

Emmitsburg NEWS-JOURNAL

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March is for Celtic festivals

You can enjoy two different Irish
celebrations in Emmitsburg at
the beginning and end of March.

On March 3, the Emmitsburg
Public Library will host Celtic
Festival 2011 at the Knott
Auditorium at Mount Saint Mary's
University in Emmitsburg. The
festival begins at 7 p.m. with the
locally-based Teelin Irish Dance
Company, followed by performances
by popular bands Edsall Road and
Tinsmith. Admission is free, open to
families and registration or tickets are
not required.

Celtic Festival 2011 is
underwritten in its entirety by the
C. Burr Artz Trust and is presented
annually by the Emmitsburg and
Thurmont libraries, in partnership
with Mount St. Mary's and the
Town of Emmitsburg.

"This celebration is a wonderful
way to pay tribute to the heritage of
our community, and to promote our
library services in the northern part of
the county," Frederick County Public
Library Director Darrell Batson said.
"We are pleased as always to partner
with the Emmitsburg community."

Edsall Road blends traditional
and modern Irish, Scottish, and
American folk that keeps audiences

all over the DC-metropolitan region
entertained. Known for their rich
talent, entrancing rhythms, and
comical shenanigans, the musicians
of Edsall Road push the limits of
Celtic music while never leaving their
traditional roots.

Tinsmith, a high-energy folk
band, plays the traditional music of
Ireland, Scotland, and Appalachia.
Citing influences from blues to
bluegrass, from funk to jazz to
mountain music, Tinsmith brings
traditional songs and tunes into the
new century. They are multiple
WAMMIE (Washington Area Music
Association) winners and have played
at The Barns at Wolf Trap Park for
the Performing Arts, Potomac Celtic
Festival, The Institute of Musical
Traditions, and Blackrock Center for
the Performing Arts.

For more information, you
can contact the Emmitsburg
Public Library at 301-600-6329.

Near the end of the month,
the Friends of the Emmitsburg
Osteopathic Primary Care Center
will be holding their first Celtic
Springtime Celebration at St.
Joseph's Parish Hall.

"We usually have a Scottish
night—Burns Night—every year,

Commissioners' race heats up!

The field for the Adams Coun-
ty Board of Commissioner's
race continues to grow. Two more
candidates have declared them-
selves in the running.

County Auditor Marty Qually
has decided to take another run at
the commissioner's office. He de-
clared his candidacy on Feb. 15
at an event at the Adams Coun-
ty Winery.

"I owe this County and its res-
idents so much for their help and
guidance throughout the years,
so four years ago I ran for Coun-
ty Commissioner, hoping to repay
this debt," Qually wrote in his an-
nouncement. "I was unsuccessful
in that attempt for County office,
but as I said on election night, 'I
did not start caring about Adams
County when I decided to run,
and I won't stop because I lost.'"

Qually is a 38-year-old Demo-
crat from Cumberland Township.

"In my opinion, the commis-
sioner's job is to listen to the pub-

lic," Qually said during his an-
nouncement. He explained that
that meant the commissioners
needed to get out of the office
and talk to the people and not try
to run the county when they pay
professionals to do that.

Qually has been a business own-
er; grants manager for Frederick,
MD; Gettysburg Borough Coun-
cil member and member of the
Adams County Housing Com-
mittee.

On the other side of the ticket,
another Republican has also de-
clared his candidacy. Keith Stanley
of Mount Joy is also in the county
commissioner's race.

He has said the first thing he
wants to do is to address the con-
troversial countywide property re-
assessment that was completed
last year. He would also like to see
a county police department.

Stanley is an independent truck
driver who has raised show cattle
and owned horses.



It may still be winter, but the coaches of the Emmitsburg and Fairfield Little League teams are already in full swing for the spring season. See story on page 18.

but this year because of the tough
weather, we didn't have it," said
Cathy Bodin, one of the event
chairpeople. "But we still thought we
wanted to have something to herald
in the spring."

The Celtic Springtime
Celebration will feature a pig roast
with trimmings with Irish desserts
and cakes on March 26 at 6 p.m.
The Irish band Cormorant's Fancy
will provide live Irish music for
the event. Beer and wine will be
available, as will a silent auction,
with all proceeds to benefit the local
medical center EOPCC, to help
pay down its construction debt.

Professional calligrapher Shei-
la Waters will offer a slideshow and
commentary on the restoration of
the Book of Kells, the world's most
famous manuscript (8th century),
housed at Trinity College, Dublin.

The cost of the Celtic Springtime
Celebration is \$35 per person or
\$60 per couple. Reservations and
payment are due by March 15. For
more information or to make a
reservation, contact Bill O'Toole and
Cathy Bodin, event chairs (301-447-
2690 or e-mail: cbodin@mcdaniel.
edu).

The event's snow date is March 27
at 6 p.m.

Candidate Ran-
dy Phiel has also an-
nounced that he had
been endorsed by the
Adams County Po-
lice Chiefs Associa-
tion and the Adams
County Fire Chiefs
Committee.

The other declared
candidates in the up-
coming election are
Republicans George
Weikert, of Cumber-
land Township and
David Lawrence,
of Union Township
and Democrats Lisa
Moreno-Woodward
of Mount Joy Town-
ship, Chucki Strevig
of Germany Town-
ship and Paul Kellett
of Freedom Town-
ship.

The primary election is May
17. Voters will select two candi-
dates from each party to move



Marty Qually

onto the general election on
Nov. 8. With only two members
from each party moving forward,
neither party can win all three
seats that are open. This is be-
cause state law is designed to en-
sure minority representation on
boards.

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NEWS

News Briefs

Oil delivery truck rolls over in Carroll Valley

On January 31, Cpl. Clifford Weikert along with the Carroll Valley Police arrived at Eagles Trail to find a 2002 Peterbilt oil tanker laying on its side in the roadway. The truck belonged to McLaughlin Oil Company of Waynesboro and the driver was 60-year-old Vaughn McLaughlin.

McLaughlin said he was trying to back into a customer's driveway to make a delivery. He hit a piece of ice and the truck began to slide and then rolled over on its side. There were no injuries.

Fairfield Fire and EMS responded along with Adams County Department of Emergency Services Hazmat coordinator, Kim Frank, who brought absorbent booms for containment. Franklin Township EMA director, Robert Cullison, responded and coordinated the local EMA. A small amount of fuel oil spilled and some fluids from the truck, but responders contained and removed most of what spilled.

Responders on the scene decided that removing the home heating oil from the tanker posed a greater risk of a spill than simply attempting to right the truck with the oil still on board. Patterson's Towing of Waynesboro was able to upright the tanker and removed it from the scene.

"We were very lucky that the tank

remained intact when the truck rolled," said Carroll Valley Police Chief Richard Hileman. "Should the tank have ruptured, it would have been a very significant environmental issue."

Applications Now Available for Property Tax/Rent Rebate Program

Pennsylvania residents can receive a rebate of up to \$650 based on their rent or property taxes paid in 2010. The Property Tax/Rent Rebate Program benefits eligible Pennsylvanians who are 65 years or older, widows and widowers 50 years or older, and those 18 years or older with disabilities.

Eligibility income limits for homeowners are set at the following levels, excluding 50 percent of Social Security, Supplemental Security Income, and Railroad Retirement Tier 1 benefits:

Property Tax/Rent Rebate claim forms are available by contacting Dan Moul's office at 717-334-3010 or by visiting his website at RepMoul.com.

Lions Club Health Fair

Gettysburg Hospital will be conducting multiphasic blood screenings on anyone interested in checking out their health. Multiphasic blood screenings can act as early detection of health problems. The screenings are sponsored by the Emmitsburg Lions Club for its 28th annual health screening.

In addition to the multiphasic blood screening, you can also get a prostate specific antigen test (recommended for men over 50 as early detection for prostate cancer), thyroid stimulating hormone test (for early detection of thyroid disease), Vitamin B12 deficiency test and Glycohemoglobin test. The last test is for diabetics only.

The Lions Club will also be offering free vision acuity testing at the same time. No registration is required for the vision test.

The screenings will be held at Mother Seton School at 100 Creamery Road in Emmitsburg on Saturday, March 12 from 7:30 a.m. to 10 a.m. Registration is required. To make your appointment, call Well-Span HealthSource at 1-800-840-5905, Monday through Friday, 8 a.m. to 5 p.m. You can also call Lion Joe at 301-447-2939 for more information.

Freedom Township reassessment lawsuit has court date

The lawsuit filed by Freedom Township against Adams County over the recent countywide property reassessment is scheduled for trial on September 27. The case will decide whether the formula used in reassessing property values in the county was the correct one to use.

The county was forced to conduct the county-wide property reassessment because of a 2008 court order. 21st Century was



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Fairfield Notes

Fairfield finalizing plans for 150th Civil War anniversary

The South will rise again in April in Fairfield as the 150th anniversary of the Civil War is remembered. While the Union was victorious at Gettysburg, the Confederacy won its battle at Fairfield.

The borough formed a sesquicentennial committee in October 2010 to begin preparations for the anniversary and to remember the 170 men from Liberty Township, Hamiltonban and Fairfield Borough who served in the Civil War.

"The well-rounded committee consists of citizens from southwest Adams County with strong general interests, business leaders and borough and township officials," Fairfield Borough Councilor Dean Thomas wrote.

Fairfield will take part in the statewide remembrances with a two-day event on Friday, April 22 and Saturday, April 23.

The events begin on April 22 at 6:30 p.m. at the Fairfield Inn. During the opening ceremony, state and local officials will make brief remarks followed

by a short summary of Fairfield's role in the Civil War. Following that, part of the roll of honor will be read with a bell tolling as each name is read.

Other events that evening will include a Civil War vigil and Good Friday service at St. John's Lutheran Church, a Main Street illumination, and the playing of "Taps" at 9 p.m.

On Saturday, events begin at 10 a.m. with living history demonstrations and re-enactor encampments. Historic house tours will run from 11 a.m. to 1 p.m.

Author and historian Tim Smith will speak at 11 a.m. in the Fairfield Borough Hall about General J.E.B. Stuart's 1862 raid in Fairfield and

hired to conduct the survey of 45,000 properties for \$2.3 million. 21st Century performed the reassessments last year and the new property values were certified in November 2010.

Freedom Township Supervisor Paul Kellett led the township to file the lawsuit because he believes that 21st Century used a formula that allowed the reassessments to come in higher.

skirmishes that occurred before and after the Battle of Fairfield in 1863.

At 2 p.m., re-enactors will fight the Battle of Fairfield on Landis Field.

"The exact number of soldiers and horses that will take part is still to be determined, but rest assured that it will be a thrilling experience," Thomas wrote.

For ladies not interested in the fighting, they can enjoy tea at the Fairfield Inn and a play called, "Oh, Fiddle Dee Dee Miss Scarlet, Someone Has to Keep the Home Fires Burning."

Following the battle, Confederate forces will ride into town to the re-created Paxton and McCreary's

Store. There they will take Fairfield Postmaster John B. Paxton (played by Fairfield Mayor Robert Stanley) and Justice of the Peace Andrew Low (played by Don Gilbert) prisoner.

Events will wrap up at 4 p.m. with the music by the 46th Pennsylvania Brass and a reading of the remainder of the roll of honor.

The Fairfield Sesquicentennial Committee consists of Jack Inskip, Phyllis and Dan Gilbert, Carroll Smith, Sally and Dean Thomas, Coleen Reamer, Dave Hazlett, Ron Harris, Chief Richard Hileman, Bob Jackson, Deanna Painter, Eric Flynn, Sal Chandon, Nancy Wenschof and advisers Randy Phiel and Dr. Brad Hoch.

Around the Town

A mid-year budget review showed that the Town of Emmitsburg is ahead of its budgeted revenues while expenditures are currently half used.

"We're doing very well fortunately," Mayor James Hoover told the Emmitsburg Town Council during its Feb. 7 meeting.

As of December 31, 2010, the town had received 76 percent of its projected revenues. Two items that helped push revenues ahead of projects were \$12,644 more in property taxes than the town expected and a federal reimbursement for a portion of the town's snow removal costs from the pair of blizzards in 2010.

On the expense side, with half

the year complete, half of the budgeted expenses have been used, which is right on target.

"We've focused more on our budget this year than we have in the past," Hoover said.

Though the budget is in good shape, Hoover did tell the commissioners that he would be bringing forth some line item changes as budget amendments. They are needed to help maintain cash flow.

"In most cases, the recommendations are based on one-time unforeseen circumstances," Hoover wrote in his cover letter for the budget review.

Town gets good audit report

At the Feb. 21 town meeting,

the Emmitsburg Town Council was given its annual audit report. Michele Mills with Draper and McGinley, PA, told the council that the town had an "unqualified opinion" on its audit report, which is just what it should get.

The 2010 fiscal year ended on June 30, 2010, and the audit of revenues and expenditures for that year had been completed in October.

Grease block removed

Emmitsburg town staff removed a blockage of built-up grease from the pumping station wet well in January. The block was equal to 1,000 gallons of grease and weighed 5,000 pounds.

Town Manager Dave Haller said that with the grease removed, the town would now be able to

gauge the effectiveness of the new grease trap ordinance. Ideally, the next build up of grease should happen much more slowly than the time it took for this block to form.

Planning commission member appointed

The Emmitsburg Town Council appointed John Howard to the town planning commission during its Feb. 21 meeting.



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Around the Borough

Crime in Carroll Valley, including serious crimes saw a slight increase in 2010, according to Carroll Valley Police Chief Richard Hileman, II. He updated the Carroll Valley Borough Council with a summary of the work the department did in 2010 during the board's monthly meeting in February.

With three sworn officers and a civilian assistant, the department is responsible for policing both Carroll Valley and Fairfield, which are comprised of roughly 4,500 people.

Calls for service increased 6.2 percent to 2,091 calls. These are incidents where a police officer is requested on the scene. They don't in-

clude vehicle stops and routine duties that the officers perform.

Of the calls the police responded to, 242 were reported to the FBI on the Uniform Crime Report. This is a record of certain crimes that the FBI tracks and reports on annually. UCR crimes break down into Part 1 and Part 2. Part 1 crimes are the serious crimes of homicide, forcible rape, robbery, assault, burglary, theft, and arson. Part 2 crimes are other crimes except for traffic offenses. In Carroll Valley, Part 1 crimes increased 2.3 percent while Part 2 crimes decreased 23.8 percent.

Carroll Valley Police cleared 40.6

percent of their Part 1 crimes; Hileman noted that if equipment thefts from Liberty Mountain Resort are removed, then the rate jumps to 75 percent. Pennsylvania State averaged just 31.3 percent of Part 1 crimes cleared. Carroll Valley also cleared 64.2 percent of its Part 2 Crimes compared to 61.1 percent state-wide.

Overall, Carroll Valley has a crime rate that is 17 percent less than similar rural areas in Pennsylvania, according to Hileman.

Council considers whether to allow ice fishing on lakes

The confusion in state and local

legislation over whether ice fishing should be allowed on the three lakes in Carroll Valley is also mirrored in the commissioners' opinions on whether it should be allowed. They are willing to allow it, but they don't want to be liable if someone falls through the ice.

Councilman Ken Lundberg pointed out there's a contradiction in what the borough allows and doesn't allow on frozen lakes. "I can't see how ice skating [which is allowed] is any safer than fishing," he said.

Councilman Neal Abram said that if anyone falls through the ice, the borough is going to wind up being sued.

When asked his opinion, Borough Solicitor Adam Schellhase

told the council, "The way the ordinance is worded now I don't think you can keep people from fishing."

Because of the state's desire to see outdoor parks and waterways used more often, it has agreed to limit liability of private property owners who allow the public to use their lands if the property owner voluntarily agrees to it. Using this protection the state provides could help ease some of the trepidation of property owners on the Lake Carroll.

However, the council is still studying the issue and also checking to see if there is a way to mark off the section of lake that borough owns from the privately owned sections.

Carroll Valley chief running for magisterial district judge

Carroll Valley Police Chief Richard Hileman, II, has entered the race for Magisterial District Judge in District 51-3-04 in Adams County.

"I've been here for 20 years and have an interest in the law," Hileman said. "This is an opportunity to serve even more people than I serve now."

District 51-3-03 includes Carroll Valley, Fairfield, Franklin, Freedom, Hamiltonban, Highland, Liberty, Arendtsville, Bendersville, Biglerville and Cumberland.

He is seeking to unseat the current Magisterial District Court Judge Mark Beauchat, who has served

in that position since 2000 and is running for re-election. Other announced candidates include Sherri Hansen of Franklin Township, Tim Biggins of Menallen Township and Ryan Morris of Cashtown.

"I believe I have the judgment and temperament required for the position. I have always been willing to listen to both sides and come to a fair decision. I have not only conducted investigations and prosecutions of many types of cases before this court, I have also supervised officers presenting those cases," Hileman in a press release.

According to reports in other counties, more than 90 percent of all litigation occurs in the courtrooms of magisterial district judges. This is where small-claims lawsuits in civil cases are heard and disposition of minor criminal cases such as traffic violations, game law violations and disorderly conducts are filed.

The judge also holds the preliminary hearings for serious criminal offenders to decide which one should be held for trial. He sets and accepts bail and does arraignment of defendants after arrest. If needed, the magisterial district judge can issue a search warrant.

Hileman said that he is used to hearing cases because he does that for

his officers before they take cases to court.

"I listen to their cases as preparation so we can see if there are any holes in them that need to be closed," Hileman said.

Hileman has provided police coverage to Carroll Valley for 20 years and been chief for 15 years. He also provides police coverage to Fairfield. He wrote the agreement to create a regional emergency management agency for the Fairfield Area.

Hileman serves on the Pennsylvania Chiefs of Police CNET Steering Committee, as Secretary/Treasurer of the Adams County Chiefs of Police and on the Adams County's JNET Advisory Committee and

Public Safety Radio Steering Committee. He served as the interim Borough Manager at Carroll Valley during their search for a manager in 2004 and 2005 and prepared the 2005 budget. He is a licensed Emergency Medical Technician and a past President of the Fairfield Amvets Community Ambulance Service and a member of the Fairfield Fire Department with which that ambulance service merged.

Magisterial district judges are state positions with 6-year terms. They appoint their staff members. The salaries of staff and expenses of the office are paid by the county.

He and his wife, Susan, live in Carroll Valley.

Driver injured in vehicle accident with two tractor trailers

Carroll Valley Police Chief Richard Hileman, II, and Patrolman Dustin Miller responded

to a three-vehicle accident on Main Street in Fairfield around 4:10 p.m. on Feb. 23.

They found a red Saturn coupe with Pennsylvania tags wedged in between two tractor trailers and blocking the intersection at Main Street and North Miller Street. The Saturn driver and sole occupant of the vehicle was

identified as Eric M. Doyle, 30 years old, from Gettysburg. The investigation showed that Doyle was at the stop sign on North Miller waiting to make a left turn onto Main Street. An eastbound Freightliner tractor trailer owned

by Landstar, Inc and operated by Daniel Abraham, 61 years old Orangeburg, SC, was on Main St. was waiting to turn left onto North Miller St. Doyle made his left hand turn in front of a Kenworth tractor trailer that was traveling westbound on Main St. owned and operated by Paul Hawbaker, 65 years old of Waynesboro. The westbound tractor trailer struck the driver side of Doyle's car spinning him counter clockwise into the eastbound tractor trailer and trapping him in the vehicle.

Fairfield EMS and Fire assisted by Vigilant Hose Company cut the vehicle to free Doyle. A Maryland State Police helicopter airlifted Doyle to University of MD Shock Trauma in Baltimore. Both of the truck drivers were uninjured. Blue Ridge Summit, Gettysburg and Cashtown also had units on the scene.

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NEWS

Local folk singer puts books ideas to music

Now in its 7th year, the Basement Coffeehouse at Elias Lutheran Church in Emmitsburg continues to bring live music to the community.

On March 11, Rick Hill, a Thurmont folk singer, will perform songs from his "Excellent 11" series. The show starts at 7 p.m. Hill plays the songs on a variety of instruments including 6- and 12-string guitars, banjo and hammered dulcimer. He plays in a variety of styles including traditional folk, bluegrass, folk rock and country. The public is invited and donations are welcome.

The power of the live performance is important to Hill. "A live performance needs to be more than just playing some songs," he said. "Audiences want to be moved. They want to be changed. They want to have an experience. I always try to give them that. I

want the audience to leave feeling energized, ready to take on life."

Hill is one of several performers that night.

He moved to Maryland from upstate New York early in 2010. He immediately began writing songs based on Ron Clark's book "The Excellent 11." It is these songs he will play on March 11.

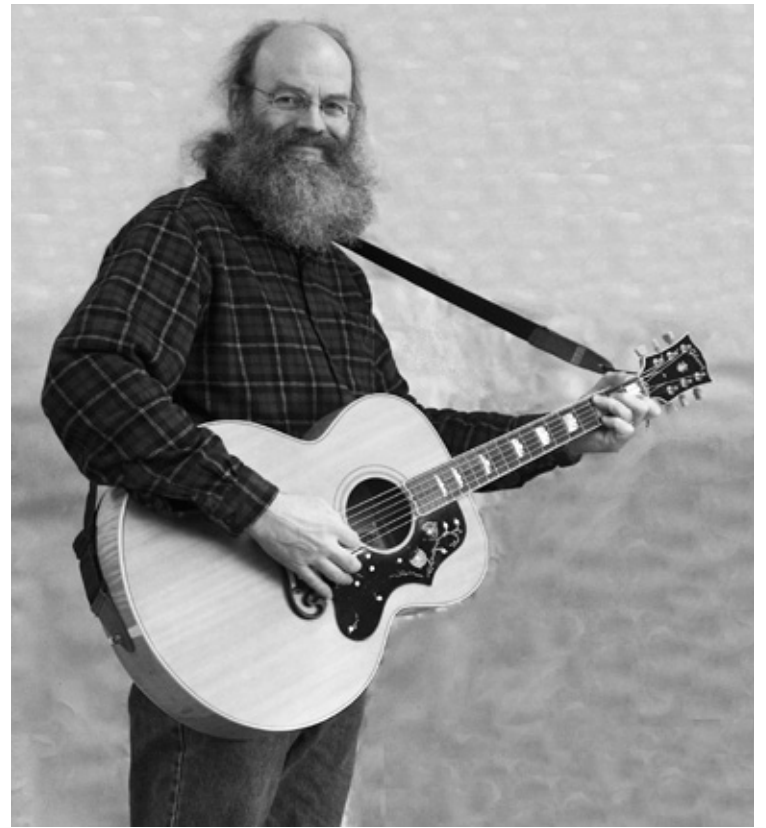
"This is a book about 11 characteristics Mr. Clark feels teachers should be utilizing in the classroom and instilling in their students," Hill said. "After reading the book, I figured everybody should be nurturing these characteristics in themselves and in each other." The characteristics are: Enthusiasm, adventure, creativity, balance, compassion, reflection, confidence, humor, common sense, appreciation and resilience.

Beside being a folk singer, Hill is president of a F.A.M.E., Fred-

erick Acoustic Music Enterprise (www.frederickacoustic.org), non-profit organization whose goals are to nurture, promote and preserve the many genres of acoustic music in Frederick County. The group sponsors workshops, concerts and other live music events to help acoustic musicians hone their craft and to encourage venues to have live music.

Besides music at the Basement Coffeehouse, visitors can enjoy coffee, soda and snacks during the evening. Audiences can vary widely from six to 130 attendees, according to Pastor Jon Greenstone.

The Basement Coffee House is open the second Friday of every month except January, July and August. It is located in the basement of Elias Lutheran Church at 100 W. North Street. For more information, call Pastor Greenstone at 301-447-6239.



News Briefs

EHS Alumni Association offers scholarships

It's been more than 40 years since Emmitsburg High School closed and the students sent to Catocin High School, but an active alumni association is keeping the memory of the school alive with a annual scholarship. The association is currently accepting applications for the \$1,000 scholarship.

Any Catocin High School senior

or graduate who lives in the former Emmitsburg High School district and is enrolled in an institute of higher learning is eligible for the scholarship. The district includes Emmitsburg, Rocky Ridge, and Taneytown. The Taneytown boundary is determined by Bridgeport on Route 140. Applicants may apply each year as long as they are enrolled in an institute of higher learning.

Selection is based on having a student having 3.0 or higher grade point average, being a full time student, presenting two letters of recommendation, and pursuing higher education (technical school, four-year college, or community college).

Applications can be obtained by contacting guidance department at Catocin High School (240-236-8100 Ext. 2) or calling Joyce Bruchey, secretary of EHSAA (410-775-7921). All applications must be received by May 15, 2011. The scholarships will also be awarded in May.

and underwrite scholarships and programmatic support for the Richard J. Bolte Sr. School of Business students participating in the annual College Fed Challenge.

Beginning this fall, four PNC Federal Reserve Scholarships will be available to rising seniors interested in pursuing a career in business or finance and in participating on the Fed Challenge Team. Each student will receive \$10,000 a year for four years. Other funds will be dedicated to support database libraries, travel, and other team competition preparation.

"PNC and The Mount share a vision for supporting our future business leaders and providing them with as

many real-world business and economic skills-building opportunities as possible," said Gordon Cooley, PNC regional president, Western Maryland, speaking on behalf of The PNC Foundation. "Given that the Fed Challenge puts students in the role of policymakers who analyze current economic conditions and recommend a course for monetary policy, we expect there to be a significant demand for The PNC Federal Reserve Scholarship."

Emmitsburg fire leaves four homeless

A house fire on February 23 left an Emmitsburg woman and her three children homeless.

When firefighters got to house of Pam Garber on Crystal Fountain Road around 10:21 a.m., they found flames coming through the roof of the home near the chimney. Twenty fire companies sent dozens of firefighters to extinguish the fire.

The fire caused around \$400,000 in damage and the cause of the fire is still being investigated.



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HISTORY

One hundred years ago this month

March 3

Protestant Church Convention

An interdenominational convention of the layman of Protestant churches in Emmitsburg was held at Elias Lutheran Church last Friday afternoon and evening. The interest in the idea was manifest by the large attendance of men from all parts of the district. At the afternoon meeting some 150 men comfortably filled the auditorium while almost as many ladies crowded the gallery. In the evening the church was filled with a mixed attendance. The response to their invitation was most agreeable to the committee who had charge of the convention, and while they were not surprised at the size of the gathering, they were very gratified.

Hair Pulling Case in Court

The exhibit of a bunch of hair in court Tuesday afternoon was one of the reminders of a fierce fight between two women in Emmitsburg for which one woman was indicted. The exhibit of hair formed a matted mass about the size of a man's two fists, and stood as evidence that the fight was one of earnest participants. Mrs. Kate Wills was indicted for assaulting Mrs. Theresa Jennings. Mrs. Wills' husband, who was a witness on behalf of his wife, when called to testify, was too drunk to do so and was told to leave the stand by the Judge. As he left he muttered something, and the Judge instructed the sheriff to take him to jail for contempt of court.

Fairfield Loses Its Best Teacher

On February 22 Fairfield lost one of its best teachers, when Miss Lucy Bowling, who taught at the Lower Track school, became the wife of Mr. James Beard, of near Fairfield. It will be remembered that a few weeks ago Miss Bowling was unjustly charged with severe and unwarranted punishment of a child, and a lawsuit was promised.

But she, like other teachers, knew her duty in dealing with disobedient and stubborn children. When kind words failed, she was forced to use other means. The patrons of the school, while sorry to lose her as a teacher, are glad to know she will finish the present term. They wished the couple a merry and prosperous life.

March 10

Mrs. Crouse's Birthday Remembered

Mrs. William Crouse, who lives on Gettysburg Street with her daughter, Ms. Clarence Rider, celebrated her 86 birthday on Tuesday of this week. Friends and relatives in different parts of the county remembered Mrs. Crouse on her birthday and sent beautiful cards, numbering 132. In addition to this a neighbor prepared dinner for Mrs. Crouse. She received a number of beautiful presents from her many friends in this place, including a set of silver teaspoons.

Death of Jeremiah and Amanda Feezer

Jeremiah Feezer, age 76 years, and his wife, Amanda, age 75 years, died within a half hour of each other at their home near Harney on Monday. The cause of their deaths was pneumonia which they contracted at the same time a few days previous. The deceased were survived by three sons - Harry, William, and Theodore of near Harney and one daughter, Mrs. Quincy Shoemaker of Emmitsburg.

Accidents on the Farm

A particular double accident happened between Fairfield and Ortanna on Monday. Mr. James Sanders, and son Lennis had a narrow escape from being injured. While engaged in loading straw the stack fell upon the son. This frightened the colt hitched to the wagon, and the animal kicked

Mr. Sanders against the fence. Mr. Sanders called for help but his son was buried beneath the pile and could not reach him. Lennis, however, soon worked his way out, went to his father's assistance, and found him considerably bruised.

March 17

Clean Up the Backyard

In every yard and in the rear of every property there is an accumulation of ashes and rubbish at this time a year. This refuse represents the letter of long winter months and is not only in the way, but very unsightly. While the snow was on the ground there was a reason for allowing it to remain where it has lain all this time, but the season is now at hand for properly disposing of it.

People used to complain—and they were justified in doing so—that there was not a public dumping ground. But all this is changed. There is now a very conveniently located lot where all refuse, other than garbage, may be disposed. The Emmitsburg Railroad Company has provided the place. It is not far from the main tracks and, under reasonable and proper regulations, people may get rid of a great deal that is annoying and disagreeable.

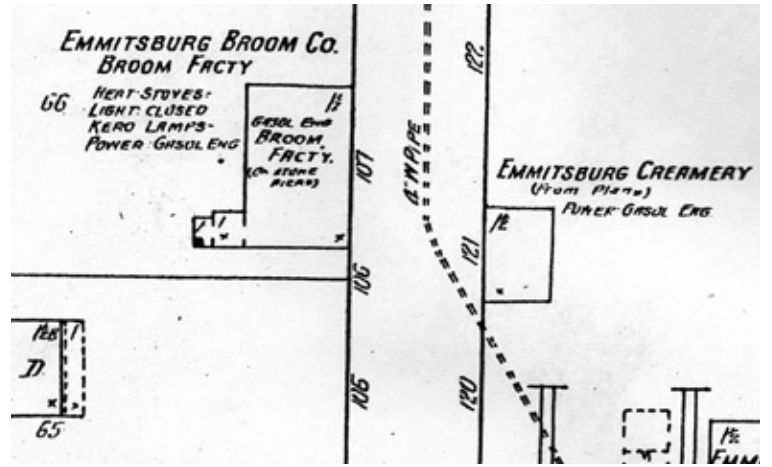
Public School Building to be Enlarged

At a meeting of the school board last week it was decided to add a second story on the Emmitsburg school building. The improvements will include additional accommodations for scholars and a hall for all school and commencement purposes. This enlargement is imperative for the school now has an enrollment of 40 scholars, far too many for the accommodations. Prof. Strauss will also be given an assistant and maybe the curriculum will be changed to include manual training, and agricultural or commercial courses.

March 24

Local Enterprise Authorized

The Emmitsburg Fruit and Orchard Company was authorized to transact business on March 21 under articles



The Emmitsburg Broom Company building was located across the street from the old Emmitsburg Railroad Station on what is now South Seton Ave. Pizza Hut now stands where the Broom Company building once stood.

of incorporation filed in the office of the Clerk of Circuit Courts. The incorporators, who are the directors for the first year, are: Albert Patterson, Mead Patterson, Andrew Annan Homer, Thaddeus Zimmerman, John Foreman, J. Stuart Annan, Edward Rowe, and Eugene Zimmerman. This company intends to plant approximately 1,000 apple and several thousand peach trees this spring on land they have secured on our mountainside.

March 31

Henry Bowman in Trouble

The authorities of Gettysburg arrested Henry Bowman of this place, alleging that he traded off one of Mr. McCarron's horses to a man and then tried to sell the horse he got in trade and the vehicle. He was very much intoxicated at the time.

Death of James McGrath

Mr. James McGrath of Emmitsburg, died March 26, 1911 after five days of illness of pneumonia. He is survived by a wife, six children and 10 grandchildren. Mr. McGrath was a genial Irish gentleman of the "old school." Polite and courteous and extremely fond of his heritage, he was an interesting conversationalist and withal a broad-minded man. During his last years, after he had retired from active life, he lived in Emmitsburg and was a familiar figure on our streets. He had many friends and few, if any, enemies.

Broom Factory Totally Destroyed by Fire

On Monday night a fire totally destroyed the Emmitsburg Broom factory on Frederick Street. The alarm was given by Rural Carrier Lantz who noticed the fire as he passed the building. When the fire was discovered the building was doomed. Its flammable contents burned so rapidly and the fire was so hot that the firemen wisely devoted their attention to other buildings. Everything in the factory was destroyed.

The firemen responded promptly to the alarm and two heavy streams of water were turned on The Creamery, Boyle Brothers Hay Sheds and the dwellings of Mr. Felix, which were covered by a shower of sparks carried by the high winds blowing from the North West, and in doing so, saved them.

The loss to the Emmitsburg Broom Company is in the neighborhood of \$5000, which is only partially covered by insurance. At a meeting of the directors of the company held on Tuesday evening, plans for the future were considered. It is their desire to start up in the near future but nothing definite has been decided.

The cause of the fire is not known but it is thought by some to have started in the bleaching room. In the last few weeks the factory has been hard at work on many large orders some of which were filled before the fire, but a number of others were not completed and since the fire still others have come in.



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GOVERNMENT—SOUTH OF THE MASON-DIXON LINE

From the Desk of County Commissioner Blaine Young

Since the new Board of County Commissioners was sworn in on December 1st we have been on an aggressive schedule. The new board of commissioners consists of newly elected commissioners Paul Smith, Billy Shreve, Kirby Delauter, 16 year veteran David Gray and myself. We went right to work, receiving briefs by division heads and holding a two-day strategic planning retreat. During the strategic planning meetings, six themes came to the forefront: job growth, predictability for businesses, transportation improvements, public safety enhancement, agricultural preservation and land use, and public/private partnerships to provide services. Of course, the theme of adequate education for Frederick County children, Kindergarten through grade 12, was always kept in mind when dealing with these six major themes.

Now, we are hard at work making Frederick County more business friendly and balancing the budget without raising taxes. Currently we have a projected \$11.8

million deficit in the general fund and a projected \$2.8 million deficit in the urban and suburban fire tax districts. We also do not know how much the Maryland Legislature will add to our budget deficit in the next 3 months. In order to balance the state's budget, with a projected \$1.5 billion deficit, the State Legislature could shift some of their costs to our budget.

One thing you can guarantee is that we are committed to balancing the county's budget without raising properties taxes and/or the fire tax. This will be challenging, and some citizens will not be pleased, as balancing the budget without tax increases will mean cutting the budget, eliminating and/or reducing some services and programs, plus major decisions impacting county employees. But we have heard the citizens loud and clear. You cannot afford to pay anymore taxes and right now you need as much of your money in your pocket as possible.

We have already begun this task with reorganizations of county divisions and lay-offs of over 90

county employees. We also made the difficult decision of relinquishing the Federal grant for the Head Start program. This will result in a savings of over \$2 million for Frederick County residents.

The Head Start program serves 282 children in Frederick County. With the Federal grant and the County contribution, we were spending over \$16,000 per child per year and over 80 staff (County employees) were running the program. Head Start is a federally mandated program and it will continue. It will be run by the federally contracted, non-profit organization, CDI. Of course there will be changes to the program in terms of salary and benefits. CDI will run the program until a new grantee is awarded. They will use County facilities and IIT services at no charge until a new grantee is awarded. With the Federal funds and County in-kind, match still over \$8,000 is being spent per child per year.

To do our part, the commissioners have reduced our expense accounts from several thousand

dollars per commissioner to several hundred. Additionally, the commissioners eliminated forever the pension plan for commissioners saving \$150,000 over four years. Finally, the commissioners eliminated one executive assistant position for their offices, returning the number of staff to the same level it was 8 years ago.

Working with the business community, we have begun streamlining the process to make Frederick County more business friendly. Those who have a job appreciate it and those who do not, want one. We recognize that government does not create jobs but prevents jobs from being created with over burdensome regulations and fees. Working with business owners, we developed a list of over 200 regulations and fees that we will modify and/or eliminate over the next year. One example being, did you know that you have to take out a \$65 permit to replace your dishwasher? Ridiculous!

Now, for some good news for Frederick County. Natelli Prop-

erties announced that their site in Urbana has been selected for the new Social Security Administration building, bringing over 200 jobs for Frederick County. The facility will consist of 60 acres; the building will be 400,000 square feet and will be close to a \$½ billion construction project. Also fourth quarter 2010 Income Tax revenue has come in higher than projected which means one of two things. New jobs were added in Frederick County, folks worked more hours and/or a combination of both during the fourth quarter of 2010. Currently Frederick County unemployment is around 6%; the State of Maryland is around 7%; and nationally it is around 9%.

I look forward to having this opportunity, on a regular basis, to update you on what we commissioners are doing and what that means for the residents in your area. You can always email me or call me on my personal cell with comments and questions. byoung@frederickcountymd.gov, 301-748-3218

From the Desk of Town Council President Chris Staiger

Spring? Well not yet, but one sixty degree Friday afternoon screaming for a 'mental health' day will get you thinking... Of course, we did get six inches of snow three days later. I've found a broken snow blower and a shovel will clear up most of these springtime delusions!

February was a relatively quiet month in town government, with numerous 'house cleaning' amendments approved at the first meeting on February 7. These updates concerned garbage collection routines, removal of the Chief of Police position, and updates to election procedures and schedules. The Mayor presented his review of the current budget for fiscal year 2011 which ends June 30. There were no major surprises and we appear to continue living within our means in an environ-

ment where revenues and budgets continue to decline from year to year.

By mid-month, we saw the county government begin to take more aggressive measures at reducing its deficits of revenue versus expenditures. This includes the Board of Education, which accounts for approximately fifty percent of county spending. If Sabillasville Elementary were to close, the impact will be felt primarily in the Thurmont area and not at Emmitsburg Elementary, which is currently listed at eighty-seven percent capacity. The recent changes to the Head Start Program and possible future changes to the Up County Program are more likely to impact residents of our local community.

The second, monthly Community Deputies Forum at the

Vigilant Hose Company was adversely impacted by the 'rush hour' snowfall. This event continues to be scheduled for the third Monday of every month at 6pm. Please drop in if you have questions or concerns related to police protection or related events in town. The next meeting is March 21.

These meetings are a great opportunity for one on one contact with the deputies in a casual environment. The deputies are considering addressing specific topics of community interest from month to month in order to avoid attendance being driven by 'events' – or the lack of them – in town. If you have a topic you would like to have considered, please e-mail me and I will submit it to them. They've offered to do the leg work to provide more of a 'pro-

gram' if that is of interest to the public.

At the February 21 town meeting the Board adopted working copies of a revised Adequate Public Facilities Ordinance (APFO) as well as a text amendment increasing allowable activities in certain commercial zones. Both of these documents will now be forwarded to the Planning Commission for their review and recommendations prior to public hearing and final consideration by the elected officials.

Proposed APFO requirements are meant to establish a reasonable framework for residential growth which takes account of municipal infrastructure resources such as water and sewer, local and regional traffic conditions, and area school capacities. The Commercial Zon-

ing updates are intended to increase opportunities for business growth and development.

The Board of Commissioners also received the 2010 Budget Year (FY2010) Audit results at the February 21 meeting. As I would expect, our financial management practices were reviewed and validated, with changes to practices and procedures identified and agreed to where necessary to meet recognized guidelines. Most of the recommended changes involved increasing oversight by the Town Manager and tightening reporting standards.

In terms of the financials: The Board of Commissioners originally approved a balanced budget for FY2010 that was approximately 6% less than the previous budget year. The Town completed the budget year with an approximate \$25,000 deficit. HOWEVER, this was not due to overspending versus the original budget approval.

The FY2010 deficit was primarily the result of the state government's failure to transfer a portion of the Highway User Fees they collect back down to the municipalities. Reductions to expenditures of some \$80,000 could not overcome this loss – leading to a negative balance that will be covered using monies saved in previous years. We will soon be planning for next year's budget with an expectation of additional reductions to revenue and spending – but more on that later.

Thanks for your time and have a great month – Chris Staiger

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GOVERNMENT—NORTH OF THE MASON-DIXON LINE

From the Desk of County Commissioner George Weikert

When I took office for my first term on the Adams County Board of Commissioners in January of 2008, I was aware of some of the projects that were on the County agenda. I ran for the office with the commitment of working with my colleagues to complete unfinished projects and move the county forward. By the way it has been a pleasure working with Commissioners Moreno/Woodward and Snyder for the past three years. We have been very successful at reaching compromise and getting the work of the county completed.

We have vastly improved the County's financial status. The 2010 fiscal year was closed out with a \$2.8 million fund balance and a \$1.4 million capital reserve. Cash on hand will allow Adams County to operate its government without the need to borrow money through the end of March when tax revenue will be available to fund County operations. This is the first year, in many years, that a Tax Anticipation Note was not required to keep the county operating in the first quarter. These efforts were completed with no county tax increases in 2010 or 2011.

A sales agreement was signed with St Francis Xavier Church to purchase four properties on High St in Gettysburg adjacent to the County Courthouse complex. These properties will fulfill the space requirements needed for Adams County for many decades to come.

The Belmont Road Bridge in Cumberland Township is finally ready to go to bid and a letter to proceed has been signed for the North Gettysburg Trail. Both these projects will be funded by State,

Federal and County liquid fuels funds, no local real estate dollars will be expended.

A county manager was brought on board in January of 2011. Albert Penksa, a Johnstown native, is working with the Commissioners to assure contract compliance with our vendors and union agreements. He is also assisting the Board in all contract negotiations, employee performance appraisals and budget oversight. County Government is now being operated as the large business which it is. Enhanced oversight of all government operations, including hiring employees, department reorganizations, increased revenues, decreased expenses and a more business structured government. These actions will allow Adams County to provide the services needed by its residents with a smaller more efficient County service delivery system.

A court brokered settlement to a law suite brought by a group of unhappy real estate tax payers became a massive, difficult and unpopular opportunity for Adams County in 2009/2010. Seems that twenty years had passed since property values had been evaluated and the County's President Judge decided that a countywide property reevaluation, paid for by Adams County taxpayers was the only fair solution to the problem. I soon discovered that most of the County staff was not working for the county twenty years ago and only two or three employees remained who had any experience with the 1990 property reevaluation process. I also became aware a property reevaluation in 1996 cost county taxpayers over \$1 million dollars and was never completed.

This was a project that needed to be completed, it would not be acceptable or prudent to allow it to go undo once again.

One of my predecessors suggested to me that it would be an easy process, simply assign every county employee to the project, have them work nights and weekends, visit every property in the county, measure all the buildings, take digital photographs and bring back the data. Then have the county's five certified property evaluators review all the real estate sales from the past three years, put the properties into groups or neighborhoods and establish a fair market value for each of the County's 46,000 properties. It soon became apparent with a total staff of 12 employees this project could not be preformed by county personnel and meet the timeline established by the Judges order.

It was apparent that a mass appraisal approach was the only option available and that a professional vendor skilled in mass appraisals would be required. A search for a vendor found only four firms available to assist the county in this effort. Two of those vendors were not certified to do this work in Pennsylvania and one of the remaining vendors was familiar to Adams County as we were using their software in our old existing real estate data system. A cost of \$45 per property was thought to be very reasonable and additional dollars could also be saved since the vendor could network our old and new real estate tax systems together at a smaller additional cost.

The project got started in early 2009, data was collected, neighborhoods established, values placed on each property and notices sent to each property owner on or

before June 30, 2010. Informal appeals allowed property owners to have the vendor correct errors in data collection which had minor changes to the overall value. Vendor supplied certified property evaluators worked behind the scenes to make value adjustments throughout the informal appeal process. Formal appeals boards established by the county worked with property owners by using limiting factors to make adjustments for condition, location, flood plains, steep slopes, unbuildable and landlocked parcels throughout the county. Eighteen percent of property owners went through the appeal process in order to negotiate a value which they thought was fair and equitable. Just over one percent of property owners, about 500, have filed to the court of commons pleas for further appeals with approximately ninety percent of those appeals are being settled at pretrial conferences sponsored by the court. The values for all county properties have been established and new millage rates are being by all taxing bodies. Those values will be appearing on county/municipal tax bills which will be mailed very soon.

The reassessment project has been completed. It has been a grueling and unpleasant project for us all. A new baseline for county property values has been established. This new baseline can be used for many years to come. Some of us had not been paying our fair share and some of you have been paying too much for too long. Unfortunately those who have been paying too much will not get a rebate and fortunately those who have been paying too little will not have to pay a penalty. We may still not agree on our established

value and if we don't we can appeal our value again this year. Call the county assessment office and schedule an appeal tomorrow. If there is a mistake we will fix it and if you don't agree with the value we will work with you to try to resolve your concerns.

We can't discard this project; we have spent too much time, talent and resources in the process. County Tax Service staff and the Board of Assessment Appeals are available to help answer your questions and help resolve your values if we can justify your reasons for change. Pictures tell a thousand words, bring them in so we can get an accurate estimate as to the condition and value of your property.

History has revealed that each and every countywide reassessment ever completed or attempted in any county in the state of Pennsylvania has ended with the same result.

Taxpayers upset with changing values, elected officials criticised for attempting to fulfill their duties and attorneys and property appraisers profiting throughout the process. Contact your local state representatives and ask them to help reform the Property Tax Law here in Pennsylvania.

Lets all lobby for tax reform to include a menu of options to support the needs of our communities. A 1% optional sales tax in Adams County would be a huge relief on those who own property and help carry the burden of the county and six school district budgets. I'm sure the millions of visitors who share our history and rural resources would not turn away and would gladly share an extra penny when they buy a souvenir or box of fruit here in our county.

From the Desk of Carroll Valley Mayor Ron Harris

At the February Carroll Valley Borough Council meeting, Chief of Police Richard L. Hileman gave his 2010 annual Police Report. He reported the Department responded to 2,091 calls for service in 2010 which represented a 6.2% increase over 2009. Calls for service are incidents requiring a police response and do not include vehicle stops or other routine duties. The 2,091 calls for service resulted in 242 Uniform Crime Reports or UCRs. An UCR is a crime as defined by the Federal Bureau of Investigation and categorized into Part 1 and Part 2 Offenses.

Part 1 are homicide, forcible rape, robbery, assault, burglary, theft, and arson. Part 2 are everything else except traffic offenses like stop signs or speeding. Part 1 offenses increased about 2.3% and Part 2 offenses decreased 23.8%. Based on the numbers, crime decreased approximately 17% overall to near 2008 levels. How safe are we? As explained by Chief Hileman, the state-wide rural crime rate for 2009 was 18.8 Part 1 and 42.9 part 2 per 1,000 residents.

Carroll Valley's 2010 Part 1 was about 11% less and Part 2 was 42% less at 17.8 and 33.2 per 1,000 respectively. This amounts to Carroll Valley having 17% less crime overall than similar rural areas in Pennsylvania. As far as Traffic and Ordinance Citations, the Police Department issued 395 traffic, non-traffic and ordinance citations including 234 for speeding, 109 for other traffic, 1 for ordinances and 33 for underage alcohol which represents a 50% increase over 2009 figure of 22. This underage drinking is a concern and will be discussed at the Carroll Valley Public Safety Committee on March 14th.

The Fairfield Fire & EMS is mailing reminder letters to households that did not respond to their annual solicitation. Based on my conversation with those who manage the firehouse, they understand that it may be difficult to find a few extra dollars in light of current economic conditions but they are hoping that you can give what you can no matter what the amount. The fire company uses

such creative fund raising methods such as bingo, small games of chance, raffles and rental of fire company space.

All of these efforts generate money but at the cost of many hours of time provided free by fire company members. There is a concern that these volunteers are starting to burnout. The Fairfield Fire & EMS needs your support by volunteering your time to help out in fund raising events, by volunteering your time in responding to an emergency if qualified or by volunteering your advice on how the fire company can continue to remain a volunteer service. Every Tuesday evening is training night at the fire company. If you have a moment, stop in. Talk to them.

The Carroll Valley Citizens Association (CVCA) is planning to hold a dinner meeting on March 18th at 6:30 pm at the Carroll Valley Pavilion in the Carroll Commons. Both Dave Hazlett, our Borough Manager, and myself have been invited as the evening speakers. The topic of the evening will be

"What is going on in the Valley". If you are interested in attending, please call Charles Dalton, the CVCA president, at (717) 642-8696 for reservations.

I had the pleasure on February 9th to welcome Taverna to our valley during a ribbon cutting ceremony. Taverna is a Greek word used to describe a small, unpretentious café or restaurant in Greece. If you have an opportunity to dine out, visit Taverna and be served by Nick

Kalathas and his wife LaShay. It will be a dining experience.

The Borough will be holding the following meetings in March: Planning Commission (Mar 7th); Public Safety Committee (Mar 14th); Borough Council (Mar 15th); and Parks and Recreation Committee (Mar 23rd). If you have any questions, please do not hesitate to contact me by email at mayor@carrollvalley.org or by cell at (301) 606-2021.

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COMMENTARY

From the Track

Kip Himilton

As both an operational EMT, an EMS Officer of Fairfield Fire and EMS and a member of the Board of Directors, I was somewhat surprised by the article that appeared in the February, 2011 Issue entitled "Fairfield Fire Department in serious financial trouble" and submitted a letter to the Editor expressing some of my thoughts on the subject.

This letter sparked an email exchange between me and the editor, Mike Hillman, on a number of subjects, one of which was the problem that volunteer organizations in general seem to be having these days in attracting new members and even holding on to those who used to be active.

Somewhere in the emails, Mike the paper's Editor, asked me if I would be interested in writing a recurring commentary column for the paper on various current topics. We discussed that too frequently the news we get now days is prepackaged for us in easy-to-digest sound bites. We gobble these Bagel News Bites up and move on, completely missing the underlying foundation of what is really going on. In many cases, the WHAT of what is going on is interesting, but the WHY is so much more important for us to understand.

So, for the next few months, together let us consider the underpinnings of some of the news of the day...near

and far and see if we can gain a more personal appreciation of what is happening around us and why. Anyway, back to the story... Once I told Mike I would give this monthly commentary column a go, he said, "Great! Why don't you start out by writing about the situation with the fire company?" That seemed reasonable and certainly worthwhile, so, here we go...

Fairfield Fire & EMS is not currently in serious financial trouble. In fact, because of our diligent planning and budgeting, we are one of the most financially sound fire and rescue companies in all of Adams County. Now, this is not to say that this could not change at some point in the future, but for now, we do not have a financial problem, serious or otherwise.

If we are experiencing a problem, it is a membership problem, not a financial one; and we are not alone in this at all. Picture in your mind years ago when a small town fire house siren sounded... Most of the businesses in town closed, normal activities ceased and the streets were full of citizen volunteers in various stages of dress, running to the fire station to man the apparatus. Well, sadly, that is no longer the case. One could probably write a book on the causes of the falling rates of volunteerism in our society today. People are too busy. They don't work in the local area any longer. The "me" generation couldn't be bothered to put themselves out for

their neighbors. Some one else will take care of it for me. Who's left on Idol tonight? That's what I pay my taxes for. There are probably hundreds of reasons people use to justify their lack of personal involvement in the critical activities in their communities.

I would guess that most people do not realize that the Fairfield fire department and ambulance company is almost completely volunteer staffed and volunteer funded...that is to say that although the six municipalities that the department serves send contributions of various amounts to the department, the firefighting and emergency medical services that the citizens in these communities receive is, for all intents and purposes, a FREE SERVICE to them. We are not supported by tax dollars at all. We mainly exist from donations and membership fees, fundraising activities such as bingo and the associated games of chance, and reimbursements we receive for transporting ambulance patients. We do have a paid EMT crew on duty during the day, but their salaries are funded in large part by the volunteers to make sure that there is coverage for "our" communities during the work day.

What we do each year represents tens of thousands of man-hours of service freely given to our friends and neighbors. Last year we ran 203 fire related calls and 711 EMS related calls to the municipalities that we serve... all done without any tax support at all. Take a moment and let that sink in. In these times of rising government expenses and shrinking tax revenues

where local and state governments all over the country are in serious financial trouble and cutting services to their citizens and raising taxes, here in Fairfield we have an unusual display of the selfless personal contribution to the community that has made our country great...residents helping their fellow residents, asking nothing in return. You call us. We come. It doesn't matter if it is a beautiful Sunday afternoon or 2:00 in the morning in the middle of a February ice storm...we will roll out of bed and get there to help you, without any financial consideration at all. Why would we do such a thing? We don't know really... there has been mention of some common genetic defect, but we really can't say for sure!

If we do need help, it would be in the form of volunteer service. Basically, we need warm bodies. We are finding ourselves having to do more and more with fewer and fewer people. Every year in the recent past our call volume has increased over the previous year, but our membership has not. No longer are our volunteers just a bunch of country boys who like to drive big trucks fast and blow the siren. Each one of our operational volunteer members, male and female, is trained to the same national/state fire and EMS standards that a professional fire company must meet. That represents thousands of hours of training and continuing education activities alone.

We would love to have more people to help with the fundraising and administrative activities, but we could seriously use some help on the operational side, which was the Chief's main point at the Borough meeting. So many of our volunteer members who are available in the evenings do not work in the area during the day, so, many times the fire equipment has to respond during the day with less than the optimal number of crew members. Additionally, it puts a serious strain on those few volunteers whose local employment allows them to staff the fire equipment during the day. Also, you may not realize that our ambulances cover the largest area in terms of square miles of any fire department in the county. From time to time (and at an increasing rate) we are having volunteer staffing issues. If and when this situation reaches a critical point, we will have to seriously consider having to hire paid firefighters and additional paid EMTs as well. At that point, we would then have to look toward the municipalities we serve for funding assistance in the form of a Fire Tax levied on their residents...that would be you. Legally, these local governments have the obligation of providing their residents with fire protection services; it's just that over the years we have been taking care of it. You might have heard of this Fire Tax before and wondered what it is and what it is for.

Currently, staffed with volunteers, it costs the department upwards of \$700,000 a year just to operate...believe me, that's a lot of bingo! The last new ambulance we purchased cost over \$225,000 to put in service. A firefighter's personal protective equipment costs almost \$4,000 per set and they can only be used for a certain number of years, then they must be retired.

We will have to replace one of the fire trucks in a few years and by that time we will probably be looking at having to pay ¾ of a million dollars to get it on the street. And have you noticed the price of diesel fuel lately? Again, at this point, there has not been any cost charged to the residents for our equipment and services and we would like to keep it that way. But, if that changes, you can do the math and see what the additional tax burden would be on each household if the municipalities had to assume the financial support of such an operation. We're calculating that if our station were to go 100% paid staff, 24/7, that on top of the reimbursements, etc that the fire company would receive, it would take somewhere between \$1 Million and \$1.5 Million per year that would have to be divided between the surrounding communities. I don't know about you, but as a Carroll Valley resident, that's an awfully scary proposition, but, my friends, that is the potential. The good news is that we can work together to help keep the potential from becoming the reality!

We really do not want to reach that critical point as much as you don't want us to, so we are putting out the call for new members! We derive a major portion of our support from our weekly bingo games. We need help staffing the kitchens and the floor...especially callers... for our regular Thursday night bingos and we could use help in some other important administrative and fundraising areas which would take a lot of pressure off our current members and enable us to do a few more things to help insure our long-term viability. We can certainly support ourselves and continue to provide the high-caliber /no-cost service that our citizens are accustomed to, but we could use your help. We will be grateful for whatever time you can give, from one night of bingo a month to running weekly on an EMS night crew. Our Junior Member program is open to those 14-17 yrs; those 18 and above are welcome as active adult members. Some previous operational experience on either the fire side or the EMS side is always helpful and will speed up the point at which you can start running calls, but it's certainly not necessary. We will provide the necessary training. In fact, this past semester we, in conjunction with the Fairfield Area School System and the Harrisburg Area Community College, sponsored an EMT class given to juniors and seniors at Fairfield as a part of their high school curriculum. It was a first for Fairfield and it was a great success. We are looking forward to integrating these energetic, new EMTs into our program, but we ask that if you have even the slightest level of interest in helping your family, friends and members of your community *when they need help the most*, please call or better yet, stop by the station at 106 Steelman St, next to the little league ball fields in Fairfield, and pick up an application to join our department. Please help us so we can continue to help you!

Thanks for your interest and we'll talk again next month!

RANDY PHIEL

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Pure Onsense

The keys to democracy

Scott Zuke

Imagine if we were to scour history and divide all changeovers of political power into two columns: in column A we put all those in which an autocracy was replaced by a stable democracy or republic, and in column B we place all those where one autocracy replaced another. The balance would not be at all favorable; we would likely need some extra pages to hold everything in column B, and maybe even split it into sections to distinguish conquests, violent internal coups, as well as peaceful monarchical successions.

As much as we cherish our place in column A, it is comparatively lonely, especially if we exclude the last half century of international democratic sprawl. Suffice to say, history gives us reason to look on the current turmoil enveloping the Middle East with cautious optimism at best, and concern or even outright fear at worst.

Are the democratic revolutions occurring there likely to achieve their aims, or are they merely introducing an instability that will open the door for new autocratic rulers to seize power and create new problems for the people and for our own interests in the region? Why

are we, the supposed beacon of the virtues of rule by and for the people, so hesitant to support these revolutions and so pessimistic about the capacity of others to rule themselves as we rule ourselves?

America has a complicated view of democracy, born of the negative opinions toward it held by the Founding Fathers and perpetuated by the republican system of government they established with the Constitution. Adams, Hamilton, Madison and Jefferson all have famous quotes attributed to them criticizing democracy as inherently violent, unstable, and short-lived. Nevertheless, today people casually refer to America as a democracy, we see democratic governments (some only in name, of course) spreading to every corner of the globe, and we staunchly defend our “democratic principles” of free and open political participation.

The disconnect is due to the multitude of definitions for “democracy.” The Founders were speaking of “pure democracy,” also sometimes referred to as “direct democracy,” an extreme system of government in which all the people actively participate with equal voice. The model they looked to was ancient Athens, where

the demos, or the people of the city-state, held the power to rule (-kratia) more or less directly.

There was a fairly intricate system of representation based on 1-year appointments to public office, but what is worth noting here is that virtually every citizen capable of serving in office was able to do so at one time or another. They were all able to attend the Assembly (ekklesia) at will and vote on various important matters. Obviously the relatively small size of the city-state allowed for more direct participation than is possible in modern nations.

The Founding Fathers lacked much of the archaeological evidence of ancient Athens that has led modern scholars to view Athenian democracy far more favorably than was fashionable in their time, but that’s for another discussion. Today, political democracy means something quite different from pure democracy, something like the capacity of people to rule themselves through whatever constitutional framework they consent to. This implies that people have some means of effective political participation, typically in the form of frequent, fair, and open elections.

In addition to political democracy, there is also a more normative definition that deals with an overarching principle of open and active public discourse and deliberative decision-making—democracy, in short, as a way of life or as a

characteristic of social institutions. Families, for example, can be more or less democratic in this sense. Some are “ruled” by patriarchs or matriarchs, and others make a conscious effort to consult spouses, children, and extended family in making decisions that may affect them directly or indirectly.

However the term is used, democracy, I argue, is fundamentally tied to a conception of autonomy (from autos, “self,” and nomos, “law”). To say that a country isn’t “ready” for democracy is to say that its people are not fully autonomous or capable of self-legislation. Someone else needs to watch over them and protect them from their inability to make fully rational decisions.

Consider the case of a rebellious teenager. Hormones aside, teenagers face the difficulty of transitioning from childhood to adulthood, essentially a transition from limited to near full autonomy. The challenge for the parent is to determine how to balance paternalistic protectionism with the need to promote the teen’s autonomous functioning. Does the parent hold off on handing over the car keys in order to protect them from their own inexperience, or does she accept the risk of letting the child drive in order to acquire experience and independence? Can the teen be trusted to be safe and responsible with his newly acquired autonomy? Is there

any choice but to grant that trust and hope for the best?

We face a similar question now towards Egypt, a country that (perhaps not coincidentally) happens to be populated heavily by teenagers. Over half of the population is under the age of 25. It is young in a democratic sense as well. Thirty years under autocratic rule has the affect of an overbearing parent: the people have felt the irrepressible urge for independence and have rebelled against their oppressor, but they nevertheless lack valuable experience in self-determination. Can they be trusted to rule themselves? And just as important, do we have any choice but trust them to do so? I don’t think we do.

Like teenagers, young democracies may make bad decisions and head in directions that lead them into harm or to compromising the very autonomy they have just acquired. We are understandably concerned that a people not fully “prepared” for democratic freedom could end up electing their own dictator. History has shown this to be a distinct possibility. But the answer is not to refuse them the opportunity to make critical decisions; rather, it is to be there to support and advise them however we can without compromising their autonomous decision-making, and hope for a positive outcome.

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

Down Under

Tipping points

Submitted by Lindsay,
Melbourne, Australia

Finally, he paid the debt of nature –Robert Fabyan, 1516

We had a few friends in for dinner the other night. We’d anticipated a pleasant evening, and it would have been just that – except I managed to wreck it. I’d been presented with a very nice bottle of merlot, (a local 96 vintage, one of the best in the world), which I poured into the waiting glasses for us to drink before dinner. Lots of bonhomie, but I was not paying sufficient attention as I reached for my drink. I somehow managed to knock it over - very neatly as the glass didn’t break - but the contents not only coloured the tablecloth, but the frock worn by one of the ladies, my face and my wife’s voice.

It took a good half hour for things to return to a degree of normality, but much longer for me to stop feeling like a complete idiot. Now a glass of wine is one thing, no one hurt, no lasting damage, nothing that

could not be fixed, but many things do not work out so well. Take, for instance, phosphates.

Phosphorous is essential for life, both plants and animals, and applying superphosphate to soils is one of the important ways of increasing grain production, helping to feed our increasing populations. Other phosphates enhance the ability of soap powder to wash clothes. Viola! A new industry is born. More phosphates, more food, cleaner clothes. Everyone’s happy until the consequences are revealed. Streams polluted, algal blooms reducing oxygen levels to zero, no more fish, just lots of slime. Manufacturers finance studies to show it is not their fault, consumers stay happy, and the only worries come from that new band of idiots called environmentalists. A little pressure by lobbyists on the government and those pests go away quietly.

But the streams and waterways do not recover. Stop the pollution and nothing happens, because the tipping point has been passed. In other

words, the point of no return has been reached and the streams are dead. There is no going back to clean waterways, so eventually excess use of this chemical is prohibited. The environmentalists have made their point. Nature eventually forms new streams, and manufacturers find new sources of profit growth.

Chlorofluorocarbons, known as CFC’s, are another case of science not knowing, or at least not determining, the consequences of their research. Marvellous for propelling those wonderfully convenient sprays called aerosols, and for bathing transformers in heat absorbing liquid, they did their damage out of sight, way up in the upper reaches of the atmosphere, where they destroyed ozone at an alarming rate. Oops! Ozone, it was then discovered, keeps humanity safe from an excess of ultraviolet radiation, which would cook us quickly if allowed in unchecked. So a hole in the ozone layer developed over the Antarctic, where most of the CFC molecules became concentrated, which has now produced the highest rates of skin cancer in the world for residents of Australia. (We’re now leaders in its diagnosis

and treatment. Necessity again). The planet was at risk, so the use of these chemicals was banned worldwide. This time, good news – the hole is slowly diminishing after about 15 years of growth.

What of atmospheric carbon dioxide levels? Well, they reached their tipping point about five years ago, and they are still going up. We are bombarded daily with trivial solutions –earth watch day, how many black balloons and so on, the cost of carbon trading – while we wallow in the profits of our resources boom. Can the atmosphere be repaired? Maybe – but we probably won’t be around to find out. The time involved for any reversal is now too short. CFC’s were controlled in time, but CO2 is ubiquitous.

Of course, it’s not just the environment that has tipping points. Nations, cultures, political systems and regimes do too. Egypt is a current example, but others abound. Repressive regimes suppress their citizens in order to maintain power, while democracy is supposed to be a bulwark against totalitarianism - but when the will of the people living in a democracy is subverted to the will of the few, it surely ceases to be democratic.

A plutocratic trend is apparent, especially in America, with the ‘frog in water being heated’ being a true analogy. That’s the one where the frog is reasonably comfortable at the beginning, but doesn’t try to get out until it’s too late, and the water’s boiling. On the other hand, some things can be returned to normal without any difficulty. Pass me another bucket of sand, please, I just spilt mine.

Social tipping points result in bloodshed and mayhem, but the nation keeps on, albeit in a modified form. The planet will also go on, irrespective of what we do to it. But it isn’t the planet that needs to survive, it’s the human race. And yes, it will go on, no question about that. Also in a modified form.

Perhaps we’ll develop plant genes, breathe in higher levels of carbon dioxide, and do our own photosynthesis. “How are the buds today, Mrs. Plant?” Bio geneticists, please note.

We’ll certainly have paid our debt to nature by then, won’t we?

Tipping my hat to reality,
From Down under,

Lindsay

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

FROM THE PASTOR'S DESK

A run for the Son!

Pastor Jon Greenstone
Elias Lutheran Church

Not many of us are athletic these days, though some of us keep in shape by running, biking, swimming, exercising on the floor or doing a few minutes on the treadmill. Staying physically fit seems to be more and more important for health sake and certainly after such a long cold winter, most of our waistlines will benefit from getting out there and doing at least a brisk walk once per day. Let's face it, physical exercise of whatever sort is good for us.

As we consider our Christian faith, we can be challenged and directed by various analogies in the scriptures such as when the Apostle Paul uses imagery of an athlete who must train and discipline his or her body to perform at the highest level. Similarly, the Christian is exhorted to exercise his or her faith, by evangelizing and putting into practice the teachings of Jesus.

Listen to Paul as he explains his own approach by which he means to encourage and instruct the Christian church at Philippi: "Athletes exercise self control in

all things; they do it to receive a perishable wreath, but we, [as Christians,] an imperishable one. So I do not run aimlessly, nor do I box as though beating the air; but I punish my body and enslave it, so that after proclaiming [the Good News about Jesus] to others I myself should not be disqualified" (1 Cor. 9:25-27).

What Paul is saying here is that the Christian life should have a definitive character about it. A Christian's life should reflect the life and teaching of Jesus and ought to present a credible witness to the living Word's presence at work in the life of the believer. All of our efforts ought to be dedicated to pleasing the one who has called us to enter into the Great Race, which is our life—walking in the Way of Jesus. Come on, let's go!

Devoted followers of Jesus must strive to attain a standard for living that improves upon the way they were living before understanding the higher ways of God. Just as Jesus sought to teach his disciples new ways of thinking and interacting with other people, so also, our life in Christ should be as a work always in progress. Paul regularly suggested to his audiences, especially the gentile churches, that they should be exhibiting behavior that demonstrated lives transformed by the influence of Christ and the Holy Spirit's leading.

Martin Luther might add here that all actions undertaken by the Christian must be guided by God's Word, lest a false spirit mislead God's people with deception and corrupt behaviors unbefitting of a Christian life. Paul wrote to Titus: "For the grace of God has appeared, [that is Christ], bringing salvation to all, training us to renounce impiety and worldly passions,

and in the present age to live lives that are self-controlled, upright, and godly, while we wait for the blessed hope . . . of the glory of our great God and Savior, Jesus Christ" (Titus 2:11-13).

The believer's approach to contentious issues and personal conduct should be markedly different from our former ways (and means) of acting or reacting to the stresses and strains of life in family, business and society. From the letter to the Hebrews we gain additional insight about following in the way of Christ as we "look to Jesus, the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God" (Heb12:2). Here is one of those images that the athlete does well to fix their mind upon, while allowing the body to excel in the effort to complete the race.

For the Christian, a life of self control need not feel like a lead weight, but instead, we want to carry out this effort with lightness and joy for there is that prize of Christ being pleased with us. Can you imagine the satisfaction of Jesus smiling and being pleased with you? Just remember that he is! This is demonstrated for us as we learn that our works of charity and mercy done unto others are as service unto Christ. "The king will say to those at his right hand, 'Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me'" (Matt. 25:34-

36).

Note the emphasis at the beginning of this passage, "You that are blessed by my Father." This is the reward for running the race of life by the Way of living for Christ in all matters through to a successful ending.

However, in spite of our best intentions, faithful devotion and practice—we will have moral failures, for we are yet flesh. I would venture to say that very few of us will attain to the high standard that Jesus sets, and if you think that you can, I challenge you to perfectly meet all of Jesus' demands in the fifth chapter of St Matthew's gospel. Perhaps none of us will attain Christ's teachings with perfection and we will feel like it is futile to keep the faith, but in a Christ-centered reality, as I believe Paul is emphasizing, it is *in the struggle itself* that we are obtaining our salvation. This is, once again, like the discipline of being an athlete. In any competition, one does not always win. Whether competing as part of a team or in individual competition such as tennis, wrestling or running, we should do our best, but sometimes we stumble or we have a weakness that causes us to lose. Here also is where we must yet exercise faith.

We cannot completely rely on our own goodness nor strength to win the race... but we must surely and completely rely on Christ who lives in us and for us. The defeated Christian must remember those words of our Lord who ". . .going a little farther, he threw himself on the ground and prayed, 'My Father, if it is possible, let this cup pass from me; yet not what I want but what you want'" (Matt 26:39). We cannot earn God's favor nor please him with our own self-initiated efforts at goodness, but, as we struggle with God, we find ourselves engaging in the relationship more deeply and we will find ourselves leaning more fully upon God's grace alone.

Wouldn't you agree that it is more rewarding and admirable to see a runner who has fallen, get up and complete his or her race—bruised and battered, than to see one wander off the field with anger, denial or despair? Allow the hand of God to pick you up and will yourself to crawl if you must. Jesus will be there beside you in this marathon of life and faith.

Paul writes to young Pastor Timothy, "I have fought the good fight, I have finished the race, I have kept the faith. From now on there is reserved for me the crown of righteousness, which the Lord, the righteous judge, will give me on that day, and not only to me but also to all who have longed for his appearing" (2 Tim 4:7-8). As the living followers of Jesus in these present days—we long to hear those most precious words from our Lord: "Well done good and faithful servant." But how can we finish well?

First of all get in the race and stay in the race! Be present at church with your brothers and sisters who are also in the event! Even if you think you have quit, does your retreat discount what Christ has already accomplished for you upon the cross? Remember Jesus' words from the cross, "It is finished."


Christ completed the whole race, he fought the good fight and died, not for himself, and not for earthly fame but for your salvation and that of all people for all time! Believe me, God the Father, God the Son and God the Holy Spirit will be completely cheering you on and lifting you up as you take your stance, look straight ahead and get on with running your life in Christ. What a blessing to be together in this Living Hope, let us push on toward the high calling in Christ Jesus to whom be the praise, the glory and the honor—now and forever.

Amen

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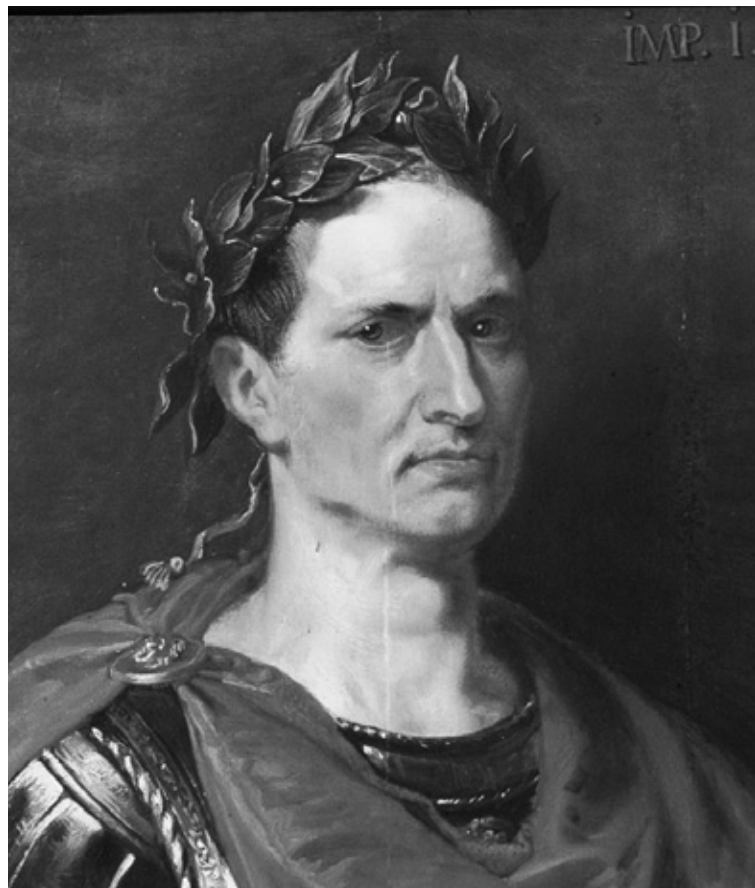
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THE BOOK OF DAYS

Ides of March



March 15

Julius Caesar

"It is possible," says a living author, "to be a very great man, and to be still very inferior to Julius Caesar, the most complete character, so Lord Bacon thought, of all antiquity. Nature seems incapable of such extraordinary combinations as composed his versatile capacity, which was the wonder even of the Romans themselves.

The first general—the only triumphant politician, inferior to none in eloquence, comparable to any in the attainments of wisdom, in an age made up of the greatest commanders, states-men, orators, and philosophers that ever appeared in the world—an author who composed a perfect specimen of military annals in his travelling carriage—at one time in a controversy with Cato, at another writing a treatise on punning, and collecting a set of good sayings—fighting and making love at the same moment, and willing to abandon both his empire and his mistress for a sight of the Fountains of the Nile. Such did Caesar appear to his contemporaries."

The assassination of Caesar on the Ides of March, 44 BCE, was immediately preceded by certain prodigies, which it has greatly exercised the ingenuity of historians and others to attempt to explain.

First, on the night preceding the assassination, Caesar dreamt, at intervals, that he was soaring above the clouds on wings, and that he placed his hand within the right hand of Jove. It would seem that perhaps some obscure and half-formed image floated in Caesar's mind of the eagle, as the king of birds, secondarily, as the tutelary emblem under which his conquering legions had so often obeyed his voice; and thirdly, as the bird of Jove. To this triple relation of the bird, the dream covertly appears to point. And a singular coincidence is traced between the dream and a circumstance reported to us, as having actually occurred in Rome, about twenty-four hours before Caesar's death.

A little bird, which by some is represented as a very small kind of sparrow, but which, both to the Greeks and Romans, was known by a name implying a regal station (probably from the audacity which at times prompted it to attack the eagle), was observed to direct its flight towards the senate-house, consecrated by Pompey, whilst crowds of other birds were seen to hang upon its flight in close pursuit, towards Pompey's Hall. Flight and pursuit were there alike arrested; the little bird-king was overtaken by his enemies, who fell upon him as so many conspirators, and tore him limb from limb.

The other prodigies were:

A dream of Caesar's wife, Calphurnia, that their house had fallen in, that he had been wounded by assassins, and had taken refuge in her bosom.

The arms of Mars, deposited in Caesar's house, rattled at night.

The doors of the room wherein he slept flew open spontaneously.

The victims and birds were inauspicious.

Solitary birds appeared in the Forum.

There were lights in the sky, and nocturnal noises.

Fiery figures of men were seen; a flame issued from the hand of a soldier's slave without hurting him.

After the murder of Caesar, it was remembered that the attendant had removed his gilded chair from the senate-room, thinking that he would not attend the meeting.

The last words of Caesar, as he fell before the blows of his assassins, have become proverbial, being generally given as 'Et tu, Brute!' (And thou too, Brutus!)—certainly a most natural expression on seeing a youthful and beloved friend among those prepared to shed his blood.

There is, however, a doubt as to the words used by Caesar. They have been given as composed of the Greek language, express a doubt if he was heard to utter any expression at all after the stabbing began, or did anything more than adjust his mantle, in order that, when fallen, the lower part of his person might be covered.

March 12

Ludovick Muggleton

A time of extraordinary religious fervour is sure to produce its monsters, even as the hot mud of the Nile was fabled to do by Lucretius. Several arose amidst the dreadful sectarian contentings of the period of the civil war, and scarcely any more preposterous than Ludovick Muggleton, who is said to have been a working tailor, wholly devoid of education.

About 1651, when this man was between forty and fifty years of age, he and a brother in trade, named Reeves, announced themselves as the two last witnesses of God that would ever be appointed on earth, professed a prophetic gift, and pretended to have been invested with an exclusive power over the gates of heaven and hell. When Reeves died, Muggleton continued to set himself forth in this character, affecting to bless those who respectfully listened to him, and cursing all who scoffed at him, assuming, in short, to have the final destiny of man, woman, and child entirely in his own hand.

By ravings in speech and print, he acquired a considerable number of followers, chiefly women, and became at length such a nuisance, that the public authorities resolved, if possible, to put him down. His trial at the Old Bailey, January 17, 1677, ended in his being sentenced to stand in the pillory on three days in three several parts of London, and to pay a fine of £500, or be kept in jail in failure of payment. His books were at the same time ordered to be publicly burnt. All this severity Muggleton outlived twenty years, dying at length at the age of ninety, and leaving a sect behind him, called from him Muggletonians.

It would serve to little good purpose to go farther into the history of this wretched fanatic. One anecdote, however, may be related of him. It happened on a day, when Muggleton was in his cursing mood, that he very energetically devoted to the infernal deities a gentleman who had given him

some cause of offence. The gentleman immediately drew his sword, and placing its point at the cursing prophet's breast, demanded that the anathemas just pronounced should be reversed upon pain of instant death. Muggleton, who had no relish for a martyrdom of this kind, assumed his blessing capacity, and gave the fiery gentleman the fullest satisfaction.

There is no mention of Muggletonians in the official report of the census of 1851, though it included about a dozen small sects, under various uncouth denominations. As late as 1846, some of Muggleton's incomprehensible rhapsodies were reprinted and published; it is sincerely to be hoped for the last time.

March 30

The Borrowed Days

It was on the 30th of March 1039, that the Scottish covenanting army, under the Marquis of Montrose, marched into Aberdeen, in order to put down a reactionary movement for the king and episcopacy which had been raised in that city. The day proved a fine one, and therefore favorable for the march of the troops, a fact which occasioned a thankful surprise in the friends of the Covenant, since it was one of the Borrowed Days, which usually are ill. One of their clergy alluded to this in the pulpit, as a miraculous dispensation of Providence in favor of the good cause.

The Borrowed Days are the three last days of March. The popular notion is, that they were borrowed by March from April, with a view to the

destruction of a parcel of unoffending young sheep—a purpose, however, in which March was not successful.

In an ancient calendar of the church of Rome there is an allusion is made to 'the rustic fable concerning the nature of the month [March]; the rustic names of six days which shall follow in April, or may be last in March.'

No one has yet pretended fully to explain the origin or meaning of this fable. Most probably, in our opinion, it has taken its rise in the observation of a certain character of weather prevailing about the close of March, somewhat different from what the season justifies; one of those many wintry relapses which belong to the nature of a British spring. This idea we deem to be supported by Mrs. Grant's account of a similar superstition in the Highlands:

"The Faouilleoch, or those first days of February, serve many poetical purposes in the Highlands. They are said to have been borrowed for some purpose by February from January, who was bribed by February with three young sheep. These three days, by Highland reckoning, occur between the 11th and 15th of February; and it is accounted a most favourable prognostic for the ensuing year that they should be as stormy as possible. If these days should be fair, then there is no more good weather to be expected through the spring. Hence the Faouilteach is used to signify the very ultimatum of bad weather."

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THE (retired) ECOLOGIST

Insurance for squirrels

Bill Meredith

"Insurance, *n.* An ingenious modern game of chance in which the player is permitted to enjoy the comfortable conviction that he is beating the man who keeps the table." ... Ambrose Bierce, *The Devil's Dictionary*, 1911.

Among my favorite poems is a piece by A. E. Houseman, which begins:

*Yonder on the morning blink
The sun is up, and so must I,
To wash and dress and eat
and drink
And look at things, and talk
and think,
And work, and God knows why.*

I am rarely up with the sun any more, and I am among the fortunate who no longer have to work, but the rest of the verse describes the beginning of my day pretty well. When I look out of the windows of my bathroom or bedroom while washing and dressing, one of the things I usually see is a squirrel running along the branches of the trees in the back yard. It follows the same path each day, out to the end of a branch and leaping to the next tree on its way to the front yard, and it reaches the bird feeder about the same time as I get to the kitchen table. And while I

eat and drink, I look out the window at the squirrel, who by this time is gobbling sunflower seeds; and I talk to my wife about it, and think. For the past few weeks the scene through the window has led me to think of the late Laurence B. Slobodkin. This is not as much of a *non sequitur* as you might suppose, but for those who are not familiar with the way my mind works, a word of explanation may be appropriate.

Last month I wrote an article about a group of squirrels with whom I have conducted a running battle this winter. I was trying to keep them out of the bird feeder; they seemed to be winning the battle, and enjoying it as well. But the day the article appeared in the paper, the squirrels disappeared. At first I assumed they were insulted by what I had written, and would be back as soon as they had devised a suitable form of revenge; but days went by without a trace of them and I knew something was wrong. Squirrels are resourceful, but they are part of the food chain, and it is winter. There is a red-tailed hawk around in the daytime, and I have heard a great horned owl hunting in the woods behind the house at night. All sorts of bad things can happen. That was what led me to remember Dr. Slobodkin.

Until the middle of the 20th Century, ecology was basically a descriptive science, but in the 1950s a generation of young ecologists transformed it into a quantitative and theoretical discipline which could be studied in the laboratory as well as the field, and which had great predictive powers. Slobodkin was one of the brightest of these young scholars, and one of the best writers. In 1961 he published a book entitled *The Growth and Regulation of Animal Populations*; I was just beginning my doctoral studies then, and that book became a major influence on my understanding of how nature works. In particular, there was a chapter called "Life Insurance for Animals," which explained the methods by which ecologists (and insurance agencies) calculate the probability that an animal will live long enough to reach a certain age. That chapter began with this sentence: "One of the first questions that may be asked about a population of animals is, 'How long do they live?'" This was the question that led me to the answer to my thesis problem in 1967; and now, 50 years after I read it for the first time, here it was again. How long does a squirrel live?

Gray squirrels have two litters a year, one in early spring and the other in mid-summer. A litter usually has 3 or 4 pups but may have more. They stay in the nest until they are weaned, at the age of 8 or 10 weeks. Mortality is fairly high at this time; the nests get full of fleas, which can suck enough blood to cause anemia, and predators such as owls, hawks, raccoons and snakes can break into the nests... and, of course, even healthy pups will die if something happens to their mother before they



are weaned. Once out of the nest, they may fall to the ground before mastering the art of running about on narrow limbs; the fall usually doesn't kill them, but on the ground they are vulnerable to cats, foxes and skunks in addition to the predators mentioned above. Those that survive the first month will have a 50:50 chance of living five years or so. In captivity they have lived as long as 20 years, but in nature the oldest record I saw was 12.5 years. Besides the extremes of weather and predators, they must cope with territorial battles between males, and a host of diseases and parasites ranging from mange mites to intestinal worms. Life is tougher than it looks from the kitchen window.

My wife asserts that if you've seen one squirrel you've seen them all, but I have found that if you follow Houseman's advice and look at things long enough, you can begin to tell them apart. I had assumed

my squirrels were a family group of four. The largest one, presumably the male, dominated the others, and recently had been chasing the other adult in a typical courtship pattern. The other two were smaller, probably siblings from last summer's litter; otherwise, the two adults would not have tolerated them being so close. One of the youngsters had a distinctive kink in its tail. Some two weeks after the family disappeared, that one came back. I recognized it by the tail, and also because it knew how to get past the barrier on the bird feeder without any trial-and-error experimenting. Where it had been, and what happened to the others, will remain a mystery. And as for how long it will live, in Slobodkin's words, "That depends." We can make a list of the myriad things that can happen to squirrels, but who can say how successful and lucky it will be at avoiding them? The only sure answer is, "Not forever."

I had the good fortune to meet Dr. Slobodkin several years after I read his book; he was giving a lecture at the Smithsonian Institute, and I took a group of students to hear him. His topic was the extinction of species; he pointed out that just as individual animals sooner or later must die, whole species eventually disappear from the earth. Life, he said, is like the mathematical game called Gambler's Ruin, in which there are three rules: 1, you can't win; 2, you can't break even; and 3, you can't get out of the game. It occurs to me now that this is what Ambrose Bierce was saying, just 100 years ago. Life insurance will not prevent us from dying; at best, it might encourage us to conduct our lives prudently, so as to avoid some of the many things that we know could happen, and thus delay the event. This was Dr. Slobodkin's message: our species might delay its extinction by heeding some of the warnings ecologists have been giving us for these past several decades. Will we do it? Somewhere, that old cynic, Ambrose Bierce, is probably placing his bet on the table.

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Scales and tails

Who cooks for you?

Ranger Jen Miller, Cunningham Falls State Park

Late February brings the promise of spring and with this promise comes the call of the Barred Owl. The call is loud, distinctive, and determined with one purpose – to further the continuation of the species. In more gentle terms, the owls are looking for that special someone to make their nest complete. The Barred Owl call is one of the easiest for humans to mimic. It sounds like they are saying, “Who cooks for you, who cooks for ya’ll”. Nicknamed “The Southern Gentleman” because of their call, Barred Owls are indeed gregarious and will frequently respond to imitators with urgency!

The three resident Barred Owls of the Scales & Tales Aviary at Cunningham Falls State Park are hooting or heralding the coming of spring too. The Barred owls are housed in two separate mews, with a single female in one enclosure and a male and female in another. The single female was hit by a car and is partially blinded. She has been separated from her kind due to her inability to share food. The rules learned in kindergarten apply to owls too! The other owls were also hit by cars. Because of her injuries,

the female owl had to have her left wing amputated and the male is missing an eye and two toes. Like the Great Horned Owls, modified perches and ramps have been added to help the owls navigate their mews safely.

Wild Barred Owls eat a variety of prey items such as snakes, frogs, mice, chipmunks, and even crayfish. At the Aviary we feed the Barred Owls mice, small rats, day-old chicks, and occasionally fish. The food items have already been humanely dispatched, as most of the birds at the Aviary are not capable of killing their own prey due to their injuries. What doesn’t change once they are in captivity is how they eat. Owls swallow their food whole, often head first. Then six to eight hours later they regurgitate an owl pellet. An owl pellet is a compact ball of the indigestible fur, feathers, scales, and/ or bones of the consumed prey. The pellet takes the form of the lower portion of the bird’s stomach and is relative in size to the bird that produced it. Many children are thrilled at the prospect of dissecting owl “barf”, as I have heard it referred more than once by an exuberant child. Often an entire skeleton of what the owl ate can be reconstructed from a single pellet. The pellets create

an opportunity for children to learn about skeletal structure and prey identification. Owl pellet programs will be offered at Cunningham Falls throughout the spring and summer season and are frequently used in lessons on food webs in middle school.

Experts in raptor husbandry often refer to Barred Owls as being passive aggressive. The term raptor is a generic grouping that refers to birds that eat meat and is an appropriate reminder of these birds’ true nature. So while Barred Owls have a very darling appearance, looks can be deceiving. In spite of their fluffy “cuteness” they are by no means a pet. Unlike pets, the captive raptors typically do not like to be in close proximity to humans and retain their wildness. What develops between caretakers and the birds is a partnership based on respect and trust. We learn through daily observations what causes a particular bird stress and what it likes. The likes become rewards that we use to train the birds to be handled. Rewards vary from food, a head scratch, or just being left alone.

Barred Owls teach us that wild animals are not pets. Wild animals such as fawns, owlets, and baby raccoons do not react to human contact the same way a pet might, especially as they near maturity.



This can often result in human injury, the spread of disease, and often harm or death to the animal. Birds of prey are protected under the Federal Migratory Bird Act, which prohibits the killing of owls, hawks, falcons, eagles, and vultures. The act also makes it illegal to possess live specimens and/ or body parts including feathers of protected species without proper permitting. It is for this reason that we don’t name the animals in the Scales & Tales program. It would be very difficult for a young child to understand why “Hootie” wouldn’t make a good pet. It is the hope of the Scales & Tales

program that all people who visit the Aviary don’t just see or feel empathy for a single captive animal, but instead that they gain a greater understanding and appreciation of all the other wild creatures the captive one represents.

If you find sick or injured wildlife please go to the link below for more information: http://www.dnr.state.md.us/wildlife/Plants_Wildlife/wlproblems.asp

Next month learn about one of our residents who has out of this world abilities! He can hover in middle air and see UV radiation!

Words from Winterbelt

The tractor won’t start and it’s cold

Shannon Bohrer

Anything mechanical can break, but as Judge Glass would say “Things don’t usually break when you’re not using them.” Judge was an individual whose time on earth spanned the evolution in transportation from horses to motor vehicles and tractors. He would refer to a right rear wheel as the right hind wheel; he was a good teacher and good neighbor, and also a very good tractor mechanic. I remember calling Judge once when my old Massey Ferguson would not start. He asked me to describe what I heard and after I did he told me to get a pair of alligator clips with a wire and attach the clips to two prongs on the back of the key starter. It worked! Later when I was in his company Judge commented that from his experiences, that if a piece of machinery breaks when it’s not being used, it’s usually something simple. Good advice.

A while ago, on a very cold day December day, my father-in-law telephoned and said his tractor would not start. He added that the weather forecast was snow in a couple of days. I inquired as to the problem and he stated that the tractor would not turn over at all. He believed the battery was dead. I told him I would be

there shortly and that I would bring a jumper box and we could probably jump start the tractor. My father-in-law is 84 years old and has a few mobility problems. He is a good man and has been good to me. Plus he raised a wonderful daughter, my good wife.

I telephoned my brother-in-law, a real mechanic, just for insurance. He said he would bring his battery charger and would meet me there. I loaded the jumper box in the truck and started down the road. As I was driving I was thinking about my father-in-law’s tractor. The tractor is an old Allis Chalmers, so old that Judge would have liked it. A good while ago my father-in-law had a loader installed on the tractor. The loader was new and was installed by a dealer, but it was not made for his tractor. The loader worked very well, unless you needed to raise the hood on the tractor. The loader has a cross bar that prevented you from raising the hood. And, of course, the battery is under the hood. As I was driving I also remembered that you could remove a cross bar from the loader and then raise the hood about half way. It was cold, very cold with a good wind, and I was hoping for a quick repair, reminding myself what Judge often said – “It’s usually something simple.”

When I arrived at my father-in-laws place the tractor was in the shed. The shed is small by shed standards. I believe that if you took everything out of the shed and put it all back, it would not fit. The working space was a little tight. My father-in-law then told me that he had installed extended Leeds to the battery so you did not have to raise the hood to jump start the tractor. The Leeds goes from the battery toward the back and to the right side of the hood, making them very accessible. Did I mention my father-in-law was an engineer? For a short while, very short, my enthusiasm returned that it was going to be a quick repair. After I attached the jump box cables to the battery extended Leeds we tried to start the tractor – nothing, not even a grunt.

We now needed access to the battery so we had to remove the cross bar and raise the hood, but with space constraints we needed to move the tractor out of the shed. We used a jack and raised the loader bucket about a foot off the ground and put 4X4s under it. I then attached a chain to the tractor and pulled it out of the shed with my truck. The loader bucket easily skidded over the 4 X 4s. Did I mention that the shed roof was low? Once outside we took a front cross

bar off the loader and we could now raise the hood. About this time my brother-in-law showed up, just when the work was almost over, or so I thought. We removed the extended Leeds, and re-attached the jumper box – and nothing. My brother-in-law brought along his battery charger; it’s a little one, about the size of a large filing cabinet on wheels. He hooked the charger to the battery and we waited a while. We again tried to start the tractor and again nothing. My brother-in-law was concerned because he said the charger indicated that the battery was not charging. We tried jumping the tractor starter and all we got was one very slow grunt. It was time to take the battery out, go to town and purchase a new one and hope that the battery was the problem.

After we purchased a new battery our truck turned into a shopping center where a coffee shop was located, so we decided to stop for coffee. The coffee was hot and very good. Did I mention it was cold outside? We nursed our coffee as long as we could and then started back to the farm. My brother-in-law installed the battery and I watched to make sure it was done correctly. After installation the tractor started, which made everyone smile. We reinstalled the battery Leeds, lowered the hood, then

reinstalled the loader cross bar, raised the bucket and then removed the 4 X 4s.

I then mentioned to my father in-law that the tractor was ready for the snow. He replied that if it snowed his neighbor would plow his driveway. He added that since he could not turn his head around very far, he had trouble backing up the tractor. He said that when he backed the tractor into the shed, he put a 4 X 4 on the ground to stop the rear wheels – and that’s where he stopped. But he added he was going to use tractor and loader, he wanted to remove a bale of hay that was in his field. The bale was left by the farmer that made his hay, probably in June – six months earlier. As my father-in-law drove the tractor toward the bale of hay I walked alongside. Since the hay was old I was going to roll the bale into the bucket – to keep it from breaking apart.

When the bale was made it was about 40 pounds, however it was wet and frozen, and also frozen to the ground. Did I mention it was cold out? We used the tractor bucket, to break the bale from the ground. When I rolled the frozen bale into the bucket I would estimate it weighted over 150 pounds, it was like a large brick, and I was worried it would break apart? After the bale of hay was dropped in a mulch pile, the tractor was returned to the shed.

As Judge would say, “It’s usually something simple” and it was, it was just the battery. But the best part was the company and the coffee.

THE MASTER GARDENER

Sprouts and microgreens for the windowsill

Julie Falk
Adams County Master Gardener

To a gardener, winter can seem like a time suspended between growing seasons. Days are short. The ground is hard or frozen. Reading seed catalogs and planning satisfies the mind, but the hands may itch to be digging, planting and harvesting, especially after our February thaw. Let me suggest an activity that addresses at least part of that urge to grow your own food - sprouting seeds.

At its simplest, growing seed sprouts requires little effort or equipment, and produces a significant amount of nutritious fresh greens. Here are some of the reasons you might want to try it.

Sprouts are nutritious. A plant seed must contain all the nutrients, vitamins, and proteins to foster the new plant's growth. When the seedling (sprout) emerges, the tender new growth contains much of the nutritional value of the seed, but in a more digestible form. Harold McGee, in his book, the Science and Lore of the Kitchen, tells us that sprouts have more vitamin C and iron, fewer calories, and more protein than their mature vegetables.

Sprouts are local. Financial and energy resources to bring them to your table are minimal, as you grow and harvest them in your own home.

Sprouts taste good. Many

are eaten raw in salads and on sandwiches. The larger sprouts like mung beans are often cooked in soups and stir-fry dishes.

Sprouts are easy. Edible sprouts can be grown from a wide variety of seeds. Alfalfa, broccoli, cabbage, lentils, radish, mung beans, barley and red clover are just a few of the potential choices. Your local store is a reliable, safe place to get the most commonly grown sprouting seeds. A word of caution: you should use seed that is produced specifically for sprouting, and not agricultural seed. This is to avoid seed that has been chemically treated or exposed to manure or contaminants.

Once your seed is purchased, you're ready to decide what kind of equipment you will use. The most basic is a quart mason jar with mesh or netting over its opening. I have a set of plastic lids that screw onto the top of a mason jar, allowing water to drain out while the seeds remain behind. Stores also sell sprouting apparatuses that involve stacked trays and other gadgets. After you produce your first crop, you can decide how fancy you want to get in the future. Whatever you decide, clean your equipment thoroughly, just as you would your canning supplies.

Each type of seed is slightly different in the amount used, but the commonly grown ones like alfalfa and broccoli require about two tablespoons of seed



Microgreen lettuces and herbs are harvested at about two inches in height.

(which produces about a quart of sprouts). Wash your hands before handling your future food. Then place the seed in the jar, and add a few inches of warm tap water. Remember you must use safe, potable water. The seeds are soaked overnight to soften the hulls, and the water drained off in the morning. Now the seeds are ready for sprouting, and you can place the jar where it gets a few hours of light each day. Lay the jar on its side with the top tilted down so that water drains out. Some people like to prop the jar for good drainage, while others prefer to place it in a bowl. For the next few days, you should rinse and drain the seeds every morning and evening. In three or four days, the veggies in your jar will look like the sprouts you see in restaurants! If the mesh over your jar is not porous enough for seed hulls to wash away, you can remove them with a colander.

Harvested sprouts should be stored in the refrigerator. You can rinse them about every third day to keep them fresh, but they generally will not keep for more than a week. That's okay -- while you're eating one batch, you can be growing another!

For at least a decade, chefs have been showing increased interest in the production of "microgreens". These are vegetables and herbs that are grown to a grand height of one or two inches, and then harvested as a garnish or ingredient. Although the finished products are about the same size as sprouts, microgreens are different in a few important respects. They are both, as you would expect, grown from seeds - but sprouts are essentially grown solely with water, and the seeds are consumed. With microgreens, the seeds are planted in soil or a growing mix and harvested at the soil level

when their first true leaves have unfolded. If you remember your high school biology, the first set of leaves are called cotyledon leaves, and the second set are the true leaves of the plant.

Microgreens are fun, easy and cheap to grow. You can use a flat, or even the plastic containers you bring home from the restaurant. Just fill the shallow container with soil or potting mix, taking care to punch holes in the bottom for drainage. Plant your seeds and cover with about one quarter inch of soil. That's it. You needn't worry about spacing the seeds because you'll be harvesting before they're big enough to crowd each other out. The choice of seeds to plant can vary wildly. The most popular are probably leaf lettuce or lettuce mixes, but you can gainfully plant many others - beets, kale, parsley, basil, cilantro and arugula among them.

About one week after



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THE MASTER GARDENER

The Small Town Gardener Brother, can you spare a carrot?

Marianne Willburn

Even those of us who spend most of our days up to our armpits in the compost pile have noticed there's a recession on. If the gloomy NPR voices on my garden radio weren't enough to alert me, there's the little matter of my husband shredding the retirement statements for bedding mulch. Not surprisingly, when bills are mounting up and groceries start to be classified as a frivolous luxury, many people start to eye up their backyards with more than just grass seed on their minds. Perhaps, we muse, we could take a little bit off the grocery bill with a couple vegetable beds. We'd eat healthier - after all fish sticks don't grow on a vine. And then the silence is shattered by the bark of the neighbor's dog and we suddenly remember that we live in town. How much could we possibly grow in a small town garden?

Speaking as one who aims to squeeze every last bit of viable vegetative growth out of my average size lot: plenty actually. But it will take a little planning and a hard look at your space.

Start with the vegetables you actually like - sit around as a family and list them. What's the point of growing a turnip if you wouldn't touch one with a barge pole? I have a friend that grew several hills of cucumbers and then had to give them all away because she hated them. When I questioned why she would grow them, she replied, "well you always grow cucumbers in a garden." Wrong, grow what you like to eat.

Next look at the vegetables that are expensive in the stores. Although going up, onions and potatoes can still be had more cheaply than a vine ripened tomato - even in the middle of August. Have you seen those lovely, luscious "Premium Boston Lettuces", clam-shell packaged with the roots still on? Would it interest you to know that you could buy a pack of 200 lettuce seeds for the money you will pony up for one of those beauties at the supermarket? Do you love fresh snow peas but can't stand the fresh price? Grow them. Make gardening worth your while. The tricky part of this exercise is balancing what you like and what is expensive with what takes up a large space in the town garden for a smaller return - artichoke and asparagus lovers beware.

Finally, visit the library (Borders is not in the budget) and research those veggies. Get inspired by books like *The New Kitchen Garden* by Anna Pavord or *The Complete Gardener* by Monty Don. Then get specific with books like *The Vegetable Gardener's Bible* by Edward C. Smith. Finally, get real with an all time favorite, *The Square Foot Gardener* by Mel Bartholomew. Bartholomew

advocates a method of gardening that intensively utilizes small 4x4 or 4x8 raised beds, and from experience, I think this is one of the best ways to go. Raised beds physically delineate the area you need to pay attention to, the area you need to water, the area you need to force your children to weed. It doesn't have to be expensive. During the first three years of my vegetable gardening, I used everything from used bricks to leftover scrap wood, and as time went by I gradually replaced those beds with sturdier framing lumber. So don't be afraid to use what you have - there is an inherent beauty present in recycled materials in the garden.

Now, face your yard. Don't close your eyes. That's it, take a long hard look at it. Where is the sun? In my garden, the sun shines reliably in two places, on the south facing side of the front yard and the far back corner of the back yard. For my veggies, economic melt-down or no, the front yard is out. It took me two years to put in that perennial border and only a Greater Depression will make me replace it with Brussels Sprouts (although four tomatoes and a couple cabbage plants will find a place amongst the flowers this year).

Now, what are the obstacles? And I don't mean inveterate laziness. I mean the Silver Maple that sucks up the average water supply of developing nations, I mean the Black Walnut that poisons everything in its path. You may only have room for one or two beds - but believe me, if you pay attention to spacing and plant successively, you could still make a real dent in that grocery bill. And remember, veggies can be grown in pots or gro-bags when there is no space to be had outside.

Besides, as with all things in life, it is better to start small. If you overdo it your first year, you'll be tempted to spray weed killer over the whole lot by July while you pop a tray of fish sticks in the microwave. Let your local Farmer's Market pick up the veggie slack when there are gaps in your garden - because there will be. Just try to relax and savor the things that remain constant in this changing, unpredictable world of trillion dollar deficits and heart-stopping unemployment - the warm juice of a vine ripened tomato dripping down your chin and the gentle smell of earth on your hands.



Seeds sprouted in jars are profuse, but require careful handling to prevent contamination with germs.

planting, your seeds will have sprouted, taking on the appearance of a chia pet. Within about two weeks, depending on the species you've selected, the second set of leaves will have unfolded and it's time to harvest. No aching back from bringing in this crop. You just trim them off near soil level with a scissors, wash them off, and they're ready for use.

While some people grow microgreens in large quantities as a commercial product, you and I may be more interested in this as an edible experiment. The tiny plants are flavorful and pretty, just begging for artistry. In my premier batch, I toyed with colorful mixtures. I blended red and green lettuces, beets and lettuces, basil and lettuces, dill and lettuces. They grew beautifully, possibly because I lucked into just the right degree of drainage.

One wants to keep the soil moist but not wet. Because of the shallow containers, there is also a high risk of excessive drying if

you forget to water. After rinsing my crop, I stored them in the refrigerator, where they lasted over a week.

One caveat I discovered was that the blending of lettuces and herbs in the same container produced little plants of different height. Lettuce, for example, came out tall while basil was still short. So for the next batch, I decided to grow each thing separately and do the mixing after harvest. I think that would have worked nicely, but I used some discarded plastic berry containers from the supermarket. They didn't drain well, so the soggy seeds only sprouted sporadically. That final crop was lackluster. I'm old enough that I'm finally learning from my mistakes, so I'm sure the next crop will be a success.

Enjoy gardening even in the winter. And remember, spring is just around the corner!

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PETS LARGE AND SMALL

Puppy love

Kathryn Franke
MSM Class of 2013

A dog. That was all that my brothers and I wanted for Christmas for so many years. Every single time we wrote to Santa, that was the thing that was on the top of our lists. I would try to be good all year in hopes that one day, I would be able to get a dog and take it for a walk and give it extra treats when no one is looking. We were constantly begging my parents for a dog. We always started with my father, who would undoubtedly just tell us to ask our mother. So on we went to ask Mom, practically on our knees promising that we will help take care of it.

Our mother had never wanted a dog, so my brothers and I were well aware that we had a great challenge ahead of us. If we were able to convince Mom to get a dog, that would be the most triumphant victory of our young lives by far. We had a false alarm one Christmas when my mother got us a stuffed animal dog that sang the song "I Can't Stop Loving You," which was at least a step in the right direction, with the main goal obviously being a real dog that barks, not sings! But hey, progress was greatly appreciated at the time! It's hard work trying to convince your parents that despite what they may believe, there would be no moaning and groaning when we had to help out and take care of the dog.

Now let's fast forward to about a decade later. I was about to head back to Mount Saint Mary's University to begin my sophomore year, but I was enjoying my last week at home and trying to cherish those last few days of relaxation before the stress of tests and homework begins again. My brother and I are both runners, and we were leaving track practice expecting to head home to

do what had become the normal summertime routine: shower, eat dinner, waste time in front of the television, and sleep. Suddenly, we got a phone call from my mother. She told us to come to the local animal shelter because they went to look for a dog and found one that they love! My immediate reaction was complete and utter shock. My brother and I looked at each other in disbelief as the excitement took over and we sprinted toward the car. The drive home had never seemed so long before.

As soon as we pulled into the animal shelter, we ran inside and found my parents and my older brother. They were peering inside a cage at a little puppy in the corner. He and his brother were lying down, obviously frightened and intimidated because of the five people now hovering over them. I had always heard people talk about the power those puppy dog eyes can have over you and the way they just make you melt, but I had no idea how true that was until I saw that puppy. The worker at the shelter took out both of the puppies for us to hold, and we decided to get the puppy that my parents had been looking at earlier. This was the moment I had been anticipating for years now. I finally got to hold my puppy! We proudly walked out to the car as the new owners of an adorable puppy. Even the workers of the animal shelter had a hard time parting with that puppy. They told us to be sure to bring him back to visit so they can see him more often.

There's a funny story behind the name of our puppy, which is Kyle. My mom has always had a little crush on the Ravens (ex) quarterback, Kyle Boller. While everyone else complained about his performance in the football games, she proudly wore her autographed jersey and stuck up for him no



matter what happened in the game. So, since she finally gave in and let us get a puppy, we agreed that the dog would be named Kyle!

We headed home and set up a spot for Kyle to lie down, and he immediately went there and fell asleep, which was actually what he did for the majority of time for the first week or two. He looked so scared when we came over to him and picked him up so that we could take him to get the basics: a collar, food and water bowls, and whatever else we came across. So we headed to the car and pulled out of the driveway. And then the adventure began.

We had been on the road for about a minute when all of the sudden, Kyle threw up all over my younger brother, Brad. Luckily, my dad had a dog when he was little, so he had known to put a towel underneath the puppy just in case something like that were to happen. We turned around, cleaned up the car (and poor Brad), convinced my mom it was not going to be like this all the time, got a lot more towels for the car ride, and were on our way again to the pet store. We got help picking out everything we needed, because we were definitely puppy amateurs and needed assistance with the process, and it was indeed a process. We had to train him to go to the bathroom outside, and not on the floor which he did countless times. I had to teach him how to go up and down steps, because he was so small that he was shaking with fear looking at the huge descent that was beneath him and the mountain he had to climb above him.

I had never seen anything sleep as much as Kyle did the first few weeks. My mom was so happy because that was exactly the kind of dog she wanted, a calm one. In fact, had she known that he would be that way (for the time being) she probably would have let us get a dog years earlier. I can't pinpoint the exact time when it happened, but one day, Kyle went from quiet and sleepy to the very opposite: energetic and VERY hyper. He discovered how to bark, which he

then did whenever he was alone because he loved company and wanted us to be with him all the time. He found out how to jump, and the fact that he can jump extremely high. My mom was worried that he would figure out that he could easily hurdle the tall gate that we had to set up for him. He somehow managed to tear up about a square foot of our kitchen floor, so we now have to cover it with a trash can until we can get it fixed. When he was teething he chewed at everything he laid his eyes on, and he tore apart his toys in a matter of hours. For his first Christmas this year, we gave him three toys, and each of the three toys was destroyed within one minute. So, like any puppy, Kyle has definitely caused some trouble, but soon we found that despite all of these things, his energy and excitement are contagious.

Every time you walk in the door, Kyle gets so excited and jumps higher than you would ever think is possible for such a small dog. His ears slick back as if it's the first time he has seen you in years. You could be gone for a few minutes and it would seem like you had been gone for weeks. Every homecoming makes you feel like you are the most important person in the world to him, and the welcome could not be warmer. Whenever I call home, my mom always lets me "talk" to Kyle on the phone, and every single time, my mom cracks up as Kyle immediately recognizes my voice and starts jumping and licking the phone.

Kyle does so many adorable things that make me miss him every day I am at school. He sprawls out right in front of the heating vent for hours, and when someone comes to pet him he immediately rolls onto his back, an open invitation to give him a belly rub. If you give him a belly rub, you will be his friend forever! That is probably one of his favorite things. Brushing his teeth has become the same routine every time. Initially his jaws are clenched, refusing to let me brush his teeth. Then, he tastes

that delicious chicken-flavored toothpaste he loves so much and it becomes a race on my end to brush his teeth before he eats all of the toothpaste. After a while he flashes those shiny bright white teeth and lets me brush them as he licks the toothpaste off of his lips. Needless to say, he loves getting his teeth brushed! Kyle loves the freedom of being able to go all around the house, and every once in a while he starts running laps around the house and it's near impossible to catch him. We now have yet another runner in the family. I always knew he was a Franke for a reason!

We try our best not to spoil Kyle, but as I sometimes say, he's too cute to not spoil! My mom and I have a tendency to buy him lots of toys and treats, and we have probably bought him a total of six little beds because we just want our little guy to be comfy! Kyle loves anything soft and fleece, so he has his own fleece blanket with paw prints all over it, and he absolutely loves a pink fleece blanket that my mom has. He goes crazy when he sees that! In honor of Kyle Boller, who he was named after, Kyle even has his own Ravens jersey and collar. He is a true Ravens fan!

It would be an understatement to say that I enjoyed my last week at home with my puppy. In one week, I became so attached to Kyle. The day before I left for school, my father surprised me and took me to Build-A-Bear, where there was a stuffed animal that looks identical to my puppy. He let me make one so that I could take it with me to school, and every time I miss Kyle I have a reminder of him to hold me over until I see him next. I look forward to every break so that I can go home and see my family and Kyle. Getting Kyle was the highlight of my summer, and it made all those years of waiting so worthwhile. Better late than never, I suppose!

Kathryn Franke is a Fine Arts and Communications major at the Mount and a confirmed animal lover!

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PETS LARGE AND SMALL

Vets vs. Guys

Dr. Kimberly Brokaw, DVM
Walkersville Veterinary Clinic

With spring just around the corner, it is the start of castration/gelding season. Our editor (Mike) warned me against writing about this topic. Apparently guys find the thought of women cutting off testicles a bit intimidating. Even the instrument has an intimidating name, the emasculator. However, it is an important topic to address.

There are numerous unique traditions and folklore associated with castration such as only cutting on a waning moon and throwing the testicles onto the barn roof. If the testicles stick to the roof, the horse will be a fast runner. If they fall off, he will be slow. While I certainly have no objection to castrating a horse on a waning moon, the most important part is to work with the horse and get him castrated at an early age. Most of the barns I go to have horses whose owners work with them everyday. The horses are fed, brushed, and interacted with multiple times per day and get used to obeying humans and trusting them. In these horses the surgery usually goes very smoothly. I heavily sedate the horse, but keep him standing up as opposed to lying down under general anesthesia. The procedure is quick and with the addition of a local numbing agent, hopefully relatively painless. I can usually sedate and castrate a horse in less than half an hour. How's that for a pick-up line for a first date?

I have also gotten called out to the occasional farm where the stallion is feral and has been running around breeding mares for the past 5 years. Now, the owner wants him castrated. Just by nature of the horse being older, the surgery is going to be more difficult and higher risk for complications. The closest I have come to getting seriously injured by a horse involved the castration of a minimally handled six year old draft cross. While I had him sedated so much that he could barely stand he was still able to forcefully kick my scrub bucket out of my hand. After that, I decided that it would be best to put him under general anesthesia. Due to his size he was harder to drop in an appropriate location and ended up going down half in and half out of the barn aisle. While the surgery went smoothly, the recovery from anesthesia was going to be more difficult. I instructed my assistant and the owner that if the former stallion did anything other than get to his feet and walk calmly into the stall, they were to run out of the barn. Luckily I was able to hold his halter, get him to his feet, and get him safely into a stall, while they ran out of the barn.

It wasn't much after that horse that I got called to do another castration. The stallion, who we shall call Kick, had been living in a 20 acre field for the past several years. He had several crops of foals on the ground. Recently, Kick, had taken

to kicking his owners, so they gave him away. His new owner called me and wanted to get him castrated. I had only been in practice for about six months so I assumed certain things. For example, I assumed that if someone called me out to their farm to castrate their adult horse, he would have been handled routinely by people. If there was an unusual situation, such as they could barely get within 5 feet of him, that would be something the owner would mention on the phone. Shortly after arriving on the farm, I realized that was not the case. This is my recollection of the encounter.

Me- Hello. Can you tell me a little about Kick?

Owner- Well Kick was given to me and I am hoping that castrating will calm him down.

Me- Has he received any veterinary care in the past?

Owner- No because we can't touch him.

Me- Where is he now?

Owner- In the field. We are hoping you could sedate him so we could get a halter on him.

The problem with this is that I do not own a tranquilizer gun. I explained to the owner that usually I like to do a physical exam and at least listen to the horse's heart before I sedate him for the surgery. I knew that I was not going to get a physical exam and truthfully would be lucky if I could get close enough to inject some sedatives into his muscle. I discussed the increased risks associated with castration in this horse. A possible sedative reaction, bleeding out as they had nowhere to confine him afterwards, and other operative complications were not unlikely. As Kick was barely handleable he would require general anesthesia so there was also an added risk of breaking his leg in recovery. The owner said that they understood



the increased risk and were willing to take it. They also informed me that if we were unsuccessful in getting him castrated his old owner was going to shoot him. That put a little more pressure on in that now I knew I had to somehow catch this horse, sedate and castrate him, or he was going to be shot and killed.

Kick was bribed with food and we were able to get him close to the fence. I had already decided that for safety reasons we were all going to try and avoid going into the field with him until after he had some sedatives in his system. The food worked well and we were able to give him an injection of sedatives in the muscle. This slowed him down enough that more sedatives could be given IV, which was then followed by administration of medications to induce general anesthesia. Kick lowered to the ground easily. I quickly scrubbed, blocked, and removed his testicles. In addition to the usual crushing method to prevent bleeding, I also sutured the blood vessels. I knew that chances of being able to touch this horse again after he woke up was slim to none, and I was going to take every precaution

to avoid bleeding. The surgery went smoothly, now it was time for the tricky part of recovery. Frequently I will hold the halter and help the horse to his feet. This time, I knew my presence would hinder rather than help the situation. Instead I opted to just let him stand up on his own and hoped for the best. While he did stagger and stumble when getting to his feet, he didn't take any bad falls and recovered well. A couple years have gone by and I still see him out in his field when I drive by.

Sometimes, even a high risk situation such as gelding a feral, unhandled, horse turns out well. More often, it doesn't work out smoothly. So please get your youngsters gelded before they become unmanageable. I'd be delighted to come out and geld your well handled youngsters. If you have a 5 year old stallion who kicks, bites, strikes out, and can't be caught, I'd be delighted to give you the phone numbers of some of the other local vet practices.

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EMMITSBURG AND FAIRFIELD...

Coaches worth remembering

A Look Into the Lives of the Ones We Love So Much; the Ones We Call, "Coach."

Emma Haley
MSM Class of 2011

It's almost that time of the year when you can feel a change coming, when the grass starts getting greener and the days start getting longer. People open their windows to let in the warm flowing breeze and begin to shake off the cabin fever that has been holding them hostage for several cold, brutal months. Spring has arrived, and the most important thing that comes with the long awaited season is America's greatest pastime: baseball.

It's always great when your favorite major league team hosts its home opener and the first pitch of the season is released from the mound. Sure watching your team of choice spring back into action in a packed stadium, with the lure of bright lights, giant score boards and thousands of screaming fans is thrilling on many levels, but I'd like to argue that there's nothing that compares to

the game of Little League baseball played at an ever-familiar local field in the center of town. The kind of games where the first pitch is thrown by someone who isn't making millions of dollars, but by someone who probably had their mom pull their uniform from the dryer the morning of the game, and only has about a dollar and some spare change to spend on snacks after the game. That's the kind of baseball worth getting excited about.

Thankfully we've got plenty to go around right here in our own area of Emmitsburg and Fairfield.

The area we are surrounded by is built upon hundreds of years of rich history. In the midst of the many historical aspects lies Little League baseball and softball.

Little League in the Emmitsburg and Fairfield area has been around for decades and serves an important role within the communities.

Baseball here is everywhere. To prove my point, take a look around. At almost every local business the walls are plastered with photos of young ball players dressed in their finest apparel taking their first swing at the ball or running down the first baseline. T-shirts with block letters displaying the team names are tacked up next to the shelves filled with gleaming trophies. The environment screams baseball, and so do the people who find themselves passing through these local businesses every day.

Among those who witness the thrill of Little League are a very exceptional group of individuals who are committed to making a difference in the lives of youth through their undeniable love of baseball, those who we all love to call 'Coach'.

I was lucky enough to sit down with several of these dedicated coaches this past month in order to get to know them better and understand just why they do what they do. Although each coach was different from the next, I was not surprised to find that each of them shared the common love of the sport and the interest of helping the youth in the community.

Two individuals who embody this specific interest are, Chuck Whitlow, the President of Fairfield baseball and softball, and Jeff Little, President of Emmitsburg baseball and softball. Both men have been involved with the league for several years and although they are no longer coaches, they organize and administrate so that the coaches and officers can focus on taking care of their kids and teaching baseball and softball.

Whitlow says, "it's just a way of giving something to the community. The coaches are the backbone of the organization and they really do a great job keeping up with the day-in and day-out needs of the league." He couldn't be more correct. Getting a chance to meet with our local heroes proved this to me, and this, after you read it, will hopefully prove it to you as well: just how lucky we



Emmitsburg coaches - Standing: Jeff Topper, Mark Lookingbill, Mark Spalding, TJ Eiker, Shannon Cool, Jeremy Rosensteel, Carlton Mazaleski; Sitting: Tom Kelly, Rob Wease, Jimmy Pryor and Dave Wantz

are to have people like these coaches in our local community.

When we sat down, I asked each coach how long he or she had been coaching Little League. At first, I thought the consistent pause that followed my question was a nervousness of being interviewed- I was wrong. Most of the coaches paused, deep in thought, some counting on their hands, others gazing towards the ceiling. They were attempting to count up the correct number of years they had been coaching before being responding.

Dave Wantz, head of the Red Sox was one of those coaches who has been doing this so long that he's almost lost track. Coach Wantz started coaching when he was 21 years old and has been doing it for "18 or 19" years now. Growing up in the Emmitsburg area Dave played Little League for the Red Sox, but he wasn't the first of his family to play, or the last. Dave's father and son were members of the Red Sox Little League team. Dave described it as, "a family thing." Not everyone has been in the coaching business as long as Coach Wantz, but there are many generations of Little Leaguers that have come back to coach, just like their fathers before them.

Jim Swam from Fairfield is heading into his first year coaching 10 and under softball. He too has a family connection to Little League, "My dad coached Little League, we had a lot of good memories and it was nice he found the time to do it. I remember him rushing home work to get ready to coach—he always had time; playing baseball was a big bonding moment for us." Baseball continues to be a bonding moment for so many who have become involved with the sport. Surely the generations of coaches will continue to trickle down the family lines just like it has in the past.

Another generational coach,

Daryl Blickenstaff, who currently coaches his son, remembers his Little League coach better than any coach he had after that. "My dad was my coach one year, and I don't really remember other coaches that I had. I just remember my dad being there at the games and practices. It's just one of the strongest memories I have as a kid, I hope my son remembers that as well." Special memories of the coaches own days of playing Little League were strong in almost everyone I spoke with.

It makes sense then that players of any sport have those special moments in a game that still stand out to them today. Those moments when they scored the winning basket, threw a game-winning touchdown, or hit a walk-off homerun to win the championship game. I'm sure almost all players have those special times they can remember like yesterday but they aren't the only ones. Coaches, too, have moments they cherish; the moments that take them back to the game where they were proud to stand tall beside their team in the dugout. I especially enjoyed hearing about some of the particular moments coaches of Little League teams here in Emmitsburg and Fairfield County had to share.

Mark Spalding who coaches girls' softball in Emmitsburg remembers a special moment that brought a smile to his face. "There was a little girl who came in, she never played ball before. She got up to bat and finally got her first hit, as she came running down the first base line she was crying! I asked her what was wrong. She looked at me and replied, 'I'm just really happy!'" Mr. Spalding explained the moment as "awesome" and continued to tell me about the young girl's new "diehard" love for the game of softball.

Coaching for three years in the instructional league for Fairfield, Andy Myers didn't have to think very long

before he shared a similar favorite moment. "A little girl named Ruthie, who was five years old got a hit and made it all the way around the bases, scoring her first run. She did it one time all year; it was pretty amazing. Her parents were beaming and Ruthie was just beside herself!"

Seeing the players light up on the field after a big accomplishment is something these coaches live for. It's also those really cute kids who walk up to you at the plate, tilt their head towards yours and say things like, "Coach, you're the best ever." Lyle Pickett, head coach of the Angels 9-10 year olds in Fairfield named that special moment as one of his favorites. Pickett describes himself as an, "emotional leader who is always clapping and cheering because these kids feed off that." He grew up playing baseball but didn't expect to coach until someone approached him, telling him he had just what it takes to become a Little League coach. Besides recalling being 'the best ever', Pickett thoroughly enjoys the relationships he has developed with the players over the "three to four" years he's been a coach. "What really gets me going now, is when you walk into school and everyone will say HEY COACH! I really value that relationship I get with those kids, it's amazing."

Not all, but many of the coaches are parents of the players on the team, and their favorite moments revolve around seeing their own child succeed on the field, whether it be crushing their first homerun out of the park or catching the game-winning out.

A common trend that was expressed by almost all coaches was the joy and accomplishment of simply seeing players develop during the season.

Emmitsburg coach Jimmy Pryor has enjoyed helping his daughter and her teammate play over several

Emmitsburg Coaches

Softball

8 and under--Shannon Cool--Angels
10 and under--Carlton Mazaleski--Panthers
12 and under--Jimmy Pryor--Wildcats
15 and under--Mark Spalding--Thundercats

Baseball

Teeball Ages 4 to 6 year old boys and girls:
Bill Barth--Phillies
Jeremiah Stull--Blue Jays
Dave Manning--Orioles
Shannon Knighton--Giants

8 and Under Rookie League:
Jeremy Rosensteel--Cubs
John Malachowski--Tigers

10 and Under Minor League:
Mark Lookingbill--Cardinals
Tom Kelly--Orioles
TJ Eiker--Giants

12 and Under League:
Dave Wantz--Red Sox

13 - 15 Junior League of Babe Ruth--Frederick County Babe Ruth:
Eric Rosensteel--Orioles
Rob Wease--Renegades

16 - 18 Senior League - Frederick Co. Babe Ruth:
Jeff Topper--Redwings
Jeff Topper--Redwings

...BASEBALL & SOFTBALL LITTLE LEAGUES



Fairfield coaches: (L-R) Dave Hazelett - Head Coach Yankees Instructional League, Bret Stadler - Vice President Instructional League, Mike Ball - Head Coach Reds, Instructional League, Ray Sachs - Head Coach Pony League 13 - 15, Chuck Clarke - Head Coach Orioles Major League, Lyle Pickett - Head Coach Angels Minor League, John Mezgar - Head Coach Phillies Minor League, Daryl Blickenstaff - Head Coach Tigers Minor League

years. He says that he take pleasure in watching the improvements that happen over the course of a season, "just being able to watch the girls go from knowing a little bit in the beginning of the year to the end of the year when they know what they are doing. It's a good feeling to watch them mature as ball players."

Shannon Cool is in her second year of coaching girls' eight and under softball. She doesn't have any children or siblings playing in the league, but she is as committed as the rest. A coach for the Angels (the same team she played for back in the day), she coaches because softball has always been a part of her life for as long as she can remember.

She and Carlton Mazaleski also from Emmitsburg agree that one of the greatest feelings is when a player, "just gets it." Coach Mazaleski explains, "When one kid hasn't been doing well or is struggling in some area of their game and they finally get a good hit or have a good catch, seeing the look on their faces is priceless. It's not always the all-star or best player; it's usually when a kid who's just average gets that good play. That's when it really is worth it." Mazaleski also enjoys watching the kids have fun on the field and in the dugout. He appreciates having their full attention while he coaches them, "There are lots of things they can get wrapped up in, and it's nice to see them come out and have an interest in something other than video games."

Unfortunately it's true; children today are consumed by video games, T.V shows, surfing the web, cell phones and anything that involves a plug or battery. One may wonder what happened to the days of playing outside until the street light came on, or creating pick-up games with all the kids in the neighborhood? Coach Mike Ball of Fairfield remembers those days. "I remember playing Little League myself. You thought about playing the game the whole day and you wore your uniform to school. If you had a 3:00 p.m. game, you put your uniform on at 10:00 a.m."

Coach Ball agrees with the common trend that in this day and age there are too many distractions. I was

not surprised to find that almost every coach felt the same way. Each one expressed that although baseball has many important functions, the way it gets youth away from the "gadgets" that consume their time and energy on a regular basis is a major benefit.

Luckily, baseball is full of benefits, benefits for the coaches, players, and community. The biggest benefit isn't learning how to swing a bat correctly, or learning the hand signals beyond the diamond and into life lessons themselves. Chuck Clarke (who also lost track of the years he's devoted to Little League, and averaged between 12-15 years coaching), believes that, "sports provide life skills that children will use later in life, they also teach discipline and ethics that youngsters will be using when they are older."

Coach Mazaleski mentioned that he teaches his athletes to compete both on the field of baseball and the field of life, "If they make a mistake on the field, you learn from it and move on, just like you would in life, you'd move on and do your best." Coach Ball thinks, "physically baseball builds their coordination, but more importantly it teaches them the importance of being on a team, you will need to use that skill for the rest of your life. It also teaches them how to win and lose graciously, how to make a commitment to something, and teaches them the lesson that if they work hard they can see results. These are all things I've learned from baseball that have helped me in my schooling, my career and in my life."

It remains true then, baseball is more than a sport; it's a way to learn applicable skills for life. Along with these lessons are lessons on winning and losing. It seems that Little League baseball and softball is more than suiting up to mark a tally in the win column.

Coach Eric Roseinstell said it best, "I always told my team it didn't matter if you win or lose, but it's probably going to be more fun if you win." I'll agree with that statement. Sure, it's great to get a big 'W' for the team morale, but like Coach

Roseinstell says it doesn't matter if you win or lose, what's most important is working hard, having no regrets and competing to the best of one's ability.

Working hard is something coaches naturally expect from each player on their team, and is directly demonstrated in their own everyday actions through their outstanding dedication. To give you a rough estimate on just how dedicated these coaches really are, TJ Eiker, coach of his little brother's team, says, "I added it up one year and it was almost 450 hours, but that was just practices, games, that kind of stuff." 450 hours on estimate, I'd say that's dedication. TJ went on to say, "Yeah, it's a lot of time but we have a lot of fun, and we have a great group of people who like to have fun and coach baseball."

Often times the dedication of coaching is spread across the field. I mean this in a literal sense, as Coach Clarke often found himself going back and forth between coaching and umpiring when needed. He didn't expect to be rewarded for his generous volunteering. Although he did com-

ment, "maybe you'd get a free drink and a pizza out of it, but just helping the leagues was worth it, it's not for the pay." He just did what I believe most of these coaches would do: want to make sure the kids could play the game everyone loves.

Not only do coaches spread themselves across wide ranges of positions and display commitment to their team, they play a massive role in the lives and spirit of the community. Major League Coach Daniel Miller understands the importance of baseball in the community, "You know what they say, 'it takes a village', the best thing about coaching and having a league is that I know more kids now than I thought I would ever know. It really makes for a stronger community."

Coach Myers feels the same: "Playing baseball or softball brings people together. It builds character, teamwork, and camaraderie. Sports are things that build up young men and women." Myers continued, "people who participate in sports seem to be more connected with themselves and others." Connections with those in communities such as Emmitsburg and Fairfield are crucial for creating a positive environment. These positive connections stem from involvement both on and off the baseball field.

Coach Brian Devilbiss would like to encourage more involvement from people in the community because baseball in this area is growing and getting better every year. By getting involved Coach Devilbiss believes, "people would be surprised by the feeling they get from being involved. This program is really growing and getting better, a lot better than what it used to be and it's because we have all these dedicated people sitting in this room," Coach Devilbiss took a moment to point around the room from coach to coach nodding with great satisfaction as he spoke. I believe that both towns would agree that everyone is welcome to get involved in some way or another with Little League, and help in any form is always greatly appreciated.

Looking at the big picture, it's important to remember just who these extraordinary people are who stand behind the sport we love so much. These coaches are everyday town folks. They are the people who work in our local hospitals and schools, some are lawyers, some do construction, but no matter what career path they have chosen these coaches in our own local towns have dedicated a large portion of their life to something they love and value. They believe they have an obligation to the community and strive to fulfill their role as leaders and teachers, while not expecting anything in return. Understating the foundation of sport, specifically baseball, Coach Eiker says, "there is about 56 years of baseball tradition in Emmitsburg", pausing for a moment he then continued, "it just wouldn't be Emmitsburg without baseball!"

I think he's right, and I believe Fairfield feels the same way.

Thankfully, baseball season is almost here. Coaches in both Emmitsburg and Fairfield have been preparing for this day since the end of last season, but now that the days are getting longer and the weather warmer, it will only be a few short weeks until the words we love so much, "Lets play ball!" are echoed throughout the area. So please, remember when you're at the next Little League game, take a moment to appreciate the wonderful things those people that these players call "coach" do.

And remember, coaching is just one of the many hats these involved individuals wear, but let me tell you after getting to know so many of them, I say they wear that hat pretty darn well!

Emma Haley is a senior Communications major at the Mount.

Fairfield Coaches

Majors:
 Chuck Clarke - Orioles
 Dan Miller - Giants
 Vice President - Jim Larmer

Minors:
 John Mezger - Phillies
 Daryl Blickenstaff - Tigers
 Lyle Pickett - Angels
 Vice President - Lee Ivey

Instructional:
 John Macinyak - Cubs
 Mike Ball - Reds
 Andy Myers - Red Sox
 Dave Hazelet - Yankees
 Vice President - Bret Stadler

Softball Head Coaches:
 Barry Fritz - Fairfield Flyers (14U)
 Shannon Morgan - Fairfield Fury (12U)
 Beth Wastler - Fairfield Flames (10U)
 Jim Swam - Fairfield Fireballs (10U)
 Beth and Jim - Fairfield Firecrackers (8U)
 Vice President - Shannon Morgan

HISTORY

History of Harney

Part 1

J. W. Beck

Originally published in the Carroll County Times in 1895

Editor's note: While researching the history of the Tom's Creek Hundred, of which Emmitsburg is a part, I came across this 1895 history of Harney. At the time of its writing Harney was a thriving town, but like Bridgeport, Motter's Station, Zora and a host of other small town that once dotted our community, it failed to survive the coming of the age of the Automobile. For many, Harney is only a name for a road outside Emmitsburg. For a lucky few, it's the home of fine volunteer fire company. But in 1895 it was a hopping place.

As it, like all the other almost now forgotten towns influenced the history of Emmitsburg, we think it worthy of dedicating a few months to recounting its proud history. Sadly, few historical photos exist of Harney, be we will endeavor over the next few months to locate any and all that might exist.

In endeavoring to write a History of our town and community, I am at a great loss for correct information; no records ever having been kept, so far as I can learn, therefore my work must be based on information gathered from older citizens. In conversing with them about the various places, the times of buildings being erected and the names of old residents, I am confronted with a great variety of opinions, as well as contradictory statements. I am, therefore, at a loss to know who is right or who is wrong, and perhaps many things may appear in this work, which will in all probability, not meet the approval of those who are inclined to think that it would be impossible for them to make a mistake. And those who desire to be critics will doubtless find that things will appear that may be contrary to their way of thinking. Therefore, it must be remembered that I have reserved the right to use my own judgment, and, as I proceed, shall aim to give what I consider the best authority, and try to set forth throughout the entire work, what I consider the most plausible accounts.

J. W. B.

We look back nearly a century, and find that the soil which today produces so abundantly the fruits of the earth, was then one mammoth forest, over which roamed many a brave

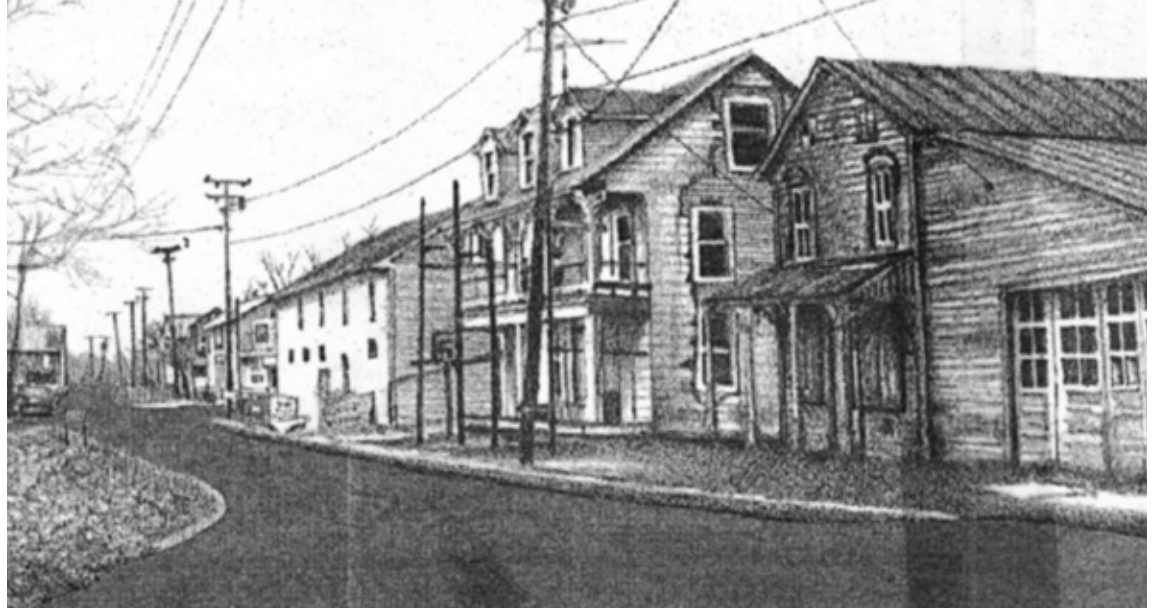
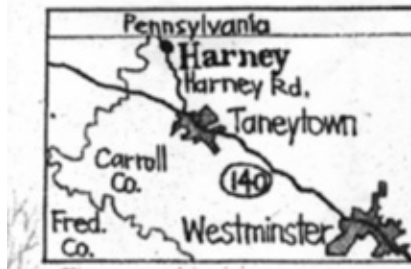
Indian warrior, of which we are reminded by the occasional hiding of arrow points, the old corn mill hewn in the rocks, and the peculiar characters carved upon the inside of an old cave in one of our neighboring hills.

We find that, in the early part of the present century, the very ground upon which our flourishing little town now stands, was a heavily wooded plain which was then, and is now, included in that lot and parcel of land known as "Rich Level," and supposed to have been owned by John Topper and Eliza Reck, the ancestry of whom we are unable to trace, but both are supposed to have been of German descent. At that time, we have no positive information that any public roads were opened up in this community, but there may have been a road running from Gettysburg to Taneytown.

We are informed that it was not until some time between 1812 and 1815 that a charter was granted for this road, which was placed upon the old records at Frederick city court house. This record, however is supposed to have been destroyed by fire at the time the old building was burned down, so that today this public highway is not upon record, and disputes often arise about changes that would be desirable, and in all probability would add very much to the appearance of different places, but the long-standing of the road compels it to remain just where it was found, and no change can be made except by mutual consent of all parties concerned.

First Building

About 1815 a tract of land containing several acres, located west of the Gettysburg and Taneytown roads, and belonging at that time to John Topper's tract was sold to Nicholas Eckes (or Ickes). He went to work at felling the trees, cleared part of his land, and erected a small story and a half-log house, which contained one room of medium size and a very small kitchen. The loft, as it was called, was all in one and divided into several rooms by hanging curtains. Today this kind of a building would be considered a very humble abode, but at that time was doubtless considered a very comfortable dwelling. This was the first house erected upon the present site of our town, and once it was completed, Mr. Eckes and his wife moved in and started life together. Mr. Eckes was a shoemaker by trade and carried on the business for a number of years at this place. Supposedly he bought part



"Harney" illustration by Jeff Dauber

of his leather at Taneytown and carried it home on his back. During this time they had three children, one son and two daughters.

Unfortunately, during the midst of a very cold winter, while the old man was returning from Taneytown with a roll of leather, he supposedly became tired and stopped to rest near where Mr. V. J. Clousher now lives. He was found seated upon his roll of leather, leaning against a hickory tree, frozen to death; and thus ended the life of the first citizen of our town.

It is evident that while seated there alone in the woods, he was conscious that he was freezing, but was unable to move; his cries for help were heard by the neighbors for nearly a mile around, but no heed was given. All thought that it was simply some mischievous boy running along the road, shouting for amusement. After the father's death, the entire family put their shoulders to the wheel and helped to make a living; his son, Enoch Eckes continued the shoemaking business and the sisters worked out on the farms in the community, while the mother, doubtlessly superintended household duties at home.

During this period, all of the grain was cradled and it was customary for nearly all of the women to help in gathering the harvest; some raked, while others would bind. The general rule of thumb was that the women did all the raking. We are told that the Eckes girls were considered to be very

good with their hands. One harvest while John Hess was cutting grain on the farm, now owned by Frank Null, one of the girls raked so closely after him that in finishing up her sheaf she would always take the last cut as it dropped from the cradle. Mr. Hess was afraid of cutting her and told her several times to stay back, but she kept no account of his warning, and rather kept getting closer and closer, until the cradle scythe cut her apron string in two and it dropped down on the ground. This frightened both Mr. Hess and the girl, and after this narrow escape she couldn't keep back far enough to be out of danger.

Some time between 1820 and 1827 John Topper sold his farm to Richard Hill, who occupied it until his death when it was left to Abraham Hill, his only heir. Some time after this, Enoch Eckes became dissatisfied with his occupation, and the family decided to dispose of their property and move west. Peter Reigle became

the next owner, while the Eckes family engaged in tilling the soil somewhere in Ohio.

Peter Reigle was a shoemaker by trade and carried on the business while he lived here. It is said that while Mr. Reigle was helping Richard Hill to harvest he carved his name on an old poplar tree, still standing and the name perfectly plain. Next, Reigle sold the property to John Reindollar, who was also a shoemaker. Reindollar in turn sold to Harry Rineman, who worked at shoe making for several years until he sold out to Samuel Eline, another shoemaker.

During Mr. Eline's stay in this place, it is said that he made several pairs of shoes about the same time; one pair for Richard Hill, and the other for old Daniel Hesson. Immediately following making the shoes, but rather unfortunately for the mechanic, the gentlemen came to pick up their shoes and discovered that they were all made for one foot. From



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HISTORY



The crossroads at Harney as it appears today - looking West towards Gettysburg

our knowledge of Mr. Eline, we have every reason to believe that he made use of a considerable amount of language on this occasion, not suitable for Sunday school talk. This mistake was considered quite a good joke, and he was compelled to stand the teasing of the entire community.

John Kump became the next owner of the property, and was also a shoe-maker by trade. It will be observed the old log house in the woods was a famous resort for shoemakers, all who have lived thus far carried on the business. Some time prior to this, probably about 1824, Nicholas Eckes divided his property and sold part of it to Adam Lichtenwalter, who built a two story log house and commenced tailoring which he successfully continued for a number of years. This building stood along the Gettysburg Road and was the second house in this place, as will be remembered by

a few of our older citizens of today.

Cornell's Store

We now leave this place and go about half a mile east through the woods. There we learn that some time between 1824 and 1826, Jesse Cornell started the huckstering business, and kept a small store. This was the first store in the community and proved to be a great convenience to the citizens for miles around. At that time, it might have been considered a kind of a trading post, as we learn from his old books that very little money was exchanged.

Nearly everyone brought something to trade for what they needed; we notice that he would accept butter, eggs, chickens, calves, meat, potatoes and many other things, as payment for his goods. He would make a trip to Baltimore every two weeks to dispose of his country produce and

buy a new supply of goods to meet the demands of his trade. He evidently kept a little of almost everything on hand, and his books show many little charges that are somewhat amusing.

We notice the first charges were made in 1826 as follows: Dec. 8th, 1826, Frederick Stocksleger, a debtor to 2 lbs of sugar at 12½¢ to 1/2 gallon of molasses, 20¢; Dec. 25th, John Fogle, one pen knife 15¢; Jan. 1st, 1829, Elizabeth Eckes debtor to one Comley's spelling book, 15¢; Jan. 22nd, William Shaner, 22½ lbs butter, \$2.20; Jan. 22nd, John Reek debtor to 13 yards of muslin at 16¢, \$2.15; received of John Reek, 76¢; received of John Reek, 13 chickens; Julia Reek debtor to 5 yards of muslin at

16¢ per yard, 80¢; John Neck debtor to 1 lb of coffee 18¾¢, to 1 lb at 12½¢, to 1lb pound of tobacco, 25¢; Feb. 3rd, 1828, William Reck debtor, 13¢; March 29th, to ½ gallon of whiskey, 14¢; to ½ lb tobacco, 10¢.

We see from the accounts kept that sugar at that time was more than double the price it is today, while coffee was somewhat cheaper. Calico and muslin were also much higher than at present, and we are told were not carried regularly in stock, but that the old merchant would inform his trade that at a certain time he would bring several pieces of muslin and calico home with him. Our older citizens may remember how the people of the entire community would gather at his place of business and wait for the goods to come.

It is said that he would often sell out of several pieces of these goods in one evening, which would last for about a year, when he would bring another lot. An old lady who had occasionally dealt with Cornell informs us that, if a lady bought one new calico dress a year, she was considered well-off. Just contrast those times with today. When he decided to sell out, he did not have a large stock to run down like we do today; but he closed out his entire stock for \$10.00, and every person came and settled their accounts. The books were closed up about a week after the sale. This certainly shows very distinctly the honesty of the people at that time and their willingness to pay what they owe.

Evidently in those days people had a great deal of patience, and would go a great distance to the store without any assurance that they could get what they wanted, but their orders were always taken and the desired goods purchased when the next trail was made. Before leaving this subject, we desire to say that Mr. Cornell drove an old sorrel horse hitched to a one horse wagon,

and that he was often known to walk the entire distance to Baltimore and back, and that the faithful animal was so well acquainted with his duties that he would almost have been able to make the trip alone.

In 1825 the Emmitsburg and Little Stone roads were opened, thus forming an important crossroads at this place. Before the road was opened, however, it met with considerable opposition. After its opening, one man put a gate across and locked it shut, but this was soon opened by the proper authorities. Another man on being asked to move his fence back, became angry, and moved it back about 150 ft. further than was necessary, a complete case of "cutting your nose off to spite your face," because, after the road was used for a short time all began to see how important it was, and were perfectly satisfied. The gentlemen went quietly to work and moved his fence out to the proper place.

During the next 10 or 12 years nothing of any great importance seemed to take place, with the exception of cutting down timber and clearing off land, and preparing it for farming, and thus things moved quietly along until 1839 or 1840. Adam Lechtenwalker sold his property to Elijah Eckenrode, who opened up a small store. Finding that there was no fortune in the business, he only continued for a short time until he sold the stock to Jacob Carroll, who rented the property and continued the business for a short duration of time. He failed in business, and in order to save himself, moved across the Mason-Dixon line into Pennsylvania after night. This startled the natives and caused quite a talk, but upon learning the exact state of affairs, everything passed off quietly.

To learn more about the rich history of our area, visit the Historical Society section of Emmitsburg.net

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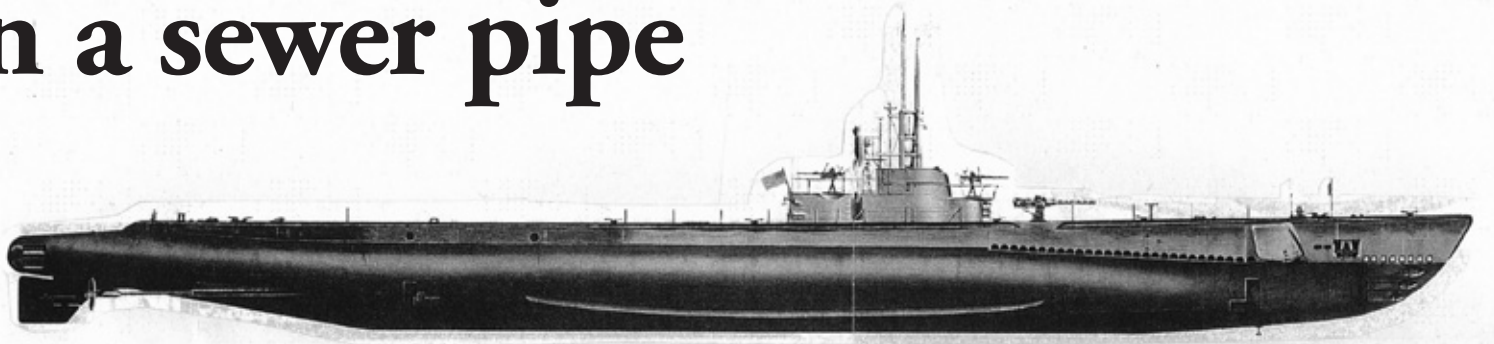


The Mason-Dixon mile marker just West of Harney.

COLD WAR WARRIORS

My life in a sewer pipe

Commander Mike Cuseo, USN, Ret.



“Yahoo! A Seventy-Two” - in Navy language, that means 3 nights off, from Friday afternoon until Monday morning. It happens every three weeks, if the boat is in port. It’s a little less than 72 hours, but it’s three great nights off!

The first thing to do was try to wipe away the grime and smell of 40 days at sea on what you surface pukers call a sewer pipe. We took that as a compliment. We had the honor to serve on board a heroic fighting machine. It was one of the many fleet submarines that went into harm’s way during WWII, sinking several Japanese ships. Though the war was over, and we missed it, we still were proud to be on board. I was serving on my first submarine, the U.S.S. Grouper (SSK-214). The “K” stood for “Killer”.

It was a submarine built to fight, and with no thought of where to put the crew, we were wedged above the large batteries that propelled us when submerged and between the torpedoes in both ends of the sub. The space was very cozy and claustrophobic. There were approximately 100 men on board. Two hundred smelly feet, two hundred smelly arm pits, plus several other disgusting orifices. We slept 3 or 4 deep in very restrictive bunks, head to toe. Someone else’s feet were always in your face.

In addition, we lived and slept in close proximity to the diesel engines that powered the boat. The natural smell of unburnt fuel, plus the smell of its exhaust permeated the whole submarine. In those days (1949-1958), smoking was permitted onboard, even while submerged. Now, blend all these delightful odors in one horrendous smell. It permeated our clothes, our bedding, even our hair. We became used to it and after surfacing and clearing out the submarine with a fresh air flush, many people became ill from this new smell (fresh air!).

Naturally, going ashore entailed getting rid of some of the odor. There was one tiny shower for the whole crew. It was the size of a coffin, set up on end. Water was a vital and scarce commodity aboard these “old” submarines. Therefore, only one shower a week was allowed each crew member. You would enter this claustrophobic coffin, and the Chief Of the Boat would give you a little warm water shot (cold water if he didn’t like you), just enough to get wet. You then lathered yourself up. Ready or not, the Chief gave you another shot of water, just enough to remove the suds. But, if he was in a bad mood, you didn’t get much water.

I hadn’t considered these things when I signed with the Navy, in fact, I hadn’t considered the Navy at all. I wanted to be a Marine. I dropped out of school the day I turned seventeen, and headed for the recruiting office. After settling down from a good laugh, the Navy recruiter said I didn’t look that stupid. After a short discussion of superiority, USN vs. USMC, he gave me the military IQ battery of tests and confirmed what I already knew— I was a Genius. Being quite gullible, I signed!

After boot camp at Great Lakes, SONAR School in Key West, and Submarine School in New London, I was on a Fleet Submarine of WWII fame. This was the first submarine converted from a WWII fleet submarine exclusively targeted against other submarines.

The Navy had captured many new U-boats in 1945 and stripped them of their sophisticated sonars. We had 52 fourteen-foot long sonar hydrophones around our conning

tower, thanks to Admiral Donitz. They were very sensitive and we could track Soviet missile submarines at great distances. Besides the large hydrophone array around the conning tower, we had several other detection systems for tracking and attacking other submarines. These were operated by me and my boss - “Gunner” Donahue - a true WWII hero and character.

After the war, the deck guns were removed from all the submarines, so the Gunner’s Mate rating was eliminated on submarines. If Donahue wanted to remain on subs, he had to transition to a new job, and he chose Sonarman. Augmented by the officers and a Fire Controlman, we made up the Attack Team when pursuing a target.

While engaged with an active target, the ship was rigged for “ultra silent running”. The procedure was that all men not on watch or at attack stations were to be in their bunks. Anyone moving on the boat was in stocking feet. All unnecessary equipment and pumps were shut down. All verbal communications were in whispers.

Sonars were of two classifications: Passive, where we picked up all ocean noises through the hydrophones (listening), and Active, where we transmitted a blast of energy into the water and listened for echoes, obviously not used while tracking a target. Active was used just before firing a torpedo and when we were in close contact in an underwater “dog fight”.

Passive listening was fascinating even without a target. We could hear the “voices” of various sea creatures, the songs of the whales and the snapping of shrimp. We could hear conversations within the sub. We could hear the dishes being washed in

the galley. We could hear every pump and valve opening and closing within our sub, therefore we were “ultra-silent” when tracking a target.

Target contacts developed slowly. First, we would get a noise spike. It would get louder and we could determine its type, course, and speed, by the propeller noises and bearing change. It became a “cat and mouse” game. Had they heard us? We had to wait and see. With all machinery shut down it became uncomfortably hot in tropical waters, and cold and clammy in the north.

We could stay submerged for several weeks because of our snorkel, a device that could be raised above the surface at periscope depth. It would suck in air for operation of our diesel engines, and exhaust the fumes just under the surface.

We did this for 22 straight days. During heavy seas, the snorkel would be swamped causing a delayed shut down of the diesels. Before coming to a stop, the engines would suck air from the sub, causing a painful vacuum, devastating the eardrums. The exhaust would dump strong and thick fumes into the boat. The unbearable pain added to the choking was debilitating. These oil smells stayed in our clothes, our hair, and our bedding.

Living on board these ships (affectionately called “boats”) left a lot to be desired. To remain undetected from our surface foe, we did not let anything leak out of our hull, which included our natural “effluents”. They were held in a “sanitary” tank. It had little sophistication to it. It had two valves on top, a high-pressure air inlet, plus a vent valve that vented into the after-battery crew’s living compartment. A lower valve was egress to the sea.

There was a very special procedure to both use the toilet, and also to

flush the tank out to sea while deep under the ocean surface. There were only two toilets for the crew. The officers had their own in the forward torpedo room.

The toilets had an air-tight flapper valve that dropped the effluent into the tank. You used the high pressure air to blow the “effluent” out to sea. You never wanted pressure in the tank when you ‘flushed’ your toilet or you would find yourself wearing what you had just ‘deposited’. You could add a little pressure to the tank from a remote station, which we often did while the unpopular officers or a novice sailor was using the device.

But back to the opening of my story ... with the sacrifices we made and odors we endured, the 72 hours of freedom was a highly anticipated. After the shower we took out our very best uniforms that we kept under our thin mattress. Exiting the hatch we saluted the flag and expeditiously found our way to the closest bar.

After a few beers I headed for the train station. I lived 90 miles away in Westport, CT, and usually took the train home, about a 2-hour trip. After a few minutes passed, I was aware of many stares and people moving away from me. Great! More room for me!

Once home, I ran into my house and got my “civvies” out, took a nice long, hot shower, dressed and headed into town in my 1928 Model A Ford.

Life was good! But the hours went by fast, and it was soon time to return to the boat. I went to the closet, and as I opened the door, a horrendous smell would greet me. It was my uniform reminding me of ‘Sewer Pipe’ I had to go back too.

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

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VETERANS PROFILE

PFC James Aubrey Houck

James Houck
Emmitsburg American
Legion Historian



James Aubrey was born to Roy Walter and Mary (Blessing) Houck on their farm on January 1st, 1923. Mary gave him the name Aubrey because she had gone to a movie and that was the stars' name and she liked it so much she said that was going to be her next boys name.

Aubrey grew up helping on the farm and playing with his three brothers and one sister. He really liked feeding and riding the horses but wasn't fond of milking but he made the best of it all because he really wasn't one to complain. The field work was done mostly by horse and hand back then.

The most modern piece of machinery they owned was a thrashing machine but most of the work was done by hand. He had to cut corn with a sickle and shock it and later come around with the horses and wagon and load it all by hand. The hay was also done mostly by hand except for the sickle bar mower that was horse drawn. After drying the hay was loaded on the wagons with long pitch forks. When it arrived at the barn it was unloaded and put in the mows by a very large

cradle fork that was tied to a large rope that was run through a block and tackle hooked to the horses.

In 1939 his father allowed him to start driving the family car to local fire hall dances where he met Mary Jean Wantz. They started dating, fell in love, and eventually got married. But their honeymoon was short lived after he was drafted into the Army Air force at the start of World War II.

Aubrey was only in the service for a short time until he got word that Jeanie was pregnant. While initially trained as a aircraft mechanic he was eventually transferred to infantry and sent to the European theater of operations.

Aubrey kept in touch with Jeanie by writing her when he had the chance and reading her letters from home. His son was more than two years old when he stepped off the

train and saw him for the first time. After he returned from the war the couple lived with her parents for a while while he went to work at the Fairchild Airplane Plant..

The family eventually moved to Taneytown to the Bob Bankert farm and took over the farming for the rent of the house. While living and working there they had another child bringing the total to four. The oldest son was six years old now having been born in nineteen forty three and was in first grade and helped on the farm by putting the automatic milkers together so that when his dad got off work he could go right to the barn and start milking.

Aubrey was very good at operating heavy equipment while in the army and so when he heard of a job opening operating a horse drawn grader and about the money they were paying to operate it

He moved the family back to Emmitsburg where he would reside for the rest of his life. Aubrey was member of VFW Post 6658 in Emmitsburg Md, and American Legion Post 121 Emmitsburg Md and Indian Lookout Conservation club.

They built a house along the Waynesboro Pike just one mile outside of Emmitsburg and it seems there was always someone there

for him to work on their vehicle (trucks, cars and even tractors) and he would not accept anything for it. He would always say "Maybe I'll need something some day and then you can pay me back," but everyone knew he wouldn't accept anything.

Aubrey had a mild heart attack and the doctors said he should think about slowing down and so after operating heavy equipment for over thirty years he retired. He had another heart attack and was recuperating to have surgery when in 1980, at the age of 57, he suffered a massive heart attack and died.

I am sure by now you know I am

writing about my father (some of you called him Orby some called him Orvy, and he would smile, but he never corrected anyone). I can't remember ever hearing him say anything bad about anyone. He was the hardest working, kindest, and most giving man I have ever met. I am sure if you had the good fortune of meeting him you would be in complete agreement. You became his friend instantly upon meeting you.

I didn't write much about his time in the service during WWII, but, he never spoke much about it and when you mentioned something about it to him he just smiled and changed the subject. I do know he was proud to fight for our freedom and he was very patriotic and that's enough for me.

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STAGES OF LIFE

A Parent's Point of View

Those who live in glass houses shouldn't throw stones

Brian Barth

Recent criticism has fallen upon me because I have dyslexia: "We have tried to go over these issues with Brian till we are blue in the face, but because he has dyslexia he doesn't understand." This is a direct quote from a person who attacks those who are different from themselves. Their explanation was unclear to me as well as those who don't have dyslexia. So, the problem doesn't seem to lie with my particular learning disability but this person's lack of communication skills.

Instead of calling this person out, I thought I would use this column to educate all on learning disabilities.

As a person diagnosed with a learning disability, it can seem scary at first. But a learning disability doesn't have anything to do with a person's "intelligence" - after all, successful people including Walt Disney, Alexander

Graham Bell, and Winston Churchill all had learning disabilities.

"Learning disabilities are problems that affect the brain's ability to receive, process, analyze, or store information. These problems can make it difficult for a student to learn as quickly as others. There are many kinds of learning disabilities. Most students affected by learning disabilities have more than one kind. Certain kinds of learning disabilities can interfere with a person's ability to concentrate or focus and can cause someone's mind to wander too much. Other types can make it difficult for a student to read, write, spell, or solve math problems."

"The way our brains process information is extremely complex. Take the simple act of looking at a picture, for example: Our brains not only have to form the lines into an image, they also have to recognize what the image stands for, relate that image to other facts stored in our memories, and then

store this new information. Many of these activities take place in separate parts of the brain, and it's up to our minds to link them all together."

Nearly four million school-age children and teens have learning disabilities, and at least 20% of them have a type of disorder that makes it difficult to focus.

"You can't tell by looking at a person that they have a learning disability, which can make learning disabilities hard to diagnose. Many times learning disabilities appear when a person has difficulty speaking, reading, writing, figuring out a math problem, communicating with a parent, or paying attention in class."

As a defense mechanism other kids develop sophisticated ways of covering up their learning issues, so some disabilities don't show up until later in life. In my case, I was not diagnosed till the 4th grade. I was able to cope and manage with my disabilities for a

while but when I got into trouble repeatedly and was beginning to earn the label of "troublemaker," my teacher recognized a bigger problem. She thought, "Brian is a good kid; there's something else going on." I was tested and diagnosed with dyslexia, reading retention, and reading comprehension. Getting into trouble was my way of avoiding class activities.

"Some schools develop what is called an Individualized Education Program (or IEP), which helps define a person's learning strengths and weaknesses and make a plan for the learning activities that will help the student do his or her best in school. A student's IEP might include some regular time with a tutor or in a specialized classroom for a certain subject, or the use of some special equipment to help with learning, such as books on tape or laptop computers for students who have dyslexia."

Although a diagnosis of a learning disability can seem like a big deal, it's actually the first step in resolving the condition. Once I was tested and an expert pinpointed my problems, I was able to learn strategies

to deal with my dyslexia. With the help of my teachers and especially my mother, I was able to learn techniques from special teachers and tutors from 4th through 10th grade, by meeting just a few hours each week. I learned special study skills, note-taking strategies, and organizational techniques which helped me compensate for my learning disabilities. Following these steps to manage my disabilities helped restore my self-esteem and confidence.

My mother, for whom I will be forever grateful, always encouraged me to pursue my education and dispelled any negative comments about the way I learned. She gave me the confidence to continue on with higher education. I graduated college with honors and went on to be awarded my Master of Arts degree in 2002.

There's no cure for a learning disability. And you don't outgrow it. But it's never too late to get help. Most people with learning disabilities learn to adapt to their learning differences, and they learn strategies that help them accomplish their goals and dreams.

Emmitsburg Elementary School Pre-K & Kindergarten Registration

Do you have a child who will be age 4 or 5 on or before September 1, 2011 and you live in the Emmitsburg area? If so, it is time to register your child for Pre-K and Kindergarten at Emmitsburg Elementary School. Registration will begin on Thursday, March 3rd and continue daily from 9:00 to 3:00, each day that schools are open. If you are registering for Pre-K, you will need to bring the child's birth certificate, proof of residency, proof of immunizations and income documentation to be copied and included in the child's registration file. If you are registering for Kindergarten, please bring the child's birth certificate, proof of residency, and proof of immunizations. The following documents may be used to provide proof of residency: lease agreement, utility bill (electric, water, gas) or a tax bill. Income documentation that is requested for Pre-Kindergarten registration can be any one of the following: three consecutive pay stubs from the past six months, a W2 form showing the prior year's earnings, a letter from an employer or social services agency (on letterhead) stating the applicant's family income, or foster care documentation. If you have any questions or need more information, please call 240-236-1750.

Mom's Time Out

Mary Angle

Is it March already? I can't believe it. Another year where I was most definitely and without a doubt going to have my taxes ready and turned in by February 10th. Yeah right, maybe by March 10th. At least this year I had an excuse: we went on vacation. As a family (my husband and I, 4 kids, and three grandparents) we all went to Disney World for a week. You see, in recent years our family vacations are what Disney refers to as a "Grand Gathering". No matter where we end up we are usually a large group, even my immediate family is made up of 6. Please do not take this as a negative; I wouldn't have it any other way.

When my husband and I were first married we would go on vacations just the two of us. What a great time we would have, not a care in the world. Then a couple of times we invited either his parents or mine. We would go out to dinner, play games, and have a super time. Sometimes we would plan a trip on a Monday for the following weekend. Why not? We had no responsibilities except to one another. Then we started having children. Actually we made the decision to start a family on the 24-hour drive back from Texas for one of our get-aways.

When we started having children the vacations changed. My husband and I didn't go away as much with the first child. It was definitely a case

of being over-protective of the first and maybe a little afraid of traveling with an infant. When we had our second son we would go to my parents place at the beach for a long weekend, but not any further or longer. When our second was 4 months old my husband surprised me with a trip to Disney (I had never been as a child) and away we went with me in tears over leaving my babies. I quickly got caught up in the "Disney Magic" and stopped crying long enough to have the time of my life and become a Disney addict. This was much to the horror of my husband and the future joy of the grandparents.

When the boys were almost 3 and almost 5 we went back to Disney only with all 4 grandparents in tow. My husband's parents flew, mine drove and we drove separately so we could stop for the car sick 2 year old whenever necessary. Oh and did I mention I was pregnant? The grandparents confided in me separately that they were very apprehensive to travel with the other set of grandparents. My parents were worried that his parents would find them a little too countrified not very adventurous and his parents were worried that they would travel well with my parents and the trip would be a bust. What a joy and a blessing that everyone's worries were for naught. My husband's parents had the time of their lives and my parents were so happy to get to know them better that the trip was a huge success.

And as for my husband and I we had fun with both sets and started a tradition in the process.

That was the vacation that changed all vacations. Don't get me wrong there are always hurdles to overcome when you mix that many families together, but in our case the little differences are over shadowed by the growing friendships that formed from that wonderful trip. And none of the grandparents felt left out or missed the kids' first trip to Disney. We have taken several other trips to Disney (all of us included) and with each additional child it has added some difficulties but so many more delights. With the girls my mother-in-law, who only had sons, now got to experience the adrenaline high that can only appear at the first sighting of the castle. In past visits we had seen little girls decked out in their best princess attire, hyperventilating as they caught that first glimpse. But now it was her very own granddaughter(s) who were on the verge of passing out. And there we were, all of us, experiencing it together. There is something special about seeing your children experience great joy, but to see that in unison with the joy a grandparent feels from seeing the same thing is somehow miraculous.

My husband and I recently celebrated 15 years of marriage. For our anniversary we went with another couple to my parents' house at the

ocean and they came up here and watched our four children for a long weekend. We had a blast. We went out to dinner, shopped, played games, watched TV, and just talked (uninterrupted) - it was magical as well. We felt like we had all those years prior to having children. This is the funny thing about family vacations, no one way is better than the other. If you are lucky enough to go on a family vacation, whether it be as a couple, with the kids, or with grandparents in tow, just enjoy the time you have.

Enjoy the quiet time and conversation if it is just you and your husband. Enjoy uninterrupted meals, and not having to take a child to the bathroom at every rest stop you pass. Just enjoy the person you are with and the memories you are making. If the vacation is with the kids, whether one or 20 kids, enjoy the laughter. Step back and see the vacation through their eyes. The innocent joy that they have for everything they see and do. Savor these memories because they grow up way too fast. And, if you are blessed like we are, enjoy the vacations with the grandparents. Savior their experience and wisdom, and be mesmerized by the absolute unconditional love they feel for your children. Whatever your family vacation make-up is, just have fun and make some memories that will last a lifetime.



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STAGES OF LIFE

American Youth Soccer Organization

It's hard to believe in this weather, but the folks who are involved in soccer are already doing their spring planning.

AYSO (American Youth Soccer Organization) is getting ready for another fun filled spring season. AYSO Region 709 serves Fairfield, Carroll Valley, Orrtanna, Emmitsburg and the surrounding boroughs. Currently volunteers are hard at work holding registration clinics, recruiting coaches, referees and team parents as well as reassuring our eager players that spring is just around the corner.

The mission of the national AYSO organization is "to develop and deliver quality youth soccer programs which promote a fun, family environment". This mission is accomplished by following AYSO's six philosophies:

- Everyone Plays
- Balanced Teams
- Open Registration (4-18 years old)
- Positive Coaching
- Good Sportsmanship
- Player Development

What does this all mean? We want kids out and playing the game of soccer so everyone plays at least half the game. Balanced teams keep everything competitive and well matched. Registration is open to anyone ages 4 to 18 that wants to play. No tryouts are necessary and a desire to play is all that's needed when you have open registration. AYSO trains the coaches to coach with a positive attitude. We encourage kids to show good sportsmanship and respect one another. In the area of player development, coaches work hard to help players increase their skills both individually and as a team. Most of all, we want kids to have fun and enjoy playing soccer!

Region 709 held registration clinics during January in Fairfield and, for the first time ever,

in Emmitsburg. Practice is anticipated to start beginning to mid March, basically whenever Ranch Fields dries out enough to have practice without damaging the turf. Official games begin April 2nd. That doesn't mean it is too late to sign up! After February 25th players can be registered on a space available basis. Please contact Becky at 717-642-9995.

AYSO Region 709 will be holding our spring season parent's night on March 8th at 7pm. Parent's night will be in the Fairfield Middle School Auditorium. This will be a chance to get information on the upcoming season, meet other players and parents and meet your child's coach. We'll have previously owned cleats and shin guards available for \$1. If you have a pair that has been outgrown, we would appreciate the chance to pass them on to another player, so bring them on in!

In May we'll be holding our annual Vera Bradley Bingo Fundraiser. This year our Bingo Night will be on Thursday, May 12, 2011 at Fairfield High School. It's always a fun night and we'll have food available. There are many great bingo prizes and door prizes. AYSO is looking for donations of prizes for this fundraiser. If you own a shop or business, please consider making a tax deductible donation of an item. Last year we had over 300 players come out for the fun.

I'll leave you with one last reminder. AYSO is run entirely by volunteer efforts. Region 709 currently has available positions for coaches, assistant coaches, referees, team parents and positions on the Regional Board. Your child playing soccer is good. You being a part of their activity is priceless! Our biggest need at this time is for referees. AYSO provides free training for referees and coaches.

It looks like it's going to be a great spring! Hope to see you out there!

Simply Maya



Maya Hand

My favorite subject in school is Science. I especially enjoy learning about magnetism, the atmosphere, outer space, rocks and minerals. In Science class about a week ago we were learning about constellations, meteors, meteorites, comets, the sun, the stars and planets and Earth's rotation and revolution. It was so much fun! Right now in Science class we are preparing for the Science Fair. I can't wait until this year's Science Fair!

I have been interested in learning more about Science for a long time. My first Science Fair Project was presented at the Frederick County Science Fair when I was 5 years old and in kindergarten. I got a crystal-making kit, and my parents and I created different kinds of crystals using different types of salts and water. It was really more of a research and display project than an experiment. I learned that crystals are made up of materials that build up in an orderly, repeating pattern, like a pattern you might build with Legos.

My second Science Fair Project was also a research and display type of project. I called it, "Fossils, Fossils Everywhere!" I was really interested

in fossils, where they came from and how they were formed. Dad, Ana and I went fossil hunting in West Virginia and on the Eastern shore of Maryland. We found marine fossils from the Devonian period in West Virginia and on the Eastern Shore we visited a fossil site and looked for fossils on the beach. There we found a few shark's teeth, and we were given a few others that I added to my growing collection. We also visited the Rock and Mineral show that comes to the State Fairground every year. I collected even more interesting fossils and information there. I learned about the oldest and newest layers of rock, their qualities and how rocks, minerals and fossils are formed.

Last year, when I was in the fourth grade, I decided to perform a scientific experiment with magnets. I made a linear magnetic accelerator using a wooden ruler for the track. I spaced out three magnets along the ruler and taped them in place so they wouldn't move. I placed one steel ball after each of these magnets. I made a ramp that connected to the track, so I could roll the first steel ball down it. As the ball approached the first magnet, it sped up because of the magnet's pull. When it hit, the movement dislodged the second ball and it sped up towards the second magnet which dislodged the third ball, etc.. At the end of the track, the final ball would shoot off the track and hit a wooden block I used for a target. Mom helped me time the process from the first ball drop to the time the final ball hit the target. Then, I made notes on the effect of the number and strength of the magnets on the speed of the final ball roll. Doing this experiment was

when I realized how much I really enjoy magnetism and Physics.

This year for the Science Fair I decided to continue my work with magnets. My experimental question is: "How does a change in temperature affect the properties of diamagnetic material?" Diamagnetic materials are especially fun because you can levitate a small magnet between two diamagnetic "plates." Diamagnetic materials revolve on their south and north pole instead of their north poles attracting a south pole and their south poles attracting a north pole. Basically, a magnet will repel a diamagnetic material, no matter the position of the two materials. So, if you have two diamagnetic "plates," one diamagnetic plate being held above the other one with a small space in between, and you put a cube magnet in between the two, the cube will float! But, considering we have gravity, we need another, strong magnet held above the higher diamagnetic plate to compensate for the pull of gravity to get the cube to float. I think that is so cool!! You can even watch the cube spin in between the diamagnetic materials! Awesome! The diamagnetic material I will be working with is pyrolytic graphite. I have read that temperature changes how diamagnetic material works, but I cannot find anywhere HOW temperature changes the properties of diamagnetic material, so that's what I'm doing!!!

I really enjoy the Science Fair every year. I love presenting the project that I have learned so much about and sharing with other people. I enjoy looking around at everyone else's cool Science Fair projects and asking them questions about what they learned.

To read past editions of *Simply Maya* visit the Authors section of *Emmitsburg.net*.

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A TEEN'S VIEW

England!



Kat Dart

Part 1

Six days, five hundred pictures and several Girl-Scouting ceremonies later, I'm back in the US getting ready to go back to school after a field trip to London, England. For me, it was the first time I'd flown and gone out of the country, and I was looking forward to the experience!

Once in London, I think the most important thing I learned was not in London itself, per se. It lay more in the peoples who lived or were visiting and/or touring London. Here in Frederick, we have an astoundingly small variety of cultures and people. It's not like New York, or Los Angeles or London.

I was able to listen to over ten different languages being spoken, some in multiple accents. I saw a lot of different groups of people, who each obviously live with many differences, but also many similarities, to the way I do.

I found that British people, despite being an ocean away, still live similarly to us. It's not that drastic a change. People enjoyed traveling through the city, and even though to me, everyone had an accent and drove on the wrong side of the road, I learned that they think the exact same of us: weird accent. And we drive the wrong way. And our currency is very strange, and difficult to figure out, just like we had trouble figuring pounds from pence.

And even then, people who weren't British and came from different countries were just as excited as I was to see all the new places. We actually were able to help with directions a few times, even though we weren't British.

And to people who were British, well, they were always very happy when we told them that we were Girl Scouts, and often asked why we had

come. They were more than pleased to hear we came for educational reasons and to tour London, and to see the sights. They asked questions about how we managed to raise the money to get to London, and had we gone to Pax Lodge yet?

We had actually spent our first day at Pax Lodge, meeting new Girl Scouts, being introduced to the area, relaxing and winding down from the flight, and from staying awake for about 36 hours straight!

Pax Lodge is an International Girl Scout (called Girl Guides in other countries) Center. Girl Scout troops can drop in and meet Scouts from multiple countries such as Argentina, Korea, Norway, Egypt, and the United States.

The girls we met explained how Girl Scouting worked in their countries. It seems the 'Brownie' level is international, but from there, some Girl Guide groups go to the 'Girl Guide' level, then leader. Instead of 'Daisies,' some countries have a 'Rainbow' level.

So to sum up: Here in America, we have Daisies, Brownies, Juniors, Cadets, Seniors, Ambassadors, then Leaders.

In a lot of other countries, they have Rainbows, Brownies, Girl Guide, and then Leader. (At least, that's the best way the girls in the Lodge could translate, as their first, and sometimes second, language wasn't English.)

Now to move from one level to another, Scouts use a Bridging ceremony- we bridge up from one level to another. And that's what our Scout Troop did. The plan originally was to literally stand on a bridge in the middle of London and bridge there, but we decided that bridging on the London Eye would be so much cooler. Who can say they've held a Girl Scout ceremony at the top of a Ferris wheel?

So, on our last day in London, we went to the London Eye, the tallest Ferris wheel in Europe. We actually had our own capsule, and waited to get to the top (and took pictures along the way) in order to bridge. The ceremony is fairly simple, you go up to your leaders; they acknowledge that you've bridged, and make the Girl Scout sign (raise the index, middle and ring finger of your right hand) while shaking hands with your left hands.

Samantha (Sam), Liz (my older sister), Elizabeth, Betsy, Kelsey, Lauren, Ally and Kim went to Leaders. I went to an Ambassador.

Part two next month

My true friend



Olivia Sielaff

Part 1

"The best kind of friend is the one you could sit on a porch swing with, never saying a word, and walk away feeling like that was the best conversation you've ever had."

—Author unknown

Have you ever had a true friend? One who you could talk to about anything? One you could spend hours with and not get bored? One who doesn't care how silly you act around them? I think it's so important for everyone to have at least one true friend who you can always rely on to be honest and there for you. Luckily, I have a true friend who has blessed my life more than I could have asked for. We began just as neighbors and are now growing closer as true friends everyday.

This first time I met Carolyn Shields (who writes the Freshman column on the opposite page) was ten years ago. I just moved away from all of my other friends and was living in an old house that smelled musty. Carolyn and her older sister Kathy and their cousin were playing in their backyard when I walked across the street to meet them. We were all introduced to each other, and I could've sworn that Kathy and her cousin were sisters, because Carolyn didn't look much like her older sister. We played for a little while that first day, but I never thought our friendship would grow so quickly.

I think it was within the next day or so that I went over to my new neighbor's house again to play. I

was just glad to know someone my age who I could play with besides my little brother. That second time I went to her house, Carolyn and Kathy tricked me. She and her sister switched their names on me; of course, they thought it was hilarious. I'm not good at remembering names the first time anyway, so I thought they were being serious. It was only when I played with them another time they confessed their true identities. I wasn't too impressed with them because of that, but I decided to give them another chance.

During the first few months and years of our friendship, Carolyn and I played like any other eight and nine year olds would. I quickly began to trust Carolyn (even after the name changing incident), and for a while she was the only friend I had at my new home in Emmitsburg. We spent many days at the ballpark in town eating snow cones and bubblegum, at St. Anthony's church yard sales rummaging for dress-up clothes, making up dance routines to our favorites songs, on the roof of Carolyn's house spying on our little brothers, and just sitting around on lazy days with nothing to do.

Almost everyday after school I would run across the street and knock on Carolyn's door to see if we could play. She always said 'Yes' and we would play for hours in her backyard or in her room. Some of my favorite memories of those times were spent in 'The Woods' of Carolyn's backyard. We would go exploring in this enchanted forest as Carolyn pretended to be Robin Hood and I, Maid Marian. For some reason I was always the one tied to a tree or in need of rescue while Carolyn got to save the day. Many times we tried and failed to build forts in the woods. Twice actually we made very stable forts, but our little brothers ended up destroying them. Sometimes Carolyn and I would be in the woods for hours just walking around, talking about anything, making up fairytales, or having serious discussions about our aspirations.

As Carolyn and I grew closer together, I was able to get to know her family - all thirty-some imme-

diately cousins and numerous aunts and uncles. When the Shields have a family gathering, they always invite my family and me. After attending a few of their get-togethers, I noticed that Carolyn's cousins would call her mom Aunt Marn (a quick way of saying Mary-Anne). For the longest time I wanted to call Carolyn's mom 'Aunt Marn', too. But I decided to just stick with 'Mrs. Shields' so as not to overstep my boundaries, even though Carolyn says I'm practically one of her cousins.

Perhaps one of the most terrifying moments of my life, which turned out to be one of our favorite memories, was spent with Carolyn. We were paddling upstream in her grandparents' canoe pretending we were Luis and Clarke looking for Indians. All of a sudden Carolyn let out a scream and said there was a mouse in our canoe! Indeed there was a poor little mouse in the canoe. There was much screaming on our part and much scurrying around the boat on the mouse's part. Both Carolyn and I had our feet up on the sides of the canoe while we tried to paddle in this contorted way. It was quite a sight to see us two girls haphazardly paddling towards the bank of the stream while screaming with fright. Eventually we reached the bank and ran away screaming and laughing at the same time. Carolyn and I look back on that incident with a smile and will always refer to it as "the mouse in the boat."

Amongst all of the excitement and adventures we had, there are many times Carolyn and I just quietly enjoy each other's company. I've always liked this about Carolyn. She and I can just be together and not say much, yet we still understand each other. We've never been the type to have really girly talks or stay up very late during sleepovers. But every time I walk back across the street to my house, I have a smile on my face and feel like I've spent my time well growing in friendship with Carolyn (even if we only watched TV together).

From the time we first knew each other, we had all sorts of adventures. Little did I know that Carolyn and I would have many more opportunities to grow closer together as we became teenagers.

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FOUR YEARS AT THE MOUNT

Freshman Year

Friendship

Carolyn Shields

We were twelve years old, coated in a sheet of snow, in the woods behind my house, the woods we called Sherwood. We were about fifty feet from one of our forts, near the slanted trees, where we played the torture scene from Robin Hood. The meadow was a little walk off, where we would pretend to be hobbits. Home was always in view. We shook each other's hand, our glasses askew and snowflakes falling around us, as we promised that in the future we would travel the world together.

How quickly the future is coming.

But before I talk about the future, let me go back to when Olivia Sielaff, my best friend, started to make my life. As Olivia mentioned in her article on the opposite page it was a funny little story. She was a tiny girl, loved to read books bigger than she was, never saw Rugrats, ate healthy food, and took her shoes off when she entered a house. And somehow, despite my being a huge tomboy who read romance novels

targeted at a young adult audience and ate chocolate cake for breakfast, we became the best of friends.

We concocted crazy plans to get us through those long summer days. We would lie on my roof, thinking of adventures and eating cookies that were so big they were uncooked inside. (She still jokes about my cooking). We would dream of ways to pass the time. One summer we spent most of our time dressed up as pirates and played on my family's "ship" (or rather, a sad little boat my dad lost money on called the Almost, which almost worked). Another summer we spent weeks planning out a movie, thinking of locations and angles to shoot, but in the end we only recorded three solid minutes.

However, we always had the most fun under the branches of Sherwood. Like little nerds, I one day said, "Wouldn't it be awesome if we had capes to play in?" and about one month later, I came home from school to a gift-wrapped box. Olivia made one for me and one to match. I was the one with the dreams; Olivia was the one who made them happen. Those were the days when we could run barefoot as hobbits or princesses or merry-men and

not be judged by anyone but my older sister, who I think will always view us as dweebs with glasses and Converse.

And then we became teenagers. Every spring we had to run across the road, giddy to see the other dressed up for her prom. Our adventures ended for a time until I had another dream last summer. High fashion in tropical or desert landscapes. We didn't have any tropical forest but we did have Sherwood. So we got dressed up in our old prom dresses, lugged a desk, piano bench, and easels. We even nailed picture frames to the trees and modeled.

But time is pressing in. It was so evident this year as I spent more and more time at the Mount, and Olivia sat behind her computer, applying for scholarships and working on admittance essays for colleges. I've taken her to the Mount for lunch a few times to meet friends, and I thought, "This is how it could be for the next four years." So of course I can get myself upset thinking that she isn't coming to the Mount, that we won't have the same circle of friends but I understand and respect her feelings. Like all of my other friends, she wants to see what's outside of Emmitsburg. I'm still carefully considering this, but I may see what is outside of my hometown next fall if I study in Ireland.

Still, it's hard to believe that in a few months time, that serene, bespectacled girl who I had to explain what a "that's what she said joke" was won't be across the street. She won't walk her dog in the rain and call me off when I catcall, even when I'm hiding behind our curtains. She will no longer walk through our door and neatly take off her shoes and place them in her designated corner. She won't be there. The thing is, we will no longer be neighbors by the end of summer. Not only will we be hundreds of miles apart next year, but summer will no longer make us neighbors again. Olivia is 90% of the reason why I don't want to move three miles down the road.

She's so sweet that she probably would have let me start off this article the way I originally wanted to, which was to sound like she was looking for a boyfriend ("There's a girl I know who loves long walks on the beach, has gorgeous eyes..."). And, of course, she will probably one-up me by writing two articles about our friendship.

I won't forget having to tell her that Dad was leaving for Iraq. I won't forget our deep, theological conversations, when our voices rose even though we agreed on every issue. I won't forget how we knelt together at the Mount 2000 retreat, and how our eyes filled with

tears as the monstrosity holding our Lord passed in front of us. I won't forget the first time she wore skinny jeans, or when she told me a boy asked her to the prom. But most of all, I'll never forget those endless summer hours in our little woodsy haven, where we could run around in capes and make pinky promises concerning a future that was a lot closer than we thought.

We didn't know that as we twirled and laughed in our prom dresses in the slanting rays of light that that would be our last adventure in Sherwood. We went on laughing, unaware that the future was already closing in.

By fall, we will be 3,466 miles apart. One of us will be making her way to Ohio and through God's grace, the other to Ireland. We will be going our own ways at last. I know one day she'll fall in love, and I have permission to tell him how she wants to be proposed to. I'll watch her walk up the aisle and start a family. We will grow old together and laugh about the mischief we got into, about the times we've shared. About the fleeting summer days when we dreamed of what was to come.

Olivia, I'm so honored to be your friend.

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

Sophomore Year
The FOCUS conference

Samantha Strub

Sometimes it's hard to get your priorities straight and see what is really important in life. The FOCUS Conference allowed me to realize that I was slacking off in this area. FOCUS stands for the Fellowship of Catholic University Students and it is one of the fastest growing ministries on college campuses that specialize in Bible Studies and one-on-one mentoring in the faith. It was on this retreat that I

realized God needed to be my priority and everything else would fall into place. I needed this conference without even knowing that I did. God does this for you and I'm a living example.

Leah Sedlacek, one of the Mount's FOCUS leaders and my Bible study leader, encouraged me to go to this conference. My close friends did too, and I also had a small desire to do something regarding my faith. I had gone to similar conferences while I was

in high school and they had changed my life, but even though I was truthfully interested and really wanted to do this one, I wasn't sure if I wanted another life-changing experience. God wanted me to have one though. Little did I know that it wasn't going to be something small but something that would change my life forever.

The conference was in Baltimore, which was another new experience, because I had never been to the city. I felt like a total country girl, looking out of the bus window, gazing at everything like a kid in a candy store. Everyone enjoyed my eager questions about what building was which and my amazement at how high the highway overpasses are. That would never happen in Wisconsin because of how impractical it would be with the snow. I wanted to see the city and walk along the Inner Harbor, go into all the shops and the three-level Barnes & Noble that was there. We could see it from our hotel as we were going up to our room on the 10th floor in diamond-shaped elevators that carried us up to the floors that didn't have escalators. I was amazed at how different all of this was; I had never been in a hotel that had an escalator and an elevator. Needless to say, my friends enjoyed showing the country girl the city life.

Seeing the city was only one of the highlights that this FOCUS weekend gave me. The Conference was amazing to say the least! It showed me that God always waits for his children to answer his call; he is there waiting with open arms. However, I didn't come to this realization overnight. It took a while because I had to be open first. Right after we checked into our fancy room we returned downstairs for Mass, so we could start the weekend out right. Then we had dinner in the

Inner Harbor, with more of country-girl me looking up everywhere. We went back to the hotel for an amazing and moving talk about building the culture of life and learning more than we ever thought possible about abortion. We listened to the Christian singer Audrey Assad, whose music I fell in love with. She sings about loving God and giving everything you are to him and him giving everything back in return. Then, to conclude the night's entertainment, we saw the film *The Way*.

Because we didn't get to bed until about 1 am, it was not fun at all to get up by 8 the next morning for our first talk. It was well worth getting up for though. Jeremy Rivera spoke about answering God's call by using the gifts God has given us in order to change the world. I was moved and got a lot out of it. One of my favorite passages from this talk about changing the world was, "Since we have gifts that differ according to the grace given to us, let us use them" (Romans 12:6). I loved being inspired to use my talents to serve God and others, not only myself.

Saturday continued with Mass, a chapel visit and lunch with friends. The rest of the afternoon we were invited to select whatever talks interested us. My friend, Amanda Clark, and I both went to the same talks. I found it nice, not only to enjoy the talks, but to go with someone who supported me as well. The first talk we went to was "Dangerous Women in History," about some of the most famous women in salvation history and how one person can change the world by spreading God's will. It was very encouraging and left us thinking. The second presentation Amanda and I went to was "Christlike Principles for Dating," which dis-

cussed how being the person you are called by God to be can allow you to meet the right person for you. This might sound cliché, but in reality the talk gave some very important tips that I wasn't aware of. After these wonderful thought-provoking talks we were able to have a break to get more coffee and walk around looking at all the booths. Then we went out to the Inner Harbor for dinner and came back to the "Wonder and Awe" talk that Christopher Stefanick gave about the foundations of our faith that we take for granted but in reality we should never be bored with.

After this came the most moving part of the FOCUS Conference for me—Adoration and Confession. I forgot how powerful sitting in God's presence can be. I have been a Catholic all my life, and, though I have been to Confession many times, it was never as powerful as it was that Saturday night. I felt whole and no longer alone; I had the biggest, and most encouraging person that I could ever have on my side, someone who would never leave me.

During the four hours I spent in Adoration my faith grew so much that I asked God to use me to do His will, though the way He wants me to use my gifts in order to answer the call is not what I expected. However, He gave me this desire to do something for Him and even though it's going to take me on a roller-coaster ride, it's going to be worth witnessing to God's love. I want Him to use me and my talents. I forgot how much inspiration and love God gives us. By living our lives to give Him glory, we can change the world!

That being said who is the priority in your own life?

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FOUR YEARS AT THE MOUNT

Junior Year

Sweet sacrifices

Julia Mulqueen

Just a few weeks ago with Valentine's Day fast approaching, I received an excited call from my mom. "Check your mail tomorrow!" she said, almost out of breath because she was so thrilled. The obedient daughter that I am, I checked my mail the next day and was greatly rewarded. My mother had sent me a box full of homemade sugar cookies in the shape of hearts. Each had been delicately decorated with red sprinkles. I was so delighted that I almost began jumping up and down in the mail room. I refrained, however, and instead quickly skipped back to my room to begin devouring the tiny hearts. Sugar cookies have been a favorite of mine since childhood, and often times I came home from school to the scent of cookies and the sight of my mom washing flour from her hands.

The cookies were deliciously sweet, but they brought with them waves of memories which triggered a little homesickness. I have been

away from home for a little over two and half years now, and with each year that I am away I become increasingly homesick. As the writer Maya Angelou put it, "[t]he ache for home lives in all of us, the safe place where we can go as we are and not be questioned." At home, I am completely safe and wholly welcomed. I have no responsibility. I can simply feel like a kid again and just sink into my family's arms.

Also, with every semester that passes, my eyes are more fully opened to the tremendous generosity that my parents continually show me. I see more clearly the sacrifices that they have made for me and my brothers. I look back and see the hours that my parents spent carting my brothers to Boy Scout meetings, the Saturdays they spent shivering while watching me at horseback riding lessons, and the countless days they took off from work to care for my brothers and I when we were sick and sniffing. So many memories of my childhood involve my parents, my brothers, and me spending time together as a

family, and I miss them while I am away at the Mount.

I think the reason for my growing homesickness, however, is perhaps more firmly rooted in my uncertain future rather than sweet memories of my past. With each passing day I realize that sooner rather than later I will be out on my own. I will have to leave the beautifully free and wonderfully secure shelter of my parents' home. I will have to enter the working world. I will have to learn more fully how to live as an adult without the promise of returning home every few weeks for a break. Now that I only have two and a half semesters left at the Mount, I am beginning to see the real world move closer and closer to me, and that is nerve-racking indeed.

So I find that I am caught in this spot in which I feel at once terribly frightened and terribly excited. The idea of complete freedom to make decisions and have much more personal responsibility is almost as tantalizing as my mom's sugar cookies. The thought that I will have to find a place to live and pay bills is much less enticing.

I do realize, however, that my parents will continue to offer their loving support. No matter where I go, they have promised to visit. I know, too, that the uncertainty of my



Alexander, Julia, Matthew, Patricia and Andrew Mulqueen

future is just as difficult for them to handle as it is for me. Every time my parents wave goodbye when I return to the Mount, my mother's eyes grow misty. As each break approaches, my parents' eagerness for my return is strangely palpable even across the state border. My father assures my mother that the job of parents is to raise children who seek to stretch out their wings and leave home in search of creating themselves. He said this to her when both of my brothers prepared to deploy to the Middle East, and he says it now as I prepare to launch into my own life as an adult.

I have also begun to see that all of my parents' smaller sacrifices have prepared them for this looming

sacrifice of seeing me leave home. They will have to allow me to go and trust that the two decades they spent raising me will be enough to guide me through life.

Now I do not know where I will be two years from now, and I am not sure what responsibilities my career will bring to me. I do know, however, that no matter where my future takes me, I can at least expect to find the sweetness of my parents' love waiting for me in my mailbox in the form of heart-shaped sugar cookies.

Julia is a Philosophy major at the Mount. To read other articles by Julia visit the Authors section of Emmitsburg.net.

Senior Year

"A little ray of sunshine"

Katelyn Phelan

A few weeks ago I was driving to the Mount after a birthday celebration for a friend from home. It was late at night, around 11:30, and I was driving along listening to music. I was approaching a sharp turn in the road and slowed my speed considerably. As I made the turn, I noticed something moving in the beam of my headlights. I thought it was a dog, but wasn't sure.

I drove on for about thirty seconds before I decided to turn around and see what the animal was. As I retraced my path, I didn't see anything but darkness. "Oh well," I thought. I turned around to continue my trip to school when I saw the creature again. It was a dog. I pulled off on the shoulder, got out of the car, and slowly approached the animal, a golden retriever.

Fifty different thoughts flew through my head. Here I was on the side of the road in a deserted area walking toward an unknown dog in the middle of the night. Was this not the definition of stupidity? What if it bites me? I continued to approach the dog slowly, and as I did so, I spoke to her. She walked slowly toward me, but as we got closer, I saw that her tail was wagging. She stood contentedly as I pet her. "Well," I thought, "clearly she doesn't have rabies." Now I had a new set of problems. The dog didn't have a collar and I couldn't go knocking on doors at

that time of night. I couldn't take it to school with me either, because we're not allowed to keep animals in our rooms. I'm positive someone would notice me sneaking a big dog into my campus apartment. But I couldn't leave her on the side of the road either; a car could hit her. So I did the only thing I could—I called my mom.

Fortunately my mom is a huge dog lover and golden retrievers are her favorites. Sometimes I think she loves our two dogs more than she loves her children. At any rate, she wasn't too mad that I woke her up asking if it was ok to bring a dog home for the night. She reluctantly agreed. I was only about 20 minutes from my house, so I told her I would be there as quickly as possible.

In order to get the dog to my house, though, I first had to get her into the car. She wasn't too eager to jump in, though I opened the door and encouraged her. Both my dogs love to ride and I didn't have any food to coax her in, so I was at a loss about what to do. With some heavy encouragement and a few nudges, she climbed in the backseat. By the difficulty she had climbing onto the backseat I guessed she was older. But she settled right down and as I drove she stretched out and went to sleep.

When I got home my mom was downstairs in her pajamas and robe. Whoops. We hesitantly introduced this new "pet" to our two dogs. Everyone got along just

fine, thankfully. In the light, I could see that the dog was very well cared for. It looked like she had just been groomed. My mom and I made a bed for her in the garage where she spent the night. I promised to come home after classes the next day to help my mom find the dog's owners.

Meanwhile, my mom was secretly hoping we wouldn't be able to find the owners and that we could keep her. I couldn't really blame her. We found our first dog, a golden retriever named Sugar, on the side of the road, and she was a great pet. This dog that I found had the sweetest disposition and got along perfectly with our dogs. In spite of the hope of keeping her, my mom put up flyers near where I found our "new pet." Just a few hours later we got a call from the owner.

He said that he and his wife were outside gardening the day before when they looked up to find their dog, Sunshine, had wandered away. He spent hours looking for her that day and he and his wife spent a sleepless night worrying about her. He woke up early to continue his search when he found some of the flyers my mom had posted.

Shortly afterward the man and his wife arrived at my house. One of my golden retrievers, Chloe, came around the corner to greet the visitors first. Initially, the man thought that this was the dog we had found. My mom quickly showed him the dog we did find, which, happily, was his dog. He and his wife were practically in tears at the sight of their beloved pet. They said that Sunshine was eleven years old and that she meant the world to them.

The situation turned out

perfectly despite a number of problems—stopping for a strange dog in the middle of the night, waking my mom up to bring it to my house, the dog's nighttime introduction to my pets, and flyers left on telephone poles. Since I stopped to pick up Sunshine I've considered several times what could have happened to her had I not picked her up. Would someone else have picked her up? Would they have been able to find her owners? Would Sunshine have managed to wander home on her own? Would she have been hit by a car? Or been hurt by another animal? Anything could have happened to her.

Though it was a risk for me to

approach Sunshine, it all worked out perfectly, like we were in a perfect world. It often seems as if nothing done with goodwill works out; that there are cautions against acting in kindness whether it's to give a hitchhiker a ride or offer a homeless person cash. Not that these cautions are unwarranted; terrible things can and do happen. But things can also work out. My experience was a positive one, one where everyone benefitted and no one was hurt. It's nice to hear stories where good things do happen, and even nicer to be part of them.

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

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THE GRADUATE

Balancing work & life

Jacqueline Quillen
MSN Class of 2010

True balance means that the seesaw of life is straight – each side has equal weight. Let's try to balance a seesaw with life on one side and work on the other. There are 168 hours in a week to divvy up between life and work.

- We work 40 hours per week; however, some people work more than 40 hours at one job or between multiple jobs. For the sake of accuracy, let's say the average person works at least 50 hours per week. We won't calculate the time spent thinking about work.
- I spend about 45 minutes getting ready for work, which we will round to a full hour to include the time I spend getting unready (putting on sweats) in the evening. This totals 5 hours spent each week getting ready/unready for work.
- Health gurus tell us to get eight hours of sleep each night. If we want to be healthy, we should be spending 56 hours a week sleeping.
- My commute takes an hour each way totaling 10 hours per week.

Now, I majored in English, not Math, but my addition skills tell me that I spend 121 of the 168 per week on work. Sleep, commuting and getting ready are not necessarily work, but these things all factor in to work and are necessary for work. This leaves me 47 hours per week to spend for non-work related matters. My seesaw is definitely not straight.

Rather than fitting work into life, it feels like we're trying to fit life into work, using our lunch breaks and commuting time for whatever we can. Which leads me to question balance: is it possible?

The answer is yes, but only if you work part-time! Part-time workers have moderation and balance mastered.

I know work is a part of life and I should not be trying to separate the two, but forgive me for wanting more "me" time. Lately, I need all the "me" time I can get because I'm planning a wedding. My wedding, to be exact – surprise!

Wedding planning is a full-time job in itself, which is why most wedding planners recommend giving yourself a year or so to plan. I never listen to what people tell me to do (my mom can vouch for that!), so why start now? My future hubby and I are getting married the first week of this April.

We've been engaged since the end of January. It's amazing how much we accomplished

in a week: we booked our favorite priest from the Mount, booked the chapel, the reception hall and even made phone calls to family members. Every place had only one date available in April, and ironically and luckily, it was the same date. After booking everything I started to get a big head, thinking whoever said that wedding planning took over a year was crazy because I did it in a week. Wrong!

Now we're getting into families convening and discussing plans, and of course, everyone has a different opinion. What kind of wedding do we want? How many people? Does my adorable little cousin or your adorable little cousin get to be the flower girl? Who's paying for what? Who has the bigger say? This is what I like to call the politics of a wedding.

Tensions inevitably rise, feelings are hurt, wallets run dry and the more important marriage preparation slowly starts to take a back seat to issues like how many little people will carry the gifts to the altar. Who knew the ceremony is so accommodating to extended family? Or that the color champagne can come in a million different shades on a wedding invitation? We live and we learn.

Nonetheless, I have enjoyed every bit of planning with my fiancé. Every day brings us another step closer to the most important day in our lives, the day on which we vow to love each other forever. Luckily, he keeps a cool head during all of this, which helps me relax too.

Weddings are great, which is why everyone wants to help plan them. Sometimes it feels like I'm helping to plan another person's wedding because my voice often takes a back seat. In the beginning, I did everything as far as planning goes; looking back, I think I took too much control. I have backed down a little and have learned how to graciously receive people's help, as long as they keep the bride and groom's wishes in mind.

However, this is where I cannot find the balance. Before, I spent time (even at work) planning the wedding and now I'm worried that if I'm not focused

on the wedding, it will blow up. I know I'm just being extreme and that will not happen, but it's too stressful of a situation to not feel this way. Every week brings a new task to plan that we can hopefully check off our list. The paperwork, the guest list, invitations, registering, wedding rings, dresses, tuxes, Pre Cana, rehearsals, family visits, and the list goes on forever – but will luckily be complete in just five weeks!

One bitter cold Wednesday morning, I was anxious to get into work to catch up on things I fell behind on during my wedding planning. I wanted to try to get ahead before the week ended in two days, and was looking forward to being productive on the train ride into work rather than sleeping. As I waited for my usual train that runs express from my stop to Center City, a voice announced from the loud speaker, "Your attention please: SEPTA train number 13 is no longer running as an express train. Train number 13 will run as a local train, making all stops on the way to Center City due to train number 14 being cancelled."

A comedian behind me who happened to be a not-so-big fan of SEPTA exclaimed, "Great! So we'll be in Center City by Thursday. SEPTA, you are great." He delivered his words with an intensely sarcastic tone that made everyone giggle just a little, despite the hatred and rage they felt towards SEPTA. We were all thinking in the backs of our minds, this is going to be a bad day. Mr. Sarcasm looked like he was ready to throw in the towel and "accidentally" leap onto the tracks – it was just that kind of day.

After that slight glimpse of humor, I returned to the harsh reality of the situation: it was freezing cold outside, the train was 20 minutes late, and the now-local train was going to me an hour late for work. This of course meant that I would have to stay late at work and get home much later. Forget about yoga. It's amazing how something like a disrupted morning commute can unfortunately ruin a whole day.

Like a delay in our morning



routine, it's easy to let the littlest things affect us in larger-than-life ways. Take a faulty printer as another example. Every printer makes mistakes. I suppose that this claim humanizes printers in a way, but can we really hope for a perfect printer? We certainly expect a perfect printer; otherwise, we would not take its mistakes so personally. Every time the printer at my work prints a bulk of plain paper and then blinks red indicating an error (when there's really no error), I feel like a character in Office Space and I want to take a bat to the devil machine. I know I'm not the only one.

So how do I try to balance my life? I fantasize about destroying the printer at work, and I sit next to funny people on the train. Then I turn on my iPod and fantasize about the balance I will one day have (a long time from now), when I will only have to work part-time. Most of all, however, I give thanks for having found the one person in the world who I want to try to balance life with. When we have each other, who cares if one side is heavier than the other?

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

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MOUNT CREATIVE WRITERS

Red in the head

Megan Kinsella
MSM Class of 2013

Editor's Note: At first blush, this might not seem like our usual St. Patrick's Day article ... but can you think of anything more Irish than a girl named Megan with red hair and freckles? We couldn't!

Women's personalities have increasingly been generalized by one defining feature: the color of their hair. According to popular public belief, "dumb" blondes have more fun, brunettes have all the brains, and redheads have brutal tempers. I don't know where or when this categorization by hair color began, but I do know one thing: it is completely and unquestionably out of line. Who are you to take one look at Goldilocks and automatically deduce that she scored a 40 on her IQ test? Why lump human beings together according to physical characteristics? The practice is cruel and downright inhumane.

I have found that redheads especially are subjected to an unusual amount of cruelty and discrimination. Many stereotypes surround redheads, especially redheaded women. Red heads have lower pain tolerance. All red heads are related. Red heads have no souls. These misconceptions, along with many others, are all ridiculous and complete-



ly false. Allow me to submerge you into the issue a bit deeper...

Lucille Ball was a famous American actress and model from the 1950s to the 1970s. Her biggest claim to fame was her role in the 50s TV sitcom "I Love Lucy," where she played the goofy, lovable, mischievous wife of Ricky Ricardo. She was beautiful, smart, cunning, funny, and a brilliant actress; truly the definition of an

American woman. However, one characteristic that sticks out above all the rest is that (drum roll please)... Lucille Ball had red hair. Excitingly enough, this is a trait that both Lucille and I share.

Seeing that less than three percent of the world's human population has red hair, I feel a certain affinity with this American icon. Author and lecturer Grant McCracken said, "Part of the problem with redheads is that there aren't enough of them. They make up about two percent of the population. So they're pretty extraordinary." I couldn't agree more. There is a kinship that exists among redheads that only a member of our kind would understand. For those of you out there not blessed with a strawberry mane, let me provide a hypothetical parallel...

You are a Pittsburgh Steelers fan. You attend Mount St. Mary's University, a school whose majority of inhabitants are Baltimore Ravens fans. The Steelers and Ravens face off in the division championship game and naturally, the Steelers hand the Ravens a crushing defeat. Fearing for your life yet unable to completely hide your joy, you conceal your Steelers jersey underneath a partially zipped sweatshirt on Monday morning for the walk to class. The greatest part of your day comes with the slight nods, stealthy high fives, and knowing smiles of other Pittsburgh enthusiasts. You are a member of a minority on campus and therefore you feel a love for your Steel brothers and sisters that no one else quite understands. I may or may not be speaking from personal experience.

Anyway, I digress. After a long flourishing career, Lucille Ball sadly passed away in April of 1989. As the nation mourned the death of this redheaded beauty, a star of a different caliber was born. Yes, yours truly breathed her first on a cold December night in 1990, far away from the glow of the Hollywood lights

and into a family whose name will most likely never be written into the history books. However, one redeeming quality remained—the incessant glow of the wonder child's cascading crimson locks.

Being a redhead has defined my life since that fateful December night 20 years ago. After seeing my small wrinkly body and full head of orange fuzz for the first time, my brother Kevin lovingly thanked my parents for buying him a pet fox. As if the red hair wasn't enough, the animal-like crooning and maniacal screaming erupting from that hospital crib surely did the trick in confusing him.

In middle school, I was dubbed "carrot top" and was always picked last for dodge ball games at recess—a phenomenon no doubt caused by my classmates' misinformed understanding that redheads have a lower pain tolerance than most. I mean, let's be serious, who really wants a red-headed weakling on their team? However, contrary to popular belief, the top of a carrot is actually green and not orange.

During high school my friends got a little more creative. I patiently endured their constant screams of alarm as they dove out of the way and shouted the warning "Your head's on fire!" As a public service, I was often asked to light the way for groups of fellow students down darkened hallways during power failures, a situation not unlike Santa Claus' utilization of Rudolph's bulbous red nose. "Megan the red haired school girl, you'll go down in history!"

In more recent years, this discrimination against redheads has spread far and wide, aided by the popular TV show Southpark. In an infamous 2005 episode, characters on Southpark dubbed humans with red hair, pale skin, and freckles as "gingers." According to these awkwardly-shaped cartoon adolescents, gingers have no souls. UrbanDictionary.com states: "Gingers are generally considered to be inferior to their more melanin-rich brethren and thus deservingly discriminated against." Also, the condition "Gingervitis" is genetic and, sadly, incurable.

Well, I'm going to go against popular belief here and let you all know that red heads really do have souls. No, our faces are not splashed with mud and it's virtually impossible to play connect the dots with our freckles. I can't tell you how many kids have asked me why I have little brown spots all over my face, to which I always respond with the same witty comment about "kisses from the sunshine."

No, we are not from a different planet and we are not going to infect you with our incurable disease. In 1995, Professor Jonathan Rees of Edinborough University conducted a study of the causes of red hair. He discovered that melanocortin 1 receptor (MC1R), a gene found on the 16th chromosome, is responsible for lovely ginger locks. According to Rees, the MC1R is a result of a protein mutation in the DNA of all redheads. No doubt, the use of the term "mutation" has

lead many to believe that those of us with red hair, pale skin, and freckles are, in fact, "mutants."

Surprisingly, not all of us are related. For the past ten years my family and a big group of our friends have gone camping for a week during the summer. It just so happens that more than ten members of our little posse are redheads, a fact that serves to confuse many a passerby into thinking that the entire group is one big happy family. While entertaining at first, this mystification has gotten a bit monotonous over the years.

Also, the majority of us redheads are not straight off the boat from Ireland. Actually, the biggest percentage of redheads in the world is found in Scotland (14%), closely followed by Ireland and Italy with 10% and 8% respectively. If you do the math, this leaves 68% of the redhead population to be spread far and wide across earth's surface. You can find us virtually anywhere!

I have actually noticed that being a redhead has a lot of advantages. It's painfully unique; people gravitate towards redheads. Our buddy Lucille was quoted as saying "Once in his lifetime, every man is entitled to fall madly in love with a gorgeous redhead." Similarly, have you ever wondered why I have so many friends? I jest, of course.

It also gives you something to talk about in awkward social situations. I will demonstrate: Awkward party guest: "So... you have red hair?" Smooth, cool, confident ginger: "Why yes I do have red hair!" And so on.

Whenever you need a little boost of confidence, just go to the hair salon. All the hairdressers and older ladies will tell you that they would absolutely DIE to have your hair color. Amid the adoring head pats, longing stares, and fond inquiries ("Is it natural, honey?"), it's extremely hard to leave the salon without a little pep in your step.

And above all else, if you enjoy being lavishly complimented by adorable elderly gentlemen, red in the head is the thing to be! As a redhead, you are ceaselessly bombarded with complimentary tidbits ("I've always had a thing for redheads") and tales of the glory days of old ("You know, my first wife was a red head and boy was she a looker!").

By living through all of the hardships of being a redhead in a predominantly blonde/brunette society, I have become a stronger person. Whatever doesn't kill you can only make you stronger, right? And in the words of Rupee, a completely obscure and unknown Spanish techno band, "If you've got it, then flaunt it; show it off to the world." I love being a red head. It's unique and I think it compliments my personality. And let's be honest... the world is a happier place because gingers know how to "flaunt it."

Megan is a Communications major at the Mount and starting with the next issue, will be authoring the News-Journal's sports section.

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UPCOMING EVENTS

From page 38

March 14
Monthly Meeting of the South Mountain Audubon Society. The meeting will take place at the Adams County Agricultural and Natural Resources Building located at 670 Old Harrisburg Rd. in Gettysburg. This meeting is free and open to the public. For more information call Deb at 717-677-4830.

March 15
Emmitsburg Branch Library Storytime Show: Luck O' The Irish. Be lucky and celebrate St. Patrick's Day with Ms. Jenni. Sing

songs and watch a brand new puppet show that will tickle you Green! For more information visit the library.

March 17
The Tartan Terrors - Celebrate St. Patrick's Day with North America's premier Celtic Event. Majestic Theater, Gettysburg. For more information call 717-337-8200 or visit www.gettysburgmajestic.org

March 18 & 25
Our Lady of Mount Carmel "All You Can Eat" Fish Bake, in Our Lady of Mount Carmel. For more information call 301-447-2367

March 19
Emmitsburg Lions Club presents "The Rock and Roll Relicts" Emmitsburg Ambulance Company Building. All proceeds go to Lions club activities. For more information call Zurgable Hardware at 301-447-2020 or Sharon Hane at 301-447-2401.

March 20
Our Lady of Mount Carmel Community Country Breakfast 7:30 am to 12:00 noon in the Parish Center. Proceeds benefit OLMC and St. Anthony Parishes. For more information call 301-447-2367

March 23
Mother Seton School Science Fair Night - View the projects created by our students. For more info, call 301-447-3161 or visit www.mothersetonschool.org.

March 26
Tom's Creek United Methodist Church's breakfast & pork sale in the Emmitsburg Fire Hall. To order call Ernie Staub 443-605-2995, Dottie Davis 301-447-2403, or Rose Knox - 443-605-2675. Orders should be submitted no later than March 20th. St. Anthony's Church's Bingo for Work Camp 2011, held at Mother

Seton School. Proceeds to help support OLMC and SAS parishes' high school youth to attend the work camp and learn what it means to help those in need! Friends of Emmitsburg Osteopathic Primary Care Center's Celtic Springtime Celebration featuring dinner and Irish music in Emmitsburg at St. Joseph's Parish Hall. Music will be provided by the Irish band Cormorant's Fancy. For more information call Bill O'Toole and Cathy Bodin, event chairs at 301.447.2690.

For more details on these and other events visit the Upcoming Events section of Emmitsburg.net



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SIMPLE SERVINGS

Brunch: the breakfast of companions

Sharon Racine

Brunch is the stuff of life. Quite literally, it embodies everything good about our existence: weekends, family, friends, and most importantly, food! Most of us grew up on brunch, and Lord knows it's what kept me alive on the weekends during college.

Throughout my freshman and sophomore years, my friends and I were always willing to suffer through the "breakfast hours" of our Sundays if it meant waiting for the troops and heading down to the dining hall for brunch.

Once we had filled our trays with all of the carbs and grease we could carry, we would sit at one of the dining hall's long, Hogwarts-esque tables and recount our Saturday night escapades.

It was mayhem. We frequently yelled to one another from across the table, gesturing and exchanging our own - and often different - versions of the same night.

Sometimes we would stay at brunch for hours, laughing our hangovers away; such were the days when post-party headaches were actually considered cool. We were always guaranteed at least one sympathizer because after all, misery loves company - especially if that company's misery also derives from overindulgence.

Despite our weakened states, those Sunday brunches are some of my happiest memories from college. With the help of this midday meal, my friends and I became a family of sorts. Bonding over pancakes and bacon? I can't think of anything better.

My college brunches may be in my past, but there are countless others on the horizon (If I'm lucky, the French toast of my future will taste a little better than what was served in my alma mater's dining hall). What better way to celebrate



Berry and goat cheese-stuffed French toast

your blessings than with a long, slow, and laughter-filled brunch?

Maximize your weekends and savor the company of your friends and family over a delicious meal. I recommend the berry and goat cheese-stuffed French toast.

Amish Friendship Bread

This recipe is an oldie but goodie, and I'm sharing it in honor of my dear friend Jacqueline Quillen. You may know Jackie as the author of "The Graduate" in the Emmitsburg News-Journal, but I know her as my oldest friend who is, appropriately enough, obsessed with this bread. I won't go into detail, but at one point during our friendship she consumed an entire loaf.

Jackie is getting married this spring and like any new bride, needs the help of her cohorts to send her delicious and meaningful recipes. So Jackie, in the spirit of family and friends gathering around a homemade meal between breakfast and lunch, I found this recipe appropriate to give to you. I hope there are many, many brunches in your new future!

The Recipe

Important Note: Don't use metal spoons or equipment. Do not refrigerate. Use only glazed ceramic or plastic bowls or containers.

Required Main Ingredients

1 cup live yeast starter
(see Note above)

Day 1:

Do nothing with the starter.

Days 2 - 5:

Stir with a wooden spoon.

Day 6:

Add 1 cup flour, 1 cup sugar, and 1 cup milk. Stir with a wooden spoon.

Days 7 - 9:

Stir with a wooden spoon.

Day 10:

Add 1 cup flour, 1 cup sugar and 1 cup milk. Stir. Take out 3 cups and place 1 cup each into three separate plastic containers. Give one cup and a copy of this recipe to three friends.

To the remainder of the batter (a little over one cup), add the following ingredients and mix well:

1 cup oil
1/2 cup milk
3 eggs
1 tsp vanilla

In a separate bowl combine the following dry ingredients and mix well:

2 cups flour
1 cup sugar

1-1/2 tsp baking powder
2 tsp cinnamon
1/2 tsp baking soda
1 - (5.1 oz) box instant vanilla pudding
1/2 tsp salt
1 cup nuts

Combine dry ingredients and wet ingredients. Mix and pour into two well-greased and sugared bread pans. Bake at 325° for 1 hour.

Berry & Goat Cheese Stuffed French Toast with Orange Butter

I thought I died and went to heaven when I tried this recipe. The goat cheese adds interest to the French toast without overpowering it, while the berries lend a burst of fruitiness. The stuffing process was much easier than I anticipated, too - just make sure to slice your French bread thick enough!

Ingredients - Orange Butter

Combine 1 stick of unsalted butter, 2 tbsp freshly grated orange zest, and 2 tbsp fresh-squeezed orange juice in a small bowl. Refrigerate until ready to use; store in the fridge for up to one week.

Ingredients - French toast

4 eggs
1 cup whole milk
1 tbsp freshly grated orange zest
1 tbsp honey
Pinch of salt
4 slices French bread, 1 inch thick
4 tbsp goat cheese, at room temperature
1 cup mixed berries
2 tbsp unsalted butter
Maple syrup, to serve

1. In a shallow glass baking dish, whisk together eggs, milk, orange zest, honey, and salt. Set aside.
2. Cut an opening that extends

along the middle of each bread slice. Carefully spread one-fourth of goat cheese into opening, then fill with berries. Gently press and repeat with remaining slices. Transfer to egg mixture; let sit for 15 seconds on each side.

- Preheat oven to 200°F. Heat 1 tbsp butter over medium heat in a large sauté pan. Once butter has melted, add two slices of the bread and cook about 2 minutes per side until golden brown. Transfer to a baking sheet and keep warm in the oven while preparing the remaining two servings.
- Serve with orange butter and syrup or honey. Enjoy!

Variations: Substitute cream cheese for the goat cheese, brioche or challah for the French bread, or fruit jam for fresh fruit.

How to really make Scrambled Eggs

According to this recipe, the secret is in the heat - keep it low and be patient. The result? The fluffiest scrambled eggs you've ever seen. Believe me.

Ingredients

6 large eggs
6 tbsp milk (whole or skim)
Salt and pepper (to taste)
2 tsp freshly chopped parsley

Instructions

- Crack the eggs into a mixing bowl deep enough to support vigorous whisking.
- Whisk in milk one tablespoon at a time. Thinning the egg mixture with milk will make gently cooked scrambled eggs even more tender.
- Whisk eggs and milk together until thoroughly combined. Do not add the salt yet, as it can make the eggs tough.
- Heat a skillet over medium heat with butter or cooking spray to prevent sticking.
- When the butter or cooking spray begins to bubble, slowly pour in the egg mixture. Immediately reduce the heat to medium-low, and lightly sprinkle with about 1/4 tsp of salt. Let the eggs begin to set before stirring.
- As soon as eggs begin to set, add chopped parsley and any other desired ingredients, such as chopped onions, cheese, or chopped tomato.
- With a wooden spoon, start to scrape the eggs from the edge of the pan to the center. Continue to scrape the bottom of the pan to redistribute the eggs as they cook.
- When the eggs look wet but are no longer liquid, mound the eggs in the center of the pan and turn off the heat. Leave the skillet on the burner - the eggs will continue to cook from the heat of the pan and their own residual heat.
- Add more salt and pepper to taste. Serve with any variation of French toast! Yields 2-3 servings.

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THE BUILDER'S NOTEBOOK

The first steps

Andrew Wivell

My name is Andrew Wivell. My wife, Tara, and I own and operate Wivell Homes, LLC. I am excited to have the opportunity to author a new column for the News-Journal focusing on the Home Building and Remodeling industry. The goal of this column is to educate Homeowners on what to expect when you are building a new home or renovating your existing space, help to set and maintain reasonable expectations, and to raise the level of professionalism within the Building Industry. Topics for this column may be seasonal, may highlight issues in the national or local headlines, or may be based on situations I encounter. I will also use this space to highlight newer products homeowners may want used in their own projects. I welcome reader suggestions which can be emailed to andrew@wivell-homes.com.

Wivell Homes specializes in designing and building both custom homes and additions. Wivell Homes was founded in 2008 on the belief that people still appreciate quality, value, and being treated fairly. So far, our theory seems to be proving true as December 2010 saw us submit more bids than the rest of the year combined. All of these calls were the result of referrals from our prior clients.

Background

I was born the 11th of 13 children to Jim and Lorraine Wivell. Their emphasis on hard work and a good education pushed me to enroll at Mount Saint Mary's. I proceeded to earn a Bachelors Degree in Mathematics and a Masters Degree in Business Administration while continuing to work on the Family Farm.

My construction education formally began in 1993 when I started working for Beaumont Construction, Inc., a residential remodeler in Westminster, MD. Ray Beaumont, Owner, was a retired state trooper and was instrumental to helping me understand the importance of putting together a complete package of documents for contracting purposes.

From 1996 until 2008, I worked for Briddell Builders. Briddell Builders completed 20 to 25 custom homes and remodeling projects per year. Kent Briddell, Owner, instilled in me an appreciation for planning ahead and attention to detail. Hired as the estimator, I became the Vice President of Operations in 2002. As V.P., I was directly responsible for all field personnel, subcontracting, estimating and budgeting, writing field specs, and red-lining blueprints for construction. The most important thing that I did, which became the foundation for my own business, was to communicate on a daily basis with Sales, Architectural, and Engineering. This function is truly the lifeblood of any design/building business. Simply stated, in order to succeed, you need to be able to build (The Project) what you've promised (The Contract) for a specified cost (The Budget). The company that can consistently accomplish all of these objectives will have many satisfied customers and be able to show a profit year after year.

The Contracting Process

A reality of our times is that agreements can no longer be done with a simple hand shake. The foundation for a successful building project is taking the time to formalize the project through a detailed and thorough Contracting Process. This process ensures all parties are on the same page and avoids many of the nightmare stories that have become cliches in the building industry.

Here is a Step-By-Step roadmap to follow as you begin to consider building projects:

A. Prequalify the Contractor(s) that you want to bid on your Home Improvement through friends, family, a realtor, church, school, sports, etc. There are 3 main things you can check with little effort -License, Insurance, and Experience.

1. License - Companies doing home improvement work in Maryland are required to maintain a valid Home Improvement Commission License Number (MHIC#). This number, by law, must be displayed on any company vehicles and in any public advertising. You may call the Maryland Home Improvement Commission at 410-230-6309 to confirm that a specific license # is valid and also to check to see if the License Holder has had any complaints filed against them in the past. You may also do this online at <http://www.dllr.state.md.us/license/mhic/>. The Home Improvement Commission has the duty to adjudicate any complaints between Contractor and Homeowner, and has the authority to suspend or revoke licenses. Do not automatically disqualify a Contractor with a complaint against them. Hear their side of the story. Sometimes, Contractors find themselves in impossible situations with clients with unrealistic expectations.

2. Insurance - Most Contractors doing business as full time Remodelers will already have sufficient General Liability, Workman's Compensation, and Automobile Insurance. Do your diligence and ask for a copy of their policy. If you have any doubts about the Contractors policy, I suggest showing a copy of the policy to the insurance agent that handles your personal home, auto, etc.



3. Experience - This item is not as easily quantified as #1 or #2 above. We could spend a lot of time trying to answer the question of when exactly a person is considered "qualified" (maybe a future column!). Here is the short answer. Get references, call them, and ask lots of questions! Here are some questions that need to be asked of references. Was the Contractor polite and courteous? Did the project begin and end as

promised? What kind of problems arose and were they handled to your satisfaction? Were the Subcontractors respectful of your property? Were there unexpected costs out of your control? Would you hire this Contractor again? Ideally, the references will be for projects that are similar in size and scope to the home improvement that you are considering.

Part 2 next month

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\$100 G. Cert.	1:15 \$100 G. Cert.	2:15 \$100 G. Cert.	3:15 \$100 G. Cert.	4:15 \$100 G. Cert.	5:15 \$200 Cash
The Palms	Rod's Tavern	Dave & Jane's	Clubby's Barbeque	Rube's Crab Shack	5:20 \$300 Cash
2:00 \$400 Cash	1:20 \$400 Cash	2:20 \$400 Cash	3:20 \$400 Cash	4:20 \$400 Cash	5:25 \$200 Cash
2:25 \$200 Cash	1:25 \$200 Cash	2:25 \$200 Cash	3:25 \$200 Cash	4:25 \$200 Cash	5:30 \$400 Cash
2:30 \$400 Cash	1:30 \$400 G. Cert.	2:30 \$400 Cash	3:30 \$400 G. Cert.	4:30 \$400 Cash	5:35 \$200 Cash
2:35 \$100 G. Cert.	Shriver's Meat	2:35 \$100 G. Cert.	Jubilee Foods	4:35 \$100 G. Cert.	5:40 \$300 Cash
Out House	1:35 \$100 G. Cert.	Hillside Restaurant	3:35 \$100 G. Cert.	Stavros Pizza	5:45 \$200 Cash
3:00 \$400 Cash	Carleo's	2:40 \$400 Cash	East Park Auto	4:40 \$400 Cash	5:50 \$400 Cash
3:05 \$400 Cash	1:40 \$400 Cash	2:45 \$200 Cash	3:40 \$400 Cash	4:45 \$200 Cash	5:55 \$200 Cash
3:10 \$400 Cash	1:45 \$200 Cash	2:50 \$400 Cash	3:45 \$200 Cash	4:50 \$400 Cash	Final Drawing 6:00...
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COMPLEMENTARY CORNER

You are your beliefs

Part 1

Renee Lehman

“Whether you think you can, or you think you can't -- you're right.” (Henry Ford)

“Men often become what they believe themselves to be. If I believe I cannot do something, it makes me incapable of doing it. But when I believe I can, then I acquire the ability to do it even if I didn't have it in the beginning.”

—(Mahatma Gandhi)

What do you think of the above quotations? Do you believe them? If the answer is no, then all I ask is that you keep your mind open to the information in this two part series of articles on how your beliefs affect and change your physiology; and therefore, your health.

Now you may be asking yourself the following questions: “What? My beliefs affect my physiology? I thought that my genetic make-up created my physiology! How do my beliefs affect my physiology?” First, I want to provide you with a little history on the mind and body connection.

History of Mind and Body Connections

In the 1600s, René Descartes, a famous French scientist, rejected the idea that the mind had any influence over the physical character of the body. Basically, he viewed the mind and the body as being separate, because the body was made of matter and the mind was not (based on Newtonian theory). This dualistic way of looking at the mind and body was readily accepted by traditional medicine. Even today, conventional medicine often thinks of the body as being a “mechanical machine” and tries to “fix” it. It is harder to “fix” the mind.

The newer field of quantum theory brings back together what Descartes separated. The mind does come from the physical body (material body), and the physical body can be affected by the immaterial mind.

A great example of this is Nobel Prize winner Ivan Pavlov and his classical conditioning experiment with dogs. He trained his dogs to salivate upon hearing the ringing of a bell. He began by ringing a bell and then giving them food. After awhile, he rang the bell and did not give them food. By that time, the dogs were so programmed to expect food that when the bell was rung, they reflexively started to salivate even without food present. Think

about a song that you hear, a picture that you see, or an odor that you smell that changes your body. It is the same thing!

Another example can be found in a Baylor School of Medicine study published in 2002 in the New England Journal of Medicine. An orthopedic surgeon, Dr. Bruce Moseley, did a controlled study on arthroscopic surgery on patients with osteoarthritis of the knee. His goal was to figure out which part of the surgery was giving his patients relief. He divided his patients into three groups: one group had their damaged cartilage shaved off; the second group had their knee joint flushed out to remove material thought to be causing inflammation; and the third group got a “fake” surgery (the patient was sedated, had the standard incisions made on the knee, which were then stitched up 40 minutes later). All three groups received the same post-operative care. Surprisingly, all 3 groups improved to the same level! Once again, demonstrating how the mind can affect the body. You can even say that the third group experienced a Placebo effect.

Where does this study guide us: the field of epigenetics.



Epigenetics

Epigenetics is a revolutionary field in biology. It is the study of changes in the way our genes express themselves (how genes behave) that do not involve changes in the DNA sequence. Research in this field has shown that DNA blueprints that get passed down from generation to generation are not set in stone. Your DNA is not your destiny! Environmental influences like stress, nutrition, physical activity, thoughts and emotions can turn genes on or off. These changes are thought to contribute to aging and to various diseases, and may affect what gets passed down to your offspring. (Dr. Lars Olov Bygren, a preventive-health specialist who is now at the prestigious Karolinska Institute in Stockholm, Sweden Why Your DNA Isn't Your Destiny, Time Magazine, January 10, 2010).

Our genes can be altered in a negative or positive way by the “way” in which we live. The environment that we create for ourselves shapes our genes, and will therefore affect our body! So, why not choose to change the state of our thinking? It just may change your health!

Beliefs

Our positive and negative beliefs

influence our health, and every aspect of our life. Reread the quotes at the beginning of the article. What Henry Ford said was true! Think about the placebo affects that happened with the study described above, or that has been written about in many research studies concerning the efficacy of different pharmaceutical drugs. People got better when they believed (falsely) that they had surgery. Research has shown that people felt better when they believed (falsely) that they had gotten a pill for a specific medical condition.

Our biology adapts to our beliefs. Our beliefs act as a filter through which we interpret the world around us. “We don't see things as they are, we see them as we are.” (Anais Nin) What color filter do you see the world through? It's ok if it is rose-colored. Positive beliefs are a mandate for a healthy life. When we truly recognize that our beliefs are that powerful, we hold the key to freedom (Bruce Lipton, The Biology of Belief).

*Your beliefs become your thoughts
Your thoughts become your words
Your words become your actions
Your actions become your habits
Your habits become your values
Your values become your destiny*

—(Mahatma Gandhi)

Renee Lehman is a licensed acupuncturist and physical therapist with over 20 years of health care experience. Her office is located at 249B York Street in Gettysburg, PA. She can be reached at 717-752-5728.

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FITNESS AND HEALTH

Kids and exercise

Linda Stultz

Everybody thinks kids get enough exercise because they are always running around. Well, that may have been the case years ago, before video games, vcr's and the internet. The number of overweight youth in our country is alarming, and getting higher each day. I am concerned that our children do not get the amount of exercise they used to in school so it is up to us as parents to encourage them to move more. Finding time to play with them more can

be a challenge but worth every effort we can put forth. Showing them how important keeping their bodies healthy and slim is not the only benefit of spending more time with them. They will remember time you spend with them more than any gift you could ever give them. They are not the only ones benefiting from you playing with them more. You will also feel better about yourself spending more time with them and you will feel healthier in the long run.

Kids need to develop an exercise

and healthy eating program when they are little. We, as adults, need to set a good example. I realize with today's busy lifestyle, it is very difficult to set aside time for exercise and a good balanced meal. It is much easier to grab fast food or pop something in the microwave and sit in front of the TV. We need to take care of ourselves and teach our children how important it is to take care of their health. People don't think much about their health until something happens to them or a loved one. Once they decide they

need to do something, sometimes they jump in too deep and too quick. Health Maintenance is the key to a long life. Keep your body fit before it breaks.

Exercise needs to be incorporated into our daily schedule just like brushing your teeth, taking a shower, or any other activity that we do to take care of our body. Our muscles need attention too. The old saying "use it or lose it" really does apply to our muscles. If we sit too long, our muscles atrophy and it takes twice as long to build muscle as it does to lose it.

I am very interested in helping young people develop a good exercise program, so that when they get older they don't have to

feel older. If you are involved with any youth groups, please think about adding exercise to your planned activities. Exercise can really be fun, as well as beneficial.

Our children are the future and we need to take care of their future as well as our own. If they are healthy today and know how to keep themselves healthy their future will be bright and happy. We always want the best for our children and teaching them to be healthy and happy is the best gift, lesson and love we could ever pass on to them.

If you have any questions, please contact me at 717-334-6009.

Keep moving, you'll be glad you did!

Fitness matters!

Expert answers to your health and wellness questions

Inga Olsen

Question: The fitness magazines always seem to focus on recovering nutritionally after a workout. This makes sense, so what should I be taking-in to optimally recover?

Answer: You're right—there is a big focus on recovery these days, and for good reason. If you think about it logically, the preparation for your next workout begins right after you finish-up your current workout. Within 45 minutes of finishing a session, your cells are primed for nutrients, so replenishing fluids, carbohydrate, and protein (specifically amino acids) is ideal. The water will obviously help you to rehydrate, the carbohydrate will replenish your glycogen (or stored sugar), and the protein will reduce muscle breakdown and start the process of repair. This tight post-workout timeframe is often called the "window of opportunity." Consuming a recovery beverage during this period seems like the most reasonable option, especially since hunger is often blunted after a workout. There are a number of different recovery products on the market, but things like chocolate milk or even a homemade smoothie with fruit and protein powder would work well too. The ideal post-workout ratio is 2-4:1 carbohydrate to protein, and since you won't have trouble finding products that meet this recommendation, the product you choose really comes down to taste and price. Happy shopping!

Question: I'm a die-hard runner, but I spoke with a trainer recently, and she said I should try to incorporate more cross training. It sounds like a good idea, but are there any specific guidelines that I should follow?

Answer: Cross training is a great idea! You can benefit significantly by engaging in activities that are outside of your comfort zone. You'll be able to condition the entire body, add more flexibility to your workouts, and suffer fewer (or completely avoid) overuse injuries. Plus, it just makes working out more fun, because you're always doing something new and challenging. There really aren't any specific guidelines to follow. Just find a couple different things you like to do, and then rotate them consistently at varying intensity levels. There is one important thing to keep in mind, however. When you start incorporating some of these alternative activities, you may find the workouts to be a bit more challenging than you were anticipating. Let's face it—you're conditioned to run, so it may take some time to adapt to these new training stimuli. These adaptations represent the

changes your body is making to get bigger, faster, and stronger, and that is definitely a good thing!

Question: I keep hearing about detoxification diets, and how they can help with weight loss and other health-related issues. I'm looking to jumpstart my own weight loss, so is this something I should consider?

Answer: No—you do not need to resort to detox diets to lose weight. They might be popular right now, but in my humble opinion, they're definitely not the answer you're looking for. Unfortunately, there are a lot of people that think detoxification is a reasonable path to take to better health. So-called experts claim that detox diets can flush toxins from your body, strengthen your immune system, improve your skin's complexion, and help you get rid of excess fat fast. They even point to famous Hollywood starlets who, as we all know, are willing to try anything and everything to get "the look." Thankfully, most real experts, including doctors, dietitians, and trainers, agree that these regimens do more

harm than good, often resulting in unpleasant, and sometimes dangerous, side effects. These can include vitamin deficiencies, electrolyte abnormalities, blood sugar problems, excessive diarrhea, muscle breakdown, and a suppressed immune system. Not bad for an overly restrictive liquid diet, huh? Hopefully it's not a surprise to you, but your body is perfectly capable of detoxifying itself, and it does an excellent job. Your kidneys, liver, lungs, skin, and several other organs all

contribute to this process. If you really want to lose weight, and do it in a healthy way, speak to a registered dietitian and/or certified personal trainer, so they can help you develop a safe and effective plan.

Inga Olsen is the Certified Conditioning Specialist and Weight Management Specialist at Anytime Fitness in Thurmont. To submit a question for future articles, please contact the author at thurmontmd@anytimefitness.com.

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ASTRONOMY

The night sky of March

Processor Wayne Wooten

For March 2011, the Moon will be a waning crescent as the month begins; it will be 1.6 degrees NW of Venus in the dawn on the 1st, and new moon on March 4th. The waxing crescent moon passes five degrees north of Jupiter in SW twilight on March 6th. First quarter moon sits high in the sky and half-lit at sunset on March 12th. We spring forward to Daylight Savings Time on Sunday, March 13th. Full Moon, the Grass Moon, falls on March 19th. The Vernal Equinox occurs at 6:21 PM on March 20th. Because Easter Sunday is the Sunday following the Full Moon that follows the Vernal Equinox, this means Easter Sunday will fall late in April this year. The last quarter moon is high overhead at sunrise on March 26th.

Jupiter binds us adieu in March, passing into the sun's glare by month's end. But on March 15th, Mercury and Jupiter appear two degrees apart in western twilight, about 45 minutes after sunset. This is your best chance to see the elusive inner planet this year in the evening sky. It climbs higher in the sky, leaving Jupiter behind, to reach greatest eastern elongation on March 23rd, about 18 degrees from the Sun, and setting about an hour after sunset.

In March, NASA's Messenger orbiter enters orbit and should begin an intensive study of Mercury, so by the end of this month, we will probably have our first global view of Mercury. By month's end, it retrogrades between us and the sun, and joins Jupiter in Sun's glare. Venus too is heading sunward, moving eastward in the morning sky to vanish in sun's glare in April



The colliding galaxies M-81 and M-82 in Ursa major

for several months. Mars also now is near superior conjunction, behind the Sun. So who is left?

On April 3rd, we pass between Saturn and the Sun, so Saturn will rise in the east in Virgo, above the bright star Spica, thus staying up all night. As we are then closest to the ringed wonder, this is the best time to observe the most beautiful object in the sky. When viewed with a telescope, the rings will be even open than last year, tilted about 11 degrees toward the Earth and Sun this year. Small scopes will also show its largest moon Titan. In early April, Saturn will be the only naked eye planet in the sky for several weeks.

The constellation Cassiopeia makes a striking W in the NW. South of Cassiopeia is Andromeda's hero, Perseus. Between him and Cassiopeia is the fine Double Cluster, faintly visible with the naked eye and two

fine binocular objects in the same field. Perseus contains the famed eclipsing binary star Algol, where the Arabs imagined the eye of the gorgon Medusa would lie. It fades to a third its normal brightness for six out of every 70 hours, as a larger but cooler orange giant covers about 80% of the smaller but hotter and thus brighter companion as seen from Earth.

At Perseus' feet for the famed Pleiades cluster; they lie about 400 light years distant, and over 250 stars are members of this fine group. East of the seven sisters is the V of stars marking the face of Taurus the Bull, with bright orange Aldebaran as his eye. The V of stars is the Hyades cluster, older than the blue Pleiades, but about half their distance. Yellow Capella, a giant star the same temperature and color as our much smaller Sun, dominates the overhead sky in the northwest. It is part of

the pentagon on stars making up Auriga, the Charioteer (think Ben Hur). Several nice binocular Messier open clusters are found in the winter milky way here. East of Auriga, the twins, Castor and Pollux highlight the Gemini; it is directly above us as darkness falls in early March. UWF alumni can associate the pair with Jason and the Golden Fleece legend, for they were the first two Argonauts to sign up on his crew of adventurers.

South of Gemini, Orion is the most familiar winter constellation, dominating the southern sky at dusk. The reddish supergiant Betelgeuse marks his eastern shoulder, while blue-white supergiant Rigel stands opposite on his west knee. Just south of the belt, hanging like a sword downward, is M-42, the Great Nebula of Orion, an outstanding binocular and telescopic stellar nursery. The bright diamond of four stars that light it up are the trapezium cluster, one of the finest sights in a telescope.

In the east are the hunter's two faithful companions, Canis major and minor. Procyon is the bright star in the little dog, and rises minutes before Sirius, the brightest star in the sky. Sirius dominates the SE sky as darkness falls. At 8 light years distance, Sirius is the closest star we can easily see with the naked eye from West Florida.

When Sirius is highest, along our southern horizon look for the second brightest star, Canopus, getting just above the horizon and sparkling like an exquisite diamond as the turbulent winter air twists and turns this shaft of starlight, after a trip of about 200 years!

To the northeast, look for the bowl of the Big Dipper rising, with the top two stars, the pointers, giving you

a line to find Polaris, the Pole Star. Look for Mizar-Alcor, a nice naked eye double star, in the bend of the big dipper's handle, rising by 7 PM at the start of March. Above the bowl, in the head of Ursa major, are the colliding galaxies M-81 and M-82, our photo feature for this month.

March comes in like a Lion, as Leo rises just at sunset. If you take the pointers of the Big Dipper's bowl to the south, you are guided instead to the head of Leo the Lion rising in the east, looking much like the profile of the famed Sphinx. The bright star at the Lion's heart is Regulus, the "regal star".

If you follow the handle of the Big Dipper to the south, by 9 PM you will be able to "arc to Arcturus", the brightest star of Spring and distinctly orange in color. Its color is an indication of its uniqueness. Its large speed and direction through the Milky Way suggests it was not formed with our Galaxy, but is a recent capture from the Sagittarius Dwarf Galaxy, a smaller satellite galaxy now being assimilated by our huge spiral galaxy. Many of its lost stars, like Arcturus, follow a band across the sky at about a 70 degree angle to our galactic plane. Arcturus is at the tail of kite shaped Bootes, the celestial bear driver chasing the two bears from his flocks.

By 9 PM, many more galaxies will be following as the Virgo Supercluster, just above Saturn now, rises in the east. This huge cluster of over a thousand galaxies is centered about 60 million light years away. The brightest star of Virgo, Spica, lies just east of the center of the cluster, and its rise just after sunset marks the time of year for spring planting in folklore. Time to get your peas in the ground....

March goes out like a lamb, not just from Easter tradition, but because Aries the Ram is setting in the west by the end of March. Many of our sayings and traditions have astronomical origins.

Almanac

Northeastern Region Weather Watch: Fair and cold (1, 2, 3) with cloudy skies and cooler temperatures (4, 5). Light snow in the North and rain in the South (6, 7, 8); Fair, windy, and a bit colder (9, 10, 11), returning to cloudy and cool weather (12, 13). Again, light snow in the North and rain in the South (14, 15, 16, 17) with more rain and snow (18, 19). Colder with snow in the North (20, 21) turning fair and cool (22, 23, 24). Heavy snow or rain in the South (25, 26, 27); Fair and cool once again (28, 29, 30, 31)

Full Moon: March's Full Moon occurs on the 19th at 1:10PM EST. Many Native American Tribes called it SAP MOON because the sap would start to rise and run at this time throughout the region. Other tribes referred to it as Worm Moon because March's warmer temperatures often softened the earth just enough to allow earthworms to begin burrowing out of the ground.

Special Notes: The Vernal Equinox will occur on Sunday, March 20th and signals the arrival of Spring (at last!). Don't forget to "Spring Ahead" and set your clocks one hour ahead when Daylight Savings which begins on Sunday, March 13th at 2AM EST.

The Garden: It has long been a tradition to plant peas and potatoes on St. Patrick's Day. Onion sets, asparagus, and rhubarb can also be planted now as well. Start to remove mulch covers from roses, azaleas, and other tender shrubs once nighttime temperatures rise into the mid-30's. Leave mulch around Spring-flowering bulbs and tender perennials to provide protection to emerging shoots from cold, drying winds. Start to prune Summer and Fall blooming shrubs now but wait to prune Spring-blooming shrubs such as azaleas until after they bloom. Now's the time to plant deciduous and evergreen trees and shrubs, weather and soil conditions permitting. Start to remove excess thatch from your lawn. Aerate it and fertilize with an organic or chemical fertilizer. If necessary, treat lawns for crabgrass or annual bluegrass problems with a pre-

emergent preventer. Wait for air temperatures to rise above 60° F for at least 4 to 5 consecutive days and consider using a product that

combines the two to save some time. Lastly, many regions have flower shows in the month of March. Check where one is going

to held in your area and make plans to attend. They can be the source for many great ideas for your garden this year.

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Info:	Call Bill Kuhn at 800.529.5835 or stop by His Place Inc. at 20 Creamery Way, Emmitsburg, MD

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Door Prizes
Music
Best of Show Award
Schedule of Events
8-12 Registration
12-2 Judging
3 p.m. Awards

COMPUTER Q&A

Spring cleaning - Techno style

Aysë Jester

Many times computers lock up, bog down, or just plain don't work right. Some people assume that they need a new computer without considering regular maintenance. Yes a computer is similar to a car, if you don't do some maintenance every once in a while it can start to run strangely. At Jester's Computer Services we offer a clean-up special twice a year to promote the importance of computer maintenance. Below are the services we offer and what each service does for your computer.

Adware, Spyware, and Virus removal

Even if you are running an antivirus program, most computers that come in our shop have several viruses. Your antivirus may be doing a good job, but programs that you legitimately install may have bad software bundled along with it. Your antivirus will not stop you from installing software that you agree to install. Also, you may be running antivirus but it may not have protection against adware, spyware, or the worst of all: Root kits. Leaving viruses and other bad software on your system can be extremely dangerous.

Viruses left on computers have the possibility of: 1) Using up valuable system resources causing your computer to slow significantly; 2) Logging your keystrokes and passwords; 3) Taking over your system and sending out spam; 4) Causing system crashes and blue screens; and, 5) Erasing all personal and system data leaving the hard drive blank.

Remove Temporary Internet Files

Over time surfing the internet causes an accumulation of temporary internet files. While your web browser has the ability to clean out these files, it doesn't do a very good job of getting all temporary files. Cleaning your temporary internet files can: 1) Save space on your hard drive; 2) Help ensure you are viewing the most recent version of websites, and; 3) Turn off programs that run in the background

You may notice that anytime you install a program it either asks you if you would like the program to load when the computer starts, or the program runs automatically when the computer starts up. Many times programs run in the background, which are not visible without viewing your task manager. The majority of the time computers have many unnecessary programs running when the computer boots. Turning off programs that run in the background will: 1) Lower the amount of time it takes to start the computer up; 2) Allow you to be able to use the computer faster when it boots, and; 3) Free up resources, speeding up the computer.

Download & install all Windows updates

Windows releases updates for your system every month. You should always update your operating

system in order to prevent problems. Windows updates are important because they often: 1) Patch security holes within the operating system; 2) Fix bugs which can cause errors and system crashes, and; 3) Update system drivers.

Clean Registry

Many programs boast that they can increase the speed of your computer through registry cleaners. Unfortunately many of these programs do more harm than good. You can rely on use to successfully clean your registry without worrying about problems arising from the process.

Cleaning your registry can: 1) Remove invalid entries related to programs that are uninstalled, which speeds up the system; 2) Prevent some system errors, and; 3) Find and correct invalid registry keys.

Optimize the Operating System

Settings in your computer can be optimized so that it will run more efficiently. We can adjust these settings causing your computer to run more smoothly. Optimizing your system can: 1) Speed up system functions; 2) Enhance internet performance, and; 3) Permanently remove unwanted files sent to recycle bin.

Defragment Hard Drive

Many people still believe that defragmenting your hard drive on

a regular basis is necessary however, this is no longer the case. Windows now does a decent job of keeping your files more organized to prevent defragmentation therefore, defragmenting the hard drive should only be done once or twice a year depending on your usage. The defragmentation program included in windows is not effective as the third party software that we use to defragment your hard drive.

Defragmenting your hard drive will: 1) Save space on your hard drive; 2) Re-arrange files for faster accessibility; 3) Improve hard drives read/write time, and; 4) Give us a health reading on your hard drive.

Dust out interior

Over time your computer will pull in dirt and dust which can collect on sensitive computer components. Failure to physically clean your computer can result in system failure. You should never clean your computer with a vacuum, always use canned or compressed air to dust the computer. By removing dust inside your computer it can help to prevent: 1) Increased temperatures which can cause premature failure to components; 2) Blocked ventilation which can lead to overheating, and; 3) Difficulty connecting devices.

Visit Jester's Computer Services March 1 through March 31 to receive \$ 20 off of your computer clean-up. We recommend having your computer cleaned at least once a

year. Heavy users sometimes require a clean-up more often. Save yourself frustration and visit us today. We will also perform a free diagnostic to determine if you are in need of any hardware upgrades. No appointment

is necessary for our clean-up. We generally complete work within one to two business days. If you have any questions please call us at (717) 642-6611. We are located at 5135 Fairfield Road Fairfield, PA 17320.



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Spring Cleaning Special
Jester's Computer Services

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Conveniently located at **5135 Fairfield Road, Fairfield, PA**
(across from Sander's Square Family Restaurant)

Save \$20

Save \$20 OFF the regular price off \$89.00 We will:
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717-642-6611
Savings event expires on 3/31/2011



LIBRARY NOTES

Home among the stacks

Caroline Rock

At this moment, as I write this sentence, it is 28 degrees Fahrenheit outside. In Florida, the average temperature at this moment is 72. Florida is my dream home. Try as I might, and I have tried for over forty years, I have not learned to enjoy the cold weather of the mid-Atlantic: months of snow-covered ground, hesitating to make any plans in the winter, struggling to get myself out of bed when the temperature is in single digits, feeling the aches and pains that frigid air brings to my bones.

I know what you will say. "Why would you ever want to live in a swamp like Florida?" And then you will list for me the things I should know about the state I have never even visited: humidity, heat, hurricanes, palmetto bugs the size of a Smart Car, alligators, lizards, rattlesnakes, fire ants, scorpions, black widows and brown recluses, and killer bees will put a contract on you and hunt you down like a loan shark.

"And of course," you will add, trying not to sound racist, "you will need to learn Spanish."

Watch out, though. I could turn it around and list the downfalls of living in Maryland: blizzards, ice storms, cold snaps, snow, mosquitoes, timber rattlers, copperheads, snow, wolf spiders, black widows, snow, raccoons and possums with or without rabies, black bears, sheets of snow and ice flying off the car in front of you, taxes, the Baltimore Orioles, snow, (did I mention snow?), deer ticks, county commissioners, and snow.

But as much as I talk about having a home in Florida, living along the coast of some tropical paradise, I do love Maryland. I think my fondness for the state of my birth is felt more keenly in March, the month in which we celebrate Maryland Day.

Maryland has officially celebrated its "day" since 1903, but it wasn't until 1916 when March 25 was declared a legal holiday. It was on March 25 in 1634 when the Ark and the Dove landed on St. Clement's Island with Leonard Calvert and his fellow colonists. The new citizens of Maryland rejoiced in their safe arrival by celebrating Mass. The new colony was named "Maryland" in honor of the king's wife, Maria.

Where I reside in Hagerstown, I can look to the east and see South Mountain, to the west and see Fairview Mountain. I know it is only a few hours drive to the shore, and even less to the nation's capitol. All around me are sites rich with history, battlefields, museums, national parks.

Maryland is well represented in minor league sports, in professional sports, and in the arts. There are six professional minor league baseball teams that feed into major league teams across the country. In addition, those Marylanders who, for some insane reason, prefer sports other than baseball can enjoy football, basketball, soccer, lacrosse, inline hockey, and horse racing. There are ten fine arts museums and countless galleries throughout the state. From Blues Fest to The Baltimore Symphony Orchestra, to Emmitsburg's own Celtic Fest, music and music venues abound across the state. Maryland allows no excuse for silence, whether you love bluegrass or black metal.

Cass Elliot, Tori Amos, Frank Zappa, Paul Stookey of Peter, Paul, and Mary, Ric Ocasek of The Cars, and the members of Good Charlotte, all hailed from the Free State. Kathie Lee Gifford, David Hasselhoff, Jim Henson, Julia Louis-Dreyfus, William H. Macy, and Sylvester Stallone are among those actors and entertainers from Maryland.

And who can forget the authors and writers of Maryland?

Besides such well-known names as Edgar Allen Poe, Rachel Carson, Tom Clancy, Laura Lippman, and Nora Roberts, there is a plethora of writers of children's books.

You may not recognize the name Munro Leaf, but you have certainly heard his timeless tale, *The Story of Ferdinand*, the peaceful, daydreaming bull who prefers sitting under a tree smelling the flowers to romping and charging with the other bulls.

No doubt you have seen the many works of Priscilla Cummings, an Annapolis author, whose award-winning books include *The Red Kayak* and *Chadwick the Crab*.

Karen Hesse, author of the stunning novel *Out of the Dust*, Newbery medal winner for 1998, was born in Baltimore.

The wildly popular *Diary of a Wimpy Kid* series was written by Jeff Kinney, who was born in Forestville, MD.

One great privilege I recently enjoyed was to have Jane Leslie Conly critique some of my writing. Ms. Conly is the author of *Crazy Lady*, a Newbery Honor book, and is a resident of Baltimore. She and I were both attending a retreat for writers, along with Lois Szymanski, author of the *Charming Ponies* series and the *Gettysburg Ghost Gang* series, and Edith Hemingway who wrote *Road to Tater Hill*. Maryland can boast to be home to these authors.

There are dozens more, if not hundreds of examples. In fact, if you come to the Emmitsburg library during the month of March, you will see a display of children's books, in which the stories are set in Maryland, or the authors have lived in Maryland. These books will be featured under a poster of the flag of Maryland.

Let's take a minute to discuss that flag.

Maryland has one of the few state flags that a child of elemen-

tary school age can have moderate success in reproducing with crayons or construction paper and glue. There is no giant furry bear like the flag of California, no portrait of the first president like Washington, and no busy scenes of a Seminole woman planting flowers under a palm tree with a steamboat rolling by like the flag of my beloved Florida. Although not as simple as the flag of Alabama, with its big red "X", Maryland's flag contains a red and white cross on opposite corners, adjacent to the yellow and black field of the Calvert coat of arms. It is said that the red and white cross is from the family shield of Calvert's mother's family, the Crosslands. These two patterns together were adopted as the banner of Maryland in 1904.

Now let's get this right—there is a correct way to fly the flag of our state. This is a huge pet peeve of my father's, people hanging the Maryland flag upside-down. It is easy to confuse the direction since the four quadrants alternate. But when flying correctly, the yellow and black should be on the top left, and the red and white should be on the top right. That's an easy way to remember it—"red and white on the right." Don't mess it up! My Dad has been known to knock on people's doors and warn them to fix the offense!

So, at least for the month of March, as the weather warms and the Baltimore Checkerspot begin to lay their eggs, I will be content to call myself a Marylander.

*My mother State! to thee I kneel,
For life and death, for woe and weal,
Thy peerless chivalry reveal,
And gird thy beauteous limbs with steel,
Maryland! My Maryland!*

That is, unless we get that spring blizzard they are predicting!

Senior News

The seniors encourage all eligible persons (50 years and older) to join them for regular program activities and special events. Our lunch program is open to those 60 and older. Programs are held in the Community Center on South Seton Avenue. Call for lunch reservations 24 hours in advance. The Senior Center will close whenever county offices are closed. To register for special events or for information, call program coordinator Linda Umbel, 301-600-6350, or email lumbel@frederickcountymd.gov.

REGULAR ACTIVITIES

Bowling: Mondays at Taneytown bowling center. Carpool; meet at center at 12:30 p.m.

Strength Training & Conditioning: Tuesday and Thursday, 10 a.m. Dress comfortably, wear athletic shoes. Participants will use small weights. Free.

Bingo: Alternate Wednesdays; call for March dates.

Cards, 500, and Bridge Group: Alternate Wednesdays; call for March dates.

Cards & Games: Call for March dates.

Men's Pool: Wednesdays at 1:00 p.m.

Pinochle & 13: Thursdays at 12:30 p.m.

Canasta: Fridays at 12:30 p.m.

Library Events

Mardi Gras - Saturday, March 5, 11 a.m. - 4 p.m. Drop in to celebrate Mardi Gras with treats and crafts!

T-Shirt Scarf - Thursday, March 10 5-6:30 p.m. Go green with us as we transform old T-shirts into something new and trendy- a scarf! So raid your closet to find the perfect t-shirt to transform, bring it along and we'll help you go from old and dingy to new and trendy! This is a Teen program. Please register at www.fcpl.org.

Cosmic Adventures Traveling Planetarium - Saturday, March 12, 11-11:50 a.m. "Bookfest" presents The Sky Tonight! Come into the dome to see what is happening in tonight's sky: constellations, moon phases, visible planets. Learn what will be happening in the sky in the days ahead. Ages 4 through adult. Registration at www.fcpl.org! Spaces are limited!

The Storytime Show: Luck O' The Irish - Tuesday, March 15, 10:30- 11:30 a.m. Be lucky and celebrate St. Patrick's Day with Ms. Jenni. Sing songs and watch a brand new puppet show that will tickle you Green! Children with an adult

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\$5 BAG SALE
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VERA BRADLEY BINGO



Sponsored By The MSS Home & School Association

Saturday, April 9th

Mother Seton School
100 Creamery Rd., Emmitsburg, MD
Doors Open 5:30 PM - Games Start 7:00 PM

Tickets For 20 Games Are
In Advance: \$15 At the Door: \$20
~Specials ~Raffles ~Door Prizes ~Concessions For Sale

For Tickets Call:
Lena: 301-717-8860
MS School Office: 301-447-3161

UPCOMING EVENTS

For more details on these and other events visit the Upcoming Events section of Emmitsburg.net.

March 2, 16 & 30

Open House at the Brook Hill Weekday Preschool. 8946 Indian Springs Road, Frederick, MD 21702. For more information call the preschool at 301-662-2232

Winter 2011 Recreation programs at Emmitsburg Community Center: Youth - Art - Drawing, Painting, and Printmaking for 8-13 year olds.. (2-week sessions). To register call 301-600-2936 or online at www.recreater.com

March 3, 4, 5, & 6

Gettysburg Area High presents Rodgers & Hammerstein's Oklahoma! Classic themes of the American West are celebrated in the 1940s-era musical. Held at the Gettysburg Area High School Auditorium.

March 3

Celtic Festival 2011 at Mount St. Mary's University Knott Auditorium - Dance an Irish jig with Edsall Road and Tinsmith performing music and dance tunes. Fun for all ages. For further information contact the Emmitsburg Branch Library at 301-600-6329.

March 5

Maple Sugaring at Strawberry Hill Nature Center and Preserve - 1537 Mount Hope Road, Fairfield, PA 17320. For more information call 717-642-5840

Emmitsburg Branch Library's Mardi Gras Celebration. Drop in to celebrate Mardi Gras with treats and crafts! children with an adult.

Elias Lutheran Church's Spring Supper and Bazaar. For more information call 301-447-6239 or drop by the church.

Gettysburg's Battlefields and Beyond Book Shop celebrates Women's History Month. Authors, refreshments & Door Prizes. For more information call 717-334-4852.

March 8

Chicken Soup and Pancakes at Harriet Chapel - Harriet Chapel is taking orders for their famous, hearty chicken-corn soup. Please call 301-271-4554 before February 26th to place your order.

Our Lady of Mount Carmel's Shrove Tuesday Supper in Our Lady of Mount Carmel Parish Center. For

more information call 301-447-2367

March 10

Emmitsburg Branch Library's T-Shirt Scarf - Go green with us as we transform old T-shirts into something new and trendy- a scarf! For more information visit the library.

March 10, 17, 24 & 31

Lenten icon writing retreat sponsored by St. Joseph's parish - For more information call 301-401-2385 or to register.

March 12

Emmitsburg Library's Cosmic Adventures Traveling Planetarium - Come into the dome to see what is happening in tonight's sky: For more information visit the library.

2nd Annual Lee/Jackson Forum and Dinner - Come celebrate

the birthdays of two of America's greatest heroes, as well as enjoy an evening. Our featured speaker will be Walter Kennedy, renowned author of "Why Not Freedom! America's Revolt Against Big Government. For information & reservations call 410-259-5906

Catoctin High School's Safe & sane Dance/silent Auction - American Legion in Thurmont. For more information call Contact Angie at 301-271-2971.

March 13

Taneytown's St. Joseph's Catholic Church Knights of Columbus Country Style Breakfast Buffet.

Music Gettysburg! Present Folk Music from America & the British Isles. Lutheran Theological Seminary, Gettysburg For more information call 717-338-3000 x2197 or visit www.musicgettysburg.org.

Continued on page 31

KIDS HELPING KIDS BINGO
Sunday, March 6th
 Mother Seton School
 100 Creamery Rd., Emmitsburg, MD
 Doors open at 1:00 pm
 Games start at 2:00 pm
Tickets: \$10.00
 (For 20 Games-All Players Must Have A Ticket)
Grand Prize Drawing: Nintendo DSi
 For Tickets Call: Lena 301-717-8860 or MS School Office 301-447-3161
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March 8th, 5:00 to 7:30 pm
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 12625 Catoctin Furnace Rd., Thurmont, MD
Bring This Ad & Get \$1.00 Off For 1 Person



\$5.00 ADULTS **\$3.00** CHILDREN 6-12
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SESSION I: MAY 31-JULY 1  SESSION II: JULY 5-AUGUST 5
REGISTRATION IS OPEN NOW!

Session I - May 31-July 1, 2011

AMC 201: American Experience I
ASL 101: Beg. American Sign Language I **
BIOL 208: Nutrition
BUS 301: Business Law I
BUS 313: Principles of Marketing
BUS 360: Corporate Finance
CVSO 201: West in the Mod World: Ideas, Tech & Trends***
ECON 101: Foundations of Economics: Macroeconomics **
ENGL 370/ENNW 370: Latin American Fiction
FAAR 309: Graphic Design I
FAMU 200: The Story of American Musical Theater
GNSCI 101: Concepts in Physical Science
PHIL 211: From Cosmos to Citizen (5/31-6/23)***
PHIL 301: Moral Philosophy
PSCI 390: 7 Constitutional Questions: Current Controversies
PSYCH 100: Foundations of Psychology **
PSYCH 385*/PSYNW 350: Cross Cult. Human Dev. (6/1-6/24) *
SPAN 101: Beginning Spanish I (6/1-6/14)**
SPAN 102: Beginning Spanish II (6/15-6/30) **
SPED 433: Assessment in Special Education (5/23-6/2)
SPED 434: Special Ed Curriculum Design & Adaptation (5/9-19)
THEOL 200A: Foundations of Theology
THEOL 200B: Foundations of Theology
THEOL 200H: Foundations of Theology (Honors Section)

Session II - July 5-August 5, 2011:

AMC 202 A: American Experience II
AMC 202 H: American Experience II (Honors Section)
ASL 102: Beg. American Sign Language II **
BUS 302: Business Law II
BUS 307: Business Management & Organization
BUS 340: Management Science
CJUST 365: Drugs and Crime
COMM 230: Public Speaking
CVMU 201: West in the Modern World: Music***
ECON 102: Foundations of Economics: Microeconomics **
FAAR 310: Graphic Design II
GNSCI 102: Concepts in Biological Science
MATH 101: Elementary College Algebra **
PHIL 212: From Self to Society ***
PHIL 301: Moral Philosophy
SOC 100: Foundations of Sociology **
THEOL 202: The Gospels
THEOL 205: Sacraments
THEOL 371*/THNW 371: World Religions*

Session III - May 31-August 5, 2011:

BUS/FSY 311: Information Systems
PSYCH 207: Adult Development

* Meets Non-Western requirement for those students who have completed 60 credits of coursework.

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- 6:30 p.m., Non-Members

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