

Emmitsburg NEWS-JOURNAL

VOLUME 13, NO. 6

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

JUNE 2021

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New Business Opting for Emmitsburg

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Mount St. Mary's graduates class of 2021

Harry Scherer, Managing Editor
MSMU Class of 2022

On the weekend of May 15th and 16th, the Mount hosted four separate commencement ceremonies for 560 students: 425 undergraduate students and 135 graduate students.

The first three ceremonies took place outside on the field of Waldron Family Stadium and the final ceremony took place inside Knott Arena due to inclement weather. Of the undergraduate students that tossed their caps that weekend, 107 graduated from the Bolte School of Business. Of those 107, one deserves particular attention and gratitude from the readers and staff of the Emmitsburg News-Journal.

Angela Guiao, C'21 has spent the past academic year serving as the Managing Editor of the paper and leader of the university writing staff. On Sunday, Angela graduated with a Bachelor of Science in accounting and a minor in business. After graduation, Angela has a full-time auditing position waiting for her at the public accounting firm Kearney & Company. While

she is working for the firm, she will also be taking the Certified Public Accountant (C.P.A.) exam. In addition to running the newspaper and completing her senior year remote from her hometown of Silver Spring, Maryland, Angela also spent her senior year completing an accounting internship with the Gaithersburg-based professional service firm DeLeon & Stang.

Guiao credits much of her success in the accounting industry to the encouragement of her professors during her first few years at the Mount, especially that of Professor John Sherwin, Lecturer of Accounting and Claire Tauriello, Director of the Career Center. According to Angela, it was Sherwin that motivated her to get involved in career preparation through the Career Center and networking events like Accounting Evening.

When Angela was on campus, she was heavily involved in the Office of Social Justice. It was the support of this organization and her professors that led Angela to identify "the community" as her favorite part about the Mount; "everyone is really proud to be a part of the Mount."

Angela credits Mike Hillman, editor of the Emmitsburg News-Journal and the staff meetings with him as her favorite part about working for the ENJ: "Mike is the reason there is a paper and why the paper's so great...I don't know what the paper would be without Mike." Through the past year, she was pleased to learn about the "dynamics of leading a team" and the importance of legacy.

Angela advises the current university staff of the newspaper to "stick with it. The Journal is always present, but your life goes on." She considers work with the paper to be "constant but always changing. You don't even feel it, but it's changing the way you think of things and shaping the way you handle things."

On behalf of the entire university staff of the Emmitsburg News-Journal, I would like to thank Angela for her tireless dedication and efforts to



Once again we say farewell to our Mount Managing Editor - Angela Guiao. Of all the Mount seniors who have held this position, none had a harder task than Angela, who was faced with publishing a paper during a pandemic. She did great! We will miss her

ensure the continuance of our treasured newspaper. It is because of talented writers and editors like her that this paper is able to not just survive but thrive and for her we are particularly grateful. Don't be a stranger in Emmitsburg, Angela, and best of luck in your future!

Incumbents prevail in local elections

Voters in Carroll Valley and Fairfield boroughs, and in Hamiltonban and Liberty townships held their local elections on May 18, resulting with the incumbent candidates being re-elected, with few challengers.

According to the Adams County Board of Elections, as of the May 18 election, there were 1,683 registered voters in Carroll Valley Borough: 910 Republican, 424 Democrat, and 349 nonpartisans. Republicans cast 296 ballots, while Democrats cast 113, and nonpartisans cast 37, amounting to a total voter turnout being 21.15 percent.

Incumbent Mayor Ron Harris ran unchallenged and thus easily won with 186 Republican votes and zero Democrat voters. The borough also had three council seats to be filled. Incumbents Richard Mathews garnered 134 votes, Robert Verderaime received 124 votes, and David Lillard received 134 votes, while challenger Sara Laird garnered 82 votes. Phyllis Doyle-Smith, running for re-election as tax collector, received 185 votes. Stephen Beans ran for constable unopposed and received 163 votes.

Fairfield Borough had 396 registered voters: 210 Republican,

118 Democrat, and 76 nonpartisans. Republicans cast 77 ballots, while Democrats cast 52, and nonpartisans cast 13, amounting to a total voter turnout having been 35.85 percent.

Incumbent Mayor Robert Stanley ran unopposed and received 61 votes. Fairfield also had three council seats to be filled. Incumbents Nathanael McNeill received 55 votes; Camille Cline received 40 votes; and Dean Thomas garnered 35 votes. Incumbent Tracy Paul ran unopposed for tax collector and received 73 votes.

Hamiltonban Township had 1,610 registered voters: 984 Republican, 365 Democrat, and 261 nonpartisans. Republicans cast 302 ballots, while Democrats cast 117, and nonpartisans cast 42, amounting to a total voter turnout being 28.63 percent.

The township had one, six-year term, supervisor seat open, as well as tax collector, and township auditor. Incumbent Supervisor Douglas Woerner ran unopposed and garnered 217 votes. The position of tax collector also needed to be filled, but no one came forth to seek it. Never-the-less, the position received 24 write-in votes. Also, the position of auditor needed to be filled but no one

came forth to seek it, but the position still garnered 7 write-ins.

Liberty Township had 1,026 registered voters: 615 Republican, 252 Democrat, and 159 nonpartisans. Republicans cast 150 ballots, while Democrats cast 86, and nonpartisans cast 17, amounting to a total voter turnout being 24.66 percent. The township had three seats to be filled in the election: one supervisor, a tax collector, and an auditor.

According to township Secretary/Treasurer Wendy Peck, Robert Jackson (whose seat was open to be filled) decided not to run for re-election. Brandon Lowe became the sole contender to fill Jackson's seat, and garnered 120 votes. Jessica Ilko, appointed last year for tax collector, was offi-



Carroll Valley Mayor Ron Harris won one of many incumbents to win their respective primary in May.

cially elected this time around with 129 votes, and ran unopposed. Also, the position of auditor needed to be filled, but no one came forth to seek it. The position received 36 write-in votes.

For Taneytown election results see page 5.

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EMMITSBURG NEWS

Economic development updates

As Emmitsburg continues to experience residential growth, the town's economic growth is also expanding, most notably on the east side of Route 15.

Town Planner Zach Gulden recently provided the News-Journal with a summery update on on-going commercial activities within the municipality.

Making the completion list was Insurance Brokers of Maryland, 600 East Main Street.

In order to open for business, the insurance company executed numerous improvements in the process of re-purposing a 2,250 square-foot former-residence and dentist office into an insurance broker and sales office, Gulden stated.

Commercial projects in-the-works include progress on a Rutter's convenience store, located off North Route 15.

The project consists of creating an 8,380 square-foot Rutter's store, as well as seven gasoline fuel-islands, five diesel fuel-bays, along with a truck-scale, 28 short-term tractor-trailer parking spaces, and 59 passenger-vehicle parking spaces, Gulden stated.

Additionally, a sewer pump-station will be constructed and paid in-full by the applicant and will be capable of serving up to 386 single-family homes, and 50 acres of commercial development. The pump station will be turned over to the town for operation and maintenance.

The town planner stated that the developers have received all of the required town, county, and state approvals, and are presently down to technical requirements, such as posting bonds. The target date for completion is projected as being sometime in the late-2021 to early-2022.

The initial plan had included a proposal to construct retail stores, restaurants and 386 single-family homes (dubbed Catoctin Vistas) on a contiguous 187-acre parcel. However, this proposal, which would require zoning changes, has since been "canned," and that land is presently for sale.

Dan Reaver has also proposed a new industrial park (Emmitsburg East Industrial Park II) to be cited off North Route 15.

The town has approved a preliminary plan, the approval of which

will have expired at the end of May. The proposal calls for the creation of eight parcels, and the developer has recently submitted a preliminary subdivision-plan, a preliminary forest conservation-plan, and a forest delineation-plan, and an improvement plan scheduled to be submitted in July.

Gulden stated he believes that the completion date of the industrial park will occur by the end of 2021, and one business has already expressed interest in purchasing a lot in that complex.

Federal Stone, pending completion of the new industrial park, plans to construct a 58,900 square-foot warehouse and a two-story, 5,200 square-foot office building on proposed industrial park Lot 8.

Gulden said Federal Stone would be creating 76 parking spaces, four loading spaces, a stormwater-management facility, and the remainder of the parks' Creamery Court. Federal Stone would be using this facility in the manufacturing of swimming pool products.

The proposed date for completion of Federal Stone's is 2022.

Emmitsburg
NEWS-JOURNAL

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News Briefs . . .

Frailey Farm could see 175 homes and possible bypass

The Frailey Farm, located off the west side of Emmitsburg's town boundary, could potentially serve as the site of 175 single-family homes if current plans to develop this 115-acre property comes to fruition.

Town Planner Zach Gulden told the News-Journal that before anything could happen in the way of development, as far as Emmitsburg would be concerned, is that the land would initially have to be annexed to the town.

Gulden said that, if the site were to see 175 homes (a number of homes suggested by an engineering firm), the property, once annexed, would have to be rezoned R-1 which would allow for low density residential. An R-1 designation for the Frailey Farm has been recommended in the municipal Comprehensive Plan.

In addition, if the project should move forward, the town planner stated that the town does not presently have sufficient water-taps to supply such a development, and thus the developer would be required to build another water treatment plant for the town.

The Frailey Farm site has also been considered as a location for a por-

tion of the Emmitsburg bypass and has even been included in the town's comprehensive plan "since at least 2009," Gulden said. The bypass was envisioned to start on West Main Street, go through the Frailey Farm, Community Park, then the Daughters of Charity property, and end at South Seton Avenue.

The current plan is to have the commissioners review whether the board wants to keep the bypass in the compressive plan at the July town meeting. If the commissioners elect to do so, "We will require the developer (if the site is ever developed) to construct this road," he stated.

McNair property could see housing mix

As per development of the Frailey Farm, the 23-acre McNair property, located off North Seton Avenue, would also have to be annexed to the town before any development could occur, according to Town Planner Gulden.

"We are being told by an engineering firm that this property can fit a max of 29 townhomes and 34 single-family dwellings (also not confirmed by staff)," the town planner stated.

However, that could only prove true if the property were re-zoned as R-2 (medium-density housing). The property is presently shown in the town Comprehensive Plan as being R-1 (low-density residential) should it become annexed. The property is still listed for sale for just under \$4 million.

Daycare 'cans' Emmitsburg plans

A child daycare center that was to open at East Main Street will instead be located in Thurmont.

Miss. B's Child Care had received all of their town approvals, clearing the way for the operation to do business. However the owner decided to move her business to Thurmont, because she found a move-in ready location.

The 3,448 square-foot building was constructed in 1935. The town planner noted that the now-vacant site is for sale, listing at \$215,000. The property has seen a number of uses in the past, including the Emmitsburg Feed Co., the Emmitsburg Food Bank, and the Catoctin Pregnancy Center.

Gulden said the town has been approached by "a few people" regarding establishing a business in the now-vacant building, but not with any proposal he

would regard as being "official," further noting that among the suggested possibilities, "The most promising sounded like a creamery (ice cream)."

Sidewalks/ramps to cost nearly \$700,000

Emmitsburg presently has 130 sidewalk and curb areas which are not in compliance with the Americans with Disabilities Act (ADA), and bringing those areas into compliance will likely run just shy of \$700k.

The ADA mandates that infrastructure, such as curbing and sidewalks, must be made accessible to people with disabilities, so that they may travel throughout a municipality in a safe and convenient manner.

The effort to bring the non-ADA compliant sidewalks and curbs into compliance is to be funded through several sources, including a \$686k Community Development Block Grant, \$1,800 in homeowners' association donations, \$10,000 from the town, and \$10,000 in-kind from the town. "In-kind" means town staff will perform some of the proposed work in lieu of contractors.

"We are currently bidding the project, and we expect to award the project to a contractor at the June 7 commissioner's meeting," Gulden stated. Construction is expected to commence in July, and all of the problematic sidewalk and ramps brought into compliance by April 2022.

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FAIRFIELD/CARROLL VALLEY NEWS

Resumption of in-person council meetings on horizon

The Carroll Valley Borough Council discussed at their May meeting the possibility of resuming committee and commission meetings that had been suspended as the result of the COVID-19 pandemic.

As a prelude to discussing resuming committee and commission meetings, council President Richard Mathews stated, "The state is supposed to open-up on the last weekend of this month (May), so I'm hoping - if everybody is in agreement - that we can start having our committees all start to meet."

Borough Manager David Hazlett said, "If you (the council)

feel that we're ready to do that, it will probably be a similar arrangement to this (current council meeting methods) for now, until everything is lifted." At the present time, the council meetings are held in a hybrid manner - meaning meetings can be attended in-person with COVID protocols in-place, or by remote-streaming.

Councilwoman Jessica Kraft said, "I know everyone's comfort level is a little bit different when it comes to meeting, especially in certain close spaces. I know that not everybody is not on-board for getting back together just yet," adding that she wished attending the meetings in-person would resume.

Mathews said, for example, the planning commission should plan to be meeting in June. However, Hazlett pointed out that it is required of some boards that they must have a quorum (majority of members) present, physically.

The town manager did state that the borough does have the capabilities to hold hybrid meetings. "You (committee meetings) couldn't all do it (attend remotely), but if there's a couple of people (committee members) who are still comfortable, we might be able to make some sort of electronic arrangements for their participation as well."

The consensus of the council

was to allow the town manager to determine what the process would be for holding the hybrid meetings, and if there were enough members of committees and commissions to attend in-person to warrant further consideration.

Regarding the re-opening of events, Councilwoman Kraft stated that Movies in the Park is resuming in-partnership with the Fairfield Area School District (FASD) Parent Teacher Organization, and that plans are being made to hold community yard sales, as well as to proceed with planning the annual Fourth of July celebration at the Carroll

Commons Park.

Regarding the Fourth of July, Kraft said, "We are going to move forward with the July Fourth event," that a band - The Reagan Years (a 1980s music-tribute band) - has been secured, as well as a local FASD senior to sing the National Anthem, and there will be a few amusements, such as bounce house-style amusements.

Hazlett said he is working with Liberty Mountain to "hopefully" have fireworks launched from Liberty Mountain during the July Fourth event.

Attendees must comply with any applicable COVID protocols in-effect at the time of any event.

'The Beat Goes On' in Hamiltonban Park

Musical entertainment has returned to Hamiltonban this year, but with a little less COVID protocol in force.

The annual event, 'Music in the Park,' is held annually at the Hamiltonban Community Park, located off Bullfrog Road, this year on the third Sunday(s) of June, July and August from 6 until 8 p.m.

Among the groups that will be performing are: the River Rhythm Ramblers, with Faith Noel (June 20); Cumberland Shakedown, with Tom Malik (July 18); and Kaptan Zaplan

and Friends (August 22).

Hamiltonban Township Supervisor Coleen Reamer said that, being that the event is all outdoors, there are no planned COVID-related protocols beyond requesting that attendees respect social-distancing.

A number of events in the region, from carnivals to community-wide festivals, have announced they will resume - as the result of declining COVID case-numbers and the gradual relaxation of protocols.

Reamer said this represents the fourth year that the event will have been

held. Even the pandemic, which put a halt to social events across the nation, failed to stop last year's 'Music in the Park,' although out door COVID protocols were strictly followed.

The annual event was conceived by the Hamiltonban Township and Fairfield Borough Joint Parks and Recreation Commission "as a way to gain interest in our park and to let people know it is there," the supervisor stated.

The park was established as a joint-effort between Hamiltonban Township and Fairfield Borough. According to The Gettysburg Times, the park came

precariouly close to being named Bullfrog Park in 2017 when the joint commission held a public competition to name the park. But by the close of the competition, Hamiltonban Community Park prevailed.

Reamer stated that joint commission member Robert Olyphant provides the technical equipage to hold the events, noting that Olyphant, who owned his own sound company at one point, "volunteers his time and equipment so that the musicians do not need to arrange for sound equipment."

The supervisor also credited Fairfield

Borough Secretary Susan Wagle and her husband, the late-Dane Wagle, who "were huge supporters of getting the 'Music in the Park' started along with John Strahle (the current joint-commission president)," along with the late-Homer "Bo" Hek, an accomplished local rock and roll and blues guitarist. "With their connections to people and musicians in the area, they began the summer series four years ago," she noted.

The joint commission presently consists of John Strahler, chairman, Matthew Inskip, secretary, Robert Olyphant, treasurer, Teresa Scripture, and Fairfield Borough representatives Pasquale Pileggi.

News Briefs . . .

Drug overdose claims life of one

Carroll Valley Mayor Ron Harris informed the Borough Council at their May meeting that an individual lost their life to a drug-overdose in a recent incident that had required police and medical-personnel responses.

According to the mayor, Corporal Clifford Weikert responded and administered NARCAN - medication used to treat victims of opioid overdoses - and assisted emergency medical personnel with the two victims. He stated that one of the victims did not survive. Details of emergency, medically related incidences are generally not released. "Drug overdoses continue to be an issue with numbers spiking during the pandemic," the mayor said.

The mayor also advised the council regarding a new state traffic regulation about passing emergency vehicles. Harris noted that the "Move Over Law," adopted by the state at the end of April, requires drivers to reduce their speed by 20 miles-per-hour less than the posted speed limit when approaching a stopped emergency vehicle.

"Stopped emergency vehicles" could include, for example, a police vehicle whose officer is citing another motorist, or emergency-responders at the scene of an accident.

Mayor Harris said the law indicates that if reducing the speed is not practical, a driver should go around a stopped emergency vehicle in a manner that safely clears the stopped vehicle, and that it is safe to enter into an opposing lane. Harris said that the fines for not complying with

the new law can be as high as \$1,000 for a first offense, \$5,000 for a second offense, and suspension of the driver's license after that.

Liberty acquires VASCAR units

The Liberty Township Police Department has acquired two used Visual Average Speed Computer and Recorder (VASCAR) units.

Chief Sherri Hansen told the township Supervisors at their May meeting that the two units were purchased from Hamiltonban Township for a total cost of \$1. Hansen said the department is going to try and mount the better of the two in one of the police department vehicles.

According to radartest.com, VASCAR units calculate the speed of a vehicle by using two reference points in making the determination. "The cars are timed between the (two reference) marks and the speed calculated," according to the website.

Radartest.com also states the conviction rates of VASCAR speeding citations are higher than with radar. Of course, in Pennsylvania, non-State Police law enforcement departments are prohibited from utilizing radar.

Housing units proposed for golf course

The Hamiltonban Township Planning Commission has received a proposal involving the construction of housing-units at the Gettysburg National Golf Course, previously known as the Mountain View Golf Course.

Township Supervisor Coleen Reamer stated, "The new owners have submitted preliminary

drawings to add residential-housing," and that representatives from the township Planning Commission and Board of Supervisors are having preliminary meetings with the course owners' engineering firm.

The project falls under the township's Conservation by Design zoning Ordinance, which requires a four-step planning process prior to submission of a plan to the municipal Planning Commission.

The placement of any proposed residences has not yet to be determined or discussed. The golf course itself would remain in operation.

Electric waste-disposal scheduled

Residents and businesses will have an opportunity in July to dispose of

unwanted electronic items which are not normally allowed to be discarded in the regular recycling waste-stream.

The upcoming e-waste recycling event will be held on July 17 at the Ranch Trail Park, 14 Ranch Trail, in Carroll Valley Borough.

Only Park's Garbage Service residents and businesses located in Carroll Valley and Fairfield boroughs, and Freedom, Hamiltonban, Highland, and Liberty township may participate; however, proof-of-residency will be required.

Typical items accepted include televisions, computers and related electronics, cell and other telephones, stereo equipment, and internet-related equipment. Televisions must be removed from any cabinets they may be contained within. Any help with unloading will not be provided. Masks and social distancing will be required.

For additional information, contact Carroll Valley Borough at gayle@carrollvalley.org or 717-642-8269.

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THURMONT NEWS

Budget adopted for FY-2022

The Town Council voted to adopt the municipal FY-2022 budget and tax rate at their May 25 meeting.

The general fund budget was approved in the amount of \$4,480,309. The budget across-all-funds including utilities (water, sewer, electric) is \$13,308,970, and includes the replacement of two vehicles, replacement of water lines, upgrading the wastewater treatment plant, and evaluation of the town's

information systems "as we adjust to living and working virtually," Mayor Kinnaird said.

Property tax will remain at .2992 per \$100 of assessed value, and thus represents the third year that the tax rate has been held to that amount. However, property owners will be paying a higher property tax to the town, not as the result of the town raising the property tax rate, but rather, due to property value re-assessments that have taken place.

Chief Financial Officer Linda Joyce told the News-Journal, "While this is not an increase in the actual tax rate from last year, property owners will recognize a slight increase in their property tax bills as a result of the increases in assessments."

For example, she said, a property now assessed at \$100,000 would see an increase of \$4 in their next bill; a property now assessed at \$350,000 would see an increase of \$14 in their next bill.

Mayor Kinnaird said that the FY-2022 budget reflects the commissioners' long-term objectives and aspirations for the Town of Thurmont, regarding finances and providing services.

The mayor stated, "It is difficult to describe the community impact of the past year. The effect of COVID-19 had been felt personally by every resident and every employee within our organization (and) we were faced with several budget factors that were beyond our control," adding, "One year ago we prioritized our FY-21

budget to focus on protecting health and safety."

He noted that, in preparing the FY-22 budget, the commissioners endeavored to address issues relating to "a post-pandemic Thurmont," including continuing to seek COVID-19-related funding aid "to Thurmont to assist the town through the economic disruption of the pandemic."

The mayor said that putting the budget together was "highly challenging" because it was assimilated "in the midst of a pandemic."

Keep America Beautiful 'brand' attained

Thurmont has been certified by the Keep America Beautiful (KAB), the nation's leading community-improvement, non-profit organization, as a member of its affiliate network.

Town Economic Development Manager Vickie Grinder stated that KAB President and CEO Helen Lowman officially announced her organization's certification of Keep Thurmont Beautiful officially as a network-member at the end of April.

Lowman stated, "As part of our KAB network, Keep Thurmont Beautiful will act as a catalyst for positive community change, with a goal of improving the quali-

ty-of-life for every resident of the Town of Thurmont," adding, "We know that Keep Thurmont Beautiful will help transform your public spaces into beautiful places as a new and important representative of our national affiliate movement."

Keep Thurmont Beautiful will join more than 700 KAB affiliates, including 26 state affiliates and a number of international affiliates. In addition, Keep Thurmont Beautiful joins more than thirty-two other local affiliates across Maryland, Grinder noted.

Thurmont Chief Administrative Officer Jim Humerick stated, "The Keep America Beautiful pro-

gram is something that Thurmont is honored to be affiliated with. We place great value on environmental stewardship and our community sustainability programs."

Humerick said that the KAB certification is an accomplishment that the town is very proud to have achieved.

KAB's network mobilizes more than an estimated six-million volunteers and participants each year to take positive action on community improvement concerns. As a result, litter is being reduced, solid waste is being managed responsibly, citizens are improving vacant lots, highways and other public spaces, trees and flowers are

being planted, and recycling and composting efforts are expanding, according to the organization.

"Clean, livable communities are the foundation for strong, local economies," President Lowman said, additionally noting, "Keep America Beautiful affiliates use litter prevention as an obvious place to begin the process of instilling pride, and a sense of personal responsibility for the appearance and well-being of one's community."

Lowman stated that KAB's affiliates are working hand-in-hand with civic, business and government partners to renew and revitalize their communities.

Economic Development Manager Vickie Grinder stated that Thurmont is Sustainable Maryland-certified and Maryland Department of Housing and Community Development Sustainable Community-certified. Thurmont created a Green Team in 2015 to focus on a greener environment to sustain the quality-of-life and place over the long-term for Thurmont residents, businesses, and visitors. Thurmont is also a designated Tree City USA for a fourth year.

To find out more about Thurmont's Green programs, go to the programs' Facebook and website. To learn more about KAB, visit www.kab.org.

News Briefs . . .

Town park projects awaits funding

Chief Administrative Officer Humerick told the commissioners at their May 11 meeting that the town has received a Community Parks and Playgrounds Grant for \$160,000 to

do the entire Woodland Park Phase II playground replacement.

Final approval must be done by the state Department of Public Works, which could take around 60 days to complete. The proposed work on replacing playground equipment at

the Woodland Park, which was to utilize Project Open Space (POS) money, was postponed indefinitely at the commissioners' April 13 meeting in order to use that POS funding for a new skate park at the East End Park.

However, Humerick stated that garnering \$160,000 through the Community Parks and Playgrounds program will allow the town to proceed with both proposed park projects, improvements at Woodland Park, and the new skate park at East End.

Regarding other park improvements, Humerick noted that the Lions Club, who has donated money for the Skate Park Committee, has also donated money to the Hagerstown & Frederick Trolley Trail Association for improvements being made on the Trolley Park Trail extension.

Mayor John Kinnaird said the work on the trail extension is pro-

gressing, and that he recently noticed foot bridges being constructed at low points in the trail that can be subject to water flowing across the path.

"The trolley trail is an amazingly well-used facility," the mayor said, adding, "There's always people on it. Any of the hour, day or night, there seems to be people walking on it."

Shamrock sold for nearly \$4 million

The Shamrock Restaurant was sold as of the last week of March for \$3,950,000, which included the 2.9-acre parcel upon which the eatery is located. The sale did not include the balance of the 8.96 total acreage of the entire property.

According to a document obtained by the News-Journal, the restaurant was acquired by Two Farms, Inc., of Baltimore. Two Farms, Inc., conducting business as, Royal Farms, operates

a chain of convenience stores, according to Bloomberg. The seller was listed as being All Dees LLC.

The News-Journal has learned that the vintage Fitzgerald Motel and the Shamrock Restaurant will both likely be demolished, with the new Royal Farms being cited within that general area, but that has yet to be confirmed.

The Shamrock Restaurant was on its way to hitting its 60th anniversary but fell short in 2019 when the operation ceased when Donna Demmon and Dawn Knox, owners, had decided to retire, resulting in the decades-old establishment and property being put on the market.

According to Friend Commercial Real Estate realtor Ted Kroos, the property (et al) will remain commercial, and a new restaurant may open there, and/or some other retail operation(s) "which does not compromise the site."



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TANEYTOWN NEWS

Voter turnout called 'disheartening'

Three Taneytown Council members will retain their council seats as the result of the outcome of the town's May 3 election but the lowest voter turnout in years sparked concerns.

Three four-year-term seats were open to be filled in the election. Four candidates filed to run, including the three incumbents. Incumbent Joseph Viglioti received the highest number of votes, garnering 241, while incumbent Diane Foster received 239 and incumbent Judith Fuller received 226. Challenger

Barbara Cook received 66 votes.

But aside from the election results, the voter turnout for the election was described as the lowest in nearly two decades. Of the city's 4,795 registered voters, only 266 cast ballots.

One individual posted on Taneytown's Facebook page, "This (voter turnout) is disgraceful."

Regarding the election turn-out, Mayor Bradley Wantz said, "The election was rather successful. It was a low turnout, unfortunately – 266 voters – which is roughly five percent of registered voters in the city," add-

ing, "That is the lowest turnout we've had since the late '90s, I believe. That is disheartening."

Addressing claims that some members of the public were unaware of where and when the election was to have been held, Wantz stated he felt the city did an adequate job of notifying (the election details) and having that information published in the media, on the town website, and on city social media pages. "The information was out there," he said.

Another Facebook user posted, "Whoever is responsible for running

this (Facebook) page and running the election did a horrible job of making it known when and where the election was going to be held," adding that the people responsible for the election must do better... "Five percent is sad."

In spite of various complaints received regarding the management of the election, Wantz also responded, stating that City Clerk Clara Kalman's efforts regarding managing the election process was appreciated, noting that her first task during her first Municipal Clerks Week as the city clerk was taking-on an election, jok-

ingly adding, "That's how terrible bosses we are to her."

City Attorney Jack Gallo, speaking at the city's May work session, commended Kalman for her efforts, noting, "This election was done flawlessly because of her (Kalman's) preparation and her efforts and getting everybody on the team together."

The mayor said he had no one (on staff) to blame for anything regarding the election effort, but noted, "I think everyone did a great job in making this a success... I'd love to get to when we had over a thousand people come out to vote... The more voices we have the more confident we are in the results."

City to draft church parking 'contract'

The Taneytown Council voted at their May 10 meeting to generate a new parking agreement with Trinity Evangelical Church to provide money for maintenance to the church's parking lot, in exchange for allowing public to use the lot.

The agreement, to be drafted by town staff, will offer the church \$2,565 for maintenance use - in return for a five-year agreement to allow the public to continue using the church's parking lot, and to include the possibility of erecting "Parking" signs for the public,

which do not presently exist.

The church has allowed city visitors and residents to use their parking lot for decades, and an age-old agreement dating back through all those decades has existed, stating that the city agreed to contribute money towards maintenance on the lot as determined by the church, as needed.

The details of such an arrangement were the subject of discussion at the council's May 5 workshop, during which Mayor Bradley Wantz noted that

a letter had been recently received from Trinity requesting that the city contribute towards an anticipated maintenance cost of \$5,130 to making repairs to the lot.

Mayor Wantz stated, "In the past, the city has contributed towards the maintenance of the parking lot. We've not done anything in quite a number of years," adding, "They are now asking if we would consider contributing to help improve that lot – It's (the parking lot) become in pretty-poor condition."

City Manager James Wieprecht

said that the work Trinity is proposing specifically would entail cleaning the cracks in the paving, filling the cracks with hot-rubberized filler, seal-coating the 27,020-square-foot lot, and painting the stripes on the parking lot.

Although staff could not locate the original agreement between the town and the church regarding the use of the lot, and contributions towards repairs, Wieprecht said he had discussed the issue with a number of former council members, who verified that the city did indeed

have an agreement with the church dating back to the 1950s.

Wantz added, "I think historically, there was (also) mention of a 50-percent cost-sharing in the past."

The church permits the use of their parking lot, "especially on the West Baltimore Street side, where there's really no parking lots available to the public. It is available to people for those businesses over there," the mayor said,

Trinity generally only uses its parking lot twice a week and deems the lot available for other members of the public to use anytime the church does not need it.

News Briefs . . .

Police investigating park 'tattooing'

Taneytown Parks & Recreation Advisory Board (PRAB) Chairperson Kelly Buie stated at the April meeting of the board that an issue, which is "obviously concerning," has been discussed recently on social media – that being "tattooing" in the park.

Apparently, an individual, or individuals, have been offering to conduct tattooing in the city parks, although Lorena Vaccare, director of Taneytown Parks & Recreation (P&R), stated that she could not discuss details because the police department is conducting an ongoing investigation.

Vaccare did say, "I'm sure that that will be taken care of so that situation doesn't happen in our parks anymore," adding, "I was very alarmed to see that (social media comments). Not only is it dangerous from a health perspective, but it's also very creepy."

The director stated that she doesn't want any of the children, teenagers – or anyone in the community – to be approached like that at any of our parks. "That's just unacceptable," she said.

The city is in process of acquiring and installing lights and cameras at the skate park to capture "unwanted behavior and activity to ensure that the park stays safe."

Aside from employing equipment to monitor activity, Chairperson Buie stated, "If you see something, you have to say something. You need to contact the police," adding, "I mean, we have to stop this. It's not one person's job – it's all of our jobs – to watch over the safety of our residents."

Bollinger Park Nearer to Fruition

Bollinger Park, currently in the development stages, will be designed as a nature

park. Phase One features of the park include a trail that will meander through the woods and along Piney Creek and which may be used for walking, jogging, and biking, a two (2) acre pollinator garden, and a meditation garden. Phase Two features will include an observatory constructed and operated by the Westminster Astronomical Society, the observatory's parking lot, and a connector path to the nature trail.

Site plans for Phase One of the creation of Taneytown's Bollinger Park are currently on hold, as the project's engineers at CDM Smith have been temporarily diverted to work on other priority projects for the city. Once the firm is freed up enough to continue engineering

the park's plans, the Preliminary Site Plan will then be sent to Carroll County Government for their various agencies and bureaus to review and approve. The site plans will also be reviewed and approved by the Taneytown Planning Commission, with opportunity for the public to comment and give their input on the various features of this nature park.

Phase One work will entail entrance to the park, the parking lot, security lighting in the parking lot, entrance signage, the nature trail, and educational and directional signage for the trail.

Taneytown Parks and Recreation Director Lorena Vaccare reported at the April meeting of the Parks and Recreation Advisory Board that she has applied for a Recreational Trails Program grant of \$80,000 from Maryland's

Department of Transportation and has applied for other grants as well, totaling more than \$410,000. She noted that the project has \$150,000 in awarded grant funding from Maryland Department of Natural Resources' Community Parks & Playgrounds Program to use toward the Phase One work. She further stated that she will continue to seek grants for this work in order to secure adequate funding for the project.

Wine, Art & Music Festival Slated

Numerous vendors and three bands have been signed up for the Taneytown Wine, Art & Music Festival, scheduled to be held June 19 at the Memorial Park.

Parks and Recreation Director

Lorena Vaccare reported at the April meeting of the Parks and Recreation Advisory Board that license applications are still being reviewed by the Carroll County Health Department and the County Liquor Board. [These licenses have since been secured.]

As of the April 12 meeting, Vaccare said 8 food vendors, 12 artisan and craft vendors, 3 wineries, 4 breweries, 3 distilleries, and 1 meadery have signed up to participate.

"Previously" she said, "many beverage vendors were unsure about committing because of the COVID situation, but now that restrictions have lifted even more, I'm hoping they'll be willing to commit – I'll be hoping... to get some more (beverage vendors)."



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FROM THE DESK OF...

County Councilman Phil Dacey

The big issue that the County Council has engaged in this during has been dealing with the Frederick County Government Budget. At a high level, Frederick County as a whole is doing well. Income tax revenue has increased by \$18 million over last year. Property taxes have also increased about \$18 million. From all sources, the revenue increase this year in Frederick County's budget has been a pretty incredible \$52 million dollars.

My first county budget, in the long ago year of 2019 was \$603 million dollars. Just these few years later, the overall budget for fiscal year 2022 is \$717 million. This represents an increase in spending of almost 19% since 2019.

This type of growth is not sustainable. Frederick County is growing, yes and things get more expensive over time, yes. But the population is growing at a rate of maybe 1 or 2 percent per year. A 19% increase over the past 3 fiscal years is growth well above and beyond an acceptable range. Frederick County's budget is growing by 7.7% this year alone, not counting an additional \$50 million in Coronavirus relief which will be added to the bottom line budget over the year. Needless to say it is concerning to me how fast Frederick County government is growing above and beyond even county population growth.

I have annually made attempts to reduce the rate of growth in the County government. For example,

this may help put the increases in context. This fiscal year's budget, in the midst of a pandemic, included 68 additional county government positions that were not in the budget last year. I proposed a modest amendment to selectively reduce the number of new positions by 11, and slow the rate of adding new employees, meaning only 57 new employees would have been added. Unfortunately, this budget amendment was not adopted.

Council Member McKay and I introduced several additional amendments to reduce the rate of growth in the county budget. We proposed no real dollar cuts, meaning that everything we proposed was merely a reduction in the amount of increase that a Depart-

ment would be receiving. Among other reductions in growth, we proposed reducing the amount of money for county job advertising, reducing the increase of county vehicles, slightly reducing the increase in pay for county employees, and reducing consultants and studies. Each one was defeated. Ultimately this \$717 million budget was passed, without a single dollar being cut, with only myself voting against.

Frederick County homeowners and business owners are going to be in for an unpleasant surprise in the coming years when their homes are reassessed and the property tax is collected. Anyone who has been paying attention to real estate values lately has seen the skyrocketing prices for land and houses. When the annual property tax bill comes

due, more money will be coming out of the pockets of the homeowners and passed over to the county. We are *overdue* for some tax relief for our residents.

There is a philosophical difference at work here. The County Executive spends every dollar that comes in, no matter what that revenue increase may be. Some years that is a \$20 million revenue increase. Some years (as in this year) it is substantially more (like at least \$52 million). I strongly believe in budgeting to what the county absolutely needs and growing the county much more slowly rather than spending every dollar that the county collects.

I will continue to work to look out for the taxpayers first and slow the rate of growth of the budget in Frederick County.

Mayor. . .

Thurmont Mayor John Kinnaird

With the recent and unexpected changes to masking requirements we may feel like jumping back into life with both feet. Even with these new changes we still need to think about our family, friends, and neighbors. The new rulings allow those who have been vaccinated more opportunities to get out and mix with others. Those who have not been vaccinated are asked to continue wearing masks at this time. As we move forward many who have been vaccinated may continue to wear masks, please do not be critical of their decision. Those who have chosen not to get vaccinated should be sure to follow the guidelines when interacting with others. It has been a tough year and it looks like we can see the light at the end of the tunnel. At this time it is important that we continue to follow the guidelines and help ensure the safety of our family, friends, and neighbors.

I am happy to announce that the Thurmont Community Ambulance

Service will be holding their carnival June 1st through June 5th and the Guardian Hose Company will be holding their carnival, July 6th through July 10th. This fall we will be having Colorfest! Be sure to keep an eye out for more information as we finalize plans for this long-standing community event. The past year has been a difficult time for many organizations, and I hope Colorfest will help kick start their fund raising. (More details on these events can be found on page 25)

I want to remind everyone to sign up for the Town and Main Street newsletter. We are switching to an electronic version soon so be sure to sign up now. Email kschildt@thurmontstaff.com and ask to be added to the email list. Your email address will not be used for any other purpose. Print copies of the newsletter will be available at the Town Office and other locations.

Again, it is important that we continue to follow the Covid-19 guidelines and help ensure the safety of our family, friends, and neighbors. I can be reached by cell phone at 301-606-

9458 or by email jkinnaird@thurmont.com.

Emmitsburg Mayor Don Briggs

Well the second major golf tournament, the PGA Championship, was played this year in May. To the surprise of most, 50-year-old Phil Mickelson was the winner. What an accomplishment. His success brought memories of a victory by another golfer at the 1964 U. S. Open played that year at a country club in Montgomery County. I had come home from my freshman year at college and was given the opportunity to chauffeur the golfers between the hotel and club. Great job driving with some of that times golf royalty.

On the ride out in the morning other than perfunctory acknowledgments, the players rode in silence somewhere amidst their own meditative brew of arresting their nervousness to manageable levels with now to the mix, the broiling heat. Lower Montgomery County at that time of year, June, is typically hot and humid, that year even more

so, it was sweltering. With very little rain the fairways looked dead and played hard. Only the watered greens looked good and inviting to the game.

On the ride back to the hotel, the pressure of play over, the golfers were relaxed, tired, and the conversations opened-up. One rider, Gary Player, a native South African, talked about racial problems in the US which at the time seemed ironic. But it is what Ken Venturi said on the ride back to the hotel after the Saturday round, that has stuck with me, "If I have to go to hell, I will have to play this golf course every day." Back then the golfers played 36 holes on Sunday the last day of the Open. That is what he had to look forward to. On Sunday morning I drove him out to the club in a silence bordering reverential. Ken Venturi won the tournament that

year with a physician walking with him down the hill to the finishing hole. Like with Phil Mickelson, he finished to the appreciative roar from the fans. I can still hear it.

The first annual Mountain View Disc Golf Open will be played on July 17th in Eugene Myers Community multi-use Park. All 72-tournament slots are sold out with a waiting list. This is a new recreational opportunity for all of us.

On the last Saturday of June as the tradition be, the 39th Annual Community - Heritage Day will be held in the Eugene Myers Community Park. Starting at 9 a.m. slated are a full day of games, crafts, music, food, free swimming, a disc golf, and biking events. The parade down W. Main St. and South Seton Ave is planned to start at 5 p.m., back to the park for more activities, then fireworks start at 9:45 p.m.

Have a great summer.

County Notes. . .

Rural Broadband Pilot Program

Frederick County has been awarded a \$202,012 grant from the State of Maryland Rural Broadband Office which will be used to expand broadband capabilities into a por-

tion of the Rocky Ridge community, County Executive Jan Gardner announced today. The pilot program is part of a larger strategic plan being developed to ensure more residents can connect to fast and reliable inter-

net service. Access to broadband is vital for most residents. The service is necessary for many job applications, teleworking, online education, shopping, and staying connected to family and friends. A comprehensive Rural Broadband Study conducted in 2020 for Frederick County found

continued on next page

Election Judges Needed For 2021 Emmitsburg Election

The Emmitsburg Mayor and Board of Commissioners are seeking persons to serve as election judges for the September 28 town election.

In accordance with the Emmitsburg Town Code, judges must be registered and qualified voters in Emmitsburg and cannot hold or be a candidate for any other Emmitsburg public officer.

To apply, or for more information, call 301-600-6300 or e-mail mshaw@emmitsburgmd.gov.



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GOVERNMENT—SOUTH OF THE BORDER

County Executive Jan Gardner

Flowers are blooming and Frederick County's beautiful vistas look lush and green. The month of June is a wonderful time to explore our fabulous county parks and trails. If you are looking for ideas, stop by the Frederick Visitor Center.

We are seeing a light at the end of the pandemic tunnel, thanks to the widespread access to vaccinations against the coronavirus. Already, more than half of all adults in Frederick County have received at least one dose to help slow the spread. In April we opened a fourth location for vaccination clinics run by the Frederick County Health Department and County employees. The high-volume clinic is located just off Route 15. The Health Department also helped to coordinate a FEMA pop-up vaccination clinic in Emmitsburg recently, and many pharmacies and private physicians are also offering vaccines now.

Vaccines work! Since our nursing home residents were vaccinated, we have seen a steep reduction in the numbers who have fallen ill. We need as many people as possible to be vaccinated so we can stop the spread of COVID-19. The disease is still with us, and Frederick Health Hospital continues to see a high number of patients every day with the virus, and they are trending younger. Sadly, more than 300 of our neighbors have lost their lives to COVID-19

already. Do your part to slow the spread. Be smart and do your part. Wear your mask, wash your hands, watch your distance, and get vaccinated! You can make an appointment by calling 301-600-7900 Monday through Friday between 8 a.m. and 5 p.m.

Budgeting for Recovery

I recently unveiled my proposed budget for the upcoming year, which features a record investment in education. I believe that the budget should reflect our community's values, so I have focused on what matters most: education, good health, economic prosperity, and equity. The budget I've proposed will help Frederick County to rise, recover and renew. It does so in a fiscally responsive manner. For the seventh straight year, the budget does not include any tax rate increases.

The proposed budget creates a healthier, stronger, and even better Frederick County. It is like our shot in the arm—to lift us up and help us overcome, to ensure the delivery of important services both now and into the future, and to make life better for people.

Good news deserves good headlines, so here are the headlines from this year's budget:

Making a Record Investment in Education – The budget funds \$21.5 million over the legally required Maintenance of Effort for public education, plus \$50 million in school construction

and renovation in the first year of the Capital Improvement Program. There is \$1.5 million for Frederick Community College to help keep tuition affordable, and \$475,000 for our fabulous Frederick County Public Libraries.

Jump-Starting the Economy – By investing \$1 million in rural broadband, we can help bring high-speed internet to the rural crescent that is currently underserved or not served at all, including a wide swath of North County. The budget funds a feasibility study for an agriculture innovation center to help keep agriculture financially viable for our community. There are also funds to support job seekers and employers through our Workforce Services.

Restoring Good Health – The budget funds an expansion of our Mobile Crisis Unit to make the service available 24 hours a day seven days a week. This critical service is supported by the Sheriff and is already saving lives in Frederick County. There are also funds to create a permanent satellite office for the Health Department on the Golden Mile.

Advancing Equity – Improving equity within Frederick County Government will help us to reflect the community we serve, and this budget will help us to achieve that goal. It also includes \$83,000 for the Heritage Center being built by AARCH (African American Resources Culture Heritage), the County's Black historical society. The budget also funds eco-

Frederick County rescinds public gathering regulations

On May 25th, The Frederick County Board of Health rescinded Regulation 01-2021, which had been approved by the Board on March 23 and included a requirement for certain public gatherings of 100 or more to provide to the Health Department information about the gathering. This requirement is no longer in place.

"This change is possible thanks to our improving metrics, fewer cases and hospitalizations, and increasing

vaccinations," says Frederick County Health Officer Dr. Barbara Brookmyer. "We are excited by the progress being made in Frederick County as we're working hard to reduce the spread of COVID-19 in our community. Vaccinations are an important part of this fight. I want to encourage everyone who hasn't yet been vaccinated to please make an appointment or walk in to one of our clinics. It's free, it's easy, and it works."

economic empowerment programs.

Taking Care of People – We can ensure safe communities by funding contracts for law enforcement, correctional officers and firefighters. The proposed budget also provides \$1 million for Community Partnership Grants for non-profits that serve Frederick County residents.

Valuing County Workers – County employees deliver effective and efficient services every day. The budget begins a multi-year phase-in of a new pay scale for employees. It also sets a minimum full-time salary for County workers at \$15 an hour.

Building a Better Future – The proposed budget includes construction of new schools, libraries, bridges, and parks in every area of the county. The map I've included shows all the projects in Council District 5. It includes

a limited renovation of Thurmont Elementary School, and several bridges. Development of the Kanode Farm Park, a new North County Regional Park near Emmitsburg, and historic and interpretive programs related to the homestead at Utica District Park are also included in the budget.

Protecting taxpayers – We live within our means in Frederick County. For the seventh straight year, my proposed budget does not raise taxes. It fully funds pensions and protects our coveted AAA bond rating.

Fiscal Year 2022 begins July 1, 2021. The County Council will vote on the budget later this month.

I am proud that Frederick County lives within our means while providing outstanding services. You can find the proposed FY22 budget at www.FrederickCountyMD.gov/budget.

continued from previous page

that thousands of residents have no access to broadband service, and many more are underserved with slow or spotty connectivity.

"We know that bringing connectivity to unserved and underserved areas of the county supports our economy, and allows work and education to happen anywhere, anytime," Executive Gardner said. "The pilot program in Rocky Ridge is a small step. We know it will take a combination of approaches over several years to close the digital divide in our community."

The grant Frederick County received is to support the expansion of broadband into rural areas in coordination with a private internet service provider. Comcast, which maintains an extensive network in more densely populated areas of the county, agreed to partner on the pilot project. Details of the project will be determined in the coming weeks, including the route of the network. Individual property owners along the route will choose whether to connect their properties to Comcast's infrastructure.

The Rural Broadband Study estimated that it will cost \$20.5 million to run a "backbone" network of fiber to connect three geographic areas of Frederick County that currently are not served by broadband. A fixed-wireless network could also help to bring broadband to unserved and underserved rural areas. County Executive's proposed budget for Fiscal Year 2022 includes a \$1 million investment to advance solutions for rural broadband.

The Rural Broadband Study is available online at www.FrederickCountyMD.gov/8142/Rural-Broadband-Information. The public information briefing can be viewed at www.FrederickCountyMD.gov/FCGtv.

band-Information. The public information briefing can be viewed at www.FrederickCountyMD.gov/FCGtv.



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THESE ITEMS ARE NOT ACCEPTED:
PAINT. Alkaline batteries, ammunition, antifreeze, tires, medical & biohazard waste, explosives, fire extinguishers, diesel fuel, hydraulic fluid, kerosene, lead acid batteries, medicine, motor oil, pressurized tanks (such as propane, butane, freon, oxygen, etc.), radioactive materials. NO regular trash or recyclables.

For detailed info, including proper handling of items not accepted at the event, use the RECYCLE COACH app, visit our website, or call 301-600-2960.

Sign up for automatic reminders for this event at WWW.FREDERICKCOUNTYMD.GOV/HAZWASTE

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FROM THE DESK OF...

Carroll Valley Mayor Ron Harris

It is June and warm. COVID-19 cases are declining as more people get vaccinated. Primary elections are over. In June, we celebrate National Flag Day on Monday, June 14th. Although Flag Day is not an official federal holiday, Pennsylvania celebrates the day as a state holiday. Remember, the flag is flown from sunrise to sunset. The flag should never fly at night without a light on it. Father's Day will be celebrated on Sunday, June 20th. It is a day set aside to spend some quality time with dad, grandfather, and great-grandfather or father figure. During that night of June 20th at 11:32 pm EDT, the summer officially begins.

The Carroll Valley 2021 Primary Election ran smoothly through the efforts of our dedicated poll workers. To see the results, please go to Adamscounty.us. On the homepage, click 2021 Primary Election Results in the Highlights window and choose whether you are interested in the Election Summary or

Precinct Summary. Thank you to our residents who voted in person or by mail-in ballot. To those who voted in person and stopped to talk, it was a great time to catch up on family and friends' news after a year of isolation. Thank you all. Keep well! Remember, school is out. Watch your speed on the trails. If you have any questions, please call me at 301-606-2021 or email me at MayorRonHarris@comcast.net.

The Central Pennsylvania Blood Bank will be holding their Blood Drive on Thursday, June 10th from noon to 5 p.m. in the council meeting room at the Carroll Valley Borough located at 5685 Fairfield Road. Everyone will receive a certificate for a Free Medium Blizzard at Dairy Queen! The two ways to schedule your donation appointment are to enter the following in your browser 717GiveBlood.org and click on Donate Now or call 800-771-0059. A form of ID is required to donate. The Blood

Bank strongly suggests you schedule an appointment to help the Blood Bank improve your donation experience. Walk-ins are always welcome; however, donors with appointments will be taken first, resulting in a significant wait time for those without appointments. Masks are required. If you are not wearing a mask, a mask will be provided for you to wear.

The Adams Regional Emergency Medical Services (AREMS) 2021-2022 Subscription Drive is going on now. It is once again that time of year to enroll in the Ambulance Subscription Program. While you still receive emergency ambulance service if you do not subscribe to the program, AREMS strongly encourages you to participate to avoid costs beyond what typical insurance will cover. You should be aware that you must have a minimum of a primary insurance plan to be eligible to join this ambulance membership. Two benefits of joining AREMS Ambulance Services are helping your local

emergency medical services provide quality emergency services. Secondly, you are eliminating your out-of-pocket expenses under certain circumstances. The cost of emergency services could cost over \$1,100. By becoming a "member," AREMS will waive any unpaid balances (excluding deductibles & copays) for emergency service after your insurance company processes your bill. Questions, call 717 624-7456.

The Carroll Valley Library June online program segments videoed at 11 a.m. and available to watch shortly afterward on the library's Facebook page are: Wednesday, June 2nd – Summer Fitness, Personal Trainer Holly Forrest, discusses ways to stay fit in the summer!; Monday, June 14th – Flying Gliders, Teen pilot Ross C., teaches you the basics about flying gliders!; Wednesday, June 16th at 6:30 p.m. – Kindergarten Here I Come! Fairfield Elementary Edition, Fairfield Kindergarten teacher, Mrs. Spalding, reads us a story!; Monday, June 21st – Lightning Bug Craft, Watch and learn how to make a fantastic

lightning bug craft and Monday, June 28th – Popsicle Craft, Watch and learn how to make a cute popsicle craft. Pick up the supplies for both programs at the Carroll Valley Library. The Summer Fitness and Flying Gliders program will also be on the Adams County Library's YouTube channel.

The Carroll Valley 2021 Primary Election ran smoothly through the efforts of our dedicated poll workers. To see the results, please go to Adamscounty.us. On the homepage, click 2021 Primary Election Results in the Highlights window and choose whether you are interested in the Election Summary or Precinct Summary. Thank you to our residents who voted in person or by mail-in ballot. To those who voted in person and stopped to talk, it was a great time to catch up on family and friends' news after a year of isolation. Thank you all. Keep well! Remember, school is out. Watch your speed on the trails. If you have any questions, please call me at 301-606-2021 or email me at MayorRonHarris@comcast.net.

Liberty Township Supervisor Walter Barlow

April and the first part of May were very active in Liberty Township. A few weeks ago, the Township Road Crew removed 11 trees from the roadways in less than 24 hours during the high winds. Please be mindful of hazardous trees and other road issues and promptly call the township maintenance office so they can be addressed.

Base Repair was completed on Irishtown Road but unfortunately, while performing the planned road work we discovered that additional base repair was needed before the tar and chip could be applied. To cover the cost of the additional repairs and stay within the budget, we had to remove McGlaughlin Road from the Road Project List for 2021 and reschedule it for 2022. Base repair was completed on Brent Road without any problems. Patchwork was completed on Bullfrog Road

at the Hamiltonban Township/ Liberty Township municipal line.

The roads are ready for tar and chip and then fog seal and we hope to have that work scheduled by June. We are still expecting a few bids to tar and chip Old Waynesboro Road. Also in June, we will begin replacing outdated road signs. The second grass cutting along the roads for this year has begun. The grass is growing very quickly, and we plan to maintain mowing regularly. Please be aware of the signs in place during road work and navigate safely through the work zones.

The Fairfield Fire Department Chief attended our public meeting on May 4, 2021 to discuss the Fire Protection and Development Standards Manual that we are reviewing. Some of the standards are already covered under the UCC which Liberty Township opted into in 2016. We plan to

address some of the Fire Protection and Development Standards that are not covered by the UCC, particularly driveway widths at the entrances from the Township roads. Most fire apparatus is eight feet wide, and driveways needs to be a minimum of ten feet wide to allow proper access for emergency vehicles to reach the homes. We plan to look in to this further and implement some practical solutions in the coming year.

Another concern brought to our attention is that some homes in Liberty Township are without the proper required visible reflective address markings which allows EMS to identify a home. We do have a township ordinance that requires all residents to identify their home address with a reflective address sign on your property. We highly encourage everyone to make sure their home address is easily identifiable for EMS and that they remain in compliance with the ordinance as this

is a life-saving issue. The address markers must be a minimum of four inches in height, with a minimum stroke width of 0.5 inch, and the color of the numbers to contrast with the immediate background and must be placed as to be in full view from the opposite side of the street.

The gutters on the township building have been replaced, but we are still waiting on the leaf guards to be installed. Additionally, we are seeking appraisals for new flooring in the township building. The current floor is 30 plus years old and is in need of repair. Trying to clean it and strip it has become problematic. Replacing the floor seems to be the best solution. The municipal contract for trash pickup is up for renewal. Liberty Township residents wishing to give feedback on the service of the current contractor should submit comments in writing to the Township before June 30.

Be sure to check out our Township Web Page on the municipalities link through the adamscounty.us website. We update it regularly with important information for our residents. We will begin working on the 2022 annual budget this Summer to have it completed and adopted by the December 31 deadline. We invite the public to participate in our meetings on the first Tuesday of every month at 7:30 p.m. If you cannot come to our meetings, you can view them on YouTube, and you can participate in public comments by using the call-in line.

I am grateful for the staff that we have at Liberty Township and commend them all for a job well done. We are actively looking to hire a person for the Township Road Crew for help as needed. You must be 18 years old to apply. We encourage anyone who may be interested to obtain an application from the Township office.

Thank you for allowing me to serve you as one of your Supervisors of Liberty Township.

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GOVERNMENT—NORTH OF THE BORDER

County Commissioner Marty Qually

Beginning in 2014, the Adams County Commissioners and the Adams County Office of Planning and Development (ACOPD) embarked on an effort to determine the economic impact of important Adams County agricultural industries. The first study was completed in 2017. It determined the economic impact of the historic South Mountain Fruit Belt in Adams County contributed \$580 million annually to the local economy. Moving forward, in 2019 ACOPD began working to study the next agricultural industry's economic impact in the county: the equine industry.

This article is taken largely from the report, which is posted on the county web site at www.adamscounty.us/Dept/Planning. While the study should be read in its entirety, I'll skip to the end and let you know that annually the equine industry contributes \$49,023,000 to our local economy. While that is dwarfed by our largest industries, tourism and fruit production and processing, it represents a significant portion of our local economy.

The study of the County's equine industry was chosen for several reasons. The last statewide study of the equine industry was conducted and published by Penn State University in 2003, but there has never been a study focused exclusively on Adams County. According to the 2017 Census of Agriculture, the equine industry's market value in Adams County currently ranks fourth out of 63 counties in Pennsylvania. This indi-

cates that this industry would likely be an important sector within the local economy, and information that demonstrates this overall impact would prove important information for local government and businesses.

Adams County was not included in the 2017 Impact of the Equine Industry on the Economy of Southeastern Pennsylvania study conducted by Delaware Valley University. Additionally, the 2003 Pennsylvania's Equine Industry Inventory, Basic Economic and Demographic Characteristics report conducted by Penn State University is outdated and only provided basic information at a regional scale. Recently, there have also been proposed budget cuts by the Governor's office to the Pennsylvania Race Horse Development Trust Fund potentially threatening the survival of Standardbred racing industry in Pennsylvania. When considering possible budget concerns that may impact an important local industry, it became a high priority to complete a study that could demonstrate this industry's great importance.

The Economic Impact Assessment of the Equine Industry in Adams County has been completed by ACOPD and The Chesapeake Group. The purpose of this study was to determine the various economic impacts of this specific industry within the county, while considering a full range of equine-related activities. Doing so has demonstrated areas within the industry that would benefit from further growth.

Several suggestions directed towards a variety of groups will be offered that will help in maintaining and enhancing the industry, as well as assist in possible expansion of its potential. This information will be provided to policymakers in government, those who work within the equine industry, and the public to demonstrate the importance of the industry to Adams County.

The economic impact is based on the number of equines, spending on upkeep and care of the animals, use of the equine, and recirculation or multiplier of the dollars spent in the local economy attributed to the animals. While the equine industry's measurable economic impact is substantial, so is the non-measurable impact. Adams County's image is typically based on three primary characteristics. These are its preserved historical assets, role in this country's history, and its rural character. This county's rural character contributes to the quality of life and the desirable nature as a place to live.

Perhaps the most fundamental factor in preserving the character and related quality of life is the equine component of the agricultural activity. While Adams County is best known for its abundant fruit orchards, that segment of agriculture is focused in a specific geographic area of the county that provides the ideal land and soil conditions. Most of the equine industry is densely populated in a few areas, but one will also find

smaller concentrations dispersed throughout the county. The only limiting factors for having a horse with pastureland in Adams County seem to be a potential lack of land and inflexible zoning regulations.

In 2010 Adams County was the 10th fastest growing county in Pennsylvania. Since then, the county's population growth has slowed, and from 2010 through 2019 grew by only 1.58 percent. Although the percent of population increase has dropped, 12,000 acres were proposed for conversion to new development during that time. The conversion of farmland to residential development can lead to land use conflicts. There will be pressure to not allow livestock facilities, including facilities housing horses, as this type of development encroaches on rural activity.

Conflicts could occur because of those who relocate to the county from other areas with different environments. Wind direction and airflow that spread odors related to farming in general and breeding specifically can be viewed as a nuisance by neighboring residential developments. The Pennsylvania Act 43 Agricultural Security Area Law does give some protection for landowners from local ordinances or nuisance lawsuits affecting normal farming practices. County and local jurisdictions should examine the unity of horse farms in and around rural residential settings to ensure that horse ownership is facilitated to maintain the character of Adams County.

Continuous development within South Central Pennsylvania counties east of Adams County provides an opportunity to attract equine activity to this area and expand upon what is already in place. Adams County attracts horse owners because of the rural landscapes surrounding the historic communities. Open space and pastureland are commonly available in the real-estate market. In cooperation with active realtors in the area, Adams County should develop a targeted marketing effort geared toward attracting residents that want to or do own businesses that serve the equine industry. This can be done at minimal out-of-pocket costs by employing social media, among other things.

There is also an opportunity to expand equine-related agritourism activities including events, training, boarding, and others. Adams County should market this activity cooperatively with other historical and agricultural events marketing. Townships should also be encouraged to develop flexibility in their ordinances to allow for these types of activities. This will not only allow for an expansion of the industry itself, but on a smaller scale could allow farmers to maintain their land for longer periods of time by having the ability to generate additional revenue.

To see the complete Adams County Equine Study go to the Adams County Planning website at www.adamscounty.us/Dept/Planning/ and check out the publications section.

County Notes...

PA Treasury Now Processing Payments for Property Tax/Rent Rebate Program

Pennsylvania Treasurer Stacy Garrity announced that the state Treasury has started processing payments for its annual Property Tax/Rent Rebate Program. Eligible Pennsylvanians can still apply through June 30, to receive a rebate. Direct deposit payments are scheduled to be sent to recipients on July 1, while check payments are scheduled to be mailed on June 30.

Garrity encourages applicants to sign up for the direct deposit option because it is more secure than sending paper checks, it will help ensure that payments are received on time, and it will cut the cost of administering the program. The program benefits about 550,000 Pennsylvanians each year with approximately \$250 million in rebate payments. If you have questions about the Property Tax/Rent Rebate program, contact the Area Agency on Aging or a Department of Revenue district office.

Farmer's Market Vouchers for Eligible Adams Seniors

The Adams County Office for Aging (ACOFA) is partnering with the Pennsylvania Department of Agriculture to bring fresh,

locally grown produce to eligible seniors through the Farmers Market Nutrition Program. This program has benefitted our lower income seniors by providing vouchers valued at a total of \$24 for individuals or \$48 for couples, which can be used to purchase fresh fruits and vegetables at participating farmers markets through November.

To apply, call 717-334-9296, visit one of the seven senior centers in Adams County or click here. Vouchers will be available on Senior's Day, Saturday, June 5, at the Adams County Farmer's Market.

Beginning June 7, vouchers will also be available at the ACOFA and area senior centers. Eligible seniors must reside in Adams County, be 60 years old or older by the end of the year and meet income requirements. The annual individual income limit is \$28,828; the limit for couples is \$32,227.

REAL ID Deadline Postponed to 2023

The U.S. Department of Homeland Security (DHS) announced it is extending the enforcement deadline for REAL ID to May 3, 2023. The DHS cited ongoing pandemic restrictions that have hampered efforts by states to process and issue

the enhanced driver licenses and identification cards. While Pennsylvania residents are not required to obtain a REAL ID, a federally accepted form of identification, such as a Pennsylvania REAL ID

driver's license or ID card, a valid U.S. passport/passport card or a military ID will be required to board a domestic commercial flight or enter a secure federal building or military installation after on and after the

enforcement deadline. PennDOT will continue to offer standard-issue driver's licenses and photo IDs. For more information about REAL ID and how to obtain one, visit PennDOT.gov/REALID.



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<p>**ACTIVE LOTS**</p> <p>62 Fruitwood Tr., Carroll Valley, PA - Beautiful High sitting ac., conventional perk, well w/ 15 GPM, ready for your home!.....\$48,900</p> <p>4 Fernwood Tr., Carroll Valley, PA - 0.86 ac., perc. approved, by Siki Liberty.....\$27,900</p> <p>4 Fir Tr., Carroll Valley, PA - 0.79 ac., perc approved, near Gettysburg.....\$14,000</p> <p>3 Spring Tr., Carroll Valley, PA - 0.66 ac., perc appr., corner lot, wooded.....\$30,000</p> <p>15 Brown Tr., Carroll Valley, PA - Low price Low perc rate, near skiing & golf...\$23,900</p> <p>16 Mason Dixon Tr., Carroll Valley, PA 0.94 ac., perc test needed, level...\$18,500</p>	<p>**UNDER CONTRACT**</p> <p>248 N. Apache Tr., Fairfield, PA</p> <p>Unique one-of-a-kind home with so many quality features on 2.51 ac. 3 BR, 4 BA</p> <p style="text-align: right;">\$365,000</p>	<p>****SOLD****</p> <p>30 E. Main St., Fairfield, PA</p> <p>4 BR, 2 BA. Colonial built in 1880, detached garage.</p> <p style="text-align: right;">\$220,000</p>	
<p>**UNDER CONTRACT**</p> <p>1001 Five Forks Ln., Carroll Valley, PA 14 ac. parcel well away from the crowds. Near skiing, golf & Gettysburg...\$125,000</p> <p>13 Oak Ridge Tr., Carroll Valley, PA 0.61 ac., low perc rate, well drilled, Motivated seller!.....\$36,000</p>			<p>5600 Fairfield Rd., Carroll Valley, PA 1.78 ac., 487 foot road frontage..... \$350,000</p>

COMMENTARY

Words From Winterbilt

Division and reality

Shannon Bohrer

Last year the country seemed more divided than ever, and the divisions revolved around science and facts, what is real, or what is not real. History tells us that we have been here before. Science is real.

When the pandemic first appeared, we heard rumors that many people believed to be fact but were not true. A store clerk told me that the State of Maryland was going to be locked down on a Friday evening. Nobody was going to be allowed to leave and none could enter. The clerk said she heard this from a National Guard member. It never happened.

Early in the pandemic, we heard that the virus was created by Microsoft. Microsoft was going to manufacture the vaccine, and each dose would insert a micro-chip in everyone. Later we heard that it was the Chinese, then the Russians, which created the virus for the express purpose of creating a vaccine. We also heard that the vaccine was created with the virus. The Chinese and the Russians would then sell us the vaccines. Of course, the vaccines, from the Chinese and the Russians, would also contain a microchip.

One conspiracy theory concerned the testing. When testing for the virus, the tester gently, takes a swab of

your nasal mucus. I say gently unless the tester was a former stone driller from a rock quarry. Apparently, some of the testers believed the nasal passage extends to the top of one's head. The conspiracy theory around testing was that the government was stealing your DNA for use in developing future Covid strains. A counter-theory was that during the testing, "they", you know -the ubiquitous "they", were inserting microchips.

We heard from conspiracy theory politicians and pundits that the pandemic was a hoax, and that Covid-19 was not that serious, no more deadly than the annual flu. Even when the number of deaths increased, they still maintained it was not that dangerous. And, when the numbers continued to grow, they asserted the numbers were padded with deaths from other causes. At one point, deaths in the State of Florida from Covid dropped dramatically. However, just by coincidence, deaths from pneumonia in Florida increased dramatically during the same time.

There were conspiracy theories that hospitals were padding the number of Covid deaths because hospitals were being paid more for Covid deaths. Covid patients are hospitalized longer, require more care, and use ventilators, the hospital bill for Covid patients is larger than most of the other illnesses. But that does not

mean they were falsifying the numbers of patients being treated.

Early in the pandemic, we were told that wearing a mask was not needed and not encouraged. Later, when sufficient personal protective equipment was secured, mask-wearing by the public was encouraged. After which, we heard that wearing a mask was a government conspiracy. The theory being that if the government could make everyone wear a mask, then the government could extend its control over the citizens. The conspiracy included that if they can make you wear a mask, they can take your guns away.

When states began lockdowns and closing schools, the conspiracist believed this was a step too far, the first step in ultimate government control. They believed that our government wanted to control what we wore and where we went. In some circles, it was said that we were moving in the direction of communism, socialism, or even worse - fascism. (As a side note, Antifa is an acronym for a belief, which means anti-fascist and anti-racist.) Being anti-fascist and anti-racist is a good thing. I like a democracy, not fascism, and I want laws and policies that prohibit racism. While I support Antifa's cause, I do not endorse any lawlessness - from any side.

According to some conspiracists, wearing a mask and controlling where people can gather, including the num-

ber of people, is a freedom and liberty issue. The supposedly excessive and abusive actions by governments were protested by purportedly freedom-minded individuals and groups. The individuals and groups were so worried about the loss of their liberties; they protested while dressed in military and combat attire, armed with semiautomatic assault weapons. Some were even carrying signs, asserting their right to protest and carry firearms.

The specific freedom and liberty issues they felt they were protecting are not in our constitution, they believe they were implied. The protesters espoused they were patriots, protecting you from the government. I understand that many of us have a government trust issue. However, many of us have a greater trust issue with individuals who play military dress-up, carry assault weapons, and tell us how government overreach is requiring people to wear a mask. The credibility of the conspiracist was further questioned when they planned to kidnap a governor. If one believes that government overreach is a problem, should not kidnapping a governor be a problem? If the protestors take over to protect us from our government, that is not just an overreach, it is an insurrection.

Many have questioned the origins of the untruths, the conspiracy theories. We have always had and will continue to have conspiracy theories, most of which have been confined to

fringe groups. However, the "alternative facts" and "other truths" have blossomed during the previous four years. It has been well established that some media outlets have published false and divisive untruths.

During Trumps' second impeachment, Fiona Hill said that members of Congress should stop the "fictional narrative" around Ukraine's involvement in our election "because it plays into Vladimir Putin's hands."

It is well documented that the GRU, the Russian Military Intelligence, is the origin of many untruths, including the virus. Russia's best interest, from their perspective, is to divide America and denigrate our democracy. It is easier to conquer your enemies with internal division, than to fight them.

Autocratic leaders feel threatened when democracies work. It threatens them. The Russians can put out false stories, knowing they have help from some of our citizens and politicians, and even some media outlets.

"A free people ought to be constantly awake, since history and experience prove that foreign influence is one of the most baneful foes of Republican Government"

—George Washington's farewell address, 1796

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

American Mind

Cancel what?

Mark Greathouse

I'd hoped to send hugs and kisses from Pépé Le Pew, but the wee little skunk is cancel-culture roadkill.

The news media labels it 'cancel culture.' It's better known as censorship. Cancel culture tears at the fabric of our Constitution. Its sinister web is complicated. It thrives inside a bubble of ignorance. Trying to help folks understand what's going on today is like going back into a burning building to rescue someone only to have them resist while demanding evidence that the building is on fire while the flames lick their feet.

Since we live in a culture rampant with labeling, I'll refer to the cancel culturalists as 'Controllers' and 'Erasers.' Controllers include academia, government, politicians, big tech, librarians, celebrities, and pseudo-journalists. Erasers are the elements that actually do the cancelling: rioters toppling statues, social media mobs demanding boycotts, politicians seeking to silence dissent, media moguls suspending accounts, professors threatening student free speech, neighbor turning on neighbor, fact checkers determining 'community standards,' and librarians withdrawing or deleting books they disagree with. It's about artificial walls and divisions being embedded into our culture.

George Orwell is surely laughing from his grave. The Ministry of Truth, Newspeak, Doublethink...all the manifest contradictions embedded in his dystopian novel 1984 have come to roost. 'War is peace. Freedom is slavery. Ignorance is strength.' Pick a dystopian film, and you'll find elements

of the Controllers and Erasers. The Matrix...Fahrenheit 451...Soylent Green...The Fifth Element...Hunger Games...and more.

Cancel culture isn't new. Only speed and methods have changed. Ever-lurking fear is its medium of exchange, its monétaire du jour. Roman Emperor Nero seeking scapegoats for his largesse cancelled Christians. Old west settlers cancelled Native Americans. Abraham Lincoln cancelled habeas corpus. Josef Stalin cancelled images in photos of enemies he'd eliminated. Adolf Hitler cancelled Jews. Make no mistake, cancel culture fully leverages fear to exact control.

Controllers. Erasers. It's not about cartoons and statues, not about films and books, it's about a fundamental amorality seeping through our society. It's about control of what we see, hear, and do; controlling minds and thus erasing anything that certain self-appointed elitist elements - both politically far left and far right - deem offensive for not toeing along some ill-defined ideological line. The Controllers seek power through control of the masses, while the Erasers are the useful idiot byproducts of education system indoctrination run amok.

The USSR epitomized cancel culture. I recently listened to an elderly woman's story of escape from Communist East Germany in the 1950s. She tearfully told of her own father stealing the money she'd saved to help bribe her way to escape. He reported her to authorities. By sheer luck, she won a lottery to accompany a diplomatic delegation to Berlin. There, she managed to escape to freedom and eventually to the United States. She's horrified by what

she sees in her adopted country today. Her story could as well be that of a rafter escaping Communist Cuba, a refugee from Communist Venezuela slipping across the border to Columbia...but wait...there's a common thread here. These folks are desperate to escape from totalitarian Communist government control. They've suffered under cancel culture on steroids.

Why should cancel culture concern us in the United States? Where is it headed? How might we best counter it? At risk of being labelled some sort of whacko right-wing McCarthy-style extremist, I contend that America is inexorably moving toward full-blown socialism and its inevitable slide toward totalitarianism. I fully believe that every American should read and be able to discuss Karl Marx's Communist Manifesto, Saul Alinsky's Rules for Radicals, and Friedrich Hayek's The Road to Serfdom, to gain a fuller understanding of the crisis our nation faces. Marx wrote the playbook, Alinsky put it into play, and Hayek called them out. By understanding them, we learn that cancel culture is only a piece of a broader agenda. Cancel education, family, religion, private property...uh-oh, that's Marx's playbook. For an eye-opener based upon hard evidence, read Dr. Paul Kenner's Dupes, which traces Communism in America over the past century. Little wonder that our international enemies are using our own manufactured divisiveness to bring us down.

On the political side, we seem to be experiencing a vindictiveness that transcends common sense. I call it systemic leftism. Politicians actually call for blacklisting anyone associated with former President Trump. How can that be!? Americans don't create lists toward cancelling folks we don't like or

don't agree with. Do we? It reeks of the USSR, Nazi Germany, or Communist China. How about college speaker invitations rescinded per student protest, speakers shouted down, or social media accounts cancelled?

One common thread that runs through cancel culture is disinformation. This is as opposed to misinformation which is purely accidental. The Russians are exceptionally good at disinformation, or dezinformatsiya, the lie aimed at achieving a political end. But the United States is catching up. Journalists and politicians are ensnared in a symbiotic web of lies aimed to mislead the public. An example of cancellation via disinformation is the 1619 Project now being foisted on many of our public schools. It claims that our nation began when 20 slaves were brought to Virginia. First, the United States hadn't even been envisioned in 1619, and second a pirate ship traded 20 slaves to the Jamestown settlers. Jamestown didn't support slavery so made the 20 slaves indentured servants who eventually earned their freedom. Bottom line: if history can be canceled, it can be rewritten to suit a particular narrative.

Have you heard the Alinsky-inspired phrase 'never let a crisis go to waste?' It works in parallel with 'divide and conquer.' This thinking pervades cancel culture by orders-of-magnitude greater than mindlessly toppling statues or erasing athletic team names. Conjure treasonous international plots or predictions of environmental disasters. How about a legitimate COVID-19 pandemic crisis with vast world-wide reach coopted by political forces to cancel a successful economy. Let the people suffer ostensibly for something camouflaged as a greater good, but actually aimed at greater

government control. Spew disinformation...move the goalposts. Cancel a sitting president, cancel jobs, cancel peaceful citizens, etcetera, etcetera. China builds a huge military while America tears down statues and cancels its economy. Ask yourself why our leaders take no action against Controllers and Erasers? Dare we let disinformation get in the way of truth? Heaven-forbid the inconvenience of opposing viewpoints lest you be cancelled or doxed.

Cancel culture boils down to a fundamental erosion of respect for our nation and its people. Disrespect? Check out 2 Timothy 3:2-13 defining disrespect in calling out self-love, parental disobedience, treason, slander, corruption, deception, and more. Arguably, history shows that godless societies ultimately fail, as morality - and with it, mutual respect - becomes undefinable and thereby lost. Our nation is dying from a thousand cuts. Our Constitution must be defended, our military strengthened, and religion brought back to the public square. I believe that white supremacists, antifa rioters, campus censors, big-tech black-listers, and their ilk can only be defeated and our Constitution protected from the Controllers and Erasers by a return to the respectfulness found in strong faith-based morality. As communities thrive in facing up to the same risks and desiring the same rewards, the inherent risks and fears of divisiveness will disappear. We must show cancel culture for the contrivance that it is by refusing to yield to it. America and our freedoms are at stake. Truth sets us free.

Just sayin'.

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The Bulwark

The GOP's telltale signs of authoritarianism

Benjamin Parker
Senior editor at The Bulwark

Trump dominates its money and its mind. The Republican Party is an authoritarian party, not just in its unabashed hostility to democracy and the rule of law, but also in its internal organization. It exhibits many of the classic signs of authoritarianism, with many of the attendant strengths and vulnerabilities.

Trump's path to power in the Republican Party would be familiar to many authoritarian leaders. He won the 2016 nomination with just a plurality of the popular vote, and once in office used his influence to ensure a future vote couldn't threaten his hold on power within the party. He merged his fundraising organization with that of the Republican National Committee in December 2018, long before the 2020 primaries had even begun or any of Trump's three challengers for the nomination had announced their candidacies. Like other authoritarians, Trump and his courtiers took a belt-and-suspenders approach to election rigging, convincing the Republican party committees in several early primary states to cancel their contests. (This was not an unprecedented move, but it was never so clearly part of an authoritarian pattern.)

Having been established as the GOP's undisputed ruler, Trump is encountering some of the headaches and tensions common to all

autocrats. The first and most obvious is the lack of a clear succession principle. In 2020, the party proudly defined itself as an organization devoted to Trump, forgoing the creation of a party platform beyond 'We Love Trump.' No wonder other notables who would seem to have their own independent bases of support, like Nikki Haley and Sen. Mitch McConnell, can't bring themselves to quit him, and dissidents like Reps. Liz Cheney and Adam Kinzinger face de facto excommunication. How could any of them make a claim to become the new leader of the party if the party only exists to serve the current leader? Because actively opposing Trump is impossible, Republicans with presidential ambitions have no choice but to ingratiate themselves with him in the hope of gaining an advantageous position in the squabble for his endorsement should he choose not to run.

Another issue common to both authoritarian regimes and the Trump-era Republican party is the paucity of trustworthy, honest information. Most autocrats struggle to figure out who is telling them the truth and who is a yes-man—the incentives of lower-level officials to inflate their success to their superiors are infamous. Trump embraces the problem, eschewing anyone who dares to give him bad news.

And then, of course, there's the brain drain. One of the problems of strangling and restricting a soci-

ety for political expediency is that there are always other options. The people with the most human capital—extraordinary abilities, intelligence, skills, etc.—are the most likely to defect. The Soviet Union and its allies leaked talent at an extraordinary rate. Judging by how many former Republican luminaries have publicly broken with Trump, the Republican Party, or both, its brain drain could be even quicker.

The Republican Party has shed many of its legal, economic, foreign policy, and political experts—the very people who enabled it to govern. Its new leading legal light is Rudy Giuliani. Its foreign policy guru is . . . maybe Sen. Rand Paul? (Sorry, Mike Pompeo.) Its most accomplished economist is Larry Kudlow.

The Trumpist "intellectual" movement is a bit like the Soviets' ersatz space shuttle—it never really got off the ground.

To Trump and his supporters, this is all an asset, not a liability. Sycophants are the only people who won't threaten the power structure. But in the long run, the imperatives of internal politics conflict with those of external politics. At least in theory, a political party's purpose is to win and hold power. How is the Republican party supposed to do that if all the smart, experienced, well-trained, well-organized people have left the party?

For Trump, there's another advantage to the brain drain, too: Ideological and political flexibility. Before Germany invaded the Soviet Union, Communists around the world defended Hitler as a co-belligerent against decadent international capitalism. After



the Panzers crossed the border, fascism became communism's chief ideological enemy. Funny how that works: Only an authoritarian party could object to the corruption of the swamp while waving away Trump's self-dealing. No consensus-driven organization could, as the GOP did with regard to North Korea, pirouette with such fluidity from "fire and fury" to love letters. A party that took its policy preferences seriously couldn't possibly replace Cheney with Rep. Elise Stefanik in its leadership because the former was somehow insufficiently loyal to the party.

There's an indication that Trump is getting better at being an authoritarian ruler. For example, during the post-election turmoil, he encountered for the first time the problem of regional elites who were incompletely restrained by his power vertical. State officials in Arizona, Michigan, Georgia, and Pennsylvania refused to overturn the election results. Next time he'll know better how to prevent that from happening.

There's nothing authoritarians fear more than successful free and democratic societies on their borders. Hence Putin's disdain for Ukraine, Xi Jinping's aggression toward Taiwan, and seven uninterrupted decades of North Korean hostility toward South Korea. As the Republican party gets more and more autocratic, the best thing the rest of the country can do is make the alternative as attractive as possible by demonstrating that small-d democratic politics is capable of governing well and wisely.

The Bulwark is a news network launched in 2018 dedicated to providing political analysis and reporting free from the constraints of partisan loyalties or tribal prejudices. To read other commentaries by Bulwark's authors, podcasts, or to sign up for their daily newsletters on political affairs, visit www.TheBulwark.com. The Bulwark is a project of Defending Democracy Together Institute, a 501(c)(3) organization.

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Down Under

The strength of democracy

Submitted by Lindsay
Melbourne, Australia

Laughter—the most civilized music in the world
—Peter Ustinov, 1977

Let me begin by asking you a question: What is the one thing that people in dictatorships cannot do?

Having thought about that for a couple of seconds, let me add a clue: It is something everyone in a democracy does. Yes? Well, what we do and they can't, is laugh. People in democracies know they have the freedom to at least do that. Citizens in dictatorships dare not, and, if it becomes the way things have been for generations, they will lose the ability to do so.

No matter the disadvantages of the society, the hardships and corruption, those that live in democracies retain that freedom, the desire and ability to laugh.

But dictators do not laugh. They cannot be seen as having feelings of kindness or tolerance, because their power is dependent on total obedience; they know their way is the only way. Think about it: Lenin was aware of the peasant's plights — did he

smile in sympathy? Joseph Stalin was not known for his jokes, Mao for his kindness, Kim Jon-un for his care? No, they were not.

In Russia's case there were good reasons for the revolt that led to Lenin and Stalin, and that revolution had merit, except for one thing: One person in charge has absolute power. The citizens had had centuries of deprivation, but were used to it, and had a kind of freedom, but when Lenin took over that was lost. The only way to express their feelings were by subtlety and black humour. The best examples are Shostakovich and Solzhenitsyn, as art will never die, but terror still came to rule.

The greatest sadness is that the work of the American Relief Administration was stopped, the one chance Russia had of seeing the benefits of Democracy. And, even more importantly, the chance for America to learn that helping others without expecting profit, indeed at considerable cost, would actually make them great in the eyes of the world.

This now unknown organisation was begun by Herbert Hoover (surely the greatest statesman you have ever had) in 1919, and some 300 hundred young American men who volunteered so that the shocking plight of most of the population could be allevi-

ated. Although Lenin took the credit, he was furious that it was undermining his authority and stopped it. I'd recommend you read the book, 'The Russian Job' by Douglas Smith to see the results — for both countries.

China is a vastly different case. It has been ruled by emperors since the dawn of history, men whose word was law, so citizens had a built-in fear of seeming to ridicule their leaders; even so, they have still retained their own way of expressing the need for a laugh. Xi Jinping has done what Lenin did not — brought millions out of poverty, and turned his country into a commercial success. Most citizens seem happy with this, and although repression and re-education is in force, the aim of making the country a unified one is going ahead.

The difference is fundamental: Although both were or are dictators, Lenin put his own values ahead of the citizenry, Jinping puts his country first; actually, he puts his kingdom first Democracy has come in for a lot of criticism in recent years, as it seemed to be failing in its goal, of giving the 'Dems' their 'Government', which is not surprising, as over the years the idea has been diluted, whittled away until it had become a phantom. It is not hard to see the reason for this: Right-wing economists, writers and politicians such as Milton Friedman, Ayn Rand and Ronald Reagan touted small government, free trade,

and low tax, which became known as the 'trickle down' effect. They got their way, and disaster was introduced — financial collapses, for instance in 1987, 1989, 2007, destroyed the lives of many ordinary people, but hardly touched those responsible.

It couldn't last, so when Barack Obama became president, the astonishment was enormous. The far right 'knew' the result had been rigged, because the electors were happy with the status quo, and turned to the one person they thought would restore their prestige, the King of Trumps.

How wrong they were. They had forgotten that America was a democracy where the people ruled. And the people are not stupid. Yes, they had trusted the administrations, had believed the press, and were swayed by social media, but they were also diverse, and diversity means the flow of ideas that are not proscribed or bound by rules, which is the opposite of dictatorship.

The greatest contrast between a Democracy and a tyranny is, surprising, cultural. It is the most cherished activity of the free: Laughter. Dictatorships are glum affairs, fear-curbing action, laughter a sign of revision.

So it is, for instance, hard for most Chinese to let go and belly laugh. Jokes are strange, and irony the only thing appreciated as they have used it as a release all their lives. Dictators don't understand irony, and their

humour comes from seeing dissidents eliminated.

Russians are much the same, the laugh is maniacal, the joke made is a risk too far. Hitler couldn't laugh, not could Trump. That is not to say they do not appreciate nature, beauty, or art, but only that which pleases them. Anything else is subversive.

Laughter is the mark of communities who have been free from the yoke of conformity for most of their development, who are not afraid to lampoon their leaders, who can tell the truth as they see it without being imprisoned.

Of course, 'laughter' is a metaphor for happiness, and happiness comes from the ability to create. Thus, great nations are those that have progressed, changed, sought the future and although often turned aside from such pursuits, they always look forward to the new.

So a great nation is one that is free to make their own art, music, science or literature. And creation comes from the freedom to think sideways, to cherish nonconformity, and to be encouraged by leadership to get going.

This is the true worth of Joe Biden's leadership. The freedom to create by the people for the people. Being happy and laughing at the outcomes.

To read past editions of the Down Under, visit the Author's section of Emmitsburg.net.

THE PASTOR'S DESK

Traditional Latin Mass returns to the Mount

McKenna Snow
MSMU Class of 2024

The noisy lives of modern-day Americans make it particularly challenging to spend an hour in almost complete silence in a church. And yet, the growing popularity of the Traditional Latin Mass among young Catholics has brought this inviting silence to Mount Saint Mary's University, thanks to a handful of students.

This past fall and spring semester at the Mount, Emmy Jansen, C'23, Rachel Lyter, C'21, Matthew Pugsley, C'22, and Harry Scherer, C'22, all worked to bring the Traditional Latin Mass to widespread availability for those on campus. This team worked with the Center for Campus Ministry to spread the word about when the Latin Mass would be said during the week, and also to have Confession available before each Mass was said. The team employed the help of Fr. Patrick Russell, a priest of the Franciscan Missionaries of the Eternal Word. During his time at the Mount's Seminary, Fr. Patrick was trained in saying the traditional form of the Mass. Fr. Patrick said the regular Wednesday night Masses for the Mount, so when the team asked him if he would be willing to say the Traditional Latin Mass for students, he was more than happy to help them out.

During the semester, the Latin Mass was available weeknights on Wednesdays at 9, after Adoration and Confession. The weeknight Mass typically ran forty-five minutes to an hour. The team was

glad to see that the first weeknight Traditional Latin Mass of the fall semester had an attendance of over seventy students.

The team reached out to the National Shrine of the Grotto of Lourdes and gained permission to use the Glass Chapel on Sunday mornings at 9 for Mass and for Fr. Patrick to hear Confessions before Mass at 8:30. The crowd that came to this Mass started out small, mostly made up of friends of the team, but as word of mouth spread, more students and local families started attending.

I, for one, did not grow up attending the Latin Mass, so these past two semesters were a huge learning curve for me. I spoke with Fr. Patrick so I could understand the use of Latin as opposed to any other language, to which he answered: "Latin is the official language of the Roman Catholic Church [and] the use of Latin in the Mass can also be a means of unifying Catholics throughout the world. For instance, there might be groups from different countries visiting St. Peter's Basilica in Rome. They might not be able to converse with others visiting from other countries, but if Latin is used in the Mass in which they are all attending, there is something very unifying about being able to pray together in a language that is our common heritage as Roman Catholics."

The steady popularity of the Latin Mass in Emmitsburg, Maryland at this campus surprised me, so I had to ask the attendees some questions about what they liked so



much about the Latin Mass.

When speaking with Andy Eastman, C'23, he told me, "I just like the more traditional form of the Mass... I like the idea that I'm doing the same thing that people have done for thousands of years." His response reminded me of Fr. Patrick's answer, about how this single "dead language" unifies people from all around the world.

The unfamiliar nature of the Latin Mass was lightened for me as I spoke more with Fr. Patrick about it. Fr. Patrick explained why the priest keeps his back to the people, facing the altar and the crucifix above it: "Rather than viewing it as the priest with his back to the people, the Church has understood this as the priest and the people facing the same direction together — toward God. The priest is leading the people in the act of worship toward God."

Still, there is a sense of mystery remaining about this form of the Mass. I spoke with Dean Baldwin, who attended the Sunday Grotto Mass, and she expressed why this mystery is actually an inviting factor for her: "The reason I just fall in love with the Latin Mass is because there's a reverence, a quiet, and there really is a mystery—I haven't been to a Latin Mass probably for about, what, forty years? This is probably the first time, and even

though I'm not sure where I am in the Latin Mass, I love it because it remains a mystery."

This sort of quiet present throughout the Mass challenges people to reflect more deeply, pray more intensely, and become more aware of their interior and spiritual disposition. Catherine Burkousen described it as "a journey back to deeper into my Faith." Barbara Countryman said she loves the Latin Mass because "it is a culmination of holiness and sanctity." Many student attendees I have spoken with also concur with these statements, and have alluded to this when explaining why they were continually drawn to the Latin Mass.

People—especially young people—are attracted to this form of the Mass so much because it is so drastically different than what we are used to. It is a direct challenge to the noise and business of the modern world, and it draws us closer to God in a way that few other environments could accomplish, because of the very mystery of it. God Himself is incomprehensible to humankind, so why would we think we could take all the mystery about Him away in Mass? No number of words could describe Him and His love for us. Sometimes, only silence can communicate that.

It is perfectly understandable to be disinterested in the things we do not understand. But some things are worth learning about, and some things are worth rekindling,

like the popularity of the Traditional Latin Mass. There is a reason it drew seventy students on its first availability. There's a reason locals from nearby towns started traveling on Sunday mornings to attend this Mass.

If you are so inclined but are unsure about attending because it is easy to get lost in where you are in the Mass, I encourage you to try it out anyway. It is very helpful to read about it and learn why this Mass is said the way it is said. When I was unsure about it, Fr. Patrick told me, "Come with a prayerful disposition and not to worry about understanding everything that is taking place before you. Just try to enter into the mystery of the Mass. One might become frustrated if they do not fully understand everything that is taking place right away, but it is okay not to fully understand. We can spend the rest of our lives learning more about the riches of the Mass and our faith. That is a good thing! It's a great gift our Lord has given us... [and] the most important thing is to draw near to God in order to worship and praise and thank Him."

In the end, the team's mission in bringing the Latin Mass to campus was to introduce students to a different way of growing closer to Christ, this being through the older form of the Roman Catholic Mass. Though this semester has come to a close, the team remains optimistic about continuing the Sunday morning and Wednesday night Masses for the upcoming academic year.



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THE BOOK OF DAYS

Superstitions about bees



It is unlucky that a stray swarm of bees should settle on your premises, unclaimed by their owner.

Going to my father's house one afternoon, I found the household in a state of excitement, as a stray swarm of bees had settled on the pump. A hive had been procured, and the coachman and I hived them securely. After this had been done, I was saying that they might think themselves fortunate in getting a hive of bees so cheap; but I found that this was not agreed to by all, for one man employed about the premises looked very grave, and shook his head. On my asking him what was the matter, he told me in a solemn undertone that he did not mean to say that there was anything in it, but people did say that if a stray swarm of bees came to a house, and were not claimed by their owner, there would be a death in the family within the year; and it was evident that he believed in the omen. As it turned out, there was a death in my house, though not in my father's, about seven months afterwards, and I have no doubt but that this was taken as a fulfilment of the portent.

Bees will not thrive if you quarrel about them.

I was congratulating a parishioner on her bees looking so well, and at the same time expressing my surprise that her next-door neighbour's hives, which had formerly been so prosperous, now seemed quite deserted. 'Ali!' she answered 'them bees couldn't du.' 'How was that?' I asked. 'Why,' she said, there was words about them, and bees 'll niver du if there's words about them.' This was a superstition so favourable to peace and goodwill in families, that I could not find it in my heart to say a word against it.

It has been shewn in a contemporary publication, that it is customary in many parts of England, when a death takes place, to go and formally impart the fact to the bees, to ask them to the funeral, and to fix a piece of crape upon their hives; thus treating

these insects as beings possessed of something like human intelligence, and therefore entitled to all the respect which one member of a family pays to the rest. Not long before penning these notes, I met with an instance of this feeling about bees.

A neighbour of mine had bought a hive of bees at an auction of the goods of a farmer who had recently died. The bees seemed very sickly, and not likely to thrive, when my neighbour's servant bethought him that they had never been put in mourning for their late master; on this he got a piece of crape and tied it to a stick, which he fastened to the hive. After this the bees recovered, and when I saw them they were in a very flourishing state—a result which was unhesitatingly attributed to their having been put into mourning.

Superstitions about Diseases

Perhaps under this head may be classed the notion that a galvanic ring, as it is called, worn on the finger, will cure rheumatism. One sometimes sees people with a clumsy-looking silver ring which has a piece of copper let

into the inside, and this, though in constant contact throughout, is supposed (aided by the moisture of the hand) to keep up a gentle, but continual galvanic current, and so to alleviate or remove rheumatism.

This notion has an air of science about it which may perhaps redeem it from the character of mere superstition; but the following case can put in no such claim. I recollect that when I was a boy a person came to my father (a clergyman), and asked for a 'sacramental shilling,' i. e., one out of the alms collected at the Holy Communion, to be made into a ring, and worn as a cure for epilepsy. He naturally declined to give one for 'superstitious uses,' and no doubt was thought very cruel by the unfortunate applicant.

Ruptured children are expected to be cured by being passed through a young tree, which has been split for the purpose. After the operation has been performed, the tree is bound up, and, if it grows together again, the child will be cured of its rupture. I have not heard anything about this for many years; perhaps it has fallen into disuse. There is an article on the subject in one of Hone's books, I think, and there the witch elm is specified as the proper tree for the purpose; but, whether from the scarcity of that tree, or from any other cause, I am not aware that it was considered necessary in this locality.

Ague is a disease about which various strange notions are prevalent. One is that it cannot be cured by a regular doctor—it is out of their reach altogether, and can only be touched by some old woman's nostrum. It is frequently treated with spiders and cobwebs. These, indeed, are said to contain arsenic; and, if so, there may be a touch of truth in the treatment. Fright is also looked upon as a cure for ague. I suppose that, on the principle that similia similibus

curantur, it is imagined that the shaking induced by the fright will counteract and destroy the shaking of the ague fit.

An old woman has told me that she was actually cured in this manner when she was young. She had had ague for a long time, and nothing would cure it. Now it happened that she had a fat pig in the sty, and a fat pig is an important personage in a poor man's establishment. Well aware of the importance of piggy in her eyes, and deter-mined to give her as great a shock as possible, her husband came to her with a very long face as she was tottering down stairs one day, and told her that the pig was dead. Horror at this fearful news over-came all other feelings; she forgot all about her ague, and hurried to the scene of the catastrophe, where she found to her great relief that the pig was alive and well; but the fright had done its work, and from that day to this (she must be about eighty years old) she has never had a touch of the ague, though she has resided on the same spot.

Equally strange are some of the notions about small-pox. Fried mice are relied on as a specific for it, and I am afraid that it is considered necessary that they should be fried alive.

With respect to whooping-cough, again, it is believed that if you ask a person riding on a piebald horse what to do for it, his recommendation will be successful if attended to. My grandfather at one time used. always to ride a piebald horse, and he has frequently been stopped by people asking for a cure for whooping-cough. His invariable answer was, 'Patience and water-gruel;' perhaps, upon the whole, the best advice that could be given.

Earrings are considered to be a cure for sore eyes, and perhaps they may be useful so long as the ear is sore, the ring acting as a mild seton; but their efficacy is believed

in even after the ear has healed.

Warts are another thing expected to be cured by charms. A gentleman well known to me, states that, when he was a boy, the landlady of an inn where he happened to be took compassion on his warty hands, and undertook to cure them by rubbing them with bacon. It was necessary, however, that the bacon should be stolen; so the good lady tools it secretly from her own larder, which was supposed to answer the condition sufficiently. If I recollect rightly, the warts remained as bad as ever, which was perhaps due to the bacon not having been bona fide stolen.

I do not know whether landladies in general are supposed to have a special faculty against warts; but one, a near neighbour of mine, has the credit of being able to charm them away by counting them. I have been told by boys that she has actually done so for them, and that the warts have disappeared. I have no reason to think that they were telling me a down-right lie, but suppose that their imagination must have been strong to overcome even such horny things as warts. A more coincidence would have been almost more remarkable.

There is a very distressing eruption about the mouth and throat, called the thrush, common among infants and persons in the last extremity of sickness. There is a notion about this disease that a person must have it once in his life, either at his birth or death. Nurses like to see it in babies; they say that it is healthy, and makes them feed more freely; but, if a sick person shows it, he is given over as past recovery, which is really indeed extremely rare in such cases.

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ECOLOGY

An evolutionary arms race

Amanda Markle
Strawberry Hill Nature Preserve

When considering the epic battles of nature, one's mind often turns to those fought by larger animals. Lions taking down an enormous elephant on the savannah. Seals who display astonishing feats of acrobatics as they dodge the ambushes of great white sharks. The kind of battles you would see in a nature documentary; a showing of claws and gnashing of teeth, accompanied by dramatic music and the harsh lesson that nature is not often kind to many of its inhabitants.

Yet not all battles play out in this made-for-tv fashion. Some of nature's hardest-fought battles are also the most subtle. One such battle began millions upon millions of years ago; long before dinosaurs began squabbling amongst themselves, before teeth and claws even existed as we know them (and in fact, possibly even playing a role in the development of these flashier displays of dominance). A battle that rages on today, impacting everything from biodiversity to agricultural practices to medicine: the evolutionary battle between plants and herbivores.

Since as far back as we have a fossil record to study, plants and herbivores have been locked in a relentless struggle. Plants have always played a key role in the earth's ecosystems. Their ability to harness energy from the sun and convert it into a form usable by other organisms establishes them as the anchor for virtually all life on our planet, and a valuable commodity in nature. Almost as soon as plants came into existence, so did things that wanted to eat them.

Marine organisms were the first to develop herbivory, feeding on plants in ancient lakes and oceans. When the first terrestrial plants emerged 450 million years ago, animals on land quickly evolved to eat those, too. This constant cycle of adaptation and response as a method for survival is sometimes referred to as the Red Queen hypothesis. This references Lewis Carroll's *Through the Looking Glass*, and the Red Queen who explains to Alice: "Now, here, you see, it takes all the running you can do, to keep in the same place. If you want to get somewhere else, you must run at least twice as fast as that!"

In this battle for survival, herbivores play evolutionary offense. Insects, with their relatively short life cycles and large populations, can adapt quickly to take full advantage of the plants available in their ecosystem. In grasshopper populations, head size varies depending upon the food they are raised on—those raised on tougher grasses have larger heads, giving them extra jaw strength. Caterpillars within the same family will have different mandible structures based on whether they are tearing and chewing softer leaves, or cutting and eating tougher, more mature leaves. Larger herbivores too have evolved to have access to as much plant nutrition as possible. Elephant molars vary from species to species in both shape and crown size depending on the native plants available to them.

Without much mobility to escape would-be consumers, plants were almost immediately forced onto the defensive. Even as far back as 420 million years, the fossil record shows plants adorned with spiky protrusions; armor

against the organisms that pierced and sucked nutrients from their stems. As plants on land evolved more complex structures, including roots and seeds, herbivores quickly evolved to eat them. In many populations, plant species must simply tolerate a certain level of herbivory. In places where water and light are readily available, plants may grow with enough abundance to outpace the needs of hungry herbivores, but where resources are scarce, plants tend to invest far more energy into protecting themselves. Structural defenses are mounted in the form of thorns and spines. Chemical warfare is waged, with plants producing substances that give off a bitter taste, inhibit herbivores' ability to digest, or poison those who would make a meal of them.

This evolutionary arms race has resulted in a stunning amount of biodiversity among plants and herbivores, particularly insects. With every new offensive strategy launched by the herbivores, plants were forced to adapt or be consumed. As the herbivores responded in kind, tiny changes added up to create new species in both combatants. Throughout history, explosions in the speciation of plants and insects have coordinated with one another as they coevolved, each trying to stay one step ahead of the other, leading to some highly specialized and truly fascinating adaptations.

Some plants are only able to store limited amounts of toxins to defend themselves and deploy them only to areas under attack. In response, insects will feed in groups so that toxins are spread thinly enough to not overwhelm any individual. Animals may ingest poi-



The caterpillar of the monarch butterfly eats only milkweed, a poisonous plant, storing its toxins in its body as a defense against hungry birds.

sonous plants but follow their meal by eating clay or minerals to neutralize the toxins. Some animals, like the monarch butterfly, have evolved to store and use certain plant toxins to their advantage. Monarch larvae can build up cardiac glycosides from the milkweed on which they feed to make them unpalatable to their own predators. Other caterpillar species will physically manipulate their food sources, rolling mature leaves of a plant around the buds, blocking light from reaching the bud which prevents the development of undesirable tannins and keeps the bud tender and easy to eat.

Plant species have kept up with their herbivore foes with some impressive specializations of their own. Plants suitable for laying insect eggs and feeding developing larvae will develop spots that mimic the appearance of insect eggs, falsely signaling to a searching mother insect that its nursery is already full. Others have developed ways of recruiting mercenaries to come to their aid. Acacia trees provide both room and board, growing with hollow spikes ideally suited to house ants that keep away other insects and producing nectar that serves as a food source for the ants.

It is theorized that even the hallmarks of autumn may, on some level, be a defense against herbivores; leaves shifting from green to oranges, reds, and browns make it harder for many insects to camouflage themselves in trees and the shedding of leaves may prevent populations of leaf-mining insects from reaching levels that would overwhelm the trees. While plants are typically on the defensive end of coevolution with herbivores, they occasionally do take on an offensive strategy.

Some plants that have taken a more aggressive approach to their interactions with herbivores are well known, like Venus flytraps and pitcher plants, but scientists estimate there are more than 500 species of carnivorous plants. Even your backyard tomato plants have a predatory side, trapping tiny aphids on their sticky stems that eventually drop down and decay into fertilizer for the growing plant.

Aside from the spectacular amount of biodiversity sparked by this battle between plants and herbivores, the constant competition has resulted in several adaptations that humans have been able to use to their benefit. Many pharmaceuticals, including opium, quinine, and aspirin are derived from plant compounds that evolved as herbivore deterrents. Selecting crop species with natural hardiness against pests allows farmers to drastically decrease the pesticides they use. Even the human practice of cooking food is thought to have developed in part to break down harmful plant toxins and make plant nutrition more readily available. Adaptations and responses between plants and herbivores are one of the most concrete ways humans can observe evolution in action; an epic battle spanning millions of years, with strategies that continue to change and surprise even to this day!

Amanda Markle is the Environmental Education Manager of the Strawberry Hill Foundation. Strawberry Hill inspires stewardship of our natural world by connecting the community with educational opportunities. Learn more by visiting StrawberryHill.org.

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IN THE COUNTRY

Hawks

Frederick Forestry Board

Hawks are medium-sized birds of prey that are widely distributed throughout the globe. Hawks have sharp bills, large talons, strong legs, and very keen eyesight, including photoreceptors that pick up ultra violet light and magnetic fields.

Hawks are believed to be some of the more intelligent species of bird. Like most birds, many hawks migrate in the fall and spring. Some hawks, such as the Swainson's Hawk, migrate great distances—about 12,000 miles round trip. Some migrate in large flocks of 1,000 or more birds, like the Broad Wing Hawk.

In the hawk family, the female tends to be significantly larger than the male. There are two main groupings of hawks—the Accipiter and Buteo, based upon the bird's general appearance and how it flies and hunts for prey. Accipiters tend to have short wings and long tails. They fly low to the ground, and flap their wings a lot. They tend to inhabit forested areas, and they will sit on a perch waiting for unsuspecting prey swooping down for the kill. The accipiter tends to feed on other birds. Examples of accipiters include the Cooper's Hawk, Sharp shinned Hawk, Sparrow Hawk, and Goshawk. Buteo Hawks tend to glide about at higher elevations, and swoop down to catch their prey. Buteo Hawks have large broad wings, short tails, and very keen eyesight. They tend to be larger in size than accipiters. A listing of Buteo Hawks includes Red Tail Hawk, Broad Winged Hawk, Red Shouldered Hawks, and Short Tail Hawk.

Hawks tend to nest in trees; some hawks, like the Goshawk, will vigorously defend their nest against intruders. Most species of hawks are very territorial unless they are in migration mode.

The Broad-Winged Hawk is a fairly small hawk with a stout body and a big head. This hawk is part of the Buteo family of hawks. With fairly large wings and a short, square tail, it is reddish brown on its upper body, and a white underside with brown or gray bars. The underside of the tail has distinct black and white stripes.

The Broad-Winged Hawk can be seen soaring overhead, but it spends most of its time in and around deciduous or mixed evergreen hardwood forests, perching in lower branches waiting to ambush unwary quarry. This hawk targets squirrels, chipmunks, small rodents, birds, reptiles, and frogs. Broad-Winged Hawks spend most of the summer in North America, but most will migrate great distances to winter to Central and South America. They sometimes congregate in large flocks of as many as 1,000 birds when they migrate south in the fall. A favorite route is along the Appalachian Mountains. This large exodus of hawks gave rise to the popularity of hawk migrations. Broad-Winged Hawks have a very shrill whistle as

a call and tend to shy away from densely populated areas.

The Cooper's Hawk is a medium-sized hawk that has a fairly wide distribution across the United States and Mexico, and is quite common in Maryland. The Cooper's Hawk is an Accipiter, meaning that it tends to perch in trees and utility lines, and swoop down to catch its prey. The bird was named after William Cooper who was a famous Naturalist in the 1800's. Cooper's Hawks are very quick and agile, with strong legs and large talons, traits that serve them well when hunting for birds and small mammals.

Cooper's Hawks target game birds like pheasant, quail, and grouse, along with other small and medium-sized birds. It was the bird's propensity to target game birds that led to large scale bounties being placed on the hawk in the 1800's early 1900's that drastically reduced their numbers. The populations rebounded quickly after protective measures were put on this bird and other raptors, so today its population is fairly robust. While the Cooper's Hawk feeds on some birds that are declining such as prairie chicken, cerulean warbler, and golden winged warbler, the declines that these birds are witnessing is due more to loss of suitable habitat rather than predation. One reason for the smaller Sparrow Hawk's population decline is due to competition by the Cooper's Hawk. The Cooper's Hawk is agile, fast, and adaptable, traits that serve this bird well in the natural world.

The Northern Goshawk is known for its aggressive appearance and surly overall demeanor, especially when defending its nest or home range. The Goshawk is part of the accipiter family of hawks—it tends to fly close to the ground. This large hawk is mostly grey-brown with broad wings and a long tail. The fact that the adult has a prominent white stripe around its red eyes only lends to its notoriety.

The Goshawk is mostly solitary or it pairs up during mating sea-

son. This hawk is normally found in extensive woodland, either coniferous or deciduous, depending on the geographic location. The Goshawk is the only member of the hawk family that is found in North America and throughout the northern sections of Europe and Asia, as well, exhibiting the largest range of any raptor, eclipsed only by the Golden Eagle. The Goshawk is found primarily in the western part of this country, but are occasionally found throughout the east, as well, including some resident Goshawks found in the mountainous sections of Maryland.

Goshawks hunt from a perch, swooping down on their unsuspecting prey. The bird does not need to flap its large wings very much to build up a lot of speed; it is very agile, making its way through a thick forest. Goshawks have been known to crash through brush and small branches to capture their prey. They feed on larger birds such as woodpeckers, grouse, and doves, rabbits, hares, waterfowl, and squirrels. Not many animals hunt this bird, the exception being snowy and great horned owls. Most Goshawks do not migrate very far, but there are reports of northern birds traveling south in search of food.

The name came from "Goose Hawk," because this raptor targets larger birds like geese. The Goshawk's patience and quiet flight enable it to be a very successful hunter. The bird has been revered throughout the ages; Atilia the Hun was impressed enough to have the Goshawk image on his helmet.

The Red-Shouldered Hawk is a medium-sized hawk in the Buteo family of hawks. It is a bird of the forests. This raptor prefers large forested areas that are associated with bottomlands, wooded streamside areas, and swamps. The hawk prefers older growth forests with an open understory where spotting prey is easy to do. The Red-Shouldered Hawk is found mostly in the east, but there are isolated populations from Oregon down to Mexico



The red-tailed hawk is one of the most common members within the genus of Buteo in North America, and worldwide.

in the west. Only the northernmost populations of the Red-Shouldered Hawk migrate.

Red Shouldered Hawks are very noisy, often emitting a shrill whistle. This call is mimicked by Blue Jays. These hawks hunt from the air or a convenient perch, targeting small mammals like mice and squirrels, snakes, birds, insects, crayfish, and amphibians, and they will occasionally eat carrion during lean times. The red-shouldered was once one of the most common of the hawks, but its numbers dwindled as a result of deforestation, draining of wetlands, DDT, nest raiding by birds, mammals and snakes, and illegal hunting. Recently, their numbers have rebounded, so now they are once again fairly common.

The Red Tail Hawk is considered to be the most prevalent hawk found in North America. This hawk gets its name from its very conspicuous red tail. The red tail is a member of the Buteo family of hawks. They have broad wings and a relatively short tail, adaptations that it uses

while soaring high in the sky searching for food. Like most Buteos, red tails tend to feed on small mammals like rabbits, squirrels, rodents, and snakes, but they are opportunists and will take an occasional bird or fish.

Red Tail Hawks are generalists—they can be found in all kinds of settings such as open land, desert, forests, swampy areas, and suburban settings. These hawks are often spotted on utility lines, scanning the ground for food. They tend to be year-round residents in most areas, except for the far north where the bird will migrate to warmer climates in the fall. A common occurrence of hunting Red Tails involves the hawk being mobbed by birds, usually crows. When a solitary Red Tail is attacked by numerous birds, grievous harm or death for the hawk can occur. Red Tails are the most popular bird used in falconry in the United States.

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REAL SCIENCE

Brain supplements and multivitamins

Michael Rosenthal

We've written before about dietary supplements, and how many of them have little or no value and can even be harmful. The Dietary Supplement Health and Education Act of 1994 defines dietary supplement as follows. "A product (other than tobacco) intended to supplement the diet that bears or contains one or more of the following dietary ingredients: a vitamin, a mineral, an herb or other botanical, an amino acid, a dietary substance used by man to supplement the diet by increasing the total dietary intake, or a concentrate, metabolite, constituent, extract, or combination of any of the aforementioned ingredients.

Furthermore, a dietary supplement must be labeled as a dietary supplement and be intended for ingestion, and must not be represented for use as conventional food or as a sole item of a meal or of the diet. In addition, a dietary supplement cannot be approved or authorized for investigation as a new drug, antibiotic, or biologic, unless it was marketed as a food or a dietary supplement before such approval or authorization. Under DSHEA, dietary supplements are deemed to be food, except for purposes of the drug definition."

Much has been written about dietary supplements, and there are those that swear by them and those who discount them as useless money-makers. The truth is more complicated. Consumer Reports,

an independent, nonprofit organization, to which I subscribe and in which I have great confidence, did a 2020 study on brain supplements. The Consumer Reports study found a number of interesting facts, as follows.

Sales of memory supplements almost doubled between 2006 and 2015, according to a 2017 report by the Government Accountability Office. They found the presence in some of these supplements high doses of illegal prescription drugs, which have never been proven safe or effective. A chemical called piracetam, a drug found previously in brain-boosting supplements, and similar chemicals are not approved for use in the United States, but are used to treat dementia, strokes, and brain injuries, and other neurological issues in a number of foreign countries.

Another of the problems associated with usage of these drugs as supplements is their connection to increased and decreased blood pressure and to other serious medical conditions. Unapproved drugs may have other dangerous effects. Phenibut, marketed online as a treatment for anxiety or as a cognitive enhancer was linked to a steep rise in calls to poison control centers. Some of these cases were life-threatening or resulted in significant disability.

We need I feel a much more rigorous system of consumer access to reliable information about supplements than we have today. If I could have coffee with President

Biden, I'd suggest this to him. Strengthening the FDA approval or non-approval process is a good route. I have always in this column urged consumers to look for FDA approval on drugs. And as important, seek the advice of a board-certified physician. The most important step in brain health is to maintain a healthy diet. Exercise and mental use are certainly significant contributors to this objective as well.

The Consumer Reports newsletter, On Health, has an article in its June 2021 issue on Multivitamins. The Centers for Disease Control and Prevention report that nearly 40 percent of adults age 60 and older take multivitamin/mineral supplements. Research studies report ambiguity in the evaluation of the effectiveness of these supplements. Over the Counter supplements (OVC) are not regulated by the Food and Drug Administration (FDA) as are prescription medications. A study (see ConsumerLab.com) last year found 12 of the 27 supplements studied had quality issues, such as more or less of the vitamins and minerals than claimed by their labels, and some may contain contaminants.

I also have a subscription to Environmental Nutrition, a long-time (forty-four years) newsletter of the Health Information Network. Since I'm not trained in the field I take their advice a little more skeptically, but in general, I find what they say make sense in taking science and applying it to your food choices. Here's an example. BPA, bisphenol, is an industrial chemical that has been used since the 1960s in plastics and food containers. Animal studies have shown that BPA has considerable negative health effects with links to obesity, heart disease, high blood pressure, and more. They have the following advice. Look for products labeled as BPA-free; avoid putting plastics in the microwave oven or the dish-

washer; throw away old and damaged plastic food containers; use glass, porcelain, or stainless steel to store foods and serve hot foods.

As I have said before, I spent some fifty years of my career teaching or in support of undergraduate chemistry courses. Admission to medical school requires a strong and successful background in science, not a surprise if you regularly read this column. Some wonderful students have become physicians without a science major, but with success in science courses, especially in biology and chemistry. In most of my 19 years at Bard College teaching chemistry, I was also the pre-med advisor. I believe the study of medicine requires a broad background in a variety of topics, often referred to as a "liberal-arts education". Though most of my students were biology or chemistry majors, admission to medical school did not necessarily require such a major, only requiring a high success completion of the pre-med courses. The world

is a complicated place, and that is why I favor an undergraduate education in the liberal arts and sciences. Engineering preparation has a program called a 3-2 program, where you do three years of liberal arts and basic science, followed by two years of engineering school – it takes a year longer, and is it thus more expensive, but it guarantees a broad educational background for a complex and ever-evolving world. One must make one's own choice. I was very lucky. I found the path to do what I enjoyed for some 50 years.

Finally, where are those cicadas? As of this writing, I haven't seen any yet. The May 9 Washington Post says they will emerge shortly. I remember them so well from our days living on the Bard College campus. I remind you that they do no serious scientific damage to the environment, but they sure can cause a fuss. Let me reiterate the truths to five myths published in the May 9 Washington Post written by Professor John Lill of George Washington University and Zoe Getman-Pickering, a postdoctoral scientist at GWU, both of whom study cicadas.

Now to other matters...

1. Cicadas are not invaders. They are native to the Eastern United States and have been here for millions of years.
2. They are here even during the period when we don't see them, living underground.
3. They are not locusts! They are of the species labeled Hemiptera. They do not feed on crops and they do not migrate, as do locusts.
4. They do not kill plants, only use them as food.
4. Don't use pesticides which kill indiscriminately. If you need to control cicadas, use netting.
5. They do not encourage increase the risk of attack by snakes. Snakes like cicadas for occasional lunch, but there is no evidence this increases snake attacks on humans.

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THE VILLAGE IDIOT

'As I See Religion'

Jack Deatherage

It is a curse, this being an idiot. Toss in a curious mind that flits from interest to interest as frequently as a flutterby moves flower to flower- though with less purpose than said insect- add a steadily decaying short term memory and I'm left staring at Harry Fosdick's 1932 book- "As I See Religion" with no clue as to why I have a borrowed copy. Worse, a copy of Harry's 1938 "A Guide To Understanding The Bible" arrived from Enoch Pratt Free Library at the Emmitsburg branch of this county's library on the same day. What was I thinking when I placed the requests?

As I sit with the first book in hand, struggling to retrieve the why of my requesting it, I decide I'll have to buy a copy. There's no way I'll manage to follow Harry's thinking when he starts out naming people who were evidently known to those with more than a Sunday church service relationship with a religion in the early 1930s- Christ, Buddha, Lao-tse, Mary Baker Eddy, Bishop Manning, Billy Sunday, Gandhi, Professor Whitehead of Harvard and Voliva of Zion City. Hell, I can barely recall my 3 years of Roman Catholic grade school, though I'm fairly certain none of those people were mentioned in religion class, nor later when Mom insisted I attend Sunday school until my junior year of high school.

Ah well. Perhaps I can look those people up online and get enough of what they were about to follow Harry's thinking? Sounds like a plan. Onward monkeyman!

A mere three paragraphs into the first chapter- "What is Religion" I find a word I'd never seen before- salmagundi. Flit!

Noun: salmagundi; a dish of chopped meat, anchovies, eggs, onions, and seasoning- or, a general mixture; a miscellaneous collection.

Cool! I get a kick out finding such interesting words in older books and promptly forgetting them after turning the page.

Three pages later I find part of a paragraph underlined in red with blue question marks in the margin. Flit! Off I go on a mental, foaming rant about what kind of creature would deface a library book!

I once read a library book with an open pocket knife in hand to

gently scratch off the liquid Wite-Out that had been used to censor words that had offended some cretin who believed defacing public property was more morally acceptable than the word "damn" in a novel. Around that same time I was interested in the pagan communities I'd discovered in the area and had taken to searching the county branch libraries for books on that subject. To my surprise, the county had such books, but few of them were available. Why? Because someone was taking them from their hometown libraries without checking them out! Such actions are generally known as theft.

When I spoke to some of the librarians about the missing books I was given a coupla opinions- First, Xians (faux Christians) were stealing the books to keep people from being exposed to religions not of the Xian's liking. Second, the pagans were stealing them because they were too cheap to buy their own copies, or because they were trying to beat the Xians at their own game. Either way, censoring was going on in a place where I most often go to educate myself.

Anyhow, I get that underlining/highlighting passages in books isn't the same as directly censoring or outright stealing knowledge, but in my mind- dysfunctional though it might be- such behavior is a blasphemy when practiced on publicly owned books! Beyond defacing property that doesn't belong to the pen-in-hand cretin, it distracts the reader and attempts to influence in a way that might not have occurred otherwise. It also causes a frustration- I can't argue with the cretin about whatever point was being made by the act of underlining.

I set the book aside and see a pile of seed packets. Flit!

Gods I'm behind on my gardening because of the cool nights we had through the first two weeks of May! Having backed off of gardening in straw bales until I can build a garden with a closer water source I managed to luck out- seed starting wise -mostly by setting seed trays along the concrete walk in front of the house. Tender seedlings, corms and tubers survived by being up against the brick wall. Having so many seedlings sprouting and hardening off outside freed up the front window for rooting cuttings- some of which took and some not so

much. Where will all these seeds and seedlings go? Flit!

When the town first established a community garden I shook my head and remarked I'd not waste my time with such a distant, unprotected, inconvenient thing. This year I leased four of the eight plots. The DW was cool with the first plot as we had close to 100 gladiolus corms to plant and buying buckets and potting soil is very expensive compared to a \$20 community garden plot. (I needed 20 buckets @ \$5 each and 10 bags of potting mix at \$19 each to handle so many corms.) She was less cool when I told her to write a check for the second plot. If help hadn't arrived to sow some seeds and share the watering chore she may have sprinkled my ashes on the third and fourth plots I later acquired. When we were told this is the first year all the plots have been leased, the DW glared at me. "Because someone had to have four of them!" Flit!

"We have a newly built raised bed to plant in the Ranch section of Carroll Valley." I mention. Before Balor's evil eye is unleashed I add, "You can pull the weeds and draw the garden map." (The crazy DW actually enjoys pulling weeds and keeping garden maps. I'm thinking it's part of her perfectionist curse?)

"What about our yard?" Flit! I have two batteries for the elec-



Jack demonstrating the finer parts of the lessons he learned from the part 3 of the 1921 Former-Former Boozers Women's Course - 'Ensuring womenfolk do chores correctly'

tric string trimmer I 'mow' the yard weeds with- grass being the predominate weed. I get about 40 minutes of 'mowing' done and have to recharge the batteries. Which is a good thing as my arms are trembling so badly I can't lift a glass of water to quench my thirst.

The house phone rings. "Do you know your cousin Terry died?" Flit! Crash!

I haven't seen Terry in more'n five years. I won't attend his funeral, but flooding memories occupy my waking moments. Camping, canoeing, fishing, all night drinking/storytelling binges, singing every song on a "best of" CCR 8-track tape until our voices are hoarse. Flit!

Another phone call. "I don't want to tell you this so close to Terry dying." The growing tremble in the voice is worse pain than the coming news. "Uncle George died in his sleep last night." Flit!

A petunia is planted to brighten a season. Garlic is planted in the fall with the expectation of the bulb being harvested the following summer. A tree is planted for the next generation. I'm feeling of late that I should be planting trees. In the meantime I think I'll order that copy of Fosdick's "As I See Religion".

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THE MASTER GARDENER

A survey of mulches

Diane Diffenderfer,
Penn State Extension
Master Gardener Coordinator

For some gardeners, applying mulch to garden beds in the spring is one of the most satisfying aspects of gardening. Why? Because in certain climates, fresh mulch means warmer days are ahead and soon fall-planted bulbs and cool season edibles will emerge, thus signaling another gardening season has begun!

In landscaped beds, mulch adds texture to and highlights the edges of the beds and certain design features, it also draws attention to woody ornamentals thoughtfully and artfully installed in the bed. In a vegetable garden, mulch is applied to keep the plants and edibles clean and reduce erosion by covering the soil. Mulch also helps to conserve soil moisture, moderate soil temperature, and suppress weeds in all types of gardens.

There are various types of mulch available to the gardener. While the decisions are not endless, it is larger than it was a few short decades ago. Gardeners are now faced with decisions such as what type of mulch to purchase; organic, synthetic, or living? Dyed mulch or natural? By the bag or in bulk? Free from my local municipality? Cost and time spent applying the mulch should also be evaluated. Where is the mulch coming from? For example, from a local nursery or garden center, from a big-box store or a hardware store, or a farm and garden store? Even some grocery stores now carry mulch.

If the local municipality does offer free, bulk mulch/compost, the natural materials in the product may include pesticide (herbicide, insecticide, fungicide) residues. Is this acceptable?

Given the vast assortment of mulches, the purpose of this article is to survey the types of mulches available and considerations when deciding upon which mulch best suits the intended purpose.

Organic Mulches

Shredded bark, bark chips, pine needles, compost, rice hulls, various nutshells, shredded leaves (intact leaves may form a mat that prevents oxygen and water movement and may stymie beneficial biological activities), straw, and cardboard are all organic mulches. Plastic sheeting is also available in a biodegradable form. However, it may take up to three years for this plastic sheeting to completely decompose and during that time, the remaining pieces of sheeting may be visible in the garden.

In addition to conserving water, moderating soil temperature, and suppressing weed growth, organic mulches improve soil health as they decompose. Since organic mulches decompose over time, they must be reapplied from time-to-time. Prior to adding a new layer of organic mulch, the old mulch may be removed or, in the case of vegetable gardens, may be incorporated into the soil. Mulch removal in an ornamental bed is important because the mulch layer should be limited to three to four inches deep. A mulch layer greater

than three to four inches deep may threaten plant vigor by reducing the amount of oxygen and water available to the plant.

Free mulch may be available from local municipalities. One potential drawback in using these mulches is not knowing if any type of pesticide was applied to the grass, shrubs, trees, or other vegetative matter included in the mulch as these mulches are rarely tested.

“Volcano” mulching, as it is often referred to, is a huge problem. More mulch does not equal healthy trees. While piling mulch around the base of trees may look good to some people, it, instead, is slowly killing the tree. When mulching, be sure the root flare is showing. This is the area of the tree that is naturally “flaring” at the base. Do not apply mulch against the bark of the tree, and only apply 2”-4” of mulch around the tree. And, if possible, make the circle as big as the tree canopy. This will reduce water competition that grass poses. If that’s not possible, give the tree a circle large enough that a mower will not nick the trunk. Mulch around a tree is important, as it does reduce weeds, increases moisture retention and looks nice too.

Organic mulches for vegetable gardens and edible landscapes may include salt hay (no seeds), straw (fewer seeds), hay (seed heads intact). In addition, paper mulch and, as mentioned above, biodegradable plastic sheeting is also available for vegetable gardens and edible landscapes.

Synthetic Mulches

Rocks, gravel, plastic sheeting, woven landscape fabric are examples of synthetic mulches. Plastic sheeting and woven landscape fabric may be installed directly on the soil and subsequently covered with an organic mulch for aesthetic reasons.

Plastic sheeting and woven landscape fabric create impermeable and



If you're looking to kill your tree, then use mulch like this. In a few years the tree will be dead. If you like your tree however, keep mulch away from the base of the tree.

semi-permeable (respectively) barriers. These barriers prevent worms, water, and soil microbes from freely traveling throughout the soil. Limiting this movement interferes with the normal and customary biological soil activities. Over time, these barriers will increase soil compaction and form a secondary barrier of living roots above and below the inorganic barrier itself. These barriers, a combination of living and synthetics, can become very difficult to remove. Rocks and gravel absorb heat during warm days and can transfer the heat to the soil. The increase in soil temperature and reduced soil moisture may harm beneficial insects and microbes living in the soil.

Synthetic mulches are often more expensive than organic; however, they generally have a longer life span than organics and do not need to be replaced as frequently.

Living Mulches

Living mulches offer an outstanding opportunity for gardeners to build soil health below the ground and enhance

design aesthetics above the soil line. Living mulches are particularly useful around fruit trees. Crimson clover, borage, yarrow, lemon balm, and even kale can be used to create pollinator-friendly living mulches. As these plants grow, their leaves shade the soil and their roots create air and water pockets, necessary elements for good plant health.

In addition to adding select herbs as living mulch around fruit trees, native plants can also be designed into landscaped beds as living mulch. As noted in Living Mulch (Part One) on the Edge of the Woods website, “... by using native plants to create plant communities in your landscape, your gardens will be more attractive and hospitable to songbirds, butterflies, bees, pollinators, and other creatures.”

Dyed Mulches

According to an article by Ruppert Landscape The Evolution of Hardwood Mulch, dyed mulch became popular in the 1960s. Dyed mulch can be found in a range of colors and textures. In answering a query about colored bark mulch the University of Massachusetts Amherst states that dyed bark is not toxic, but there are considerations when opting to apply dyed mulch to ornamental beds. This mulch is rarely used in gardens growing edibles.

The wood used in dyed mulch is frequently recovered from used pallets and construction and demolition (C&D) sites. From a production perspective, the cost of using recycled wood, rather than fresh wood, for dyed mulch is significant. Recycled wood is less expensive than fresh wood and dried wood readily absorbs the dye while fresh wood does not. However, determining if recycled wood from C&D sites and used pallets has been treated with Chromated Copper Arsenate (CCA) or used in the transport of toxic materials is nearly impossible.

Much of the recycled wood collected from C&D sites and old pallets dates to pre-2003. This is relevant because in late 2002, a law was passed preventing the lumber industry from using CCA to treat lumber, effective January 1, 2003. Lumber produced beginning in 2003 was treated using a process that does not include arsenic.

The dye used in black mulch is derived from carbon-based mate-

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rial and the dye used in red mulch is derived from iron oxide. Each of the ingredients in these two forms of dye are not considered to be toxic to plants. However, according to the University of Massachusetts article, if colored mulch is preferred for a landscape, every effort should be made to determine the origin of the wood used. The carbon-based dye is similar to that used in cosmetics and ink and may lose its color when exposed to water, e.g., rain and irrigation, over time.

Summary

In summary, the three primary benefits of applying mulch to landscape and edible gardens are weed suppression, soil moisture retention, and temperature moderation. Organic mulches decompose over time and may need to be refreshed and add organic matter to the soil as they decompose. Synthetic mulches may

not need to be refreshed and do not add any organic matter to the soil. Synthetic mulches may compact the soil and reduce microbial and worm activities required for healthy soil biology. Dyes used in producing shredded mulch are not toxic to the plants. However, the recycled wood (from old pallets and C&D sites) may contain CCA. In 2003, CCA was prohibited in the manufacturing of pressure-treated lumber. Finally, more mulch is not always better for the plants. Mulch volcanoes represent a true threat to the health of trees and should be avoided. Mulch applied around trees should be no more than two to four inches deep and should be applied three to four inches from the trunk of the tree and extend outward to the drip line.

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

Small Town Gardener

Mixing it up: vegetables & flowers

Marianne Willburn

Taking a friend home the other day, we briefly stopped at my house first. From the windows of the car I indulged myself for a moment, staring at the new growth popping up in the Yellow Garden that leads to the front door. Bright chartreuse infused all with a light haze of spring color, though many taller structural elements still stood naked.

I made a universal noise expressing gratification and followed it with "The garden looks so beautiful right now." My companion seemed perplexed. "What garden?" he said with genuine confusion.

I still gave him a ride home to his radishes, but begrudgingly.

The fact is, to many people "a garden" means a vegetable garden. Had I taken him by the hand, led him down to the sunny veg garden by the barn and said the same words, he would have instantly understood I was talking about turnips. He might well have engaged me on some matter of broccoli cultivation. As it was, I was asking him to consider an area that offered plants and shrubs much like the plants and shrubs that naturally surrounded us in the woodland. One shrubby thing being much like another shrubby thing in his mind, he had very little to contribute to the conversation.

And he is not alone. When I ask other people if they have a garden, or if they garden – the conversation moves predictably to the tomatoes they had last year or the peppers they're planning for this year. Rarely does the discussion begin with trillium and end with artichokes.

Thankfully for me (and for them), I am fluent in both languages. My vegetable garden gives me great joy, and while I may admonish my radish-obsessed friend for his tunnel vision, I equally admonish



my ornamental-focused gardening friends for the same. Cannot the celandine lie down with the celery?

If you are a committed vegetable gardener, one of the best ways of adding a little floral magic to your beds is by interplanting edible flowers with your edible vegetables. Nasturtium, pansies, violets and borage make insanely beautiful accents in a salad, much less in the garden itself; and marigolds not only ward off many of our four and six-legged enemies, but can be used as a peppery accent in many foods.

When a garden is about production for the house, real estate is precious, but throwing a handful of zinnia and cosmos seeds into an unused and un-amended corner of the vegetable garden means late-season beauty and blooms to cut for inside. A different kind of production.

If you'd rather get your vegetables from a farmer's market and put more of your square footage towards ornamentals, you can have your green cake and eat it too. Cardoon and artichoke (particularly cardoon) make stunning foliage additions to the ornamental garden, as do the strong red and yellow stems of 'Bright Lights' chard and 'Victoria' rhubarb. Leeks can edge the front of a flower bed and provide rations for late-season soups well after the rest of the flower garden is heading to bed. And who doesn't adore the delicate umbels of fennel and dill popping up twixt

their less edible companions?

Even plant collectors can hold their heads up high when clucking over a hard-to-find tomato like 'Black Beauty' or when showing off the magnificent red stems and pods of 'Candle Fire' Okra.

Of course, many of the preceding tales take place in the sun. If you're dealing with a partly shady situation in your garden and you want to intermix flowers and vegetables, you should be looking at leafy greens instead of fruiting veg. Chard, kale and lettuces are beautiful additions to the lightly shaded ornamental garden, and the sautéed early season fiddleheads of our native ostrich fern with a 'wild' ramp or two will provide you an undreamed of reputation with your foodie friends.

I'm interplanting more and more these days and I hope you are too. Hopefully the next time my friend stops by his eyes will take in the edibles with the ornamentals and thus confer upon this holy mix the blessed name of 'garden.'

Though it is equally likely that he will ask me why the chard is not down by the barn.

Marianne is a Master Gardener and the author of the new book Tropical Plants and How To Love Them. She blogs at SmallTownGardener and GardenRant.

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PETS

Are pets wiser than we think?

Jennifer Vanderau
Cumberland Valley
Animal Shelter

Do you ever wonder if our pets are far more wise than we could ever possibly give them credit?

Full disclosure. I just returned from a Qigong Meridian Therapy treatment. It's kind of like a combination of massage and acupuncture.

It's pretty remarkable in how it makes you feel afterwards. No two treatments are ever the same and sometimes things come up that you absolutely don't expect.

My practitioner suggests that I rest after seeing her.

Instead, I thought I'd pull up a Word document and see what comes out.

Just wanted to give you a heads up — this could get a little woo woo.

Although even without the treatment, I'm pretty woo woo.

Why do I get the feeling there are people out there right now who know me who are nodding their heads to that last sentence?

It's cool, though. I can be pretty crazy. I own my woo woo.

My mother is very likely reading this. She may disown me yet.

Back to my original question about our pets. As I was driving home from my treatment, I started to think outside the box, as someone who has just had this kind of therapy is wont to do.

I realized that as humans, we worry about a whole lot of stuff that isn't even on our animals' radar — and likely shouldn't necessarily be on ours. Or at least maybe we shouldn't spend quite as much time and energy on the worries that we do.

Animals don't care a hoot about politics. I seriously think the news

stations would go under if animals ran the world.

What the Kardashians are wearing or saying or thinking (if that's possible) never enters an animal's mind.

They don't worry about taxes in the slightest. Waiting until the last minute, even after being given a month-long extension doesn't play even a tiny part in their daily lives. Unlike some of us. Yes, mother, I admitted it.

Animals don't have cell phones attached to their hips and they don't spend endless hours down the Internet rabbit hole.

The only rabbit holes some of our pets go after are quite literal rabbit holes.

Google is just another one of those weird sounds humans make. I'm sure to them it's like baby babble is to us. Means nothing.

Although I really just freaked myself out when I realized google didn't mean a whole lot to us just a decade or two ago. Makes you wonder what could be coming up in the next decade or two, doesn't it?

Wild.

Our animals don't lie awake at night thinking about should I have or if I had only or what if she doesn't like me? or what if he's talking bad about me?

They aren't victims of circular thoughts when they should be sleeping.

Also, I know that some of our animals do use some form of logic from time to time.

My cat Loki knows to follow the birds and squirrels from the back of the house to the front, going from window to window.

Just the other day I saw a video on Facebook of a pitbull who had just been introduced to his reflection in a mirror. You can actually see

the moment he figures out it's not another dog and is likely him in that reflective glass.

It was pretty cool to witness the thought process and that ah ha moment in a dog.

Heck, some border collies have even been able to ascertain human language and can bring specific toys back to their owners — like mom or dad would say, "go get me the yellow banana," and boom, the dog brings back that toy from a pile of others.

That's not to say animals don't have feelings, though. On the contrary.

I know for a fact that animals grieve. I've seen it in my cats when we've had to say goodbye to a member of our feline family.

I've witnessed it in the wild animals standing a roadside vigil for a family member lost to a car.

And I know we have had dogs in the shelter whose owner passed away that sit in their kennels and feel that loss.

Yet, through it all, our animals can still find joy in the simple things — a good meal, a fresh breeze, a new toy or a hug from their favorite human.

I think there's a real power in the ability to still enjoy life, no matter what may have happened in the past.

There also must be a real freedom in not getting caught up in the minutiae of existence, like taxes or politics or the Internet.

Our animals often have a real wisdom that can be remarkably humbling to witness.

Huh. That wasn't too bad. Mom might even still claim me as her oldest.

Maybe there really is something to this Qigong Meridian Therapy after all.

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



Pippy came into the shelter with her kitten because her owner could no longer care for them. She is a 2-year-old calico and tabby girl who can be selective about other cats. She loves playing with feather toys and is a super sweet girl. Can you give her a second chance?



Queenie came into the shelter as a stray in really rough shape. She was emaciated, matted, sick and weak. She got a haircut, fluids, antibiotics and good food. Every day Queenie got stronger and improved. Since she was so weak, bloodwork was sent out and came back that she had a bacterial blood parasite. She has been since treated for it and it has not appeared on follow up bloodwork. However it can recur, so she will need someone that can keep up with regular veterinary care as well as her grooming needs. Despite everything she's been through, Queenie is a sweet, 4-year-old girl who just loves attention. Can you show her what a good life is really all about?



Fiji came into the shelter as a stray and she is one beautiful girl! She's a 1-year-old terrier mix who is basically a gray/blue/silver brindle color. She's quite unique! Fiji loves to sunbathe and play fetch. She has a ton of energy and will need an owner who can be a strong leader, or alpha, if you will, of the pack. Fiji still has a lot of puppy behavior and will need someone that understands the time and the patience that goes into training. She can also be dog selective, so a home without other dogs would be best for her. Because of her high chase drive, she probably should be in a home without cats, too. Because of her energy level, an age restriction for children may apply, so please discuss this with shelter staff. Do you have the right spot for Fiji?

For more information about Pippy, Queenie, or Fiji call the Cumberland Valley Animal Shelter at 717-263-5791 or visit them online at www.cvaspets.org or better yet, visit them in person at the shelter.



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Before humans die, they write their last Will & Testament, give their home & all they have, to those they leave behind. If, with my paws, I could do the same, this is what I'd ask...

To a poor and lonely stray I'd give:

- My happy home.
- My bowl & cozy bed, soft pillows and all my toys.
- The lap, which I loved so much.
- The hand that stroked my fur & the sweet voice which spoke my name.

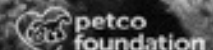
I'd Will to the sad, scared shelter dog, the place I had in my human's loving heart, of which there seemed no bounds.

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

Instead, go find an unloved dog, one whose life has held no joy or hope and give MY place to HIM.

This is the only thing I can give...
The love I left behind.

-- Author Unknown



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Are Essential Oils safe for pets?

Dr John Bramson, DVM
Catoctin Veterinary Clinic

The short answer is some are and some are not.

Essential oils are very concentrated volatile (they evaporate easily) oils which are either distilled or extracted from plants. It takes a lot of plant material to derive the oils. They give off the characteristic fragrances of these plants. There are currently about 300 oils commonly used out of more than 3000 oils that are known. These oils differ from fixed oils like olive, corn, and coconut.

The volatile oils are found in such products as cleaning products, Listerine, turpentine, citronella, Pinesol, and Vicks' Vapor Rub. There is a wide range of toxicity depending on the type of oil and whether it is dilute or concentrated.

These oils are made up of small fat-soluble molecules making them readily absorbed through the skin, gastrointestinal (GI) tract, and/or lungs. Most of them are metabolized by the liver. Cats who have delicate livers to begin with and any pet with a liver problem/condition can be at risk for liver damage, liver failure and even death. Feline asthmatics are at more risk with inhaled essential oils. There can be individual sensitivities for people, dogs, and cats.

The plants often look the same, but the chemical make-up of their oils is different. Some oils are safe, but some can be toxic to pets. The "dose makes

the poison." The routes of absorption from safest to most dangerous are inhaled, skin absorption, and ingestion. Generally, a toxic dose will happen acutely rather than chronically. Injured or damaged skin can increase absorption. These products can also cross the blood/brain barrier.

GI side effects are the most common including salivation, vomiting, diarrhea, and lethargy. There can be seizures. Cardiovascular side effects include low blood pressure, elevated heart rate or lowered heart rate. Respiratory signs include cough, sneezing and bronchospasm. Body temperature can be lowered or elevated.

There is no regulation of these products for quality and safety. There is no control over what is actually in them. There is no EPA regulation for the so-called flea products. The FDA considers these products cosmetics. There can be uncertainty about what is actually in the bottle and whether it matches the label.

Types of essential oils

Penny Royal - This is one of the most toxic oils. There are serious poisonings in people and dogs. The oral and skin routes of exposure occur. Metabolites are severely toxic to the liver causing damage, failure, and possible death.

Citrus - They are mildly effective insecticides that work by drying out the insects. Phototoxicity is possible, but the

reactive components are commonly removed. Toxicity is mild with possible GI upset.

Wintergreen and Birch - These oils have high levels of methyl salicylate which is related to aspirin. That is why they are used as topical muscle pain relief in people. In dogs, it is easy to ingest a toxic dose. Symptoms include vomiting, lethargy, liver toxicity, kidney toxicity, seizures, and death.

Cinnamon and Cassia - Undiluted, these oils can irritate skin and mucous membranes.

Eucalyptus - This can cause nausea, vomiting, neurologic signs, and respiratory signs. There is a characteristic odor on the breath and in urine.

Lavender - These are very popular in use for people and dogs. It has been tried to calm dogs when travelling. Luckily, it is not generally toxic.

Peppermint - Menthol is a well-known ingredient. Less well known, but more dangerous is pulegone. Often this component is removed. If it is not, toxicity can occur through the GI tract or skin absorption. Liver toxicity and seizures can occur.

Nose Work Dogs

Oils are used to scent train dogs. Generally, these oils are safe as they are used in small amounts. However, one must be careful that an entire bottle of the oil is not consumed. Some common oils are Birch, clove, and anise.

The dog may seek out the flavor in gum. This can be a problem because often xylitol is used as an artificial sweetener in gum. If the gum is consumed, a toxicity can occur. So keep gum out of reach.

What to do when there is an exposure

If a dilute product is inhaled, seek

out fresh air. If a product causes problems through skin contact, wash it off. If a large amount causes exposure or it is a very toxic oil, seek medical attention right away.

A pet poison control center can give advice to an owner and veterinarian for a fee. Pet Poison Helpline 800-213-6680

The Rocky Ridge Stray

Linda Shea
Frederick County Animal Control



At any given time, cats and kittens make up most of the shelter population at the Frederick County Division of Animal Control and Pet Adoption Center. Our feline intake is often twice as many as any other species. Of our current population of eighty-eight animals, sixty-eight are cats and kittens.

While some people categorize cats as aloof or antisocial, staff and volunteers at the Frederick County Division of Animal Control and Pet Adoption Center can describe the shelter cats that are the extreme opposite of those somewhat negative stereotypes. Charleston is one of those special feline ambassadors that shows off how affection, sweet, and tolerant many cats can be.

Charleston was a stray from Rocky Ridge Road in Thurmont. He is about one-year-old. Despite his basic coloring of white with black, his personality is anything but basic. Charleston is a "schmooser." He rubs against the bars of his housing unit encouraging passers-by to engage. Once you do, he reaches out with both paws gently grabbing a finger (or ponytail!) while keeping his claws retracted. You end up on the receiving end of a strong, but gentle, grip of a cat that understands respectful interaction with humans. Charleston will even postpone an afternoon nap to respond to conversation or acquire some gentle pets.

We don't actually know anything about Charleston other than what we've observed over the past week. What we do know is how important it is to evaluate each animal as the unique individuals that

they are. A primary goal for our shelter animals is to make them comfortable and reduce or prevent anxiety. Charleston began his stay at the shelter in what we refer to as a Wild box or what some shelters call a Feral Box or Cat Den.

A Wild box offers cats privacy and allows them to interact and socialize at their own pace, rather than being on display in an unfamiliar environment which can cause undue stress. It didn't take very long for us to recognize Charleston's confidence level and the social butterfly that he is and that he was just as comfortable without a personal den.

Charleston is very tolerant of children and is color-coded Blue indicating he is lap cat quality. If you are looking for a cat that dispels the many myths surrounding the species, considering adopt Charleston.

Visit Charleston in person at the Frederick County Animal Control & Pet Adoption Center is located 1832 Rosemont Ave., Frederick. For more information about him Call 301-600-1546.

To read other Pet articles visit Emmitsburg.net.

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YOUNG EQUESTRIANS

True love has four legs

Layla Watkins

There are little girls that love horses, and then, there are little girls that LOVE horses. I was the latter. I was also one of the blessed few whose mother shared that love. My mother did not waste her money on Easy Bake ovens, Barbie Corvettes, or pink bicycles - instead, she wasted it on a Shetland pony whom I immediately named "Black Beauty."

Now, to say the money was wasted is not really a fair statement. In fact, Beauty taught me some valuable lessons. It was Beauty who taught me the "tuck and roll" method of involuntary dismount, as well as the art of getting 500 pounds of pony hoof off my foot. However, faced with the threat of child abuse charges, my mother decided Beauty had to go.

Enter Bobby. Bobby was the pony every child dreams of. He was fat, he was fuzzy, and he was mine. He was also the kindest, most tolerant pony that God ever created. Bobby and I were destined for the Olympics. Sadly, he was sold before we had a chance to qualify for the team.

After Bobby came Winterhawk, a leopard Appaloosa who proved that a good heart is more important than good looks. Winterhawk suffered from navicular disease but in spite of his lameness, carried me tirelessly along the trails of Rocky Mountain National Park. He was also an accomplished broom polo mount who could outrun, outturn, and outplay the soundest of horses. Unfortunately, the time came when I had to say

goodbye to yet another friend.

Then came puberty, followed by work, marriage, and the mundane existence known as adulthood. Until finally, then came Tia...

The day was innocent enough, or so it seemed at the time. Little did I (or my checkbook) suspect the enormity of what I was about to embark on. Although my life had become that of a "city girl," I still thought of myself as a horseperson and was looking forward to watching the 4-H show at the Frederick County Fair. But when I started critiquing those on the wrong diagonals or wrong leads, I knew something was amiss. I knew I had to ride again. I got home and announced, much to my husband's dismay that I was buying a horse.

Never one to procrastinate, I bought the first horse I looked at. Fortunately, that horse was Tia. When I saw her, she was shaggy, wet, muddy, and scrawny - she was the most beautiful horse I'd ever seen.

Tia and I got off to a slow start. She was a green horse, I was a green rider - not typically the best combination, but she forgave my mistakes and I forgave hers. Our first few years were spent trail riding on Sugarloaf Mountain but before long, I got the itch. The itch that drains your bank account, the itch that makes you ride in ten degree weather... the itch to compete.

Our first endeavor was a 15-mile Competitive Trail Ride. The naysayers claimed that Tia, a Quarter Horse, couldn't compete against the Arabi-

ans so known for their endurance - they were wrong. We finished 3rd out of forty-odd horses. It was fun, but I still had the itch. So, we tried jousting. Tia was everything a jousting horse should be - straight, fast, and smooth. I, on the other hand, could not seem to master the art of hanging off the side of my galloping steed while wielding a giant spear aimed at a "Life Savor" sized ring. It was then that I decided to become a "real equestrian" and start showing her as a hunter. There was just one problem - we'd never jumped anything but small logs on the trail.

Teaching Tia to jump was like teaching a fish to swim. In no time, she was leading experienced horses over fallen trees that we'd once cut paths around. Tia loved to jump and it showed in the hunter ring. We finished our first show season as Reserve Champion for the year. It seemed we'd found our calling. At least, that is, until the second season got underway.

By the middle of our second season, I began to notice a change in her - she was just not as bright or energetic approaching fences. Tia was bored. The more I thought about it, the more I realized that I was, too. And that is when the fun really began. One word, three phases - Eventing.

Preparing for our first event was a true test of my love for riding. While Tia would jump the moon, she was not so fond of the new foofy stuff (translation: dressage). "What do you mean I'm supposed to stretch my head down while I walk - there's no grass in this ring!" "Make up your mind! Do you want me to stop or go? This leg / hand nonsense is getting on my nerves!" And so it went



The expression on Layla's face and Tia's ears say it all - Eventing was for them!

for the month preceding the event. I resigned myself to the fact that we would probably be last in dressage, but hoped to move up during the jumping phases. I was close - we were 10th out of 12 after dressage, but with clean cross-country and stadium rounds, finished our 1st event in 3rd place. I was hooked. As it turned out, so was Tia.

I have always said that Tia is the exception to the chestnut mare syndrome (aka dumb blond) stereotype. You see, all by herself, she figured out that all she had to do was put up with the foofy stuff and she'd get to do her two favorite things - run and jump, jump and run. All of a sudden, I had an event horse!

The next year we began training with Mike Hillman (after, of course, as our judge he gave us the worst dressage score we've gotten to this day!). The first order of business was to pick

a show name worthy of a great event horse. The result, "Take It Away!" (get it ... T - I - A). Before long, we were ready for our first recognized event at Redland Hunt. Having nearly fainted at the sight of some of the cross-country jumps, as we left the warm-up and headed for the start box, Mike offered these words of encouragement: "Trust yourself, trust your horse, and have fun." Words to live by - we went clean.

And so, Tia, this story is dedicated to you. For your enormous heart and endless courage, I admire you. For your friendship and devotion, I thank you. For all of these things, I love you. Other horses may come and go, but none will ever replace you. You are now, and always will be, number one in my heart.

To read other Young Equestrians articles, visit the author's section of emmitsburg.net.



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WATER REPORT

2020 Thurmont Annual Drinking Water Quality Report

The Town of Thurmont is pleased to present this year's Annual Drinking Water Quality Report, for the Thurmont Water System, PWSID #010-0023. This report is designed to inform you about the quality and sources of the Town's drinking water. Our goal is to provide a safe and dependable supply of drinking water. We work continually to improve our treatment process and to protect our water resources. The drinking water provided by the Town of Thurmont during the past calendar year met all of the Environmental Protection Agency and the State of Maryland health standards for drinking water contaminants.

Our drinking water source is ground water consisting of five wells, 3, 4, 9, 7 and 8, with three treatment facilities. Wells 3, 4 & 9 are treated at the same plant. Wells 3, 4 & 9 are in the Frederick Limestone aquifer and Wells 7 and 8 are in the Gettysburg Shale aquifer. The Maryland Department of the Environment (MDE) has categorized through testing, that Well 3 is ground water under the influence of surface water and it is treated the same as a surface water source. MDE has completed source water assessments on the vulnerability of all State water sources to contamination. For more information on specific assessments you may call the MDE Source Water Protection Division at 410-537-3714.

The Town of Thurmont routinely monitors for contaminants in our drinking water in accordance with federal and state laws. Not all contaminants are tested annually. The table below shows results of contaminants that were detected for the previous year January 1, 2020 to December 31, 2020, unless otherwise noted. As water travels over land or underground it can pick up contaminants such as microbes, inorganic and organic chemicals along with radioactive substances. All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as those with cancer, undergoing chemotherapy, who have undergone organ transplants, have HIV/AIDS or other immune system disorders, some elderly and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline at 1-800-426-4791.

Definitions of Abbreviations and

Terms used in this report:

- MCLG** Maximum Contaminant Level Goal, the level of a contaminant in drinking water below which there is no known or expected health risk. MCLG's allow for a margin of safety. These goals represent a target level for a contaminant that is not necessarily achievable with standard treatment.
- MCL** Maximum Contaminant Level, the highest level of a contaminant that is allowed in drinking water based on present regulations as set by the EPA to protect the public health. MCL's are set as close to the MCLG's as feasible, based on the best treatment technology currently available.
- TT** Treatment Technique
- NTU** Nephelometric Turbidity Unit, a unit of measure for the cloudiness or turbidity of drinking water.
- PPM** Parts per Million or milligrams per liter or one ounce in 7,350 gallons of water.
- PPB** Parts per Billion or micrograms per liter or one ounce in 7,350,000 gallons of water.
- PPT** Parts per Trillion or nanogram per liter or one ounce in 7.5 billion gallons of water
- pCi/L** Picocuries Per Liter, A measure of radioactivity in water.
- NA** Not Applicable
- ND** Not Detected
- MRDL** Maximum Residual Disinfectant Level
- MRDLG** Maximum Residual Disinfectant Level Goal
- AL** Action Level, The Concentration of a contaminant which if exceeded, triggers treatment or other requirements which a water system must follow.

Information about lead in Drinking Water: If present, elevated levels of lead can cause serious health problems. Infants and young children are typically more vulnerable to lead in drinking water than the general population. It is possible that lead levels at your home may be higher than at other homes in the community as a result of materials used in your homes plumbing. If you are concerned about elevated lead levels in your homes water, you may wish to have your water tested and flush your tap for thirty seconds to two minutes before using tap water. Additional information is available from the Safe Drinking Water Hotline 1-800-426-4791. We at the Town of Thurmont Water Department work around the clock to provide quality water to our residents. With water being our most precious of resources, we ask you to not only conserve water but to help us in protecting our water sources for future generations. If you have any questions regarding this report please contact Harold Lawson at 301-271-7313. Town meetings are held on Tuesdays at 7 p.m. at the Town Office, 615 E. Main Street.

Inorganic Contaminants	Collection Date	Highest Level Detected	Range of Levels Detected	MCLG	MCL	Units	Violation	Likely Source of Contamination
Nitrate (measured as Nitrogen)	2020	4	2.04 - 3.6	10	10	ppm	N	Runoff from fertilizer use; Leaching from septic tanks, sewage; erosion of natural deposits.
Arsenic	2020	1	0 - 1	0	10	ppb	N	Erosion of natural deposits; runoff from orchards; runoff from glass and electronics production wastes.
Barium	2020	0.02	0 - 0.02	2	2	ppm	N	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits.
Selenium	2020	5	0 - 5	50	50	ppb	N	Discharge from petroleum and metal refineries; erosion of natural deposits discharge from mines.
Radioactive Contaminants	Collection Date	Highest Level Detected	Range of Levels Detected	MCLG	MCL	Units	Violation	Likely Source of Contamination
Combined Radium 226/228	8/26/2015	0.3	0.3 - 0.3	0	5	pci/L	N	Erosion of natural deposits.
Gross alpha excluding radon and uranium	5/30/2019	4.6	4.6 - 4.6	0	15	pci/L	N	Erosion of natural deposits.
Volatile Organic Contaminants	Collection Date	Highest Level Detected	Range of Levels Detected	MCLG	MCL	Units	Violation	Likely Source of Contamination
Trichloroethylene	2020	4	0 - 3.64	0	5	ppb	N	Discharge from metal degreasing sites and other factories.
Dichloromethane	2020	4	0 - 3.64	0	5	ppb	N	Discharge from pharmaceutical and chemical factories.
Turbidity	Limit (Treatment Technique)	Level Detected	Violation	Likely Source of Contamination				
Highest single measurement	5 NTU	.3 NTU	N	Soil runoff.				
Lowest monthly % meeting limit	1.0 NTU	100%	N	Soil runoff.				
NOTE: Turbidity is a measurement of the cloudiness of the water caused by suspended particles. We monitor it because it is a good indicator of water quality and the effectiveness of our filtration.								
Disinfectants and Disinfection By-products	Collection Date	Highest Level Detected	Range of Levels Detected	MCLG	MCL	Units	Violation	Likely Source of Contamination
Chlorine	2020	1.1	1 - 1.1	MRDLG = 4	MRDL = 4	ppm	N	Water additive used to control microbes.
Halooxetic Acids (HAA5)	2020	1.0	0 - 1.3	No goal for the total	60	ppb	N	By-product of drinking water disinfection
Total Trihalomethanes (TTHM)	2020	4	3.9 - 4.9	No goal for the total	80	ppb	N	By-product of drinking water disinfection
NOTE: Not all sample results may have been used for calculating the highest level detected because some results may be part of an evaluation to determine where compliance sampling should occur in the future								
Lead and Copper	Date Sampled	MCLG	Action Level (AL)	90 th Percentile	#Sites Over AL	Units	Violation	Likely Source of Contamination
Copper	8/31/2018	1.3	1.3	0.31	0	ppm	N	Erosion of natural deposits; Leaching from wood preservatives; Corrosion of household plumbing systems.
Lead	8/31/2018	0	15	4	0	ppb	N	Corrosion of household plumbing systems; Erosion of natural deposits.
Unregulated Contaminates	Collection Date	Average Level Detected	Range of Levels Detected	MCLG	MCL	Units	Violation	Likely Source of Contamination
Perfluoroalkyl and Polyfluoroalkyl Substances (PFAS)	2020	8.68	1.53 - 34.5	N/A	N/A	ppt		Non-stick cookware, water resistant clothing, personal care items, firefighting foams.

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HEALTH NOTES

Feel like yourself again after COVID-19

Kelsey Shupe
Frederick Health

Still experiencing COVID-19-related side effects? You're not alone. Nearly a third of COVID-19 survivors have long-haul symptoms, according to studies. Even people who did not have symptoms when infected with COVID-19 can have post-COVID symptoms, says the Centers for Disease Control and Prevention (CDC).

"Long COVID" is a term the CDC uses for this range of symptoms that can last weeks or even months after COVID-19 infection. People with long COVID report experiencing a combination of these symptoms:

Chest pain

Cognitive issues like difficulty thinking or concentrating (brain fog) and memory loss

Cough

Depression, anxiety, and emotion and mood disorders

Difficulty breathing or shortness of breath

Dizziness

Fatigue

Fever

Headaches or blurred vision

Heart palpitations

Joint or muscle pain

Loss of smell or taste

Speech and language issues

Symptoms that worsen after physical or mental activity

These side effects can be life-altering. Many people with long COVID cannot return to work or perform basic tasks that came easy pre-COVID. However, there are ways to manage these post-COVID-19 side effects and improve your health over time. The key is talking to your healthcare provider immediately about your treatment options and resources for support.

Frederick Health Physical Therapy & Sports Rehab's COVID-19 Recovery Care program is a resource in Fred-

erick County to help you feel like yourself again.

COVID-19 Recovery Care

Through the COVID-19 Recovery Care program, the Frederick Health Physical Therapy & Sports Rehab team treats the unique health needs of COVID-19 survivors. The highly trained and experienced clinicians offer physical, occupational, and speech-language therapies. They provide one-on-one, individualized care using the latest and most innovative equipment and techniques. Survivors do not need a referral for the program. The COVID-19 Recovery Care program is open to anyone in the Frederick community.

Some survivors may experience loss of function and independence altogether. Frederick Health uses physical therapy to help strengthen those muscles, recondition the body and functionality lost because of infection, rebuild balance and endurance, and more. The team also assists in reduc-

ing pain or restoring mobility using exercises, manual therapy, and various treatment methods developed by licensed physical therapists.

Occupational therapies help retrain COVID-19 survivors in daily activities many take for granted, like getting dressed or brushing their teeth. For some recovering from COVID-19, these tasks require a lot of energy when they still feel extremely fatigued. Frederick Health focuses on returning these vital activities of daily living that many COVID-19 survivors have lost so they gain greater independence and self-reliance.

Some COVID-19 survivors may have difficulty with comprehension or loss of memory. Speech-language therapies assist in improving speech, language, cognition, and voice challenges. This aspect of the COVID-19 Recovery Care program allows survivors to train their communication skills to avoid additional deterioration and

learn to interact with their loved ones once again.

The Frederick Health Physical Therapy & Sports Rehab team offers comprehensive, personalized outpatient rehabilitation in Frederick and the surrounding areas. The COVID-19 Recovery Care program is offered exclusively at the Frederick location. All care is performed by licensed clinical staff. The team will evaluate your unique problems and develop a custom plan to address your side effects.

Don't ignore the side effects of COVID-19. Get back to feeling like yourself again. Call 240-566-3132 or visit FrederickHealth.org/COVIDRecovery to schedule an appointment.

In the meantime, continue to practice CDC-recommended COVID-19 safety precautions to slow the spread and prevent infection:

If you are unvaccinated, continue to wear a mask covering your nose and mouth in public and stay 6 feet apart from people outside of your household. If you are fully vaccinated, you may resume activities you did before the pandemic (without wearing a mask or physically distancing.)

If you have been in close contact with someone who has COVID-19 and you are not vaccinated, stay home for 14 days after your last contact to separate yourself from others while you monitor your health. Watch for symptoms of COVID-19, like fever, cough, and shortness of breath. Follow all directions from the state and local health departments. If you have been exposed to someone with COVID-19 but you have had COVID-19 within the last three months or are fully vaccinated, you do not need to quarantine.

Get a COVID-19 vaccine. The Frederick County Health Department and other vaccination clinics have vaccine appointments available. Visit MarylandVax.org to sign up for an appointment.

Wash your hands often with soap and water or use hand sanitizer when soap and water are unavailable.

Curbside testing, vaccine availability, visitation guidelines, and more can be found at FrederickHealth.org/COVID19.

Frederick County COVID-19 Update

As of May 24th:

38.1% of the Frederick County population has been fully vaccinated.

48.6% of the Frederick County population has had at least 1 dose

126,144 first doses, 98,822 second doses, and 13,853 single doses have been administered to Frederick County residents.

The Health Department is now reporting that 19,683 residents have tested positive for COVID-19 and 316 people have confirmed COVID-19 as cause of death.

The 7-day Positivity Rate is now 2.2%

All Marylanders are eligible to schedule appointments and get vaccinated through all providers. Please note that Pfizer vaccination is authorized for 12 years and older. Moderna is authorized for 18 years and older.

Visit FrederickHealth.org to start the journey to better health and well-being.

Feel like yourself again.

Don't ignore the ongoing side effects of COVID-19:

- Shortness of breath
- Joint and muscle pain
- Headaches
- Memory loss

Through the COVID-19 Recovery Care program, our Physical Therapy & Sports Rehab team treats the unique health needs of COVID-19 survivors.

No referral needed.

Because we want you healthy, Frederick.

Schedule an appointment

FrederickHealth.org/COVIDRecovery

240-566-3132



COVID trends open door for return of carnivals & fairs

Carnivals, which have traditionally served as being the primary fundraisers for community emergency responders, have begun to re-emerge - as COVID restrictions are beginning to be lifted in the wake of subsidence of the pandemic.

Thurmont Mayor John Kinnaird noted at the town commissioners' May 11 meeting that the carnivals within his community - the Thurmont Community Ambulance Service and the Guardian Hose Company - have decided to move forward with holding their events, given the anticipated relaxation of coronavirus protocols as the result of case-numbers decreasing.

The Thurmont Community Ambulance Service will hold their carnival on June 1 through June 5 at the Thurmont Event Complex.

Pre-sale ride-tickets are \$16, and will be valid nightly at the event beginning at 6 p.m. through 10 p.m.

There will also be nightly entertainment, which as of press-time was not fully-booked but will feature Taylor Brown and The Elvis Show on June 1, The Rock and Roll Relics on June 4, and Borderline on June 5, among the offerings.

The company will be holding a \$15 nightly buffet served from 5 p.m. to 7 p.m., and a fireworks display will be held on the evening of June 4.

The Guardian Hose Company will hold their carnival from July 6 through July 10. There will be on-site rides and amusements. There will be a "Pay One Price - Ride All Night" offer, and details, including admission rates, are

soon to be announced.

There will be no parade, and of the News-Journal's press time, the company was continuing to work on the details of the event. Updates will be provided at the fire company's website at guardianhose.org.

Mayor Kinnaird stated, "Both our ambulance company and the Guardian Hose Company have seen drastic drop-offs in their donations this year because of their inability to run a lot of events."

The mayor encouraged everyone to go out and get to the carnivals and noted that there are always donation jars at the carnivals, "(so) throw a couple of extra dollars in the donation jars to help these people out," the mayor suggested.

The same could be said for the Walkersville Volunteer Fire Company, who, like so many others, have suffered from the loss of revenue their carnival would have provided last year.

However, the company has decided to try and recoup some of the loss by holding their 81st Annual Carnival this year from July 5 through July 10 on their carnival grounds.

The event will feature Rise-All-Night-For-One-Price on July 5 through July 7 and will be holding a fireworks display on July 9 (July 10 rain-date). Nightly entertainment will feature local bands, as well as other activities.

Food-wise, the company will be offering hamburgers, cheeseburgers, hot dogs, crab cakes, fried country ham, chicken, French fries, pizza, and

hand-dipped ice cream.

Keep in mind that COVID protocols - in some form or another - may continue to exist at the time of the events, and all attendees are required to comply with any protocols that remain.

There has been no decision as yet regarding whether Fairfield Borough's Pippinfest will be held this year. Last year, like so many other events, Pippinfest was canceled, as the borough felt that it could not be safely held.

However, Thurmont's Catocin Colorfest 2021 will be held, unless COVID numbers rise, and thereby pose a renewed threat. The town commissioners noted at their May 18 meeting that the Colorfest organizers are proceeding with their plans for the 2021 event, including accepting vendor applications.

Mayor Kinnaird said staff had been meeting with Carol Robertson, president of Catocin Colorfest. "She's of-a-mind that we can safely operate Colorfest, and I'm in agreement with her," he said.

The mayor stated that Chief Administrative Officer James Humerick is going to start looking at getting prices on providing the security, sanitation, transportation, and (if deemed necessary) purchasing masks in-bulk for the event.

Kinnaird said the town will be nev-



While the drop in COVID cases came too late for some carnivals and fairs, those traditionally taking place in summer have had time to organize and resume.

ertheless taking a chance, because there is no real assurance that the pre-COVID attendance numbers can be achieved.

He noted that the expenses the town incurs with regard to providing security, sanitation, and transportation services for the event is paid through money raised by vendor and parking fees, and that if attendance is down, the town could potentially fall short in the funds needed to pay for the expenses.

However, the mayor further stated, "This is a chance we have to take. Colorfest is so critical to a lot of our local organizations - the churches, the Scouts, the Lions

Club," adding, "We need to get back into it and take the chance that we may come up short this year."

Kinnaird said, "I would ensure you if there's a reversal in anything to do with COVID then we will address that, and if we have to scale-back anything, then we will - at that time."

Humerick said he is happy that the town is planning for Colorfest, "I think if we didn't plan for it and then things really opened-up in September, it would be too late to plan for it," adding, "I'd rather plan for it now and hope that we not have to step back, but we have the option to do that if something were to reverse (the decision to proceed)."



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VHC status report to the community

Tim Clark
Vigilant Hose Company

It will soon be 4 years since the community's emergency ambulances began operating out of the Vigilant Hose Company. It was back on July 2017, that the first outwardly obvious part of a merger process took place bringing together the former Emmitsburg Volunteer Ambulance Company (EVAC) and the VHC.

The two former EVAC ambulances along with EVAC personnel, facilities, equipment, assets and liabilities were smoothly transitioned into the VHC. The full merger officially became effective 6-months later at midnight on December 31st. Mindful of those being served, the men and women of both groups worked through a range of steps necessary to accomplish the intended outcomes.

The merger continues to be model demonstration project for how other emergency services groups in Frederick County and across the region can improve services while also reaping the benefits of effectiveness and efficiency. By any

measure, the partnership here has worked out well.

Since 2017, improved service delivery and increased numbers of first responders along with support personnel have been sources of great pride for the men and women of the VHC.

Every aspect of emergency services delivery and organizational efforts necessary to assure high quality service continue to be open for public scrutiny. VHC personnel remain grateful to area citizens, businesses, and institutions as well as elected and appointed officials locally and regionally for their active support.

In May of 2018, VHC membership proudly placed Ambulance 69 in service. Currently, VHC leaders are in doing final preparations to order a 2nd and much needed replacement of the older of the two VHC's ambulances.

VHC members encourage all to follow the work of the organization via its website. Additionally, anyone desiring to assist the local emergency services organization are sure to find numerous fulfilling ways to "Volunteer for the Experience of a Lifetime."

HISTORY

Gateway to the Mountains

George Wireman

Chapter 35, 1951 Thurmont Bicentennial (continued from last month)

Friday, July 27

On Friday morning, starting at 10 o'clock, open house was held at the following general industries and business shops: Creager's Funeral Home, Creager's Furniture Store, The Thurmont Bank, Hershey's 5 and 10c Store, Gall and Smith, Weigle and Testerman, Howard F. Late Company, Thurmont Flooring and Lumber Co., Thurmont Recreation Center, Cozy Restaurant, Kesseling's Machine Shop, Hammaker's Memorial, Thurmont Co-Operative, and the Eagle Broom Works.

Local citizens as well as visitors to the community were surprised at the activities in Thurmont and it was suggested that open house should be held from time to time to better acquaint the citizens with their community.

Friday evening citizens and homecomers alike gathered at the High School Cafeteria for a banquet celebrating the town's 200th birthday. More than 200 persons were in attendance. Mr. Charles

Mathias of Frederick, a "son of Thurmont" presided as toastmaster. Following the singing of "America," Rev. Charles H. Corbett gave the invocation and a delicious roast turkey dinner was served.

The program opened with the group singing "Daisy, Daisy," led by Miss Elizabeth Reid, Queen of the Bicentennial, and her court. On behalf of the Board of Commissioners, Mayor Elmer Barnhart presented a gift to Mr. Damuth in appreciation for all the work which he had done in making the Bicentennial Celebration a grand affair which will be long remembered.

Toastmaster Mathias remarked that he felt that an appropriate theme for the banquet would be, "Backward, turn backward, 0 time in your flight, Make me a boy, just for tonight." He recalled his early days in Thurmont and the two boys who were his pals — Horace Rouzer, who lived on Church Street directly opposite his home, and Russell Waesche, who lived just a short distance up the street. He cited how each had made a great name for himself before passing into the Great Beyond.

It might be well to point out here that Horace Rouzer became Assistant Architect of the Capitol in Washington, D. C., and Russell Waesche joined the United States Coast Guard and was advanced to a full Admiral.

Although not mentioned at that time, friends as they chatted together during the evening recalled to memory Robert Tyson, also a "son of Thurmont" who likewise made a name for himself as Vice President of the United States Steel Corporation.

A number of citizens were called upon to give some events out of the past and these were very interesting. Those who contributed to this portion of the program were: A. J. Williar, Miss Linnie McGuigan, Miss Grace Henshaw, Miss Mary Waesche, Miss Carrie Boblitz, Mrs. Sadie Saylor Boerner, Miss Ada B. Crouse, Mrs. Raymond Creager, Robert Freeze, George Lickle, Mrs. Lottie Gall and others.

As a fitting close to the program, Mrs. Blair sang "May the Good Lord Bless and Keep You." The group then sang "Auld Lang Sync" and the benediction was pronounced by Rev. Corbett, after which old friends got together for a chat and a friendly visit.

Saturday, July 28

There were only two events scheduled for Saturday; a baseball game at 2 and a repeat performance of the pageant at 9.



The crowds turned out in full force for Thurmont's 1951 bicentennial celebration. (Special thanks to Mayor John Kinnaird for our two photos. To see other historical photos of Thurmont we encourage you to visit www.thurmontimages.com)

The baseball game was between Thurmont and Damairy, both teams being members of the County Baseball League, proved to be very interesting, but Damairy defeated Thurmont by a score of 7 to 2. As the local team members walked off the field they found themselves at the very bottom of the league standing. Middletown was first, Union Bridge second, Damairy third, and Thurmont, last.

Saturday evening the local school auditorium was again packed for the second performance of the pageant, "Gateway To The Mountains." There were a number of citizens in attendance who were seeing it for the second time and remarked how entertaining and instructive it was.

Sunday, July 29

From Noon until 3 the members of the Edwin Creager, Jr. Post #168 of the American Legion were hosts to the community as they held open house and dedicated the new legion home located on Park Lane.

On hand for the dedication ceremonies was the Second Army Band from Fort Meade, who rendered a full hour concert. In addition to the selections by the band there was a vocalist who sang "Some Enchanted Evening" and "The Last Time I Saw Paris." It is believed that the vocalist was none other than Eddie Fisher, who was in the service at the time and traveled with the band on its personal appearances. A group of the men in the band also sang several musical selections.

The dedication ceremonies began at 2 and were under the direction of Post Commander, Lloyd Mackley. Commander Mackley spoke briefly on the history of the local post and the new Legion Home. The local post was founded in November of 1945 and the new home was constructed in 1950 and completed just a week before the dedication, at a cost of \$58,000.00. The post was named after Edwin Creager, Jr., the first lad from Thurmont who made the supreme sacrifice in the service of his country during World War II.

Robert Fink, the newly-elected

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HISTORY

Post Commander, acting as Master of Ceremonies, introduced Mayor Elmer Barnhart who spoke briefly. Mrs. Jean Riffle, Unit President was then introduced and in turn introduced Unit State officials.

Marine Brigadier General James Devereux, retired hero of Wake Island was the main speaker. Stressing the need for strong economy in our government, General Devereux stated that our pressing problem at present was that of our economic ills. He suggested that the reducing of money and credits and the increasing of production will be two ways to combat inflation. By reducing taxes on businesses, production will be encouraged and that will be a partial answer to the question. It is also necessary to reduce the funds for the Federal Government, he said. A strong defense is necessary, but in closing he remarked that our economic ills can weaken even the strongest defense.

Daniel Burkhardt, Department Adjutant was then introduced and the new Legion Home was dedicated. Mrs. Edna Marks, Vice President of the Western Maryland District, dedicated the Colors of the Auxiliary Unit. Mrs. Maude Prendergast served as Sgt.-at-Arms and Mrs. Florence Ford and Mrs. Lucille Fraley were color bearers.

Sunday evening, Memorial Park was the scene of community vesper services. Ministers taking part in the service were Rev. Charles H. Corbett, Lutheran; Rev. Ivan G. Naugle, Evan. United Brethren; Rev. E. D. Bright, Trinity Reformed, retired; and Rev. Robert Huebener, Moravian, retired.

Although the vesper service was the closing event of the week-long celebration, there were several events scheduled for the following week. The Annual Firemen's Carnival was being held from July 30 through August 4, and the Bicentennial Committee in co-operation with the local firemen, thought it best to combine the Annual Firemen's Parade with the Bicentennial Parade and stage just one mammoth parade.

Area newspapers covering the event stated that Thurmont was literally bursting at the seams and

rightfully so, for an estimated crowd of 15,000 persons lined the streets to witness the coronation of the Bicentennial Queen and to watch the parade that immediately followed.

Wednesday, August 1

The Coronation ceremonies were held in the beautiful setting of Memorial Park where the Hagerstown Civic Band rendered a stirring march, "The Stars and Stripes Forever." As the band concluded its number, the Queen arrived at the park pavilion. Accompanying the Queen were the six lovely ladies comprising her court, each escorted by a service man from Fort Detrick. Little Miss Barbara Hoover acted as the crown bearer. When the Queen arrived at the parade ground, she was greeted with cheers and loud applause. Following a slight delay, the parade moved off.

(It might be well to mention here that although the Gainesville, Georgia Fire Company did not receive an invitation to the parade, they just happened to be passing through Thurmont and stopped to find out what was going on. Upon hearing of this the Chairman of the Parade Com-

mittee invited them to take part in the parade.)

Thus ended the celebration of the 200th Anniversary of the founding of this distinctive little community. Although the actual date when a few rude huts, clustered at the foot of the beautiful Catoctin Mountains, actually became deserving of classification as a town or village may be cloaked in obscurity, there is ample evidence to support the contention that about 1751, the Wellers chose this picturesque site as the spot where they wished to make their home. Many and varied have been the circumstances through which this settlement has passed with the relentless march of time. Through peace and war, through tranquility and disaster, the little settlement of Mechanicstown grew and prospered, while its population gradually increased until today it boasts proudly of being the third largest municipality in Frederick County.

But amid the joy of our accomplishments during the first two hundred years, we must never forget those sturdy souls whose early sacrifices and hardships made all of this wealth of development possible. Their struggles with the

Thurmont High School Alumni Reunion

The Thurmont High School Alumni Association will hold its annual banquet on Saturday, June 12 at the new Thurmont Event Complex, located at 13716 Stratford Drive, which is just off of Lawyer's Lane south of Thurmont.

Due to COVID-19, masks will be required inside the complex. Social hour will begin at 5 p.m., with the meal served promptly at 6 p.m. The anniversary classes this year are those that end in 0 and 5 & 6 and 1 since we did not have a dinner last year. Several basket raffles and a 50/25/25 raffle will take place. Special scholarships

will be awarded to graduating seniors, related to Thurmont High School Alumni. The cost for the evening is \$23.00 per person, which should be mailed to Viola Noffsinger, 131 Cody Drive #33, Thurmont, MD 21788 (before May 26).

All alumnus of Thurmont High School and Catoctin High School classes (1969-1974), and friends, are encouraged to attend. Visit the alumni Facebook page: Thurmont High School Alumni Association. Questions, special reports, or other information may be sent to vmnoff@gmail.com or call 301-418-1760.

forces of nature, their indomitable courage which led them to carve from the mountain fastnesses a place they might call home, their braving the terrors of Indian warfare, of isolation, and of solitude — all of these high qualities of spirit have been the soil in which

our civilization of today has been fostered and nourished. It will be difficult for those of this generation to follow in their footsteps and leave behind us during the next two hundred years, a heritage so worthy of emulation.

continued next month



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Daily Events

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TANEYTOWN HISTORY

Memorial Day – 1946

David Buie

I hope everyone has enjoyed the history of the Taneytown series. For May, I will be taking a break and highlighting the 1946 Taneytown Memorial Day Parade. The parade was considered the largest in the town's history, having had several thousand people in attendance.

Many Carroll County towns are justly proud of their long traditions of Memorial Day observances. The holiday has been observed in at least one of them, Westminster, since shortly after the Civil War. Early observances in the twentieth century were reported in the June 2, 1900, issue of Westminster's American Sentinel newspaper under the headline "Memorial Day in Carroll."

"Memorial exercises were held at Winfield and Taneytown, this county, on Wednesday. An account of the day at Winfield will be found in the items from that place, elsewhere published in the Sentinel. To this [Taneytown] account we only desire to add that admirable order prevailed, notwithstanding the great throng in attendance, which was estimated at about six thousand people, and that the speakers on the occasion were much impressed by the intelligence of the vast auditory, all of whom listened with marked attention and interest to the address.

"At Taneytown the demonstration far surpassed any previous memorial occasion. It included a parade in which the old soldiers, Carroll County military company of Friezelleburg, school children, Taney-

town Fire Company, the Order of Heptasophs, Patriotic Sons of America and Knights of Pythias were in line. The several cemeteries of the town were visited, and the graves of the deceased soldiers decorated with flowers. The military company fired a salute in each cemetery. A meeting was held in the Opera House, at which about seven hundred people were present, and as many more failed to find standing room. Addresses were delivered by Rev. Father Lennan, of St. Joseph's Catholic Church, and Rev. Chas. A. Britt, of Trinity Lutheran Church, Taneytown. The exercises were opened with prayer by Rev. Father Lennan."

Throughout the first half of the twentieth-century, Memorial Day parades in Taneytown would come and go—most with little fanfare until the one in 1946. That is still considered to be the largest in the town's history!

According to the June 1, 1946, Evening Sun of Hanover, PA, the parade formed at 2 p.m. on May 31 at the War Memorial, then located at the very eastern end of Baltimore Street. According to The Sun, "The line of the march was from the monument up Baltimore Street to the cemetery of the Reformed Church [now Grace U.C.C.] where the Memorial exercises were held. In the parade were the following units: State Police, the Marshals on horseback, the mayor and city council of Taneytown, Gold Star Mothers, the pastors of the Taneytown churches, color bearer and color guard, firing squad, the W.F. Myers Band of West-

minster, the Taneytown Veterans [members of the Snider-Hesson Post of the American Legion and Veterans of Foreign Wars], representatives of Foreign Wars of Westminster, a Naval Unit from the Bainbridge Station, the Taneytown I.O.O.F. Band, members of the Troop 348 Boy Scouts of Taneytown and school children.

"At the cemetery, the following program was presented with Merwyn C. Fuss presiding: Selection by the Myers band; invocation by the Rev. Glenn L. Stahl, pastor of the Trinity Lutheran church; welcome address by the presiding officer, in which special welcome was given to the boys who, having served in the respective war areas, have now returned to their homes and to civilian life, with the regret that not all those who went at the call of their country were permitted to return; the singing of "America" under the direction of Mrs. Wallace Yingling accompanied by the Junior I.O.O.F. band; Lincoln's Gettysburg Address recited by Miss Dorothy Alexander; Memorial address by Brig.-Gen. D. John Markey of Walkersville, Md., calling of the roll of World Wars I and II casualties by Harmon Albaugh, commander of Snider-Hesson Post of the American Legion; citation to Mr. and Mrs. Clarence Fream; and the benediction of Rev. Arthur Garvin, pastor of the United Brethren church.

"The citation referred to 'as given to Mr. and Mrs. Clarence Fream, parents of Elwood Fream, who was reported missing after flying over Germany and now officially declared dead by the War Department. The citation included the presentation to



Senator Millard E. Tydings addressed the crowd at the May 30, 1938, Taneytown Memorial Day observance held at the Reformed Church [now Grace U.C.C.] Cemetery. Pictured from left to right are (seated) Dr. C. M. Benner, Mrs. Francis T. Elliott, Mrs. Louis Lancaster, Mrs. Millard E. Tydings and Fr. Joseph F. Lane; (standing) Albert Smith, James C. Myers, B. Walter Crapster, James Salley, Louis Lancaster, and Rose Crabbs.

Mr. and Mrs. Fream of a Gold Star certificate.'

"General Markey, the speaker of the day, was born in Frederick and has been in army life for more than a generation. He was a member of Company A of the Maryland National Guard and as such was sent to the Mexican border in 1907 when war with Mexico seemed about to take place. He later became Captain of Company A and in time was promoted to Lieutenant-Colonel and then to Colonel of the First Maryland Regiment. During World War I he was in command of a machine gun regiment and saw service on the battle front. During World War II he was in command of Camp Lee in Virginia, one of the largest recruiting camps in the nation. Since 1918 he has been a member of the National American Battle Monument Commission, which has charge of all national cemeteries on foreign soil of which Commission General Pershing is the head. The list of battle casualties from this community, which was read during the exercises, included the following: From World War I - John Alexander, Howard Frock, William D. Hess, Raymond L. Hesson, Verle C. Snider and William Fox; from WWII - Paul Copenhaver, Kenneth Crumbacker,

Elwood Fream, Richard Hull, Bruce Keeney, Lacey Phillips, Richard Sell, Frank Unger and Arthur Neal.

"The exercises of the day were arranged by a committee of which James Myers was the chairman. The various organizations which cooperated in the arrangements for the day are the American Legion, Chamber of Commerce, the Taneytown Volunteer Fire Company, the Odd Fellows and the Junior Mechanics."

It was estimated that those who came to participate in that 1946 observation numbered several thousand . . . some arriving in automobiles and some even by train. The streets were lined with people and every front porch along the line of march from East to West Baltimore streets was packed. The newspaper reported, "Altogether from the standpoint of the people and the interest shown, this has been one of the best Memorial Day occasions within memory for several years."

David Buie is a Taneytown Resident who has a passion for Carroll County and its place in history. For more information on the history of Taneytown, visit Downtown Taneytown on Facebook or he can be contacted at team-buie05@msn.com.

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100 YEARS AGO THIS MONTH

June 3

Memorial Day In Taneytown

Taneytown had one of the greatest Memorial Days in its history. Perhaps 2,500 people taking part in the parade and lining the streets. The parade itself was very credible, being made up largely of Civil War and World War veterans, the Woodsboro band, a large line of children and members of various other bodies. The decoration of graves at the cemetery was more general than heretofore, but hundreds came to help and show their approval. The lowering sky no doubt kept many ways, but the exercise was a big success, and everything passed off just right.

Fatal Accident At New Midway

The P. R. R passenger train south, struck an automobile at the New Midway crossing, completely demolishing it and killing James Harbaugh, 18 years old, and fatally injuring his 5 year old brother Roscoe, and seriously injuring another brother Harry, age 17. The Harbaughs were on their way to a neighbor in an automobile and were preceded by their father who was driving a tractor. As they approach the crossing they observed that their father, in his slower moving vehicle, was already across the railroad tracks. They did not hesitate, but kept right on. The train, which was obstructed from their view in the approach by trees, caught them squarely, demolishing the machine. James, who was driving, was caught in the wreckage, but the two brothers were thrown clear. The train stopped and took the injured boys to Frederick. James died on the train.

Vagrants Charged in Robbery

Receiving word on Sunday afternoon that two men who rob the Western Maryland Railroad station at Fairfield were proceeding along the tracks towards Charmain, Detective Charles Wilson, jumped into the machine of Roy Vaughn, and hastened up the mountain. At the Charmain station he arrested Nicholas Macaria, 18, and Joseph Russa, 19, and brought them back to the Adams County Jail. Macaria gave his home as New York while

Russa declared he lived in Hoboken, New Jersey.

The two 'hoboes' were drinking pop at Charmain when approached by the detective and one of them lifted his bottle as if to strike at the officer, but quickly abandon his plans to resist when the railroad detective brought a glistening revolver into play.

In the office of the Sheriff, the two men confessed that they had broken into the station at Fairfield and robbed four suitcases. They were a disgusted pair of burglars when they found all four of the suitcases filled with women's clothing. Consequently they made three and a half dollars in currency. On the persons of the two men, Detective Wilson found a dozen pawn tickets, which he believes, might furnish evidence to other robberies committed by the two 'Knights of the Road'.

Showed Oriental Scenes

110 beautifully colored scenes of Japan, China and Korea gave residents of Fairfield an idea of the landscape of those three lands. The scenes were part of a lecture delivered in the Fairfield Lutheran Church by Reverend George Nicely. Rev. Nicely who went across the Pacific last year to attend to the conversions of the heathens in that part of the world.

June 10

Young Lady Hangs Herself

Thought to have been despondent on account of ill health, Miss Bertie Stevens, 46, ended her life by hanging herself in the wagon shed at her home in Creagerstown on Sunday afternoon. Her brother, George Stephens, had been away from home, and on returning, when after the stock. In driving the animals to the barn, it is said that one wandered into the wagon shed. Mr. Stephens, in going after it, found the body of his sister dangling in the air. She had entered the shed, tied one end of a rope to a rafter, and fastened the other around her neck and jumped from a wagon. Mr. Stevens hurriedly summoned neighbors and the body was cut down and a physician called. Although thought to have jumped from the wagon but a few moments before Mr. Stevens

enter the shed, her life had already been extinguished.

Burglars Doing Business

Sometime Tuesday night, burglars entered the store at Henry Martin store in Franklinville, one and a half miles north of Thurmont. A general line of groceries and auto accessories are kept in stock, the store being the best conducted at that place for some years it is said. The burglars carried away goods estimated to be worth \$100. On the same night the garage in the rear of Creager's & Son's undertaking establishment in Thurmont was entered and two new tires for a Ford car were taken, as well as two inner tubes. Other tires of larger cars were in the shed, but we're not disturbed. There seems to be no clue as to who the thieves may be.

Middle Creek Bridge Almost Completed

Work on the Middle Creek Bridge on the Emmitsburg Road is almost complete. It will be open sometime next week, meaning, that southbound automobile travelers will have a solid stretch of concrete between Gettysburg and one mile north of Emmitsburg and will not have to use the short but rough detour.

June 17

Falls From Scaffold

While working at plastering an office in the Emmitsburg Electric Company, Bernard Peters, slipped from the scaffold and fell to the ground 14 feet below with great force. He suffered a fractured right arm, ruptured left ear and possible fractured skull. Dr. Huff was summoned immediately, and he rushed the injured man in his automobile to the hospital. The hospital staff was unable to determine whether or not Mr. Peters' skull was fractured. In order to determine whether or not the patient had a fractured skull, an x-ray picture was taken the next day. Dr. Huff drove to Gettysburg in his machine so to be present when the x-ray picture was taken.

Children's Day Services

On Sunday afternoon, Children's Day Services were held at St. Paul's Lutheran Church in Harney. The



1914 Emmitsburg Memorial Day parade

church was filled and the program was pronounced the best ever rendered by the Sunday school. The children are all to be congratulated for their almost perfect manner in which they carried their parts. The music was also of a superior quality and was rendered with a great credit to both school and choir. Harney has a great reason to be proud of its young people. We have always known that they have the best kind of material for a good entertainment. The church was overcrowded and some were compelled to remain outside

Auto Accident

Last week an autocar caring three people who were on their way to Sandy Hall, one of the delightful spots along Hunting Creek near Thurmont, struck a culvert abutment on the street road a short distance south of the town. One of the ladies was thrown out and more or less injured. The lady was one of a number of the class of 1918 Hood College graduates who were holding a reunion outing at Sandy Hole.

June 24

People's Garage Deemed Insolvent

Something of a flurry was created in the business circles in the County when it became known that receivers have been appointed by the court to take charge of the assets and affairs other People's Garage Co., of Emmitsburg. Albert Patterson and Brock Boyle, stockholders of the company, took the action. In their application the plaintiffs state among other things:

"The said company was organized in the spring of 1916 for the purpose of conducting a gen-

eral garage and automobile business in Emmitsburg and vicinity. With a capital stock of \$10,000 of which there is issued an outstanding approximately \$6,000, and that in pursuant of the purpose for which it was formed, said company acquired a site in the town of Emmitsburg, upon which it has erected a modern garage building, which it now owns, and wherein its business is conducted, that, in February, 1921, a statement of its affairs showed that it had assets of \$36,000 and liabilities of \$48,000, and, in addition to the building, aforesaid, the assets consist largely of automobile accessories and supplies, and the complainants believe and charge that said corporation is hopelessly insolvent, and that in view of its marked financial embarrassment and the mismanagement herein complained of, the aid in supervision of the court is asked"

At present the receivers will continue the business, for the present and have selected John Roddy as manager.

Storm Misses Thurmont

Late Sunday afternoon black clouds appeared over the hills to the north and frequent heavy peals of thunder indicated a storm raging in the district. Finally rain began falling but the center of the storm remained to the north and very little rain fell. In Emmitsburg however the storm hit with full force. Large limbs were found on the state road. The drought around Thurmont was not broken and all vegetable matter is in a bad condition

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

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COOKING

Strawberries and Rhubarb

Kathy Jo Serfass
Hollabaugh Brothers Farm Market

Nothing quite says “June” like sun-ripened strawberries and red stalks of rhubarb.

Strawberries are the first fruit to ripen in our area, typically being ready around the beginning of June. They can be grown perennially for five or six years, but most farmers plant them as an annual crop. While strawberries have been eaten for thousands of years, they were not cultivated until the 1300s in Europe. Our strawberries today are the result of a cross between the Virginia strawberry (*Fragaria virginiana*) and a Chilean strawberry (*Fragaria chiloensis*). The Virginia strawberry attracted the interest of early European settlers due to its hardness. The Chilean strawberry had something the others lacked – size! However, it was difficult to grow in cooler climates.

Rhubarb is a perennial vegetable native to the central region of Asia. It’s first use was medicinal, going back at least 5,000 years, when the Chinese used its roots as a laxative. Even when Benjamin Franklin sent this unique plant from London to the Colonies in 1770, it’s use was for medicine, not food. It was the British who, in the early 1800s, produced varieties that had characteristics amenable for cooking. A British nurseryman is also credited with promoting the combination of rhubarb and strawberries. He grew both on his farm and is said to have brought a recipe for a strawberry rhubarb tart to market with him in the hope of promoting the sale of his rhubarb.

Strawberry Rhubarb Pie

Ingredients

1 pastry crust for a 10 in. double pie crust
1 ½ cup sugar
¼ tsp salt
½ tsp grated orange peel
¼ cup quick-cooking tapioca
¼ tsp ground nutmeg
¼ cup fresh orange juice
4 cups rhubarb, cut into ½ inch pieces
2 cups fresh strawberries, quartered
2 Tbs butter, cut into small chunks
1 Tbs milk
1 Tbs sugar

Preparation Directions: Preheat oven to 400° F. Divide the pastry in half; roll out half to a round pie crust about 12 inches in diameter. Place the piecrust in a pie plate. Refrigerate the other half of the pastry until needed. Stir the sugar, salt, orange peel, tapioca, and nutmeg together in a bowl until well blended. Gently stir in the rhubarb, strawberries, and orange juice; pour into the prepared piecrust. Dot the filling with butter pieces. Roll the remaining piecrust out to about 12 inches in diameter and place over the pie filling. Fold the edges of the top and bottom to seal the two crusts together, and then crimp. Brush milk over the top crust of the pie, and then sprinkle with sugar. Cut several vent holes in the top crust. Bake in the preheated oven until the filling is thickened and bubbling and the crust has browned, about 40-50 minutes. Check after 30 minutes baking time; if the crust edges are browning too quickly, cover them with strips of aluminum foil. Cool before serving.

Strawberry Rhubarb Muffins

Ingredients

2 cups all purpose flour (+ 1 tablespoon to coat the berries)
1 tsp baking powder
1 tsp baking soda
½ tsp salt
¼ cup unsalted butter, softened
¼ cup vegetable oil
¾ cup granulated sugar
1 large egg
1 cup plain yogurt
½ tsp almond extract
¾ cup chopped rhubarb (about one large piece)
1 cup chopped strawberries
¼ cup brown sugar (for the top)

Preparation Directions: Preheat oven to 400 degrees F. In the bowl of an electric mixer, cream together the butter, sugar, and oil until smooth. In a separate bowl, combining the first four dry ingredients. Add the egg, yogurt, and almond extract to the sugar mixture and mix well. Slowly add the dry mixture into the wet mixture. Toss the chopped rhubarb and strawberries with 1-tablespoon flour. Add the rhubarb and strawberries to the batter and lightly mix in. Place paper muffin liners in your muffin tins. Use a ¼ cup scoop to fill the liners. Sprinkle a little brown sugar on the top of each muffin. Bake for 12-14 minutes until golden on top.

Rhubarb Sauce

Ingredients

1/3 cup sugar
¼ cup water
2 ¼ cups sliced fresh or frozen rhubarb
1 tsp grated lemon zest
1/8 tsp ground nutmeg

Preparation Directions: In a small saucepan, bring sugar and water to a boil. Add rhubarb; cook and stir until rhubarb is tender and mixture is slightly thickened, 5-10 minutes. Remove from the heat. Stir in lemon zest and nutmeg. Serve warm over ice cream, pound cake, and even pancakes! Refrigerate leftovers.

Strawberry Rhubarb Cheesecake Bars

Ingredients

1 cup all purpose flour



1/3 cup packed brown sugar
Dash kosher salt
½ cup cold butter, cubed
1/3 cup finely chopped pecans

Filling

1 package (8 ounces) cream cheese, softened
¼ cup sugar
2 Tbs 2% milk
1 Tbs lemon juice
½ tsp vanilla extract
Dash kosher salt
1 large egg, room temperature, lightly beaten

Jam

½ cup sugar
2 Tbs cornstarch
1 1/3 cups chopped fresh strawberries
1 1/3 cups sliced rhubarb
1 Tbs lemon juice

Preparation Directions: Preheat oven to 350 degrees F, line an 8-inch square baking pan with parchment, letting the ends extend up the sides. In a small bowl, mix flour, brown sugar and salt; cut in butter until crumbly. Stir in pecans. Press into bottom of prepared pan. Bake until edges just begin to brown, 12-15 minutes. Cool completely on a wire rack. In a large bowl, beat cream cheese and sugar until smooth. Beat in milk, lemon juice, vanilla, and salt. Add egg; beat on low speed until blended. Pour over crust. Bake until filling is set, 15-20 minutes. Cool on a wire rack for 1 hour. For jam, in a small saucepan, mix sugar and cornstarch. Add strawberries, rhubarb, and lemon juice. Bring to a boil. Reduce heat; simmer uncovered until mixture begins to thicken, 6-8 minutes. Cool completely. Spread over

filling. Refrigerate until set, 8 hours or overnight. Using parchment, carefully remove cheesecake from baking pan. Cut into bars for serving.

Upcoming Events

Strawberry Fest, June 5th and 6th - Our Festival will feature live music from Paul Zavinsky both days from 1p.m. – 4p.m. We are also planning on having our amazing ice cream tent back up and running for the weekend so you can enjoy some delicious strawberry treats. On Saturday, a food truck serving amazing tacos will be here, and The Pretzel Spot will be here on Sunday, June 6th, with yummy pretzels and sandwiches. A free strawberry craft will also be available for the kids and, of course, there will no end to strawberry themed products available for purchase.

Milkshakes for Dads and Grads, June 19th - Celebrate Father’s Day and Graduation Day with a one-of-a-kind, delicious Farm Show Milkshake provided by the PA Dairyman’s Association. Come out to the farm to support PA Dairy and enjoy a \$5 milkshake. In addition, East Berlin and Biglerville Fire Companies will be serving BBQ Chicken with sides.

Father’s Day Make ‘n Take, June 19, - Join us for a special day devoted to fathers. Paint a small tackle box and fill it with candy, and show your father how much he means to you with a hand-made card. Cost: \$10 per small tackle box. Recommended for children ages 3-8. Join us anytime between 10:00 and 11:00 AM to participate. Program ends at noon. Pre-registration is requested. Register online or by phone 717-677-8412.

Read, Learn, Grow Summer Camp, weekly on Wednesdays, June 16-August 11. Recommended for kids ages 3-7. Cost is \$7/ child. More information is available on our website!

Adventures, Experiments and Other Exploits Summer Camp, weekly on Thursdays, June 17-August 12. At this drop-off program, kids will learn and explore various aspects of science and nature while visiting different areas of our farm and engaging in hands-on activities. Recommended for kids ages 7-12. Cost is \$15/ child. Pre-registration required.

Kids’ Night – Summer Luau, June 25th - Ready for some summer fun? How about a Luau? Join us at the farm for an evening of Hawaiian music, games, and craft. Each child can enjoy a free ice cream and wagon ride. Cost: \$5 per child.

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



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MOM'S TIME OUT

Mrs. Cunningham wasn't perfect

Mary Angel

We all love those wonderful days when you feel like a super mom, the days when you parent perfectly and the kids behave like the ones in the commercials. Maybe it is even a whole week when you make all of the right decisions and you are finally the parent you always dreamed of being. You are Mrs. Cleaver, Mrs. Huxtable, and Mrs. Cunningham all rolled into one. Wait a minute, those days either never happen or are so few and far between that you can't remember them. The bottom line is that none of us are that perfect parent we would like to be, and where would the fun in that be?

I am here to tell you that as moms we do the very best we can every day. Some days, our best is an A and sometimes it is a C at best. Don't get me started on when we are sick in bed. That is a day when you feel like an F as a mom, if you are awake long enough to think about a grade. We strive for the A plus, but life gets in the way. There are not enough hours in the day, the car breaks down, it is your time of the month, it is the time of the month for every female in the house! There are so many speed bumps every day to you succeeding as mom of the year. That is why you have to just do your very best and try and do what you think is best for the kids.

On those days when you feel like you are failing let me be the first to say, you are doing great. Keep up the good work. Hang in there. Put one foot in front of the other. Keep on swimming. You got this. Never stop trying. Tomorrow is a new day. All I am trying to say is that you are doing great. As long as you love those wonderful gifts you have been given, there is always another day. Another sunrise is all you need to try again. When the morning comes, hug them more, kiss them more, and tell them that you love them, more!

Also, remember that you do an awful lot to get that A; some things I would bet you forget about or even overlook. You must be forgetting that you are a laundrywoman, chef, chauffeur, tutor, beautician, therapist, cheerleader, bank, supervisor, secretary, personal assistant, walking calendar, doctor, nurse, nightmare warrior, and so much more. When you have a bad parenting day, try to have a list running in your head of all of the things you do well, so you can recall it at will to boost you up.

Along those same lines, try keeping a little card in your wallet that has a similar list or a saying or Bible verse that builds you up when you are feeling like a D minus. Maybe you start keeping some pictures or a little scrapbook with pictures of your mom successes. Find whatever works for you to remind yourself of how special you are. We all have those days, weeks, and months when we need help remembering that we are more than we think we are or feel we are in the moment.

I mentioned mom successes and some of you think maybe you don't

have those. I am here to convince you otherwise and define what I mean. A picture of a mom success might simply be a picture of the kids in dress clothes all together in the same shot. It could also be the kids in some activity together...and getting along. Maybe it is a picture after a family fun day and just the sight of it brings a wave of happy memories. The exact picture is not what matters, it is the feeling it brings to you when you see it.

If you truly feel you are in a rut of C minus days then maybe your focus should be on how you can bump your game up to a C plus. Life isn't always a Hallmark movie; life doesn't usually go from a C minus to an A plus overnight. It would be more accurate to hope to go from a 71% to a 71.5%. Although that isn't the aha moment people want, it is still an improvement. It is like that old saying, "How do you eat an elephant?" and the answer is, "One bite at a time".

For me I have struggled with days where I get caught up in games on my phone, or television and then I feel like the horrible mom who missed out on quality time with the kids. That doesn't mean that the next day I am going to drop every-

thing and the kids and I are going to bond over an amazing in depth look at Shakespeare, before we go for a gourmet picnic at historic Gettysburg and learn about the history behind Little Round Top. It means that the next day I need to try and stay off electronics for a good portion of the day and focus some of that time on my kids.

As moms we sometimes get so bogged down when we fall short that we forget to take a step in the right direction, and before we know it we are buried under our own perceptions of our shortcomings. Instead of focusing on your mistakes and perceived inadequacies let's all try to focus on our kids and enjoying them and raising them to be the best they can be. Let's all try to build up our mom friends and remind them that they are not alone and that we all screw up some times. Lord knows I screw up on a regular basis, but I keep trying and I talk to my kids about it. It is good for our kids to know we are human and make mistakes, just like they do. You are an amazing mom...don't forget that!

To read past editions of Moms Time out, visit the Authors section of Emmitsburg.net.



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SCHOOL & LIBRARY NEWS

Frederick County Schools update

The Catocin Class of 2021 will celebrate their big day on Thursday, June 3 at 10 am in an outdoor graduation ceremony at the home stadium at the high school. Many months of planning and consultation with the Frederick County Health Department has gone into the graduation ceremonies this year and recent developments have resulted in some significant late changes as well.

A few weeks ago, as a direct result of changes to COVID-19 restrictions at both the county and state level, Frederick County Public Schools announced an increase in attendance at graduation ceremonies, allowing each graduate four guests instead of the previously planned two. The graduation ceremony will still be livestreamed on both Catocin's and FCPS's YouTube channels.

The ceremony is specifically planned for 10 am to try to avoid high afternoon

temperatures and possible inclement weather. However, the current plan is to hold graduation ceremonies rain or shine with plans to delay the ceremonies only in the case of severe inclement weather. In this event, ideally the ceremony will be able to be rescheduled for later the same day in the afternoon. Otherwise, it will be delayed until the following day. In preparation for the ceremony, the Catocin stadium will be closed for public and community use from May 27 to June 5.

Frederick County Public Schools did not announce specific guidance related to masks at graduation ceremonies, but did officially update guidance on masks for students, staff, and visitors at county schools. The official guidance still calls for and requires all individuals to wear masks while inside of school buildings. However, the change comes with regard to guidance for individuals

when outside of the building.

Masks can now be removed when outside the school building during recess and other outdoor events as long as proper social distancing can be maintained. Otherwise, masks are still required, even outdoors, if proper social distancing cannot be maintained. For outdoor sporting events, masks are "recommended" for all spectators when social distancing cannot be maintained.

In terms of policy, the major news of the month was the passage of Policy 516, which concerns the teaching of controversial issues in the classroom. The policy stemmed from an incident last year when a Nazi flag was visible from a classroom window in the county. In part, the policy dictates that historical artifacts are allowed to be used in educational objectives and recognizes the importance of artifacts in education objectives.

Frederick County Libraries reopen

All branches of Frederick County Public Libraries (FCPL) will reopen to the public with expanded hours on June 1st.

"This past year has been hard on all of us, and we are ready to turn the page," said James Kelly, Director FCPL. "With county vaccination rates on the rise, and the need for library staff at the vaccination clinics dropping, we are excited to finally reopen our doors to the public."

Library customers may once

again browse the shelves and use library computers, printers, and scanners. Branches will open at 30% capacity and customers are asked to limit their visits to task-based activities to ensure others have access. Per County policy, masks are required for anyone over the age of 5, and customers are asked to maintain distancing while inside the branch.

More information about library services and operating hours can be found at fcpl.org.

Per the policy, a controversial issue is defined as "a point or matter about which there exist significant opposing viewpoints and/or multiple perspectives". When a controversial issue is to be taught, teachers are responsible for presenting information of all

viewpoints from a factual view. Teachers are permitted to express their own view on the issue, but must clarify that the view is an opinion only, not a fact. The complete policy document can be found on fcps.org under the "Policies and Regulations" section.

Fairfield School District to vote on tax increase

The Fairfield Area School District will be considering the adoption of its annual budget and proposed district tax rate at the board's June 28 meeting.

The board voted to grant preliminary approval to the annual budget and tax rate following final discussions held at their May 24 meeting.

The district is proposing to increase the real estate tax millage rate from 11.0751 to 11.462 or 3.5 percent. "The potential new revenue, as a result of this

increase, is estimated to be \$347,213," according to the district. The adoption of the proposed rate will result in decreasing the proposed budget, with a \$153,116.67 deficit to be moved from the fund balance.

The average cost of this increase to the median taxpayer within the district is anticipated to be \$86.31 - if the rate is approved by the board at their June meeting.

The school board then voted to grant

preliminary approval of the proposed 2021-2022 budget at the May meeting. The balanced district budget will be in the amount of \$19,627,410, anticipated revenues equaling anticipated expenditures.

Revenue supporting the proposed budget is expected to be generated through the 11.4620-mills real estate tax increase, the earned-income tax rate of one percent, and an amusement tax rate of ten percent, as well as through subsidies, grants, and other revenue sources.

In other business, the board voted to award a contract for repairs to be made at the elementary and secondary schools to Detwiler Roofing, after the lowest bidder defaulted on their bid.

Buildings and Grounds Supervisor William Mooney said Reams, a roofing company, felt compelled to default - after realizing they had not taken all of the costs of the project into account before they had placed a bid on doing the proposed work.

Reams' bid was the lowest, but the board was compelled by the defaulted offer to award the project to Detwiler Roofing in the amount of \$692,000, which, it was noted, was some \$100,000 higher than Reams' bid.

At an upcoming meeting, the board will be discussing how the work will actually be funded. District Superintendent Michael Adamek stated that there were a number of options available to apply to the funding for the work.

Library events

Blue Ridge Summit Free Library
While the Blue Ridge Summit Free Library's doors are open, the

have less hours but may be available to bring out materials to your car during closed hours. Please call

to make arrangements. The library's new hours are Tuesdays & Thursdays 3 - 6 p.m., Wednesday 4 - 7 p.m., 2nd & 4 Saturday of the month 11 a.m. - 2 p.m. The Library is closed on Monday and Friday.

While the Blue Ridge Summit Free Library will only be hosting its Saturday Story and Craft Hour, where members can listen to a good book and make a really fun craft, and then spend some quality time with Wee Build Imagineering, other virtual events will be taking place across the library system that members can join in on live on the systems Facebook page. These include:

- Adult Story Time with Joan - Mondays and Wednesdays starting at 7 p.m. Joan will be sharing short stories from several books virtually.
- In the Kitchen - Wednesday, 1 p.m. Weekly program of recipes that are delicious and easy to prepare. Prior programs are also available.
- Musical Thursday with Dave - Thursdays, 3 p.m.. Join Dave and his friends and listen to music from many different styles and genres.
- Family Friendly Friday Night Fun - Friday, starting at 7 p.m.. Family Friendly Friday Night Fun can be a little bit of everything. Poetry, Music, or something else.
- Saturday Story & Craft - starting at 11 a.m. Listen to a good book and make a really fun craft. Then spend some quality time with Wee Build Imagineering, there are no limits to your creativity!

To join these events live, on line, or learn more about them, visit the Franklin County Library System's website at www.fcpspa.org/events, or you can call

the library at 717-74-2240.

Frederick County Public Library
Welcome Summer and Frederick County Public Libraries annual summer reading challenge where we invite you to "Rediscover the Magic" by reading books, exploring the community and winning prizes! The magic starts June 1 and continues all summer long ending on August 31. The challenge is for all ages- invite your family and friends to play along and see who can earn the most points! Visit FCPL.org/summer for more information and to register.

The Summer Challenge program acts as a guide to secret adventures in neighborhoods across the county that will spark imagination. Programs will allow participants to explore from safe distances or virtual at-home experiences.

"The past year has been trying and difficult for all," explained Heather Hart, Children's Services Supervisor at Walkersville Branch Library and Summer Challenge program lead. "As we collectively heal from these challenges, FCPL is here to provide stories and experiences that inspire and help the community rediscover the wonder waiting to be found in Frederick County."

Curated by trained library staff, "Rediscover the Magic" sparks excitement for lifelong learning by providing active learning experiences that are positive, experiential, education, and most importantly, fun and safe.

Summer Challenge features a special "Call to Adventure" from July 12-16, with an incredible line-up of virtual author visits, including New York Times bestselling author Ame Dyckman and award-winning British writer,

Michelle Marie Harrison. Dyckman was a natural fit for "Rediscover the Magic" with her lighthearted picture books "You Don't Want a Unicorn" and "You Don't Want a Dragon." Her newest title, "Tiny Barbarian" is a relatable hero with a strong imagination and a Battle Kitty by his side. Harrison is best known for her trilogy, The 13 Treasures, where woodland fairies help a young girl get to the bottom of an unsolved mystery. All of the authors included in "Call to Adventure" will help readers capture a new kind of magic.

Frederick County Public Libraries (FCPL) partnered with Johns Hopkins Community to expand the library's Smart Start Kits to include STEAM-based learning and Social Emotional games and tools to promote exploration, relationship skills, self-awareness, self-management, social awareness, and responsible decision-making. "Over the past year, we've heard from many of our customers that their youngest children need new screen-free activities, so we created these kits in response to that need," said Deb Spurrier, Children's Services Supervisor at Thurmont Regional Library. "Our current kits have had a constant waitlist and thanks to the support of Johns Hopkins Community Physicians we now have a broader selection of STEAM-focused tools that provide high-quality early educational experiences for young children." Smart Start Kits are tailor made for pre-kindergarten through fifth grade and provide all necessary tools for an afternoon of activities. Examples of activities include Magnetic vs Non-Magnetic, Makey Makey technology, Computer Engineering, SmartArt and Fraction Fun.

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SCHOOL NEWS

Frederick County Schools' summer programs

Karen Yoho
Frederick County School Board

According to the Maryland State Education Association, "The American Rescue Plan (ARP) was enacted on March 11. The total allocation for Maryland schools is \$1.9 billion. At least 20% of these funds must be used to address pandemic-associated learning gaps through the implementation of evidence-based interventions, such as summer learning or summer enrichment, extended day, comprehensive afterschool programs or extended school year programs. These interventions must address students' academic, social, and emotional needs and the disproportionate impact of coronavirus on the communities hit hardest by the pandemic."

So, what does Frederick County Public Schools have planned for our students? Plenty. Here is a list of all the programs that will be offered by FCPS this summer:

Elevate Academy – this is a 20-day summer program that is designed to support the unfinished learning of students throughout FCPS due to the pandemic. Identified student in grades PreK-12 will engage in a robust and energizing program where they will experience enrichment and academics through an integrated approach. The goals are: Expanding skills & knowledge, Learning school routines & structures, Exploring interesting topics & subjects, Visiting with friends, Acclimating to new environments, Tackling new & exciting challenges, and Engaging in lots of fun!

FAST – FAST is a 20-day summer program that is designed to provide students with academic enrichment opportunities as well as services to complement their regular academic program. Through this program our four elementary schools (Lincoln, Waverley, Monocacy, and North Frederick) and two middle schools (West Frederick

and Monocacy) serve as community learning centers. This program helps students meet state and local student standards in core academic subjects such as reading and math; offers students a broad array of enrichment activities; and connects families to educational services.

ESY – Extended School Year (ESY) is provided for students with disabilities based on IEP team decisions for students that demonstrate ongoing issues with regression and recoupment as it relates to critical life skills.

Recovery/Compensatory Education – are additional services for students with disabilities beyond their IEP. Services are offered based on an IEP team decision that the student demonstrated a loss of Free Appropriate Public Education (FAPE) which resulted in a negative impact due to the pandemic.

English Learner Summer Program – this program provides high school English Learner students opportunities to earn credits that are required for graduation in English, Health, and PE. These credits can be for original credit or credit recovery.

The program also provides an opportunity for English Learners, who need to fill in mathematical learning gaps, access to foundational math skills through specialized coursework and instruction.

Young Scholars – entering its second "Decade of Dreams & Discovery," Young Scholars (YS) is a talent development program for the emergent scholars who are traditionally underrepresented in advanced coursework. YS participants at Hillcrest and Monocacy ES are "talent spotted" through multiple measures as rising Grade 2 students. They travel as a cohort through Monocacy and West Frederick Middle Schools, concluding the program at Frederick and Gov. T.J. High Schools. The YS Summer Camp participants engage in rigorous, STEAM-focused talent development opportunities. Young Scholars channels participants' curiosity to develop the foundational knowledge and skills that will prepare them to enter into and succeed in advanced-level coursework. From hands-on exploration and labs to guest speakers and field trips, YS teachers cultivate a collaborative community that extends beyond the summer camp into the school year.

New Horizons Summer Academy – This program serves students who are housing insecure under McKinney-Vento. High School Students earn 1 academic credit and take job/life skills class. Students receive support from New Horizons Counselors with the goal of enrolling in NH next academic year. Upon completion, students receive a stipend (funded by SHIP).

Child Development Program (THS) - One week opportunity: July 19-22 8 a.m. to 1 p.m. at Tuscarora High School. Teacher or Instructional Assistant needed to assist in the FCPS Child Development summer program. This program provides high school Child Development students the opportunity to prepare for careers in Early Childhood by working directly with young children under the direction of a high school Child Development teacher. Structured activities will be led by up to ten high schoolers. Each week has a featured theme

and is open to children of FCPS Elevate staff ages 3-7.

Career and Technical Education (CTC) - Career and Technology Center students will receive instruction and hands-on practice to successfully complete industry certificates and required laboratory hours. Students will be invited if they were unable to successfully earn industry certificates or achieve the required hours needed.

Frederick County Virtual School - Frederick County Virtual School offers two 5-week summer session options to students in grades 8-12. Virtual School Summer Session (VSS) is designed for independent and self-motivated learners. VSS offers honors level courses and electives for original credit and grade improvement. Site Based Summer Session (SBSS) is designed for students who benefit from a structured learning environment and who need to recover core credits required for graduation.

Most run during the month of July and are half-day programs. Contact your child's school for more information.



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FOUR YEARS AT THE MOUNT

Given the lifting on many of the COVID pandemic restrictions, many families are looking forward to summer vacations. So this month we asked our students to tell us about their favorite family vacation.

Sophomore Family of snow

McKenna Snow
MSMU Class of 2024

Take away the smart phones. Take away the TVs, too. Add some tall, grey-striped trees outside, and maybe a lake—is it frozen over? I would think so, given the climate outside. It is cold, and the world is enveloped in an ongoing blizzard that refuses to simply “pass through.” The thick blanket of snow absorbs the sounds of the forest and makes everything perfectly silent except for the bright red cardinal birds singing in the fir trees. There is a range of mountains in the background, looming over the cabin. The cabin resides in the valley, with a single line of smoke emerging from the bright chimney.

When you go inside, the cabin has old furniture that’s well-maintained for the visitors. These current visitors have made quite a mess with all their luggage—there’s ten of them, after all. They brought a lot of suitcases. And blankets.

As you enter in, the chill of outside begins to sink away as the warmth from the crackling fireplace soaks into your snow-dusted coat. You smell the

burning wood, combined with freshly-brewed coffee. It’s ten in the morning. This family likes to consume a lot of coffee, and they’re making their second pot of the day. The aroma of their delightful drink wafts through the air, drawing you to the kitchen.

The kitchen is little—this cabin really wasn’t meant for more than six guests at a time, but this family’s used to tight kitchens—and it’s a little hazy because of the smoke coming from the griddle on the gas stove. About twelve pancakes are sizzling on the griddle, the second round of them. The dad of the visiting family has pancake-cooking down to an exact science. Same with soft-boiled eggs and bacon. Those delights were made perfectly to accompany the fluffy vanilla-scented pancakes.

The youngest three children are helping set the dark-stained wood table with disposable napkins. The thirteen-year-old sister is in charge of getting orange juice or coffee for everyone, and setting the cups at the table.

Once everything has been made, all that is missing is the wax candles lit all down the table, and a CD player of “breakfast classical music,” the title which the children use affectionately when asking for Vivaldi. The oldest sister helps turn on the music, and a symphony of violins and cellos fills

the bottom half of the two-story cabin. The mom calls that breakfast is ready, and all the kids who were not downstairs helping make breakfast come running down the stairs to fill the little dining room.

The family then enjoys a breakfast completely undistracted from the outside world. The dad does not check the news on his phone while he eats. The sisters aren’t bickering about their hair or something trivial about school. The little kids are behaving, eating their food, sitting pretty still, with all things considered. And conversation is shared by all, joyfully, about the plans of the day, and of the whole vacation. The family maps it all out verbally to one another, talking about everything they want to do while they’re here away from regular life.

The oldest brother and sisters want to go skiing. The sisters are also highly interested in shopping for locally-made beanies, even though the nearest town is a solid twenty miles away. The dad is interested in ice fishing, and the little kids just want to play in the snow. The mom wants to read the books she brought along with her by the fireplace with a good cup of coffee, and take a break from driving her kids everywhere. They also all decide unanimously on holding a game night on

the upcoming Friday, in which they’ll play a lot of different card games, after the little kids have gone to sleep.

The family maps it all out, and they decide that with this six-day-long vacation—the longest one they can snag given their busy schedule in the real world—they’ll be able to hit everyone’s wants one by one.

The first day, they all go skiing. They brought the gear themselves, rented from the town they stopped at on their way to the cabin. They locate the best place on the mountain to start, not too hard for those in the family who are less-experienced than others, and they ski away. It’s a long hike up the mountain again after they’ve gone down it, so after a couple of trips, everyone is worn out and ready to return to the cabin.

Back at the cabin, they make hearty mugs of hot chocolate for everyone, a fire is kindled and crackling as they all defrost from the snowy outdoors. The little kids, all wrapped up in the thick blankets they had bought, fall asleep on the couch, so the older members of the family start their Game Night early and play cards. It was a very successful first day to the vacation.

The remaining days are spent just as they hoped, starting off with a hearty breakfast, and a lot of coffee. The dad was able to go fishing (he was very suc-

cessful), the mom got in lots of good reading and resting, the older siblings skied a significant amount, and the little kids had a wonderful time playing in the snow. Day after day, they spent it together, enjoying this little slice of Narnia-like winter wonderland, their imaginations blooming. A lot of hot chocolate was consumed every day after coming inside from the snow. The Game Night they planned on never really happened, because they ended up playing cards every night, by the fire, listening to more classical music on CD. On the drive home, the girls stopped at the local store, and bought hand-knit beanies, to remember the trip by. It was the best break from the “real world” that any family could have asked for.

This is very much a dream vacation of mine, because my family has never rented a cabin in the woods like this, but someday I hope we can. I feel like we’ve got a pretty good head-start on this experience though; after all, we are the Snows, and we love C.S. Lewis’ Narnia books, and we love having breakfast together on Saturdays, with classical music.

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

Junior

Permanent vacation

Emmy Jansen
MSMU Class of 2023

I’ve never been to Disney World and I probably never will. I have been to nineteen states and two different countries. But I didn’t lead the ‘Instagrammable’ life of visiting exotic countries and lounging on tropical beaches. Most of my childhood was spent in different military history museums and war reenactment sites.

My family grew up knowing the importance of history. Living in central Virginia, we are about an hour away from major historical sites like Appomattox Courthouse, Yorktown, Williamsburg, and Bull Run. Even closer to home, Richmond is a hotbed for history involving both the Revolutionary and Civil Wars. You are never left wanting for knowledge; it is truly all around you. This has given me a unique perspective on the art of history. It has also given me an obscure set of knowledge that I tend to impart on a conversation whether it is solicited or not.

I wouldn’t trade that for the world, though. Visiting monuments, touring museums, going to Renaissance fairs, trekking through battlefields, and climbing into yet another World War II fighter jet are things I will never get tired of. Our vacations were never just for fun in my family, there was always an element of education my parents seeped into everything we did. Our photo albums are stocked with pictures of us kids holding wooden rifles in reenactments and trying on different soldiers’ uniforms. My parents made it a goal of theirs to visit the birthplace or house of every U.S. president, which meant that my siblings and I ended

up visiting a lot of presidential homes. I remember going to visit a college I was considering in North Carolina and having to make a short excursion to see the birthplace of Andrew Johnson, just because we had to.

Outside of museums and battlefields, my family camped a lot. We lived in a rural part of the county, surrounded by trees and farmland, but we couldn’t get enough of the outdoors. Middle school and high school memories are marked by weekends spent in state parks across Virginia where we piled into our pop-up camper and came back mosquito bitten and sunburnt. Those are some of my favorite memories.

But what I’ve learned most is that you can make a vacation out of anything. Going to Georgia and Florida were all tag-along vacations that we attached to my dad’s business trips. My brother spent a few summers at camps in Ohio and Pennsylvania which gave us the opportunity to explore the Western parts of those states. We have extended family in New England which meant that every time we went to see them, we made stops on the way up from Virginia. After coming into close contact with someone with COVID-19, I was placed into quarantine housing at Mount St. Mary’s over the Easter holiday, which meant spending ten days isolated in a new room. To keep myself from suffering mentally, I tried to view it as a vacation, my own Spring Break since we were not able to receive one this academic year. Being away from everything, I could pretend, even momentarily, that I was in some new city that had untapped potential for me to uncover.

So really, vacations are more mental than physical. It doesn’t matter if they cost thousands of dollars or only money

for gas. It could be a five-star resort or a cheap motel in a country town. For me, you should return from a vacation different than when you left. Even if it’s as simple as a new appreciation for a part of the world, at least you will have changed. Learned. Grown. I don’t believe in leisure for just the sake of leisure. Yes, there is a benefit to relaxing and recharging our mental and physical batteries. But it should never be done without a purposeful aspect of growth. That is, at least, how I was raised.

I can tell you how each and every vacation I’ve ever taken has changed me for the better. Whether it was during the hours spent in the car in silent reflection or in the new landscape I was shepherded into, something always left an impact on me. I believe I only have my parents to thank for this.

I’ve never been to Disney World and I probably never will. I’d still rather spend a weekend following tour guides through old buildings and looking at artifacts from centuries past. Is it any surprise that I chose to attend a university where I could be at a battlefield site in a matter of minutes? Is it any surprise that my favorite part about Richmond is not the James River or art district but the historical monuments and memorials all around the city?

Vacations are not just a time to relax and escape. They are a chance for reflection and rejuvenation in our busy lives. They provide the opportunity for deeper growth than we cannot achieve sitting stagnant in our homes. And when family are involved, nothing tests the bonds of love more than to be crammed into a car together for six hours. But love does not break; it only grows.

In our modern money-driven world, some people are insecure about the short list of places they’ve been to. I was seventeen the first time I left the coun-

try whereas some kids in my classes had been international travelers since they were in elementary school. Some of you reading may have never left the country or been on an airplane or even left the Eastern time zone. All of these things are superficial because it isn’t how much money you spend or where you go but who you are and how you became that person. For me, a foundational aspect

of my identity has been the family trips that saw me up and down the East Coast in different museums and war sites. Is that Instagram worthy? Maybe not. But it makes my life worth it. You can have Disney; I’ll take the World.

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



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FAMILY SUMMER VACATIONS

Senior

Nature in my backyard

Harry Scherer
MSMU Class of 2022

“You need a vacation.” This normative claim can serve as a sharp response to an uptight coworker or an indication of gratitude for an overworked boss. What are we really suggesting for these people, though?

To answer this question, it would make sense to look to the meaning of the word “vacation.” Your sensitivity for etymology is keen if you spot a root in the verb “to vacate.” The noun vacation indeed comes from this verb, which comes from the Latin “vacare,” which means “to be empty, free, or at leisure.”

We provide this suggestion of a vacation, then, for those whom we perceive are overly filled, constrained, or busy to recognize their own freedom. At the end of every academic year, I am content with the goals that I have accomplished, due in large part to the guidance and support of my friends, family, and mentors. At the same time, and especially now as I near graduation, I have become more grateful for and more intent on carving out time for vacation.

I am not planning on booking any flights or reserving any hotel rooms; I do not think the opportunity to vacate necessarily demands any sort of monetary investment. Instead, vacation, that state philosophers refer to as “leisure,” is made available any time or day with the people that God has given us.

For example, I have found this unique opportunity of writing monthly for page 35 of the Emmitsburg News-Journal to be a regular opportunity for vacation. Every month, I am forced (not in a coercive way) to sit down, retreat from my typical duties, and reflect on whatever I have asked myself and the other writers to reflect on. While I write, there typically arise other mini-vacations within the process of writing. Today, I sit in my backyard and find myself distracted by the royal plumage of the blue-headed blackbirds contending for a spot on the newly replenished birdbath. I look up at the blue sky sprinkled with splatters of lazily floating white clouds. I attempt to draw from my short cigarrillo and realize that these pleasant distractions required too much time for the weak flame to stay alive.

This precious time of rest allows my heart rate to decrease, my shoulders to relax, and my concern for the very time of day to diminish. This sort

of rest serves as a sort of acknowledgment that “this is good.” An acknowledgment of this kind seems to be possible while working, but the very activity of work typically seems to get in the way of such an affirmation. Both of my parents regularly refer to the sort of contemplation I described as “nature in my backyard.” I have to come recently think of this description as a delightful confirmation that the escape of a vacation is accessible within the apparent confines of typical experience.

I wonder how this understanding relates to our modern criteria of a good vacation. If the modern conception requires an account of money spent, activities accomplished, and places seen, the two accounts seem to me to be largely incompatible. There might be a substantial difference between scheduling a meeting for work and scheduling a guided tour of some historical landmark, although I’m not sure what that difference is. My experiences of running late to a scheduled engagement and desiring to move on from that engagement to the next one are varied and frequent enough; it seems that taking part in that desire while on “vacation” is at best paradoxical.

Don’t get me wrong, I’ve taken

part in and enjoyed these sorts of high-activity excursions with family and friends. I look back on them fondly and at the time I considered them to be fun and, in almost every case, memorable. I look forward to taking part in these sorts of activities in the future, possibly with people I have not yet met. It deserves consideration, though, whether these petal to the metal moments of activity properly qualify as vacation. If the two understandings do not relate to one another in any meaningful way, what does that mean for the way we plan vacation and rest? I think that varies from person to person and family to family; ultimately, it is a matter of prudence. There seems to be something wrong, though, if we are not just working to rest, as we should be, but working at rest.

With my former description of rest, it is no wonder why the beach is so frequently related to our conception of vacation. Rest at the beach is an engagement with nature and a very literal attainment to the end of our physical life. A beach is an experience of sense: we hear the waves crashing, see the gulls flying, taste the salt lingering, smell the sea aerosols blowing, and feel the sand sticking. This attachment to the physical world provides

for an escape, an emptiness that we find much more difficult to attain in the work of every day.

Just because we find this engagement with nature more difficult, though, does not mean that such a relationship further from shore is impossible. On the contrary, vacation, and especially the true kind of formal vacation with nature, can serve as a necessary reminder for the sort of attention that is owed to our relationship with the natural world as God’s creation. On vacation, we are granted the unique freedom to look up to the sky, for which light is daily given and from which it is just as frequently taken away. At the same time, we feel the ground, rooted immovably under our feet as a sign of permanence and continuance. We see the leaves blowing in the trees, an occurrence that has, is, and will continue to endure through our joys and sorrows. We hear the birds chirping, that recognizable sound that my parents heard on the day of my birth and my children will hear on the day of my death. All of these gifts are the gifts of vacation that we can experience with nature in our backyard.

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

Graduate

Family time

Angela Guiao
MSMU Class of 2021

When I was younger, my mother always made the effort to try and take me on at least one vacation each year. She would save up her vacation days and extra money, and we’d have a road trip to another state. So far, we have been to a total of 16 states.

So, I think it’s safe to say I know a little something about vacations. Some years, we would go with a group of friends, but recently we’ve gone with close family. And let me tell you, it hasn’t always been easy.

For my family, just planning a trip is complicated. Everyone wants to go somewhere, and it never is the same place. Then you have to adjust the schedule (then adjust the schedule again) to fit with work and school and financial obligations. By the time we actually decide on a date and destination, I am already exhausted.

But eventually we make our way to the departure date, and we head on our way. For us to have a good enough time, there are a few rules we follow.

Rule number one: No complaining. Now, I know this is a weird rule. But after a very long (11-hour drive) road trip to Maine squished in a Toyota RAV 4 where everyone growled and moaned the entire way there, it just had to be done. Also, complaining just dampens the mood. I do remember one road trip to Boston, where one particularly outspoken cousin disliked every single restaurant, we ate at, and she made sure we knew it. Every. Single. Time. I’m

glad that we have this rule now as I can finally eat my food in peace.

Rule number two: No tours. Now, I am sure that you may think that this rule is obviously a result of a very bad tour. And you are correct. We tried to take a tour in Arizona of the Antelope Canyons, and to sum it all up- it was a very bad experience. It was a little more grueling than we expected, so by the end of the tour, there were quite a few of us spilling out our breakfast. While I don’t want to go too much into detail, it is safe to say that not everyone in the family is at the same skill level, hiking wise. So, we decided as a group that we would no longer be taking any tours. You know, so we could all travel at our own pace.

Rule number three: When one eats, we all eat. I personally dislike this rule the most, but after numerous occasions where we had stopped at a McDonald’s or some other fast-food joint, only to stop again at another location of the fast food joint a few blocks later, we decided it best if we all eat at the same time. It has also helped out with rule number one, as most of the complaining usually had to do with food or lack thereof. I personally dislike this rule because sometimes I am simply not hungry. But also, because it means that once someone is hungry, we have to find food wherever is nearest, and it is 99.99% a burger joint. Darn Mickey D’s.

Rule number four: Always have at least one unique experience. When rule number one didn’t exist yet, someone would always complain that whatever we did in that particular state that year, we could have done at home. And it was true. When we went to Chicago, we went to that building that

had glass floors. And while it was cool when we went there. It was less cool when we saw it in New York, then again in Boston. So, we decided that each road trip we would experience something we could only experience in that state, whether it be the salt flats in Utah or the magic garden in Philly.

Rule number five (and the final rule): Always sleep at the same time. This was a sacrifice for the majority of the group but has always proven to be necessary. When I am on vacation, I can barely sleep I get so excited. My mom, on the other hand, sleeps insanely early. As a result, there is always a big difference in energy. I wake up groggy and grumpy from the lack of sleep, and my mom wakes up a touch too perky. She also misses all the game nights and campfire songs, which results in a lot of huh’s and who’s during the conversations the next day.

But despite all of these rules, the most important thing, I think, is to go on vacation with people you love. It sounds cliché, but it is impossible to enjoy a vacation with people you don’t enjoy being around, I think.

The bonding time, inside jokes, games, and experiences that you share with your family will stay with you for a lifetime. For me especially, as my mom gets older, I have learned to treasure these moments with her. Sometimes, we forget to cherish the moments with family since they are always there, but I think it is important to have a little change of scenery. New experiences result in a new understanding, of family, of life, and of the world.

While every family may have their own personal set of rules, I know the trip always ends with

the sense of appreciation for being able to experience such adventures. Each year, I appreciate the growth I see in my cousins and my family, and I have learned to cherish the fact that despite living very different lives, we always make the effort to come together for our yearly road trip. No matter how complicated and new and fun and sometimes annoying the trip could get, I am thankful to be

able to have done it surrounded by people I love.

As the world starts to open up, and travel restrictions lift, I urge you all to value your time with your family, wherever you may end up going. After a year secluded from my own, I know I definitely will.

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

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HOME DECOR

Accomplishing that summertime breezy vibe at home

Jess Crawford
Cotton & Co, Keymar

It wouldn't be Maryland without an immediate transition from Winter into Summer. And just like that, here we are. The heat has already kicked in, everything is flowering and smells sweet like summertime. Baby birds are chirping, nestled into their little feathered nests. The grass is growing quite literally like a weed; lush and vibrant green. We wake up on weekend mornings to the sounds of distant lawn mowers and the fragrant smell of fresh cut grass. It's a much-needed renewal, Summertime. I know our family is dreaming of slow Summer mornings, backyard camp-outs, firing up the smoker and grill often, playing outside all day, and the fruits of our labor from our vegetable garden.

So, how do we make our home and surroundings reflect Summertime and all the breezy vibes? A massive trend that's been lingering in the background for a long time, but has recently exploded, is the love of wicker and rattan. And I'm just going to say, I'm here for it. It gives all the natural vibes, doesn't compete in terms of conflicting patterns or colors with

other home decor, and can be integrated into all kinds of home décor styles. There are so many ways to incorporate these natural elements into your home and living spaces. While I wouldn't suggest subjecting these natural reeds to the elements, they'd also be great on a covered patio or four seasons room too.

We have several vintage rattan furniture set in stock right now. They make such a great Summertime statement. We've been seeing them come into the store as vintage lounge and coffee and end table sets. As well as five-piece glass-top dining sets. All of which are perfect for Summertime relaxing and entertaining. They're wonderful for lounging in, on Summer evenings, reading books. Or hanging out with your favorite people. They're also durable, which is a plus when you have little ones like we do. Everything needs to stand the test of time and durability. And while they do give off all the summertime vibes, rattan furniture really is all seasonal. You can even add your own personal touch with the cushions and blankets. You could use solid colors for a modern spin, geometric cushions for a mid century look, bold tropical leaves

for a more beachy boho vibe, etc... There's a way to make an indoor/outdoor living set like this reflect your own personal style and taste.

Another popular way to utilize rattan in your home, that we're seeing trending now, are vintage etageres or shelving units. While making a bold display statement in a room, they also, like the patio set, don't conflict with your existing décor and can be incorporated into various home décor styles. In our home, we have one for displaying our favorite books and nature and beach finds. They're an excellent way to highlight some of your most favorite items or conversation pieces. I also love that while they tend to be three to four feet wide, and hold and display lots of favorite pieces. They are generally considerably narrow, so they don't impede traffic flow to a room or take up a lot of real estate. I'm also a fan of how light and airy they are. They're easy to maneuver and they don't block natural light as they aren't solid or bulky.

I recently restyled my living room using some of these techniques, and one of my favorite subtle additions is the starburst rattan mirror I added in my favorite corner of the room. It is very simple, and delicate, but also elegant and naturalistic. And functional. I love when décor is also functional. These mirrors have become very popular over the past year or so, and we see them come in the shop periodically too.

I know I've mentioned these in previous articles, but it's worth mentioning again. Because they make such an impact or statement in a room, and are generally pretty inexpensive to put together; basket walls! Remember all of those vintage flat baskets from the 70's and 80's? The tv dinner wicker trays. The large centerpiece trays with the plastic inserts. Discard that aged yellowed insert and put that puppy up on the wall. You'll want to select baskets that are all different sizes, styles and hues, but also coordinate with one another.

This is not the time to be matchy-matchy. If you want a carefree, Summertime vibe, you'll



have to let that slide, which I know for some is easier said than done. But the mismatched-yet-coordinating look is in. And you'll want to go big or go home, and stick to odd numbers of baskets. To get started, I usually suggest sourcing seven. You'll want at least one large one (12-16") to act as the 'base' or 'center' and then six or so other coordinating ones to fan out from it. My personal favorites if you can find them, are the more ornate, made in Japan, shallow vintage baskets. They add a touch more texture and design to a basket wall, and are really fun if you can find one or two to incorporate into your wall feature.

Wicker wrapped bottles of all kinds are a great way to throw a beachy, Summer feel into your summer style. Try a group of three, as odd number pairings are best for a cohesive look. You can find vintage or reproduction wicker wrapped vases in various

styles, sizes and glass colors. They'd look beautiful as a centerpiece on a rattan dining table...And while the natural rattan and wicker aren't durable for direct contact with the elements, there are plenty of authentic metal and plastic substitutes that are suitable for exposure to the sun and rain.

As always, if you're in need of help executing a vision into fruition, stop by the shop. We are always happy to lend a helping hand or outside eye on the project. Our creative staff are always ready to help you find the perfect piece to get a project going or completed. Bring in photos of your space, pinterest vision boards, etc... and we can help! Cotton & Co is open weekly, Friday-Sunday. Follow us on Facebook and Instagram for shop updates, new products and inventory, events and classes!

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June 3
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LOCAL ARTS

Majestic Theater reopens

Jessica Rudy

Gettysburg College's Majestic Theater reopened on May 21 after being closed for over a year due to the COVID-19 pandemic. Tickets and show times will initially be limited, so advance ticket purchase is strongly recommended. Tickets are \$9 each.

"The pandemic has devastated theaters across America, so May 21st will be a day of great rejoicing," noted Jeffrey Gabel, Founding Executive Director. "Not only at the Majestic but at all downtown shops, restaurants, and the borough parking garage, which are patronized by our movie-goers."

In addition to the return of daily first-run movies, Curbside Popcorn the annual Summer Classic Movie series in the Majestic's historic 1925 auditorium returns starting June 2 with The series opens June 2 with 1978's Superman, The Movie in which alien adoptee Clark Kent (Christopher Reeve) grows up to become a mild-mannered reporter, as well as the "Man of Steel." On June 9, enjoy Danny Kaye at his

tongue-twisting best in 1955's The Court Jester, which also features Glynis Johns, Angela Lansbury, and Basil Rathbone. Then, on June 16, an all-star cast recreates the controversy surrounding an 1839 slave revolt in 1997's Amistad. Clark Griswold attempts to take his family to Walley World on June 23 in National Lampoon's Vacation, and on June 30, a spunky orphan learns "the sun will come out tomorrow" in beloved musical Annie (1982).

On July 7, an ambitious clerk is tricked into thinking he won a prize for a winning coffee slogan in Christmas in July (1940). Wear an ugly Christmas sweater to the movie and get a free bag of popcorn! The Color Purple (1985) on July 14 follows Celie's journey to rise above decades of abuse, violence and betrayal. On July 21, Burt Reynolds and Dolly Parton team up to save a historic house of ill repute in The Best Little Whorehouse in Texas (1982), and then on July 28, a band of young misfits discover an ancient map and set out to find long lost treasure in

The Goonies (1985).

Alfred Hitchcock's bizarre horror story of birds attacking innocent school children and nesting in Tippi Hedren's blonde bouffant, The Birds (1963) is on screen August 4. Then on August 11, enjoy Hollywood royalty Spencer Tracy and Katherine Hepburn in 1948's State of the Union. On August 18, Admiral James T. Kirk resumes command of the USS Enterprise to rescue Earth from a mysterious alien life form in Star Trek: The Motion Picture (1979), before the series wraps up on August 25 with George Lucas' nostalgic farewell to the 1950s, American Graffiti (1973).

In preparation for the public's return to the Majestic Theater, a number of policies and procedures have been put in place to help ensure the health of patrons and employees. Masks are required at all times inside the Majestic unless a patron is in their seat, enjoying a treat from the concession stand. Occupancy is initially limited in all spaces, and auditoriums and other public areas will be thoroughly cleaned before and after each show.



After what seems like a lifetime, the Majestic Theater has finally re-opened - and in doing so - saved the summer!

The Majestic's commercial HVAC system provides filtered fresh air into the building continuously. In-person ticket sales have been relocated to the historic box office under the Carlisle Street marquee outside the theater. A complete health and safety guide is available online at www.gettysburgmajestic.org and outside the Box Office at 25 Carlisle Street, Gettysburg.

Daily movies show times are 7 p.m., every Monday-Friday, 2 p.m.

and 7 p.m., Saturdays, and 2 p.m. and 5 p.m., Sundays. Movie schedules will be posted as available on the theater's website, www.gettysburgmajestic.org, at the theater at 25 Carlisle St., Gettysburg, and on the Box Office hotline at 717-337-8200. The Box Office will reopen on May 21. Box Office hours are 5 - 8 p.m., Monday-Friday; 1:30 - 8 p.m., Saturday; and 1:30 - 6 p.m., Sunday. Tickets are always available online at www.gettysburgmajestic.org.

Summer is going to be a disaster!

Justin Kiska

The Way Off Broadway Dinner Theatre is very excited that for the summer of 2021 it will be able to present the most anticipated show of the 2020 Season! Yes, that's correct. The most anticipated show of last year. Following its cancellation due to the COVID-19 shutdown in 2020, Disaster! - A '70s Disaster Disco Musical - will

finally take to the Frederick stage beginning June 25th.

Earthquakes, tidal waves, infernos, and the unforgettable songs of the '70s take center stage in Broadway's side-splitting homage to classic disaster films. In Disaster!, it's 1979, and New York's hottest A-listers are lining up for the opening of a floating casino and discotheque. Also attending is a faded disco star, a sexy nightclub singer with her eleven-year-old

twins, a disaster expert, a feminist reporter, an older couple with a secret, a pair of young guys who are looking for ladies, an untrustworthy businessman, and a nun with a gambling addiction. What begins as a night of boogie fever quickly changes to panic as the ship succumbs to multiple disasters, such as earthquakes, tidal waves, and infernos. As the night turns into day, everyone struggles to survive and, quite possibly, repair the love that they've lost . . . or at least escape the killer rats.

"We were so happy to be able to get Disaster! back on the schedule after its cancellation last year," says Bill Kiska, Way Off Broad-

way's Executive Producer. "This was one of the shows our audience was most looking forward to so we knew we needed to find a way to put it on the schedule again."

The brainchild of Jack Plotnick and Seth Rudetsky, Disaster! first appeared Off-Broadway in 2012 at the Triad Theatre. The following year, a second production opened at St. Luke's Theatre.

Critics and audiences found the show hilarious, with the New York Daily News saying of the 2013 production, "This spoof of catastrophe-themed movies mixed with '70s pop hits gushes with Velveta as well as laughs" and dubbing it one of the year's top-ten must see musicals of the year.

The show finally took its Broad-

way bow, under the direction of Plotnick, at the Nederland Theatre in the winter of 2016 with a star-studded cast including Rudetsky as Professor Scheider, along with Roger Bart, Kerry Butler, Kevin Chamberlin, Adam Pascal, Faith Prince, Rachel York, Max Crumm, and Jennifer Simard.

Again, critics praised the show as funny and ingenious with the New York Times calling it "a delirious goof of a musical!" and the Associated Press calling it "a side-splittingly funny evening of singing, dancing, and near-death experiences."

Way Off Broadway's cast of the hilarious musical includes a who's who of familiar faces, along with some who will be making their WOB debut. The cast includes Jessica Billones, Emma Cooley, Tim Edwards, Katherine Ford, Nicky Kaider, Miles Malone, Sarah Melinda, Zane L. Oberholzer, Jr., Camden Scholz, Isabella Slyman, Steve Steele, Jordan B. Stocksdale, Laura Walling, Megan E. West, Matthew B. Withers, Olivia Wynne, and Aisha Yssouf.

Disaster! was written by Rudetsky and Plotnick, based off of a concept by Rudetsky and Drew Geraci. Way Off Broadway's production is directed by Bill Kiska, with choreography by Mallory Rome and music direction by Zane Oberholzer.

Performances will begin June 18th and run through August 28th with shows every Friday and Saturday evening and Sunday matinees on the 1st, 3rd, and 5th Sunday of each month. Tickets may be purchased by visiting the theatre or calling the Box Office at 301-662-6600.

To learn more about Disaster!, or any of Way Off Broadway's productions, visit www.wayoffbroadway.com.

If you thought Summer 2020 was a Disaster, you ain't seen nothin' yet!

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All around you

Tristan Anderson
MSMU Class of 2024

It is easy to forget or ignore the things we experience daily. Brushing your teeth in the morning or having a late rendezvous with a swaddle of blankets hardly ever stand out and receive serious recognition in light of the intricacies of the day. The man who says otherwise to himself is either lying or more alert than average, which if the latter case, deserves quite a bit of commendation. Regardless, these minor routines can define the mood, pace, or course of an entire day or night if absent or performed improperly. They are unimaginably small activities that lead to an out of place effect, though the fact is that such unnoticeable irregularities influence the human mind to a degree. No matter how much we fail to consider them, they do not fail to consider us, if the relationship can be so explained. This reality is applicable to art, though especially to architecture, as there is no other art that is inescapable.

In the area which this paper covers, we are not only fortunate, but perhaps even blessed, to be surrounded by what could be termed “good” architecture. A quick drive down the main street of Emmitsburg or York Street in Gettysburg will result in a veritable lesson in Victorian and Colonial architecture. The high sloped roofing of a Second Empire mansion, the bright white and brick combination of a colonial schoolhouse, and the manicured white siding of a modern revival of the two are all easily visible on the streets of the latter. It takes no effort to find these beautifully arranged design styles; however, to seek out the fashionable styles of modernity requires effort. I can think of only two in Gettysburg and the only examples I can think of in Emmitsburg or Thurmont are academic or government buildings. Either way, this is a limited amount. In other words, as we wake up in the morning, we are more than likely to be surrounded by the intricately decorated architecture of the past as opposed to the architecture of modernity orchestrated in a rejection of that decoration of the past.

What do a few old, hard to take care of, and deteriorating buildings have to do with us? It is a valid question, and one whose answer is simple. As we go about our daily business in this area of the country we are, for the most part, surrounded by an easily accessible beauty. It is not the passive ugliness of the steel skyscrapers of New York that define the area, but the expression of a legacy through brick, wood, and mortar. These old styles, while for the most part no longer fashionable, considered beauty as important as functionality. The color shades of brick, particularly in red, contrast well with the greens of plant

life. Gray bricks and stones, on the other hand, flow neatly with the hue of snow and dormant vegetation. Regardless of the season, the traditional styles that characterize our historic towns complement the beauty of nature, further highlighting their own. Along with this accentuation of natural beauty came principles of order. Most historic houses were rigidly constructed in symmetrical or at least visually equivalent patterns. Think, for example, of the classical centered location of the door and the arraying of windows around it, or in the case of some Italianate buildings of the 1800s, a central tower in the façade. In this way, rather than developing the characteristic ugliness of raw functionality that underlies the brutalist, modernist, or postmodern forms of architecture, the classical schools displayed beauty in and of themselves while reflecting that of the environment.

What this presence of beauty means is that individuals in this area have the opportunity to be surrounded by beauty. In any season, wherever there is civilization nearby, the odds are favorable that some desirable sort of architecture is close. This is hardly a whimsical pleasure, however, but an existential one. Humans have a sort of tendency to live as they are surrounded by. Think of how often we live like our friends or schedule our day around working or attending school. We bend, to a certain degree, from our individuality to suit the conditions around us. If we are surrounded by ugliness, as in many urban landscapes, the easiest response is to become dissatisfied and anxious. As such, when navigating situations characterized by these problems in daily life, being surrounded by an aesthetically unappealing environment cannot help. Considering that buildings make up most of this environment, it would then seem that ugly architecture, similar to sad music, only enhances a depressive state. On the contrary, considering the same influence of architecture on the individual, an area in which the affected person is surrounded by aesthetically pleasing architecture may influence the same sort of effect, though opposite. Beautiful art, just like pleasing music, tends to enliven the mind, uplifting an individual even for a brief moment from a depressive state. In this sense, architecture according to traditional styles and categories of beauty can influence an individual positively or negatively.

Artful architecture does not only influence the mood of an individual. In addition to this personal effect, there is an undeniable communal aspect to classical architecture that can influence a group as a whole. Consider for a moment that the evolution of previous architectural styles reflected the evolution of cultures. Ameri-



The old Annan-Horner Bank building on the northeast corner of the square in Emmitsburg is a wonderful example of beautiful turn of the century architecture.

can architectural styles began in humble colonial forms according to the country of origin of certain settlers. Later, however, these styles changed from simplistic brick structures to the ornate embellishments of the later Gilded age, progressing to the experimental arrangements of the Art Deco movement. Each of these unique forms of architecture were a piece of some cultural journey of the people that developed them, with the changes occurring as a result of conditions experienced. Such events craft an identity for a civilization, and even subconsciously, the presence of related architecture reminds the individual of this identity. More importantly, it can integrate the individual, in a sense, into the course of his ancestors by

surrounding him with what is in practice a miniature retelling of their stories.

It is in this concept of progression from our origins that the beauty of past architectural styles finds a true expression. Their importance, and by extension their influence, is not limited to the mere qualities of aesthetic beauty. Rather, it is through the association of it with our own characteristic experience as a nation that value is found to bolster this beauty, even though it is hardly ever noticed in everyday life. Without the presence of this subtle background of beauty, all that can remain is a darker landscape of mankind’s own making. Think of the barren wasteland of the largest cities, where nature

is not harmonized with human creation, and above all else, the connection to the heritage of the nation is instead submerged amongst the cold steel of a modernity that longs to escape the past. It is a picture without a critical foundation to support it, something that, here in Emmitsburg, is not the case. There are generations of classical structures to both provide beauty to our eyes and security to our heritage. It is for this reason that the buildings that define this little town, and some of those around it, are blessings that we must preserve.

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

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CATOCTIN SPORTS

Catoctin athletes committed to play on college teams

Mia Ferraro
CHS Class of 2022

As the season quickly concludes, Catoctin High School fondly recognizes their graduating athletes who have committed to a college sports team, and held an in-person and live-streamed "Signing Day" ceremony to celebrate them. The event was held at the high school on May 18th, where CHS coaches offered their congratulations to the individuals, followed by a ceremonial photo opportunity with their families where they posed as if they were signing their letters of intent for their chosen college.

The congratulatory speeches began with CHS softball coach Jess Valentine, honoring senior Courtney Eyler. Eyler has been a part of the softball and girls basketball teams for four years and will continue her softball career at Penn State University. "Courtney is one of those [players] you want to clone about ten of," Valentine expressed. Eyler was voted Most Athletic by the senior class, and was selected to this season's 2021 Northeast Final Team for the Premier Girls Fast-pitch All-American Watchlist. Eyler suffered a hand injury this season from which she is still in the process of recovering. Valentine praised her ability to work through it and considers the obstacle a learning opportunity. "She has overcome so much already," Valentine said. "I'm really excited for her future."

CHS baseball coach Mike Franklin was given the floor to speak about a few of his team members, beginning with William "Ayden" Shadle. He described the athlete as "a man of honor and integrity," and "everything you want your son to grow up to be." Shadle is a member

of the Fellowship of Christian Athletes (FCA), and has played on the boys basketball team for four years, and the baseball team for three. He has committed to furthering his baseball career at Shenandoah University. "I don't know if they understand what a quality human being they got coming," Franklin expressed. "He deserves every bit of success that he gets."

"Dusty's had a leadership role in our school the last four years," Franklin stated in reference to his next athlete, Dustin Isanogle. Isanogle has previously participated in and served as co-president for FCA. He has been a part of the baseball team for four years, and the boys soccer team for the past two. He will be attending Messiah University where he has committed to continue playing baseball. Franklin commended Isanogle for his leadership skills and for always being the last player to leave practice, and feels that he is "the best catcher in the state of Maryland." "As a player, he's fantastic. I could talk about his abilities all day--but I'm so proud of who he is more than what he is," Franklin praised. "I hope he'll have that same level of community, faith, and success at Messiah [University]."

The next student athlete to be honored was Jeremiah "JJ" Zirkle. He has played on the baseball team for four years and the boys basketball team this past year, and has previously participated in FCA. He has committed to Messiah University, where he will play baseball at collegiate level. "They're getting one of the best pitchers in the state of Maryland," Franklin stated. He applauded Zirkle's patience and willingness to work to improve. "All the success that you'll see from him

for the rest of the season--know that he did that one day at a time, one bullpen at a time, one rep at a time--and we're so proud."

The microphone was then passed to CHS girls basketball coach David Gadra, who shared his congratulations with Chayne Barnhart. Barnhart was selected to the Frederick News-Post Volleyball 1st Team All-County this year. She is a member of FCA and has been a part of the girls basketball and volleyball teams for four years. She will be attending Messiah University to continue her volleyball career. Gadra spoke about her passion for the sport and school, explaining that she contributed greatly to the National Honor Society's preparation for this ceremony. "Messiah's going to get a great person," Gadra expressed. He then spoke on behalf of the absent CHS volleyball coach, Wes Fream. "In the eight years that Coach has been a part of the volleyball program, Chayne is the best offensive player Catoctin has ever had," Gadra paraphrased from Fream. "Messiah is very fortunate to have her and she is going to be a great asset to the volleyball program."

The last coach to speak was CHS football coach Mike Rich, who first gave recognition to player Connor Kock. Kock has played on the football team for four years and the boys basketball team for three. He has committed to continuing his football career at Clarion University of Pennsylvania. This season, he was selected to the Frederick News-Post First Team Defense All-League. "In the biggest moments where his team needed him the most, he was there," Rich praised. He thought back to before he came to coach at Catoctin, watching Kock's performance at the Class

2021 Hit-a-thon a big league success!

Ryan Tokar
Thurmont Little League

On Saturday, May 1st, Thurmont Little League (TLL) held its annual hit-a-thon fundraiser. This is the largest annual fundraiser for the league and proceeds go towards necessities like field maintenance, uniforms, concession upgrades, and general complex improvements. With TLL celebrating its 70th season of baseball, the community came out in support of the league in a BIG way. This year's hit-a-thon brought in over \$22,000 in online and cash donations, the largest amount raised in league history!

The concept of the hit-a-thon is simple. Players receive 1 hit for every \$10 raised, for a maximum of 10 hits. They can continue to raise additional money above and beyond that in order to win prizes. A bonus hit is also awarded if a player brings a non-perishable good for the Thurmont Food Bank. Prizes are awarded to the Top Overall Fundraisers and also to the players who hit the ball the longest distance. The Intermediate, Major and Minor Divisions are judged on where the ball lands, while the Instructional and T-ball divisions are given credit for how far the ball rolls.

Distance winners for this year's hit-a-thon were: Majors-Noah

Shankle (218 ft), Lane Koenig (213 ft), and Jay Code (207 ft). Minors-Landon Kelley-Voisine (174 ft), Austin Vernon (164 ft), and Jeremy Veronie (153 ft). Instructional-Ryan May (154 ft), Levi Baker (152 ft), and Devin Riffle (148 ft). Finally, from T-ball- Mireya Chavez (131 ft), Garrett Troxell (126 ft), and Logan Otto (125 ft.)

Overall fundraising winners were: Ethan Smith (Minors Yankees) with \$1,160, Caleb Valentine (T-ball Hot Rods) \$1,000, and Hunter Byington (Majors Nationals) \$800. They will each be awarded an Amazon gift card for their prize. The teams with the most overall donations earned a free pizza party, they were: T-ball Hotrods-\$1,510, Instructional Orioles-\$2,165, Minors Yankees-\$2,011, and the Majors Orioles-\$1,330. Along with the \$22,000 raised, the league also collected several hundred non-perishable goods which were donated to the Thurmont Food Bank to help those in need. TLL would like to thank the community, parents, and volunteers for their support. Without you, this event would not have been such a tremendous success.

The spring season is winding down and we are moving toward end of the season tournaments and All-Star games. Look for more information in next month's issue!

1A Championship last year, where he was "always at his best," as Rich described. "I don't think Clarion understands the ability they are getting in this young man."

Carson Sickeri was the next student athlete to be honored by Rich. "One of the things that everyone talks about with Carson is his vision--the things that he can see on the field," Rich said. "But what you don't see is the vision that he has for himself and his future." Sickeri has been a part of the football team for four years, and will be furthering his football career at Clarion University of Pennsylvania. As of last year, Sickeri holds the Frederick County record for most touchdowns (41) scored by an individual in one season. He retired from the season early due to an incident resulting in a broken wrist, but has certainly made a mark at Catoctin as last season's Frederick News-Post Offensive Player of the Year. "It has been an honor and a privilege to coach you," Rich expressed.

Ryan Orr has been on the football and wrestling team for four years and has committed to the football team at Clarion University of Pennsylvania. Rich described him as a "natural-born leader" that "has high expectations for himself." Orr was another athlete to suffer an injury this year, having endured a concussion during the fall athletic season. Although this caused him to sit out for a portion of the season, he had 57% completion as a junior. Last year, he completed 101 of 177

passes for almost 2,000 yards and 19 touchdowns. "Clarion's gonna get another great one and I can't wait to travel up the turnpike and see some great football games up in Western Pennsylvania," Rich said.

Rich closed his speech with his last student athlete, Jayson Howard. Howard has played on the football team for four years, and will continue to play at McDaniel College. "He was a utility player; he would play absolutely anywhere for us," Rich said. He praised Howard's willingness to take on any position that was asked of him with the response, "Put me where you want me, I just want to play football," as Rich paraphrased. "McDaniel is getting a great player and an even better person," he said. "I know that once he gets there, he's going to do incredible things and that his best is yet to come."

CHS Athletic Director Keith Bruck concluded the speeches with his own expression of congratulations to the seniors. "We've had some senior classes that have been tremendous athletes and individuals," he said, "but in recent memory, I can't think of one that impresses me as much as this senior class." The athletes of the class of 2021 have achieved so much despite several unprecedented obstacles this year surrounding the pandemic and the restrictions around it. The Catoctin community takes pride in our athletes' perseverance and wishes them well as they take their skills to college.

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MOUNT SPORTS

Hannah Sloan goes after Paralympic dreams

Sam Barber
MSMU Class of 2022

Walking through the tunnel at the Opening Ceremonies of the 2021 Tokyo Summer Games presents a plethora of sights, smells, and sounds. It serves as the tangible reward and culmination of years of hard work from athletes across the globe. The Olympics and Paralympics are unequivocally the pinnacle in anyone's athletic career. However, for most of us aspiring athletes, the dream does not become a reality and we are forced to reevaluate our goals. For the small population that gets into that upper echelon, they are met with glory and high praise. During this Olympic and Paralympic cycle, these sights, smells, and sounds are hitting close to home as rising sophomore swimmer Hannah Sloan is doing just that: chasing a dream.

The short-distance specialist earned her spot at the upcoming trials by competing in five events during the 2021 Para World Series in Lewisville, TX. The trials are set to take place in Minneapolis, MN in June.

Sloan, who is a native of nearby Westminster, MD, has already put herself firmly on the map not only at the Mount, but within the Northeast Conference (NEC). Finding her best performance at the Towson Meet in February, she placed fifth in the 100-yard breaststroke in a time of 1:39.04. The 100-yard breaststroke is one of three events Sloan will be competing in during the Paralympic Trials. She will also try her luck in the 100 freestyle and the 50 freestyle.

There is the obvious challenger that is standing between Hannah and a spot on the United States Paralympic team: the other competitors. However, there will be three internal competitors that will decide her fate in Minnesota, her body, mind, and spirit. She could not agree more to that point, saying "my biggest competitors will be myself and the clock."

Achieving a dream as high as the Paralympics is not a mere overnight accomplishment. Through her time at Winter Mills High School and Mount St. Mary's, she has encountered plenty of learning experiences as well as opportunities to build toward her dreams. Sloan says that her first year at the Mount has especially served as a building block toward future success, claiming that "Swimming with a Division-I team has really allowed me to push my limits."

Throughout the Paralympic ranks, athletes, coaches, and fans alike often see that there are a host of sports where the athletes have been in their respective sport for most of their lives. Swimming would be included in that sporting demographic. Despite this commonly accepted practice, Sloan is relatively new to the swimming scene. Some would even have the means to call her a novice; however, she is the furthest thing. According to Sloan, "I have been swimming competitively for five years, and I found out about the Paralympics three years ago." Regardless of the results, fans will be treated to the stark contrast of a relative newcomer pinned against seasoned veterans.

Although the newfound attention within the swimming community has been a pleasant addition to Sloan's grow-

ing career, it has not been sunshine and rainbows to get this point. Sloan was born with ataxic cerebral palsy, which is a rare form of cerebral palsy affecting only 5-10 percent of people who have CP. Her disability has become problematic in terms of her balance and coordination. This has all stemmed from a brain injury caused by a premature birth. Although competing with a disability presents its challenges, Sloan says that it is more of a motivator than a deterrent: "It has taught me to persevere and work twice as hard towards my goals." Learning to overcome one of life's biggest obstacles has become a two-way street, as it has carried over from her athletic life into her personal day-to-day life.

Placing at the Paralympics let alone punching a ticket to the Games is an accomplishment that will live with the athlete for eternity. Whether Sloan earns a spot to Tokyo or not, the experience of going through the process of the Paralympics will serve as a stepping-stone into her sophomore season. "I will use it as a way of measuring what I need to improve [upon] for the upcoming Paralympic competitions over the next three years leading up to the Games in Paris, France in 2024," said Sloan.

While securing a spot on the 2021 Paralympic team would be a dream come true for the rising sophomore, that is not necessarily the top priority heading into the biggest meet of her life. Sloan's currently building the foundation to cement herself as a regular on the U.S. Paralympic team, with her eyes set on Paris 2024. Furthermore, making it this far has evidently become a blessing. "Qualifying for [the] Tokyo trials was an unexpected event in my journey

to France. Whether I go to Tokyo or not, attending the trials will prepare me for the upcoming seasons."

The Tokyo Summer Games were originally planned for July-August 2020; however, they were postponed due to the COVID-19 pandemic. Even halfway through 2021, to say that the culmination of the Games a year late is a miracle would be an absolute understatement. Despite a majority of the developed world being well into the vaccination process, many questions still remain as to how the International Olympic Committee (IOC) and the International Paralympic Committee (IPC) are going to put together a smooth-running event. There still remains a vast population of the world that is not in the midst of the vaccination process. However, many of these athletes reside in countries from the "developing world." Not having every single athlete or coach vaccinated for the upcoming event poses a severe threat not only to the people attending the quadrennial sporting event, but as well as to the non-athletes residing in these countries.

The influence on both sides of the argument has been exhausting, as each party has created a metaphorical tug-of-war between one another. The pro-side of the argument is calling for the Games to be hosted in a full steam ahead mentality. Meanwhile, the demographic that is staunchly against it has advocated for the complete cancellation of the event. As we are nearly two months out from the Olympics and three months out from the Paralympics, it appears that the pro-side has won this battle. The IOC and IPC have routinely gone on record say-



ing that the Games have been given the green light. Not to mention, a full-blown cancellation would devastate the Japanese and Tokyo economies. Nevertheless, the Tokyo Summer Games will be unlike any that we have ever experienced before.

If qualified, Sloan would become not only the first American Paralympian from Mount St. Mary's, but she would also become the first-ever Paralympian from the Mount.

The Mount has seen athletes compete in track & field and women's basketball while representing a total of nine countries dating back to the 1984 Los Angeles

Games. Dita Krumberga is the last athlete from the Mount to compete in the Olympics, as she played on the Latvian Women's Basketball team during the 2008 Beijing Olympics.

The 2020 Summer Paralympics are set to begin August 24 with the Opening Ceremonies and conclude on September 5 with the Closing Ceremonies. Swimming events are scheduled to commence on the first day of competition, August 25.

To read past Mount Sports articles, visit the Current Events section of emmitsburg.net.



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Time can be on your side

Jefferson Breland

I love writing for Complementary Corner because it affords me the opportunity to share different ways of seeing the world. My goal is to induce curiosity so that you might examine some of these ideas and historical references. There are many books written and whole fields of study about some of the things I mention here. I am not here with the answers. I hope by introducing some different ways of thinking, you might examine your relationship to the world and how you move within it to live more peacefully and therefore, more healthily. I trust you to discover what will help you. If you would like to have a conversation about this, call me.

Some ideas about how the world operates have been with us so long they are invisible. We take them for granted. One such idea is time.

What is time? When did it start? When does it end? Is it found in nature? Who says what the "official" time is? How do we define it as a culture? What

is your personal relationship to time? Do you arrive for appointments early? Late? What does being "on time" mean? Does everybody agree on what time is? Do we all experience time the same way? Different professions have different relationships with time. For example, how often does a medical visit start at the appointed time? I get paid by the hour. Some lawyers get paid in 15-minute increments. Some people get paid by the job, like general contractors, whether they finish early or the job takes longer than they thought it would. There is overtime in which suddenly time becomes more valuable than it was a minute ago. In the theater world, "on time" for rehearsal or performance is considered late. Before the invention of accurate clocks, sailors declared noon to be when the Sun was directly overhead regardless of their position on the globe and that was the start of their maritime day and the hourglass was turned.

There are different types of time. There is clock time, sacred time, solar time, and geologic time to name a few.

Why do the years seem shorter as we get older? Why are some games measured in time, like basketball or football and others measured by actions, like golf or baseball? Rules, you say? Well, who made up the rules for time? Why do we have different rules around time, like daylight savings time, standard time, time zones. Are years and months the same length? Are days and nights the same length of time? No, even they change a bit everyday in one way or another. There is a point to my rambling here. Time is made up. Time is a construct that allows us to coordinate human activity because as far as I know, humans are the only ones who can read a clock or care about a clock, though, my cats would have me believe differently when it comes time to feed them. Here they are very accurate, though the fall back, spring forward thing, does take some time for them to understand.

It took centuries for cultures around the world to come to a general agreement about our "standardized" time. Particularly with regard to the ideas of

years and months. Different cultures have different calendars based on their beliefs. Beliefs. Aye, here's the rub. Each of us has a slightly different relationship with time because quite frankly, no two people think or experience the world exactly alike. And we do have a general agreement within our culture as to what time is. 365 and 1/4 days per year (the leap year thing), 24 hours per day, 60 minutes per hour, and 60 seconds per minute. Seems pretty straight forward.

In Western cultures, the predominant belief around time is that it is linear and it is limited. These beliefs are linked to definitions of life and after-life and that my friends is a whole other discussion.

So what does this have to do with anything? Our beliefs around time are helpful until they are not. I believe that many of us within this culture, including myself, would benefit from a reassessment or recalibration of our lives with regard to time.

I believe our differing ideas around the concept of time (remember, it is all made up) create a large amount of unnecessary stress. Our lives in recent years seem to have sped up. We don't have time to do everything we want to do. There are not enough hours in the day. We run out of time. We have to be in two places at once. We race against the clock. We are behind the times. We are ahead of our time. We're on borrowed time. We kill time. We waste time. We fight against the clock. We multi-task, we schedule too many things to do each day. We fool ourselves again and again that things can get done faster than they really can be done and then when we don't meet our expectations we considered it a failure and we aren't good enough and we don't deserve happiness or to have good things in our lives or to be treated fairly by others. We don't all experience our days like this. Some people do. I bet you may know someone who creates this kind of suffering within themselves.

In particular, since the invention of the internet, and since the proliferation of cell phones and the expectations of same-day delivery and instantaneous communication, we have warped time and therefore our lives into a potential source of constant disappointment and misunderstanding. This stress has a profoundly negative effect on our health. It does not have to be this way.

Fundamentally, time is a way of describing our relationship to the world around us and coordinating human activity. And as with any relationship that is harmful, my best advice is to shift that relationship. I am not proposing a radical redesign of our lives. Most of us will not simply drop off the grid of civilization. I believe in small and sustainable changes of awareness and shifts in the design of our day.

So what can we do?

One: Remember that time is made up. Clock time is standardized for the sake of coordinating human activity.

How we relate to clock time and design ourselves within the structure of clock time is entirely up to us.

Yes, we have work, meetings, meals to prepare for our family, and other meaningful activities. Hear me out.

Two: Do an assessment of your relationship with time. Are there times of the day where you feel stressed? Is that stress "time related?" Write down the circumstances of the stress- the who, what, why, when, where of it. I recommend not using adjectives- just write down the details. Keep it short and to the point. Go through your day and identify each moment of "time crunch" or "time stress." Is there a relationship between earlier time-related stress moments and later ones? Is there a domino effect?

Three: Know that you have choices, however small, around each of these moments. This might seem impossible. At the very least, begin to look for small ways to shift your way of doing things. A simple pro and con list might do the trick. What can you do to help yourself? Can you leave for work a few minutes earlier? Can you go to bed a half-hour earlier so you are more rested? Can you pause and sit quietly for a few minutes to collect your thoughts and calm your heart? Learn how to say, no. You don't have to agree to do everything asked of you. Can you delegate some of the work expected of you? Can you ask for help? Build a team of helpers. You are worth the effort.

There may be some things you have to do, like be a parent. Begin to practice asking for help. Maybe even practice saying "no" to some of the things people ask of you, I believe you may be surprised by how willing others are to help you and reduce your stress. A few years ago, my mother was complaining that my older brother never did anything to help around the house. I asked, "Do you ask him to help?" She said, "Sure, if I ask him, he helps... (wait for it)... but he should know." It is not always obvious to others that we need help. Don't assume.

Four: Once you have begun to examine your life where you can take back time for yourself, practice designing your days so that you have more peace and ease with regard to time. There is a good chance that you are very practiced at doing your life a particular way. It will require some conscious effort to shift your ways of doing things. Keep it simple, small, and practical.

When you begin to take care of yourself in this way, you are offering the same opportunity to those around you. You will all benefit from your reduced stress levels and your peace of mind. If you would like to have a conversation about how to begin, call me.

Let time be on your side.

Jefferson Breland is a board-certified acupuncturist, he can be reached at 410-336-5876. His office is located at 249B York Street, Gettysburg.

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We all look forward to warm weather and being outside in the summer. A few things to consider before going out for your walk or run is how hot the temperature and the rays of the sun are. Protection from the sun is something we sometimes forget about especially at the beginning of the summer. We should be using sunscreen even during the cold winter months when we are spending time outside. Going in and out of the house or office doesn't seem like you are in the sun very long but even doing our daily routine can add up.

Our skin needs protection from the harmful rays of the sun each day. Some moisturizers contain SPF and help prevent the damage the sun may do to our skin. Now that the daylight is getting longer and we are working or exercising outside more it is important to take time to protect our skin. You may want to do a little research to find the best type of sunscreen for your skin.

There are so many on the market today and some offer more protection than others. Another thing we don't think about is reapplying the sunscreen often. Working outside, bike riding, jogging can cause you to sweat and you will need to reapply

more often. Swimming is also a time we tend to forget about putting it on after getting out of the water.

Children need protection from the sun because of their sensitive skin. Getting a bad sunburn as a child can cause problems later in life. Getting our children in the habit of using sunscreen is a good way to protect them and yourself. Children remember better than adults sometimes and teaching them the importance of using sun protection early in life will hopefully stay with them throughout their life.

Hydration is another important thing to remember as summer approaches. Sometimes we are working outside and forget to drink water.

By the time we feel thirsty we are already getting dehydrated. Taking a bottle of water with you while working in the yard, taking a walk or jogging or even just sitting outside is a good habit to get into.

Dehydration is a serious condition and can cause many symptoms you may not think of. Sometimes people may get confused, dizzy, sweaty or may pass out and not realize it is because they need water. This can happen to anyone at any age and can become a serious problem in the hot, humid summer.

Always keep a bottle of water with you or go in for a drink of water often while doing anything outside. While taking care of ourselves we also want to take care of the environment so you

may want to invest in a good reusable water bottle that will keep your water cold and you will not be using the disposable plastic bottles. Children like having their own water bottle and this encourages them to drink more water while they are playing outside.

I know we have all heard everything I have said in this article many times but it never hurts to remind ourselves of the importance of sun protection and hydration. Since the weather will be getting warmer and the rays of the sun stronger, I thought it was a good time to remind everyone and encourage you to take care of yourselves while you are working or exercising outside. Remember to Keep Moving and take that sun screen and water with you everyday.

Planning for the inevitable: FAQs

Doug Prophter

Catoctin Advisors is a Thurmont-based consulting business that offers estate readiness planning, estate administration, and budgeting and bill-pay support to survivors. Each month we answer common questions about end-of-life issues.

Q. What are my options for final arrangements when I die? Is a funeral required?

A. First, we tend to use one word – funeral – to describe different but usually connected acts. State law requires that a dead body be disposed of appropriately. The most common methods of disposition are burial, cremation, and anatomic donation.

A memorial service of some sort – often called a funeral – can accompany disposition but is not required.

So, your first choice is method of disposition. Your second choice is memorial or not, and then – if yes – what type of memorial. For example, you can choose cremation followed by a memorial or a memorial followed by cremation – those sound the same but aren't, because one event involves only ashes and the other involves the deceased body. Colt Black, funeral director at Black's Funeral Home in Thurmont, says, "If you choose cremation, the lawful disposal of ashes is required – ashes still are human remains. For instance, you have to be two miles off shore to scatter ashes at sea."

If you choose burial, then you'll also need a burial plot. The price of a plot can vary considerably. If the cemetery you've chosen is your only choice, so be it; however, if you don't have a preference, then do some research. There could be thousands of dollars of difference between locations. Significantly, your investment almost always isn't in the land itself, which the cemetery will continue to own – you are buying the right to determine who gets buried in that plot. So, be sure you can opt out if your situation changes, such as you decide to move to another town. All your choices have different costs associated with them, too. For example, the cost of the plot may not include perpetual care, which is sep-

arate. Opening and closing a grave also typically are separate acts apart from the purchase of a plot as is the expense of the burial vault or liner. Will there be a headstone – how big, what color, what inscription?

With regard to the paying itself, you also have options. Most funeral homes will accept pre-payment; that may be a good option to avoid rising costs, particularly if you live for several years. Some insurance policies cover burial costs; however, a standard life insurance policy may not help – it must be an assignable policy specifically for funeral costs. To explore this option, talk with an insurance agent who can provide the details you'll need to make an informed choice. Finally, standard language in most Wills directs the personal representative to pay for funeral expenses out of the estate if no prior plan or act

is in place, but that pre-supposes there are assets in the estate to cover such costs. Black advises, "Call four or five local funeral homes and see what the average cost is from those quotes."

If you're a veteran, there are benefits available to you through the Veterans Administration, perhaps even free burial in a national cemetery. Making these decisions at the moment of need can lead to confusion, indecision, or fighting among survivors as well as higher costs. Do a tremendous favor to your survivors by making all these choices ahead of the time you'll need them.

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ASTRONOMY

The night sky of June

Professor Wayne Wooten

For June 2021, the waning gibbous moon passes just below Jupiter in the morning sky on June 1st. The last quarter moon rises about midnight the following evening. The Moon is new on June 10th, and the young crescent is just below Venus on June 11th low in the dusk. By June 12th, it waxes above Venus, and passes above Mars on June 13th. First quarter moon is June 17th. The summer solstice this year falls at 2:40 p.m. on June 20th, the longest day of the year. The Full Moon, the Honey Moon, comes on June 24th. The waning gibbous moon passes below Saturn in late evening skies on June 27th, then below Jupiter on June 28th.

While the naked eye, dark adapted by several minutes away from any bright lights, is a wonderful instrument to stare up into deep space, far beyond our own Milky Way, binoculars are better for spotting specific deep sky objects. For a detailed map of northern hemisphere skies, about June 30th visit the www.skymaps.com website and download the map for June; it will have a more extensive calendar, and list of best objects for the naked eyes, binoculars, and scopes on the back of the map. There is also a video exploring the June sky from the Hubble Space Telescope website at: www.hubblesite.org/explore_astronomy/tonights_sky

This June Mercury lies between us and the sun, after putting on a fine show in the western sky last month. But Venus is around to stay, getting



China has successfully landed its rover Zhurong, named after a god of fire in Chinese mythology, on Mars on May 19, just 3 months after NASA's Perseverance Rover land. Both rovers are looking for proof of life on the Red Planet

higher and brighter in the west each evening. By the end of June, watch her overtake Mars in twilight. In the telescope, she is waning gibbous, with a brilliant cloud topped disk that is best observed while the sky is still relatively light, right after sunset. Mars is a tiny red disk, on the other side of the Sun, and lost behind it by July.

We are overtaking Jupiter and Saturn now, and both come to opposition at sunset in August. With binoculars, the four large Galilean moons of Jupiter are visible in a row around Jupiter's equator. Larger scopes will see the famed Great Red Spot is still evident in the belts and zones. Saturn's rings are slowly closing, but still put on a fine show. Its large moon Titan is also visible even in 60mm refractors at 30X. By month's end, both are rising within three hours of sunset in the SE. Download the program Stellarium at www.stel-

www.stellarium.org and you can zoom in on the planets to find the layout of the moons of Jupiter and Saturn at any moment.

The Big Dipper is almost overhead as twilight falls, and its pointers take you north to the Pole Star. For iPhone users, the free download app Starry Camera gives you a wonderful way to introduce kids to the constellations. You will need to mount your iPhone on a sturdy stable mount such as your car cup phone holder or a camera tripod with smartphone adapter. The app allows you to take 3" (very light polluted), 10" (moderate lighting), or 30" (dark sky site) exposures, which will show you all the stars down to and below your naked eye limit. It also has a wide enough field of view to include all of both the big and little dippers in a single exposure! The pro version is only \$5 more, and allows two-minute exposures with a variety of ISO settings for also capturing the Milky Way and much fainter stars and deep sky objects.

If you drop south from the bowl

of the Big Dipper, Leo the Lion is in the SW. Note the Egyptian Sphinx is based on the shape of this Lion in the sky. Taking the arc in the Dipper's handle, we "arc" SE to bright orange Arcturus, the brightest star of Spring. Cooler than our yellow Sun, and much poorer in heavy elements, some believe its strange motion reveals it to be an invading star from another smaller galaxy, now colliding with the Milky Way in Sagittarius in the summer sky. Moving almost perpendicular to the plane of our Milky Way, Arcturus was the first star in the sky where its proper motion across the historic sky was noted, by Edmund Halley.

Spike south to Spica, the hot blue star in Virgo, then curve to Corvus the Crow, a four-sided grouping. Jupiter lies just east of Spica this July. North of Corvus, in the arms of Virgo, is where our large scopes will show members of the Virgo Supercluster, a swarm of over a thousand galaxies about 50 million light years distant.

To the east, Hercules is well up, with the nice globular cluster M-13 marked on your sky map and visible in binocs. Few objects in the sky can compare with this glorious ball of stars in any telescope 6" or larger; come marvel at its beauty at our beach gazes this summer. This ball of almost a million older stars lies about 25,000 light years away, in the halo of our Milky Way Galaxy, almost directly above the Galactic Center in Sagittarius.

The brightest star of the northern hemisphere, Vega (from Carl Sagan's novel and movie, "Contact"), rises in the NE as twilight deepens. Twice as hot as our Sun, it appears blue-white, like most bright stars. At the opposite end of the parallelogram of Lyra is M-57, the Ring Nebula. It is visible with large binoculars, but does

not show its fine colors and faint central white dwarf until you get to some big deep sky scopes.

Northeast of Lyra is Cygnus, the Swan, flying down the Milky Way. Its bright star Deneb, at the top of the "northern cross" is one of the luminaries of the Galaxy, about 50,000 times more luminous than our Sun and around 3,000 light years distant. Under dark skies, note the "Great Rift", a dark nebula in front of our solar system as we revolve around the core of the Milky Way in the Galactic Year of 250 million of our own years.

To the east, Altair is the third bright star of the summer triangle. It lies in Aquila the Eagle, and is much closer than Deneb; it lies within about 13 light years of our Sun. Use your binocs to pick up many clusters in this rich region of our own Cygnus spiral arm rising now in the east.

To the south, Antares is well up at sunset in Scorpius. It appears reddish (its Greek name means rival of Ares or Mars to the Latins) because it is half as hot as our yellow Sun; it is bright because it is a bloated red supergiant, big enough to swallow up our solar system all the way out to Saturn's orbit! Scorpius is the brightest constellation in the sky, with 13 stars brighter than the pole star Polaris! Note the fine naked eye clusters M-6 and M-7, just to the left of the Scorpion's tail.

Just a little east of the Scorpion's tail is the teapot shape of Sagittarius, which lies toward the center of the Milky Way. From a dark sky site, you can pick out the fine stellar nursery, M-8, the Lagoon Nebula, like a cloud of steam coming out of the teapot's spout.

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Farmers' Almanac

"If a June night could talk, it would probably boast it invented romance"

—Bern Williams (1929-2003)

Mid-Atlantic Weather Watch:

Fair, very warm (1) turning stormy, cooler (2, 3). Fair and mild (4, 5, 6, 7) and again, stormy (8, 9, 10, 11, 12, 13); fair; very warm (14, 15, 16, 17, 18, 19, 20, 21) with occasional storms, seasonal (22, 23, 24, 25, 26, 27, 28, 29, 30).

Full Moon: The Full Moon in June will occur on Thursday, June 24th. It has often been called Strawberry Moon because the first strawberries of the season become ripe for the picking (and eating!) in June. It has also been known as Rose Moon. Roses start to show their gorgeous blooms at the beginning of the month!

Special Notes: Summer officially starts with the Summer Solstice that occurs on Saturday, 20th. This year summer season looks to be promising as mask-wearing and social distancing mandates continue to be relaxed across the nation. Be advised that not all states' mandates are the

same so, if traveling, first, get vaccinated, and then be sure to reference your destination's "rules" about masks and social distancing (specifically, indoors).

With many graduations cancelled last year due the COVID-19 pandemic, this year, we can all honor our students properly by attending his or her graduation from high school or college (and all of the parties, too!) This is a major milestone and cannot pass without the recognition that it is due. Mark this achievement or any special event with a memorable gift (like a copy of this year's Hagerstown Town and Country Almanack to mark the occasion!). Go to www.almanack.com/order and order one right now!

Holidays: Proudly display 'Old Glory' on Monday, June 14th! Be sure to check out the ways to do that properly at www.ushistory.org/betsy/more/displayonly.htm. Father's Day is Sunday, June 20th. Do something really nice for your father this year and surprise him with a nice dinner out, tickets to his favorite sporting event, or that new power tool he's been eyeing up!

The Garden: Watch for insects everywhere! When you see them (and you will!), immediately wash them or pick them off plants before they can lay eggs and multiply. Use fungicide where diseases usually are a problem, especially on roses. Be sure that all tall annuals and perennials are securely staked so that they will remain upright during the afternoon thunderstorms that are so common for this time of year. Tick-proof your yard this summer. Deer are likely to bring ticks into your space so plant species that deer do not eat like the thorny barberry, bugleweed, forsythia, foxglove, and most needle-leaved conifers.

The Farm: Best for planting root crops (6, 7, 8); weeding and stirring the soil (9, 10); planting above-ground crops (11, 12, 13); harvesting all crops (23, 24); the best days for setting hens and incubators (1, 2, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30); the slaughtering and butchering of meat (10, 11, 12, 13, 14, 15, 16); transplanting (10, 11, 12, 13, 14, 15, 16); the weaning of all small animals and livestock (1, 2, 3, 23, 24, 25, 26, 27, 28, 29, 30); harvesting and storing grains (2, 3, 4, 5, 6, 7, 8, 9).

COMPUTER Q&A

Printers: buying & troubleshooting tips

Aysë Stenabaugh
Jester's Computer Repair

They just don't make printers like they use to. 10-15 years ago you could buy a printer that could last a decade, today you might consider yourself lucky if yours lasts you more than 5 years. Why? Well like anything we have found ways to manufacture printers less expensively, the price has dropped but so has the quality. If you haven't purchased a printer yet or are looking to replace yours there are a few things you can consider while attempting to make a decision. First you should determine what your needs are, do you need a fax capabilities? Will you be scanning? Do you need to print in color? Will you be printing photos? Are you going to be printing wirelessly, or with a USB cable? Once you answer these questions you can begin to narrow down your choices.

You may notice while browsing for your new device, that some printers are inkjet and utilize either inkjet cartridges, an EcoTank or toner cartridges. We've gathered some information to help explain the differences between the different options and some of the pros and cons of each type.

Inkjet Printers – These printers can be the least costly to purchase and utilize two or more cartridges to deliver ink to your paper. Ink cartridges for these printers can run upwards of \$20 each with some printers utilizing one cartridge for black and one for color and other printers (especially photo printers) requiring individual color cartridges (and on some photo printers a special grey cartridge). Some manufacturers (HP we're looking at you!) have gone so far as to create a "security" setting that doesn't allow you to use your unused cartridges in another printer. I don't know about you but I've never known anyone to steal ink cartridges out of someone's printer. For these reasons, the need to replace cartridges more often and with the potential for unused (or expired) cartridges to dry out, we find that inkjet printers can be more frustrating and can be the least cost effective long-term with an average of less than a 500 page yield per cartridge.

EcoTank Printers – While these printers are technically inkjet printers, they have a unique ink delivery system. Instead of utilizing cartridges, ink is stored in a tank and bottles of ink are easily replaced with virtually no mess at all. Since each color has its own tank you can replace colors individually and they yield a lot more ink so you will find they last a lot longer and you get more prints (roughly 20,000 pages per color). Only Epson offers the EcoTank printers and these printers are recommended for those who print at least a few times a week, as use or maintenance (via a built-in utility) is required to keep the ink tank lines from clogging up over time.

Laser Printers – Most laser printers are used in a business environment but those who are high volume printers of heavy text or photo documents can find benefit from using a laser printer. Unlike inkjet printers, laser printers use toner cartridges that are full of powder. Unlike inkjet ink, toner does not smear when coming in contact with water.

Troubleshooting Tips

Not being able to print is a bummer! The first thing you should investigate is whether or not your printer is printing independently. If you have scanner you can attempt to copy a document to see if it prints. If you're unable to print a scanned document, then the issue is likely with the printer itself and is not related to the connection to your computer. If you've tested and it works or, you are unable to try scanning a document, try restarting the power on your printer next.

If at that point you are still unable to print from your computer, the next step is to investigate the connection to the computer. If you are using a USB cable to connect your printer to your computer, unplug the USB cable from the computer, restart the com-

puter and plug your printer into a different USB port after the computer has loaded up. If you're using a wireless connection to connect your printer to your computer, you should verify that the printer is still connected to your network. Typically, printers with a touch screen have a wireless icon that indicates if you are connected or not. If you aren't sure how to check your wireless connection check your printer's manual for detailed instructions.

If you've verified your wireless connection and still can't print, your printer may be setup to automatically get an ip address and your computer may not have the updated address. Most of the time when you install your printer to be used wirelessly, a utility is installed on the computer which will let you update

your printer's ip address. We highly recommend setting your printer to have a manual ip address so that your computer doesn't need to search for a new address if it changes. At Jester's Computers we offer on-site services which include configuring your wireless network and printer.

If your printer is printing out blank or incomplete pages, you may need to perform maintenance on your printer. Usually you can use the touch screen to find utilities or tools from your printer however, most printers have the utilities built into the printer software as well. On inkjet printers you may need to occasionally clean printheads and perform page alignments. EcoTank printers as mentioned

above require you to perform maintenance on the lines that feed the ink to your printer if you haven't used it for a while or aren't getting any ink on the paper. Toner printers don't usually require any maintenance per say, but after a certain amount of use some parts like the printer drum may need replaced. Most inkjet printers aren't worth repairing and finding someone to repair them is challenging.

If you need additional information or assistance with your printer or computer contact Jester's Computer Services at 717-642-6611, visit us at www.jesterscomputers.com We are located at 5135 Fairfield Road Fairfield and our regular business hours are Monday-Friday from 9 a.m. to 5 p.m. with extended hours until 7p.m. on Tuesdays and Thursdays.

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HUMOR

Railroad Tracks (An exercise in logic)

The US Standard railroad gauge (distance between the inside of the rails) is 4 feet, 8.5 inches. That's an exceedingly odd number. Why was that gauge used?

Because that's the way they built them in England, and the US railroads were built by English expatriates. Why did the English people build them like that?

Because the first rail lines were built by the same people who built the pre-railroad tramways, and that's the gauge they used. Why did they use that gauge then?

Because the people who built the tramways used the same jigs and tools that they used for building wagons, which used that wheel spacing. Okay! Why did the wagons use that odd wheel spacing?

Well, if they tried to use any other spacing the wagons would break on some of the old, long distance roads, because that's the spacing of the old wheel ruts. So who built these old rutted roads?

The first long distance roads in Europe were built by Imperial Rome for the benefit of their legions. The roads have been used ever since. And the ruts?

The initial ruts, which everyone else had to match for fear of destroying their wagons, were first made by Roman war chariots. Since the chariots were made for or by Imperial Rome they were all alike in the matter of wheel spacing. Thus, we have the answer to the original question. The United States standard railroad gauge of 4 feet, 8.5 inches derives from the original specification for an Imperial Roman army war chariot. Specs and Bureaucracies live forever!

So, the next time you are handed a specification and wonder what horse's ass came up with it, you may be exactly right. Because the Imperial Roman chariots were made to be just wide enough to accommodate the back ends of two war horses.

There's an interesting extension of the story about railroad gauge and horses' behinds. When we see a Space Shuttle sitting on the launch pad, there are two big booster rockets attached to the sides of the main fuel tank. These are the solid rocket boosters, or SRBs. The SRBs are made by Thiokol at a factory in Utah. The engineers who designed the SRBs might have preferred to make them a bit fatter, but the SRBs had to be shipped by train from the factory to the launch site. The railroad line to the factory runs through a tunnel in the mountains. The SRBs had to fit through that tunnel. The tunnel is slightly wider than a railroad track, and the railroad track is about as wide as two horses' behinds. So a major design feature of what is arguably the world's most advanced transportation system was determined by the width of a horse's ass!

It was a sweltering August day when the Cohen brothers entered the posh offices of Henry Ford.

"Mr. Ford," announced Norman Cohen, the eldest of the three. "We have a remarkable invention that will revolutionize the automobile industry."

Ford looked skeptical, but their threat to offer it to the competition kept his interest piqued. "We would like to demonstrate it to you in person." After a little cajoling, they brought Mr. Ford outside and asked him to enter a black automobile parked in front of the building.

Hyman Cohen, the middle brother, opened the door of the car. "Please step inside, Mr. Ford."

"What?" shouted the tycoon, Are you crazy? It must be a hundred degrees in that car!"

"It is," smiled the youngest brother, "but sit down Mr. Ford, and push the white button."

Intrigued, Ford pushed the button. All of a sudden a whoosh of freezing air started blowing from vents all around the car, and within seconds the automobile was not only comfortable, it was quite cool.

"This is amazing!" exclaimed Ford. "How much do you want for the patent?"

One of the brothers spoke up, "The price is one million dollars." Then he paused. "And there is something else. The name 'Cohen Brothers Air-conditioning' must be stamped right next to the Ford logo!"

"Money is no problem," retorted Ford, "but there is no way will I have a Jewish name next to my logo on my cars!"

They haggled back and forth for a while and finally they settled. Five million dollars, but the Cohens' name would be left off. However, the first names of the Cohen brothers would be forever emblazoned upon the console of every Ford air conditioning system.

And that is why even today, whenever you enter a Ford vehicle, you will see those three names clearly printed on the air conditioning control panel: NORM, HI and MAX

Submitted by Dave, Bolder, Co.

Things only Martha Stewart would know:

- Stuff a miniature marshmallow in the bottom of a sugar cone to prevent ice cream drips.
- Use a meat baster to "squeeze" your pancake batter onto the

hot griddle and you'll get perfectly shaped pancakes every time.

- To keep potatoes from budding, place an apple in the bag with the potatoes.
- To prevent egg shells from cracking, add a pinch of salt to the water before hard boiling.
- Run your hands under cold water before pressing Rice Krispie treats in the pan and the marshmallow won't stick to your fingers.
- To get the most juice out of fresh lemons, bring them to room temperature and roll them under your palm against the kitchen counter before squeezing.
- To easily remove burnt on food from your skillet, simply add a drop or two of dish soap and enough water to cover bottom of pan, and bring to a boil on stove top.
- Spray your Tupperware with nonstick cooking spray before pouring in tomato based sauces and there won't be any stains.
- When a cake recipe calls for flouring the baking pan, use a bit of the dry cake mix instead and there won't be any white mess on the outside of the cake.
- If you accidentally over salt a dish while it's still cooking, drop in a peeled potato and it will absorb the excess salt for an instant "fix me up."
- Wrap celery in aluminum foil when putting in the refrigerator and it will keep for weeks.
- Brush some beaten egg white over pie crust before baking to yield a beautiful glossy finish.
- Place a slice of apple in hardened brown sugar to soften it.
- When boiling corn on the cob, add a pinch of sugar to help bring out the corn's natural sweetness.
- To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh, but if it rises to the surface, throw it away.
- Cure for headaches: Take a lime, cut it in half and rub it on your forehead. The throbbing will go away.
- Don't throw out all that leftover wine. Freeze into ice cubes for future use in casseroles and sauces.
- If you have a problem opening jars: Try using latex dishwashing gloves. They give a non slip grip that makes opening jars easy.
- Potatoes will take food stains off your fingers. Just slice and rub raw potato on the stains and rinse with water.
- To get rid of itch from mosquito bites, try applying soap on the area and you will experience instant relief.
- Ants, ants, ants everywhere ... Well, they are said to never cross a chalk line. So get your chalk out and draw a line on the floor or wherever ants tend to march. See for yourself.
- Use air freshener to clean mirrors. It does a good job and better still, leaves a lovely smell to the shine.
- When you get a splinter, reach for the scotch tape before resorting to tweezers or a needle. Simply put the scotch tape over the splinter, then pull it off. Scotch tape removes most splinters painlessly and easily. Now look what you can do with Alka-Seltzer.
- Clean a toilet. Drop in two Alka-Seltzer tablets, wait twenty minutes, brush and flush. The citric acid and effervescent action clean vitreous China.
- Clean a vase. To remove a stain from the bottom of a glass vase or cruet, fill with water and drop in two Alka-Seltzer tablets.
- Polish jewelry. Drop two Alka-Seltzer tablets into a glass of water and immerse the jewelry for two minutes.
- Clean a thermos bottle. Fill the bottle with water, drop in four Alka-Seltzer tablets, and let soak for an hour (or longer, if necessary).
- Unclog a drain. Clear the sink drain by dropping three Alka-Seltzer tablets down the drain followed by a cup of Heinz White Vinegar - Wait a few minutes, then run the hot water.

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He will be attending University of Pittsburgh
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Good luck on all your future endeavors!

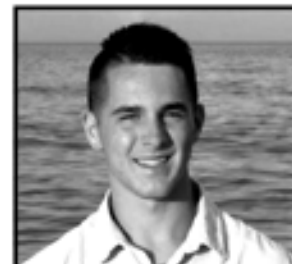


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2020 Mount St. Mary's University Treated Water Quality Report

Important Information About Your Drinking Water

We're pleased to present to you the Annual Water Quality Report for 2020. This report is designed to inform you about the water quality and services we deliver to you every day. Maryland Environmental Service (MES), an Agency of the State of Maryland, began operating the water treatment facility in June 2014 and prepared this report on behalf of the Mount St. Mary's University.

The Environmental Protection Agency (EPA) regulates Public Water Systems and the contaminants found in water through the implementation of the Safe Drinking Water Act (SDWA). The SDWA sets regulations and guidelines for how public water systems operate and identifies several hundred drinking water contaminants, establishes monitoring frequencies and limitations. The Maryland Department of the Environment (MDE) is responsible for the enforcement of the SDWA and routinely complete Sanitary Surveys as part of their ongoing inspection and monitoring program. MES provides safe dependable operations of the water system and is dedicated to consistently providing high quality drinking water that meets or exceeds the SDWA standards.

If you have any questions about this report or concerning your water utility, please contact Tood Otis, Director of Capital Projects & Energy Management at 240-344-4765, e-mail: otis@msmary.edu. Copies of this report will not be mailed to consumers but are available upon request from your utility.

The Mount St. Mary's University water works consists of three drilled wells. Before the water enters the distribution network chlorine is added to protect against microbial contaminants. The water is then pumped into a storage tank. The Maryland Department of the Environment has performed an assessment of the source water. A copy of the results is available. Call Maryland Environmental Service at 410-729-8350.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* and other microbial contaminants are available from the Safe Drinking Water Hotline (1-800-426-4791).

Important information Regarding Gross Alpha Emitters

Mount St. Mary's University's water system was placed on quarterly monitoring for Gross Alpha beginning in October 2014. Compliance with the MCL will be determined based on a annual rolling average of quarterly results. Alpha emitters are naturally occurring radiations in soil, air and water. These emitters generally occur when certain elements decay or break down in the environment. The emitters enter drinking water through various methods including the erosion of natural deposits. There are no immediate health risks from consuming water that contains gross alpha, however some people who drink water containing alpha emitters in excess of the MCL over many years may have an increased risk of getting cancer. Currently, the highest level of gross alpha detected is 12.0 pCi/L.

Definitions

Maximum Contaminant Level Goal (MCLG) - The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Maximum Contaminant Level (MCL) - The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Action Level - The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow

Treatment Technique (TT) - A required process intended to reduce the level of a contaminant in drinking water

Turbidity - Relates to a condition where suspended particles are present in the water. Turbidity measurements are a way to describe the level of "cloudiness" of the water.

pCi/l - Picocuries per liter. A measure of radiation.

ppb - parts per billion or micrograms per liter

ppm - parts per million or milligrams per liter

Special Points of Interest

The water at the Mount St. Mary's University is tested for over 120 different compounds. The Mount St. Mary's University's Drinking Water met all of the State and Federal requirements. Drinking Water, including bottled water, may reasonably be expected to contain at least small amounts of some compounds. The presence of these compounds does not necessarily indicate that water poses a health risk. More information about contaminants and potential

health effects can be obtained by calling the Environmental Protection Agency's (EPA's) Safe Drinking Water Act Hotline (1-800-426-4791)

The table on this page lists all the drinking water contaminants that were detected during the 2020 calendar year. The presence of these compounds in the water does not necessarily indicate that the water poses a health risk. Unless otherwise noted, the data presented in the table is from testing done January 1 – December 31, 2020. The State requires us to monitor for certain contaminants less than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year.

Sources of Drinking Water

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of certain compounds in water provided by public water systems. We treat our water according to EPA's regulations. Food and Drug Administration regulations establish limits for contaminants in bottled water, which must provide the same protection for public health.

Important Information About Arsenic

Arsenic is a semi-metal element in the periodic table. It is odorless and tasteless. It enters drinking water supplies from natural deposits in the earth or from agricultural and industrial practices. Some people who drink water containing arsenic in excess of the MCL over many years could experience skin damage or problems with their circulatory system, and may have an increased risk of getting cancer. Currently, the arsenic levels are being monitored quarterly. We are constantly evaluating alternatives and treatment options for reducing the arsenic levels to less than 10 ppb.

Lead Prevention

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. The Mount St. Mary's Uni-



versity is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your drinking water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the EPA Safe Drinking Water Hotline at 1-800-426-4791 or at <http://www.epa.gov/safewater/lead>.

Contaminants That May Be Present in Source Water

Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife. Pesticides and Herbicides, which may come from a variety of sources such as agriculture, urban stormwater runoff, and residential uses. Inorganic Contaminants, such as salts and metals, which can be naturally-occurring or result from urban stormwater runoff, industrial, or domestic wastewater discharges, oil and gas production, mining, or farming. Organic Chemical Contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, and septic systems. Radioactive Contaminants, which can be naturally-occurring or be the result of oil and gas production and mining activities.

Contaminant	Highest Level Allowed (EPA's MCL)	Highest Level Detected	Ideal Goal (EPA's MCLG)
Regulated at the Treatment Plant - Point of Entry			
Nitrate	10 ppm	3.4 ppm (range from 0.8 to 3.4 ppm)	10 ppm
Typical Source of Contamination: Runoff from fertilizer use			
Barium (2019 Testing)	2000 ppb	607 ppb (range from 239 to 607 ppb)	2000 ppb
Typical Source of Contamination: Erosion of natural deposits			
Selenium (2019 Testing)	50 ppb	1.40 ppb (range from 1.07 to 1.40 ppb)	50 ppb
Typical Source of Contamination: erosion of natural deposits; discharge from mines			
Arsenic	10 ppb	5.0 ppb (range from 3.6 to 5.0 ppm)	10 ppb
Typical Source of Contamination: Erosion of natural deposits			
Combined Radium (226 & 228) (2020 Testing)	5 pCi/l	2.4 pCi/l (range from 0.9 to 2.4 pCi/l)	0 pCi/l
Typical sources of contaminant: Erosion of natural deposits			
Uranium (2020 Testing)	30 ug/l	15.7 ug/l (range from 0.01 to 15.7 ug/l)	0 ug/l
Typical sources of contaminant: Erosion of natural deposits			
Gross Alpha (2020 Testing)	15 pCi/l*	12 pCi/l* (range from 0 to 20.8 pCi/l)	0.0 pCi/l*
Typical Source of Contamination: Erosion of natural deposits			
* Result is a rotational annual average. Please read page 4 of the Consumer Confidence report for more information on Gross Alpha Emitters.			
Gross Beta - (2020 Testing)	50 pCi/l*	5.6 pCi/l** (range from 0 to 5.6 pCi/l)	0.0 pCi/l
Typical Source of Contamination: Erosion of natural deposits			
*EPA considers 50 pCi/l to be the level of concern for beta particles			
** Because the beta particle results were below 50 pCi/l, no testing for individual beta particle constituents was required			
Regulated in the Distribution System			
Chlorine	4 ppm	0.85 ppm * (range from 0.30 to 1.62 ppm)	n/a
Water Additive used to control microbes. *Annual Average			
Total Trihalomethanes (TTHM) (2020 Testing)	80 ppb	51.2 ppb (range from 30.6 to 51.2 ppb)	n/a
Typical Source of Contamination: By-product of drinking water chlorination			
Haloacetic Acids (HAA5) (2020 Testing)	60 ppb	10.0 ppb (range from 5.5 to 10.0 ppb)	n/a
Typical Source of Contamination: By-product of drinking water chlorination			
Regulated in the Distribution System			
	Action Level	90th percentile	Ideal Goal
Copper (2018 Testing)	1300 ppb	210 ppb	1300 ppb
Typical Source of Contamination: Corrosion of household plumbing fixtures and systems			
Lead (2018 Testing)	15 ppb	0 ppb	0 ppb
Typical Source of Contamination: Corrosion of household plumbing fixtures and systems			