

Emmitsburg NEWS-JOURNAL

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

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NEWS

Main Street Revitalization

The Main Street revitalization project has officially begun with the start of work on Flat Run Bridge. **Page 2**

Hamiltonban Community Park

Playground and a pavilion area, with benches and grills, to be completed by end of summer. **Page 3**

Thurmont's Main Street Matinees A Hit

While the movies have drawn various sized crowds and age ranges, everyone agrees, they are great! **Page 4**

COMMENTARY

Words From Winterbitt

Controversy, confusion and lack of consistency seem to define the Trump administration. **Page 12**

Down Under

Democracy just isn't what it used to be...what happened? **Page 13**

ARTICLES

Book Of Days

The life and times of Sir Thomas More. **Page 11**

The Retired Ecologist

I have reached the age where gardening is just an enjoyable habit. **Page 14**

In The Country

Who can't say that they didn't spend summer nights as kids running after fireflies? **Page 15**

Real Science

Wind energy, a renewable energy source, continues to grow and expand across the country. **Page 16**

Pets

Introducing new pets to the family. **Page 18**

World War I

July 1917 - "The first number is 258." - The lottery to fill the Army begins. **Page 26**

Four Years At The Mount

This month, our writers focus on what our veterans have given up to remain independent. **Page 34**

The Arts

Take a trip to Thurmont to check out the brand new mural on Main Street! **Page 39**

Complementary Corner

Take wellness to a deeper level and consider attending the Building Bridges Conference. **Page 42**

Computer Q & A

Are you being scammed? Learn how to protect yourself. **Page 45**

Trainor appointed Mount President

Chair of the Board of Trustees of Mount St. Mary's University, Mary Kane, announced the appointment of Timothy Trainor, Ph.D. as permanent president of the university on Saturday, June 3. Kane made the formal announcement at a Mount briefing event held during the university's reunion weekend. The Mount community was informed via email.

Retired Brigadier General Timothy Trainor was recently hired by the university in August 2016 to serve as interim president for an expected term of two years. Kane and the rest of the Board of Trustees announced in March that a selection committee made up of trustees, alumni, faculty, staff and students would begin their search for a permanent president earlier than expected and that Trainor would be considered for the position, along with other candidates. The recent appointment of Trainor was the unanimous recommendation of the selection committee.

"Over the past year, Tim has harnessed the energy of all of those who love the Mount to build remarkable forward momentum for the university and continued suc-

cess for our students," stated Kane.

Trainor brings years of higher education experience to the table, as the former dean of the Academic Board at the United States Military Academy at West Point for six years, a professor and head of the Department of Systems Engineering for four years, and director of the Engineering Management Program for three years, each at West Point. Trainor served a 33-year career in the United States Army, 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.

Since starting his career at the Mount, Trainor has focused his efforts on rebuilding the level of trust within the Mount community, as well as the positive spirit among benefactors, alumni and the local community.

Under his leadership, the Mount's growth in projected enrollment has increased by 24 percent for the incoming freshman class, and the retention rate has also improved due to increased support for students on campus. There has also been an in-

crease in innovative academic programs, including the newly announced Palmieri Center for Entrepreneurship, three students named as Fulbright Program scholarship finalists and the addition of new Division I athletic teams.

Trainor intends to keep growing the Mount's academic and athletic programs and will soon announce the start of a new comprehensive campaign to remodel the Mount's facilities and infrastructure, called Forward! Together As One with a goal to raise \$30 million.

As permanent president, Trainor intends to focus on increasing student enrollment and retention in the undergraduate, graduate and seminary programs through continuing to develop niche curricular and co-curricular programs that will help prepare students for the changing job market. He will also be working to finalize the develop-



Trainor, who has been serving as interim president since August 2016, has now been appointed full time president.

ment of a strategic plan which will chart the course of the university for the next five years.

"The Mount is a wonderful place to be because of our mission and the people we have working here, and the wonderful students we attract and develop here, as well as the alumni and benefactors," stated Trainor. "We have a wonderful history that we want to continue to be true to, but we also have a desire to continue to evolve to provide the right development that students need for their futures."

Mason-Dixon Downs casino cancelled

The battle for the proposed \$300 million Mason-Dixon Downs casino/racetrack has finally come to an end, as local businessman David LeVan made the announcement that he would not submit his application for the racino permit. On June 14, LeVan decided against submitting his application. LeVan referred to the uncertainty surrounding the gaming expansion legislation in Harrisburg as the reason for choosing not to proceed with his project. This was LeVan's third and last attempt at placing a casino in Gettysburg.

The casino/racetrack combo, aka 'racino,' license was the only casino license left in Pennsylvania. The proposed racino would have consisted of a Standardbred harness racetrack partnered with a casino that would have housed at least 1,500 slot machines, several eateries and a hotel. LeVan brought the proposal to the Freedom Township Planning Commission in February, and his team had since been working on a revision to a text amendment, which if voted upon favorably, would have allowed the casino to be placed on a 700 acre mixed-use parcel of land.

Many local residents feared for

the casino's proposed location on Emmitsburg Road, less than a mile from U.S. Route 15 and the Maryland line, in the heart of the rural community of Freedom Township.

During the June Planning Commission meeting, the casino topic was pulled from the agenda, as comments and amendments hadn't been received back from the County, so LeVan's team was not able to present the Commission with a finalized version of the text amendment. Action would not have been taken until the July meeting.

Residents fought hard since the third proposal was introduced, citing numerous concerns surrounding the new facility including safety, upkeep and maintenance of the township roads, ruining the integrity of the rural aspect of the township, the potentially "negative scene" brought to the township and many others. In May, a group of "No Casino" supporters brought a petition to the Board of Supervisors urging them to consider placing a referendum on the November ballot. They collected 120 signatures in just four days from registered voters in the township that were against the casino.

As the "No Casino" group found, in the state of PA, a referendum may be issued to prohibit

a racetrack if there is an existent racetrack within 50 air miles of the proposed facility. A referendum may be placed on a ballot by a resolution of the Board of Supervisors once they receive a petition representing at least 25% of those who attended the last political election. By the "No Casino" group's calculations, they only needed 47 names on the petition, and they far exceeded that number twice.

As far as the gaming legislation is concerned: On June 7, the Pennsylvania House of Representatives passed a sweeping gambling expansion that would bring casino-style gambling to airports and bars. It also sets out regulations for online gambling and fantasy sports contests. In addition, the bill provides an allowance for as many as 40,000



"No Casino" supporters were once again victorious in their efforts to preserve the integrity of Adams County.

slots-like video gaming terminals in liquor establishments, including bars, bowling alleys and truck stops. This may have been the reason for not submitting the application, but it also could be said that the referendum's "50 air miles" clause may have also played a role in making the decision.

"I continue to believe that a gaming project would be tremendous for the local Adams County economy, create thousands of jobs, and provide desperately needed funding for countless municipal and community projects," said LeVan.

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EMMITSBURG NEWS

Emmitsburg passes FY'18 budget

During the June 5 Emmitsburg Town meeting, Commissioners voted to pass the \$3,254,459 fiscal year 2018 budget. The 2018 budget is only slightly larger than last year's 2017 \$3,230,798 budget. This budget includes approximately \$847,000 for capital works projects.

Commissioner Tim O'Donnell requested there be additional funds allocated for a new line item entitled Trail Maintenance and Promotion. He has noticed personally, and has received notification, that citizens using the trails take it upon themselves to conduct trail maintenance themselves. He would also like to continue promoting volunteer events such as trail clean-up days, and wants to consider including a perk from the town for those who volunteer their time.

Town Manager Cathy Willets advised that the money be taken out of the dog park fund, as town staff will be applying for an additional grant and handle it as a budget transfer. A \$1,532 budget transfer within fund 2 was made pulling that sum from

the dog park and transferred into the new line item Trail Maintenance and Promotion.

Town Accountant, Cole Tabler noted that the General Fund would increase by \$55,000 due to anticipation in receiving more taxes this year.

Joe Ritz asked fellow Commissioners to consider the EOT's Lagoon storage proposal more seriously after this year. The contract does bring in an additional \$80,000, and Willets told Commissioners to remember that without that income, town would be in the hole \$150,000. Town took a hit of \$70,000 loss in utility charges in FY 2017. Adding in that additional \$80,000 would bring the total to a \$150,000 loss. As discussed, the contract will continue to remain in everyone's mind and if come fall, the odor still presents a problem, the town may reconsider it.

As far as Capital Projects for the town, Tabler mentioned there is \$218,341 available for transfer. \$45,000 was allotted to Department 30 and would specifically be used for the Vehicles fund to replace the Town

car. Willets mentioned this transfer is made yearly. The Town car, a 2002 Ford Escort with about 90,000 miles, is the next vehicle that needs to be replaced. Other vehicles that need replacement soon are the mini dump truck which will cost about \$55,000, the backhoe, and the dump truck because these vehicles are very aged. The Town will sell and trade whatever vehicles they can for money.

In addition, \$10,000 was allotted to Department 12 for the town's new Geographic Information System (GIS) for sewer/water mapping; \$1,300 is allotted to Department 30 for Square maintenance/beautification once construction on the square is complete; \$79,644 is in Department 60 for the Pool fund which includes the cost of lighting, electrical work, a diving board, and \$16,000 just in case something else comes up during construction; \$15,000 to Department 30 for the Salt shed for the Waste Water Treatment Plant; as well as over \$58,000 for road projects including paving, water proofing and black mold removal.

EHSAA awards scholarships

The Emmitsburg High School Alumni Association (EHSAA) is pleased to announce the winners of their annual EHSAA scholarship program. Four \$1,000 scholarships are awarded each year. Again this year an additional \$1,000 scholarship was awarded, thanks to an anonymous gift from a member of the Class of 1965. It was given in memory of all those deceased in that class (Kenny Krom, John Wagerman, David Naill, Clyde Hahn,

Joseph Beale, Robert Ulrich, Gary Valentine and Suellen Knipple Barbe).

The scholarship applicants were judged on their involvement in school and community activities. Their academic work, financial need, and honors were also considered, along with their work experience.

Four scholarship recipients are seniors at Catocin High School and were recognized at the school's annual awards ceremony on May 30. All

had various interests and future plans and goals. The first recipient is Alexi Baumgardner. Alexi plans to attend Virginia Wesleyan College and eventually enter the orthopedic field. Next is Rebecca Thomson who plans to attend Shenandoah University hoping to become a neurologist one day. The third recipient is Nick Little. Nick will be attending the University of Florida and will be entering the field of psychology and neuroscience. The final

Emmitsburg
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Main Street square revitalization in progress

The Main Street square revitalization project has officially begun with repair work on the bridge over Flat Run. This bridge repair is the beginning of a \$4.3 million project to replace MD 140 (East Main Street) Bridge over Flat Run and sidewalk construction along MD 140 between North Avenue and Silo Hill Road.

The 84-year-old steel girder bridge is safe, but has out-lived its useful life. In addition to replacing the bridge, the State Highway Administration (SHA) will also realign the road to match the new bridge approaches and construction of storm water management facilities.

The sidewalk construction portion of the project kicked off on June 5. Flagging operations for any closures can be expected between 9 a.m. and 3 p.m.. A

pedestrian footbridge, with a paved asphalt path, has been constructed over Flat Run and must be utilized by pedestrians wishing to walk this stretch because the sidewalk on the north side is closed during construction.

Water line work on the square was completed at the end of June. The contractor presented town with the weekend of June 24th, but town staff requested another time, as that would have interfered with Heritage Days. The project, was originally supposed to occur on the weekend, which would have been the least intrusive to businesses and residents affected by the work. However, work began on June 20 at 9 a.m. - 3 p.m. and picked up the following day at 9 a.m. Traffic was detoured Westbound Federal Avenue

to DePaul Street, and eastbound Jamison to W. North Alley.

This Main Street Revitalization project, in its entirety, includes an upgrade to the existing sidewalks and crosswalks (which will be brick), the reconstruction of parking on the square, the reconstruction of sidewalk ramps which will now be ADA compliant, a reconstruction of the curbs, gutters and the traffic signal, resurfacing the intersection, landscaping and street tree replacement. The project, when finished, will offer connectivity of sidewalks from the east point of Silo Hills Road to the west point of the town with ADA compliant sidewalks. The project is just beginning, and there is a lot of work yet to be done.

In other news, the community

senior is Michaela Persinger who plans to attend McDaniel College to major in Exercise Science and Physical Education. The 5th recipient, Maya Swidershi, is a former graduate of Catocin High School. Maya will be attending the University of Pennsylvania work-

ing towards a veterinarian degree.

All recipients will be recognized at the Emmitsburg High School Alumni Association's 93rd annual Banquet to be held October 18th. We wish them all great success in their future endeavors.

tor is also waiting for the approval from the Health Department, which could take up to a month to receive. Make N Waves is still planning on having the pool completed by their contracted date and open for community use by summer 2018.

pool construction has yet to start. As of June 5, the contractor for the project, Make N Waves, was awaiting the plan approval from the county, which was submitted May 17. The contrac-



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FAIRFIELD/CARROLL VALLEY NEWS

Hickory Bridge Road Bridge repairs delayed

During the June Hamiltonban Board of Supervisors meeting the Board voted to decline the bid received for repair work to the Hickory Bridge Road Bridge. Franklin Township Board of Supervisors also declined the bid.

After placing the project out for bid this spring, the Townships only received one bid in the amount of \$149,000 from Lobar Associates, which far exceeded the original estimate of \$100,000. The repair cost for the bridge is being split between Franklin Township and Hamiltonban Township, as the bridge lies on the adjoining township's lines. Therefore, the decision to veto the bid was a joint decision between both townships. The bid, as discussed, just isn't cost effective for either Hamiltonban or Franklin.

During a special meeting held on June 21, with officials from both Hamiltonban and Franklin Township, future plans for the bridge repair were discussed. Three options were presented as viable alternates for the future of this project. Both townships could

choose to do the project in-house, and bid for materials, they could re-bid the project again this fall in hopes of receiving more bidders at a potentially lower cost, or they could build a different style bridge.

Franklin Township Chairman JR Crushong questioned the feasibility of doing the project in-house. Hamiltonban Roadmaster Ray Herr, Jr. and Franklin Roadmaster Jeff Black both agreed that doing the project in-house would be doable. The hardest part of the project would be removing the bridge deck, and welding it back on when the rest of the work was complete.

Brandon Guiher, the Project Engineer for the Hickory Bridge Project, was present at both June meetings and recommended that the Boards reject the \$149,000 bid, and either do the project within the Townships or advertise again next year. It is his hope that if the Townships choose to advertise the project again next year, they will stand a better chance of receiving more bids at lower prices.



Carroll Valley Borough building participants. (Left to Right) Dave Hazlett (Borough Manager), Benedict Dubbs (Murray Associates Architect), Robert T. Pyles, (Council Vice President), Gayle Marthers (Assistant Borough Manager), Mayor Ron Harris, Sarah Shoczen (Council President), PA Senator Richard Alloway II (33rd District), Tom Fitzsimmons (Council), Ken Lundberg (Council), Beth Cool (Adams County Library Financial Administrator), Bruce Carr (Council) and Chief Richard L. Hileman II.

It was also mentioned that the Low Volume Road Grant for the project, which was received in May, could be extended, and the permits received from DEP are good for two years.

Both townships agreed to re-bid the entire project this fall as well as look into a plan B. Plan B would consist of pricing materials need-

ed for the project or looking into a different style bridge, possibly an arch bridge. The bridge repair was originally projected for completion by this September, if the bid had been accepted, but now may not begin until next summer. If the project is re-bid the townships can get on the contractor's schedule for an early summer start

time to be completed by August of 2018.

As stated by Guiher, Hickory Bridge Road Bridge is not in any immediate danger of collapse. It is fully operable and both Townships have already ensured that weight restriction signs are present at the entrances to the bridge.

Hamiltonban Community Park coming soon

Hamiltonban Township is excited to announce that Phase 1 of the Hamiltonban Community Park is currently underway. This has been an exciting project long in the works for the township, dating back to 2007, when the idea of a community park was first introduced. The Hamiltonban Township and Fairfield Borough Joint Parks and Recreation Commission members are pleased to bring grant/tax money back to the citizens of Hamiltonban Township and Fairfield Borough to promote healthy exercise and recreation.

Phase 1 is completely funded by

a Community Conservation Partnerships Program grant from the Pennsylvania Department of Conservation and Natural Resources (DCNR) received back in March 2015 in the amount of \$53,000. In addition, a grant in the amount of \$15,000 was received from Wellspan Health and will be used to fund Phase 1.

The play structure, which was purchased by the Township at the end of 2016, was erected during the last week of June, along with the pavilion. In addition to the equipment being installed, the township has also advertised for

bids for the remainder of the work for Phase 1. This includes the excavation work and material placement for the first 400 feet of walking path, paving of two handicap parking areas, fencing between the park area and maintenance facility area, and build abutments for the walking bridge that will be built by the Boy Scouts as an Eagle Scout Project. Hamiltonban Supervisors hope that this bid will be awarded at the beginning of July with work to be completed soon after.

After the heavy equipment portion of the project is complete, the Commission will begin gathering

dedicated volunteers to put together the picnic tables, benches, grills and work with the Boy Scouts on two more projects - the Flag Dedication area (funding provided by the Fairfield AmVets) and a park kiosk. Phase 1, in its entirety, is not expected to be complete until late August, but residents will begin to notice the park coming together over the next two months.

The grant process for Phase 2 of the project is already underway. The grant award for the second Phase is expected to be announced in October by DCNR with a second round of construction during the summer

of 2018 that will include completion of the first path loop, swings, a pollinator meadow with split rail fencing, heritage and cultural interpretive panels, adult work-out stations, and some of the park signage. The Commission has received additional donations from the community as well as a third grant from Adams County Parks, Recreation and Green Space in the amount of \$23,625.

The Commission is continuing their fund raising efforts to complete the third and final phase hopefully in 2019 or 2020. Phase 3 will add a smaller path loop around the pond area, add more educational signage with additional trees, plantings and split rail fencing.

Fairfield area news-briefs . . .

Still no vote on chickens

The Carroll Valley Borough Council still has yet to take an official vote on the backyard chickens ordinance. During the June 13 meeting, Council decided to rescind the ordinance and re-advertise it for the July meeting because not all members of the Council were present to vote.

Members of the community still seem to be split over the topic of backyard chickens. During the June meeting, some residents against chickens voiced their concerns over health, deed restriction issues, and potential conflict between neighbors. Those in favor were not in high attendance during the June meeting, but have attended prior meetings and advocated for the benefits of having a few backyard chickens.

Council debated offering an on-line or mailed survey, which could offer a better representation of what the community wants. However, problems arise

with on-line surveys because it is difficult to limit the survey exclusively to Carroll Valley residents. It was settled that a vote would be taken next meeting pending all members of Council are in attendance.

Hamiltonban finances new Mack truck

In May, Hamiltonban Township voted to purchase a new truck. Township staff looked into two proposals, one for Western Star and one for a Mack. After much consideration, deliberation and research, the Township decided to purchase a \$111,523 Mack Truck. This new truck will be able to better service the Township's roads and mountains. Through research, staff also discovered that most townships in the area are buying Mack's, so purchasing a Mack may increase the ease of servicing the vehicle if it's already common practice in the area.

Until the new truck arrives, the old truck will remain in service, but will be placed out for bid to recuperate some of the cost of purchasing a new truck. In addition to purchasing the Mack truck, the township also had to purchase the body equipment, which included a plow, at a cost of \$64,720. Supervisor Chairman Bob Gordon said "A lot of work has gone into the purchase of this truck, no decisions have been made lightly because it is a big purchase for the Township."

In order to pay for these purchases, the township had to agree on a finance plan. The most competitive and best rate received was from Community Leasing Partners, which covers the cost of the Mack truck. The offer consists of a \$50,000 down payment to be acquired from a loan from the state. Hamiltonban will borrow \$50,000 from the state and finance the remain-

ing amount (\$61,253) for a total of five years. They will pay cash for the body equipment. The truck should be delivered by the end of August and the uplifting features work will take about six weeks.

Liberty Township addresses over budget items

Liberty Township Supervisors chose to address over budgeted items during the June Supervisor's meeting. The township is over budget on the Solicitor bill and the Zoning and Code Enforcement bill. In regards to the increase in the Solicitor bill, it was mentioned that the town-

ship Solicitor has been handling several abnormal, out-of-the-ordinary cases this year, so his services have increased.

Residents asked the Supervisors that they be made more aware of budget increases, and any budget increases should be voted on. For example, if the township wishes to extend the Solicitor budget, Supervisor's should vote on that item and residents should be made aware of any increase made as a result of items being over budget. Residents request that they be made aware that the board is spending differently on the budget than what was proposed.

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THURMONT NEWS

Thurmont's Main Street matinees and more

Edison Hatter

Forty-six states participate in the Main Street Communities program supported by the Trust for Historic Preservation. Maryland joined in 1997 and will celebrate twenty years with the program this year. Thurmont is one of twenty-eight designated Main Street Communities in the state and one of five located in Frederick County. The area around Main Street in Thurmont was officially designated as a Main Street Community in 2005. "The Main Street Center is a great community center that draws all sorts of visitors," Grinder said, "from those interested in local history to tourists from out of town to those just interested in finding out more about their town."

The Main Street Center is a his-

toric building, originally a Moravian Church, and later became the Thurmont Public Library before finally becoming the Main Street Center. "This building is an anchor for the Main Street area," Grinder said, "we are so grateful to be one of the few communities in the state of Maryland to have anything like it." The building currently serves as the gallery for eight local artists, including Rebecca Pearl. Grinder said that the center also sells locally-made products, including BBQ sauce and lip balm. Currently, the center is looking for additional locally made products to sell.

Art lessons are held at the center regularly as well. In the past, photography lessons have been held and will likely be offered again in the future. Gnarly Artly held lessons at the center this

April and June and is planning to host more in the fall. The cost is \$10 a person. Rebecca Pearl offers art lessons on a weekly basis at the center. On Tuesdays, Pearl offers lessons to adults and on Saturdays, she offers her knowledge to the children. The cost is \$20 per session.

The Thurmont Main Street Center was opened in October 2015. Paul Echard has volunteered at the Center and recently joined the Thurmont Main Street Board of Directors. Over the past winter, Echard had a thought: many people enjoy outings to the movies, but aren't able to do it often due to the cost. He envisioned offering free movies at the Main Street Center every other Saturday. And thus, the Main Street Matinee program was born.

Beginning this past February and

scheduled to run through November, a free movie is on the calendar for the second and fourth Saturday of every month. The movies have drawn various size crowds and age ranges. Some showings have had as few as eight people attend, while the largest showing had thirty-eight people in attendance. Some movies have particularly appealed to younger children, such as the two cartoons that were shown earlier this spring. On the other hand, some movies, such as Yankee Doodle Dandy, have appealed to more adult crowds. Most recently, Manchester By the Sea and A Dogs Purpose were shown in June. The movies begin at two o'clock and are scheduled to last until approximately four o'clock. Free popcorn is offered at each of the movies.

July will see one special movie

showings outside of the usual Saturday ones. First, a special showing of Hacksaw Ridge will occur on Tuesday, July 4 at 2 p.m., but potential viewers should be advised the film is rated R for language and violence. The other special date is Friday, July 14 at 7 p.m. when Eagles Farewell Tour- Live From Melbourne will be shown. Echard also hinted that the July 14 showing will feature Garrett's Popcorn all the way from Chicago. The regular Saturday showings in July will feature Trouble with the Curve on July 8 and Wild Hogs on July 22.

Those interested in learning more about Thurmont Main Street should visit www.thurmontmainstreet.com or stop in at the Thurmont Main Street Center, located at 11 Water Street, which is open on Saturday and Sunday from noon to four.

Paving projects underway

During the June 6 Thurmont town meeting, the Board of Commissioners discussed bid proposals for a paving project set for this summer.

The project entails paving Trolley Trail and Eyer Road Park roadway. In its entirety, the work for this project will include the asphalt overlay of Trolley Trail which is about 3/4 of a mile and

provide the gravel shoulders on both sides of the trail. The second component of the project entails removing the millings and repaving Eyer Road Park roadway from Eyer Road to the concession stand including the parking lot adjoining the pavilion, and the parking lot adjoining the athletic field.

Five bids were submitted by con-

tractors in the area. The project was bid as a lump sum and also included an estimate for a project alternate, which includes asphalt work from the concession stand past the athletic field to the water tower.

However, Town staff recommended the lowest bid, from Pleasants Paving for a total of \$171,040.39. This

bid included the alternate portion of the paving project, and still came "under budget." The town already has complete funding for both projects through POS funding that was received and approved several years ago, totaling \$201,379. With the exception of the 10% match from the town required as part of this particular fund.

The town noted their work with Pleasants Paving in the past, and has

always been satisfied with the work that the company has done. Pleasants Paving is also able to meet the town's schedule, as they are hoping to get the work done as quickly as possible. The town hopes both jobs will be done simultaneously to ensure the paving is done as quickly as possible. However, if they can't be done at the same time, Eyer Road will be done first and Trolley Trail will follow.

East End inclusive park opens

Edison Hatter

On June 17, during an overcast Saturday morning, the town of Thurmont held a ribbon cutting ceremony for the new East End Inclusive Park. The ceremony was originally scheduled for May 13, but was postponed until June as a result of heavy rains. Despite the new date, a crowd of a few dozen members of the community turned out to witness the ceremony.

The park has become one of the first "inclusive playgrounds" in Frederick County. Jeff Barber, of Playground Specialists, Inc., explained that 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 can enjoy the playground. Frederick County Commissioner, Jan Gardner, even enjoyed

playing on a glider before the ceremony began. Barber assured the crowd that by the end of the project, the park will be "one of the coolest playgrounds for all kids in all of Frederick County."

Other dignitaries offered a few words during the ceremony as well. Gardner told the crowd that the park "means a lot to a lot of children." She also shared a personal story about her daughter, a physical therapist, who has worked with children with disabilities and understands how difficult it is for them to play on a regular playground. Gardner concluded her portion of the ceremony by offering the town of Thurmont a certificate of recognition, which was accepted by Ginger Malone, Catocin Area Civitan President. Malone gave a few words to the group, saying that the project was "a wonderful team effort." Julie DeRoner of the Frederick County Developmental Center read a letter from the Developmental Center

that said in part, "Thanks to your hard work, all kids will now be able to enjoy playgrounds." Other officials in attendance included Roger Wilson, Government Affairs and Public Policy Director for Frederick County, Thurmont Town Commissioners Wayne Hooper, Wes Hamrick, and Marty Burns, and Mary Del Favaro, Catocin Area Civitan Club Secretary.

From an economic standpoint, the East End Inclusive Park project is a major endeavor. Part I of the project, which is now completed, cost approximately \$70,000, but was covered by two grants received by the town. Parts II and III of the project will cost an estimated \$200,000. Thurmont Mayor, John Kinnaid, proudly told the crowd that funds for Phase II have already been secured. "Soon," he said, "we will be here again to celebrate the completion of Phase II of this great project."



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100 YEARS AGO THIS MONTH

July 1917

July 6

Fourth in Emmitsburg

The Fourth of July in Emmitsburg is always a gala day and this year was no exception to the rule. Long before nine o'clock a crowd had gathered to witness the parade which is always a feature of the Vigilant Hose Company's picnic. Promptly upon the hour the columns formed at Fireman's Hall. First came the Emmitsburg Coronet Band, followed by a large number of automobiles gaily decorated with the stars and stripes. The second division was headed by the Double Pipe Creek Band and comprised the firemen in uniform, horsemen and local members of Company A.

The crowd followed the parade to the grounds, where the morning was pleasantly spent. Tables filled with attractive delicacies greeted the eyes on every side and many stayed for lunch, assuring themselves of a good seat at the baseball game in the afternoon. The evening at the grounds was but a repetition of the pleasures of the morning and afternoon. There were fireworks, balloon ascensions, and band concerts.

with a telephone he was unable to use it and he began to cry for assistance. He was found two hours later. At the hospital his right leg was removed at the knee and his left foot was amputated. He did not regain consciousness after the operation.

Killed Attempting To Stop Runaway

In an effort to halt four runaway horses, driving a binder, William Harbaugh, of near Emmitsburg, was crushed to death last Friday afternoon. Mr. Harbaugh was working on the farm of his nephew, George Kemper, at the time of the accident. He and Mr. Kemper were shocking wheat, while Miss Kemper, a daughter, was driving the binder. One of the horses began to kick, and kicked over the tongue of the machine. The scrambling of the horse to free his legs frightened the other three horses and the team ran off. The team went around the field once and then Harbaugh tried to stop them. In doing so he was trampled underneath. The large wheel of the binder passed over his head. He was picked up and carried to a shade tree, and Dr. Jamison was summoned, but died before the physician arrived. He was 59 years old.

July 13

Legs Crushed By Freight Train

George Sanders, age 35, was struck by a Western Maryland freight train early Sunday morning near Fairfield, and had both legs badly crushed. He was found along the side of the tracks weak from loss of blood, and taken to the Chambersburg Hospital, where he died following the amputation of a leg and a foot.

Sanders, who had a wife and seven children, left Fairfield late Saturday night for home by way of the railroad right-of-way. Early the next morning, neighbors were awoken by dogs barking. Upon investigation, they were attracted to cries from the direction of the railroad. They came upon the half-conscious Sanders who had crawled about 50 yards from where he had been run over. He was able to state that he had been struck about midnight and after the accident had crawled to a switch house to telephone for assistance. He found the switch house door locked, but broke it open. Not being familiar

July 20

Injured While Attempting To Stop Runaway

Robert Wantz, a farmer, residing about a quarter-mile north of Emmitsburg, met with a serious accident last Friday afternoon. Mr. Wantz was hitching two horses to a wagon at the time of the accident. He had hitched one of the horses and while adjusting the harness on the other it became frightened and started to run away. Wantz held onto the bridle and after being dragged a considerable distance, fell. He was hurried in an automobile to the office of Dr. Stone, where he was given medical attention. An examination showed that he had sustained several deep cuts over his right eye. The flesh was torn from the side of the face leaving the eyeball, and upper and lower teeth exposed. The upper eyelid was torn off with the skin and muscles of the face. Fine gravel and dirt were ground into the flesh. It is to be hoped that he will

retain the sight of the eye, but his face will now be badly disfigured. His back was raw as a result of being dragged.

Company A Called To Duty

Capt. Elmer Munshower yesterday afternoon issued orders to members of Company A., First Maryland Regiment, instructing them to report to the State Armory, next Wednesday, where they will be held until full equipment has been issued. The company will then depart for Alabama for training.

Trick Bicyclist Visits Town

Emmitsburg was visited by a trick bicyclist from "somewhere in America" on Monday evening. Quite a crowd gathered on the Square where they were entertained for half an hour by stunts such as "looping the loop" without a loop and many other daring exhibitions.

The Cost Of Dog

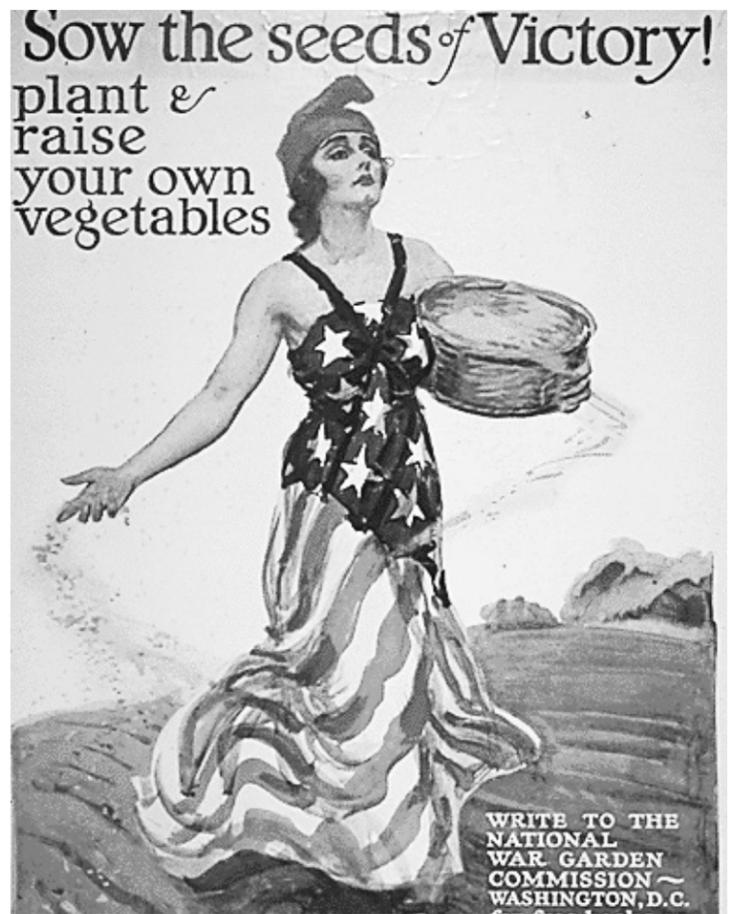
"From every standpoint there is need for a re-adjustment in the attitude of the state towards the dog," says the Manchester Record. "The upkeep of the dog is an enormous drain on the food supply of the nation. It has been estimated that an average of \$35/year is spent on dog food. This totals \$875 million/year for all the dogs - a sum significant to banish starvation from a large portion of the war swept nations of the old world. In Europe, children are being saved from starvation at a cost of ten cents a day each, or \$35 a year, the maintenance of a dog is therefore costing as much per year as the life of a child.

"It is time to call a halt on the nonsense of dogs - and, indeed, to all other animal pets. It is time that man and woman - and particularly the woman, look at this really important question with reference to its bearings on our national and international economics. There will be more food for the starving woman and children of the old world if there are fewer dogs in America."

July 27

Bank Installs Lighted Clock

The Emmitsburg Savings Bank has just installed one of the latest improved self-winding clocks. The dial, electrically illuminated at night, is eighteen-inches in diameter and the figures can be distinctly seen from almost every point on the



Food production was a major concern as the US ramped up its war preparedness. To close the gap, women were encouraged to grow food for their families.

Square. The case is solid mahogany, conforming to the interior woodwork of the bank, and the self-winding mechanism is operated by batteries.

Robert Wantz Dies

Robert Wantz, who was injured July 13, while hitching two horses to a wagon and was dragged in such a manner as to sustain several deep cuts about his face, died as a result of his injuries on Monday.

Woman's Defense League

The Woman's Defense League has now finished over 1,506 garments and hospital supply kits for shipment with the troops to Europe. Twelve comfort kits were sent to Company A in Frederick, and eight comfort kits were sent to Emmitsburg volunteers in the United States Army. The Hoover Housewife Cards are being distributed in town by the Census Committee of the Woman's Auxiliary of the Defense Association and the rural delivery men are taking them to rout the surrounding country. Mrs. Ledlie Gloninger has offered her beautifully equipped home to the government and graciously signified her willingness to provide for the care of 12 to 24 convalescing soldiers.

Kill The Dogs? Never!

"Dog dast it boys! That story in the Chronicle last week got my goat, and I'm going to raise the biggest dog-gone crop of hoon' to dogs next year you ever saw." This from the ring leader who started the discussion at the weekly Former Former Boozer Association's meeting at the Hotel Slagle's Bar.

"Conservation? What does that editor know about conservation?" Continued old Blood Up. "Why what the government ought to be doing right now is feeding the soldiers on bulldog blood and red pepper - especially as they're handing out grape juice for fighting booze."

"A man's got to have a half a dram or two of that liquid fire in his boiler, to make you want to walk right up to the Kaiser and hang his helmet on Bill's mustache. The only reason those town folks kick is because we let our dogs rob their refrigerators and porch cupboards! Gosh, man, we can't be expected to do otherwise with all this high cost of livin, kill the dogs? Never!"

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

Frederick County has tremendous and generous people, great programs, wonderful volunteers, forward thinking entrepreneurs, vibrant business environment, community support, and strong local government divisions. Did you know that there are over 1,000 non-profit organizations here in Frederick County? They serve in many capacities to support our citizenry, and we are better for it!

I want to take a moment to share some highlights over the past couple of months or so.

We passed a conservative Budget for the county and kept the tax rate the same as the previous two years at \$1.06 per \$100 of assessed property value. Community Partnership grants were awarded to a number of outstanding non-profits to support their efforts (which saves county money in the long run as there is less demand on county resources). I'm working on a Craft Beverage Events Work Group along with Council Member Tony Chmelik.

Attended a number of events including: Vietnam Veterans dinner; League of Women Voters meeting; Religious Coalition leaders meeting; National Day of Prayer Breakfast; Beth Shalom and Kol Ami Community Holocaust Service; Heartly House fundraiser; SOAR fundraiser; MD Military Installation Command meeting in Crownsville, MD; Live Downtown Frederick Housing Symposium; Frederick Rescue Mission fundraiser; and the Religious Coalition picnic.

It was also very gratifying to be part of the Juneteenth Proclamation; Foster Parent Appreciation ceremony; Service Awards for our fantastic employees – including the Council's Chief of Staff Ragen Cherney for his 15 years of dedicated service; Council Member Jerry Donald and I also attended a groundbreaking ceremony for the Middletown Fire Station.

State Senator Ron Young, County Executive Jan Gardner, Alderman Michael O'Connor and I par-

ticipated in a public interest podcast which focused on how to communicate in these times and how to best serve our constituents. It boiled down to civil discourse, true listening and open door policies.

In April I was part of a roundtable with Congressman John K. Delaney about the potential impact of federal budget cuts on our county's services. It was insightful and sometimes heart-wrenching hearing from various Frederick County department heads, Dr. Alban, Superintendent of FCPS, Mayor Randy McClement and our CE Jan Gardner about the needs for those most vulnerable in our county.

On the education front: toured Rock Creek School with Principal Mary Malone – what an amazing staff who teach and love some of the most disabled students. I previously visited Centerville Elementary and Waverly Elementary – if you ever doubt we have overcrowded schools – please visit them. Also attended FCC President's Business Appre-

ciation Awards, FCPS Teacher of the Year ceremony, graduation ceremonies for the Frederick County Drug Treatment Court and Brunswick High; recognition for SHIP's expansion announcement that they are increasing a summer program, New Horizons Frederick, to include three schools: Governor Thomas Johnson High School, Tuscarora High and Frederick High which provides homeless FCPS students with academic support, part time jobs and so much more.

Our Frederick High school is on target to open on September 5th of this year for the first day of FCPS's 2017/2018 year, and both Butterfly Ridge Elementary and Sugarloaf Elementary are currently under construction and will open in the fall of 2018.

A Dedication of FCC's Bess and Frank Gladhill Learning Commons to recognize their extremely generous \$500,000 donation establishing the Bess and Frank Gladhill Scholars Fund was held on Sun-

day, 6.25.17. This will enable some FCC students who qualify to have their education paid in full.

I am humbled by the opportunity, through attending various events, committee meetings, visits and conversations throughout the county, to expand my understanding about the needs and concerns of our citizenry, from other religious faiths to Veterans to the 840 homeless students and other matters. It has shown me the broader picture by spending time listening and learning from our citizens. At times, without realizing my preconceived notions, having discussions with others has made me more reflective and open minded on many subjects. I thank you for this. We're all in this together!

Frederick County has a lot of great activities to offer throughout the summer including free band concerts at Baker Park, parades and carnivals, art festivals and so much more! We truly live in a vibrant community.

My wife Rose and I are very proud to live here. It is my honor to be able to serve you.

County Councilman Kirby Delauter

A hot button issue these days is the 287(g) ICE program here in Frederick County. The county's website provides the following description of the program itself:

"In 2008 Sheriff Jenkins entered into a partnership with the Department of Homeland Security's Immigration and Customs office to begin to 287(g) Criminal Alien Program within the Sheriff's Office. This partnership entailed training office personnel from both the Detention Center and Law Enforcement Operations to become authorized to identify and begin

deportation proceedings against illegal aliens committing crimes within Frederick County. The Sheriff's Office is one of only six Sheriff's Offices nationwide that participate in both the jail enforcement program and the law enforcement task program.

Sheriff's Office members (16 correctional officers and 10 law enforcement deputies) completed training in 2008, and the program officially started on August 1, 2008. The 287(g) Criminal Alien Program has been a valuable resource for deputies as well as allied

agencies. The partnership with the Department of Homeland Security's Immigration and Customs Enforcement continues as a seamless partnership."

Now, you may ask why is this program necessary and why do you support it? It's very simple. I support it because it makes sense, and because our Sheriff sees value in it. The subjects of this program are not "undocumented." They are already breaking the law when they come here illegally, and many continue to break the law once they have arrived. An old analogy begs the question: if I go to the bank, pull a gun, and make an "undocumented" withdrawal, would that be legal? No, it's called theft; it breaks a law that we have on the books, and in a society of laws, those laws must be enforced. Especially when those who break the laws show a disregard for them time and time again.

The so-called liberal "elitists" from D.C. to Hollywood have made their stance on this issue known – they disregard the threats posed by illegal immigration in favor of arguments about morality. They oppose any and all efforts to build a wall along the Southern Border, and then they return to their mansions, passing through a gated wall that protects them along the way. They're all too happy to hire illegal immigrants and pay them below-market wages to be their landscapers, their maids, and their gardeners, and then they go on television and tell the rest of us that our economic anxiety is simply a product of our own intolerance.

Do you want to see our home become a "sanctuary county?" I don't. This would make our streets less safe, strip the Sheriff's department of a valuable law enforcement tool, and place a burden on the county resources that Democrats have raised your taxes to pay

for. So, if we follow the lead of outer liberal counties and make Frederick County a "sanctuary county," we must be prepared for increased crime, higher taxes, and a decline in the quality of life as we know it. One doesn't need to look farther than Montgomery County or Baltimore City to observe the effects of this politically motivated policy decision.

In conclusion, I ask you to approach this issue with a bit of common sense that is sorely missed in county government these days. It's safe to assume that most of us lock our doors at night, correct? Why do we do that? Because we know that a threat to ourselves, our family, and our home does exist, even if we don't directly observe it, and that deadbolt on our door is a valuable tool to combat it. We know that when that door is locked, anyone who wants to come in will have to knock first.

If you follow the logic of those who want "sanctuary status" in Frederick County, we should leave our doors unlocked so that anyone can enter our homes, eat our food, watch our televisions, use our bathrooms, and sleep in our beds. And then, when they make a mess, break a dish, or steal our things, we should ask them to stay a little longer instead of making them leave.

I'm fairly certain that none of us would tolerate such a policy in our own homes, so why should we expect that it's a good policy for our county. That's because it isn't; it's a dangerous idea. I'm completely opposed to it, and I will support Sheriff Jenkins in his fight to keep the 287(g) program in place as a common-sense tool to keep the people of Frederick County safe and protected. Anything less is irresponsible, reckless, and doesn't prioritize the safety and security of our tax-paying, legal residents, who will always come first with me.

GOVERNMENT—SOUTH OF THE MASON-DIXON LINE

County Executive Jan Gardner

Summertime is officially here, so let the fun begin! July is a great time to enjoy Frederick County's natural, historic, and beautiful scenic surroundings. There is a lot happening with many wonderful local community events and places to visit.

Did you know there is a new play area in Thurmont? If you have children or grandchildren, be sure to bring them to the new play area at Thurmont's East End Park. It's designed so that all children can play on the equipment, including those who use wheelchairs or who have other disabilities. Congratulations to the Catocin Area Civitan Club, the Town of Thurmont and to Playground Specialists for a wonderful project! The Civitan Club and the Town secured grants, including \$22,000 through the County's Division of Parks & Recreation, to make the inclusion play area a reality. The "zip line" is really fun, too, even for the adults!

Did you know there are a lot of fun things to do at your local library? If you are looking for additional ways to keep the kids entertained this summer, be sure to check out the Thurmont Regional Library. July's schedule includes a wide range of activities. There are STEM lab sessions for all ages, music and movies on the deck, self-defense for elementary school students, reading time with

dogs, and special music including a percussion duo and the award-winning kids' band Rocknoceros. Adults can even learn tips about running or using an Airbnb facility. Check out summer events at fcpl.org.

Did you know there are summer carnivals happening close to home? One of the highlights of summertime in our towns is carnival season. Vigilant Hose's Spring Fling kicked off events for the northern part of the county. The weather was gorgeous, and the food was great! I also enjoyed seeing so many of you along the parade route during Emmitsburg Heritage Day and at the events during the day. I'm looking forward to Walkersville's carnival the week of July 3rd with fireworks on July 4th and Thurmont's carnival the following week with a parade on Thursday, July 13th. Come join in the community fun with good food, music, games, rides, bingo and more.

Thanks to the many volunteers with our volunteer fire and ambulance companies who spend countless hours making these annual events so much fun for people of all ages!

Saving Taxpayers Dollars

Did you know that going green saves green? Special congratulations to the Town of Emmitsburg for earning a Maryland Green Registry Leadership Award from the Maryland Depart-

ment of the Environment. The Town has reduced its energy usage by more than 15 percent over the past four years by installing LED street lights, and is taking steps to save water. At the County level, we are also going green to save green. The Office of Sustainability is returning to its original mission. We plan to accelerate our efforts to reduce energy usage in county buildings, learn from other counties how they saved money by going green, and reach out to help more citizens save energy and money through our Green Homes Challenge.

Did you know that the county reduced its debt payments by \$2 million annually? One of my most important jobs as County Executive is to be fiscally responsible and protect taxpayers. Due to our three AAA bond ratings earned in 2016, the county has refinanced its debt reducing our annual debt payments by \$2 million. I am pleased to share that 40% of all county debt will be paid off over the next five years!

Did you know that county taxpayers can save money on their taxes through several available tax credits? The recently adopted county budget maintained existing tax rates but we know some seniors and homeowners need help paying their taxes. There are tax credits available for seniors as well as income-limited homeowners of any age and even a tax credit for

seniors who rent. Here are three major programs that may be of interest:

Homeowner's Property Tax Credit: Homeowners of any age whose annual household income is \$60,000 or less may qualify for this program. Qualified homeowners receive a credit on their property tax based on a sliding scale with some taxpayers seeing all or most of their property tax bill eliminated. Applications must be filed by Sept. 1 each year through the State Department of Taxation and Assessment. Call 301-815-5350 for more information.

Senior Tax Credit: Frederick County has a program to help people who are at least 65 years old and whose gross household income is \$70,000 or less. The credit is for as much as 20% of the property taxes you pay on the first \$300,000 of your home's value. You can apply for this credit when you fill out the application for the Homeowner's Property Tax Credit each year. There is no other form to complete. Last year about 1,700 homeowners took advantage of this county tax credit.

There are also property tax credits available for disabled veterans, their surviving spouses, and people who are blind. To learn more about any of these property tax credits, call the Frederick County Treasury Department at 301-600-1111.

Renter's Tax Credit: If you rent your home, you may be able to receive a tax credit for up to \$750 a year. Applications are due no later

than Sept. 1 of each year. To see if you qualify, call the local office of the State Department of Assessments and Taxation at 301-815-5350.

My top responsibility is to look out for taxpayers, and I understand that every dollar is important.

Did you know that taxpayers saved \$7.5 million by retaining Citizens Care and Rehabilitation Center and the Montevue Home? The prior administration put together a bad deal for county taxpayers agreeing to sell these new state-of-the-art facilities for less than it cost to build them. I am pleased to have saved county taxpayers \$7.5 million, kept our promise to our seniors, and restored our mission to take care of our own. I am also pleased to share positive financial results. The nursing home is generating positive revenue allowing the county to use these dollars to subsidize some indigent elderly residents at the Montevue home with absolutely no expenditure of county tax dollars. Through a lot of hard work, a bad deal has been successfully turned into a good deal!

I am honored to serve you as Frederick County's first County Executive. If you need information, assistance with an issue, or want to offer an idea you can call my office at 301-600-3190 or send me an email at jgardner@frederickcountymd.gov.

It's summertime! Get out and enjoy all that Frederick County has to offer. There is truly something for everyone!

"Let the Games Begin"

Justin M. Kiska

Dateline: July 2017. The 2016 elections, which brought us a new president and Frederick County a new congressman, isn't even a year behind us and already the next campaign has begun. The first votes won't even be cast until next summer – in the primaries that are now far too early in the year – but the candidates are already making themselves known. At least in one of the races in Frederick County; possibly the most important. Which office already has candidates declar-

ing their intentions to run, you might ask. County Executive, of course.

In 2014, voters elected Jan Gardner the first Frederick County Executive in history. In 2018, unless something completely unexpected happens, the county's first chief executive will be up for re-election. I say "unless something completely unexpected happens" because all signs indicate County Executive Gardner will be running again. Now, in politics, a day is as long as a lifetime. So until she officially announces, anything can happen.

Assuming she is running though, there are already two

candidates who have publically thrown their hats into the ring to try and prevent the County Executive from being re-elected. The first is Regina Williams, the county's former budget officer. The second, and much more well known, is 5th District Councilman Kirby Delauter. Odds are, these will not be the only Republicans in the race. In fact, a good friend of mine in Walkersville received a call not too long ago from someone conducting a survey about outgoing State Delegate Kathy Afzali. The crux of the poll was finding out if respondents thought Delegate Afzali would make a good county executive. She could be number three on the Republi-

can side. There are other names floating around, but it is safe to say that the race for county executive is going to be pretty competitive.

At the same time, all of the seats on the County Council will be on the ballot. The seven individuals on the Council, like Ms. Gardner, are the first to hold those offices. In essence, they have been the guinea pigs for our Charter government. They are the ones who began charting the uncharted territory, so-to-speak. With Councilman Delauter running for County Executive, we already know at least one of the seven elected in 2018 will be a new member to the Council. What about the other six? Council President Bud Otis, who was elected as a Republican but then became unaffiliated, has been coy about his intentions. But getting elected as an independent is pretty tricky, so he may have an uphill battle ahead of him.

Regardless, the Council races will be just as competitive as the battle for County Executive. Normally, incumbents have an easy time getting re-elected. But in these first years under the Charter government, not everyone has been too happy with the County Executive and County Council. Does that mean after only four years, voters are going to want to clean house? Will they just want to get rid of certain members to send a message that at the end of the day, the residents and voters of the county are still in charge and they don't want their elected representatives participating in petty infighting?

All of those questions will be answered in due time. But for now, as candidate begin to lay the groundwork for their campaigns, I say, "Let the games begin!"

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FROM THE DESK OF...

Carroll Valley Mayor Ron Harris

The Open House and Dedication of the Carroll Valley Community and Educational Complex building was held on May 30th approximately 10 months after we broke ground last July. Ninety people attended. State, county, municipality officials, Adams County Library representatives, and local area residents were among the visitors to celebrate the building's dedication.

Those government officials were Pennsylvania State Senator Richard Alloway II, State Representatives Dan Moul and Will Tallman, County Commissioners Randy Phiel and Marty Qually, Mayor Bob Stanley, Supervisors Bob Gordon, Coleen Reamer and Bob Jackson and Carroll Valley Council members Sarah Skoczen, Robert Tyler Pyles, Bruce Carr, Ken Lundberg, and Tom Fitzsimmons. The library members who participated were the Executive Director – Carla Trout, Board President – Bob Shuey, Financial Administrator – Beth Cool and Librarians Sherrie DeMartino and Crystal Durbin. During the ceremony, the Borough honored Senator Alloway by including his name on the building plaque.

This was done to thank him for his help in securing a \$1 million state grant to fund the project through the Redevelopment Assistance Capital Program. He was also present

ed with a wooden replica of the new building. I would like to thank all those involved especially, Dave Hazlett, Gayle Marthers, Amanda Bell, JoAnn Myers, Beth Cool, Sherrie DeMartino, Crystal Durbin, Chief Richard Hileman II and our police officers.

Our new building houses not only a larger, brighter, expanded Library, but community meeting rooms and an outdoor stage area, enhancing our community park. This building will greatly help programs and services to fulfill the needs of our wonderful community. I, along with the Borough staff, truly appreciate all your support and hope in the years to come you will enjoy all the amenities this facility has to offer you and your family.

The 13th Annual July 4th Picnic Celebration will be held on Tuesday July 4th starting at 2 p.m. There are many activities in which to participate. There is a climbing wall, a youth obstacle course, live bands, laser tag, moon bounce, and hay rides. Sign up for the Horseshoe tournament. The 7th Annual 3 vs. 3 Team Basketball Tournament will start at 3 pm. The Championship game will be played in the evening under the lights. Besides food vendors serving up delicious food, we have service and craft vendors to visit.

The Lip Sync competition was so successful the past two years that it is back again. It should be a lot of fun cheering for your favorites on our new stage. Come out and share your talent.

The celebration ends with fireworks being launched from on top of Ski Liberty Mountain. Free Parking at Ski Liberty. You will be bused over to the park. Hope you and the family will be able to join us. Check it all out by going to www.cvjuly4th.com. It is going to be a great day to celebrate our country's Birthday. I hope to be there taking pictures.

Summer has started which means those heat alerts are going to be broadcasted again. There are three types of messages that are sent out to the populace and they are: Excessive Heat Outlook, Excessive Heat Watch and an Excessive Heat Warning/Advisory. An Excessive Heat Outlook is used to indicate that a heat event may develop and the emergency management and public health officials should be prepared. An Excessive Heat Watch means an excessive heat event may occur in the next 12 to 48 hours. Finally, an Excessive Heat Warning/Advisory is issued within 12 hours of the onset of the following criteria: heat index of at least 105° F for more than 3 hours per day for 2 consecutive days, or

heat index of more than 115° F for any period of time. Why pay attention? According to the NOAA National Weather Service, the statistical data shows that heat causes more fatalities per year than floods, lightning, tornadoes, and hurricanes combined. What to do?

Here are a few tips. Slow down and do not perform any strenuous activities. Drink plenty of water or other non-alcohol fluids even though you may not feel thirsty. If you have problems retaining fluids, consult your physician before increasing your fluid intake. Eat light meals to decrease your metabolic heat production. Wear lightweight light-colored clothing. And naturally, try to spend time in an air-conditioned place.

Please mark your calendar for Carroll Valley Borough's National Night Out (NNO) event to be held on Tuesday, August 1st from 5 to 8 p.m. (rain or shine). This year it will be held back in Carroll Valley. NNO is celebrated each year across the United States to increase awareness for safety within the community, and to educate residents on how to protect their families and familiarize them with available services. Young people up to the age of 12 will receive a free meal consisting of a hot dog, a bag of potato chips and a drink. Children should bring their bikes and helmets for a bike rodeo.

There will be many chil-

dren's games; fire and police displays; counseling services; a Fairfield Fire water rescue, and food for everyone to enjoy. The ACSP-CA will provide dogs with rabies shots (\$10) and microchips (\$25). Dogs only. Take advantage of these low-cost options and get that required rabies shot. NNO is a time to strengthen neighborhood spirit and police-community partnerships. The children should see our police officers as people who can help them in their time of need. I do hope you take the time to come and join us.

For your information, there are two topics that will be discussed at the July Borough Council meeting and they are: (1) Allowing a limited number of chickens to be raised in the municipality and (2) Rescinding the ordinance that requires new homes to install a sprinkler system. There will be a public hearing on the sprinkler system starting at 6:00 pm on July 11th followed by the Council Borough meeting at 7:00 pm. The other Borough meetings in July are: Planning Commission (July 3rd) and Parks/Recreation (July 26th). The Borough Office is closed July 4th. Please reduce your driving speed when you are in the Valley. If you have any questions call me at 301-606-2021 or email MayorRonHarris@comcast.net. I have an office now. Give me a call. Come and visit.

Liberty Township Supervisor Walter Barlow

Our local governments suffer from a serious blight. The symptoms are innumerable, ranging from budget shortfalls to uncleaned ditches and everything in between, but the cause is singular: a lack of transparency. Elected officials conduct business outside of the public's eye, and they can and do adopt any and all measures that benefit themselves (and their chances at re-election) without scrutiny and without ramification.

There is, fortunately, a simple remedy. Sunshine.

Sunshine in the sense that all governmental business must be conducted openly and publicly. Meetings must be advertised in advance, and open to all. Motions and proposals must be published in advance. Citizens must be allowed to speak and comment on any matters of public interest at all meetings. In short, the public must be informed, and must have a voice.

These suggestions are hardly new. They are, in fact, required under the laws of Pennsylvania (aptly titled, the "Sunshine Act"). They are not followed by all jurisdictions. Indeed, the township that I now serve as a supervisor – Liberty Township, Adams County, Pennsylvania – has flouted these requirements for years, holding meetings without public notice and adopting motions without any chance for the public to comment (or even see) the proposals. The result: over-bloated

budgets, exorbitant taxes and fees, and tens of thousands of dollars in missing funds.

This must stop. We as citizens deserve government that serves us, not that serves itself, and we as citizens can obtain that government only if we demand it. We must make clear, both in municipal meetings and at the ballot box, that we will not accept a local government that operates in secret. We must insist, loudly, repeatedly and unequivocally, that we all

must be informed of and have a voice in the public's business.

All of this is easier said than done, of course. It requires that all of us commit time and effort to reviewing proposals, attending meetings, preparing comments, and – perhaps most importantly – voting. It sometimes requires even more: in my own hometown, I needed to bring suit to compel other supervisors to comply with open-government laws (Barlow v. Liberty Town-

ship, 2017-SU-0000334, Court of Common Pleas, Adams County, Pennsylvania).

If we all join together to strive for the goal of a participatory and transparent government, we can secure for ourselves and our children the democracy that we deserve: one that serves us.

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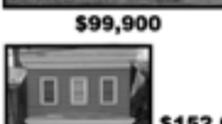




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GOVERNMENT—NORTH OF THE MASON-DIXON LINE

County Commissioner Jim Martin

On June 20th many county residents were able to tour the county's new Human Service Building (HSB), formerly the Herff Jones year-book plant which has been repurposed and transformed into professional offices and court facilities. Residents were truly impressed with the facility and all that it has to offer. During the tour I met former Herff Jones employees who were amazed how attractive and functional their general work areas had become. They had to ask themselves, "Is this really the spot where I once worked?" A retired IRS official, met me at the end of his tour. He informed me that of all the governmental buildings he has visited or worked in throughout the U.S., our HSB was the nicest governmental building he had ever seen.

The purchase of the Herff Jones building came after rejecting two previous proposals for a new building; the construction costs exceeded the budget that was set. Knowing this, long-time friend John Longanecker encouraged the commissioners to look at the Herff Jones building as a possible option. As many people know, John has a keen eye identifying material and properties that are good candidates for repur-

posing. We acted upon John's advice and arranged to see the property. The Herff Jones property offered 93,000 sq. ft. under roof, a complete maintenance area, nearly 200 paved parking spaces, public sewer and water, all on 26 acres.

After our initial tour of the property we realized that the potential existed to accomplish our goals plus provide the proper environment for our IT department, its equipment and data center (formerly a challenging server room). This was truly a serious need and a high priority, but it was considered cost prohibitive to include it in our previous proposals that, in themselves, were beyond our budget. Also we were confident there would be the possibility of adding two magisterial district justice offices and a larger and more functional multi-purpose conference room. Being optimistic about an expanded building project, we made our offer to purchase the Herff Jones property contingent upon a thorough due diligence.

After completing our due diligence we closed on the property at a below-market value purchase price of \$2.25 million. The appraisal completed for the property determined a market value of slightly more than \$3 million. Both the appraiser and our architec-

tural engineer were impressed how well maintained the building was.

After the property purchase we completed the selection of our architectural engineer to develop a plan that would fit our concepts and budget. After several months of wading through details the final plans and specifications were completed and were placed on the market for bids. When the bids were in, the total package came in within budget and less than our estimated costs. Several weeks ago we found out that if this same project were bid under today's market conditions, it would have been 20% to 25% higher. That would have put the project over budget and necessitated the elimination of portions of the project. Fortunately for us and the county we hit a sweet spot in the construction market.

Being able to stay within budget for the entire proposal meant the IT department and data center, the MDJ offices, and a more functional conference room would be a reality. The IT department would be in the ideal location and environment for many years to come by adding it to the HSB. Our investment in servers and supporting equipment would be well protected and also offer sufficient room for pre-

cision servicing of equipment. Our old location made servicing equipment very difficult and presented a lack of adequate room for future upgrades. To that end we had repeated recommendations for a proper location. In today's data management environment the inability to upgrade will eventually lead to the loss of data processing ability. That is too costly of a situation not to correct when the opportunity presents itself.

Locating new MDJ offices in the HSB will allow the termination of a lease and allow the county to sell its Middle Street MDJ office. This sale will provide funds to offset construction costs of HSB. Once sold, this real estate will, hopefully, go on the property tax rolls and generate new tax revenues.

One of the goals for our new construction was to improve operational efficiencies and provide a pleasant work environment. Adding a larger and more functional conference room was a component of achieving that goal. We now have ability to divide one large conference room into four separate rooms with sound proofing. This is a tremendous upgrade from two marginally suitable rooms that had ob-

structed view and confined space seating. Experience told us we needed suitable and adequate meeting rooms for all departments to function effectively. The enlarged conference room was decided upon to alleviate this situation. We were able to provide this within a narrow margin of our budget; to enlarge the conference room at a later date was not practical. Post construction enlargements are more costly than the initial construction costs. That was also a supporting reason for not adding the MDJ offices at a later date.

Our architectural engineer and I had a very good conversation in summarizing the project. We had a quick review of the cost of renovation per square foot. That figure came in well below pre-construction estimates. To his delight and my satisfaction, the cost was \$65/sq. ft. That is a tribute to a seasoned architect and excellent planning. School Districts should take note of our successful and cost effective repurposing of the Herff Jones building. Rather than demolish or abandon solid buildings such as the Arendtsville Elementary and Bendersville Elementary to build new, an honest look at the cost savings of repurposing seems in order. I believe all tax-supported entities owe it to the tax payers to examine the savings repurposing can achieve. Have a wonderful and safe Fourth of July.

State Representative Dan Moul

With the June 30 state budget deadline looming, it is increasingly evident that the time for gimmicks and one-time fixes is over. There simply are no more shortcuts to be had. I voted against last year's \$31.6 billion state budget because it did not set us on a path to recovery, but instead brought us where we are today — facing a \$2 billion budget shortfall. In fact, we currently spend \$1 billion a year more than we collect in state revenue. This disparity simply cannot continue!

The propensity of our government leaders to avoid difficult decisions has brought us to where we are today. At home, Pennsylvania citizens know they can only spend what they bring in. Government should work on the same principle — you cannot spend what you do not have. Pennsylvania taxpayers should also expect government to limit spending to the revenue coming in and I believe they do. Yet government grows ever larger when government leaders lack the courage to do the right thing.

I did not agree with the level of spending I saw in the 2016-17 state

budget and I voted against it. It demanded too much of Pennsylvania taxpayers and spent too much money unnecessarily. It allocated funding to agencies and programs that I believe should not be funded or are being over-funded. Those expenditures made this year's budget situation that much worse.

When you are \$2 billion dollars in debt, your choices are limited. You can raise taxes, which there are not enough votes to do, or cut spending. Current budget negotiations appear to be relying on a third option — to increase revenue from gambling expansion and borrow money from the tobacco settlement fund. These are creative one-time fixes, not unlike those we have seen over the past several years. Borrowing from the tobacco settlement fund would take money from future generations to cover the mistakes of the past. It would hurt our children and grandchildren and, if it is part of the final budget, I will not support it.

Our fiscal circumstances call for bold and decisive action. I believe we need to cut non-essential spending, pay the bills

that are mandatory and impose across-the-board cuts in state government.

As for non-essential spending, a couple of glaring examples come to mind. Pennsylvania taxpayers should not be funding state related universities to the tune of \$600 million annually. Neither should they be funding the Susquehanna River Basin Commission (SRBC) nor the Delaware River Basin Commission (DRBC).

These commissions are not state government agencies, but are operat-

ing on the taxpayer's dime. To make matters worse, those employed by the SRBC and DRBC are not state employees, yet they are on the state pension system! Serious concerns have been raised about the SRBC and the sizable fines and fees it charges our municipalities for federally mandated storm water programs. I brought these concerns to the House State Government Committee, which is now conducting public hearings on the matter. You can watch those hearings at www.RepMoul.com.

There is some good news with regard to the state pension system. Legislation

was recently signed into law that aims to slow the growth of pension liabilities, shift risk away from taxpayers and ensure the Commonwealth can meet its future pension obligations. While this is a move in the right direction, past delays in addressing the unfunded liability ensures that pensions will remain a sizable expenditure for the foreseeable future.

It remains to be seen what the final budget will look like, but time is running short. I am hopeful that commonsense will prevail and that our leaders and the governor will arrive at a plan that is fair to taxpayers and is therefore deserving of my vote.



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Emmitsburg Community Bible Church

"For I know the plans I have for you", declares the Lord, "plans to prosper and not to harm you, plans to give you hope and a future."

— Jeremiah 29:11

You have a purpose! Your life has meaning! You are valuable!

God does not abandon His people! In this verse God was speaking to the Nation of Israel after years of brutal Babylonian captivity, suffering, confusion and discouragement. They thought they were forsaken, but God used these trials to strengthen them, and to be able to use them for His glory. Despite all the trials, tribulations, confusion and utter despondency, God did not abandon them.

God has His plans for you, too! He cares for you, you have a purpose, your life has meaning, you are valuable! You are always on His mind.

To "Prosper" means to give His people peace, tranquility and contentment. As Christians, that is God's plan for us as His people. When you become a you become His child, you become one of His people. This promise is for every Christian.

To have "Hope" means that we have a confident expectation of our salvation. John 3:17 tells us that Jesus came into this world so that those who believe in him might be saved. As we believe in Him, accept Him as our Savior and turn from our ungodly ways, we then have HOPE through Him that whatever issues arise in our lives, He has the answer. He has the solution. He knows all about it and we can rest assured, His plan to give His children peace and hope is permanently in place. His promises are solid!

Our tendency is to look for things, people or events that will make us content, things, people or events that are better than what we have, things, people or events that we think we want. Consequently, we are never satisfied. We are always searching; we think there must be something better!

What if your ship never comes in? What if your dream never comes true? What if circumstances and situation never changes? In times like these, could you be content? In Philippians 4:11 the apostle Paul tell us that he has learned to be content in whatever situation arises. Can you say that? Contentment isn't denying your feelings, contentment isn't pretending things are alright when they are not. Contentment is freedom from being controlled by those feelings. It is the peace that comes from knowing that God is bigger than any problems or challenges you face and He will provide all you need.

The apostle Paul said in Philippians 4:19 that God would supply all our needs through our Lord Jesus Christ.

Storms will darken the way, burdens may be hard to carry, sorrows and troubles that seem to hide the face of the Lord from us. Do not be deceived or fall into despair, thinking that He doesn't care. God does know and He will get you through it all. The Lord stands ready and able to help you. Look to Him during the trying times of life. His promises are as good today as they have ever been.

The Lord thinks good thoughts about His people; His desire is to "GIVE" His people hope and a future. Not a single promise of the Lord will ever fail. You may be walking through the deepest, darkest, longest valley of your life and wondering if the Lord knows, or even cares about your situation. Let the promises of our Lord assure you, He knows, He cares. God misses nothing,

because nothing surprises God. Remember, God cares for you, you have a purpose, your life has meaning, you are valuable. The Lord thinks GOOD thoughts about His people: as Christians, WE are His people. We know this because in Psalm 100: 3 we are told "...it is He that has made us and not we ourselves we are His people..." Wow!

The little sparrow that falls to the ground is seen by God. Mr. Doolittle of Elmira, New York was confined to a wheelchair and his wife had been confined to bed for over 20 years. Mr. Doolittle was always cheerful and loved life. Once Mr. and Mrs. Doolittle had a visit from Civilla Martin and her husband. Mrs. Martin was curious and asked Mr. Doolittle how he managed to remain so happy and cheerful when they had to suffer such challenges in life. Mr. Doolittle simply answered, "If God has His eye on the sparrow, then I know he is watching over me." Mrs. Martin was so moved by his reply that she wrote a poem that became a song. That song has brought joy and delight to hundreds of thousands of people throughout the world. That song says,

"Why should I feel discouraged, what if the shadows fall? Why should my heart feel lonely and long for heaven and home? When Jesus is my portion, a constant friend is He. His eye is on the sparrow and I know He watches me. I sing because I'm happy, I sing because I'm free, His eye is on the sparrow, and I know He watches me."

He is so concerned about your life that he even knows the number of hairs on your head. He knows everything there is to know about you. You see, the Lord the knows your deepest and darkest secrets, your thoughts, your motives, your plans, your dreams. This is monumentally encouraging because we know that nothing that happens in our lives catches the Lord off guard. It's as though He says, "I got



this!" Now, that's a promise you can take to heart!

Our church has been blessed with the ministry of Gary and Debbie Buchman. As they continue their ministry with "Churches in Missions", we at ECBC will pray with them and for them.

By way of introduction, I have been a pastor for many years, and have had the privilege of preaching all around the world. I have been in revivals in India, Romania and here in the United States. It is a joy to share the Word of God to hungry hearts everywhere.

My desire and calling is to continue to preach the word of God.

As my wife Rochelle and I begin our ministry at Emmitsburg Community Bible Church, we are

guided by the words of our Savior in Acts 1: 8(MSG) , "...and you will be able to be my witnesses in Jerusalem, all over Judea and Samaria..." Our Jerusalem is Emmitsburg, our Judea is Frederick County and our Samaria is Maryland. You are invited to join us as we endeavor to serve the Lord.

Final thought: Jeremiah 20: 11 "For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future."

To learn more about Emmitsburg Community Bible Church visit www.emmitsburgcbc.com or better yet, join them for Sunday service at 10 a.m. at the Emmitsburg Elementary School

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BOOK OF DAYS

Sir Thomas More



July 6

When Sir Thomas More was installed as lord chancellor, in the room of Cardinal Wolsey, the Duke of Norfolk, by the king's express command, commended him 'unto the people, there with great applause and joy gathered together; for his admirable wisdom, integrity, and innocence, joined with most pleasant facilities of wit; praise which perfectly suited its subject.'

Sir Thomas More united prudence with pleasantry, great and singular learning with simplicity of life, and unaffected humility with the proudest temporal greatness: he preferred the love of his family, and the quiet pleasures of his own household, to the favours of kings or delights of courts. It was only after the repeated urging of Henry, that at last he consented to relinquish his studious and secluded life at Chelsea: and it may truly be said that he was never happy after: for, besides his natural shrinking from public responsibility, and his disregard of worldly notoriety, he had a remarkably clear insight into Henry's character, and never put much faith in his abundant favours.

More was retained in the king's household like a personal friend, except that there must have been a degree of tyranny in his being kept thus continually from his own family. But his pleasantries amused the king and his queen, and his learning was useful to a monarch, who was writing a book which was to be the wonder of Christendom, and which had to be looked over, corrected, and arranged by Sir Thomas, as Sir Thomas himself admits, before Europe could be honoured with a glance at it. He was employed on several embassies alone, and in company with Wolsey; and finally, much against his will, he succeeded in 1529, to the highest honours, upon Wolsey's fall.

He filled the office of chancellor with a wisdom and unspotted integrity which were unexampled in his own time: and yet united with these virtues such graceful ease and agreeable manners, that it seemed to him no effort to be honest, and no difficulty to be just. When one woman sought to bribe him, by presenting him with a valuable cup, he ordered his butler to fill it with wine, and having drunk her health, returned it: and when another presented him with a pair of gloves, containing forty pounds, he accepted the gloves and returned the gold,

declaring that 'he preferred his gloves without lining.'

More, though liberal-minded, was a staunch believer in the pope's supremacy, and had a great dread of heresy: and when Henry opposed the pope's will and decree by marrying Anne Boleyn, More resigned his chancellorship. He did not do so ostensibly on that account, but the king was shrewd enough to surmise his true reason. Henry really loved his servant, and did his utmost to obtain his approval of the new marriage, but the ex-chancellor preserved a discreet silence.

The king, piqued by the neutrality of one whose opinion he valued, and on whom he fancied he had bestowed so many inestimable benefits, determined to make the late favourite acquiesce in his sovereign's will. More was invited to the coronation, and urged to appear, but he refused. He was threatened, but he only smiled. His name was put in the bill of attainder against the supposed accomplices of Joan of Kent, and then erased as a favour. But when the oath was put to him, which declared the lawfulness of the king's marriage, he would not take it, and so was committed to the Tower: and after many attempts, first to change him, and then to make him betray himself, so as to afford just ground for condemnation, he was tried and condemned unjustly, and beheaded, to the regret and shame of the whole nation, and all the world's astonishment and disgust.

The body of Sir Thomas More was first interred in St. Peter's Church, in the Tower, and afterwards in Chelsea Church: but his head was stuck on a pole, and placed on London Bridge, where it remained fourteen days. His eldest and favourite daughter, Margaret Roper, much grieved and shocked at this exposure of her father's head, determined, if possible, to gain possession of it. She succeeded: and, according to Aubrey, in a very remarkable manner. 'One day,' says he, 'as she was passing under the bridge, looking on her father's head, she exclaimed: "That head has lain many a time in my lap, would to God it would fall into my lap as I pass under!" She had her wish, and it did fall into her lap.'

Improbable as this incident may appear, it is not unlikely that it really occurred. For having tried in vain to gain possession of the head by open and direct means, she bribed or persuaded one of the bridge-keepers to throw it over the bridge, as if to make room for another, just when he should see her pass-

ing in a boat beneath. And she doubtless made the above exclamation to her boatmen, to prevent the suspicion of a concerted scheme between her and the bridge-keeper. However some of these particulars may be questioned, it appears certain that Margaret Roper gained possession of her father's head by some such means, for when summoned before the council for having it in her custody, she boldly declared that 'her father's head should not be food for fishes.'

For this she was imprisoned, but was soon liberated, and allowed to retain her father's head, which she had enclosed in a leaden box, and preserved it with the tenderest devotion. She died in 1544, aged 36, and was buried in the Roper vault, in St. Dunstan's Church, Canterbury: and, according to her own desire, her father's head was placed in her coffin. But subsequently, for some cause not now known, it was removed from its leaden case, and deposited in a small niche in the wall of the vault, with an iron grating before it, where it now remains in the condition of a fleshless skull.

Margaret Roper was well skilled in Greek, Latin, and other languages: a

proficient in the arts and sciences as then known: and a woman of remarkable determination and strength of character. A tradition, preserved in the Roper family, records that Queen Elizabeth offered her a ducal coronet, which she refused, lest it should be considered as a compromise for what she regarded as the judicial murder of her father.

went away, leaving the children and servants behind.

The servants were discharged; but the hotel-keeper kindly supported the five children thus strangely left on his hands, until his bill had run up to the large sum of 20,000 francs (about £800). A demand was then made upon him (without revealing to him the present dwelling-place of the parents) to deliver up the children; he refused, unless the bill was paid; whereupon a suit was instituted against him.

The advocate for the parents, passed the highest encomiums on the generous hotel-keeper, and said that he himself would use all his influence to induce the father to pay the debt so indisputably due; but added, that his own present duty was to contend against the detention of the children as a pledge for the debt. The president of the tribunal, equally praised the hotel-keeper, but decided that the law of France would not permit the detention of the children. They were given up, irrespective of the payment of the debt, which was left to be enforced by other tribunals.

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

July 2

Children detained for a father's debt

On the 2nd of July 1839, a singular trial happened in Paris to determine whether the children of a debtor may be detained by the creditor as a pledge for the debt. The parents, with five children, and some domestic servants, lived for a time at a large hotel at Paris; and as they could not or would not pay their account, they removed to a smaller establishment, the Hotel Britannique, the owner of which consented to make himself responsible for the debt to the other house. After the family had remained with him for a considerable time, the father disappeared, and never returned to the hotel, sending merely a letter of excuses. Then the mother

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COMMENTARY

Words From Winterbilt

Are we tired of winning?

Shannon Bohrer

One of the president's promises was that the United States of America would be so great that we would get tired of winning. I don't think we are there yet.

This administration has certainly had its ups and downs. During the election and before taking office the president promised a lot. In fact this article does not contain enough space to list all the promises he made. When I started the article I had intended to list the promises kept, the ones in the winning column. However, with the continuous news, of the alleged Russian interference in the election and possible collusion with Trump White House surrogates, the article took a detour.

For a good while, we have heard about the Russian interference in our presidential election. There has been a continuum of news and hearings in congress about the Russian interference. During one of the hearings about this, then FBI Director Comey testified and shortly afterward the president fired him. The president said he fired the Director on the advice of the new Assistant Attorney General Rod Rosenstein. The report was critical of how Director Comey handled the Clinton email investigation.

The following day the President met in the Oval Office with Russian officials and they had a private meet-

ing. I say it was a private meeting because the press was not allowed. Well, that is not entirely true, while the American press was not allowed, the Russian press was there. In fact the Russian press provided the American Press photographs for their news coverage. That was nice of them.

A few days later President Trump was being interviewed by Lester Holt and he was questioned about the firing of the FBI Director. President Trump stated: "I was going to fire [him] regardless of recommendation," "When I decided to [fire Comey], I said to myself, I said you know, this Russia thing with Trump and Russia is a made up story." So in essence, President Trump said the firing was about the Russian investigation, not the Clinton investigation.

It was also reported in the New York Times that during the meeting in the Oval Office with the Russians, President Trump told Minister Sergei Lavrov about firing Director Comey saying, "I faced great pressure because of Russia. That's taken off." I wonder where the Times got this information - maybe it was from the Russian transcripts?

It appears that President Trump fired Director Comey - possibly because of the "Russia thing." Of course that does not explain why he first said he was fired on the recommendation of the Assistant Attorney General. It was also later reported

that the Assistant Attorney General was told that Director Comey was being fired - before his memo was even written.

During this same time period it was reported that during the Whitehouse meeting with the Russians, our President gave the Russians some top secret information. This was at first denied by the Whitehouse, but early the next day President Trump tweeted that he did reveal top secrets, but it was ok because he is allowed to do this.

Shortly after the President's tweet about what he was allowed to do, President Putin gave a statement that the Russians were not given any secret information and he could provide the meeting notes (transcripts) to prove it. President Putin apparently had not read President Trump's tweet before giving his statement. It is nice to know that the Russians have transcripts of meetings in the White House. They could be important. Well maybe, but only if they allow us to have them.

While all of this is unfolding the President also tweeted, "James Comey better hope that there are no 'tapes' of our conversations before he starts leaking to the press." At that time the former Director had not said anything about the firing. After the tweet it was reported that former Director Comey had written memos about his meetings with President Trump. In the memos it was reported that President Trump asked or

implied that he wanted the Flynn Investigation to go away. It was also reported that a few FBI agents were advised of the conversations and the memos.

Later, Director Comey did testify to congress about the meeting and he said that the President wanted the Flynn investigation to go away. Of course the Flynn investigation is the "Russia thing." It was reported that it was not a command, more of a request. It will be interesting to see if the Comey memos are in line with the Russian transcripts?

Memo to White House: "Calling voters stupid is not a winning strategy."
-Karl Rove

All of this news somewhat resembles tabloid news on steroids. The President fires the Director, investigating the "Russia thing" somehow believing that he "... faced great pressure..." and that "... firing Comey would change that." It is difficult to find the right wording to describe these events; it really does resemble a soup sandwich.

A young child is questioned why his homework was not turned in and he responds that his dog ate it. The teacher then reminds the child that he does not have a dog, so the child says that he did the homework, but someone must have stolen it. The teacher asked if the theft was reported and the child then says no, because his telephone was not working. You might expect something like these answers from a child, but not a President. His stories change so fast - that it becomes hard to believe anything he says.

By the time this article is pub-

lished all of this will be old news. Not necessarily old because of time, but because of new stories about words, statements and tweets from our President. Controversy, confusion and lack of consistency seem to define this administration; it is certainly not conducive to being tired of winning.

During my career I took two oaths to defend and support our constitution. Part of the oath was, "I, [name], do solemnly swear (or affirm) that I will support and defend the Constitution of the United States against all enemies, foreign and domestic;..." I question if President Trump understands what this means? I also question some members of congress if they know what the oath means! It appears that some members think supporting their party is more important than supporting the country.

Let's keep the same facts in this article, but change the players. Assume Hillary Clinton was elected president, instead of Donald Trump. Director Comey testifies in congress that he is still investigating the emails - and Hillary then fires him, what would the congress do?

When President Obama was in office, if he had private conversations with the Russians in the White House and the American press was barred from the meeting, what would the congress do? I am not tired of winning. I am tired of some members of congress putting their party ahead of country, which is not in keeping with the oath they took.

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

Common Cents

Starry sky is still there

Kai Hagan

The other day, our son, who is home from college for the summer, came home late in the evening. It was a moonless night, with low humidity, and when he came in he said that the stars were as abundant and bright as he had ever seen them. He encouraged me to step outside and look.

Because I've had the good fortune to see incredible night skies in remote and dark places, I can't say it was the brightest "starscape" I'd ever seen, but it was certainly among the most spectacular I've seen here, in Frederick County.

It was stunningly beautiful. And made all the more so by the fact that such opportunities are increasingly rare.

We live in the woods, in the northern part of the county, so, relatively speaking, the sky is darker than in much of the county, and huge swaths of the east coast. But here, as elsewhere, it's getting harder to truly escape the impact of the bright lights of our towns, rural developments, roadside gas stations and more.

Anyway, it reminded me of a column I wrote 14 years ago, which happened to be published on our son's birthday. It's as relevant today as

it was then, and I thought I would share it again.

*"Don't it always seem to go
That you don't know what you've got
til it's gone
They paved paradise and put up a
parking lot."*

When Joni Mitchell wrote "Big Yellow Taxi" 30 years ago, she managed to capture a big idea in a few simple lines.

"They took all the trees and put 'em in a tree museum. And they charged all the people a dollar and a half just to see 'em."

The trees lost served as a poetic metaphor for the destruction of natural places and the loss of natural beauty in our lives. But Mitchell probably never imagined it might apply to something as immutable and beyond our reach as the night sky itself.

Dramatic change can come quickly, even all at once. More often, however, it seems big changes come gradually, a little bit here, a little bit there. So slowly it is almost imperceptible. When that is so, perhaps it would be more accurate to say "that you don't know what you had when it's gone."

So it has been with many things. Changes happen over the years, over decades, over generations.

And often, we don't even know what we are missing.

For many years, Frederick was small enough and far enough from big cities to provide something special - even stunning and inspirational - with only an upward gaze on a clear night. But the Washington and Baltimore areas have gotten bigger and closer and brighter, and Frederick and other towns in the county have gotten bigger and brighter, too.

We are losing - have lost - something people for almost all of time have taken for granted. Other than astronomers - and a few poets - most of us probably haven't given much thought to light pollution.

But, children in Frederick County are well on the way to joining the three-fourths of Americans who grow up without being able to see the Milky Way. The wonders of fireworks and laser light shows, and the glow of television sets and video games, are replacing the natural wonders of a star-filled night sky for children today

We are all-too-familiar with the concept of air pollution or water pollution. And, though we might disagree about some of the particulars, virtually everyone supports efforts to protect our air and water, and ourselves, from those sources of pollution. We've also become familiar with the notion of noise pollution. We recognize that noise can be a public nuisance,

even a health hazard. We put mufflers on motors. We build sound barriers along highways. We establish noise limits in workplaces and parks and neighborhoods. And so on.

We ought pay attention to the issue of light pollution, too.

Light pollution is the upward and outward distribution of light where it isn't intended or isn't needed. Light pollution can be the glare of direct light that makes it hard to see or causes discomfort. Some light pollution can be described as light trespass, which refers to light shining on neighbors when that light is intrusive or objectionable. Sky glow refers to the overall glow that comes from towns, cities, and other developed areas.

It's not simply a matter of aesthetics and star-gazing, either. A growing body of scientific research is revealing that light pollution, or the lack of darkness, is associated with a wide range of other significant problems affecting natural systems and human health, too many to describe here.

But there's good news about light pollution.

Because light pollution is really a symptom of waste, most of the solutions to the problem make good sense for many reasons. It's a win-win situation. Perhaps as much as a third of all the light we produce is complete waste. We are paying to shine lights we want where it doesn't serve our purposes. In addition to reducing light pollution, using more efficient lighting reduces energy consumption.

That reduces the direct cost of lighting, as well as the consumption

of other resources, like coal and oil, and the generation of all the air and water pollution that comes with it.

Separately, it might be a good idea to ask how much of the light we use is really necessary, even when we produce and use it efficiently. For example, do we need bright security lights on all night where motion-sensitive lights will do? Do we really need to illuminate gas stations and convenience stores at levels that are 3 to 10 times the levels recommended by Illuminating Engineering Society of North America?

We are fortunate that light pollution is a lot different from PCB pollution in our rivers or CFC pollution in the upper atmosphere. When we use lights more efficiently, or turn them off altogether, the light pollution ends. There is nothing left to clean up.

Even if and when we change all the activities and reduce the pollution that has diminished the Chesapeake Bay, it will take generations to restore something resembling what was once there.

But the starry sky is still there, unchanged. We just can't see it.

So, when you are fortunate enough to be in a place where it is still dark enough to see the entire sky shimmering with stars, think how much less beauty there would be in Frederick County without it.

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

The American Mind

The politics of division

William Hillman

Last month Louisiana Rep. Steve Scalise, the House Majority Whip, was shot while practicing baseball for an upcoming congressional game. Since this event, news outlets have been tripping over themselves to create the narrative. The right has been blaming the democratic rhetoric of hate. Democrats have blamed Donald Trump and go to their old trick bag of blaming American gun culture. The truth is the shooter was a nut, plain and simple. I don't have much to say about it. You can't blame the entire anti-Trump movement for the act of one person any more than you could blame the pro-life movement for the actions of Robert Lewis.

I will admit the Trump hate is reaching an all-time high and it is verging on just plain insanity.

Look at some of the reaction to Trump from the entertainment industry.

BBC likened Trump to Lord Voldemort. Then J.K. Rowling objected saying, "Voldemort was not that bad."

Johnny Depp says its time for another presidential assassination.

Robert De Niro has called the president a "pig" and said he would like to punch him.

The "personality", Chelsea Handler, has been on a non-stop assault of the Trump children since the election.

In May, Kathy Griffin mimicked (what seems to be an Islamic extremist ritual) a beheading of President Trump. She then had the gall to blame the public backlash she suffered on the same President Trump. Makes

one question her sanity.

For the last few months Progressives have gathered in New York city's Central Park to satisfy their hematolagnia fetish by watching a simulated murder of President Trump. Show after show they came.

The main stream media has defended these actions and comments as free speech. I agree that it is free speech and just because I don't like it is no reason to demand it stop. But, this is a one way street for the MSM and the left. If the table was turned would still support these actions and actions as free speech. My guess is they would label it as "hate speech" and call for the purveyors convicted of a "hate crime".

Imagine for a moment what the reaction would have been if the part of Caesar was played by a pair shaped-pantsuit wearing drunk middle-aged woman. Or, Kathy Griffin holding the bloodied decapitated head of Nancy Pelosi. The left and the main stream media would have gone nuts.

Interesting to think about, but it would never happen because the entertainment industry is made up of lefty cult Marxists.

The thing about Hollywood and the media's constant attack of Trump and Trump supporters is that none of it leads to any honest debate for discussions of the issues. All it's doing is galvanizing anti-Trump radicals and pro-Trump supporters. The anti-Trump are the real dividers.

Maybe that is the real goal, division and destruction.

Is what we are seeing the final act of the politics of subdivision? The es-

tablishment has split us into groups. Now is it trying to break off communications between those groups? Is the left trying to make Trump the issue in an effort to avoid and distract people from the real issues? I believe so. This is one of Saul Alinsky's rules: "avoid arguing issues, make it emotional by making it about a person. And you label that person evil." We have touched on this in previous articles. Anything associated with that person then becomes evil. Any action against that evil is justified.

The left knows that imagery is power. They and their friends in the media have used every trick out of Paul Joseph Goebbels's book. The imagery of Trump as an evil buffoon is everywhere, in sitcoms, on stage, in songs, in cartoons. It is an all-out assault, modeled on World War II propaganda.

It is having its desired effect at the extremes of the left. Since they now see Trump as evil and those associated with him as evil, all means to stop him are justified. This means violence and intimidation. It is the Left radicals that the media is trying to provoke. To quote Alinsky again, "Society has good reason to fear the radical. He hits, he hurts, he is dangerous. Conservative interests know that while liberals are most adept at breaking their own necks with their tongues, radicals are most adept at breaking the necks of conservatives."

All of this is evident in the clashes we see on college campuses, where speakers, as well as students with opposing opinions are physically attacked. Another rule from Alinsky, use the rules of society, in this case free speech, to seize power, then change the



rules so it cannot be used against you. The radicals now use political correctness to deny freedom of speech to anyone that opposes their power.

Is this media blitz having an effect on more than just the radicals? Possibly.

I did a small unscientific survey of a cross section of my friends asking them what they thought were the biggest problems facing the country today.

People I would classify as anti-Trump said the biggest problem was "Trump."

Trump supporters had various answers but most included the following: unemployment, stagnate wages, cost of education, cost of health care, inner cities, and the opioid epidemic.

Even my own interaction with my anti-Trump friends, which used to be on substantive issues now goes something like this:

My friend: "How can you support Trump?"

Me: "I don't like the direction the country's going in. The growing income gap, regulations that destroy small business, the effect globalism is

having on the middle and lower income classes."

My friend: "I cannot believe you voted for that man after he said those vial things 20 years ago"

Me: "It was simple, of all the candidates running in both parties, he was the only one that offered an alternative to the failed progressive agenda of the last 20 plus years."

My friend: "But he said those things".

Me: deep sigh.

The biggest fear I have is we stop agreeing on the problems. We have always disagreed on the solutions, but at least agreed on the problems. If we cannot agree on the problem, we have nothing to talk about. I only hope that this politics of divisions, as the left is now playing it, does not do irreparable damage to our Great Nation.

Follow Bill Hillman on Twitter @ bhillman29.

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

Down Under

The great unravelling

Lindsay Coker
Melbourne, Australia

Destiny: A tyrant's authority for crime and a fool's excuse for failure.

— Ambrose Bierce, The Devil's dictionary

The twenty first century has seen a faster and greater change in world conditions than ever before. Many things have altered beyond comprehension including politics, climate, wealth, and ideologies. Individual terrorism is perhaps the most feared development across the globe, melting ice caps and aberrant weather the most profound, the decimation of the middle class and the rise of the super rich the most difficult to bear, the vehement rise of fundamentalism the most distressing.

Yet they all pale into insignificance compared to the bewildering mess of modern democracy. Government by the polis — the people — was an Athenian invention and ideal that was never fully put into practice because it defined 'The People' as those able to help the state with loyalty, largess or learning. You and I, unless we could whee-

dle our way into one of those categories, took what we were given and went on our way or left. But it proved to be successful in repelling invaders and spreading influence far and wide, so the new idea was given credit. For a while. Old systems take a long time to change, with this democracy thing emerging about the 15th century in Europe as regal rule became too oppressive and stupid; it was not until the dawn of the twentieth century that it emerged as we know it today.

Sorry, I mean as we knew it, for it has gone downhill during the past sixty years or so, especially in your country. Real democracy depended on reaching the best outcomes for the great majority of the population, whether or not they got to vote. That meant the legislators had to be circumspect in their greed, to be seen to limit their influence, and to have future needs and goals of the polis in their sights. But that proved to be idealistic, and when it was eventually seen as puerile, snouts began to grow longer as the troughs became deeper.

Well, the polis are not that stupid, and when the swamp recently began to stink they rebelled, electing the one person who promised

— and indeed seemed to be — above those swindlers. Talk about a con! That was actually putting the fox into the henhouse, and as wily foxes go, he's up there with the best. With an equally cunning fox master he has spun his way to incomprehensibility, putting critics on crutches and the opposition on opioids. In lesser circles the surge to reduce democratic freedoms has grown, with the ability for one enfranchised voter to cast their vote erased by petty rules and decrees, intimidation, the popular media being a press of pressure.

The elite hate democracy. They were born with the right to rule, and will subvert the democratic process by any and all means. They will also see to it that their future takes precedence over all others, and to this end will wage wars, replace elected rulers, install puppets, control commerce, build fortresses, become predominate in communications, stack the judiciary, obscure reality, lie, cheat, and form cabals. They hold out the prize of power and position to small-minded people with some authority if they are prepared to use undemocratic means to achieve their ends. This makes their attacks on democracy another virus that is very hard to defeat.

The rope that bound us together as freedom loving citizens in egalitarian societies as been unravelling

under such assaults, and is down to about one fragile strand. President Trump is not the cause of this, just a promoter and symptom — but a viral one. Not only if he uber-selfish, his disdain for honesty, probity and decency are so repelling to anyone with a half-open eye or ear toward fairness, that it's hard to keep the bile down.

The consequences, however, are far more profound and wide ranging than most of the media and the government seem to realise. They stretch the fabric of civilisation as we know it to breaking point, because justice has been abrogated to thuggery.

The elite also ignore the fact that America is no longer the only power in the world. That might does not intimidate any more, that the old rules are broken, and that the external enemies of democracy are slaving over he spoils. Russia is getting ready to reform the USSR and return to their brand of totalitarianism, reigniting European tensions, while China, the giant bear of the east, has already paved the way for it to become the supreme controller of the world's commerce, laws and future. They have infiltrated governments here, in Papua-New Guinea, much of Africa, The Philippines, and probably in many other places. Their T Rex breath is everywhere, especially in South America. They certainly helped put Donald in the White

house, because keeping America divided and weak, isolationist and preoccupied with domestic traumas allows them unfettered access to the future. They are about to construct the new Silk Road, a super high speed rail link to Europe so that their all-powerful commerce will undermine its freedom and equality while their communist leadership sets the rules.

This European conglomerate of peoples, the final bastion of democracy has, by the use of grass roots democracy, repelled the tyrants at their gate — Le Pen in France, the EU in Britain for example — and have raised a flag of sanity and decency for the rest of the western world to rally around. For America, and to some extent for us, the sane voice 'of the people for the people' needs to be restored. Not for the elites and their bewildered, deluded and desperate supporters, but for a future free from tyranny and despotism. Democracy is actually quite fragile, and keeping it alive and robust is perhaps the biggest challenge you face today.

Never imagine that China is benevolent. Never underestimate their presence and influence in your land. Don't let your excuse be that it was destiny. The future is in your hands.

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

THE (retired) ECOLOGIST

Accepting the counsel of the years

Bill Meredith

"Whether you understand it or not, no doubt the universe is unfolding as it should. Therefore, be at peace with God, whatever you conceive Him to be."

—Max Ehrmann.

"Desiderata," 1927.

The solstice came and went so quietly this year that I almost missed it. Spring had seemed to be a bit cooler and damper than usual, but when June arrived it suddenly got hot and dry without any warning or transition. Summer wasn't supposed to start officially until June 21, but the temperature topped 90 in mid-May, and I wasn't ready for it. I had planted one ceremonial potato on St. Patrick's Day in honor of my grandfather's tradition, but except for that, the garden was still waiting for the plow.

That didn't bother me; I have reached the age where the garden is just an enjoyable habit rather than a necessity. I know my wife does not do much canning any more, and for the past few years most of the vegetables on our table have come from her shopping trips. But while she has accepted this in practice, she hasn't accepted it emotionally; the sight of an unplowed and unplanted space where the garden belongs transports her into a state of sleepless agitation that may last for weeks. So it came to pass that, on one of the cooler mornings (88° F), I found myself coaxing the ancient Gravelly plow through rock-hard soil, while I reflected on the state of the universe and wondered how

anyone could possibly doubt the reality of global warming.

One of the few things I can still do with undiminished effectiveness is sweat. I learned how to do it as a young child. In West Virginia, there was no such thing as perspiring; we sweated, and when you are good at it, after half an hour in the garden you won't have a dry stitch of clothes anywhere on your body. My wife doesn't like for me to be in the house in that condition, so my usual routine when gardening is to drag a lawn chair into a shady place and sit down several times each hour. It is possible to doze off in these cases, but if you can stay awake you may see interesting things.

There are always ants; last year, I saw mostly the little brown ones, but this year there are lots of big black ones like those that lived in my grandmother's kitchen. One day there were two rows of them going across the driveway, one going east and the other, west; and in both rows, they were carrying eggs or larvae. Occasionally they would bump into each other, but that didn't stop them; they just sidestepped and hurried on, like Aesop said they should 2,600 years ago. When they reached the edge of the driveway they scurried off into the grass; I presume that each line would have led to the entrance of an anthill if I could have got down on hands and knees to follow it. But, alas, being on hands and knees is limited to emergencies such as dropping the battery of my hearing aid. I miss seeing a lot of interesting things, but it's just too hard to get up.

By comparison to my contemporaries, I seem to be lucky in adapting

to aging. I think this is because sometime in the seventies when students were losing their idealism and rebellion was in the air, I came across a poetic essay entitled "Desiderata." A note at the bottom of the page said it was found in Old St. Paul's Church in Baltimore around 1620, and I was told it was probably a sermon that had been preached there. The language seemed more modern than that, but in those days there was no internet to look it up and verify its age. Later I found that it had been written in 1927 by Max Ehrmann, and was probably posted on the bulletin board of the old church by someone who liked it. The title, "Desiderata," means "things to be desired," and it is just that. I originally kept it as an example of good writing, but it came to mean more than that. Now I keep a copy on my desk, and read it when I feel a need to be calmed. I read it more often these days.

It begins, "Go placidly amid the noise and haste, and remember what peace there may be in silence." That line appeared in my mind a couple of weeks ago in the lawn chair; I had been mowing the lawn, and noticed that when I turned the mower off, the noise continued. In fact, it actually got louder. After a moment of disorientation I realized that work had begun on replacing the sidewalks on West Main Street. So I leaned back, removed my hearing aids, and drifted placidly back into history.

A short time before we came to Emmitsburg in 1957, the town had planted elm trees along Main Street. They grew rapidly, spread out as elm trees do, and in a few years arched out over the



Memorial Day celebration 1914 - when life was slower and the trees taller.

street and became a thing of beauty. Admittedly, their roots lifted up the sidewalks and made walking less carefree... but we were younger then, and no one was in a hurry. So time passed; the elm roots began invading the sewer system, and then the Dutch Elm disease reached Emmitsburg, and the elms all died.

So in the late '80s the town put in new sidewalks and sewers, and planted Bradford Pear trees. These trees grew neatly and bloomed beautifully; but unfortunately, their lovely white flowers were designed to be pollinated by flies that lay their eggs on dead animal carcasses. If you were driving down Main Street in April with your car windows closed, the town looked like a scene from a postcard; but if you lived on Main Street, the air reeked with the smell of road-kill, especially if the wind wasn't blowing. So now, since it is again time for sidewalk repairs, the Bradford Pears are being removed, and I allow my deafness to provide the peace of silence while I wait to see what unexpected events will come with the next trees to line Main Street.

About mid-way through the Desiderata is a line that I regard as practical advice for anyone who endures the aging process. It says, "Take kindly the counsel of the years, gracefully surrendering the things of youth." It is a simple statement about aging; the simple truth is that we all lose strength, endurance, and quickness (both physical and mental) as the years accumulate. Some people obsess about aging, and many

spend fortunes on elixirs and "miracle cures," in the forlorn hope of remaining young; but it isn't going to happen. The things of youth are gone; when I hit a golf ball, it rarely goes more than 150 yards. But the Counsel of the Years tells me it is still fun, and I believe.

Earlier this week my neighbor appeared on the front porch carrying a large picnic cooler. In it was a black snake that was about four feet long, freshly molted and obviously well-fed. It has lived in our yards for several years now, and I have convinced the neighbors that it is harmless, so each summer, I receive several calls to come and remove it from someone's flowerbed or toolshed. I reached into the cooler to get it, and it bit me gently on the thumb, just to remind me that my reflexes are not as fast as they used to be... but there was no malice in its action. So I took it into the woods behind the house and released it, and I recalled one of the last lines of Desiderata: "With all its sham, drudgery and broken dreams, it is still a beautiful world." And the snake is part of it.

Closing Note: The Desiderata is less than one page long, and I encourage anyone over 50 to read the whole thing. It is available on the internet; or, if you don't have a computer, stop by sometime and I'll run off a copy for you.

To read past editions of the Retired Ecologist visit the Authors section of Emmitsburg.net.



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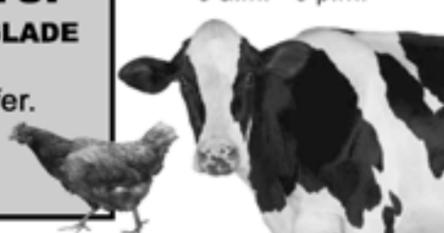
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IN THE COUNTRY

Symphony of lights

Tim Iverson
Naturalist

Orange hues fade to purple, which rapidly descend into darkness. The sky resembles a backlit canopy with holes punched in it. Sultry summer air hangs on your skin and if you're lucky the magic begins to happen. The luminescent show begins with an overture from crickets and frogs. As a child your wonder and amazement are unparalleled as you run after the fluttering diamond like glint of lightning bugs. Your bare feet glide through the grass and you clasp your hands around these tiny little bugs in the hopes that you can inspect the phenomenon up close and personal. This natural light show subtly draws to a close by dawn, and may be doing so permanently.

Fireflies, or lightning bugs, can inspire awe in children and adults alike. Who can't say that they didn't spend summer nights running after this elusive illuminative force? To either catch and release or capture and hold in a jar empowered us as tiny masters and detectives of our natural world. Fireflies and lightning bugs are neither bugs nor flies. They are actually a type of beetle. What makes them a beetle is how their body functions. They have hardened forewings, called elytra, which extend in flight and will lay flush against their body when at rest. When in flight these elytra will be raised for balance, and they'll rely on hind wings, located underneath the elytra, for movement. This feature is what classifies them into the beetle family.

There are more than 2000 different types of firefly species in the world, and are found on every continent except Antarctica. They produce light that can vary in color from yellow, orange, or green. Each species has a different flashing pattern, and some species don't actually light up at all. Primarily, they'll use these lights to attract a mate, but they can serve other purposes too. Some species will communicate to others with

their flash. This can range from marking or guarding territory or to warn predators to stay away. They have a foul taste, so most would-be predators leave them alone as it is. When attacked fireflies do what's called "reflex bleeding". In the blood that is released is a chemical that tastes bitter and is actually poisonous to some animals. So, be careful of any pets that may try to eat them. On one particular evening though I had taken a stroll through Baker Park, and had stopped to sit down on a bench to talk with a friend. Ducks had been waddling by and every so often would lunge their necks out and snatch up a lightning bug. Apparently they didn't get the memo about not eating them, and I didn't see any keel over so I assume they're okay.

Adult fireflies aren't the only ones who glow though! Their eggs and larva (think babies) can also glow. There are two chemicals in their tails that make glowing possible - luciferase and luciferin. These chemicals when combined with ATP (which is found in all living animals) will produce a glow. ATP should be a relatively stable level in healthy cells. In diseased cells the balance may be off. Scientists and doctors have put this knowledge to good use, and can detect potentially cancerous cells in people by injecting these chemicals from fireflies into diseased cells to detect anything from cancer to muscular dystrophy. Other medical uses include detecting blood clots, marking the progressing of diabetes, and more. That's not all though! Scientist will also use these chemicals to detect food spoilage and have even equipped space craft to detect alien life with it as well. Fortunately, medical science has created a synthetic form so we don't need to commercially harvest them from the wild anymore.

It's a good thing we aren't harvesting them from the wild anymore, and haven't in a sometime, because population levels seem to be declining by all accounts. The

numbers aren't concrete yet, but some places in Asia are reporting up to 70% decline. Here in the US evidence is still largely anecdotal, but the research is underway. Researchers from Boston's Museum of Science, Finchburg State College, and Tufts University have teamed up to create an organization called Firefly Watch. Their goal is simple - "to track the fate of these amazing insects." They rely on volunteers, or citizen scientists, to help them by collecting data. It requires minimal effort or time on the part of the participant. According to the Firefly Watch website, "We hope that you'll be able to spend ten minutes checking your backyard for fireflies, one evening a week throughout the summer. However, we realize that you lead a busy life and may not be able to collect data every week. Any information you can send us is valuable, as long as you fill out the observations form, and upload the results to us." With your help they aim to understand population distribution and the behavior of fireflies.

While the research is still ongoing to discover the extent of population numbers and decline there are a few theories behind the apparent abatement. The culprit is likely human interference. First and foremost, habitat destruction has taken its toll. Fireflies live in fields and forest edges. When these fields and forests get paved over fireflies don't migrate to new homes. They simply vanish ad infinitum, they're gone forever. Light pollution seems to be a major problematic factor. Street lights, porch lights, and landscaping lights can make it difficult for fireflies to find the blinking lights of mates, which can make it hard to propagate the species. Broad-spectrum pesticides can also negatively impact them too.

A few simple suggestions to aid the lightning bug are to keep the pesticide use down. Fireflies spend the day resting in grass and shrubs, so by limiting pesticide use they'll find it easier to avoid getting poisoned. You could



Who can't say that they didn't spend summer nights as kids running after fireflies?

also plant more plants, trees, and shrubs in your yard. It'll beautify your home, and create homes for them and other wildlife. While you're at it, you can install a water feature too! Fireflies prefer ponds and creek sides, so if you can include this addition to your home they'll love you for it. Turn off the outside house lights unless you need them to see. You'll save on energy costs and help cultivate an amorous atmosphere for fireflies. The symphony of frogs and

crickets wouldn't be complete without the light show offered for free from fireflies. Hopefully with better understanding we can help this awe-inspiring phenomenon avoid the decrescendo into oblivion that many species have faced. Let's conduct the sonata forward illuminating the summers of tomorrow.

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

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REAL SCIENCE

Energy from renewable sources

Michael Rosenthal

We've written before on alternate energy sources that are kinder to the environment than fossil fuels. Wind power, as we previously discussed, is popular in off-shore locations. But that's not the only place that wind power is prospering. A recent article in The New York Times has provided an overview of this development across America.

Two years ago, Kansas repealed a law that required 20% of the state's power come from renewable resources by 2020. However, Kansas reached the 20% goal in 2014, and last year reached a level of 30% of its power from wind. Six states get large percentages of their electricity from wind turbines: Iowa, Kansas, South Dakota, Oklahoma, North Dakota, and Texas. Texas produces the most electricity from wind power. Though there are certainly those who embrace wind power from a climate friendly point of view, Texas sees it as an economic strategy. Wind power now supplies close to 6 percent of the nation's electricity, and it is projected that the fraction could grow to a third or even more.

Using wind energy frees utilities from the ups and downs of traditional energy sources. They can lock in low prices for long periods of time, create jobs, and place income into the hands of farmers who host the wind turbines. There is no dependence on the variation

of electricity production with wind power. Electricity from solar sources provides similar economic stability in the marketplace. California is a leader in solar power production. They have resolved to get 50% of their power from renewable resources. They are actually considering setting a goal of 100% by 2045! States are also cooperating with one another. The governor of Wyoming, the nation's largest coal producing state, is considering building a wind farm which would be one of the largest in the world and is considering a cooperative arrangement with California. Adequate power lines are necessary if a state hopes to export energy generated from wind when the amount exceeds the needs of the state. Studies suggest that Kansas alone possesses the capability to supply the majority of the nation's electricity, if enough power lines are built to move the electricity to market. So perhaps the disagreements on climate change aren't the major issue, and that economics will rule.

Closer to home, Maryland utility regulators approved subsidies for two offshore wind projects off the coast of Ocean City, MD. These projects would be among the largest such sites in the United States. This is not a final approval for the projects to proceed, but it represents a significant advance. This was also a significant step in that the Maryland Public Service Commission was only expected to ap-

prove one of the two projects. The projects are funded by modest increases in residential and commercial utility bills. There are still some hurdles: some object to the aesthetic impact of the wind towers and there is a potential impact on property values. With federal approval, the building can begin soon with operation by 2020.

There are proposals underway that would build some 77 wind turbines between 12 and 21 nautical miles from the coast. The only existing such project is a five turbine project off the shore of Rhode Island. The project would create some 5,000 jobs and invest many millions of dollars in support projects. Everything is relative – I like the sight of such offshore wind turbines.

Such projects have enormous impact on carbon dioxide emissions. The Maryland project would reduce carbon dioxide emissions by 19,000 tons a year for two decades. Maryland has a goal of reducing carbon emissions by 40% by 2020. It has been estimated that this reduction is equivalent to taking 3600 automobiles off the road each year and would power 114,000 homes per year.

I think what we are seeing is that individual states are taking action on these energy issues as the federal government withdraws from broader national support.

In Virginia, Governor McAuliffe has ordered state officials to create regulations that will reduce carbon emissions from power plants and emphasize clean energy sources. In doing so, the Governor has noted sea level rises in coastal communities and water shortages, both of which have been potentially attributed to climate change. Governor McAuliffe asserts that states must take leadership in such matters in the absence of federal leadership under the current administration. McAuliffe's



Many renewable energy projects that utilize wind turbines have enormous impacts on carbon dioxide emissions. The Maryland project alone would reduce carbon dioxide emissions by 19,000 tons a year for two decades.

action has not been embraced by all Virginians. Legislators who oppose the gubernatorial actions fear that such actions will hamper economic growth and will drive up energy costs. I am convinced that the coal industry is in irreversible decline and that coal use will not increase over time, no matter what support it receives from the current administration. Its time has passed - Solar energy now employs 3,236 people in Virginia, twice as many people as coal companies in the state. There is evidence that more companies are considering moving to Virginia in light of increased renewable energy development there.

In May a Pew Research Center poll found that 83 percent of Americans say that increasing use of renewable energy is a top or important priority for the United States, and a majority of Americans in that poll believe government regulations are necessary to ensure that goal. McAuliffe is one of 12 governors who wrote to President Trump urging him to honor the Paris Cli-

mate Agreement, which calls for cutting U.S. greenhouse gas emissions 26-28 % below 2005 levels by 2025. Governor McAuliffe has pledged to partner with those states to reduce carbon emissions.

Let's look at coal more specifically. In West Virginia, where coal has been king, utilities are moving away from it. Since I grew up in northeastern Ohio, I remember well the relationship then between coal and the then-booming steel industry. Appalachian Power, the leading utility in West Virginia, is quickly moving toward natural gas, wind, and solar as energy sources. Coal plants are still operating, but in recent years they have closed three coal-fired plants and converted two others to gas. Coal dependence is down there to 61 percent from 74 percent as recently as 2012. Utilities across the nation that now use coal are planning to phase it out in favor of renewable energy. In Kentucky, the Public Service Commission advised utilities to offer their customers renewable energy packages, to attract new business and hold on to automakers. A Microsoft strategist stated that he's not found a single utility that plans for a future in coal, because new customers do not want coal powered energy. Almost half of Fortune 500 companies have adopted at least one clean energy goal, and 23 companies have pledged to eventually run their businesses on renewable energy. Walmart, Bank of America, and Google are in this group. The opposing pressure there is to provide work for coal miners, but in my opinion, it's just a matter of time until coal is finished as a United States power producer.

Finally, here is a related personal memory. We lived in a house built in the mid-1940's which heated with oil. A friend, who lived nearby in a pre-WWII home, had a coal furnace. I can still see and hear the coal truck loading coal into the basement of his home. Strangely enough, he also became a chemistry professor.

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



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THE VILLAGE IDIOT

Fishing with a tattoo

Jack Deatherage, Jr.

Out of the corner of my eye I see a black & white stopping in front of my house. I'm across the street, behind my car, casting a bobber into and reeling it back out of someone else's yard. The cruiser's red & blue rack lights up. That old sick feeling in my belly comes back. (It's been a lot of years since I've had red & blue flashing on me.) Crap. Am I about to get sited for trespassing?

The driver's side window glides down. The deputy stares at me. "Having any luck."

I return his deadpan gaze. "No. The grass carp aren't biting." I've been waiting for years to use that line. I wish it had been raining and a puddle had been available. It's been decades since Fred M. and I told a kid at Savage River State Park that we were fishing for mud cats in a puddle between the road and our campsite. The park ranger who came by about an hour later pulled up and shook his head.

"Mud cats? I knew it was going to be you boys from Emmitsburg." He laughed and drove away. So did the deputy.

Tattoo Don, Pillar of the Community, (and maybe a candidate for Mayor, but I'm supposed to keep mum about that) pulled up a few casts later. We loaded my fishing gear into his truck and off we went a fishin'. Well, we fished a bit, but it sticks in my mind we spent some time picking up other people's trash before we moved on to another public access bit of water where we picked up even more left behind human detritus. Evidently my dad's rule of leaving a fishing spot cleaner than I found it isn't particularly popular nowadays?

Getting permission to access someone else's property has become a serious chore. Even people who've known Dad and me for scores of years are hesitant to grant permission to fish. Though thinking on it, most of the people who knew my dad are dead. Still, it's rare I can get permission to fish, and even then the caveat is always- "You can't bring anyone else with you." Which is a serious bummer when the latest guy saying that to me also told me he has catfish as long as four feet he

wants out of his pond! Hell. Such a fish would pull me into to the water! But can I convince the landowner to let me bring a fishing buddy? Especially one big enough to keep me from being pulled in? Nope. And so it goes. Private property. Private reasons. I get it.

Don and I make do with public access, release the fish we accidentally catch and clean up the trash others before us left behind. Why do we bother? Who the hell knows. Until I moved into town in 1979 we always lived near fishable waters. Which might explain my alcohol consumption once there was no place nearby for me to cast a line and drown a worm?

Don seems more of a saltwater fisherman than a fresh. I gather he's content communing with nature as he sits patiently waiting for a bite. He's seen birds hit the water and take fish skyward while I'm busy walking about casting a lure until my arm aches. Which these days doesn't take long. (Don has told me he'll do his best to pull me out of the lake should I fall in. Yeah. That's the kinda fishing buddy I seem to have become - the one needing rescued!) We rarely talk of anything but fishing while fishing Not so when we aren't fishing.

After I've jabbered with some customer of the tatt shop for an hour or two and they've paid for their torturous bit of art and left, Don will turn to me and ask, "Okay young Jack, what's on your mind today?"

My first thought is usually, I'm about twenty years older than you. Then I get it. I'm about 20 years behind Don in just about everything from reading to thinking to doing. I figure I'll throw a curve at him this time.

"I'm reading The Benedictine Option."

And away we go.

No. I am not going to become a "born again" Catholic. Organized religion is about as alien to me as government is. So why am I reading a book about preserving Christian traditions? I'm not. I'm trying to figure out how I can help build something here that reestablishes and then preserves a local community against a time of need. Unfortunately, from my perspective, I don't think that can be done in this place by anyone outside the Christian community.

A similar topic came up years ago when I was hanging with the pagans on a farm in PA. The farmer was attempting to set up a CSA (Community Supported Agriculture) based on the local pagan community. I was told the idea wasn't likely to get off the ground because pagans in general were too independent to work toward a common goal. The farmer knew of several successful CSAs - some run by various Christian groups, others were operated by greenies and health nuts... urrr conscientious people -people who generally were all of a similar mind. The pagans weren't such people.

Don and I bat the idea around the shop.

"You won't work with the town government. You don't think anyone in the Christian community will sit down and listen to your ideas. So what do you plan to do? I know you aren't going to be the next mayor!"

After the laughter subsides I shrug. "I've already begun the youth market garden I had hoped to organize a year and a half ago."

"Oh? You found someone who will let you use their land?"



Jack practicing the skills he'll need for his future role as Mayor of Emmitsburg.

I know you aren't doing it on town property?"

Nope. I'm taking double decamillionaire Derek Sivers' advice and solidifying my passion for teasing life out of dirt (this year it's straw bales) and doing what I've been talking about for years - gardening as a means of changing this place. (Of course there is more to my plan than gardening. Gardening is the beginning.)

But I'm in no hurry. I don't need help this year and possibly not next. In fact, I'm not particularly concerned if I never get anyone to join me in this venture. Nature's little calamities are aggravation enough. Having to deal with talking apes might be too much for me to bear. Besides, I doubt I'll last long enough to acquire a piece of ground to work

with other than our yard, which is good for experimenting, but not marketing.

When the laughing dies Don allows I can't escape the urge to plant and teach.

"Just do it. When you need someone to step up and deal with government they will be there. Unless you drive them off. You do know there is a picture of you in dictionary? Next to the word curmudgeon."

Harrumph. If I like Don at all - I like him when he's sitting along the edge of a pond waiting for a fish to strike. When he makes me think? Well, that's what fishing buddies with tattoos do I guess.

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

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PETS

“Mandatory fun”

Michael Hillman

Anyone who has introduced a new cat into an established cat population knows the process is tricky at best. Kittens are never really an issue as older cats quickly calibrate them as to who is in charge, an imprint that will stay with them for the rest of their lives. Introducing a mature cat, however, takes some strategy, patience, and most of all, time.

Such was, and still is, the case with “Q.”

As noted in last month’s article, “Q” showed up at our farm as a stray. As we already had our full complement of house cats, “Q” was destined to become one of the cats that used our farm as a stopping off point to fill up his belly and quench his thirst while making his daily rounds. That all changed however, when “Q” showed up one evening, sick.

His gentlemanly conduct at the vet office, followed by his picture perfect acceptance of being locked up in our barn’s tack room for follow-up care, earned him a home as a barn cat - the only complication however, was that he would have to share the barn with “Will” - who had no interest in sharing ‘his’ barn with anyone.

Well, that’s not entirely true - a year ago someone ‘dropped’ off a litter of four kittens. We found homes for three, but after failing to find a home for the fourth, we tested to see if Will would accept him - which he did. Unfortunately, the kitten made it quite clear he had no interest in being an outside cat (he had gotten a taste of indoor life while we had searched for a home for him),

so rather than force the issue, we allowed the kitten back inside, and Will lost his friend.

Fortunately, we have several large outbuildings on the farm that allow Will multiple sleeping places depending on the weather. When “Q” showed up, Will was camped out in my second story carpentry shed, which allowed us to lock “Q” away in the tack room by himself.

The first indication of how things would go was when the pair caught sight of each other through the tack room windows. Will hissed at the intruder in ‘his’ tack room. “Q” hissed back.

I steeled myself for a long introduction process.

When “Q” had recovered sufficiently, we began to allow him some out time. Having trained indoor cats to be outdoor cats, we knew our game plan: teach “Q” to accept a harness, then learn to walk on a leash (Yes, cats can and do walk civilly on a leash when taught properly!).

It quickly became apparent that “Q” was not only a sweet cat, but also a smart cat. Once he figured out that the harness meant going outside, he quickly took to it, and was more than happy to explore his new domain on the leash. Will was never far away, sizing up “Q” - not quite sure if he was a friend or foe.

At first, every time “Q” saw Will, he would lunge at him, only to be yanked back when he hit the end of the leash. Of course Will would always bolt off at the initial lunge, but soon grew confident as the lunges never material-

ized into an actual fight. As time progressed, “Q” realized the lunges where futile, and ceased them, and the pair began to show acceptance of each other, often lying within a few yards of each other.

As their acceptance grew, “Q” was allowed more and more time to roam free - albeit still attached to a leash that he drug around behind him so we could readily retrieve him if necessary. Our plan was working perfectly up until the time Will decided to try to play with “Q.”

Let’s just say the resulting cat fight left both a bit bloodied and us back at the starting box.

With winter now rolling in, it was clear we were going to have to divide the tack room so both cats could have a warm spot in the winter. The door on two unused cabinets was removed and replaced by wire mesh, and a connecting ramp was installed to a cage on the counter for “Q”. While it was not as nice as having full run of the tack room, I kept telling him he had more room than he would have if he were in a shelter.

Being locked together in the tack room at night gave the pair time to sniff each other up and close through the safety of the wire mesh. During the day, each was allotted their own outdoor time. While indoor, I noted that they always chose to sleep in the other’s space - in doing so, the tack room began to take on the feeling of ‘neutral ground.’

Which made me think - maybe I could build upon it that feeling of safety they both attributed to it ... my solution? “Mandatory fun.”

The nice thing about having horses is you are never at a loss for girls to help do the odd chore in exchange for an opportunity to ride. Instigating and supervising “Mandatory Fun” for Will and “Q” immediately rose to the top of the list.

During ‘Mandatory Fun’ both cats were allowed to roam free about the tack room. The students would engage one, then the other, then both in games of ‘bat a bird,’ ‘Stick under the rug,’ ‘lazer light,’ ‘string on a stick,’ and a host of other mindless games to keep the pair focused on something other than the other.



It took close to a year, but Q and Will have finally become buddies.

Both cats loved the games, and sat patiently for their turn. As time progressed, they moved closer and closer to each other in an effort to get in on the other’s game. But instead of hissing at each other, they exchanged friendly sniffs. When a hiss did occur, the offender was quickly sent back to his corner and the games resumed. Soon the pair learned that if they wanted to play, they had to play nice.

In the evenings I made it a point to spend an hour playing with them. When they grew bored, I would often sit back and read a book, allowing the two supervised interactions with each other. And that’s how I spent the winter.

As the distances between them closed, play occasionally broke out between the pair. Their favorite game usually involved them sitting on different sides of a cabinet door and playing ‘paw’ underneath it, or playing ‘king of the box.’

It wasn’t long before I found myself trying to remember the last time they had hissed at each other. While not friends, Will and “Q” had finally accepted each other.

When Spring finally arrived, we returned to their scheduled separate times out, but opted to keep them together in the evenings in the tack room so their budding acceptance of each other would not be lost. And yes, “Mandatory Fun” is still enjoyed by all.

As the spring wore on, we relayed the rules a bit. When Will had put

himself to bed after his time out, “Q” was let out - but Will was not locked up. Inevitably, “Q,” when done with his time out, would seek out Will’s sleeping spot, and would sleep near him, and vice versa - Will was almost always on “Q’s” bed, and “Q” was only too happy to claim “Will’s.” It soon became a commonality to see the pair peacefully asleep on the other’s bed - completely unsupervised. When one got up, the first stop was invariably a pause to sniff the other as if to say hello.

As the spring continued on, an evening joint ‘out’ was added to their daily routine, and instead of chasing each other, they now lounge away in flowerbeds enjoying the picture perfect barn cat life. In the evenings, they eat out of the same bowl and eagerly await mandatory fun time.

Will “Q” and Will ever become true friends? I don’t know. I for one hope they do - for I think they both would like a friend. Will demonstrated it with the kitten, Q when he showed up and hung out with the cats in the enclosure.

But I’ve learned the hard way, you can’t force cats to be friends - you can however, create an environment that will allow them to be friends - the secret ingredients of which are time and patience.

Of course, any true cat lover knew that already!

To read others articles by Michael Hillman visit the Authors section of emmitsburg.net

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

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

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This is the only thing I can give...
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-- Author Unknown



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Counterfeit medications

Kimberly Brokaw DVM
Walkersville Vet Clinic

Most people are aware of counterfeit handbags, watches, and clothes. Usually it's someone selling products on the street and the price is very cheap. The product looks like it's real so you buy it. While you were purchasing it, in the back of your head, you thought this price is too good, I wonder if it's a knock-off. Then two weeks later the buckles have fallen off, the stitching's come loose and you realize your suspicions were correct and that it was just a cheap knock-off. Luckily in this situation, other than loosing a few bucks, no one was actually harmed.

Counterfeit medications have been making there way into commerce and in these situations people and animals have been harmed. The medication may have the wrong medicine, no active medicine, or be contaminated. If the right medicine is present it may be in the wrong dose. The FDA (Food and Drug Administration) and DEA (Drug Enforcement Agency) work together with other agencies to try and prevent counterfeit medications from entering the US market. However they aren't successful and owners need to be aware when buying medications that they should be on the alert for receiving potentially counterfeit medications.

Back in 2011 the FDA investigated an online pharmacy that sold over \$1.4 million worth of counterfeit medications and controlled substances. Part of the company operated out of Kansas and Ohio, so while most people know to be suspicious of foreign cheap online pharmacies, this one wouldn't necessarily have raised suspicion. In addition to selling counterfeit medications, one of the charges brought against the owner of the online pharmacy was dispensing prescription drugs without a valid prescription from a licensed practitioner. So if you go to purchase your dog's heartworm medication (a prescription product) and the online pharmacy doesn't require a prescription from your veterinarian, you should be aware that you may be purchasing counterfeit medication.

Even health care providers aren't immune to purchasing counterfeit medications. In 2012 and 2013 the

FDA released a letter to several medical practices that had purchased cancer medications from unapproved pharmacies where at least two of the purchased medications had been identified as counterfeit. Just last year the FDA sent out another advisory that more counterfeit cancer medications had been detected. For that reason our clinic only purchases medications from approved medication distributors.

The National Association of Boards of Pharmacy is a nonprofit that protects public health by promoting safe pharmacy practices. They review and certify pharmacies to make sure that they are in compliance with US pharmacy laws and practice standards, i.e. not selling counterfeit medications. They reviewed nearly 11,500 internet drug outlets and found that 96% were not compliant with pharmacy laws. The NABP website has a list of not recommended internet drug outlets.

A few months ago one of our pharmaceutical manufacturers sent us a flyer. On the flyer they had a picture

of a very popular flea product that they sold and a picture of the counterfeit version right next to it. Typed on the flyer was a note that they do not sell their product to online pharmacies and to be aware of counterfeits. However as I'm writing this article, a quick google search showed that I could purchase what at least appeared to be the real product, at several online pharmacies that are popular with my clients. In fact, in the past, I have even told clients that they should shop online and see if they could find the product cheaper and have recommended those online pharmacies. While I have no way of knowing if the flea product they are selling is in fact not counterfeit, I do know that they did not acquire it from the product manufacturer. As we are in the middle of flea season, I had already had clients telling me that their flea product wasn't working. In the past I had always assumed that was because the fleas had developed resistance to the various products. Now I'm wondering if it's actually that the medication was counterfeit and didn't have

any active ingredient in it and that's why the medication didn't work.

Being able to identify counterfeit medications is a challenge. I'm glad that the FDA and DEA try to identify and stop the influx of potentially dangerous medications into the US. However, consumers also need

to be aware of the potential to purchase counterfeit medications and take steps to protect themselves and their pets. If you are going to purchase your medications online, you should only purchase them from a NABP approved pharmacy.

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



Lucy is a one-year-old boxer mix who is a super happy girl with tons of energy. She's looking for an active family with children older than 14. She's been with us since the end of January and is getting pretty sad in her kennel. If you've got the right spot for Lucy, please stop out!



Daisy is a five-year-old gray-and-white girl who was surrendered to the shelter in October. She's missing part of her back leg due to an accident, but that doesn't stop her at all. This sweet baby just needs a second chance. Can you give her one?

To learn more about Lucy or Daisy come visit the Cumberland Valley Animal Shelter at www.cvas-pets.org or better yet, come visit them in person at the shelter! If you are unable to adopt, consider becoming a become a Guardian Angel for a dog or cat in the shelter. To learn more about becoming a Guardian Angel visit www.cvas-pets.org.

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THE MASTER GARDENER

“A Gardener’s Life”

Mary Ann Ryan
Adams County Master
Gardener Coordinator

In retail, weekends are the busiest times for plant sales. Helping people select plants, advising on the how-to's, the whys and the whatevers keeps those of us working in the plant world up to date. It also keeps us away from our own gardens, making it challenging to plant the latest plant introductions, weeding and mulching. As a visitor to my garden has reminded me from time to time “you have a lot of work to do in your yard!” No kidding!

However, this is the first year since forever in my adult life that I haven't worked weekends. Having the “free time” has been a blessing for the garden. I have vowed that I would keep up with the chores of the garden this year, and so far, I have. Although my Saturday and Sundays haven't been totally devoted to the garden, (sometimes my job gets in the way, or I do fun things with family or friends), the garden is my respite and my pride.

This season began as any other season. I had my list of plants that I wanted to try, my seeds were ordered and ready for planting. The weather was so weird, that it was difficult to determine when things could be planted. Instinct told me to “Plant!” March was bright, warm and spring like. The potatoes and



Uptick is a new coreopsis hybrid that showcases its bronze and gold colors and blooms from June through September.

peas would surely benefit from the early spring sun. But my mind told me “don't do it!” The weather will change and it will get cold again.

Although I avoided planting in March, I did have an opportunity to come to terms with weeds. The winter annuals, things like deadnettle, bittercress, veronica, and chickweed were loving the sunshine and warm temperatures, and since I wasn't doing any other type of gardening, I was able to pull those winter annuals and prepare for the month of May, when the planting season really began.

Sure enough, April brought cold temperatures. Anything that might have had a good start from the early spring was now zapped

from the late winter weather. There were a multitude of phone calls at the office, many centering around “are my plants going to be ok with the cold temperatures?” “What about my bulbs? Will the daffodils still bloom?” and “What do I do with the bare-root plants that I just got in the mail?”

Lucky for me, I ignored my instinct and went with the brain; but not every gardener did. The weather fooled many of us which led to those questions being answered with such insight as: “you'll have to wait and see,” and “go ahead and plant those bare-root plants. They should be ok.” Japanese maples were particularly affected by the late cold snap. As they pushed their buds into action in February-March, the cold weather froze those buds, causing the tops of many trees to die back. Not only were us gardeners fooled by the March warmth, so were the plants.

May snuck up on me like nobody's business. All of a sudden, spring was here; plenty of rain, really nice gardening temperatures, and finally great shopping weather to visit the nurseries. Even though many of those Saturdays consisted of some rain throughout the day, it made for a great opportunity to find those plants that were on my list.



Baptisia Australis, an early summer favorite, blooms in May and June with its beautiful purple flowers.

May turned out to be a great month to divide plants, move plants, add plants, and take cuttings of plants. When weeding in March, I had made plans concerning the changing design of the garden.

May brought on magnificent Baptisias! Their vibrant blue/violet, pea shaped flowers continued to bloom a good bit of May, the longest I can ever remember, probably because of the moist and cool weather. I added two plants to the mix, increasing the impact for next year.

Coneflowers are a staple in my summer garden. However, their tendency to seed in places has contributed to my need for more design organization. Adding a few different and new varieties will make a nice color variation as well as digging up some of the seedlings and moving them to another garden. ‘Supreme Cantaloupe,’ and ‘Raspberry Truffle’ were two cultivars I decided to add. As the names imply, ‘Supreme Can-

taloupe’ has a peachy flower color or and “Raspberry Truffle” has a dark red flower color.

The garden phlox has grown so large that I was able to divide and move them to the rear of the garden, making a great backdrop for sedum ‘Matrona.’ Red twig dogwood is growing behind the phlox and a Hydrangea paniculata backs up the baptisia. To the left of this garden space is a lovely specimen of a Sambucus nigra ‘Black Lace.’ Although not native, this elderberry had white blooms contrasting to the dark red foliage from mid May through the second week of June. This shrub has become a favorite as the lacy foliage and contrasting flowers and leaves is truly a specimen in this garden.

On the other side of the Sambucus is a new coreopsis hybrid called Uptick (trademarked) series. I have the bronze and gold. This series brags of a compact form with the plants blooming from June through September. In my garden, it is mixed with Tradescantia ‘Sweet Kate.’ So far, this combination is quite lovely and the coreopsis is proving to be true to its description.

After dividing the old and planting the new, I found it necessary to mulch. I don't mulch every year. Since I move and divide things so frequently and often at the wrong time (not because I don't know any better, but because I do garden chores when I find the time), mulching often seems to be a waste. However, this year, with good planning and having my Saturdays back, I decided to mulch to make things look cleaner, keep weeds to a minimum, and help with moisture retention. After a few trips to the mulch factory, and with the help of my future son-in-law (brownie points earned!), I was able to complete this task and make the garden look even more stunning.

Mid May also began my quest for

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THE MASTER GARDENER

Small Town Gardener

The Beautiful Balance of a Small Garden

Marianne Willburn

As is usual at this time of year, I am touring other people's gardens one day only to spend the next 48 hours in mine, rethinking everything from plant choices to maintenance plans. It's one of the best ways I know of re-charging the batteries during a season that doesn't stop for stragglers, but it does open up new opportunities for self-torture, particularly when the gardens visited are small and painstakingly manicured – and from my perspective, infinitely manageable.

I say, 'from my perspective' because the owners of said gardens would no doubt have a few choice words to say upon that topic; but when a gardener makes the transition from a smaller property to a larger one (as we did four years ago), and the existing garden is more 'nature' than 'garden,' nothing seems manageable anymore. Once the euphoria has worn off, there's the issue of intimacy to be considered.

The idea of feeling enclosed by garden rooms or surprised by winding pathways and sheltered corners makes me feel a little giddy at this point. Sure, I've been in big gardens where this state of intimacy is seamlessly incorporated into the landscape, but I've also been in big gardens where I had to step over interns seam-

lessly incorporating it – and no one is eager to work around here for 'horticultural experience,' least of all my teenagers. Last week in fact my son fled to the sheltering and air conditioned arms of Ace Hardware in an attempt to escape a summer of hard labor at just-less-than-minimum wage.

But I digress.

In smaller spaces, the challenge is to separate spaces to create depth. When it comes to large properties, one must link separate areas to create an overall sense of place. Either challenge is of course made more complicated by new construction, as the task of 'connection' is somewhat remediated by time, but on the whole, smaller properties have the edge here – there is simply less plant material and time necessary to create a sense of place.

In addition, the marketplace is being flooded with products and plants that reflect the lifestyles of the two biggest demographics in history: downsizing Baby Boomers and small-sizing Millennials.

(Generation Xers, as usual, are forgotten in this marketing love-fest. But we've got our John Cusack movies to keep us company when we can't sleep over college tuition and nursing home costs.)

From Bushel & Berry patio fruits to dwarf shrub cultivars such as 'Fine Wine' weigela and 'Baby Lace' hydrangea, the choices are varied and wonderful. Small-garden gardeners are no longer subject to a few determinate tomato plants and a squashless summer. The marketplace is indeed, theirs.

All this to say that it really is an excellent time to have a smaller garden – and not only to have one, but to revel in it. So even if your long term plans include 'property,' don't give up on the space you have right now. And if you're having a hard time visualizing a garden in that area, may I suggest a clever little book out right now that can help you: *Big Dreams, Small Garden: A Guide to Creating Something Extraordinary in Your Ordinary Space.*

Yes it just happens to be mine and this is a brazen and bald-faced plug; but I actually believe it could motivate you to re-think the space around you and create a garden that combines beauty, utility and above all, balance. After all, work/life balance is what we're searching for – Baby Boomer, Millennial or Cusack-riddled Generation X-er. If you've got a small garden, you're half-way there.

*Marianne is a Master Gardener who writes from Lovettsville, VA. You can read more at www.small-towngardener.com or follow *The Small Town Gardener* on Facebook.*



Cone Flowers, or Echinacea, come in several different colors such as pink, white and yellow.

beautiful cut flowers and great vegetables for summer harvest. Seeding the garden with Cosmos, Zinnias and Marigolds will hopefully make way for some lovely cut flowers to bring indoors. Green beans, zucchini, tomatoes and peppers are always staples in the vegetable garden. New things to try this season for me are luffa and Brussel sprouts. The jury is still out on both those plants. What I can tell you is that the cabbage worms found the Brussel sprouts and it has been a constant chore to smash them!

June began with cool, comfortable temperatures, then transitioned to summer weather. My guess is July will be a continuation of hot and humid, as it is most summers. I'm not one to enjoy hot, humid weather, especially to work in it, so this gives me an opportunity to relax in the garden and enjoy the hard work spring has brought. I'm hopeful that the rest of the summer brings lots of color and more family and friends to visit. I'm certain that a garden tour will be necessary

as I'm proud of our garden and the happiness it brings to me.

As autumn approaches, hopefully the garden will continue to bring lots of color. A few asters and sedums will take over the job of adding shades of purples and golds in the garden, along with some sneezeweed and veronica. As this color pallet continues, my hope is that my ambition to weed and maintain does as well.

The chapter of this book may end this fall, but the writing of this book continues year after year, as gardens develop or go away, lives change with births, marriages and deaths, and new plants continue to be introduced and old plants become the "new, exciting ones" again. A garden is ever changing, as are our lives. Enjoy every day and every moment, and look forward to each new chapter of your gardener's life.

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COMMUNITY NOTES

The Monocacy River Plan – A

Earl Bell
Colonel (USAF) ret.

A heated issue about property rights. As a new member of the Monocacy River Board, I was asked to provide my personal opinion, independent from the Board, on The Monocacy River Management Plan revision in the works.

One would think a river plan would be pretty benign. But The Monocacy River Plan has been a lightning rod for citizen opposition. It sparked significant opposition when the original 1990 Monocacy River Plan was updated and a draft plan was released in late 2016 - prompting 1400 people to petition against the plan in just 10 days.

It is vital to protect the treasure we have in The Monocacy. In doing so, I believe it's also important to respect citizens' property rights. Certainly, a good river plan can be created that achieves both.

Alarmed citizens called the plan a "government land grab" as it recommended local governments expand the current river buffer / land setbacks along The Monocacy to create a huge, regulatory buffer consuming 8,000 acres of private property - to be under government restrictions. All, for no credible reason and without compensation to owners.

Those opposing the plan include grass roots citizens groups; respected organizations such as The Farm Bureau, and Association of Realtors; and county officials Commissioner Richard Rothschild and Councilman Kirby Delauter, who stepped up to defend citizens' property rights.

Property owners claimed a regulatory river buffer would restrict land use on private property; reduce property values; and intrude on privacy. They

considered this a regulatory noose and an infringement on Constitutional property rights, going against the spirit of the 5th and 14th Amendments. A gradual strangulation of property rights through regulation was not acceptable.

Why did the River Plan become a problem? Some citizens said the plan reflected environmental activism run amok and government over-reach. In essence, the regulatory buffer would needlessly (without any scientific justification) encroach on private land and allow the government to impose restrictions on private property.

Due to public uproar, the Board agreed to revise the River Plan based on citizens' concerns. So far, the Board removed the regulatory buffer recommendation, thus, rejecting the buffer idea.

But then appallingly, more buffer setbacks were re-introduced, and new buffer information was inserted in the plan, including suggesting wider buffers. To add insult to injury, many citizens were stunned when the Board removed all references to Constitutional property rights from the plan. People

asked, "What does this say about the mindset of some Board members?"

To appreciate the frustration of property owners, let's review what's occurred thus far:

The draft 2016 River Plan called for a river buffer of 300 to 500 feet and beyond, which cut thousands of feet into some properties (more than 10 football fields in places). It even encompassed people's homes! The plan also allowed the government to use the private property within the buffer for "recreational opportunities" without compensation to owners. This regulatory buffer and recreational use concept was proposed by Frederick County staff and inserted into the plan, which the Board approved.

Citizens' claimed current Monocacy buffer requirements (ranging from 50-150 feet) were highly sufficient, negating the need for an expanded buffer. Additionally, the tightly restricted FEMA floodplain area along the river is in effect, an extended buffer. And numerous environmental laws and programs exist that are successfully improving water quality and

protecting The Monocacy.

Citizens have a long memory. They recalled when Frederick County proposed a 500 foot easement into private riverfront property back in 2003, and stated their desire to use it for recreational purposes. This caused intense opposition. The River Board Chairman back then, Mr. Paul Allen, said this was a wrongful "taking of private property for no legitimate reason." The River Board voted it down.

The regulatory buffer isn't the only thing citizens oppose in the updated River Plan, as there are other needless, ambiguous recommendations that can be broadly interpreted to cause further mischief. Citizens asked for clarity, but were told there are "broadbrushed recommendations" in the plan, with details "to be decided later" (after the plan's adoption). Folks said no thank you. This approach was unacceptable

as it could lead to problematic, regulatory outcomes.

In my new role as a River Board member, I am deeply committed to protecting The Monocacy while also finding a way to preserve property rights.

Please review the revised plan which is available for public comments. And speak up to have your voice heard. Go to: <https://www.frederickcountymd.gov/7115/2016-Update-of-the-Monocacy-River-Management-Plan>

Public comments will be heard at the July 12th River Board meeting at 7 p.m. at Winchester Hall, 12. E. Church Street, Frederick. Send email comments to: bmadigan@ccg.carr.org. The Board will consider public concerns, finalize the plan; and submit to the counties. County public hearings will occur before adoption of the plan.



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HEALTH NOTES

Treating substance use in Frederick County

Kelsey Shupe
Frederick Memorial Hospital

Nurses, pharmacists, behavioral health specialists, social workers, and other employees who are working together to improve care for those who are struggling with substance use and addiction.

Heroin addiction and increased overdose deaths have dominated many of today's news headlines, but heroin isn't the only dangerous substance out there. Alcohol, prescription painkillers, and marijuana are just a few of the substances that, if abused, present a serious risk for overdose or withdrawal.

"Our focus is on what we can do to improve a patient's care while they are in the hospital. In addition, we focus on what we can do to ensure these patients have the best chance for survival and recovery once they leave us and go back out into the community," said Michael G. McLane, Jr., Frederick Memorial Hospital's Assistant Vice President of Support Services and Behavioral Health.

Although FMH has seen the number of opioid cases increase by 19%

since 2013, chronic alcohol use continues to represent most of its substance abuse cases. Regardless of the source of the addiction, there is often one common factor. "More than half of our patients with substance use disorder also have a mental health diagnosis," said Jason M. Barth, manager of Behavior Health Services at FMH.

With a focus on prevention, evaluation, treatment, stabilization, and support, the FRHS Substance Use Task Force has instituted multidisciplinary programs in the hospital and out in the community to combat substance abuse and addiction.

At Frederick Memorial Hospital, these programs include:

- Adding the highly effective opiate antidote Naloxone to the Emergency Department's triage protocol for those with a suspected overdose.
- Revising medication dosage protocols in the Emergency Department and at discharge to discourage those who are merely looking for a quick "fix." Patients now receive a slow-release IV drip of the

synthetic analgesic Fentanyl.

- Upon discharge from the Emergency Department, patients receive only enough pain medication to last three days.
- Clinical staff uses a regional database to ensure patients are not "doctor shopping" to get multiple prescriptions from different providers and the patient's current pharmacies are contacted to verify their existing prescriptions.
- New educational protocols have been created for patients who may be prescribed Naloxone upon discharge. Staff works with local pharmacies to ensure they have the antidote in stock.
- The Behavioral Health Unit holds weekly Alcoholics Anonymous and Narcotics Anonymous meetings and provides direct connections to support services after discharge, including referrals to the mental and behavioral health services of Potomac Case Management.
- The Care Transitions Department provides medical case managers, nurses, social workers, and support



staff who help patients transition from the hospital to rehab. The team has also developed protocols for rapid admission to Mountain Manor Treatment Center for those not requiring medical detox.

- The Frederick County Health Department has a peer recovery specialist at FMH. Having personally traveled the road to addiction and recovery, this person offers insights and encouragement while connecting patients to community and rehab services. Staff members are also working on a number of community outreach efforts, including:
- Providing medical and behavioral

health input to organizations that are examining the issue of substance abuse in Frederick County, including the Overdose Fatality Review Commission and the County Executive's Heroin Consortium Task Force.

- Working with first responders to develop protocols for streamlined admissions to the Emergency Department and providing education on the impact of substance abuse on post-traumatic stress disorder.
- Placing behavioral health specialists in Monocacy Health Partners primary care practices, providing mental health assessments and referrals for appropriate care.
- Creating a partnership between the COPE (Caregiver Outreach Providing Education) team, led by nurses from the hospital's Intensive Care, Emergency and Behavioral Health departments, and the Frederick County Health Department. Members of the COPE team speak at schools, health fairs, and community events to provide important information to those struggling to cope with a loved one's addiction.
- Working with the Behavioral Health Workgroup in the Local Health Improvement plan to address availability of facilities and services for those seeking recovery and the removal of stigma as a barrier to care.

Glossary of Terms

Detox: Transitioning from a state of dependence on a substance by removing the poison from the body. Detox must be medically managed because of potentially life-threatening complications such as seizures, cardiac issues, psychosis, and GI bleeding. Medications are used to make the transition as safe as possible.

Opioids: Drugs that act on the nervous system to relieve pain. It takes only two weeks or less to become physically dependent on opioids.

- Prescription pain medications known by their market names such as OxyContin, Percocet, or Vicodin are opioids.

Rehab: A long-term effort to learn to live without a substance. Rehab occurs outside of the hospital in specialized facilities and/or programs that help patients over the course of several weeks or perhaps months.

Withdrawal: A temporary phase of symptoms that occur after stopping or reducing intake of a drug. Addicts go through withdrawal when waiting for another "fix" or as a part of detox.

For more information about the mental health connection to addiction and FRHS's efforts to combat substance use, visit fmh.org and search addiction.

Kathy Iverson is a breast cancer survivor and Frederick County resident.

Frederick Regional Health System is the 14th health system in the country to become a certified member of MD Anderson Cancer Network®.

When Kathy, 59, was diagnosed with breast cancer, she knew it would be a long and challenging journey to be cancer free. With the oncology team at Frederick Regional Health System—and their affiliation with MD Anderson Cancer Network®, a program of MD Anderson Cancer Center—Kathy not only survived; she thrived.



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Carnivals and fairs kick it into high gear

Summer time always brings memories of great food, fun times, and opportunities to spend time with friends and family. What better way to make these memories than to visit local fairs and firemen's carnivals!

Mother Seton School kicked off the season on Monday May 22nd. Unfortunately, they had a rainy week but that certainly didn't stop people from attending the carnival. Taneytown Fire Company had a successful carnival week in June, as did Harney. The hot weather didn't keep carnival goers away from enjoying an evening full of fun games, food and rides.

In addition to all the carnivals taking place, the local community fair is also coming up soon. This year's 95th annual South Mountain Fair is happening earlier than ever before. It runs from August 1 through the 5. Mark your calendars now, so you don't miss out on this week of fun!

The South Mountain Fair provides a chance for children in Adams County to be acknowledged for their personal efforts ranging from hobby interests to animal husbandry, for local and national merchants to show off their wares, and for community members from far and wide to come together and join in an evening full of fun.

Admission for the fair is \$7 for adults and is free for all children under 36" in height. All entertainment is included in the admission price and parking is provided to the public for free. Anyone using free passes must purchase a carnival ride armband at the gate for a small fee if they wish to ride the carnival rides.

Carnivals and fairs offer a great opportunity for members of the community to get together and have a great time. In rural localities, such as Adams County and southern Frederick County, firemen's carnivals do more than just raise funds; they serve as a social gathering place for community members of all ages. According to Jerry Free of the Rocky Ridge Fire Company, firemen's carnivals: "bring people from all over together for a time of fellowship, in an old fashioned way." It is an opportunity to remind people why rural life is so much better than city life.

Carnivals serve as fundraisers for other organizations that will use the proceeds to continue their work in the community. Volunteer fire companies around the country are heavily dependent on fund-raising as a means to supplement the often low return on donation solicitation campaigns. Apart from bingos and fire hall "feeds" the most heavily attended and generally most successful fire company-sponsored event is the "firemen's carnival."

Events like firemen's carnivals provide an important portion of the

sponsoring for the fire department's annual budget. The proceeds from the carnivals ultimately go right back into the community through the services given by the companies. Len Bowers of the Harney Fire Company said their carnival is the largest fundraiser of the year. The proceeds from the carnival are used to purchase and update equipment for the department.

If you fear you've missed all the local carnivals this year, no need to fret, because there are still three more local Fire Company carnivals to go! Walkersville will be putting their carnival on during the week of July 3; Thurmont's carnival festivities run in July as well; and lastly, Rocky Ridge Carnival rounds out the carnival season with their dates set for August 14th through the 19th.



The Taneytown carnival hosted large crowds during the warm week of June 12. Always a crowd favorite, as pictured above, was the Ferris Wheel.



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WWI NEWS REPORTS FROM THE FRONT

“The first number is 258”

July 6

A battalion of American troops arrived in Paris on Wednesday to parade on July 4. The Americans were greeted by wildly enthusiastic crowds, which packed the streets through which they marched.

Headed by their own band, the soldiers, carrying rifles and field packs, were surrounded by crowds waving American and French flags. As the troops paraded through the streets, French girls pinned bouquets and American flags on the soldiers' breast. Flowers were strewn along the route. The band played Yankee Doodle Dandy, Dixie, Marching Through Georgia, and other American tunes. French soldiers on leave grasped the hands of Americans and marched behind them.

Several times, girls slipped through the police line and kissed the soldiers, to their great embarrassment. Now and then an American voice would be heard calling out “hello boys, welcome to Paris.” When the regimental colors were carried past, the men bared their heads. The Americans were greatly surprised to see the number of children kneel in the streets as the flag was carried by. They were orphans from an institution in the neighborhood.

Meanwhile, on the Eastern Front, renewed activity of the Germans, in-

dicated in the reports from the front in the last few days, is a result of a revival of the Russian fighting spirit and the conviction that a separate peace is impossible.

The Germans, who almost completely laid bare her battlefield, are now feverishly fortifying their trenches and are creating a new defensive line twenty miles behind the first, in preparation for a retreat. Fraternization has entirely ceased and Russian soldiers are immediately firing upon Germans. The Germans have been obligated to return to their former systems of propaganda, dropping from airplanes the pamphlets containing the abuses of Russia and her allies.

Russia's armies have not lost their old striking power as a result of prolonged inactivity. This is evidenced by a new Russian offensive along the eighteen-mile front. A stroke of such force had hardly been expected from the Russians, considering the disorganization of the Army following the revolution. The surprise of the initial announcement was that the Russians had affected reorganization and had been able to resume the offensive in this brief time since the great upheaval.

There remains the question of whether the drive could be kept up with sufficient force to reap the full advantage of the victory. While the question does not yet seem to have been de-

finitively decided, the indications today are admittedly encouraging.

The Russian artillery is plentifully supplied with ammunition for the important work it has at hand. The supply department was the weakest of any during the old regime, causing many of the breakdowns from which the fighting forces were not responsible. The deficiency in this respect now seems to have been remedied.

Meanwhile, troubles of all sorts continue to vex the people and public officials of the German Empire. Disappointment over the failure of German efforts to lure Russia into making a separate peace, coupled with the food situation, are the chief troubles, but now other disappointments and sacrifices are in store for the people - all because of the increasing strain on Germany's ammunition production.

The production of ammunition is being whipped to the limits of human possibility, and in order to meet the demand, the Imperial Sugar Office has announced that for the indeterminate time no more saccharine will be available for distribution. The basic raw material of saccharine is urgently needed for the manufacturing of ammunition. The production of sugar long since has been diverted from the people's stomachs to ammunition plants, and the nonproduction of saccharine means that the last vestige of sweetness may vanish from life in Germany.

If that was not enough, a stern warning has been issued to the public to cut out all travel that is not absolutely imperative, such as vacations. This step is taken in order to give the railroads the greatest possible time for the transport of troops and ammunition.

Greater Berlin has been complaining again of the meat supply this week. It is insufficient to give all the people their prescribed ration, and it is intimated that the ration will be reduced even further. The public is told that the coal troubles are much worse in France and England, but unless heaven sends Germany a mild winter they shall have to endure many hardships, and it is everybody's duty to go easy with coal.



American Troops were cheered as they marched through the streets as Paris celebrated our Independence Day.



The Selective Service Act, a.k.a. “the Draft,” authorized the federal government to raise a national army for the American entry into World War I through the compulsory enlistment of men of a certain age.

Meanwhile, in France, American troops today entered the final steps of the mobilization that will prepare them to leave within a few days for permanent training camp somewhere behind the firing line.

The majority of the soldiers have spent the time in a vigorous grind of eight hours each day. French officers who have seen service at the front took part in the exercises in order to give the benefit of their experience to the American soldiers. The drills included a daily plunge in the sea. The drill ground is not only ideal for the purpose, but has the advantage of being at a distance so that the men get a daily hike of five miles.

None of the soldiers know just where they will be sent, but all are enthusiastic at the prospect of getting to the scene of action. Their spirits are fine and their health is the best.

Meanwhile, on the Eastern Front, new and powerful blows are being struck by the Russians in Galicia. Apparently the Russians have broken the German line and Russian cavalry is pursuing the retreating enemy. Halicz, the strategic gateway to Lemberg, has been confirmed captured.

The Russian offensive movement has resulted in a deep wedge being driven into the Austrian and German lines southeast of Lemberg. It took the throwing in of a strong German reserve and the launching of heavy counterattacks to slow up the rush of the Russians. The strategic position in the sector is now clearly in favor of the Russians.

In the capture of Halicz the Russian Revolutionary Army, so discredited during the last few months, has reached, in a single move, the objective it fought for so stubbornly, but without success last summer, in a long and arduous campaign.

In England, about twenty enemy airplanes bombarded London on Saturday. For about a quarter of an hour the raiders dropped a steady rain of bombs. Damage was done in the heart of London by the raid, which was one of the greatest, if not, the greatest ever attempted by the Germans over the metropolis.

The raid occurred around 9:30 in the morning. Thousands of persons crowded the streets, many of them

women and children. The police and soldiers had difficulty in holding back the people. Many people were seen at the windows. Anti-aircraft guns throughout the city and British airplanes immediately engaged the hostile craft and for a time the sound of exploding bombs and the vicious reply of guns was deafening.

The sun was shining brightly, but the sky was overcast with a haze so favorable to the raiders. Notwithstanding the haze, however, the Germans were visible plainly to the people in the streets. Few persons realized that a raid was in progress until the sound of the bombs was heard. All totaled, 37 persons were killed in the raid and 141 injured.

The Finnish Diet yesterday passed the second reading of a bill establishing Finnish independence from Russia. The bill proclaims that Russia has lost all authority in Finland. All the prerogatives of the Grand Duke of Finland, which the Finnish Provisional government claims passed automatically to it, belong to Finland. Specifically, the Diet assumes the Grand Duke's rights to put laws into execution, evoke the legislature, and appoint a Supreme Executive.

An inkling of the action of the Finnish Diet was given June 22, when the Social Democratic Congress of Finland adopted a resolution demanding the separation of Finland from Russia and the formation of an independent republic. Under the proposal, Russia would not have the right to keep troops in Finnish territory in time of peace or to possess any fortifications. Economic relations between Finland and Russia would be regulated as between foreign countries.

The Grand Duchy of Finland forms a separate division of the Russian Empire. Its autonomy has been in a great measure abolished by acts of Russia's new Provisional government.

July 13

President Wilson called into the Federal service all the National Guard organizations of the various states, the final step preliminary to the execution of the selective draft for the first American Army. Under the proclamation by the President, issued Monday night, the guard organizations are discharged from the state service, thus escaping the constitutional provisions prohibiting the calling of the militia of the states for service overseas outside the boundaries of the country.

The next step in the process of raising the National Army will be the issuance of the proclamation fixing the date for calling to the colors between 650,000 and one million men who registered June 5, and then will come the selective draft itself. Thus far, no official statement has been made in regard to the date on which the selective draft will be held.

July 20

The national lottery to fill the ranks of the Army took place yesterday. The first number drawn was 258. The drawing is the climax of the nation's effort to build a great military force on the principle of universal service. The

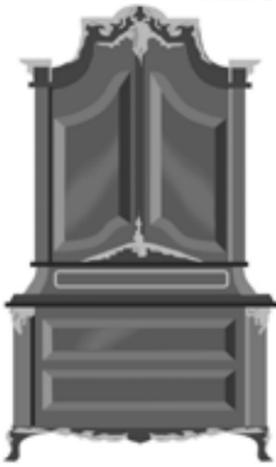
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JULY 1917

stage for the great lottery was the public hearing room of the Senate office building.

While ten million men are registered in the United States for war service, only 687,000 are needed in the first call for the National Army. Local boards have been instructed to call 200% of their quota to provide for possible exemptions. This means that 1,274,000 men will be notified to appear for examination within the next few days.

In every district, men were issued registration cards with a red ink number written on its face. These numbers run in series from one to the number corresponding to the greatest number of men in a given district, up until a maximum of 10,000. Lists showing the names of each man in each group and the serial number of his card have been posted in the local office of the board and published in the press. There is, therefore, no chance of any man's number being changed without detection.

In order to reduce the process of drawing the 10,000 numbers to reach every man in every district, a so-called master key has been devised. This will be obtained by randomly drawing slips number from zero to nine, which will be listed in the order they are drawn to form the key. Then the lottery board will begin drawing the numbers one to 1,000.

For example, if 25 is the first number drawn of the 1,000, it will represent 25, 1,025, 2,025, 3,025, 4,025, 5,025 and so on and so on. By applying the master key the order in which these numbers will be listed in each district will be determined. For example if the drawing of the 'key' numbers is 9, 7, 1, 5, 2, 4, 6 &c, then the drawing of 25 as the first number of the thousand would fix the first men to appear before the exemption board in this order: 9025, 7025, 1025, 5025, &c.

One group of numbers from one to 1,000, and a second group from zero to nine, was carefully imprinted on slips of paper, rolled up and put inside a capsule. A blindfolded man stirred the capsules in a receptacle thoroughly and kept stirring them during the drawing. A second blindfolded man drew capsules out one at a time. As each capsule was withdrawn it was handed to an announcer, who broke the capsule and announced the number drawn. The drawing proceeded in this way until all the capsules were drawn.

On the Western Front, British airmen have been victorious in the most severe aerial fighting since the beginning of the war. Engagements took place between large formations, consisting in some cases of as many as 30 machines. As a result of these encounters, fourteen German airplanes, and nine English planes were reported lost. One especially daring German swooped down on the Canadian post in Avone and engaged its occupants with his machine guns.

Meanwhile, the whole Russian front from the Gulf of Riga to Romania is reported today to be in a lively battle. On the Lemberg front the left flank of the Austrian and German armies defending that city is stated to be seriously threatened, with the result that the enemy is rushing troops in to support the weakened line.

On the Carpathian front, the Austri-

ans are said to be fleeing in panic, stopping only where steep hills give them rest. The Russians are said to be pressing vigorously forward on the heels of the retreating foe, and are overcoming the rear guards left among the natural barriers.

While the German semiofficial news reports continue to treat the Russian successes as un-important and of a local nature, and casually calls towns like Halicz a hamlet, they are unable to deny that the offensive has passed the stage of initial success and that the front north of the Dniester is affected by the decisive changes south of the river.

It is clear however that the revolution has affected the offensive power of the Russian army less than has been believed, and that the army is better equipped with heavy artillery than ever before.

Meanwhile, in England, King George today, at a meeting of the Privy Council, announced that the new name of the royal house and family is to be the House of Windsor. King George is of the House of Saxecoburg and Gotha. It was recently decided to drop titles and names of German origin.

July 27

The Russian Premier has stepped down, and has been succeeded by Minister of War Kerensky. Kerensky criticized fellow ministers and military authorities for not using their powers to suppress mutinies that have gripped the Army and Navy.

At the direction of Kerensky, all Russians who have criminal relations with Germany are to be sought and vigorously prosecuted by the government. A beginning was made with the rest of the notorious members of the maximalist, named Zinovieff and Zteckloff, ringleaders of the labor delegates and Petrograd who sought to open direct negotiations with the enemy. A search has been made of the residents of Nikolai Lenin, socialist leader of the recent outbreaks here. His whereabouts are unknown.

Unlimited powers have been granted to Premier Kerensky, to grapple with the sinister forces threatening to wreck new Russia, born of the March revolution. The grant comes from the most powerful representative body in the nation, the Council of Workman's and Soldiers Delegates and Peasants of all Russia.

With Kerensky serving not only as Premier, but also as Minister of War and Marine, it is apparent that vast powers are thus lodged in the hands of this one man, suggesting those of a virtual dictator.

The mandate given to Kerensky is to restore order, both at the front and at home -admittedly a difficult task in

the face of the powerful influences both within and without the nation working against the present regime - however, one which Kerensky, concededly the strongest man to be found for the task, is willing to grapple with.

The chaotic conditions prevailing on part of the Russian front were disclosed in a telegram sent by Kerensky to his ministers: "The situation demands extreme measures and efforts for everything must be done to save the revolution from catastrophe," the message reads. "The Commander-In-Chief on the Western Front and the commander of the second Army today have given orders to fire on deserters and runaways."

Referring to the threatening disaster the telegram says: "Most military units are in a state of complete disorganization. Their spirit and the offensive have utterly dissipated. They no longer listen to orders of their leaders, and they neglect all efforts of comrades, even replying with threats and shots. Some elements voluntarily evacuate positions without even waiting for the approach of the enemy.

"Cases on record in which orders given to proceed with all haste to such and such a spot to assist comrades in distress have been discussed for several hours at meetings, and reinforcements, consequently, have been delayed for considerable time. These troops abandoned their positions at the first shot of the enemy. Frequently, entire units desert in this matter."

Kerensky said that the re-establishment of the death penalty following court marshals at the front was necessary, in view of the fact that the government was faced with the alternative of sacrificing the Army to a body of traitors and cowards or having recourse to the only possible means of inspiring terror.

Russian commanders, however, are not waiting for court-martials, as exemplified by Gen. Korniloff's drastic measures to restore order in the 11th Army. One whole division was blown to pieces by their own artillery, to avenge the insult, which all loyal troops have been silently enjoying for the past four months from these traitorous radicals. It appears that the infantry in the division destroyed killed their artillery's own gunners in order to get their horses as they retreated, leaving practically all the artillery in the 11th Army in the enemy's hands.

On Saturday, German troops in eastern Galicia took the offensive and crossed the Ziochoff-Tarnapol River, on the front of 25 miles. The Germans are making the most of the dissatisfaction that underage extremist's influence developed in the Russians in northeastern Galicia and is pressing into the Russian lines along the whole



By the time Alexander Kerensky assumed overall control of the Russian Provisional Government, it had already lost the faith of a majority of the people who were tempted by Germany's peace offerings.

front. Berlin declares the Germans appeared to have recaptured all positions lost since the beginning of the Russian offensive on July 1.

The double crisis in Russia, which has caused military disaster on the Galician front, and the political upheaval in Petrograd, was said to be due to the agitation of the Bolshevik party, led by Nikolai Lenin, who was given free passage across Germany into Russia. Lenin has called for peace on all fronts, but not as yet for a separate peace for Russia alone.

The Bolsheviks are said to be small in number and in some cases to be aided by German agents. Their activities among the troops on the front were sufficient, it was stated, to detach one division of 16,000 to 26,000 men, which opened up the front to the Germans and allowed them to drive in a wedge twenty miles deep, which necessitated a retirement of all the Russian forces.

The Russian military has enormously strengthened the hands of the Kerensky government in Petrograd, having shown the impossibility of control of the Army by soldiers' committees.

In a related story, the Provisional Government authorized the Minister

of the Interior to suspend the publication of periodicals that incite insubordination or disobedience to orders given by the military authorities, or the non-execution of military duties, as well as to acts of violence and civil disobedience. Editors responsible for the publication of articles of this character will be brought to trial and shot.

Meanwhile, in Finland, the bill whereby Finland requested complete independence from Russia, was adopted by the Diet to scenes of unexampled enthusiasm. A conflict with Russia is regarded as inevitable because of the action of the Diet in adopting the bill. The socialist members of Parliament asserted however, that Petrograd has its hands too full with its own troubles to attempt repression.

The announcement of the vote was received by prolonged cheering and cries of "Long Live Finland," and "End Russian Occupation." As that news spread, people rallied in the streets. The Finnish Premier expresses satisfaction at the Diet's coup d'état, saying: "We have guaranteed Finland's independence for all time."

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HISTORY

The History of Emmitsburg

James Helman
 Edited by the Emmitsburg
 Historical Society

Part 4 - Churches

Lutheran Church

The Elias Lutheran was organized at Tom's creek in the year 1757. Quoting from a letter of Rev. John George Young, of Hagerstown, written in 1797, gives us the earliest account; tradition may serve where only secular motives are concerned, but not here:

"Thomas Creek Hundred, twenty-three miles from Frederick and thirty miles from Hagerstown, foundation laid in that year for an Evangelical Lutheran Church, by the purchase of an acre of land, and by a few families, and the erection thereon of a church according to their circumstances. Pastor Bager served them first for two years, then the congregation was vacant for about the same period, then it

was served by Rev. Ludwig Beek, who remained for six years, until his death; after this the Congregation was vacant again for two years, until Rev. Mr. Wildburn served them for thirteen years. After Wildburn's departure, the Lutherans united with the Reformed in the same neighborhood, and built a new church on the old location, and also a schoolhouse. Since his time I have made three or four visits in the summer, and administered the sacraments. The congregation consists on our part of thirty-two to thirty-four families; support uncertain.

"Central Monocacy Hundred, sixteen miles from Frederick and twenty-two from Hagerstown. Union church built by Lutheran and Reformed, and consecrated by Rev. Wildbohn and Rev. Hehop from Frederick. In the beginning the congregation was composed of twelve or thirteen families, now there are forty on the Lutheran side. They have

a schoolhouse, but no permanent school, support indefinite.

There is no record at Frederick or in any of the church books of a deed for lot at Tom's Creek. In 1757 the Rev. John George Young tells of the purchase of one acre of land at Tom's Creek to build a church. The first church was built at the west corner of the cemetery in 1768, when the Lutherans and Reforms united they built a log church, where it has stood until 1904, when the Methodist raised to the ground. They bought it in 1797 from the Lutheran and Reformed congregations, although there is no record anywhere of the sale. On the 17th of August 1795, Thomas Maxell purchased, of William Emmit, the lot the present Lutheran Church stands on, and deeded the same to the Lutheran and Reformed congregation, in 1802.

Tradition says the first bell was a much smaller one, very fine in tone. It cracked, and was sent away to be re-cast; when it came, the bell was an excuse compared to the former one, as the silver had been robbed from it; they rejected it and purchased the present one.

At the time, 1797, the church was built in town. The German language was spoken principally by these people, therefore the service was in German. Later the German and English were alternately used.

The Lutheran Cemetery in town holds embosomed many of the early settlers and children to the fifth generation. Around these tombs cluster memories of so many families, like our neighbor the Roman Catholics. Many who died elsewhere wished their bodies to return to dust amongst relatives, and are returned for interment in this sacred spot. Many graves of the very early settlers are not marked by an epitaph, yet they sleep on, undisturbed, visitors of an immortality bequeathed to all the sons of Adam.

Here the associations of life cease;



St. Mary's Church on the Hill. The church was accidentally destroyed by fire on July 4, 1913.

here the polished marble tells the undying respect the living retain for the dead; here buried ambition ceases to excite the body's rest; here the earth to earth sentence is fulfilled, but there lingers around the spot a fascination unlike that of any other, and we seek the quiet of the place and read the epitaphs we know so well, with increased interest, knowing ere long, our bodies will sleep beside those fathers and mothers.

The steeple was not erected until 1814. Peter Troxell was the architect and George Smith the builder. At various times improvements have been made. In 1868, the vestibule was built and internal improvements made.

In 1905, the former study of the pastor was torn down, and an avenue was opened through the lot to the church, paved with concrete to the church door, adding beauty to convenience, and an improvement to the town. It's no longer the dreary way to tread the lonely path in darkness to the temple door, but a highway illuminated all the way, and smooth to the entrance gate.

Reformed Church

Its history from the union formed with the Lutheran congregation at Tom's Creek in 1768 is an analogous one, along parallel lines they walked, each

having too much good will offer any unkind act or word to mar the peace.

It was during the pastorate of Rev. John M. Titzel the Lutheran and Reformed congregation separated, buying the John Nickuni lot for \$800 in 1868 they erected the present church, where they have worshiped since. The steeple was blown down in March 1873, and rebuilt the same summer. From their organization in the county in 1784; at no period has the pulpit been vacant for any great length of time, or in the early days when the ministers were few, and they were doing mission work.

Mountain View cemetery was started by Rev. Abner R. Kramer, buying the field and selling lots in 1881; he sold his interest in the cemetery to a few men who lately sold their interest in said cemetery to Sterling Galt, who has improved it wonderfully.

Presbyterian Church

The Presbyterians that settled in Adams County, and Frederick County, came from Scotland and the north of Ireland. They had houses to build, their land to clear and the Susquehanna Indian to contend with. They spread along the valley as far as Shippensburg and Carlisle; afterward advancing west as far as Pittsburgh; the few that remained in southern Penn-

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HISTORY

sylvania and northern Maryland, after surmounting many difficulties of pioneer life, have left evidences of capability and perseverance. Today's reckoning approves their course. The minutes of the Presbytery of Donegal show that the Rev. Robert McMordie was appointed to supply at "Monokasy" on the second Sabbath of September 1760. This is the first notice of preaching within the bounds of either congregation. The precise locality indicated by "Monokasy" is unknown, and hence cannot be determined, whether the services were held in the territorial limits of Emmitsburg or Piney Creek Church.

The congregation worshiped at the old church just north of town near their cemetery for seventy-eight years, until 1839, when the church was torn down and rebuilt in Emmitsburg. During the pastorate of Rev. Isaac M. Patterson, 1869, the church was remodeled. Again in 1878 it was torn down and a new gothic church costing \$9,000 was built. This church was struck by lightning August 28th, 1902, and entirely consumed. It was rebuilt and occupied for the first time in 1904 and stands today secure.

The new church is heated with hot water radiators, lighted with acetylene lights, has a fine organ, and everything to make the comers comfortable. A tablet has been erected to the former pastor, Rev. Robert S. Grier, who served this charge for almost fifty-two years, his only charge commencing in 1812 and continuing till 1865.

The Presbyterians buried in their cemetery are some of the oldest and most influential men that lived during the formative period of the country. Following are some names given, both marked and unmarked graves and include Samuel Emmitt; Maj. O. A. Horner, 1841, 1897; William Emmitt, 1817; James C. Annan, 1837, 1894; Joseph Hays, 1828, 1888; Capt. William Blair; Capt. Henry Williams, 1743, 1820; Dr. Robert Annan, 1765, 1827; Robert Annan, 1793, 1866; William Cochran, 1693, 1771; William B. Morrison, 1818, 1890; Dr. Andrew Annan, 1805, 1896; Joseph Danner, 1796, 1840; Abigail Emmitt, 1764, 1838; Samuel McNair, 1809, 1875; William Porter, 1729, 1802;

John Porter, 1751, 1775; John Withrow, 1806, 1888; Alexander Horner, 1817, 1887; Maxwell Shields, 1806, 1859; David Agnew, 1822, 1888; Ross Hunter, 1837, 1879; John Patterson, 1818, 1904; William Withrow, 1730, 1785; Benjamin Ogle, Captain, 1760, 1822; Andrew Horner, 1775, 1838; Matthew Patterson, 1771, 1851; George Patterson, 1775, 1850;

St. Anthony's Church

Between the years 1778 and 1834 William Elder, Robert Owings and Joseph Livers, companions, came from St. Mary's County, and settled in Frederick County. Mr. Elder and three friends made up the first Catholic congregation in this neighborhood, and until 1741 were visited by the Jesuits from the eastern part of the State.

After a custom which had its rise in the exigencies of the times, succeeding the Revolution of 1689, the Catholics had even in this settlement built for themselves a chapel, connected with the Elder homestead, where the various religious functions were exercised when the priest happened to come on his visitation. This charge was the cradle of what is now the congregation of St. Anthony of Padua, and the new church will supply the service that the ancient chapel gave till 1806. Though it did not become ruined until 1862.

In 1805, Rev. John Dubois left Frederick and located in the Catholic settlement; the church long known as St. Mary's of the Mount, and which still stands, though enlarged, was begun in November, 1805; first service August 15th, 1806, and from that time, until he was made bishop of New York, gave his undivided attention to Mt. St. Mary's congregation, the college and the sisters of charity of which he was the first spiritual director, and for some time also looked after the congregation in Emmitsburg. From the establishment of Mt. St. Mary's until the fall of 1894, the president of that institution was ex-officio pastor of the mountain congregation, whose members are scattered over a radius of five miles or more. In that capacity he did most of the parish work.

St. Joseph's

The lot upon which the church is built was given by James and Joseph Hughs. Prior to 1850 the church lot was not so extensive as at present, the alley dividing the property of J. M. Kerrigan and Joshua Norris continued through to Green Street. The Hughs family lived in a house on the east corner, adjoining the public school lot; about this time the church purchased this lot. A log house, still earlier, stood on the north corner, occupied by Snouffer. It was torn down and this parcel added to church property. On the west corner stood the barn of Dr. J. W. Richelberger, also the stable of the Gibbon property, cast of Eichelberger barn. After the fire of 1863 these two lots were added, thus giving the church the entire present possessions.

The church was built in 1793. Many of the first settlers in this locality were of this faith. Father Brutea, said in 1823, "Half the town were Catholics; they were principally of Irish nationality. The early tombstones bear me out in this assertion. Some few Germans came in later. They built well; the evidence is before us in a magnificent church building, surpassed by few." Rev. Fr. Brutea's letter gives many incidents to show the condition of the church in its beginning, like all organizations, during the trying times of the colonies, and for a long time after the settlement. There were hardships to endure, battles to fight, standards to raise, and sustain, poverty to contend with; he says - there are many poor families and poor widows at Emmitsburg (no doubt some widows of the war for independence).

The congregation commenced to furnish, in union with the sisters, a horse in 1820. On Sunday when the priest is at Emmitsburg Mr. Grover takes care of him. The priest constantly lodges at the house of James Hughs, except Mr. Cooper, who remained in town, first at the house of Mr. Radford, then at Mr. Grover's. As a general thing very little is given for masses. Out of the poverty this church passed through, not unlike all the others, it has advanced step by step to its present prominence. If the eye of Rev. Dubois could survey the field today would he be satisfied with his sowing?

The original church was not near so large as the present one. It was built

by Rev. John McCaffery in the year 1841-42. The steeple only extended to the square until 1867, when Tyson & Lansinger built the present complete steeple. The clock was put up in 1904. The remodeled new pews, marble railing around the altar, elegant colored windows and a new organ, and to complete the general equipment acetylene gas was installed, thus giving every accommodation as well a luxury to the churchgoers, including a furnace that heats the church comfortably, a concrete pavement around the outside of church, connected with the priest's house; also the street pavement around the premises in 1905; the cemetery is thoroughly cleaned up and the grave-stones set in regular order, and kept in good condition.

Trinity Methodist Church

In the records of Frederick County the following deed is recorded: March 26, 1831- From Jacob Winter to William Moreland, Joseph Crabbs, Richard Gilson, Colins Austin, and Robert Crooks, trustees of the Methodist Episcopal Church for the United States, at Emmitsburg, Maryland, Lots No. 511 and 52 in Shields' addition, for \$120. On this lot in the year 1833 Rev. William Moreland built a brick church. Tradition says he defrayed the entire expense. He was a local preacher, living on and owning the farm now Samuel Gamble's. During the summer he built the church. In the fall he started in his gig to fill an appointment at Toms' Creek. On Sunday morning he was found dead in the gig, his horse standing by the fence; he was buried at the west corner of the church; no marks of his grave can be found.

Toms Creek Methodist Church

In the year 1797 the Lutheran and Reformed congregation worshipping in the log church known as Tom's Creek Church, built the present Lutheran Church in town. The Methodist bought the log church from these congregations, not the burying ground. At this time the Rev. William Moreland, a local preacher and a linen weaver living on the farm now owned by S. Gamble, holding service in his house, added this place as a preaching station. He appears to be the first preacher, as he intended building a church in town. This was not accom-

plished until 1833, when he and others bought the opposite corner lot. The dedication service was December 1833.

Rev. C. B. Young preached the sermon; in charge, Rev. John L. Potts, Jr., preacher. This church was on the Gettysburg circuit. Rev. William Moreland came from Ireland; he was living in this community in 1786. A linen weaver, he was a pioneer Christian. So deeply impressed by the gospel truth he consecrated himself to the good work of gathering in his neighbors and instructing them in the truth he thus gained for himself the title of local preacher.

(Father Dubois, who wrote the letter quoted in this book, says in 1786, "there is a Methodist preacher near about two miles from Toms Creek, where there is a little village named after him, Morantown. He holds his meeting-, and classes at his home on Sundays and Wednesdays. I believe there are very few Methodists in town.")

In connection with this Methodist church, the Toms Creek Methodist church has always been connected with this charge. In 1797 the Methodists living in that locality purchased from the Lutheran and Reformed congregations the old log church, with its hallowed memories dating back to 1751. On either side of the church there is a cemetery. On the bill the Lutheran and Reformed churches, where the sad hearts of days long forgotten, laid their friends to rest, no doubt as far back as 1720, some were buried there. Jacob Danner's tomb is the oldest, 1768; it is the oldest in this locality except Mrs. William Elder, 1739, at Clairvoux. Mrs. Jacob Danner, 1782; every evidence there shows it was the earliest burying ground in the northern part of the county; below the church the Methodists have a burying ground. This congregation has kept at the work serving that portion of the community, giving it a religious mould; and without their influence would not be there; their keynote has been:

"As long as the lamp holds out to burn, The vilest sinner may return."

In 1904, this congregation built a new church on the road leading from Baltimore Road to Maxell's Mill, selling the material of the old log church at auction.

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MOM'S TIME OUT

Leaving the nest

Michele Brown

Someday the baby bird will leave the nest. Sometimes you just have to let them fail. You need to let go and let them fail. These are all things I have heard repeatedly lately. I just happen to be struggling with the idea. These statements aren't always as cut and dry as they seem. I know that this is a fact of life but sometimes I have to consider the source from which it comes, or the circumstances surrounding the event.

A prime example of this was when a school secretary told me, "You need to let them fail sometimes." My son had rushed to help someone carry something heavy in the door and had inadvertently left his book bag in my car. When I realized I brought his book bag to school and dropped it off (this is when I got the comment). There have been many times when

my children have left a book, assignment, or planner at home and I have not brought it to them. This was, of course, followed up with a responsibility lecture that evening when they returned home. In this case, however, I felt he had done a good deed and was going to be at school without a pencil or paper as his bare minimum. In this case I decided being supportive outweighed teaching a lesson. I also love when the "let them fail" suggestion comes from the parent of an over achiever. They have no idea how hard it is to watch a child fail at something because they aren't motivated, don't understand, or can't comprehend the ramifications to their future.

I am definitely regretting not having let my children work more things out on their own. I have two high school boys right now and they both struggle with different issues. I have one who does his work (not to the

best of his ability) and then leaves it in his book bag instead of turning it in. I have another who seems to have hovered under the radar until his senior year. He does enough to get a high B average but not too much. He can't seem to get his priorities straight for graduation this June or college next fall. I can only assume if I had forced them to be more responsible in middle and high school then we wouldn't be having as many of these struggles. On the other hand I have many parents tell me they are "just boys" and that is simply how it is. The quandary now is how you let them fail without messing up their future. If their GPA drops that directly affects their chances for college admissions and scholarships. I am still amazed how much one bad (even average) grade can affect a child's future. This seems like a crazy amount of stress to put on a child, assuming they understand the magnitude of the situation.

On the other hand there are many steps to maturing that I believe my husband and I have gotten better at "letting go of" with each child. After all, the first is truly stuck in the role of guinea pig. I can't tell you how many times my husband or I have made the comment, "We will do that differently with the next (rest), now that we know better". We have been diligently teaching all of the kids how to do laundry, dishes and clean (especially bathrooms). We also require the oldest two children to set their alarms and get themselves up and ready for school on their own. Truth be told our oldest is the worst at this. Recently, we have found ourselves needing to wake him and struggling with whether or not we should not wake him and let him be late for school. (On a side note senioritis stinks).

In order to make an effort in the maturing and responsibility home front we have also started to become much stricter about how our children plan getting together and appointments. If they want to go hang out with friends or have friends over to the house we have certain guidelines that must be followed. They must have gathered the important information before they come to us to ask permission. This information includes who, where, when and how. If they can't supply this information they need not bother to even ask. Although this has been a fairly recent change (the past year or so)



it has also been a successful one. The kids now come to me to ask, "Can Susie come over on Friday night at 7 and stay overnight until 10. Her mom will drop her off and pick her up." They are starting to understand that keeping track of our 6 schedules and 3 grandparent's schedules can be a bit confusing, especially when we have too many variables.

Don't misunderstand; there have been plenty of missed opportunities to teach my children to be more responsible and to let them fail to learn a lesson. I believe this is why God intended for a child to have a mother and a father. My husband is way better at teaching the hard lessons and I am way better at nurturing. Unfortunately, it isn't always as easy as it sounds. Sometimes the best thing for the child's future is to

let them flounder, but the best thing for the child in the here and now is a huge hug. The struggle is in finding a balance.

The best advice I could give toward that end result is to start early and get a jump start. Give your child chores at a young age (age appropriate of course), teach them to do the laundry and dishes as young as they are ready. Let them learn what it is to fail at something and to be treated unfairly when they are in elementary and middle school (all with parameters that you can control) before it affects their future. Above all love them through all of these trials and tribulations.

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



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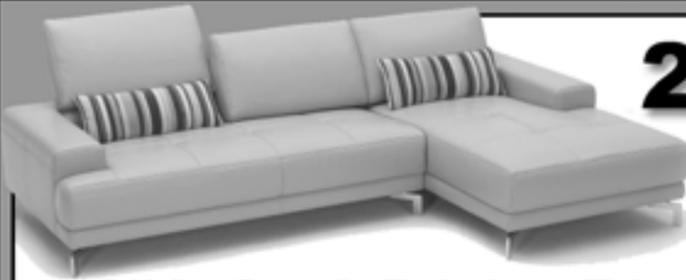
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Seasonal berries

Carol Cogliano
Hollabaugh Brothers

Summer is a time when so many fruits and vegetables start coming into season! My personal favorites are BERRIES: strawberries in May, then on to blueberries in July and raspberries in August. It can be wonderful if you have the opportunity to pick-your-own, but even if you don't... to be able to enjoy the bounty of the season with the fresh, local berries available is summertime at its best.

I am fortunate enough to live in an area where pick-your-own opportunities are readily available – from my neighbor who grows strawberries that are as sweet as candy, to the blueberries and raspberries that are so plentiful that my children leave the pick-your-own patches, stuffed from the berries that never make it into their buckets. (Hence the “Sin Bin” charitable collection jug at my friend’s farm, encouraging parents to pay for what their children might have snacked on, while picking!) If, however, you live in an area where those opportunities are not available, I urge you to seek out a farmer’s market where local berries are sold. You simply can’t beat the flavor and the quality of freshly harvested berries (and other fruits and vegetables, for that matter!).

Enjoying fresh berries just plain in a bowl – or with a dollop of whipped cream, or a sprinkle of sugar – might be

your favorite way to enjoy them, but they are also amazing prepared in pies, cakes, muffins, jams and sauces. Be sure to take advantage of summer’s bounty and give one of the following recipes a try!

Mini Mixed Berry Galettes

Recipe courtesy of: <http://homecooking-memories.com>

This Mini Summer Berry Galettes recipe is an easy dessert with strawberries & blueberries baked in a pie crust. So delicious!

Servings: 12 mini galettes

Ingredients:

- 1 pound strawberries hulled and cut into small pieces
- 11 ounces blueberries
- 1/4 cup sugar
- 1 tablespoon cornstarch
- 1/2 teaspoon ground cinnamon
- Zest of 1 lemon
- 3 pie crusts 1 1/2 package of premade refrigerated pie crust
- 1 egg
- 1 teaspoon water
- Sugar for garnish

Instructions:

Bring pie crust to room temperature by allowing it to sit on kitchen counter for about 15 minutes. Prepare a large baking sheet by lining it with parchment paper. Preheat oven to 350 degrees F.

In a large bowl, combine strawberries and blueberries. Sprinkle with sugar and

cornstarch, gently toss with fruit to coat. Gently stir in cinnamon and lemon zest and set aside mixture.

Carefully unroll one of the pie crusts on a lightly floured surface. Using a bowl with a diameter of approximately 4 1/2” to cut out circles out of the dough, similar to how a cookie cutter is used (you should be able to get 4 circles out of one pie crust). Repeat process with remaining 2 pie crusts.

Lay one of the 4 1/2” circle pie crusts onto the parchment paper lined baking sheet. Place approximately 1/4 cup of the fruit mixture in the middle of the pie crust, leaving the edges empty. Take care to not scoop excess liquid that might form with the fruit (using a slotted spoon can help). Bring the edges up over part of the fruit filling, overlapping them as necessary until all the edges have been brought up around the fruit. Gently press together the areas where the crust overlaps to help ensure that they stay up around the fruit. Repeat process with remaining pie crusts.

In a small bowl, mix together egg and water with a fork until combined. With a pastry brush, brush crusts with egg wash. Sprinkle with additional sugar both on crusts and on top of fruit.

Bake galettes in oven for 30 minutes or until crust is golden brown. Serve warm or cooled. If desired, top with whipped cream or a scoop of vanilla ice cream.

Mixed Berry Ricotta Cake

Recipe courtesy of: <https://naturally-ella.com>.

The perfect ‘Let’s Celebrate Summer while it’s still here’ cake!
Serves: 8-10

Ingredients:

- 1/2 cup unsalted butter
- 3/4 cup maple syrup
- 1 3/4 cups all-purpose unbleached flour
- 2 teaspoons baking powder
- 3/4 teaspoon salt
- 1 1/2 cups whole-milk ricotta
- 3 large eggs
- 1/2 teaspoon vanilla extract
- 1 1/2 cups mixed berries: raspberries, blackberries, blueberries (fresh or frozen, thawed)



Instructions:

Preheat oven to 350° and line a 9” cake pan with parchment paper then spray with nonstick oil (I prefer coconut oil).

In a small sauce pan, melt the butter and maple syrup together, set aside to cool.

In a bowl, combine flour, baking powder and salt. In a separate bowl, whisk together the ricotta, eggs, and vanilla extract. Fold into the dry ingredients until just combined.

Repeat the folding process with the butter/maple syrup mixture, being careful to not over work the batter. Finally, fold in 1 cup of the fresh berries. Pour batter into prepared pan and sprinkle with remaining 1/2 cup berries. Take a spatula or spoon and lightly press the berries into the top of the cake.

Bake the cake for 50 to 60 minutes. The cake should be golden and have a knife come out clean when inserted into the middle. Let the cake rest for at least 20 minutes before removing from the pan.

Mixed Berry Compote

Recipe courtesy of: <http://photosand-food.ca/>

This mixed berry compote is light, sweet and fruity. It’s the perfect topping for pancakes, waffles, ice cream or any other food that requires a delicious topping.

Serves: 1 1/2 cups

Ingredients:

- 1/4 cup water
- 1 tbs cornstarch
- 1/2 cup sugar
- 2 cups quartered strawberries, no stem
- 3/4 cups raspberries
- 1/2 cup blueberries

Instructions:

Add the water and cornstarch to a medium pot.

Whisk the cornstarch until it dissolves in the water.

Add the sugar and turn on the heat to medium high.

After one minute, add all the fruit and stir to combine all ingredients.

Once the mix starts to boil, reduce the heat to medium low and cover.

Let simmer for 10 minutes, stir every 3 or so minutes.

Uncover and shut off the heat.

Let cool down. The compote will thicken a bit.

Serve warm or cold on pancakes, waffles, ice cream or any other dish that will go with sweet yummy fruits and syrup

Pick-Your-Own Blueberries at Hollabaugh’s Fruit Farm and Market will begin on Saturday, July 1, 2017! New this year, we’ll be offering it 7 days/week! Hours: Monday – Saturday, 7a.m.–4p.m., Sundays, 12p.m.–4p.m.. (You must be out of the patch by 4:30.)

We highly encourage customers to call the market prior to coming, to ensure picking is available that day (717-677-8412). Weather and demand often affect daily picking availability. How does it work? Come to the market to check in and get your bucket, and then we’ll take you out to the blueberry patch. Stop back at the market to weigh your berries and check out. Pick-Your-Own Blueberries will run until close to the end of July, season depending.

Carol Cogliano is the Director of Events at Hollabaugh Bros., Inc. Visit www.hollabaughbros.com for a full listing of their upcoming events and classes or call (717)677-8412 to register.

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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 3:30-5:30 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, &c. Food donations appreciated.

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

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

Sign up now for the Summer Reading Program - "Build a Better World" with Blue Ridge Summit Free Library at summitstoryclub.org. For all ages! Runs through August 5th. Build a Better World through reading!

July 1st thru July 29th - Virtual scavenger hunt "Random Acts Of Kindness" 31 acts, 31 photos posted to our Facebook group page; "Build a Better World" with kindness. For instructions and random acts of kindness list visit the Facebook group page.

July 1st - the summer reading program "Build a Better World" Healthy snack series story and craft hour will fea-

ture, Apple Pie 4th of July at 11 a.m. at the library.

Happy 4th of July! Blue Ridge Summit Free Library is closed for the holiday.

July 6th - Summer Reading Program "Build a Better World" Healthy Science and Math Series for teens and tweens will explore Groovy Lava Lamps, 3:30 to 4:30 p.m.

July 8th - Summer reading program "Build a Better World" will be, Tico and the Golden Wings at 11 a.m.

July 13th - Summer Reading Program "Build a Better World" Nature Series for teens and tweens will be featuring a Volcano in a Bottle from 3:30-4:30 p.m.

July 13th - Free family movie Disney's "Beauty and the Beast", rated PG, will start at 6 p.m. "An adaptation of the fairy tale about a monstrous-looking prince and a young woman who fall in love."

July 15 - Blue Ridge Summit Free Library's Whistle 5K Run/Walk is at 8 a.m.. Register by July 5th for a discount. Enter as a single participant or team. If you have any questions contact Duke at jacksmtm@embarqmail.com or call 717-729-0188. Ice Cream Social and Book Sale immediately follows.

July 15 - If it's the 3rd Saturday in July it must be Ice Cream Social and Book Sale time. 9 a.m. - 2 p.m. at Blue Ridge Summit Free Library there will be music, food, magicians, musical entertainment, silent auction, and so much more!

July 20th - Summer Reading Program "Build a Better World" Physical Education Series for teens and tweens is Twister on the Green, 3:30-4:30 p.m.

July 22nd - Summer Reading Program "Build a Better World" story and craft hour at 11 a.m. featuring Train Song, will be from the education series.

July 27th - Summer Reading Program "Build a Better World" Nature Series for teens and tweens will be about planting a Terrific Terrarium. There is a limit of 10 participants for this program.

July 29th - Bookmobile Ballyhoo at the Blue Ridge Summit Free Library from 10 - 2 p.m.. Introducing Franklin County's Bookmobile! Books will be available for checkout at the library and the bookmobile for patrons. New patrons may be registered onsite with an address i.d. Special all ages story hour.

Frederick County Public Libraries

Did you ever leave the library and think, I forgot to ask the librarian about ... Well now you have the chance to have an online chat with a librarian on your computer at home or on your mobile device. AskUsNow!

Have a question? Chat with an AskUsNow! Librarian. Go to www.FCPL.org. Click on Learn, Click on AskUsNow. Enter your name, email and your question in the appropriate boxes. Click on "Connect." You'll be connected to a librarian via a live chat who will answer your question.

A few important things:

- You may be chatting with a librarian from another Maryland county, state, or country.
- The librarian may send you links during your chat.

- If you click on those links, they will open up tabs or windows.
- You will not lose your chat.
- If you enter an e-mail address, you will receive a complete transcript after the session ends.
- Ask Us Now librarians are trained to answer questions about other libraries.

Don't forget to sign up for the Summer Challenge at the Library. Besides reading and lots of games either on the paper game board or even more on line, there are plenty of chances for you to win lots of prizes. All school age children are always welcome and for the third year in a row, adults are welcome too! The program runs through August 31st and you can sign up at any branch or on our website at www.FCPL.org/summer. So join the fun!!!

Since the Emmitsburg town's swimming pool will be closed this summer for upgrades, the Emmitsburg Branch Library is increasing our program offerings so join us for any of our summer programs listed below:

Elementary STEM Lab (Grades K-5): Saturday, July 1, 2 - 3 p.m. Explore Science, Technology, Engineering, and Math concepts in the STEM Lab. Children under age 8 must be accompanied by an adult.

Building with Home Depot (Grades 3-5): Thursday, July 6, 2 - 3 p.m. Build DIY kits provided by Home Depot.

Vets and Pets (Ages 3-10): Thursday, July 13, 10:30 - 11:30 a.m. Learn proper pet care from local veterinary staff, then stay and play at our pretend vet clinic. Stuffed animal friends welcome.

Music on the Deck: Canaan's Land: Sunday, July 16, 2 - 3 p.m. Join us for another summer bluegrass music series on the beautiful Thurmont Regional Library deck. With precise music and tight harmonies, Canaan's Land promises a high-energy performance for our July show. Now in its 9th year, Music on the Deck is hosted by the Friends of the Library and brings new sounds to the deck every summer. It has proven to be a wonderful way to spend a summer

afternoon. All ages welcome and show goes on, rain or shine. The library deck is sheltered and fans keep it cool no matter what the thermometer reads and you're welcome to bring snacks and drinks. The library deck is a unique feature in a natural setting and is always open to the public to enjoy. Coming up August 13 at 2 pm, enjoy traditional bluegrass, country classics and even cowboy music with Forever Young.

Beading with Sue (Grades 6-12): Tuesday, July 18, 1 - 2:30 p.m. Design and create colorful beaded jewelry with artist Sue Leveille. You can make a necklace, a key chain, or a whirly wrap bracelet.

Reading Food Labels: Tuesday, July 18, 6:30 - 7:45 p.m. Integrative doctor Ashley Russell demystifies sneaky food labels for long-term healthy eating. Presented by the Common Market.

Boomer Afternoons: Citizen Science: Wednesday, July 19, 3 - 4 p.m. Cunningham Falls State Park presents live animals and leads discussion on conservation and citizen science.

Family Tunes and Tales: Symphony Storytime - Frederick Symphony Orchestra:

Thursday, July 20, 10:30 - 11:15 a.m. FSO musicians perform classical music to beloved stories, followed by a musical instrument petting zoo provided by Music and Arts. This event is made possible through funding by The Community Foundation of Frederick County.

Fairy Tale STEM (Grades K-5): Saturday, July 22, 1 - 2 p.m. Use STEM skills to aid your favorite fairy tale characters on their adventures.

Peter Wood: Explorer of the Impossible (Ages 3+): Tuesday, July 25, 10:30 - 11:30 a.m.

Magician Peter Wood shares his collection of impossibilities from across the globe! Junior explorers get to experience fantastic skills and amazing artifacts in this comedy and magic show.

Music and Movies: Let There Be Rock! Thursday, July 27, 3 - 4 p.m. Acoustic performance by Let There Be Rock School of Frederick students.

MUSIC ON THE DECK

June 18
Southern Valley Gospel Singers

July 16
Canaan's Land Bluegrass

August 13
Forever Young

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SCHOOL NEWS

Love. Lead. Learn.

Lynn Tayler
Mother Seton School

We began our year with this theme in mind and it's been a guiding principle for every one of us at Mother Seton School, from students to faculty, to staff and administration. We've accomplished so much for and within our school community. Just to share some of what's been happening at MSS:

Learn. All of our students, from Pre-K through Grade 8, add many opportunities for hands-on learning. Thanks to our successful Penny Power drives, we not only added more Chromebooks for in-classroom enrichment, but LEGO® Robotics, as well. Students have been practicing their programming skills, using Computer-Aided Design to create LEGO® robots that can spin, move, and do any number of things. These are our future engineers at work here – though it's so much fun, it seems like play!

C.S.I. came to MSS this year. Our 8th-graders participated in a Forensic Science activity from the

University of Wisconsin-Whitewater, where they received fetal pig specimens and had to perform an "autopsy" to discover how each pig died. It was a fascinating, unique opportunity that resulted in at least one of our 8th-graders deciding that Forensic Science was going to be her choice of career.

Our S.T.E.M. Fair was a great success. Our Grand Champions of Invention even went on to participate in the Frederick County Science Fair, where they earned top honors for engineering and invention, and received an invitation to take part in the Broadcom Masters, an invite-only national science fair.

We've had special guests share their knowledge, such as Professor Simmons, who not only talked fossils with the second grade, but helped with our composting program as part of our Green School initiative. Justin Berk, former broadcast meteorologist and the scientist behind JustinWeather.com, gave a S.T.E.M. assembly for the entire school to talk about weather science. And children's book author Caroline Hickey pre-

sented workshops for our students in addition to holding an assembly to discuss writing and publishing.

Lead. This year, we've begun integrating principles from the 7 Habits of Highly Effective People into our curriculum, from Pre-K on up. Students have been practicing being proactive and beginning with the end in mind, as well as working on their teamwork skills. We've been blessed to partner with The Mount in making the MSS Leadership Challenge Course a reality for our middle schoolers. Students in grades six through eight attend a Ropes Course at Capitol Camps in Waynesboro. The activities are varied based on grade-level, and are meant to give the students a chance to exercise their teamwork, problem-solving, and individual leadership skills. It is also a lot of fun!

Our Student Council has been an active voice for the student body this year. They've sponsored events such as Pink-Out Day, where students paid a small fee to wear pink to school, with the proceeds going to the American

Cancer Society. They also showed their Seton Spirit in coming up with entertaining and exciting spirit ideas for Catholic Schools Week. They have even more big ideas for next school year, and I, for one, can't wait to hear them!

Love. MSS has always been a warm and welcoming community, and that's been evident in everything our students have done this year. Not only do they continue to visit the Nursing Home, bringing song and companionship to the residents, they've organized charity drives (like the aforementioned Pink-Out Day), collected coats for the FCPS Student Homelessness Initiative and canned food for the Food Bank, and volunteered at Seton Center and Catoctin Pregnancy Center. They have also shown heart for members of our community who are currently suffering, raising funds and awareness for cancer patients through our Have-a-Heart Volleyball Game and the annual Walk-a-Thon.

We continue our popular Prayer Partner program at MSS, which is perfectly complements our leadership development goals. One of the rewards of a Pre-K through Grade 8 education is the ability for our young students to bene-

fit from the mentorship and care our older students can give. Likewise, our older students seem to genuinely enjoy being role models for their young prayer partners. "Getting together with our prayer partners is one of the things I will treasure about my time here," said Emily Dewees, MSS Class of 2017.

We didn't know last summer when we chose this theme that it would be the perfect selection for this year, but I have a feeling the Holy Spirit did. We have spent this year moving forward to Love, Lead, and Learn all for the Lord, and while I keep referring to it as our theme, it really become more like our mantra. Our prayer. It's become a part of the heart of this school. When you look at our students moving up the next grade, you can see the positive effect it's had on their happy faces. Our graduates will be moving on to nine different high schools, strong in their faith and prepared for their next great challenge, and ready to continue to love, lead, and learn. Yes, it's been a great year. And I can't wait to see what happens next, because it's only going to get better!

Happy Summer! We'll see you in the fall!

YMCA Camp West Mar

The YMCA of Frederick County is in the midst of their second year of summer camp being offered at their 72-acre residential camp located in the Catoctin Mountains.

YMCA's Camp West Mar gives kids ages 6-14 a perfect opportunity to experience the great outdoors – something many may not be used to in the city. Campers enjoy pool time at the on-site pool, hiking, crafts, games, canoeing, archery and so much more! The camp has created an environment that promotes youth development and healthy living in both a positive and a fun environment.

Last year, the camp was great. For its first year, it was a success, and the kids that attended loved the experience, noted Camp Director Samuel Jackson. They hope to enroll even more kids this camp season, keeping the numbers growing every year.

During this year's open house, held on May 31, Jackson noted that they had a great turnout of interested future campers. The open house gave parents and kids the opportunity to see the camp's facilities, speak with camp staff, and walk the grounds, seeing some of the hiking trails they would be able to enjoy.

Camp West Mar offers stay-away camp as well as day camps throughout the summer. Nine weeks of stay-away camp are being offered, and for those campers who may just wish to try a taste of stay-away camp, parents

can choose to add a one night overnight stay on Thursdays.

During the "off season" when camps are not in session, Camp West Mar hosts a variety of different groups, organizations and clubs who are able to rent the property for various activities. West Mar has recently welcomed Live Action Role Players (LARP) to use their facility as well as a "biker" group. Both groups vastly enjoyed their time spent there. The West Mar facility offers

bunk houses, pavilions, a pool, a kitchen, wooded acres as well as open grassy areas, perfect for groups of all kinds looking for a great place to gather.

YMCA of Frederick County will be accepting interested campers throughout the summer, so if you thought you missed the sign-up, don't fret, you can still register today! If you're interested, please email west-mar@frederickymca.org to learn more or inquire about registration.



Kids suit up for an afternoon of canoeing at YMCA Camp West Mar.

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July 22
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For the complete listing of events go to: thurmontmainstreet.com

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FOUR YEARS AT THE MOUNT

This month, our writers wish to memorialize Independence Day with a few creative pieces focusing on the men and women in the armed forces. We also wish everyone a safe and happy Fourth of July.

Sophomore Year

Soldier, soldier

Angela Tongohan
MSMU Class of 2020

The topic this month is very close to my heart, because of what I was taught about the sacrifices and sufferings of soldiers in war.

During World War II, the United States of America suffered tremendously as well as the other countries that fell under the shadow of this tragedy. Millions of lives were lost. While many are familiar with the Holocaust and how Adolf Hitler, the German dictator, sought out Jews and killed them, not many people are aware of the Battle of the Philippine Sea.

According to my mother, my grandfather did not speak much about the war. He was in his late 30s when the war began, and he already had three children. Because of his weak joints and his successful citrus farm, he was not qualified to serve, but rather, helped the war effort from afar. His farm was successful and he

sent money and food monthly to nearby troops.

My mother said that before the war, my grandfather was a happy man. He smiled often, and rarely ever complained about how tired he was. But as the war went on, he became more silent, more distant, more closed off.

My aunts say it's because many of his friends that never made it home. He hated watching his neighbors sit out on their front porch all day, waiting for their sons or husbands who would never come home.

It got even worse on December 7, 1941. Many people know of Pearl Harbor and how Hawaii endured the worst of the attack, but for my grandfather, that was the day when all his hard work was blasted to bits. The Japanese had also dropped bombs on the Philippines, and my grandfather's once beautiful and fresh citrus farm was now a pile of rubble and dirt. It was the first time my mother ever saw my grandfather cry.

With the news that the Japanese were

starting to invade the islands, he busied himself by adding more protection to the family house. Our family lived in a small town in the province of Laguna, just a few hours away from the country's capitol, Manila. Fortunately, our family's town was not too affected by the Portuguese invasion a few years before. But day after day, my grandfather would wait for news of the Japanese. He feared invasion and not being able to protect his family.

The Japanese were fierce, and strong. Before long, they had forced the Philippine government into exile. Along with the rest of the nation, my grandfather lost hope. The Philippine culture was so important to him, as it was with the rest of the citizens of the country. They were a proud people, and they were a people that prioritized their individuality.

There was a rejoicing and no small amount of relief when the Philippines realized that the United States was fighting on their side. Together, the Philippines and the United States succeeded in forcing the Japanese out of the country.

My grandfather taught my mother the importance of becoming a strong, kind, and caring individual. She idol-

ized him and despite the fact that he was unable to fight directly in the war, he was her hero. He lived a life filled with an unconditional kindness towards the troops, no matter the side on which they fought. He provided food and money although he had very little to give to begin with.

Because of him, my mother was able to appreciate the sacrifices soldiers make to honor their country and to protect the people and their freedoms with their lives. When she came to the United States, she often prayed for the unknown soldiers buried in DC. The ones who were never identified, and who had no one visiting them.

The fact that soldiers are brave enough to sacrifice their own lives for the people of their country, people that they will probably never meet, is incredibly courageous and oftentimes sadly under appreciated.

This month, I'd like to remind you of the valiant and fearless efforts that soldiers make fighting wars to protect our lives and freedom. It is too often that I hear of a veteran left on the street or treated less than they deserve. Without second thought, these men and women were willing to give up their lives

for the honor, dignity, and safety of the own people. And while I'd love to go on more about how important and wonderful soldiers are, I do not believe anything I write will do their sacrifices justice. So, I would like to end this article with a prayer written by Lewis Millet.

"I have fought when others feared to serve. I have gone where others failed to go. I've lost friends in war and strife, Who valued Duty more than love of life.

I have shared the comradeship of pain. I have searched the lands for men that we have lost. I have sons who served this land of liberty, Who would fight to see that other stricken lands are free.

I have seen the weak forsake humanity. I have heard the traitors praise our enemy. I've seen challenged men become even bolder, I've seen the Duty, Honor, Sacrifice of the Soldier.

Now I understand the meaning of our lives, The loss of comrades not so very long ago. So to you who have answered duties siren call, May God bless you my son, may God bless you all."

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

Junior Year

The forgotten war

Michael Kenney Jr.
MSMU Class of 2019

January 23, 1951: They say this war, like all others, is a spillover from the last. But I'm not too certain about that. I've thought about it a lot but that's not what keeps me awake tonight. I can't stop thinking about how we're finally here. I've tried nearly everything to still my nerves and get some form of sleep, but alas, all has proven unsuccessful.

I finally decide to creep over and snatch the newspaper lying beside Martin's rack. Maybe reading will tire me out. The paper's front headline screams in big, block lettering: Boy Takes Contentious National Spelling Bee Title. It's meaningless to me, but I suppose it must have meaning for others. Why else would it be on the front cover? I skim through the article not because it interests me, but because I can't sleep, and I hope reading will do the trick. An 11 year old boy won the National Spelling Bee by correctly spelling the word "halcyon," which as a noun means a tropical Asian kingfisher and as an adjective denotes an idyllically happy and peaceful time in the past. Though particular words were randomly selected and administered from a pool of possibilities, critics contend that the 11-year-old boy from Los Angeles was given substantially less difficult words than the runner up, and thus, called into question the validity of the random process. Shouldn't everything be calculated? Shouldn't everything be fair? It would make sense.

I slip the paper back near Martin's

rack, curl back beneath my blanket, and try to shut my eyes. But I can't. I'm not sure how the others can. In too few hours we will land someplace I can't pronounce to do whatever it is we do here. I'm not entirely sure, if I'm being honest. My thoughts about the unknown keep me awake. I begin to wonder about the inevitably less troublesome thoughts that swirl about the heads of my sleeping comrades. They're a random bunch. Martin, he was an accountant for 18 years, not a soldier. Maybe he's dreaming about sitting on piles and piles of money, about the spoils of war he can win in a few days, how this war effects the stock he bought way back when. The man in the rack above him, George, he is not any sort of soldier either. Married three times and woke up one day and thought of why not join the war effort. Maybe he dreams about his kids or of falling madly in love with a Korean woman in a few days. Don says he's 18 and has convinced no one, but Uncle Sam. No one knows much about him, other than the fact that this is his first rodeo. Maybe he dreams about holding a rifle for the first time and becoming a man. There's only one real soldier here, and even sometimes I question if he's here entirely for "the Great Cause." Could he just love carnage? Or perhaps he wants reparation from something he did in the last war. Maybe he's got nothing better to do. Who knows? Everyone is here for their own reason. I'm neither entirely sure how I got here in the first place nor could I adequately describe the objectives of our war. Certainly, we hope to contain communism, whatever that is, but then what? Do we just go home

happily ever after? Start new careers and join right back in with our families? And what if none of that happens? What if everything turns for the worst...? No. I stop this thought upon its conception.

I stop thinking about the thoughts that have kept me tossing and turning for weeks. I drift back to the newspaper article. Halcyon. How do you even pronounce that? Halcyon, halcyon, halcyon. I wonder if halcyons look different than regular American kingfishers. I suppose I'll find out soon enough. And boy oh boy it also has a random adjectival definition: an idyllically happy and peaceful time period in the past. I bet I'll hear a lot of that in a few days too.

I don't really think they should change the rules. Sure, the runner up didn't have such great luck, but that's life. Life's all about throwing random bits of good and bad and not bothering to wait as you readjust to the new state of things. You've got to learn and learn fast because sooner or later the penny drops and everything comes at you in one definite stroke. Sometimes you lose and sometimes you win. But you'll always have bad luck. Think of the citizens in South Korea. Think of the midshipmen on this boat!

I'm quite frankly impressed by my ability to come full circle and conflate a stupid spelling bee to the deep thoughts that provoked me earlier. I get up and accept the fact that I won't sleep tonight. I walk to the bathroom and rinse my face off. As I pat my face dry with my shirt, I decide that I can consider my correlation between my anxieties and halcyons to my own advantage. When I become fearful of the unknown, I'll think about the idyllic experiences I've had. When I see the bird, I'll think of it as a place-

holder for the bald eagle and a representation of the universal right to freedom. When I fail, I'll think of the advice I'd tell the runner up, that life sometimes is a lot of "random," but resilience is key. This plan already proves to be tremendously rewarding. For some reason, without even knowing exactly what problems I will face in Korea

or why I'm even fighting, I've just decided how I will cope with the unknowns, my fears, and my anxieties: halcyon. This revelation puts me at tremendous ease, and finally, I can fall asleep for a few hours.

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

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INDEPENDENCE DAY

Senior Year

Before and after

Sarah Muir
MSMU Class of 2018

“Who were you before the war?” asks a young boy. He is young enough that the war has become a fireside story; simple black and white with a golden valor lining. The battles have become factual signposts and the bloodshed, merely statistics. Since then there has been a tense peace, a settled anger felt only by the ones old enough to remember and headstrong enough to hold on to those grudges.

He was a farmer, he tells him, born and raised alongside his brothers in some rural part of Northern Kentucky. He tells the boy of a rosy, wholesome, youth with the smell of hyacinths across a garden and tufts of loose cotton bouncing away on the breeze. Halfway through, he convinces himself that this was someone else’s history; a history that did not end with one brother dead and the other two stubbornly pulling away in opposite directions. He does not tell the boy about how the flash of the musket blinds you for a few seconds, or what it

feels like to have waded through mud and blood and hope you do not come face to face with kinsfolk on the other side of the enemy line, or how it felt when you did. He never told the boy about what the world was like without anesthesia or what it feels like to have an itch in a leg that is impossible to scratch.

“Who were you before the war?” It’s a young girl that asks him and he could remember a bright past where a little boy had the same curiosity. He wonders if he was as young as the little girl asking him or if he looks as old as the man from a life time ago. At first, he does not know what to say, but he answers her, of course, keeping it simple. He worked at a little hardware store nestled between a corner grocery and a flower shop. He remembered hearing folks complain when the prices pitched up. He tells the little girl about the poster calling men to take up arms, the pull to serve his country and travel abroad. How the siren song of duty and honor washed over him and a great many others. Some of his friends joined, he tells her, and they mostly came back home, more or less. He

doesn’t tell her about the walls made of mud, between which puddled water and far less pleasant things. He never spoke of the flash of a gold clock, the sound of the charge, the mad fury of man-made hail, or the frustration of gaining an inch of ground a month. He doesn’t tell her about the newer and cleverer ways men killed each other, how the shockwave runs through your body like some invisible creature, and why he still flinches when a car backfires.

“Who were you before the war?” Asks her daughter at bed time. She had talked of little else since she read a chapter on it in class and her mother had to hold back some of her amazement at the fact they managed to cut it down to just one chapter. She supposes she was just a teenage girl in high-school, the future then was optimistic and so far away. But that was such a long time ago when the war was a separate entity, wreaking havoc on only a few pages and paragraphs in her father’s newspaper. She remembers the stamps and the cook books with rationed recipes and the complaints at these inconveniences shared between friends. Then she remembered the day the war came far too close. She talks about the walls of posters the WANTED ads in the

newspaper. She tells her daughter of the rivets, machines, and war effort; of the feeling of needing to do more and of the Woman’s Army Corps. She briefly mentions becoming a nurse and leaves it there. She does not talk about the sound a bomb makes when it strikes too close for comfort or what a fifteen hour straight run in the hospital as heavy casualties flood what makes do as a hospital. She never tells her daughter of the chaos, the cries of desperate, frightened people, the fetid smell of wounded, or why her hands shake a bit when she passes by a memorial or why she saves even the smallest morsel of food.

The next time her daughter hears that question, is at a commemoration ceremony honoring those who served and those whose lives were lost in the Korean War. She knows her father’s name is somewhere and she is relieved that at least now she has somewhere to go and place flowers. She overhears a reporter ask a veteran the same question she asked years ago. She doesn’t listen to the reply, trying to think of who she was before the war and is shocked that she cannot remember. What she does recall is the nuclear drills in school and wondering how a desk was going to help. She remembers commercials

on the television enticing people to buy war bonds and the argument her parents had before her father enlisted; the knock on the door a year later with the news that he was missing in action. The reporter has moved on to ask his questions elsewhere and she overhears a small voice ask, “Would you do it again?” She hears him reply the same way her mother did “For you? Yes.”

When you look back at history there are always points in which the world changes. Moments after which there is no turning back to how things used to be; a definitive before and after. War, or moments of extreme violence create this definition and such moments bring out the best and worse in humanity. This July marks The United States of America’s 241 anniversary of our independence. Since then, we have lived and survived through many of these moments and we owe this to the men and women who have sacrificed their lives and livelihood to protect the people of this country. I am, along with so many others that owe you for protecting our freedom, forever grateful for your service and wish you a Happy Fourth of July.

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

The Graduate

Petersburg 1865

Leeanne Leary
MSMU Class of 2017

“During the Civil War, Ulysses S. Grant’s Army of the Potomac and Robert E. Lee’s Army of Northern Virginia collide for the last time as the first wave of Union troops attacks Petersburg, a vital Southern rail center 23 miles south of the Confederate capital of Richmond, Virginia. The two massive armies would not become disengaged until April 9, 1865, when Lee surrendered and his men went home” (History.com).

Normally, I’m the first one up.

Normally, I stir before daylight, my body responds to the temperature rising, and normally I have time to sit up and just look around before my battles start to toss around and groan about the rising sun.

Today I woke sharply as I felt my buddy’s hand rock my shoulder back and forth: “Hey, Carter, get up,” he shouted through a whisper, “they’re here again.”

There is no way I slept through the sunrise or stand-to, I thought, as I opened my eyes slowly and most unsure. It was still dark outside; the stars still hanging in the sky.

“They’re here early today,” I thought as I flipped onto my stomach and pulled myself up. About 35 seconds later, my sack was stuffed into my ruck and I was pulling on my Kevlar helmet. I turned to my right and counted, “one, two, three guys – all mine.” I turned to my left and found my squad leader. I called to him, “Alpha is all good, ready to move.”

Eighty-five seconds later and the squad was ready. We knew the plan. The last few months had

been the same, from morning to night, they just got here early this morning. I started out, slightly crouched, and made my way through the hatchery, nine guys followed me. We were ready.

Day in and day out nothing had changed much, I didn’t really expect today to be any different.

I heard the crack of the stick breaking under my left foot before I heard the loud bang of the artillery off in the distance – it meant go time.

For the last three months we spent every morning at the hands of their artillery. They shot past us, around us, and fifty feet in front of us, but somehow, so far, we had zero casualties. The companies to our left and rear have each taken some, but we have somehow slipped by – today would be no different.

My mind flipped quickly from routine to reaction as I scanned the face of Brown, who stood right behind me. He reached out and grabbed my forearm, “Sergeant,” he whispered, “that was close.”

“I know,” I answered quickly as I turned to count once again, “one, two three...”

Another bang went off, this time closer. I have no way of telling where they are landing through these wood lines, but closer was my best guess.

I turned back around and started pointing, my mind at this moment is working.

Where are the closest known friendly elements?

Where is my squad leader?

Where do my guys need to go?

Will the next bang be closer?

“Okay, be productive.”

How much closer was the last one?

Can we exfil at 180 degrees?

I don’t see any enemy in uniform

I’m not paired with any artillery or heavy weapons, I’m out here with nine guys walking and feeling like an exposed nerve.

As the recon team, our job is to evaluate the area, examine any suspected enemy activity, remain invisible; nothing, but undetectable ghosts and shadows – that’s really all there is to it.

However, with the crack of every branch I step on I’m breaking one of the few rules, and in so doing, I risk the lives of all nine of these my unit. At this moment, I know I need to move closer. I have answers to zero of my questions and though I only paused for 60 seconds, it’s feeling like a break that will never end. Before pushing forward, I looked back and see my guys looking restless, but ready to go. I sighed the smallest sigh before once again pushing myself up and pulling my Kevlar helmet forward on my head.

“Let’s go,” I waved my left arm forward. In the few milliseconds, it took to turn my head back around I knew I had to turn my focus back on – watch my step, ears open, eyes peeled, head on a swivel. I have one job.

The next bang came then, and it hit close.

Before I could turn to count I heard another – “Get down!” I heard someone else shout for me.

I fell to the ground and rolled over to count, “One. Two. Three...” then it’s all good. Well, here at least.

They all looked at me with varying expressions, the most common being carefully veiled fear. But they all looked to me for answers I didn’t know.

“Get it together,” I scolded myself, and seven seconds later I was setting up a security formation and

moving around to find my squad leader.

We returned later that day as lucky as we left. All fine and all together. Seven seconds of hesitation and a crack of a branch could have changed all of that, and I’m feeling much luckier than the rest.

Tomorrow will be more of the

same, but tomorrow I will have to be smarter, quicker, and better. Strange, though, because as the days drag on I feel slower, less able. I don’t even know what side I’m fighting for anymore.

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



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FASHION

How to dress like a fashionista

Valerie McPhail
MSMU Class of 2015

As the sun beats on the fashionable pockets of town, the Meatpacking District, Tribeca and the West Side's Skylight Clarkson Studios herald Men's New York Fashion Week later this month amid the latest European fashions found during Resort Fashion week. In a city filled with creative expression, New York City fosters those devoted to statements, fashion included. Exaggerated characteristics of design further a fashionista's aficionado for fashion and excitement for style, also their expression of self communicated through fashion.

Primary definitions of the term defined someone as one who observes fashion ideals among a crowd. In my college days, a fashionista could be spotted easily on campus – Fashionistas in metallic skirts hugged biology books and Socrates texts in oversized designer monogrammed tote bags, as Fashionistas sported messen-

ger bags while it was the go-to accessory during the current men's runway season. As fashion has claimed greater influence over culture in recent years, the definition of a Fashionista/o has escalated to refer to those exaggerated in dress. From the runway to reality, Fashionistas never hide from expressing their passion for fashion.

Often times exaggerated, flamboyant and attention-seeking, setting the precedent of appearance, Fashionistas are bold, fierce and fearless in their presence. To acknowledge, or even test such tactics in this summer's resortwear season requires the admiration for the trends that characterize the current resort runway season as foundation for fashionable dressing. Let the themes of sporty style, party prints and razzing ruffles guide statements of the season.

This 2017 season, the dress is the staple of resortwear fashion. A classic statement of design, the dress transitions between accents including sportswear, juxtaposed prints and

amplified ornamentation as an image of summer fashion for days at the beach, backyard BBQs and Fourth of July boardwalk celebrations – essentially wherever you find yourself this summer. Definitely, without further questions the following trends will keep the fashion focused in extravagance and style.

Sporty style

Varsity styled high school throwbacks and exotic, illustrated bomber jackets, track pants and flexible knitwear are the key pieces treasured among the athleisure – athletic wear trends. A full length dress, for example, as offered in Rosetta Getty's coveted multicolored extravaganza of rainbow-stripes. The colors captured the sunbeam of summer – a kaleidoscope of cheerful color, as the nature of design offers room for comfort. French fashion house, Balmain continues the trend of sporty knitwear with a rainbow colored knit dress. Resembling connotations to a bathing suit cover-up, however not as casual, this design sleeks into a special occasion evening dress by default of its gold-link trimmed details. Such style keeps a sporty style accessible, and never too casual.

Party prints

This includes an assortment of tropical wild flowers printed on dress designs from Giambattista Valli, Gucci and Sonia Rykiel. The print makes a comeback without much of a surprise once again this season.

Other prints including patchwork from Fendi: a full length printed dress decorated with a variety of red and white prints resembling a quilt. Patches including paid, kaleidoscope diamonds and chainlink patterns personify the character of costume dressing,



Calvin Klein modernizes the polka dotted print with deep cuts and sleek style for Resort 2017.

common to Fashionista style. The storytelling of folklore prints are among the humble styles presented this season. As all Fashionistas have a story to tell, the traditional prints that mark this dress carry novel of tales to share.

Somewhat ahead of the season is CFDA, Council of Fashion Designers of America, Rose Assolulin's plaid printed ensemble showcased in her Resort 2017 Collection. The New York Designer's fall toned two top design – a ruffled sleeved top and A-line skirt of colors including burnt orange, brown and mustard yellow romances the summer sunsets. This print is relaxed, unassuming yet paired with an exciting design forever undeniably striking at first sight.

Discotheque party dresses from the collections of Altuzarra and Carven – both French inspired labels celebrated fashion with contrasting prints on dresses. Altuzarra's asymmetrical dress of pastel pink, lavender and gold ac-

cented flowers created a look dressed up for the occasion, as Carven's sportswear inspired dress – a mix between a knit wear tank top and tulle ruffled skirt patchworked with an assortment of prints shows off a mish mash of prints in a fun, flirty fashion.

In contrast from the high fashion risks is found a classic black and white polka dotted print circa 1970s from Oscar de la Renta's Resort collection. A magenta pink belt accented the double tiered – high low dress of the classic print, creating a stable standard for those looking to traditional summer attire. Calvin Klein modernized the tradition with a sleek long bell sleeved dress. Although different in their forms of expression a polka dotted dress never shies for strong-willed expression. Historically it is referenced as a print worn by women with opinions and fearless attitudes that share their beliefs. As bold as the summer sun, the polka dotted print presents a strong voice in fashion.

Razzing ruffles

Rochas, a French fashion house originally marketed as a perfume label in 1925, has since become a reference of smart, stylish and elegance. Among the lacy accents and floral dresses showcased for Resort 2017, the brand too offered a thin strap spaghetti dress of pure purple fashion-forward ruffles and a traditional-like brooch-resembling bow. The monotone purple dress decorated with multiple tiers of ruffles created an outfit best defines a modern consideration of a Fashionista. That is, with elegance and attention to how the stylish process fashion into every day dress. Ruffle accents could possible become the next flower craze. They materialize meanings of cute, playful and iconic into a statement that characterizes forms of dress.

Playful prints, ruffles and athleisure accents: these are the fundamental characteristics within design that dictate the 2017 Resort Collections. It goes without saying that fashion empowers the person making a statement. With courage and confidence in design and aesthetic, Fashionistas broadcast style out from the trends.

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



Fendi features traditional prints through a quilt-like printed dress.

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COMMUNITY NOTES

Farmers Markets

Where people matter

Hillary Rothrock

Social media has brought us both closer together and yearning for authentic connection. Farmers markets and flea markets are the last real social shopping experiences left in America. Mega-corporations and big box stores have put many smaller family-owned stores out of business. Mom and Pop shop's saving grace has been the ability to intimately connect with their patrons on a level no box store has been able to recreate. The perfect venue for small shops and their customers to connect is their local farmers market. The space is strictly reserved for only businesses that have handcrafted, homemade, or homegrown goods. Open-air markets are a travel destination for tourists and locals are eager to experience everything their community has to offer them.

Lancaster, Pennsylvania runs the nation's oldest year-round farmers market. Typically packed to the gills, it's a

mainstay for the city residents and area businesses. Hillary Rothrock, owner of J. Rothrock Outfitters, moved here from Lancaster City several years ago and knows just how indispensable and important the local farmers market can be for restaurants and other small family owned and run businesses, especially those just trying to get off the ground. Hillary was a frequent patron of the Lancaster Central Market and made friends with area small business owners that set up there. So this year, she has taken on the task of improving her neighborhood market, the Thurmont Farmers Market.

Hillary started out as a Thurmont Farmers Market vendor three seasons ago with a tiny card table under a large pop-up. She sold her handcrafted ecofriendly soy candles, essential oil blends, and all natural body butters made from raw organic ingredients. Patrons were cheerful and chatty, their questions and feedback helped her to grow and expand her products and develop ideas which eventually led

to her opening her new store on East Main Street in Thurmont. Shoppers have more of an impact in improving their communities by frequenting the small businesses that gather at market each week. Their support and feedback provided the funding and ideas that helped a new business open, one that sponsored a local Little League team and assists the local scouting community. Never underestimate the power you hold when you shop at your local market. Every small purchase can have a lasting impact in your community, sometimes realized 3 or more years down the road.

As Thurmont Farmers Market chair, Mrs. Rothrock has booked live musicians for most Saturday mornings and is continuing to seek local food vendors and artisans to expand the experience for market goers. In June, Frederick native singer-songwriter John Lawton opened things up. John's eclectic folk-funk style combined with his relatable lyrics has won him fans in many states. Thurmont was no different. He will be returning July 29, August 19, and September 23rd for the last market day.



Thurmont's Farmers Market offers a variety of local produce, wares and even entertainment, such as local musician John Lawton.

At the most recent market, dynamic duo Abigail and Eric Selby entertained shoppers with harp and drum music. Abigail stated afterwards "We enjoyed playing, such a lovely town vibe." They will return August 26th and September 2nd. Thurmont will also welcome Michael Warner, a solo acoustic musician from Frederick and Debra Guy, a singer-songwriter from Virginia over the next 2 months.

No matter how great a product is, our modern busy lives don't always allow time for multiple stops and trying a new product is always a risk. Frequenting a local market is a pleasant way to avoid all the traffic (one-stop-shop), sample local wares, and provides you an opportunity to ask the grower or maker any questions you may have. You never know who you may inspire or what positive change you may have on your community.

If you've never experienced a Farmers Market or haven't been in a while, the local Farmers Markets invite you to give it a try! We hope to see you soon! You just may discover or re-discover a favorite product of yours! Thurmont's market is held every Saturday morning from 9am to Noon in the Municipal Parking Lot behind the PNC Bank on East Main Street.

For a complete schedule of musician dates check out the Thurmont Main Street page on Facebook (www.facebook.com/ThurmontFirst).

To apply to become a vendor at the Thurmont Farmers Market, you can contact Hillary Rothrock at ThurmontFarmersMarket@gmail.com or stop into her shop Thursdays through Mondays until 6 p.m. at 3 East Main Street in Thurmont.



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VHC member receives top state-level award

Vigilant Hose Company Member, Elyssa Cool, was awarded the prestigious Silver Spring Fire Prevention Trophy on June 20th during the 125th Anniversary Conference and Convention of the Maryland State Firemen's Association in Ocean City. The award is the highest Fire/Rescue prevention-related recognition in the State of Maryland and is presented each year at the MSFA Annual Convention to an individual who does the most in fire prevention for

his/her community.

The award is for an individual effort rather than a group or department effort. Commenting on the award, VHC President Frank Davis said, "We are very proud of Elyssa and her great work helping our community and neighboring communities with safety messaging and presentations. She enjoys the support of our entire organization as she helps our personnel to successfully reach out to the public with numerous year-round fire and life safety initiatives."



Mike Fitzgerald 7/2/1930 - 2/28/2016

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ARTS

Majestic announces '17-'18 season

Gettysburg College's Majestic Theater hopes to "rock your world" of entertainment with its 2017-2018 Celebrity Season. "Every year I try to book a line-up of shows featuring popular headliners, as well as introducing the stars of tomorrow," said Jeffrey W. Gabel, the Majestic's Founding Executive Director.

The season kicks off with one of THE hottest concert tickets in America, Lake Street Dive on Tuesday, July 11. 'Lake Street Dive' is a multi-genre, jazzy-pop, millennial band from Boston," remarked Gabel, "who sold out 42 shows in 2016 including two sold-out shows at the 6,000 seat Radio City Music Hall in New York City." They were also invited to play at the White House and headlined on "A Prairie Home Companion."

Next, it's time to kick up your kilts with The Red Hot Chili Pipers on Tuesday, September 26, a blazing bag-rock concert so hot, it carries its own health warning! The Red Hot Chili Pipers are a unique fusion of rock music and bagpipes who play clever covers of popular songs from all genres like "The Flowers of Scotland" and "Amazing Grace" to contemporary anthems like Queen's "We Will Rock You."

On Friday, October 13, the world-famous Vienna Boys Choir graces the historic Majestic stage with their angelic voices. The choir has been delighting music lovers around the world for six centuries with their purity of tone, distinctive charm and diverse, crowd pleasing songs. The choir's diverse repertoire includes everything from medieval motets to classi-

cal songs, playful waltzes and polkas and contemporary Broadway hits.

The Majestic salutes the enduring power and popularity of American folk music with The Lonesome Traveler on Friday, November 10. This stirring concert version of the acclaimed Off-Broadway musical features the music of great folk artists including Woody Guthrie, Gordon Lightfoot, Peter, Paul and Mary, Bob Dylan, The Byrds, Donovan, Cat Stevens, Don McClean, James Taylor, Van Morrison with a special tribute to the late Leonard Cohen.

Celebrate the power of love on Sunday, February 18, with the legendary rock & roll diva, Darlene Love, the roof-raising voice behind the 1960s hits "He's a Rebel" and the holiday classic "Christmas (Baby Please Come Home)." Love provided back-up vocals for numerous timeless singles including "Johnny Angel," "You've Lost that Lovin' Feeling" and "Baby, I Need Your Loving." It's no wonder The New York Times raved, "Darlene Love's thunderbolt voice is as embedded in the history of rock and roll as Eric Clapton's guitar or Bob Dylan's lyrics." A limited number of VIP tickets will be available which includes premium seating, a pre-show meet and greet with the artist and a special screening of her Oscar winning documentary "Twenty Feet from Stardom" on Valentine's Day.

Saddle up for an acrobatic extravaganza set in the Old West when the amazing athletic artists of Cirque Eloize present "Saloon" on Wednesday, March 7. The show features

a musical score of songs by Patsy Cline and Johnny Cash. Cirque Éloize (pronounced El-o-wahz) is the world-famous, Montreal-based company which has been at the forefront of the circus arts renewal since 1993.

Celebrate St. Patrick's Day with Dublin Irish Dance on Sunday, March 18. An all-star cast of world champion Irish step dancers, vocalists and instrumentalists who have performed throughout the world with Riverdance, Michael Flatley's Lord of the Dance, and Celtic Woman. The show brings to life the epic tale of Celtic culture with a gala celebration of Irish music and dance

And finally, bring the whole family to see My Father's Dragon by Enchantment Theater Co. of Philadelphia on Sunday, April 15. My Father's Dragon is the beloved children's novel by Ruth Stiles Gannett about a young boy, Elmer Elevator, who runs away to Wild Island to rescue a baby Dragon. Both a Newbery Honor Book and an American Library Association



The Lonesome Traveler

Notable Book, Enchantment Theater's production is in collaboration with the author and in celebration of the book's 70th anniversary.

Three additional shows include legendary singer-songwriter Graham Nash, a two-time Rock and Roll Hall of Fame inductee—with Crosby, Stills, and Nash and also a Grammy Award winner who will appear on Tuesday, July 25. And on Saturday, September 23, at the Capitol Steps will be returning to the Majestic as a fundraising event presented by the Gettysburg

Rotary Club. And finally, A Christmas Carol returns to the Majestic for the 3rd year in a row with 12 shows from December 8 – 17.

Tickets can be purchased starting June 9th for Majestic Members and June 16th at 12 noon for the General Public online at gettysburgmajestic.org, by calling 717-337-8200, or stopping by the Box Office, 25 Carlisle Street, Gettysburg. The Box Office is open Monday through Saturday from Noon until 7:30 p.m. and on Sunday from 1 to 5 p.m.

Voice from the past!

Gettysburg Community Theatre will present Civil War Voices weekends July 14-30. This 'first time fully staged in Gettysburg musical' will feature a cast of local singer/actors along with music direction from Vanessa Rice who will also accompany at the Piano with Linda Winters on Violin. Under the stage direction of local professor and theatre director/performer George Muschamp, and choreographed by Marilyn Lopes, Civil War Voices is tender and intimate and tells the true stories of five individuals, including a pair of separated lovers from Texas, a freed slave employed by Mary Todd Lincoln at The White House, and a Northern teacher who decides to fight for his country and then became a national war hero at the battle of Gettysburg, and accepted the Confederate

surrender at Appomattox. The play, written by James R. Harris and featuring musical arrangements by Mark Hayes, chronicles the effect that the war had on their lives.

"I have tried to capture the real people, the real songs, and ultimately the real heart of a country divided," Harris says. "These are stories you will not find in history books."

Harris started working on the project many years ago when he found a diary from his great-great uncle, who wrote about the war. He began giving talks about the diary, ending with a plea for reconciliation, healing and forgiveness. Later, he added in music from the Civil War period as he read the final diary entry. When Harris looked up, he saw that several audience members had been moved to tears. That

gave him the idea to combine true stories of the Civil War with original arrangements of songs from the period. By using actual letters, diaries and memoirs, Harris put together the stories of five people from across the country on both sides of the war.

The composer chosen to arrange the music is Mark Hayes, an award-winning concert pianist who has more than 700 published works to his credit. He is a recurring recipient of the Standard Award from ASCAP, the American Society for Composers, Authors & Publishers and also won the Dove Award from the Gospel Music Association.

Songs in the production include "Battle Hymn of the Republic," "Amazing Grace," "When Johnny Comes Marching Home" and "Sometimes I Feel Like A Motherless Child."

Civil War Voices premiered at the 2010 Midtown International Theatre Festival in New York City, where it was presented the Best Production of a Musical award. It has now been published, and Gettysburg Community Theatre is proud to produce a fully staged production of this script for its first time here in Gettysburg, after many productions across the country including Savannah, Georgia, Virginia's Barter Theatre, Orlando, Florida, Lincoln, Nebraska, and a national tour.

Civil War Voices will perform at GCT weekends July 14-30, Fridays and Saturdays at 7 p.m. and Saturdays and Sunday matinees at 2 p.m. \$18 plus tax/fees reserved seating tickets are available in advance online or via phone.

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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New murals in Thurmont

Jack Williams
MSMU Class of 2016

There are a lot of things to love about our area: the forestry, the community, the passion for historical preservation, and most visibly, the beautiful architecture of the small towns that read this publication. For the past several years, Thurmont has taken on several public art projects, headed and created by Yemi Fagbohun, to display Thurmont's history through a mural on Main Street. The final phase of the project has been announced, with some interesting details that will be worth another visit to Thurmont!

The first phase of the project began in 2013, when the Thurmont Lions Club approached the town of Thurmont regarding a potential art project to "beautify the town." It was not the first public effort undertaken by the Thurmont Lions Club to aesthetically improve the town. In 2006, after extensive fundraising and approval by Thurmont, the Lions Club began refurbishing the old trolley track into a beautiful and accessible hiking trail complete with stabilized stream banks, four bridges and a mile-long graded biking and walking path.

The original plan for the mural was to create an image showcasing Thurmont's history as the last stop on the trolley line from the city of Frederick. This was unveiled in 2013, and was commissioned to Yemi Fagbohun.

Yemi was born in Nigeria, the son of a tailor and a wedding dressmaker. He moved to New York City to attend the Pratt Institute, where he studied Fine Arts and Communication Design. His portfolio is as impressive as it is diverse, having illustrated children's books, designed postage stamps for over six countries, created plaques and figurines, and painted a number of murals that can be found throughout Frederick County. The city of Frederick commissioned him for The Pillars of Frederick, one of the largest murals in the state of Maryland. He has made appearances in Time Magazine, The Washington Post, and Newsweek magazine. One resident, commenting on a mural in a WHAG news report, said of Yemi, "I think everyone here knows Yemi. Yemi is like a national star that stays in Frederick."

Having lived in New York City, taking part in the artistic hub of Brooklyn, one may wonder why Yemi chose to stake his claim in Frederick County! But after speaking with him for this piece, it became clear very quickly that Yemi takes considerable pride in our community. "I really appreciate the beauty and peace that I feel here," he said, "Thurmont is the kind of place I used to visit to refresh myself when I lived in NYC! There is a lot to love here, and my plan for the mural is to highlight those things that make Thurmont a great place to visit, thereby showing viewers of the art what we residents know."

In particular, Yemi believes "the mountains, the waterfall, the beach, the trees, the hiking, the biking, the swimming, the fishing, the camping" fuel his artistic pursuits, and im-

bue a feeling of pride in living in such a lovely area. In the same piece with WHAG news, Yemi expressed his intent on making Frederick County the artistic hub of the United States, "You build a brand one brick at a time... This is a way of doing that. I want this town to be like Venice, in fact all of Frederick County, to be the Venice of America."

Yemi was the mind behind the first mural, and many others that have since been commissioned. He created five additional murals in Thurmont, including Loy's Station Bridge, Historic Buildings, and Area Attractions. These five murals were the second phase of the project, and were made possible through the efforts of the Lions Club and very generous donations from the public.

The third phase of the project is already underway, and fundraising has already begun! The subject of the third phase will be significant historical events in Thurmont, as well as stenciled outlines of our Presidents. These outlines consist of those Presidents who have visited Camp David, located in the Catoctin Mountain Park.

Camp David, the presidential retreat center, has been used by every President since Franklin Delano Roosevelt, who converted the base from its original purpose as a camp for federal agents and their families. The mural will include each president since Roosevelt, including Pres-

ident Trump who visited Camp David in June, and will leave space available for future presidents who visit the Camp. Yemi is planning to hire students from Catoctin High School to help paint the stencils. Depending on the speed of achieving fundraising needs, the mural could be unveiled as early as next spring.

There was one thing that Yemi said that resonated with me in particular, "Community pride, I feel that we should shout our pride in our community." This is my last article as the arts reporter for the newspaper. There are so many people I have to thank for this amazing experience; Michael Hillman has had my back from the very beginning, helping to point me in the right direction and giving me lots of wiggle room to write about some topics that I thought were worth sharing! Oh, and his job is really interesting, could listen to him talk about it all day. Angela Smith, managing editor, is just as supportive and helpful as Michael, and the rest of our staff were as friendly and kind as they appear in print. It was a pleasure to write for a newspaper that fosters so much growth in everyone who writes for it.

But most of all, I am thankful for you guys, the community I had the pleasure to write for. Whether it was the artists and organizers I spoke with, or anyone reading along to find out what was news in town this



Local superstar Yemi Fagbohun is the artist and mastermind behind the Main Street mural.

month. I believe a newspaper can only be successful if it has a welcoming and supportive readership, and we're blessed to have that here. From political editorials to Four Years At The Mount to our news reporters, we receive nothing but support from you all, and we really couldn't be more grateful for it.

There is this famous quote attributed to Pablo Picasso that says, "Every child is an artist. The problem is how to remain an artist when he or she grows up." If there was one torch I hope I carried as the arts reporter, it's that there are plenty of people around here who seem to have solved this problem. There is so much art activity going on here, and it's something we

should continue to cherish.

As Yemi said, we should shout our pride in our community. There is plenty to be proud of: beautiful landscapes, the solidarity we share with one another, and the welcoming environment of our town centers. But I would like to add art appreciation to the list; strong attendance at the Art & Wine Stroll, and increasing numbers attending the Mount's Fall and Spring Mainstages. Thank you so much for reading each month, and please, don't forget to take pride in this lovely place we get to call home!

To read other articles by Jack, visit the Authors section of emmitsburg.net.

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SPORTS

Webster breaks two county records

Sean Vietri and Edison Hatter

Catoctin's Julien Webster won two titles at the 2A West Regional Outdoor Track Meet, yet was still disappointed that she didn't capture a third. Webster's 11:01.27 in the 3200 meter run and 2:20.42 in the 800 meter run were good enough to capture first place at the regional meet, but her 5:06.49 in the 1600 meter run fell just short of Middletown's Reilly Caldwell, who won with a time of 5:00.88.

The MPSSAA State Championships got underway on Thursday, May 25TH for Webster, on a cold,

rainy night at Morgan State University in Baltimore, with the 3200 meter run. The race was highly touted, featuring four girls capable of breaking eleven minutes: Hayley Jackson from Patuxent, Kelly Wesolowski from Hereford, Caldwell, and Webster. Jackson and Caldwell both got out well on the first of eight laps, but Webster overtook Caldwell early in the second lap and never looked back. Webster hit the mile mark in 5:19, but was eleven seconds behind Jackson, who came through in 5:08. Jackson continued to dominate the race, winning the 2A State Championship

in a record time of 10:21.73. Not far behind, Webster finished second in 10:37.35, for a Frederick County Record in the event. Both Wesolowski (3RD) and Caldwell (4TH) finished well behind Webster. Moments after the race, the rain intensified and the rest of the day's events had to be postponed. Webster said that she was "very relieved" to have raced before the rain.

On Saturday, schools from all four classifications (1A, 2A, 3A, and 4A) descended upon Baltimore again for the final day of the state meet. The day began in the late morning sun for Webster with the 1600 meter run. Once again, Jackson, Caldwell, Wesolowski, and Webster were considered the favorites for the event. Webster had one goal coming into the outdoor season: to break five minutes in the mile. In Frederick County, no girl has broken five minutes since records began being kept online in the year 2000. Stephanie Bryan of Governor Thomas Johnson High School has come the closest, running 5:00.65 back in 2010.

It was very clear from early on that Webster wanted redemption over Caldwell from Regionals. She got out well and settled into second behind Jackson, with Caldwell well off the pace in third place. Wesolowski



The Catoctin Girls 4x800 Meter Relay team took third at States. Runners for Catoctin were: Lillie Perella, Kia Braithwaite, Rachel Waldron, and Emma Strickland. (Photo by Lois Strickland)

ki was even further behind in fourth place and was never a threat in the race. Both Jackson and Webster came through the first lap in a 73, but Jackson started to drop Webster in the second lap on her way to a 4:51, 2A State Record, mile time. Halfway home, Webster was at 2:28 and on pace for a sub-five mile. She had been on pace for a sub-five mile at the halfway point many times earlier in the year, but was unable to finish any of them. However, it was clear that she was determined

to finish this one out strong, knowing it would be the final mile she would ever run in high school. Webster ran a 76 second third lap to put her total time at 3:45, exactly on pace for a 5:00 mile. Hearing the bell signifying one lap to go, Webster took off, finishing the last lap in a 72, her fastest lap of the entire race. Her official time: 4:57.79. She had beaten Caldwell and broke Frederick County Record in the event.

The day was still not complete for



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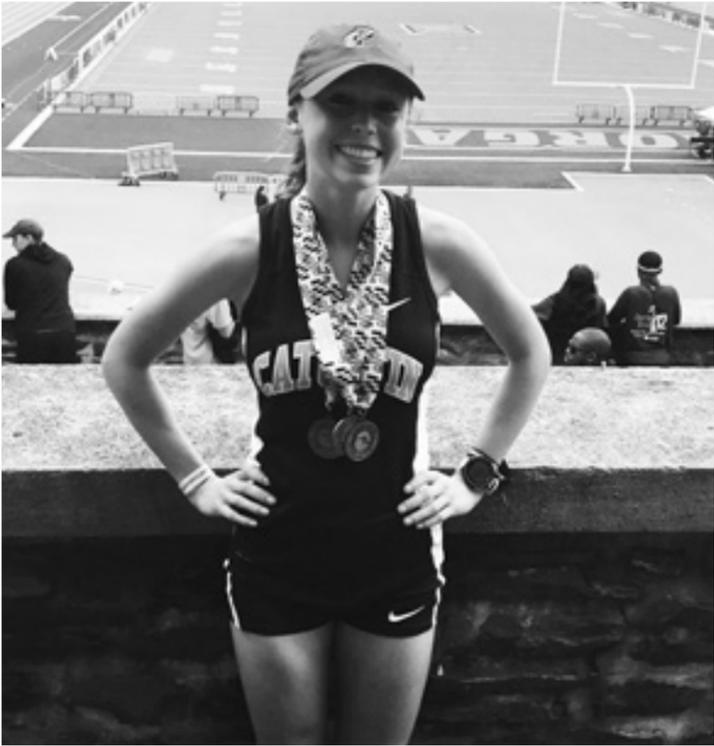


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SPORTS



Julien Webster.

Webster, as she also ran the 800 later in the day. Webster ended up running a 2:18.62 placing third, another Personal Record for her and close to the school record. The race was won once again by Jackson, in a time close to the 2A State Record. After the race, Webster said that she was, "Excited to have three new Personal Records, along with two seconds and a third at her final state meet." Additionally, she commented that she "tried to pace off Jackson. I would have liked to win, but when she's on her game, she is tough to beat." While Webster humbly commented that she would have liked to win, her times would have crowned her champ in previous years. Jackson is a phenomenal runner and is a rarity in the state. It will likely be many more years before the state of Maryland sees a distance runner as talented as Jackson. Webster's 10:37 two-mile and 4:57 mile time would have won the state meet in virtually any other year except for 2017. While the casual reader may find Webster's second place finish to be unimpressive, her times were exceptional and should have been good enough for two state titles. Nonetheless, Webster had an excellent finish to her high school running career and will continue her athletic career at Syracuse University in the fall.

Aside from Webster, who focused on individual events, the rest of the Girls Track and Field Team also competed well at the MPSSAA State Championships. The 4x800 meter relay team especially, composed of Lillie Perella, Kia Braithwaite, Rachel Waldron, and Emma Strickland, left its mark on the track. The girls, who finished second by a good bit to South Carroll in the 2A West Regional Final with a time of 10:13.30, went in to the race with more competition and consequently more drive. As the gun went off, seniors Lillie Perella and Kia Braithwaite provided leadership as they did their part in the first half of the race. After Perella put the Cougars in third place after the first 400, she ran a faster second lap, and gave Braithwaite a gap to utilize. Queen Anne's and Calvert passed Braithwaite, who had never run second leg all season, but she still put her team at five flat with half of the race to go. Waldron ran a solid leg, moving up one place in her first lap but then falling back into fifth in final 400 meters. When Strickland grabbed the baton, the Cougars were on track to finish in ten flat. Strickland ran around 73 seconds in her first lap moving up one place to fourth. In the last stretch of the race, she caught on fire and ran 70 seconds, pushing past Queen Anne's

in the straightaway to give her team third place with a time of 9:57.54. South Carroll reined over the 15 other 2A schools with a time of 9:20.22.

In the 4x400 meter relay, the Catoctin Girls also asserted themselves to the rest of Maryland. With Perella and Strickland again delivering solid splits, (around 62 seconds) the speed of the squad came from freshman Phoenix Staub, Staub ran her leg in around 60 seconds and moved up two places to take on big competition. Braithwaite closed out the race running around 64 seconds to give Catoctin fifth place out of fifteen schools with a time of 4:08.59.

While these two races were the last for Perella and Braithwaite in High School, both girls will continue their running careers at West Virginia Wesleyan and Clarion University respectively.

In individual events, Staub and Strickland both ran the 400. While in different heats they both finished with strikingly similar times; Staub ran a 1:00.08 and Strickland ran a 1:00.09. This gave them 8th and 9th place overall, considerably well as they are both only freshmen.

Strickland also ran in the 800 meter open along with Webster, and finished with a time of 2:24.17.

Staub went on to solely represent Catoctin in the 200 meter dash, finishing 10th out of 16 runners with a time of 26.77. Across the board the meet showcased a strong Catoctin Girls Team. While they tied with Oakland Mills for 7th place out of 32 teams, it is important to remem-

ber that they will be moving down to 1A for the 2018 Season. Facing more similar schools in terms of size will open up an opportunity for the girls to compete against Boonsboro and Smithsburg who took 1st and 2nd this year in 1A.

Within the week following the State Meet, the Cougars were back on the track. On the second to last day of May, the Track and Field team gathered one last time to race each other. This time however, there would be no seed times, race results, or personal records. Despite the bad weather, athletes from all four classes as well as graduates met up for a lot of fun and a little competition in an extraordinary meet. The unofficial gathering began with the 400 Meter Race/Walk. Each athlete would "run" one lap around the track, but with one rule: knees could not bend more than 90 degrees. Everyone erupted with laughter from the bleachers as they watched the wacky event. The race remained tight until Class of 2016's Keith Gasior powered through to finish with around a 9.54 second lead. The next race was a bit more serious. Senior Jack McCarthy, Junior Edison Hatter and Class of 2015's Paul Slotwinski challenged each other in the 800 meter run. Up until the last 300 meters they remained close together. McCarthy broke away and although Slotwinski gained on him with 200 meters to go, McCarthy solidified the gap in the final stretch. He finished with an unofficial time of 2:29.23. Slotwinski came in Second and Hatter in third.

The team then brought out hurdles. Rather than running a traditional 300 or 110 meter hurdle race, the Cougars settled for 200 meters. Senior sprinter Cyrus Staub took on Junior Austin Ridenour, a hurdler himself. Staub edged Ridenour and took first, and the competition between the two set a tone for the rest of the meet. In a separate heat, Freshman Noel Romero ran a similar time to Staub and Ridenour, but unofficial timing has him placing third.

In the next event, batons were switched out for bananas for a 4x50 meter relay.

In the 100 meter backwards dash Hatter took first followed by McCarthy and Slotwinski. Staub and Ridenour, far behind in the last two places still managed to race each other with Ridenour beating out Staub in the straightaway. After a regular 100-meter was raced, a 55-meter dash served as the final event. Regularly such races need a photo finish as they are so short, but this particular one needed a photo start. After Edison Hatter continually false started, his teammates left him in the dust for last place. Cyrus Staub "won" the meet, with Austin Ridenour taking second place.

On Friday June 16th Webster traveled down to Greensboro North Carolina to compete in the New Balance Nationals Outdoor at North Carolina A&T State University. She ran in the 5000 Meter Run Championship, placing 16th. Wesolowski and Caldwell also competed in the event, placing 8th and 22nd respectively.

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COMPLEMENTARY CORNER

Take wellness to a deeper level

Renee Lehman

If you have enjoyed my articles over the past, please consider joining me for the 14th annual Building Bridges of Integration for Traditional Chinese Medicine Conference. The 2017 Conference is entitled: Consciousness, Self-Discovery, and Everyday Health (highlighting self-discovery, the inner awareness that illuminates the vital link between consciousness and everyday health). It is being held September 14-17 at the Hyatt Regency, Reston, VA.

The Building Bridges Conference is America's premier educational event on body-mind-spirit healing. This is a landmark conference which has introduced conference attendees to an innovative framework that connects timeless ancient wisdom with the latest advances in modern science (quantum physics). Healthcare professionals (whether conventional, complementary, or integrative practitioners), and those with a thirst to live healthy, joyful lives will experience an unforgettable three days.

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 will use 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.

The Answer is Within

Healing 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 "innernet," not the internet! Through self-discovery, we recognize our connection to the universe and that nothing is separate.

"Truth is not something outside to be discovered, it is something inside to be realized." - Osho

"Everything is energy. Energy cannot be created or destroyed, it can only be changed from one form to another." - Albert Einstein

"Neither will they say, 'See here!' or 'See there!' For behold, the kingdom of God is within you." - Luke 17:21

Over the past 14 years, this conference has offered a revolutionary energetic framework (based in TCM) for bringing the whole person into balance and harmony. This framework views health and well-being from the angle that consciousness, self-discovery and health are deeply connected. Conference presenters show how this is possible. The sessions are thoughtfully integrated with practical information for to participants discover how to gain optimal health and enhance daily life. "Tools" are offered to support the understanding of body-mind-spirit integration for the purposes of self-discovery and healing.

How is this Conference Different?

The uniquely developed agenda purposely weaves focused workshops, Qigong practices, evening dialogues with presenters and colleagues. There are also opportunities to receive healing Life-force: Tao of Medical Qigong sessions.

The Building Bridges for TCM Conference draws our participants back year after year. It provides a way to understand how true health and wellness result from multidimensional influences of emotions and spirit. Healthcare practitioners leave this conference with tools of prevention, self-care and self-cultivation for themselves and for their patients that encompass body-mind-spirit medicine. I have been attending the conference since 2009, and have learned valuable, practical ways to support my clients as they transform their health.

Featured Speakers:

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; 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).

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 College (University) of TCM, China, and is a clinical associate professor at the State University of New York (SUNY) at Stony Brook, School of Social Welfare.

Lillian Pearl Bridges is the world's leading authority on Face Reading and Facial Diagnosis. She is credited for re-awakening Chinese Medicine to this body of ancient knowledge and introducing it to Western Medicine and Business. She has taught widely to 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.

Christine Page, MD, known as a mystical physician, has been a pioneer in the field of healthcare for over 35 years, working in particular with women. As an international speaker and gifted intuitive, she sees herself as a bridge builder whether between different modalities of wellbeing or states of consciousness. She is the author of eight books including *Frontiers of Health* and her latest *The Handbook of Women's Mysteries*.

There are many other speakers, including myself. So, if this article has peaked your interest, check out the Building Bridges of Integration for Traditional Chinese Medicine 2017 Conference: Consciousness, Self-Discovery, and Everyday Health, September 14-17, 2017. Hyatt Regency, Reston, VA. Visit tcmconference.org for more details and to register. (28 CMEs granted and PDAs from NCCAOM pending)

Hope to see you in September!

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. She can be reached at 717-752-5728.



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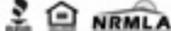
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FITNESS AND HEALTH

Summer's here - get outside!

Linda Stultz
Certified Fitness Trainer

Summer is back and with the season comes picnics, parties, food and drink. The ABCs of summer, A-alcohol, B-binging and C-Calories can add up to a grade of F if we are not mindful about our eating. Attending backyard cookouts are an important part of the summer activities and we look forward to them all winter long. The warm weather gets you in the mood to have friends and family over to share laughs, cold drinks and our favorite foods.

Eating a little too much can sometimes happen because there are many different types of food that we want to try. Even taking just a spoonful of each can add up to a lot of extra calories that we are not aware of. I know we are told to look over all the food first and decide what we really want to try but sometimes there are so many tempting items that you just can't resist trying them all. Over indulging once in a while is OK but if we give in too many times the pounds will add up quickly. Don't beat yourself up, just get right back to your sensible eating plan the next day and you will be fine.

Drink plenty of water and walk a little farther for a few days and you will be back on track for a healthy, happy summer. Maybe you can even talk some of the people at the picnic to go for a walk as part of the party and even though they may resist at the time, they will be happy they took you up on your idea if they really think about it.

Playing baseball or whatever outdoor game you enjoy is a great way to add activities to your outdoor gathering. A little friendly competition is fun and will help work off some of that potato salad and cheesecake.

The most important thing about any gathering is sharing time with family and friends. This is a time to share ideas that you have learned that may help someone who is thinking about adding exercise to their daily

routine. Sometimes people don't know how to get started or don't feel comfortable asking for help. A friendly conversation may just be the opening they were looking for to talk about questions they may have without being too obvious. You may make a simple statement about your exercise or food plan that may be just what someone else was wondering about and that may get them started.

I have found that making a few copies of the recipe of the food you brought to the party is a good because usually someone asks who made a certain dish and could you send them the recipe. This way you already have a copy for them to take with them and you won't forget to send it to them.

Look forward to gatherings and sharing fun, food, ideas and time with the people you love to be with and at the same time share some of the healthy food and exercise information with them. Passing along ideas and information in a friendly conversation is usually accepted better than preaching to someone that they need to lose

weight or start exercising. They may even take in the info and not realize it at the time. Thinking about it over time they may think they came up with it themselves and that may make exercise more important to them.

Any way to keep moving is important. I found that after sitting for seven weeks I had to come up with ways to move and get a little cardio without walking or running. You can do it but your brain also gets some exercise because you have to read suggestions and think of ways to include it in your situation. I am slowly walking again and can't wait until I can get back on the treadmill or go for a wonderful walk outside.

Remember to keep moving! It is one of the most important things we do.

If you have any questions, please call 717-334-6009. Fitness helps your total wellness. Sometimes fitness trainers can help you or we can direct you to someone who can help. That's what we are here for. Remember Keep Moving!!



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ASTRONOMY

The night sky of July

Professor Wayne Wooten

For July 2017, the Moon will be first quarter on July 1st. The waxing gibbous moon passes three degrees north of Saturn in the SE evening sky on July 6th. The Full moon, the Thunder Moon, is on July 9th. The Moon is last quarter on July 16th. The waning crescent moon passes three degrees south of Venus in the dawn on July 20th. The new moon is July 23rd, and of course, the very next new moon is the solar eclipse of August 21st! The waxing crescent moon is just below Mercury on July 24th, and then passes three degrees north of Jupiter on July 28th, and the moon ends the month as it started, with a first quarter phase on July 30th.

While the naked eye, dark adapted by several minutes away from any bright lights, is a wonderful instrument to stare up into deep space, far beyond our own Milky Way, binoculars are better for spotting specific deep sky objects. For a detailed map of northern hemisphere skies, about June 30th visit the www.skymaps.com

website and download the map for July 2016; 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. NASA has video exploring the July 2017 sky, available from the Hubble Space Telescope web-



The Andromeda Galaxy (M31) is the closest large galaxy to the Milky Way and is one of a few galaxies that can be seen with the unaided eye.

site at: http://hubblesite.org/explore_astronomy/tonights_sky/.

Mercury comes into the evening sky as July begins, but with stay low in the west. The most photogenic shot will when the crescent moon, Mercury, and the bright star Regulus (which will be in the Sun's Corona on August 21st!) are grouped together on the evenings of July 24-25th; look with a clear western horizon about 30-40 minutes after sunset to catch this beautiful trio.

Venus dominates the dawn sky, passing among the stars of Taurus at midmonth. On July 14th, she passes 3 degrees north of the bright orange star Aldeberan. Mars lies hidden in the sun's glare for

now, but a year from now will be at opposition, the best time to see it since August 2003. Jupiter is still well up in the west at sunset, about five degrees east of Spica in Virgo. It will be lost in the sun's glare by September, so enjoy its moons, belts and zones, and Great Red Spot while you can. Saturn is also well placed for evening observing in July, just above the tail of Scorpius in the SE. It is tilted 27 degrees toward us and the Sun, and the rings and moons are the most beautiful sight in the telescopic sky. Our feature photo shows the rings tilted sunward currently.

Overhead, the Big Dipper rides high at sunset, but falls lower in NW each evening. Good scouts know to take its leading pointers north to Polaris, the famed Pole Star. For us, it sits 30 degrees (our

latitude) high in the north, while the rotating earth beneath makes all the other celestial bodies spin around it from east to west.

If you drop south from the bowl of the Big Dipper, Leo the Lion is in the SW. Note the Egyptian Sphinx is based on the shape of this Lion in the sky. Taking the arc in the Dipper's handle, we "arc" SE to bright orange Arcturus, the brightest star of Spring. Cooler than our yellow Sun, and much poorer in heavy elements, some believe its strange motion reveals it to be an invading star from another smaller galaxy, now colliding with the Milky Way in Sagittarius in the summer sky. Moving almost perpendicular to the plane of our Milky Way, Arcturus was the first star in the sky where its proper motion across the historic sky was noted, by Edmund Halley.

Spike south to Spica, the hot blue star in Virgo, then curve to Corvus the Crow, a four sided grouping. Jupiter lies just east of Spica this July. North of Corvus, in the arms of Virgo, is where our large scopes will show members of the Virgo Supercluster, a swarm of over a thousand galaxies about 50 million light years distant.

To the east, Hercules is well up, with the nice globular cluster M-13 marked on your sky map and visible in binocs. The brightest star of the northern hemisphere, Vega (from Carl Sagan's novel and movie, "Contact"), rises in the NE as twilight deepens. Twice as hot as our Sun, it appears blue-white, like most bright stars. At the opposite end of the parallelogram of Lyra is M-57, the Ring Nebula.

Northeast of Lyra is Cygnus, the Swan, flying down the Milky Way. Its bright star Deneb, at the top of the "northern cross" is one of the luminaries of the Galaxy, about 50,000 times more luminous than our Sun and around 3,000 light years distant. Under dark skies, note the "Great Rift", a dark nebula in front of our solar system as we revolve around the core of the Milky Way in the Galactic Year of 250 million of our own years.

To the east, Altair is the third bright star of the summer triangle. It lays in Aquila the Eagle, and is much closer than Deneb; it lies within about 13 light years of our Sun. Use your binocs to pick up many clusters in this rich region of our own Cygnus spiral arm rising now in the east.

To the south, Antares is well up at sunset in Scorpius. It appears reddish (its Greek name means rival of Ares or Mars to the Latins) because it is half as hot as our yellow Sun; it is bright because it is a bloated red supergiant, big enough to swallow up our solar system all the way out to Saturn's orbit! Scorpius is the brightest constellation in the sky, with 13 stars brighter than the pole star Polaris! Note the fine naked eye clusters M-6 and M-7, just to the left of the Scorpion's tail. Beautiful Saturn now sits well north of the stinger on the scorpion's tail.

Just a little east of the Scorpion's tail is the teapot shape of Sagittarius, which lies toward the center of the Milky Way. From a dark sky site, you can pick out the fine stellar nursery, M-8, the Lagoon Nebula, like a cloud of steam coming out of the teapot's spout.

Farmers' Almanac

"The flames kindled on the 4th of July, 1776, have spread over too much of the globe to be extinguished by the feeble engines of despotism; on the contrary, they will consume these engines and all who work them"

—Thomas Jefferson (1762-1826)

Mid-Atlantic Weather Watch:

Scattered storms (1, 2) with hot, hazy, and humid weather to follow (3, 4, 5, 6, 7, 8, 9). Heavy rain, storms (10, 11, 12) turning hot, hazy, and humid again (13, 14, 15). Atlantic hurricane, rain, severe storms in the east (16, 17, 18); hot and humid (19, 20, 21, 22, 23) with tropical storm from Gulf, heavy rain (24, 25, 26, 27, 28, 29). Hot and humid (27, 28, 29) with showers (30, 31).

Tornado Watch: The Town and Country Almanack says watch out for possible tornado activity in the Mid-Atlantic Region from the 22nd to the 27th of July.

Full Moon: Native Americans had names for every full moon that helped them to characterize weather, planting, and hunting conditions for their particular geo-

graphical region. July's Full Moon, which occurs on July 8th, has had many names attributed to it. The most common is Thunder Moon because of the increased number of thunderstorms, some quite severe, that occur during this month across many regions of the U.S. Many tribes called it Buck Moon due the rapid growth of antlers on young bucks in July, Ripe Corn Moon because of the appearance of young corn on the stalks, and Hay Moon since hay tended to ripen at this time of year.

Special notes: Get ready for the 'Dog Days of Summer' that begin on Monday, July 3rd and continue into August.

Holidays: Independence Day is celebrated on Tuesday, July 4th! On this most famous day in U.S. history, in 1776, the Continental Congress passed a resolution saying, "these United Colonies are, and of right, ought to be, free and independent states". Some good advice if you are planning a picnic with the family or friends -- keep hot foods hot and cold foods cold with the proper containers. If planning to be outdoors for an extend-

ed period of time (boating, swimming, sports, etc.), remember to take along plenty of sunscreen with a rating of at least SPF 15 or higher. Apply frequently to yourself and children especially if swimming or perspiring. Enjoy the day!

The Garden: Ticks are expected to plentiful this summer due to the mild winter last year and wet spring this year. Deer are most likely to bring ticks into your space so consider planting species that they do not like to eat such as thorny barberry, bugleweed, forsythia, foxglove, or any needle-leaved conifer. Be sure that all tall annuals and perennials are securely staked so that they will remain upright during the afternoon thunderstorms that are so common for this time of year. Continue to keep the garden adequately watered (that is, if July's forecasted wet weather is not enough!). Expect plants to do well with all of the extra rain in July but as the summer continues, be sure to make up for what Mother Nature neglects to provide.

J. Gruber's Thought For Today's Living

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COMPUTER Q&A

Scams: How to protect yourself

Ayse Stenabaugh
Jester's Computer

Your phone rings, an automated voice states that the IRS has sought a lawsuit against you and the recording urges you to call a phone number to get the matter resolved. Perhaps your phone rings and a live person explains that they are calling from Microsoft and that suspicious behavior was detected on your computer and they need to take control of your device immediately to prevent further damage. STOP! None of these claims are true and a large number of people especially the elderly are being taken advantage of by falling victim to their claims and many people have even paid the "IRS" or "Microsoft" to protect themselves.

Phone scams

Let me ask you this, does a plumber call you when your pipes leak? Does the Fire department call you when your house is on fire? These scams have become increasingly popular and they are working harder and getting smarter about how they try to trick you into handing over your hard-earned money.

The scammers have gone so far as to make it appear that legitimate companies are calling you. For example, a few weeks ago we received a call with the caller ID stating it was Dell calling us, the number that called us was actually Dell's phone number but it was not Dell that was calling. The scammers were spoofing their phone number to make it appear that they were Dell in an effort to gain your trust and steal your information or money.

What to do if you are a victim of a phone scam

If you or someone you know has fallen victim to these scams you should document any information related to the incident and forward the information to your local police department. If you allowed someone to take control of your computer they could leave malicious software behind that can log your keystrokes and steal your sensitive account information. You should turn your computer off immediately and seek professional assistance in cleaning up your computer. (Jester's Computers in Fairfield provides clean-up services and they are fast, reliable and affordable).

If you provided the scammer with account information or sent them money, contact your financial institution right away and have the charges reversed. You should also cancel any accounts that you have provided information for to avoid any unexpected future charges. Many times, the scammers claim that you need to have your computer cleaned and will charge you upwards of \$250 for a service that is much less expensive locally (\$99 at Jester's Computers).

E-mail scams

Many users have reported phishing scams in their email which are very similar to the phone scams. Users receive an email that appears to be from their bank or a popular website such as Ebay, Paypal, FedEx, UPS or Amazon. Phishing scams are emails that are re-

ceived that appear to be from a legitimate source but are not. Most of the time the emails will state that there is a problem and that they need you to logon to their website to resolve the issue. Upon clicking on the links in the email you may be taken to a website which appears to be the legitimate website but many times they are fake and steal your account information.

If you receive any emails claiming that your entitled to money or instructing you to open an attachment with a password the email could contain a virus. Don't open any attachments from anyone you don't know. You should even be wary of friends

or family members that send you attachments you are not expecting since their accounts could be compromised. It's best to send a quick email to them or give them a call to verify that they sent it.

How to protect yourself from e-mail scams

If you receive an email that states your account has a problem don't click on any links inside the email. Instead you can visit the website directly by typing the web address in the address bar at the top of your web browser. For example, if you receive an email stating that your Paypal account needs veri-

fied you should type in the address bar www.paypal.com any information that Paypal sent to you regarding your account should also be available on their website.

If it's too late and you realize you are the victim of a phishing scam you should immediately change your password for that account. If you have any other accounts that use the same password and username (or email address) you should change those as well. Mark the phishing emails you received as spam to help report the email address.

Anytime you receive an email that comes from a big company you should be able to identify if the email is real or not by looking at the actual email address. Scammers will reg-

ister similar domain names to appear as though they are from a legitimate source. For example, an email from FedEx should be coming from @fedex.com not @fedx.com. When you click on any email links you can also verify that the web address takes you to the correct website in this example you should land on www.fedex.com not www.fedx.com.

If you find yourself to have fallen victim to a phone or phishing scam contact Jester's Computers at 717- 642-6611 or email customerservice@jesterscomputers.com to seek help. Jesters computers is located at 5135 Fairfield Road in Fairfield, and is a family owned and operated business that has been established for almost 20 years.

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UPCOMING EVENTS

July 1
Williamsport Community Band Lawn Concert at Seton Shrine. All are welcome at the Seton Shrine for a lawn concert featuring the

Williamsport Community Band. Please bring your lawn chairs. In case of inclement weather, the concert will be moved to inside the Basilica. Goodwill offering collected.

For more information call 301-447-6606.

July 1 - 4
154th Gettysburg Anniversary Civil War Battle Reenactment. Enjoy the annual reenactment of the Battle of Gettysburg featuring battle reenactments including Pickett's Charge, living history, period music, sutlers, encampments and more. All reenactment activities are held at a reenactment site outside of the Gettysburg National Military Park. For more information, call 717-338-1525 or visit www.gettysburgreenactment.com.

July 1, 15, 22, 29
Pop-Up Shop at Red Door Boutique in Taneytown. Initial Outfitters with Maureen Chamberlain will be joining us again (we love this girl!) with personalized gifts, jewelry and accessories. What is a Pop-Up Shop at The Red Door Boutique?

A few select days each month, 2 direct sales consultants from the community will set up 'shop' inside the store. These are professional Direct Sales representatives from companies that you know and trust. Just a few of the vendors will include Initial Outfitters, Rodan + Fields, Lula Roe, Stampin Up! and many more. For more information email emily@reddoortaneytown.com.

July 1 - 9
Buickster Hall welcomes artist, Marty Mummert. Marty Mummert revisits his childhood memories through his unique artistry. Not your ordinary vintage offerings, Marty produces originally designed signs typically found in the 40's, 50's and 60's. Stop by and visit his showcase in Taneytown.

July 2
Music, Gettysburg! presents Dearest Home. Concerts are free and

open to the public thanks to support for the series that comes from the Lutheran Theological Seminary at Gettysburg, from businesses and from many individuals. The perfect way to spend Independence Day weekend in Gettysburg: popular music from Civil War times, in the shade of the trees of Schmucker Grove. For more information, call 717-338-3000 x2197 or visit www.musicgettysburg.org.

July 3 - 8
Walkersville Volunteer Fire Company Carnival. Come out and enjoy great food, fun and games for the entire family!. Grand prize raffle drawings will occur throughout the week. Special events will happen throughout the week in celebration of the Town's 150th Anniversary! Buffet will be served each evening from 4:30 - 7:30 p.m. Fireworks will begin at 9:30 p.m. with music by the Brush Fire Band.

July 4
Carroll Valley 4th of July Celebration! Join us for a day full of fun activities for families! Activities include a climbing wall, laser tag, hayrides, horseshoes, obstacle course, moon bounce. There will also be a lip sync battle, craft/service vendors, dancing with DJ, a basketball tournament, live bands and fireworks to conclude the day.

4th of July Community Concert & Fireworks in Gettysburg. Celebrate the 4th of July with The Willys, a patriotic pops concert and fireworks show. Gettysburg College and its community partners are pleased to again present the 4th of July Patriotic Pops Concert and Fireworks, a fun and interactive family-friendly event. Popular local band, The Willys, will kick off the evening with a 90-minute set. Afterwards, the Gala Pops Orchestra will perform a concert featuring popular American tunes and marches. Following the musical performance, guests will have a front row view of the fireworks display which will immediately follow. The concert will take place at Memorial Field on the campus of Gettysburg College. Memorial Field is located behind the College Union Building off of Constitution Avenue. Food and refreshments - including

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Mon. June 3rd - Sat., June 8th

CELEBRATING THE TOWN OF WALKERSVILLE 125TH ANNIVERSARY!

<p>Mon., July 3 -</p> <p>Tues., July 4 -</p> <p>Wed., July 5 -</p> <p>Thurs., July 6 -</p> <p>Fri., July 7 -</p> <p>Sat., July 8 -</p>	<ul style="list-style-type: none"> • SPECIAL CELEBRATION FIREWORKS DISPLAY 9:30 PM Including aerial and ground displays. (Rain Date Wednesday 9:30 pm) • Brush Fire Band • Buffet: Stuffed Sole w/ Crab & Scallops and Fried Chicken <ul style="list-style-type: none"> • Parade Celebrating Walkersville 125 Anniversary 4:00 PM (Rain Date Wednesday 6:30 pm) • Special Ride All Night 6 PM-10:30 PM • Debbie Williams with The Bonedaddy Band • \$300 Raffle Drawing • Buffet: Haddock and Roast Turkey <ul style="list-style-type: none"> • Special Ride All Night 6 PM-10:30 PM • Rock & Roll Relics • \$300 Raffle Drawing • Buffet: Fried Shrimp and Roast Beef <ul style="list-style-type: none"> • The Reagan Years • Special Ride All Night 6 PM-10:30 PM • \$300 Raffle Drawing • Buffet: Catfish and Fried Chicken <ul style="list-style-type: none"> • GIGANTIC FIREWORKS DISPLAY 10 PM (Rain Date Saturday 10 pm) • Full Effect Band • \$300 Raffle Drawing • Buffet: Flounder and Roast Beef <ul style="list-style-type: none"> • The Shades • Rides Special: One Ticket Per Ride (Students Only) • \$1,000 Grand Prize Raffle Drawing • Buffet: Fried Shrimp and Roast Turkey
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Rides and Games for all Ages
by Rosedale Amusements & Shows

Special Pre-Sale Ride All Night Tickets are \$15 each

Pre-Sale Dates: June 17th 9am-noon, June 24th 9am-noon, June 26th 6pm-8pm

Ride All Night Tickets purchased on grounds Ride Night are \$25 each.

ALL YOU CAN EAT
SURF AND TURF BUFFET

Adults \$12 each, Children 10 & Under \$6 each

Prepared & Served by the Fire Company Nightly 4:30 - 7:30 pm

in our air conditioned and handicapped accessible fire hall.

Featured On Our Spacious Grounds Each Night

Crab Cakes, Fried Country Ham, Pizza, Hot Dogs, Chicken Tenders, Chili Dogs, French Fries, Beef, Pork & Turkey BBQ, Hamburgers, Cheeseburgers, Italian Sausage, Hand Dipped Ice Cream, Root Beer Floats, Cold Drinks, Ice Tea

Free Entertainment ** Free Parking

NO PETS, ALCOHOLIC BEVERAGES, COOLERS OR PROFANITY ALLOWED

www.walkersvillefire.com

FB: [Walkersville Volunteer Fire Company #11](https://www.facebook.com/WalkersvilleVolunteerFireCompany11)

RENT-A-TENT



Weddings, Reunions, Picnics Sporting Events
Large 20' x 30' tents

\$150 per day: Includes set-up & take-down

Contact Steve Bittle **717-642-6136**

Join us for our 14th Annual

CornFest

Sunday, July 23rd

RAIN OR SHINE

Located 1/2 Mile Off Rte. 30 On Cashtown Rd.
8 Miles West Of Gettysburg (towards Arendtsville)

In The Historic

ROUND BARN

FOOD Begins At 11:30!



and

FARM MARKET

Live Music By: Back Creek Valley Boys At 12 Noon!

A Day Of "Good Ol' Country Fun!"

Enjoy Our Own Fresh-From-The-Field SWEET CORN
Roasted In The Husk Over A Wood Fire, BBQ Chicken, Pulled Pork, Grilled Peach Sundaes & More!
Free Childrens' Activities!

The ROUND BARN is a unique, historic landmark nestled in the scenic foothills of Adams County. We take pride in our customer service & offer our own and locally grown fresh fruits and vegetables, jams, jellies, baked goods, gourmet foods, cheese, bolga baskets, decorations, gifts & more!

OPEN DAILY 9-5 • MORE THAN JUST A FARM MARKET!

Visit Our Website For Details!
www.RoundBarnGettysburg.com **717-334-1984**

95th Annual SOUTH MOUNTAIN FAIR

August 1st - 5th

FREE PARKING!

Admission: \$7.00 (Children under 36" tall admitted free)

Early exhibit entries are being accepted until July 17. Save some time during exhibit registration by sending your entries now! No waiting in line to get your exhibitor number and no wasting time filling out the entry tags. Completed entry tags will be sent to you. Exhibition registration will be held on Sunday, July 30 - 2-4 p.m. and Monday, July 31 - 4-8 p.m.

All information can be found on our website at www.southmountainfair.com.

Hours: Tuesday - Friday - 4 to 10 p.m. Saturday - 1 to 10 p.m.

Located along Rte 234, Arendtsville, PA • Phone 717-677-9663





UPCOMING EVENTS

local craft beer and Adams County wine - will be on sale throughout the concert and fireworks display. Bring the family and enjoy a wonderful evening. For more information call 717-334-6274.

July 8
Red Door Boutique's Super Saturday. What is Super Saturday? It's the fastest growing event in Taneytown that fills the parking lot at The Red Door Boutique with talented vendors. We believe that shopping small and local is important year round so we created a space for local entrepreneurs to gather and offer customers a one-stop shop each month. Come visit our Super Vendors that will be with us this month: Modere (Elisabeth Saunders), Lip Sense, Lularoe TaraBeth VIP, Scentsy. In addition, The Red Door Boutique will have a new arrival of clothing and accessories, gift items, home decor and our expanded wedding selection.

Frederick County Master Gardener's summer seminars - 8 Easy Steps to Bay-Wise Certify Your Yard. Reduce pollution of the Chesapeake and local waterways! Landscape management 'best practices' can earn you Bay-Wise certification—and a distinctive yard sign. Learn to encourage wildlife; control storm water runoff; mow & water efficiently; mulch appropriately & recycle yard waste; fertilize, plant &

manage yard pests wisely; and protect the waterfront. For more information, call 301-600-1595.

July 10 & 31
Mackenzie's Light, a bereavement support group meets the second Monday of each month at the Thurmont Regional Library. The next meeting's discussion leader is Colt Black. Anyone impacted by the loss of a loved one is welcome. For more information, call 240-288-1300.

July 12
Garden Chats. Join the Penn State Master Gardeners of Adams County on the following Wednesday evenings, June through September at the Ag Center, 670 Old Harrisburg Road, Gettysburg, to learn about the plants in our gardens. There is no fee for this garden tour! Come enjoy our gardens and get ideas for your own landscape! For more information call 717-334-6271.

July 15
17th Annual Adams County Irish Festival at Gettysburg. The Festival will be held rain or shine at Moose Park in Straban Township. The festival offers family fun for all with Irish music all day, dancers, numerous vendors of Irish goods, food & beverages, living history music workshops & more! Free parking, Bring lawn chairs or blankets. Sorry, no coolers or pets. The Festival is presented by Adams

County Division 1 of the Ancient Order of Hibernians and benefits the Hibernian Hunger Project to assist local hunger-relief organizations. For more information, visit www.adamscountyirishfestival.org.

Buickster Hall, in Taneytown, will accommodate the 1st Annual American Foundation for Suicide Prevention, sponsored by Team Refuse to Sink. For additional information visit <https://afsp.donordrive.com/team/refusetosinkCarCo>.

Peach Festival at Mt. Tabor Church of Rocky Ridge. This event will take place at Mt. Tabor Park, home of the big slide. Come enjoy good home-cooked food including soup, Sandwiches, Iced Tea and Ice Cream & Peaches from 4 - 9 p.m. Music by "Silver Eagle Band" from 6 - 9 p.m. Come join us in Christian Fellowship - surely a good time for everyone of all ages.

July 15 & 16
8th Annual Gettysburg National 19th Century Base Ball Festival. Festival held at Schroeder Farm. Last year, the 7th Annual Gettysburg National 19th Century Base Ball Festival featured 18 clubs from Rhode Island, New York, New Jersey, Pennsylvania, Delaware, Maryland, Ohio, Indiana and Michigan. Over 275 players and their families visited Gettysburg for 2 days of vintage base ball the same way it was

played in 1863 using the same style uniforms and equipment and playing by the same rules of that year.

For more information call 410-967-7482 or visit www.gettysburgbaseballfestival.com.

Upcoming events at Hollabaugh's

July 1
All You Can Eat Pancake Breakfast! What's better than all you can eat pancakes? All you can eat pancakes topped with fresh strawberries from the farm! Enjoy all you can eat pancakes, sausages, coffee, and juice. Then, round out your time at the farm by picking a few blueberries (weather-dependent) or doing our fairy tale trail!

July 13
Adult cooking class - Mixed Berries! Blueberries, Raspberries, Blackberries... oh my! Prepare a batch of Mini Summer Berry Galettes, while learning a few other recipes featuring summer's bounty of berries! Registration is required.

July 15 & 16
Blueberry Festival. Join us as we celebrate our 62nd Anniversary weekend. We'll be featuring fresh blueberries and samples galore, delicious homemade blueberry baked goods, blueberry ice cream, special deals on produce, Pick-Your-Own Blueberries, fun kids' activities, The Apple Bin Food Truck, and loads of yummy samples from our local vendors.

July 18
We all Scream for Ice Cream Kid's Cooking class. Don't miss this chance to escape the summer heat and learn how to craft several different ice cream treats. You'll have to enjoy them fast, or they'll melt! Registration is required.

For more information on any of these events, call 717-677-8412.



Choose When You Want To Play!
THURSDAY NIGHTS
Great Food! Huge Jackpot!
Doors Open @ 5:30 PM
Bingo Starts @ 6:45 PM

FAIRFIELD FIRE & EMS
1st Friday Of Every Month!
Food! 3 Jackpots! Larger Payouts!
Doors open @ 5:30 PM
Bingo starts @ 8 PM

Follow Rt. 116 To Fairfield
Turn Onto J. Harry Kane Blvd.

MAKE JUBILEE YOUR COOKOUT HEADQUARTERS!

SWEET RIPE WATERMELONS

FRESH FROM THE FIELD LOCAL CORN
We pick up from the farm several times weekly!

LUSCIOUS CRABS - SHRIMP & SEAFOOD

JUICY STEAKS FOR THE GRILL

THE BBQ STAPLE HOT DOGS & HAMBURGERS



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Timothy Trainor

Appointed 26th President of Mount St. Mary's University



The board of trustees of Mount St. Mary's University announced the permanent appointment of Timothy Trainor, Ph.D., as president of the university. Trainor, who has served in an interim capacity over the past year, was the unanimous selection of both the board of trustees and the cross-campus Selection Committee.

During Trainor's tenure as interim president, he focused the community on ensuring the success of Mount students. He also drafted a list of shared priorities that are one of the foundations for the development of a new strategic plan. Trainor also spearheaded improvements to enrollment, helping to recruit more than 500 students for the Mount's Class of 2021 – a 24 percent increase over the

previous year and one of the largest classes in Mount history. In addition, the freshman-to-sophomore retention rate is likely to be the highest in years at greater than 80 percent. Trainor also launched a capital campaign, Forward! Together As One, with a goal to raise \$30 million.

Academic achievements this past year include three new academic programs, new academic leadership, an articulation agreement with Frederick Community College, five students recognized for Fulbright awards or scholarships and a \$1 million donation to create the Palmieri Center for Entrepreneurship and hire its new director. Outside the classroom, Trainor approved efforts to elevate the women's rugby program to a varsity level sport, the return of varsity men's soccer and expansion of rosters for several existing Division I teams.

Prior to joining the Mount in August 2016, Trainor served in the U.S. Army for 33 years, retiring as a brigadier general after spending his final six years as dean of the Academic Board at the United States Military Academy, West Point, New York. 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 bachelor's degree from the United States Military Academy. He and his wife, Colonel (Retired) Donna Brazil, are the parents of three children: Cory, Daniel and Zachary.



Events at the National Shrine Grotto of Our Lady of Lourdes

Celebration of Independence

July 1 & 2 Weekend Mass, First Saturday Devotion

July 8 & 9 Weekend Mass & Our Lady of Lourdes Rosary Crusade (10:30 a.m. Saturday at the Grotto Cave)

July 15 & 16 Weekend Mass

July 22 & 23 Weekend Mass

July 29 & 30 Weekend Mass

All Masses held at noon.

Join us on a Pilgrimage to Rome & Lourdes November 6–17, 2017.

The cost is \$3,599.

Register before July 17.

For more information please visit www.nsgrotto.org/romelourdes or call 301-447-5484.

Discover how simple it can be to complete your bachelor's degree.

The Mount's Frederick Campus is for working adults looking to complete a bachelor's degree.

Fall classes begin the week of August 28.

Apply today at msmary.edu/Frederick.

University Calendar of Events

University closed July 3 and 4 in observance of the holiday.



PNC Sports Complex

Summer Hours:

Monday–Friday, 6 a.m.–8 p.m.

Saturday, 8 a.m.–5 p.m.

Sunday, closed

The ARCC will be closed July 1–4 for the holiday.

For more information, pool hours and fitness class schedules, visit www.msmary.edu/recreation.

www.msmary.edu