorus Concert at Seton Shrine. A festive concert by the Emmitsburg Community Chorus is a wonderful way to celebrate the beginning of the holiday season! All are welcome to hear the Emmitsburg Community Chorus sing many holiday favorites. For more information, call 301-447-6606.

Events at Hollabaugh Bros.

November 11

Kids' Thanksgiving Event for kids ages 3-8 years old. Join us as we share a Thanksgiving-themed morning of activities! We will be reading "Turkey Trouble" by Wendi Silvano and "Thanksgiving is for Giving Thanks" by Margaret Sutherland, while enjoying some fun Thanksgiving activities and snack. For more information call 717-677-8412.

November 14

Kids' cooking class - Thanksgiving Side Dishes for Kids. Everyone loves to eat Thanksgiving dinner, but

this year, you can help prepare some of the meal! Learn to make several side dishes that are sure to tempt your family's tummies! Cost includes all supplies - all you need to bring is you! For more information call 717-677-8412.

November 16

Adult cooking class - Christmas Cookies. We're catching you early in November, so you're all set to get started on your cookie-baking for the holidays! Learn several recipes that

are sure to make wonderful additions to your cookie tins...or simply delicious treats for your families! Cost includes all supplies - all you need to bring is you! For more information call 717-677-8412.

Succulent pumpkin centerpiece workshop. Join us for a hands-on workshop, where you will create a centerpiece for your holiday table, using a pumpkin, moss and various succulents. For more information, call 717-677-8412.



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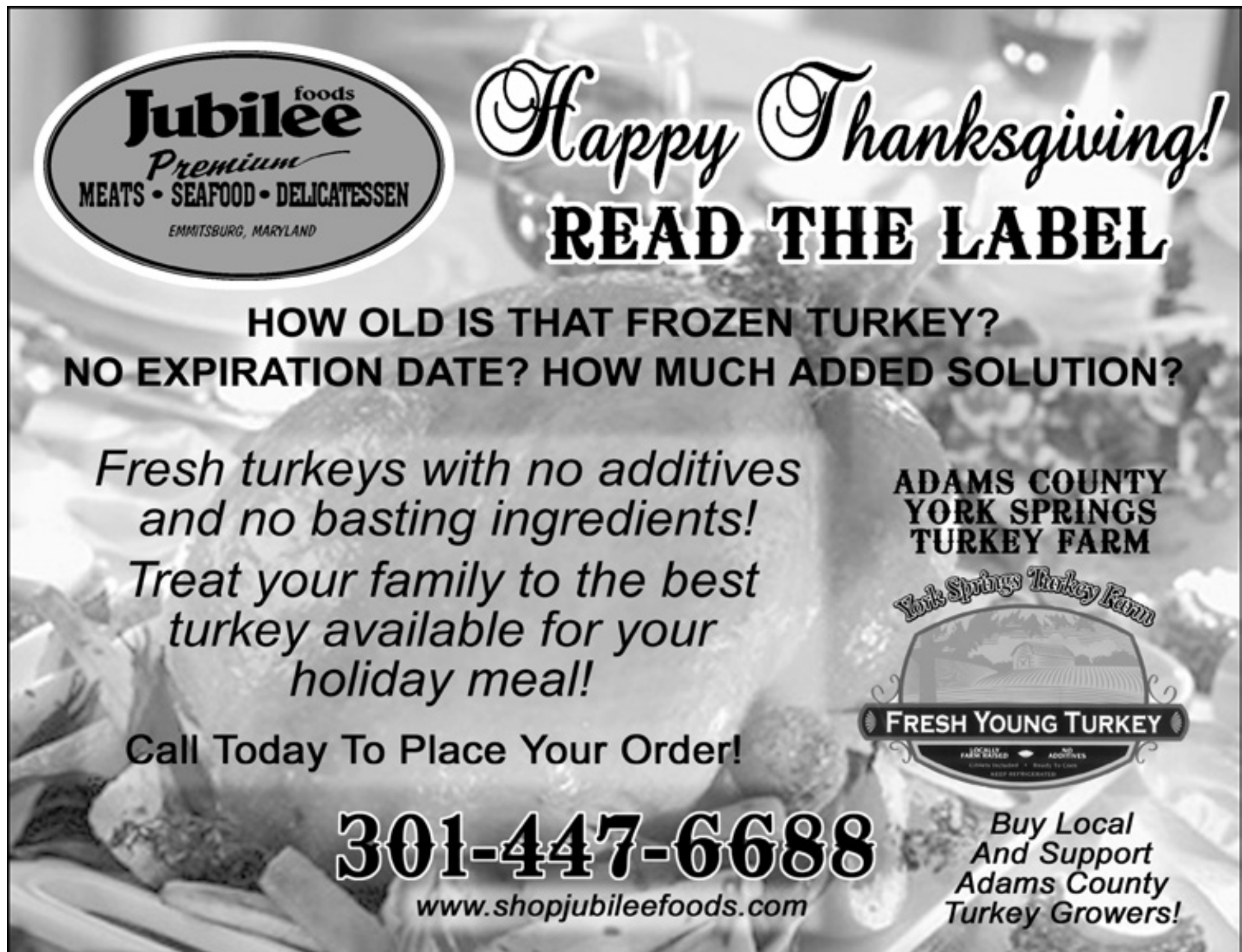
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On October 23, 2017 the Mount inaugurated its 26th president – Timothy E. Trainor, Ph.D.



The day began with Inauguration Mass in the Chapel of the Immaculate Conception celebrated by Archbishop of Baltimore Rev. William E. Lori, S'77. Rev. Matthew Pawlikowski, chaplain at the United States Military Academy at West Point, gave the homily at the service. In the afternoon, Emmitsburg Mayor Don Briggs joined representatives from government, higher education institutions and associations and the Mount community in the Knott ARCC for the Inauguration Ceremony and formal installation of Dr. Trainor as president.

Visit msmary.edu/inauguration for more information about the day.



Cheer on the Mountaineers at Home!

Men's and Women's Basketball Home Game Schedules

Men's Team

NOV. 1 7:30 p.m. vs.
University of Delaware
NOV. 4 4 p.m. vs. Hood College
NOV. 21 7 p.m. vs. York College
NOV. 27 7 p.m. vs. Morgan State
DEC. 2 4 p.m. vs. Loyola
DEC. 15 7:30 p.m. vs.
Washington College

Women's Team

DEC. 2 1 p.m. vs. Loyola
DEC. 9 1 p.m. vs. Rider
DEC. 17 1 p.m. vs. Gardner-Webb

*For more information about
tickets, contact the ticket office
at 301-447-5700.*

*Visit www.mountathletics.com
for full schedules.*

For more event details please visit www.msmary.edu/calendar.



National Shrine Grotto of Our Lady of Lourdes

Mass

Saturday and Sunday, 12 p.m.

Reconciliation

Saturday and Sunday, 12 p.m.

Special Events

Nov. 1 All Saints Day
Nov. 2 All Souls Day
Visit nsgrotto.org for details

Thanksgiving Day Hours

Nov. 23
Grounds ONLY will be open from
8:30 a.m. – 4:30 p.m. (gates close at 5 p.m.).
The chapels, Miller Family Visitors Center and
St. Bernadette's Gift Shop will be closed all day.

Visit nsgrotto.org for more information about the Grotto

Events

Ducharme Lecture

Luther and Church Reform: Catholic Perspectives with
guest speaker Christopher Bellitto, Ph.D.
Nov. 1, 4 p.m., Knott Auditorium

Wind Ensemble Recital

Nov. 10 and 11, 7:30 p.m.
Free and open to the public
Hornig Theater, Delaplaine Fine Arts Center

Thanksgiving Break

Nov. 23-26
ARCC will be closed.