

Emmitsburg NEWS-JOURNAL

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

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Complementary Corner

With all that is going on today, we can despair, get angry... or choose possibility. **Page 42**

Businesses suffer from viral closures

As the Emmitsburg News-Journal goes to press, March 29, Maryland has reported 1,239 confirmed COVID-19 cases and eleven deaths. Frederick County has reported 24 confirmed cases and no deaths. For the latest numbers visit www.coronavirus.maryland.gov

On March 11, the Mount suspend face-to-face instruction and transition to remote instruction. On March 21, the temporary closure of the campus was extended for the remainder of the semester. FEMA's National Emergency Training Center suspended all on-campus training activities for a period of four weeks, beginning March 15 through April 11.

On March 19, Governor Hogan amended previous COVID-19-related restrictions to include limiting gatherings of no more than ten individuals, and the closure of bars, dine-in restaurant operations, fitness centers, and recreational establishments.

Restaurants typify the struggles faced by some commercial operations, which are permitted to continue to function, but with certain restrictions, such as being barred

from serving in-house dining, and restricting them to drive-through, pick-up or deliveries.

Susan Glass, co-owner of the Ott House, said sales have dropped-off around 90 percent since the loss of the inside dining. Glass said the loss of patronage resulted from a number of influences, including the students that would normally be attending the Mount and the Fire Academy. She has been forced to lay off all of the restaurant's servers and is down to two cooks per shift.

Ian Stavros, owner of Stavros Pizza, unlike the Ott House, has not been significantly impacted by the in-dining shut-order decree. "So far," he said, "we've lost a little sales, but overall, things are looking good. His 60-seat dining room is closed, but he said, "We are still doing take-out and doing deliveries throughout the week." He said he has not had to lay off any employees.

Thurmont's Catocotin Furnace Inn is not only serving customers with carry out, but also reaching out to help those in need, according to manager Greg Martinez.

The Sleep Inn is taking a major hit because of the 'stay at home' and



Unlike surrounding 'chain' grocers, the Jubilee has been able to keep their meat and produce shelves packed since they buy locally.

travel restrictions. Its occupancy rate is less than 10% (half a dozen or less guests), other local hotels' parking lots are empty. Meanwhile, the state has opened the Route 15 rest stop to 24-hours a day to support truckers moving food and medical supplies.

Regarding local economic impact, Vickie Grider, Thurmont's Economic Development Manager, said, "Thurmont is keeping its businesses updated on all the new funding sources available at the state and federal level to help offset expenses including payroll during the closure."

Fire and Ambulance Companies who hold fund-raising events ranging from bingo to carnivals are also likely to be adversely

affected by the limit on the size of public gatherings.

Various local government boards are struggling with decisions regarding whether or not to close offices and discontinue public meetings. Emmitsburg has canceled all scheduled meetings Thurmont however has elected to continue to hold public meetings, which the public was not allowed to attend, although the meetings were to be broadcast. County meetings have been canceled until further notice as well.

All senior centers have been closed to prevent and reduce exposure to the virus among those 60 and older. Additionally, County school and libraries are closed until further notice.

Coronavirus restrictions impact Adams County

As of our press date, March 29, Pennsylvania reported 3,394 confirmed COVID-19 cases and 22 deaths. Adams County had eight confirmed cases and no deaths. For the most current numbers visit www.gettysburg-connection.org/virus

WellSpan Family Medicine in Fairfield established a COVID-19 test tent in front of their Fairfield Road facility. Those wishing to be tested must have a doctor's referral. WellSpan was unable to provide a number of those tested at that test site to date.

On March 19, Pennsylvania Governor Wolf ordered the closure of all "non-life sustaining businesses," life-sustaining businesses to include grocery stores, gas stations, automobile parts stores, banks, laundromats, special assistance services, and take-out-only food providers (including beer distributors). Wolf said the closures "will remain in effect until further notice." That declaration has since been amended, and most likely will continue to be amended.

In response to Wolf's declaration, House Republican Caucus issued the following statement: "These actions will shut down many small, family-owned shops and businesses, not only for the duration of this event, but possibly,

and probably, forever. The sprawling and confusing list provided by the governor is provided with no explanation, and we will explore all avenues available to us to determine whether the action he's taken is allowed within our state constitution." The legality of Wolf's decree is being challenged by at least two cases in the courts.

The Wolf administration strongly encourages the suspension of non-essential travel, large gatherings, events, conferences of more than 10 people, and per White House guidelines, ask that individuals and groups cancel any gatherings planned over the next eight weeks. The restrictions against sit-in dining left many regulars who gather every morning at the Village Book and Table at a loss of where to go.

On March 18, Adams County Commissioner Randy Pheil said all county buildings would be closed to the public except for emergency court proceedings. This policy is to remain in effect until at least April 6, when it will be reevaluated.

Various local government boards struggled with decisions regarding whether or not to close offices and continue public meetings. By March 20, virtually all-local governments have canceled all scheduled meetings, with the exception of Liberty Township. Those that



Traffic has been almost continuous at tents set up to screen residents for the COVID-19 virus in Fairfield.

have closed have not made decisions regarding the resumption of meetings as of our deadline.

All schools in the Fairfield Area School District were closed on March 16, per direction of State Department of Education and will remain closed until April 6. An extension of the closure remains a possibility. All libraries of the Adams County Library System were also closed to the public.

While entertainment and many forms of recreation have ground to a halt (Liberty Mountain suspended the operations for the

remainder of the winter ski season) some outdoor recreational venues remain open.

Strawberry Hill Nature Preserve's trails remain open to the public, as well as the walking trails in Carroll Valley's three parks (Carroll Commons, Ranch Trail Commons, and Lake Kay Mini Park), and in the Hamiltonban Community Park. In all cases, park visitors are asked to refrain from using playground equipment and benches. All restrooms, soccer fields, pavilions, basketball court and baseball field in Carroll Valley are closed.

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EMMITSBURG NEWS

Ramp upgrades to cost \$700,000

The Town Council approved several ordinances at their March meeting to help pave the way for a \$700 thousand upgrade of 117 Americans with Disabilities Act (ADA)-compliant, sidewalk curb-ramps. The proposed ADA ramp upgrades proposed do not include those previously upgraded over the past number of years.

In the pursuit of grant money to pay for the upgrade, the commissioners also had to promise the town would not authorize the use of excessive force by police during non-violent civil rights demonstrations.

Town Planner Zach Gulden said, "I've been working on a substantial grant to replace 117 curb-ramps throughout town." He said, "Thirty-five are located within the actual Main Street area and off-streets there, and the remaining are located in all the developments, North Gate, South Gate, &c., and also in front of the schools."

In order for the town to qualify to receive money for the upgrades through a Community Development

Block Grant (CDBG), the municipality is required to adopt a set of three ordinances. CDBGs are funded by the federal government, who distribute the money among the states. The states then, in turn, manage the CDBGs at the state-level.

The amount being sought by the town in order to fund the ADA-compliant ramp upgrades could possibly cost "almost \$700,000," Gulden stated.

The first of the three ordinances adopted by the board to comply with CDBG requirements is intended to ensure transparency in the application process. This includes the assurance of holding public meetings regarding the use of the CDBG grant money and establishes a grievance process.

The second ordinance is intended to ensure that residents living in any home damaged during the construction of any project be provided with "relocation assistance," if the home is rendered uninhabitable as a result. Relocation could entail moving expenses and replacement housing

payments for up to 42 months.

Gulden stated the second ordinance "really does not have anything to do with our project... But, however, we still have to pass this resolution."

The third and final ordinance entails the town providing assurance that police acting on behalf of the municipality do not engage in "the use of excessive force... against any individuals engaged in nonviolent civil rights demonstrations, and to enforce applicable state and local laws against physically barring entrance or exit from a facility or location which is the subject of such nonviolent civil rights demonstration..."

In reference to the third ordinance, Commissioner Jos Ritz, said, "I just find this odd."

Gulden said the ordinance requiring the town to ensure they will not allow "the use of excessive force," in conjunction with civil rights demonstrations, stems from an executive order dating back to 1974 and was never rescinded. "It's just one of those conditions they (federal government) placed on their grants."

Pool house mural approved

The Town Council approved a contract with Knepp/Canvas Sky, to paint the exterior of the pool-house with a marine-themed mural. The overall mural will feature several forms of sea-life, including whales, porpoises, sharks, fish and sea turtles.

Prior to the approval, Town Planner Zach Gulden said, "I've been working with the Frederick County Arts Council for many months now," resulting in the town having a potential to "put a new mural on all four sides of the pool house."

"If approved tonight," he said,

"this will be done in time for our grand re-opening with the interior renovations and exterior renovations."

Gulden said the Frederick Arts Council submitted a request for qualifications for artists, and that "many qualifications" were received. "We all went over it and picked three different proposals, and then we asked those three to submit actual designs."

Following the receipt of those proposals, the town planner said the Frederick Arts Council and

the town staff, then selected the final design.

Gulden stated, "I also took this to the sustainable local board (Sustainable Community Board of the Town of Emmitsburg) and it was approved by a five-to-zero vote. They absolutely loved the design and they think it's going to fit well in our community."

Regarding the longevity of the paint," he stated, "Since we partnered with the arts council, they have an agreement with the artists for so many years. It is painted



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News-briefs . . .

Scout proposes handicap picnic table

The Town Council received a proposal at their March by a scout to install an Americans With Disabilities Act-compliant (ADA), handicap-accessible picnic table at the Community Park Playground.

Boy Scout Nicholas Lowe, of Thurmont, told the board that the construction and installation of the table would take place in two parts. "I will first assemble it at the St.

Joseph's Parish Hall parking lot, and then I will transport the bench that is completed to the south end of the park, prep the ground, and then set the bench." The scout said he would probably commence with the project after May.

Lowe said he is doing this as his Eagle Scout project, and that he would be using GoFundMe as a source of fund-raising. Commissioner Burns suggested that a link to the GoFundMe site could be posted

on the town website to aid in the fund-raising effort.

Proposed Rutter's pump station advances

The Town Council voted to sign Rutter's application for a state Department of the Environment permit application for a proposed sewer pump station.

The proposed pump station would be built by Rutter's, and would be located on the site of a new Rutter's convenience store to be located on Taneytown Road. The plant will

with a special paint on the exterior, which the arts council actually comes out and takes test samples, so they ensure it is high quality, so that if somebody would come around and spray paint something, it would fall (come) right off."

He additionally said, the public works director is going to be adding some parking stops out-front to ensure no one would run-into and scrape the paint.

The mural and associated expenses have been estimated to cost \$7,200 (\$600 material costs by artists, \$200 attributed to miscellaneous, and \$500 in travel

expenses), according to Knepp/Canvas Sky.

Gulden said, "This (mural) will be paid for 100-percent by community legacy funds so no tax dollars will be used on this project. "It is a significant project," he stated. "It's valued at \$35 thousand to \$40 thousand."

According to the approved proposal submitted by Knepp/Canvas Sky, "Approximate time for artists to perform mural is up to 40 days with weather permitting. Temperature must be about 50-degrees Fahrenheit... Artist work will begin approximately in the month of April... and be completed by mid-May."

be designed to serve up to 500 single-family homes.

The pump station is part of a project being undertaken by Rutter's to create a 50-acre, commercial development, to include retail stores and restaurants, in addition to the convenience store. The overall proposal specifically entails the construction of an 8,380 square-foot store which will include seven gasoline fuel islands and five diesel fuel bays, as well as a truck scale.

The Planning Commission previously approved a forest conservation plan, a site plan, and an improvement plan.

Town will mail census forms to P.O. boxes

The Town of Emmitsburg will be mailing census forms to Post Office boxes, because there are residents who have only a Post Office box as an address, and the federal government will not send forms to those boxes.

Town Planner Zach Gulden said, "If you have (only) a Post Office box, which is almost 600 people within our town, you will not receive a census mailer. It's really weird. It's a really strange thing that the federal government does."

"However, we're partnering with Frederick County Census Committee, we will be putting in the mailers

to those PO boxes," further noting, "You have until July 31st (to fill the forms out)."

Gulden said the County Census Committee will be creating a form designed to be sent to Post Office boxholders, which the town will then mail to those residents. "They'll be put in each Post Office box," he said.

Four waysides conditionally approved

The Town Council voted at their February meeting to conditionally approve four proposed wayside markers to allow edits to be made to the Emmitsburg Press signage.

The approval was conditioned on the implementation of changes to the Emmitsburg Press sign incorporating reference to the importance of newspapers, especially before the age of the radio.

The approval included signage denoting the histories of the "Great Fire of 1863," the Vigilant Hose Company, the Carriage House Inn building, and the Chronicle Press building.

The total cost of the four wayside exhibits will be \$22,024, according to Town Manager Cathy Willets, 50-percent of which (\$12,062), was obtained as a Maryland Heritage Areas Authority grant.

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FAIRFIELD/CARROLL VALLEY NEWS

Fairfield to tackle 'air B&Bs'

The Fairfield Borough Council agreed at their February meeting to pursue adoption of an ordinance to control the potential sprawl of air B&Bs in the municipality by confining them to the Village Core District.

In drafting an ordinance to concentrate the creation of any new air B&Bs, the council will be restricting future temporary rentals of this sort into the Village Core District, in order to keep them from springing-up in the more residential districts. Several of this type of rental already exists in Fairfield, but the proposed ordinance would require any new ones to formally register as a business.

In general, air B&Bs entail the short-term rental of a bedroom, or several bedrooms, within an existing residential unit. Unlike established bed and breakfast inns, air B&Bs were conceived to be run out of private residential homes, or even in apartments, in the form of short-term room rentals. The idea of the concept is that such rentals can undercut standard B&B and hotel/motel rates, making air B&Bs more lucrative for short-term stays.

Aside from centralizing the creation of these relatively new types of rentals, and requiring registration, one of the issues is inspecting these rental units.

Borough Solicitor Matt Battersby noted that the air B&Bs are the "new disruptors," to the degree that even state laws have not been revised to take the new trend of temporary, transient housing into account.

He said the 2015 revisions to the Uniform Construction Code (UCC) contains a "slight reference" to the new-wave rentals, but otherwise "doesn't address air B and Bs." The current inspection codes as per the UCC "treats them (air B&Bs) like 10-room hotels," the solicitor stated, requiring the one-room rental to comply with all of the safety measures applicable to a major hotel.

But, he noted, if one were to force the air B&Bs to comply with hotel-size regulations, the operators could claim that doing so could or would put them out-of-business, and possibly give them a Fifth Amendment claim – the unlawful condemnation of property without just compensation, or, in the words of the solicitor, those operating the air B&Bs could claim the excessive regulations resulted in "inverse condemnation."

Battersby said upgrading a one-bedroom, air B&B rental to hotel standards could cost \$20-\$30 thousand. "Pretty much the attitude has been (among communities in general) that,

"We'll allow them to exist, but just won't enforce the law." Battersby stated.

The several already-existing air B&Bs in Fairfield, according to Battersby, would be legally "grandfathered" regarding any newly created regulations. The borough plans to adopt the ordinance, pending a review by the Adams County Office of Planning and Development.

According to thestreet.com, air B&Bs trace the origin of their name to an actual corporation that initiated the concept, Airbnb, which, in itself, is short for 'air-mattress bed and breakfast.' Airbnb's first rentals included inflatable bedding rather than furnishing an actual bed.

Borough to tackle property maintenance

The Carroll Valley Borough Council discussed, at their March meeting, developing a process to better enforce private property maintenance issues.

Additionally, the Council voted to appoint Town Manager David Hazlett as zoning officer and code enforcement officer until the board elects to fill those positions with new hires or through contracted services.

Council President Richard Matthews said, "We (Matthews and Councilman Robert Verderaime) now have a draft of a policy and pro-

cedures manual for code enforcement we have been working on, and also some code language."

"What we're really trying to do is piece together all this stuff we've been collecting the past year and create a system that is compliance-driven from the friendly side," Matthews said, "so that we're educating people as to what their requirements under the codes are, in trying to bring them into compliance."

The council president stated, "The ticket wouldn't be the first thing that you would issue. What you would do is you

would give them a notice of non-compliance that explains why they're in non-compliance, and what they need to do to come into compliance."

"If they blow us off, then we can move to the ticketing or we can move to the citation. At that time, you're going to be making a decision based on the severity of the non-compliance," he added.

Regarding violation tickets versus citations, Matthews stated, "The ticketing is better, because, if you can get their attention, (you can) get them into compliance. If you do a citation,

the next step is they get a court date."

The council also noted that revenue generated as a result of a borough ticket goes to the borough, while revenue generated by a citation goes to the county. In addition, the council president noted, "We've been told (by different municipal officials), getting it (a citation action) through the magistrate is a real challenge."

Matthews said that one strategy to ensure taking a solid case before a magistrate would be to "build a case one step at a time, so when it goes to the magistrate it's a no-brainer for the

magistrate to take the side with the borough. So, that's what we're trying to create here."

The council president said an enforcement effort could begin with "a knock on the door" from an enforcement officer verbally explaining the nature of the infraction. Failing that, a letter of non-compliance could be sent, then followed by up to three tickets, and issuing a citation as a final effort.

In the interim, pending development of a new code enforcement process, lacking code and zoning enforcement personnel, the board voted to allocate those duties to the town manager.

News-briefs . . .

Borough Council holds meeting in parking lot

Out of concerns over the coronavirus epidemic, the Fairfield Borough Council held its March 24 meeting in the parking lot of the borough hall.

Among the actions taken during the outdoorsy meeting, the Council voted to support any decision the county would make regarding changing the municipal tax due date. The county is considering allowing more time for residents to pay county taxes.

The Council also noted that Mayor Stanley signed a Mayoral Declaration of Disaster Emergency on March 21. According to the county Department of Community & Economic Development, adopting the declaration "will help with decision-making down the road, (and) will place you (the municipality) in line for possible funding later on."

The Council also approved a resolution extending the Declaration of Disaster Emergency, which basically, simply extends the mayor's declaration of March 21 for an additional amount of time.

The Council also voted to cancel the April 1 meeting, although the board did not render a decision regarding the April 28 Council meeting.

Fairfield balks at financing park bridge

The Fairfield Borough Council decided at their February 25 meeting to not donate \$500 towards the construction of a bridge in a joint recreation park to allow time

for other methods of fundraising to be considered.

The joint Fairfield-Hamiltonban Joint Parks and Recreation Commission is seeking to erect a small walking bridge over a spillway associated with storm water management within the park. The park, while jointly managed, is located wholly within Hamiltonban, and is called Hamiltonban Community Park.

While the little bridge might not exactly be the "Bridge over Troubled Waters" (it will span a predominantly dry spillway), it will cost an estimated \$1,200, plus possible additional engineering fees. The creation of the bridge is deemed essential to expand the existing walking trail.

Fairfield, as part of their joint park agreement, has provided the joint commission with \$1,000 a year for the past four years (the time span of the original agreement). Unless the agreement is renewed, this year's contribution will be the last.

Restricted vehicles regulations considered

The Liberty Township Board of Supervisors authorized at their March 3 meeting a proposed ordinance restricting traffic on certain municipal roads.

The proposed ordinance states, "To relieve hazardous traffic conditions, vehicles exceeding 45 feet in length are prohibited from operation."

The roads involved include:

- Boyle, Gladhill, Liberty Hall, McGlaughlin, Old

Waynesboro, Orchard, Sanders, Steelman Marker, and Stoops roads.

Exemptions would include:

- Emergency vehicles, school and school buses, vehicles and combinations of governmental entities and utilities and their contractors, and farm-serving vehicles.

Some of these roads, the board noted, already have weight restrictions on them.

The proposed ordinance is to be advertised for possible adoption at the board's April meeting.

Hamiltonban to install streetlights

The Hamiltonban Township Board of Supervisors voted at their March 3 meeting to approved the installation of streetlights at various locations in the municipality.

Approved for the new lights were Fairfield Road at Carrolls Tract Road, Fairfield Road at Iron Springs Road, and Hickory Bridge Road at Carrolls Tract Road.

The board is considering installing streetlights at one or two locations in Orrtanna, but have chosen to approach adjacent homeowners first to determine if they might have any objections.

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THURMONT NEWS

Town 2020 budget reviewed and adjusted

The Town Council approved a new fund balance policy at their February 25 meeting following a mid-year budget review.

Chief Financial Officer Linda Joyce reported that, regarding the current budget that the projected tax revenue for the period was "right on target."

The review addressed the first six months of the 2020 budget from July through December.

State and governmental funding, Joyce stated, was 38-percent of the projected amount, but that it will reach the 50-percent mark when all the funding applicable to the period of time being discussed was actually received.

"(Regarding) our local revenue, nothing really jumps out," she said, "A lot of that (revenue not included in the report), we get towards the end of the

year." Regarding total income, she said, "We are at 44-percent... so, we're right on target."

Regarding previously projected expenses, "Our normal budgeted legal expenses are coming in under (within) budget," Joyce reported. "With regard to miscellaneous professional fees, we had budgeted \$5,000 and we are at \$2,690."

"We're going to have two budget amendments," she said. One of the amendments addresses fees related to the storm-water management annual report fees, while the other amendment would address Carroll Street improvements' probable cost estimates.

The commissioners also adopted the town's budgetary fund balance policy, as developed by the chief financial officer.

The policy establishes a minimum capital reserve fund of \$1 mil-

lion (increased at the meeting from an initial reserve of \$250,000), a minimum fund balance reserve of 12-percent, and a process by which borrowing against the reserves is to be paid back to the fund accounts within two to five years, including the creation of a board of commissioners' approved plan to pay back the borrowed amount.

Regarding the work on the 2021 budget, the chief financial officer said, "Just met today for our first time with the water department, and tomorrow we'll be meeting with wastewater and electric, and then we'll meet with the police, and planning and zoning, streets and parks."

At the March 3 meeting the Town Council voted to implement the following fund transfers in order to maintain a balanced budget.

General Fund

\$5,140 to the Donations and Contribution line item, to fund the approved, additional, part-time position at the senior center.

\$21,427 to the Capital Expenditure line item for two new air-conditioner systems at the senior center.

\$15,000 to the Professional Fees line item for the compilation MS4 report submitted to MDE. (Maryland Department of the Environment)

\$10,520 to the Professional Fees line item for streetscapes improvement study for probable cost and meeting presentation by Arrow Consulting.

\$14,293 to Capital Expenditures for additional expenses related to the purchase of 115 Water Street.

\$21,546 (plus grants receivable in the amount of \$135,000), for a total

of \$156,546 for the purchase of Moser Road property.

\$7,500 to match grant for playground equipment upgrade.

\$10,000 from Police Department Capital Savings to Police Department Operating Materials and Supplies for cameras.

Wastewater Enterprise Fund

\$9,685 to replace the CCTV truck computer system due to change in operating system, and additional monitor and additional backup capacity.

Water Enterprise Fund

\$8,163 to Water Capital Expenditures for a stainless-steel, diatomaceous earth, filter tube sheets.

\$9,875 to Water Capital Expenditures for Well #7 high-service pump.

\$10,000 to Water Capital Expenditures for R&M Distribution Systems for unforeseen water-leaks.

Town to re-activate Parks & Recreation

The Town Council approved at their March 3 meeting to accept a recommended responsibilities and duties outline for the previously disbanded Parks & Recreation Commission (PRC), and agreed to advertise for volunteers.

Additionally, the Council previously approved a circa \$40,000 bid at their February 18 meeting to repair Park equipment.

James Humerick, chief administrative officer, drafted a proposed list of PRC authorities and responsibilities for consideration at the Council's March 3 meeting, "so we could move

in the direction of getting the Parks & Recreation Commission as a fully-functioning commission again."

Humerick said the PRC had been disbanded "three to four years ago." The commission became defunct due to the lack of individuals volunteering to serve on the board, an issue which then resulted in the commissioners opening-up membership to include non-residents. However, even that did not save the PRC.

PRC interest seemed to fall off when the commission assumed the responsibility of scheduling the ball parks, which town staff subsequently had to take over. Mayor John Kinnaird noted, "That's not

on the (proposed) list of duties."

The approved guidance document stated the mission of the parks' board would be to advise the chief administrative officer and the board of commissions "on the proposed development of park facilities and recreational programming for parks, playgrounds, athletic fields and other recreational activities provided by the Town of Thurmont and/or their partners."

- Duties the guidance document established, included:
- Reviewing plans for park development and providing comments
- Providing proposed projects for

budget consideration

- Providing recommendations for grant funding opportunities
- Proposing the creation of new parks and programs
- Proposing new park facilities and amenities
- Reviewing current park rules and regulations and making recommendations for revisions, and
- Volunteering at park activities and events.

The commission will continue to be comprised of five members serving for four years, as was the case in the former commission.

Previously, the commissioners approved a \$39,789 bid at their February 18 meeting to repair and replace playground equipment located in Community Park.

Humerick said some of the equipment in need of "critical and needed replacements and repairs" is up to three decades old. The town received a \$40,000 grant from the Maryland Program Open Space.

However, 25 per-cent, or \$10,000, of the \$40,000 must be provided by the town. The town's share would be coming from the town's budget reserve fund. Playground Specialists, Thurmont, was identified as the company who submitted the winning bid.

Cottage 'condo' changes reviewed

The Planning & Zoning Commission continued to review proposed cottage-style housing development regulations, moving the rules to the final draft stage for further consideration at a forthcoming meeting.

A cottage-style housing complex, as being considered, would be individually owned, and would be managed overall by an association created for that purpose.

Staff that reviewed and edited the proposed cottage housing development ordinance amendment included Kelly Duty, zoning and utilities inspector, Jim Humerick, CAO, and Chris Jakubiak,

town planner. Duty presented proposed changes to the initial draft, including allowing developers to have more flexibility than requiring them to cluster the cottages around a common open space.

Duty also stated, "We felt that R-1 and R-2 were our larger residential zoning districts, and that may not be applicable to cottage-style housing. We felt that R-3, R-4, and R-5, as well as the general business district, would be more suitable for this," further noting, "All of these cottage housing developments would have to go through the category-one site plan planning process."

Regarding tract size, she said, "We

felt that 20,000 square feet was a good minimum but thought maybe two-acres in size might be a better maximum, because we do allow for lots to be combined.

As far as the number of individual cottages that would be allowed, the inspector stated, "Originally 16 units on one acre (as had been previously proposed) might be pushing it a little bit... 24 might be a better number on a maximum of two acres."

She said it was also suggested taking out the affordability requirements that were previously recommended "because cottage housing in-and-of

itself is an affordable option. That's what it's intended to be."

"We upped the open space a little bit to comply with what we currently require for our townhouse communities," Duty told the board. "Also, we changed what could be in the open space... changed 'shall' to 'may' so that there may be some amenities in the common open space such as seeding, landscaping, trails, gazebos, barbecue..."

"We reduced the square footage for the private lawn area to 300 square feet, so their personal space might be a little bit less but then the overall open space would be larger," and, "We took out the common open-space dwelling units abutting on at least two sides and abut-

ting on a public street, because in certain circumstances, you may not, site design-wise, be able to meet the two sides, and in certain circumstances these sites may have private accesses," Duty said.

Town Commissioner Marty Burns, liaison to the planning board, said wording indicating that the development is to be a condominium association-type ownership arrangement should be in the final draft.

During discussions, it was determined the board would like verbiage included holding the developer to match the general neighborhood "character" and the requirement that the development be managed by a condo association.

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TANEYTOWN NEWS

Councilman seeks additional police officer

Taneytown councilman requested, on behalf of the municipal Police Department, for a new police officer during the Council's March 4 workshop session, citing that hiring a new officer would "effectively, be an investment on the future."

Councilman Joe Vigliotti stated, "I would like to press the case for an additional (police) officer."

"I have spoken with the Police Department, and they wanted me first and foremost to assure everybody that they know that every member of this body supports them," Vigliotti said. "There's no doubt about that whatsoever, and there should be no concerns on the

part of anybody here that they're worried about whether or not you support them."

He stated, "They also wanted me to pass along that the understanding that they do recognize there are financial constraints, and that they do understand the concerns that were expressed at the budget workshop about those constraints," adding, "They also wanted me to explain that whatever decision this body reaches on the additional officer, they will abide by, and they'll make that decision work in the end."

Vigliotti noted that Taneytown was recently named the second safest city in the State of Maryland. "That speaks to the caliber of our

officers and that speaks to the community that we live in. Just because we are the second safest city doesn't justify or excuse the fact that we don't have the number of officers that adequate facilities suggest that we should have," the councilman said.

"We know there have been scheduling difficulties, and that there's been a lot of overtime that has been accrued from officers who have been dealing with, not only decreased manpower for the last three years, but they have been performing their regular duties, and they've also been attending special events," he told his fellow Council members.

"Now in terms of the finances," Vigliotti said, "I do admit readily that we will have to draw on reserve funding to secure an additional officer." The councilman estimated that it would cost around \$30,000 for an additional new hire to come onto the police force, and an additional \$7,075 for equipment for the officer.

He said this total amount, \$37,075, could be borrowed from the reserve to accomplish the hiring.

The Council has not yet acted on Vigliotti's request, but the 2020-2021 budget has not been adopted, only introduced. Vigliotti told the News-Journal, "At the Monday regular meeting, we unanimously

This month, as you can see, we are starting news coverage of Taneytown. To make room we have moved the 100 Years Ago This Month column to page 29.

voted to introduce the budget. It will now go to a public hearing in April and will still be amendable and debatable by mayor and Council."

The councilman further stated, "I intend, in April, to continue to press the case for the additional officer at the workshop then, and will make a motion to amend the budget to include that additional officer at the following regular meeting."

Taneytown named top 'safest city'

Taneytown has been recognized as the top "safest city in Maryland" for 2020 by SafeWise, according to the organization's website, with Thurmont placing fifth.

SafeWise, a Salt Lake City online resource "that offers safety solutions, information, and recommendations for your home and community," stated in a March 9 press release, "The SafeWise Team is pleased to release the sixth annual Safest Cities report... for 2020."

According to SafeWise, "Taney-

town moved up one spot from last year's ranking to become the safest city in Maryland, with no counts of violent crime reported." Last year, Taneytown was rated as the second safest city in Maryland.

Taneytown Councilman Joe Vigliotti told the News-Journal, "We are usually in the top ten, and for the last several years, have been in the top few spots (usually second place)."

"This is an extraordinary accomplishment made possible by an amazing department and an amazing community of resident.

Our police are good people who value professionalism and service, and who take their work and the residents they protect very seriously," Vigliotti said.

It shows how warmly residents respond to our officers, either in their daily lives or at large events. Our police are very much a part of what makes this place home.

"For Taneytown, this ranking matters tremendously," he stated. "It means having a safe community for families and schools. It means businesses can focus on serving visitors and succeed-

ing. It means that this is a place worth living in and working in. It means that the American promise, the American dream, is still very much possible."

The councilman noted, "This is also, in part, the success of Taneytown residents. Their votes and choices in elections have translated into sound policies and decisions, which help support an excellent police force capable of doing great things."

Placing fifth in the 2020 list, it was not Thurmont's first time either in making the top ten. Thurmont Economic Development Manager, Vickie Grinder,

said Thurmont was rated fifth in 2019, third in 2018, seventh in 2017, ninth in 2016, and second in 2015.

"This type of ranking affects the quality-of-life advantages for any town, for not only attracting new businesses, but new residents as well," Grinder said, adding, "This indicator most certainly makes the community more attractive to both of those segments, but also for a business to decide to expand. A safe town-ranking is critical to a sustainable town, and the Thurmont Police Department continues to deliver that environment year after year."

News-briefs . . .

Memorial Day Parade returns

Mayor Bradley Wantz stated at the March 9 Council meeting that the Memorial Day Parade will occur this year.

"I am very excited that... we will be having a Memorial Day Parade here in town," Wantz said. The mayor stated, "We've wanted to bring parades back for years. We're finally at that point. It is coming back. It's an exciting thing for us to do."

According to the Taneytown Chamber of Commerce the parade will be held May 25, beginning at 10 a.m., with set-up and staging to convene at the Taneytown Shopping Center parking lot beginning at 9:15 a.m.

The parade will leave the parking lot, and proceed on Genevieve Drive to Grand Drive, then turn onto East Baltimore Street and continue to Broad Street, ending at the American Legion.

Relay for Life events slated

Councilman Joe Vigliotti reported at the March 9 Council meeting that on April 17, the city's relay team, including the police and participating members of the city's administration will host a Relay for Life fundraiser.

The fundraiser will be held from 7 a.m. to 10 a.m. at Dunkin' Donuts, where monetary donations will be accepted.

During the evening, beginning

at 7:30 p.m., Relay for Life will hold their annual Luminaria Ceremony downtown "in honor of people who have or have had cancer (according to cancer.org)," with police escorts. The ceremony procession will proceed "up and down the sidewalks," and will begin and end at the police station.

Additionally, Vigliotti said, "A number of shops will remain open late that evening for Luminaria participation, and for shopping before and afterwards."

Mayor Bradley Wantz noted that, "For clarification, that evening during the Luminaria, park-

ing will be restricted downtown. We'll not be permitting parking along the side of the street during the Luminaria Ceremony, (and) will open back up afterwards."

Taneytown police to hold food drive

Councilman Joe Vigliotti stated at the March 9 Council meeting that police will be holding a food drive on April 5. The "Pack the Police Car Spring Edition Food Drive" will be held at the Kennie's Market, 11 Grand Drive, from 10 a.m. until 3 p.m.

Officers will be accepting non-perishable food donations for local families in need, and Vigliotti

said the food drive "this time will benefit local families through Taneytown Elementary School."

The town stated on their Facebook page that the event is being continued "due to the overwhelm-

ing success of our past food drives."

Additional locations for food drop-offs are pending, and anyone interested in donating should check the town's website for any updates.

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FROM THE DESK OF...

Mayor Don Briggs



In response to the COVID-19 virus the Town is taking the following actions:

- Effective immediately and for two weeks, the Town office is closed to the public. No walk-in services will be provided. Town staff and elected officials will be available via

phone and/or email. We will reevaluate on March 30.

- The Arbor Day event scheduled for April 4 is cancelled.
- The April 6 Town Council meeting is cancelled. Rescheduled for Monday April 20. The meeting will be a virtual meeting (more details to follow).

- The gymnasium is closed until further notice per Governor Hogan's order.
- Yard Waste and Recycling Drop off events on March 21st and April 4th are cancelled.
- Water, sewer and public works is taking steps to ensure full services during this emergency situation. Water and sewer bills are planned to go out April 20th. Due date is May 27th. This could change.
- The Terry Lee Myers Flat Run bridge dedication scheduled for April 18th has been postponed until early summer.
- Still waiting to see about Little League and Babe Ruth opening days that are scheduled for April 6th.

Individuals and families who are in need of essential supplies or services, please reach out to your elected officials or town staff info@emmitsburgmd.gov or 301-600-6300.

it's a time to serve and take care of our most vulnerable, the health care needs of those most susceptible to the deadly effects of the COVID-19 virus. The town concern is not only for now, but also for the long-term needs of the community. We feel we have established a long-term back-up supply chain for food needs of the town, if it gets to that. This is one of the first things we did.

Pick-up meals and/or personal hygiene items are available Monday through Friday, 10 to Noon at Vigilant Hose Company. Thank you to Frank Davis and the Vigilant Hose Company for again answering the bell and providing this service to our community. Thank you to our local restaurants and Thurmont Kountry Kitchen that have stepped up and donated meals. Please continue to offer thanks to all who are providing goods and services to our community; restaurants, doctors, nurses, first responders and our deputies. "Food4Kids" weekend food program, (2 breakfasts, 2 lunches, 2

snacks and 2 drinks), is also distributing food at Vigilant Hose Co. 10 - noon each Friday.

The town is constantly in contact with the owner of Jubilee. Our question most every day, "Is there is anything we can do to accommodate their service to our community?" Thank them as much as you can. With regard to essential town services, we feel we have moved from reacting to action. Staff is working on a reduced rotating basis to protect their health and to assure continued services. Some staff are working remotely, and one is in a susceptible age group and is sequestered at home.

I try to talk with the Seton Center, the Seton Shrine, the Mount, our physicians, and with businesses every day to again assure that we are there to do anything we feasibly can for them.

Thank you to everyone for pitching in. We need a lot of good and there are those out there who want it. This is our time to shine. Don't miss it.

County Councilman Phil Dacey

Certainly, much has changed since the last article I wrote. We are now in a very different environment with different social norms, a different economy, and different worries. I had written in the past about things like banning plastic bags and whether the changing climate constitutes an emergency crisis. Well, we are now being confronted with seeing what an actual emergency crisis looks like.

The Covid-19 virus has already upended the lives of our entire country and much of the world. Frederick County has not been exempted

from the effects of the virus. My thoughts and prayers go out to the Frederick County residents and their families who have been affected by the virus. As I write, over 3 million people have filed for unemployment which is an order of magnitude higher than the record number of filers of the past. Washington is reacting with economic changes that we hope will meet the challenges that we face. I also especially want to thank and pray for those on the front lines of this crisis we face: health care workers, emergency personnel, store clerks,

truck drivers, and many more who are knowingly taking personal risks but whose work is essential to overcoming this emergency.

Schools have been closed for more than a month, businesses face forced closure until further notice, libraries and senior centers are now dark, and we can't even spend time together in any type of group. These are challenging times and I hope and pray that these rigorous measures will have the effect of protecting Frederick County residents.

We are fortunate to have the leadership of Governor Hogan who recognized the severity of this threat early on and continues to take decisive action to keep Maryland residents safe. We can trust that his decisions are being made to save the lives of Marylanders,

and spare our state the worst of what has happened in other places in this country and around the world.

The County Council passed one act in the midst of this; a recordation tax increase dedicated to agricultural preservation. I feel that raising taxes, especially in this time of economic uncertainty, is not a wise move. Certainly few will dispute that preserving agriculture is a worthy cause. However, raising taxes to increase the amount of agricultural land that can be bought by the county is not the only or best way of preservation. Current state laws, county zoning, and limits on growth achieve the same goals of restricting development as this tax increase will.

The County Council has now taken the unprecedented step of cancelling the hearings and workshops until April. Once we commence, we

will do so virtually with a method of public participation that is also virtual. Please continue to check the County Council webpage for further details if you are interested in watching or participating in an upcoming meeting or workshop.

This crisis will come to a close. It will end and we will be stronger and healthier for having gone through this. Our state, country, and the world will bounce back from this. The uncertainty of when can be unsettling. Take this time to connect to your family, friends, and neighbors. I will enjoy being quarantined in my home with my family, knowing that my actions are the best contribution I can make to my community. In the meantime, we will enjoy our old fashioned family time with board games, old movies, popcorn, and good books.

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County news-briefs . . .

Frederick County Opens Joint COVID-19 Information Center

Frederick County agencies have opened up a Joint Information Center (JIC) to ensure coordination of public information during the COVID-19 response. The Frederick County Health Department is the lead agency for this effort and the JIC contains representatives from 18 other county government and partner organizations. The complete list of agencies who are part of the JIC is available at www.frederickcountymd.gov/jic.

The majority of Frederick County cases have not had travel history or a known connection with another positive case. This means that there is community spread of COVID-19 in Frederick County. With community spread, everyone is at some risk for COVID-19, and everyone is expected to stay at home as much as possible and take precautions.

The Frederick County Division of Fire and Rescue Services will be implementing a new protocol from the Maryland Institute of Emergency Medical Services System (MIEMSS) on Thursday, March 26, 2020. The Viral

Syndrome Pandemic Triage Protocol allows EMS personnel the capability to determine if possible COVID-19 patients are candidates for home self-care. First responders dispatched to calls for patients that may be positive for the COVID-19 virus will initiate contact with the patient and, through an assessment and series of benchmarks, may determine the patient meets the requirement to remain at home under self-care. These patients will be provided with information and handouts on how they should be caring for themselves from their home and signs and symptoms they can watch for that may require further medical treatment. If the patient agrees with the assessment EMS personnel will follow up with them within 24 hours for an over the phone assessment.

These protocols were designed as a decision making tool to assist during a pandemic when critical care systems become overloaded. It is the intent of Frederick County Fire and Rescue Services that the care and service provided by first responders to the citizens of Frederick County will remain a top priority.

Frederick County residents can call

866-411-6803 to reach our local 211 center with general questions about coronavirus or COVID19.

Schools, Libraries and Other Major Projects in Preliminary Capital Budget

County Executive Jan Gardner shared highlights of major construction projects included in the preliminary capital budget, reviewed operating budget requests, and announced plans to hold a virtual public hearing on the upcoming fiscal year. The budget is based on no property or income tax rate increases. Highlights of the six-year Capital Improvement Program include moving up construction of a new Brunswick Elementary School, a library in Middletown, and the expansion and renovation of Animal Control. Executive Gardner encouraged the community to share their priorities via email, phone or social media.

"Preparing and presenting the county budget is the most important responsibility I have as County Executive and the most significant task we do together as a community," said Executive Gardner. "During this public health crisis, a virtual public hearing is the safest way for residents to share their priorities."

GOVERNMENT—SOUTH OF THE BORDER

County Executive Jan Gardner

Public Health is a community responsibility. As we collectively face the unprecedented public health challenge associated with the COVID-19 coronavirus, it is important to recognize that each and every one of us plays an important and essential role in keeping our family, friends, neighbors, and community safe.

As I write, hundreds of cases have been confirmed in our state, and the expectation is for this number to rapidly increase.

State and local officials have taken decisive and strong actions including closing public schools, libraries, and senior centers and shutting down non-essential businesses and all types

of events with more than 10 people. While this may seem extreme, the goal is to reduce the spread of the virus in an attempt to lower the number of cases, reduce fatalities, and prevent our health care system from being overwhelmed.

While seniors and people with underlying health conditions are most at risk for serious outcomes, people of all ages can become infected. In fact, the first four people in Frederick County to test positive were in their 20s and 30s. Younger people also can spread the virus to others, often without knowing, including to vulnerable members of their own family. This is why people are being urged to stay home, to telework or work

from home if possible, and to maintain good personal hygiene such as washing hands frequently and staying away from crowds and other people through social distancing.

These actions are disruptive to everyday life and without a doubt cause financial hardship to businesses and workers alike. You can certainly help to support your local businesses by buying online gift cards and tipping well, if you can, for food that may be picked up or delivered.

Many people, both inside and outside of government, are working long hours to address a multitude of issues and concerns as quickly as possible. It is a dynamic situation.

It is your civic and patriotic duty to do your part to ensure public health. Public health is a community responsibility. Please take this situation seriously and stay home as much as possible and avoid social or group activities. If you or a family member are sick, you need to stay home and isolate from others.

I recognize that many people have to work to support the community. Join me in thanking our dedicated county employees, healthcare workers, first responders, and the people keeping the shelves stocked at our grocery stores.

We live in a caring community and I am grateful for the many people who are helping their neighbors to make sure they have food, prescription medications, and other essentials. Isolation

and anxiety are very real issues. Make sure you call family members and others who may be home alone and need some human contact and support.

Serious times take serious action. I urge you to do your part to keep our community safe by staying home, isolating yourself if you are sick, implementing social distancing if you go out, using good hygiene, and following the directives of state and local leaders. Stay informed from reliable sources including www.frederickcountymd.gov/coronavirus and the health department page, health.frederickcountymd.gov/coronavirus.

Be part of the solution. Take pride in doing your part to protect public health and reduce the spread of the virus. We are in this together and we will get through this together.

continued from previous page

In the draft capital budget, priority school projects remain on track. These include the construction of new Urbana Elementary and Rock Creek schools, a new and expanded Waverley Elementary School, a new Blue Heron Elementary School in Lake Linganore, and a 300-seat addition to Oakdale Middle School. Other construction projects in the six-year Capital Improvement Program include renovations to Linganore Hall at Frederick Community College and new park development and expansion. Funding for fire stations, improvements to Gas House Pike, technology, and other requests are also in the draft budget. Fiscal Year 2021 begins July 1, 2020.

A full list of budget appeals is available for review at www.FrederickCountyMD.gov/Budget.

Frederick County Announces Modified Inspection Services

In light of current events surrounding the pandemic, and with regard to the health and safety of our citizens, employees, customers and contractors, the Frederick County Division of Planning and Permitting announced today that they will continue to provide inspection services under the following modified plan:

- All inspection requests will continue to be accepted via the public portal at <https://planningandpermitting.frederickcountymd.gov/> or via e-mail at permits@frederickcountymd.gov.
- Residential interior alteration inspections of existing occupied residential dwelling units are suspended until further notice, unless approved by the department director or designee.
- Inspections of existing and occupied family/commercial day care facilities, group homes and health care facilities, such as nursing homes and hospitals, are suspended until further notice, unless approved by the Department Director or designee.
- Inspections of home occupation use permits are suspended until further notice.
- Contractor certification and documentation (photo or video) may be considered at the discre-

tion of the department director or designee.

- Alternate inspection and/or temporary use and occupancy may be considered at the discretion of department director or designee.
- Live video inspections may be considered at the discretion of department director or designee.

Inspection services covered under this modified plan include all Frederick County building, plumbing, electric, fire and site utility. The modified inspection services are effective immediately and will remain in place until further notice.

SGA Extends Hours At Emmitsburg Victors' Center Rest Area During Covid-19 Emergency

The Maryland Department of Transportation State Highway Administration (MDOT SHA) today is extending the operating hours at the Mason-Dixon Welcome Center Rest Area on southbound US 15 (Catoctin Mountain Highway) to around-the-clock operations indefinitely for parking and restroom access.

"We are happy to extend this service to the men and women out there making sure that needed supplies, whether they be food, medicine, or household items, are reaching customers who need them quickly and safely," said MDOT SHA Acting Administrator Tim Smith. "We are looking for any opportunities to help while also complying with health guidelines. We are committed to working together during this difficult time."

All playgrounds are closed until further notice

Due to the concerns regarding COVID-19, the Frederick County Parks & Recreation Division announced today the following unprecedented steps for all county park reservations planned by the public:

- All park shelter and building reservations will be cancelled until June 1, 2020. Citizens may receive a credit to their account, a transfer, or a full refund.
- All Spring Seasonal programs

at Frederick County Public Schools' Recreation Center locations, nature centers, park shelters, as well as community park buildings (Ballenger Creek Community Building and Browning Building at Pine Cliff Park) are cancelled through June 1, 2020.

- All water fountains have been shut off and all functioning restrooms in parks are currently closed. Porta-Johns have been added where needed to provide

options for walkers in the park.

- All county park playgrounds will be closed until further notice.

Frederick County Parks and Recreation continues to monitor developments as well as federal, state and local responses to coronavirus disease COVID-19. The county is committed to the health and safety of everyone who visits parks and facilities. For more information, visit www.recreation.com.



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2020
CensusFrederickCounty

When babies and young children are not counted, our community does not get the funds to support important resources such as food assistance, Head Start, childcare, housing support, public schools, special needs and early intervention services and more.

Complete the Census online at my2020census.gov or by calling 844-330-2020 (tollfree) to be counted!

Visit FrederickCountyMD.gov/2020Census or Facebook @CensusFrederick2020 for more information.



FROM THE DESK OF...

Carroll Valley Mayor Ron Harris

It seems every TV news agency is competing for viewership using the topic of COVID-19. But in essence, their 'Breaking News' approach is adding to the stress level of the general public who are stuck home. For example, when they report how many died, they should also report how many were infected out of what population size and if admitted to a hospital, how many overcame their symptoms and released. In short, I suggest to you to focus on what you can do for yourself, your family, your friends and neighbors. Let's pay attention to our healthcare providers, first responders and local government officials for information – all of whom have your best interest at heart to help you navigate through this stressful time. Helping each other and working together is the formula for success.

Now, what are the basics to consider? Wash your hands. An old concept, but one that has worked throughout the centuries to remove germs. Don't forget to spread the lather to the backs of your hands up to your wrists, between your fin-

gers, and under your nails. We are advised to perform this task for 20 seconds. Rinse your hands thoroughly under clean, running water. Dry your hands using a clean paper towel (best), or hair dryer (OK), or let them air dry in a pinch.

Frequently wash your hands. What does 'frequently' mean? It means to incorporate hand washing in your daily routine; for example, every time you come into the house (grocery shopping, getting/opening the mail, opening postal cardboard boxes, touching frequently used public surfaces – shopping cart handle, etc.) before, during and after preparing food at home, right before eating food, after using the toilet, after blowing your nose, coughing or sneezing and before and after caring for someone who feels sick. In other words, 'frequently' can be achieved by incorporating the task in performing our daily chores.

Avoid social gatherings. In this day and age, use social media to remain in contact with family and friends. Teach the kids/grandparents how to play games with their

distant relatives via Facetime or X-Box. Once in a while, be sure to allow the grandparents to win. Remember they have feelings too. Work from home if you can.

On March 6, the Governor signed an emergency disaster declaration due to the coronavirus. He is asking us to follow the practical advice of the Pennsylvania Department of Health (www.health.pa.gov). If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as a cough or difficulty breathing, stay home and call your healthcare provider for medical advice. To slow the spread of COVID-19, Governor Wolf ordered all non-life-sustaining businesses, such as restaurants, bar and dine-in establishments to close.

Adams County Board of Commissioners ratified the Emergency Disaster Declaration of March 18 in response to COVID-19 that creates a Leadership Council for this emergency, and also directs the County Manager and the Department of Emergency Services Director to coordinate the County's activities

and emergency response, to work with state and federal authorities, to take all the appropriate action needed to alleviate the effects of this disaster, to aid in the restoration of essential public services, and to take any other action deemed necessary. It also opens the door for Federal reimbursement, if available.

The PA primary election date has moved from April 28th to June 2nd. Remember state law changed last year so anyone can vote by mail if they so desire. Voter can request mail-in ballots by calling Adams County Director of Elections, Angie Crouse at 717-337-9832 or email acrouse@adamscounty.us. If you want more information, go to the Adams County government website at www.adamscounty.us.

For some good news, Adams County has extended the period to receive a 2 percent discount on county property taxes from April 30th to June 30th. Residents have until Aug 30th to pay their taxes at the regular rate or a 10 percent penalty will be charged. The York Adams Tax Bureau (YATB) has extended the filing deadline for 2019 Individual Earned Income

Tax Returns to July 15. This means taxpayers will have an additional 90 days to file from the original deadline of April 15th. YATB will also waive penalties and interest on 2019 earned income tax payments through the new deadline of July 15. This extension applies to both 2019 Individual tax returns and payments, and estimated payments for the first quarter.

The Carroll Valley Municipal Building is closed and will remain closed until deemed safe to reopen. Residents are encouraged to conduct business with the staff electronically or by phone. Check the website. Any payments or document submittals should be dropped in the silver box on the front porch of the Municipal Building, and it will be checked daily. Police also ask that if you need to file a report on a non-active incident that does not need an immediate response, call our office at 717-642-8269 ext. 185 or email pdadmin@carrollvalley.com or Call 911 for emergency or 717-334-8101 for non-emergency. The April Fairfield Regional Area E-Recycling event is canceled. Questions? Call me at 301-606-2021. Keep well!

State Senator Doug Mastriano

Governor Tom Wolf declared that our Commonwealth is in the midst of a potentially catastrophic health crisis and unilaterally issued proclamations and edicts that shut down thousands of businesses, putting millions out of work.

This was in an attempt to contain the spread of the virus. The necessity of this far-reaching order can only be

judged after the virus runs its course, and how much "damage" these preventative measures do to our lives. The question will be, was Wolf's cure worse than the disease? I believe the answer will be yes.

The Governor made things far worse than they should have been by not working with the legislature, but rather relying upon his young

and often inexperienced staff to make life-changing decisions on which businesses/functions should and should not remain open.

His office contradicts its decisions in the same day and gives waivers to some – and denials for others – across the state, even though those businesses provide the same services.

It is increasingly evident that many of the decisions made on the Governor's list of essential businesses were riddled with a political axe to grind rather than looking out for the people of Pennsylvania.

Wolf's proclamation March 18th ordered an end of all construction (everything), as well as the closing of coalmines, quarries and many other functions that support our agriculture, infrastructure and energy sector. The Senate pushed back hard on this highly-politicized list and received concessions, albeit concessions that should have never been needed.

And then, the shadow of political payoff rests in the shadows of some of Wolf's decisions.

The Philadelphia Inquirer did an expose showing how Governor Wolf's family legacy cabinet and kitchen business was still in operation, claim-

ing they had a waiver to stay operational. This, while all other kitchen and cabinet manufacturers across the state were ordered by the Governor's office to shut down last week.

If this was not a conflict of financial interest, then nothing is. Imagine having the powers of Thanos to knock out all of your competition with a stroke of a pen, as the Governor so effectively managed to do with little notice or outrage.

In their daily addresses, Governor Wolf and Secretary Levine tell us of the immediate danger that we face and in addition to personal measures that we must take to ameliorate the impact of the disease, that all medical professions are needed in this hour of need.

Indeed, we do need all medical personal on deck for this battle. To preserve our valuable medical professionals and to have them at the ready, the Governor and his Secretary of Health have unilaterally ordered the end of all elective surgeries until the end of the COVID-19 crisis.

Unless it's life-saving, your hip surgery, leg surgery, knee, oral surgery and everything else is on hold until the crisis passes.

But, of course, his one notable exception is abortion. Regardless of where you stand on the issue, it is unconscionable that he will allow this,

and subject thousands of health care professionals to COVID-19 for what he says is an elective procedure. This is the problem with politicians, the hypocrisy and Orwellian newspeak.

To protect his radical political agenda, the Governor is keeping thousands of needed health care professional out of the COVID-19 fight and putting our state at greater risk. How could anyone in their right mind think that this is acceptable?

In the end, we want our Governor to lead and make decisions that are in the best interest of our state, not in the best interests of his wallet or dubious political agenda.

Keeping his own business in operation during this crisis, when all the competition has been ordered closed by him, speaks volumes.

Additionally, banning all elective medical procedures, to ensure our medical team is focused on COVID-19 would be more palatable if he did not, of course, provide an unreasonable exception for the abortion industry, which has fed his campaign literally millions of dollars. If this is not a political payoff, then nothing is.

I call upon Governor Wolf to set aside his business interests, as well as his partisan ideas on abortion, to protect the people of Pennsylvania from the real health crisis that we face.

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GOVERNMENT—NORTH OF THE BORDER

County Commissioner Jim Martin

Several weeks ago I attended a risk pooling conference sponsored by the Association of Governmental Risk Pools. Attending were managers, staff and board directors from Canada and the United States. Currently I serve on the PA Compensation Board of the PA County Commissioners Association. Through a variety of break-out sessions we shared and discussed issues relevant to our pools providing property and liability coverage and worker compensation coverage.

This conference was nearly a month ago, so there was very little deep discussion specific to the coronavirus. The closest we came to the issue was discussion of establishing continuity of operations (COP). A COP becomes essential when an entity, such as a county, must establish a plan to continue operations in the face of a catastrophic event such as a major snow storm, flood, hurricane or a health pandemic.

This scenario has most recently come into action for Adams County Government. Adams County Commissioners, the Courts, Directors and elected officials met repeatedly as coronavirus

issues unfolded; changing by the hour on occasions. We obviously were in an unprecedented situation; guarding against the spread of the virus, acquiring resources needed, staying abreast of state and local directives, and continuing county operations in multiple situations. Conference calls were the order of the day to determine the best course forward to protect our staff and residents and maintain a continuity of operation from the courthouse, to the Human Services Building, to Emergency Services, and to the prison. Since the writing of this article new information may have come forth to alter what has been set in place. I am confident that the county team of professionals and staff will take, with great resolve, a course of action that is most appropriate.

The Key Note Speaker at our risk pooling conference was a great inspiration to all of us as we now put it into perspective with our pandemic challenge. That speaker was Captain "Sully" Sullenberger. He had an amazing account and presentation. His flawless emergency landing of his passenger jet "on" the Hudson River was definitely in the

hands of the right individual. Sully's character, knowledge, and experience were all vital to the stunning river landing. He only had minutes to evaluate where to land as his plane dropped from the sky like a huge glider (engines were dead). He only had seconds to perform his critical and correct maneuvers using battery power that was only available due to an earlier decision to cut power. Sully made all the right decisions at the right time. He credits the roots of his decision making to being reared to recognize the importance of positive and right decisions, along with an appreciation for knowledge and applying experience to his regular duties.

Sully realized he had an obligation to share what took place and the benefit it would be to others. The problem was that he was a great pilot, but a terrible public speaker. His resolve to share the "story" compelled him to train for public speaking. It is a great encouragement to know we have individuals like Sully for times such as these. I believe there are many more individuals like this among us, and they will afford us an amazing landing from the coronavirus.

The same week I witnessed something amazing that I have never seen in person. What I saw represented how we as a nation can overcome extremely complex challenges. I saw the midnight launch of the Space-X rocket while standing on the nearby Patrick Air Force Base. It did not end there. Following the launch I saw the booster separate from the payload, and then saw the booster soft land to the launch pad by firing a series of thrust blasts. That was certainly a culmination of years of experience and knowledge well beyond most individuals.

Another hot topic in Adams County is that of "industrial solar" power projects. Delivery of electrical power faces market disruption through subsidized solar power. What does "experience" tell us about the political use of subsidies? In general I am not a fan of subsidies, especially when it comes to subsidizing a commodity that will disrupt the marketplace. The reason that solar power is able to compete with power generation plants is because solar power receives a subsidy, amounting to approximate 1.5 cents/kw hr to offset its higher cost. Subsidizing industrial solar energy is building the path to unfair competition.

With the price advantage created by

subsidies over a period of time, power generation plants will not be able to compete economically with solar generation. Power generation plants will then have no option but to cease production rather than operating at a loss. As power plants go offline there is less power available, and a lower supply will drive cost higher. The pressure for higher prices will become even greater as the subsidies end and solar will realize higher production costs. Additionally, while we will pay more for electricity, power generation plant jobs will be lost. That becomes an economic squeeze, resulting in higher consumer costs and loss of local income.

Presently Pennsylvania is one of the leading power generators in the northeast. Also PA produces some of the nation's lowest cost power. For these reasons many believe the PA power industry is good for PA. Governor Wolf thinks differently; he want power plants to be eliminated in PA. So, massive installation of industrial solar energy fields fits the Governor's objectives. So where is Adams County headed with industrial solar production? Higher energy costs are at the door step. Will Adams County be the door mat for the Governor's master plan?

State Representative Dan Moul

As we all do our part to stay healthy and prevent further spread of COVID-19, state and federal health officials continue to remind us, it is important to stay calm and stay home, if possible. Because it is also important to stay informed, I am providing you with the latest news from the state Capitol, including mitigation orders, relief efforts, helpful resources and timely and substantive legislation aimed at helping us through these difficult times.

This week, the House conducted business under a temporary rule that permits members to vote remotely during the governor's emergency declaration. Roughly half of our members voted on key legislation from their homes or offices in observance of state-ordered mitigation practices that encourage all of us to stay home.

On Wednesday, we approved a bill to provide relief to businesses and their employees impacted by mitigation efforts to stop the spread of the COVID-19 virus. House Bill 68, which was signed into law, will make temporary changes to Pennsylvania's Unemployment Compensation (UC) law to ease requirements for both employers and their workers seeking unemployment relief.

The bill waives job search and registration waiting periods required of all claimants and relieves employers of charges they pay into the Unemployment Compensation Fund. This includes employers who pay UC taxes and nonprofits and public employers who choose to pay a solvency fee into the UC Trust Fund. The original intent of the bill is main-

tained to extend the 15-day appeal period to 21-days and provide automatic relief for benefit charges paid out during the emergency period.

For employers who do not participate in the state's UC program, the bill extends the repayment period from 30 days to 120 days, and an additional 60 days may be granted to employers claiming a financial hardship. No interest would be charged on late payments nor would it accrue on unpaid balances until Jan. 1, 2021.

This week, many employers were dealt a severe blow when the governor ordered all "non-life-sustaining" businesses closed until further notice. To help businesses impacted by the coronavirus mitigation efforts, two loan programs were announced this week:

The COVID-19 Working Capital Access Program provides loans of up to \$100,000 for working capital with a 0% interest rate. Funds are limited and will be awarded on a first-come, first-served basis to qualified businesses employing 100 or fewer full-time employees. This includes businesses in the agricultural, service and hospitality sectors.

The U.S. Small Business Administration's Economic Injury Disaster Loans offer up to \$2 million in assistance and can provide vital economic support to qualified small businesses to help overcome the temporary loss of revenue they are experiencing. The program is not open to businesses with access to credit elsewhere. These loans may be used to pay fixed debts, payroll, accounts pay-

able and other expenses stemming from the disaster declaration. The interest rate is 3.75% for small businesses unable to secure credit elsewhere. For nonprofits, the rate is 2.75%. For information and loan applications, call the SBA's Customer Service Center at 1-800-659-2955. Loan applications can also be downloaded at www.sba.gov/disaster.

This week, we voted to move the primary election to Tuesday, June 2, to give counties more time to prepare contingency plans for Election Day. One of the major challenges has been the need for poll workers. Many poll workers are senior citizens, the group most vulnerable to the effects of the coronavirus. Even if the COVID-19 disaster declaration were lifted in time for an

April 28 primary, it would not give counties enough time to train new poll workers. Senate Bill 422 also permits counties to consolidate polling places under certain situations with proper notice. The governor signed that bill into law.

This will be the first election in which Pennsylvania voters will be permitted to vote by mail-in ballot without an excuse to do so. Previously, absentee ballots were only permitted for people unable to make it to their polling place on Election Day for very specific reasons. If you are interested in voting by mail for the June 2 primary visit www.votespa.com

With Pennsylvania schools closed through at least April 6, the House acted to pass an emergency Education Code bill that would ensure local school districts develop plans to continue teach-

ing students during the closure and make those plans available for parents to review. Senate Bill 751 also eliminates the 180-day instruction requirement on all public and non-public schools; allows the state to increase the number of allowable flexible instruction days and waives the timeline regarding those days. The Department of Education has canceled all PSSA testing and Keystone exams for the 2019-20 school year. This includes the Pennsylvania Alternate System of Assessment.

While my district office in Gettysburg is currently closed to walk-in service, we remain ready to assist you by calling 717-334-3010. Visit my website www.repmoul.com for links to important resources, including the Pennsylvania Department of Health and Centers for Disease Control and Prevention.

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COMMENTARY

Words From Winterbilt

Similarities and differences

Shannon Bohrer

While our differences are sometimes commonly exploited for political purposes, it is well known that we often have more in common than our differences. This statement may seem incorrect because we are bombarded with news and opinions from those that want us to be at odds, those that seem to have something to gain from our differences. The motivation of some groups and politicians in pointing out our differences often appears straight forward – the other side is worse than me. Could there be other motivations?

As individuals we tend to focus on what we are looking for, at least in that direction. So, when individuals and groups are constantly pointing out our difference - that influences our perception. When our differences are constantly noted, it can be easy to overlook our similarities, or things with which we agree.

What most Americans have in common are things that are important to our everyday lives. The majority of Americans want a good paying job; they are willing to work and work hard. They want good schools for their children; they want access to good medical care, at a fair cost. They want good public safety and emergency ser-

vices, fire and police protection. We also like parks for recreation, athletic fields for our local sports and libraries for our children. Additionally there are many things that we like that many of don't think about, unless a problem occurs. The roads we travel on and good zoning laws that protect our neighborhood are just two examples.

What all of these things have in common, is that we want to live in good neighborhoods and communities. Good communities have affordable housing, with good services, place to work and are safe for our children to play. We want a good life with opportunities, as it says in our declaration of independence,

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.”

The words “Life, Liberty and the pursuit of Happiness” sums up what many of us have in common. It's not one big thing, but a lot of things that contribute to happy and meaningful lives. The question then becomes – why would people focus on our differences? Is it really for the purpose of being divisive - and if so why?

It seems at times we are challenged as if we are opposing sports teams, with

each team telling us how great they are, often by telling us how bad the other side is. However, unlike sports teams that compete with rules and regulations, those that often want us divided don't seem to have any rules. As one noted figure said on a national news show, “truth isn't the truth.” I believe that was related the “alternative facts” theory that some have fostered. I have to believe, if for no other reason than my own sanity that the truth does matter to most of us. Even where we differ, the truth is still important.

A good example of a largely perceived difference is the label(s) that are often used to distinguish our two parties. Having a label, or believing that the labels we hear accurately describe us, is not reality. We can start with liberals and conservatives. A liberal means one believes in liberty, something both sides should agree on, but yet liberal has a different connotation for many people. Our country was created with a revolution, so we could be free and have liberties.

A conservative wants to conserve what we have and what we have includes our liberties. Our liberties begin with our bill of rights, but to enjoy them we need to have laws, not to restrict our freedoms, but to ensure they continue. The rule of law is not a liberal or a conservative issue; it's an American issue, something most of us have

in common, or at least we did.

A very large issue of our perceived differences, at least the perception of it, is the second amendment. Many of the beliefs attributed to self-proclaimed pro-gun rights segments, seem to be in conflict with other groups that they have labeled as anti-gun. The anti-gun groups include Moms Demand Action, an organization that promotes better gun laws. Shannon Watts, the director once said “We're Not Anti-Gun, We Support the Second Amendment.”

Another group, the students from Marjorie Stoneman Douglas High School organized a March for our Lives, for better gun laws. The march was vilified as anti-gun. When a leader of the group, David Hogg, was questioned about their position on the second amendment, he said “a repeal of the Second Amendment” has never been on their list for better gun laws.

All of these organizations want universal background checks, limits on high-capacity magazines, research for gun violence and limits or bans of assault weapons, which some have interpreted to be anti-gun and anti-second amendment. That is not true.

In the supreme court decision with the Heller case, Justice Antonin Scalia said “Like most rights, the right secured by the Second Amendment is not unlimited...”. It is “...not a right to keep and carry any weapon whatsoever in any manner what-

soever and for whatever purpose.” Additionally the opinion included, “We think that limitation is fairly supported by the historical tradition of prohibiting the carrying of ‘dangerous and unusual weapons.’”

While 90 percent of Americans support universal background checks and “common-sense” solutions, there is a minority that believes you should be able to own and carry any gun or weapon you want. Conversely, there is another minority that would like to repeal the second amendment. What most Americans have in common, is that we are in the middle. This should only be a divisive issue for the minority on both ends, the rest of us are with the late Justice Antonin Scalia.

Maybe we should question the importance of our differences and at the same time embrace what we have in common. We can only do this, when we use facts and truth in our discussions. Yes, there are individuals, groups and even foreign countries that would like for us to be divided. They believe it fits their agenda, but that does not mean it's good for us.

“A leadership is someone who brings people together.”

–George W. Bush.

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

Common Cents

Take heart! Humans are amazing

Rivera Sun

There are some things you'd can't fight with the barrel of a gun. Pandemics are one of them. In times like this, nonviolent responses are our best rescue remedies. They boost our morale, help us take care of one another, push for justice, and keep us all going when the going gets tough. As my colleague Ken Butigan wrote in Love in the Time of Coronavirus: “When societies take rapid, extraordinary steps to mitigate the shock of job loss or the expense of testing, they are pursuing nonviolent strategies—nonviolent because they resist the violence of exclusion or indifference while fostering healing and unity.”

This week, as I was collecting stories for Nonviolence News, I found dozens of beautiful, sensible, and extraordinary ways in which people are using nonviolence, nonviolent action, and nonviolent responses to meet the coronavirus crisis. Take note of all these ideas, and be sure to push for them in your community. Individually, they are only partial solutions. Put together, they offer a robust social, cultural, spiritual, and economic intervention strategy that shows us how to rise - powerfully - to the challenges of these times.

Humanity has some amazing superpowers up its sleeve. Engaging in heartening acts of loving solidarity is one of them. Nonviolent action offers us an entire category of methods (called “dispersed” actions) with which to keep our physical distance

while sending out powerful messages of hope and solidarity.

Viral videos of Italians singing from their balconies and windows have swept the global Internet this week, bringing smiles to faces and joyful tears to eyes. Italy also launched an Andra Tutto Bene campaign, posting signs in windows and photos online with the reassurance that “everything is going to be okay”.

Across Spain, residents leaned out windows and balconies to applaud the efforts of healthcare workers in a moment of mass appreciation. And, healthcare workers deserve our accolades. In Iran, heroic, sanctions-strapped nurses and doctors even offered brief dances to lift patients spirits despite the dire challenges they face. South Korea offered free, online concerts to boost homebound spirits, a move many others - including the Metropolitan Opera - also followed.

A culturally creative hashtag campaign in Japan invokes #Amabie, the mythic plague-protecting beast that resembles a cross between a monster and a mermaid. Japanese citizens have been posting artwork and photos of homemade versions to cheer each other up on social media. Meanwhile, India, with its ancient traditions and one billion citizens, suppressed a smile as it offered the Western world a solution to the handshake ban: the namaste greeting.

But it's not just heart-warming and spirits-lifting. People are also taking extraordinary actions to mitigate the economic impacts of a worldwide shut-down.

As social distancing and government orders shut down restaurants, schools, bars, libraries, movie theaters, and more, the economic impacts have hit the poor, working families, and small business owners hard. To mitigate this, cities, states, even countries are suspending mortgage payments, halting evictions, and pausing medical and student debt collection. Ninety US cities and states suspended water shutoffs to ensure that people had the ability to wash during this pandemic. France canceled all utility bills to help people cope with coronavirus' economic impacts. Hong Kong gave every citizen \$1200 with no strings attached. (Note: while that amount is in USD, the US equivalent adjusted for cost of living and wage differences is roughly \$2,400.) The US Internal Revenue Service stunned everyone by giving the entire nation an automatic 3-month tax filing extension.

A few landlords have waived or suspended rents. Some commercial property owners are urging their small business renters to pay their workers first, rents second. Inspired by Oakland Moms4Housing, LA homeless families are taking over houses owned by the state in order to handle the coronavirus quarantine restrictions. After these occupations began, California decided to use hotels and motels as temporary housing for unhoused persons - which also helped to put state funds into the hard-hit hospitality industry. As colleges and universities shut down, UHaul offered free storage to displaced students.

Mutual Aid is how people help people get through tough times. It arose amidst the early labor move-

ment and hasn't stopped since. Teen Vogue reported that mutual aid networks are exploding online as people step up to help during the coronavirus crisis. An excellent example of this is the remarkable case of the Middlebury College Mutual Aid Spreadsheet: 2,500 students needed storage, transport, and help when their college shut down and they organized it all with a single spreadsheet.

With face masks selling out and prices skyrocketing, people in Armenia are making their own and distributing them for free. Volunteers are banding together to buy hygiene products for poor people. In Italy, where medical supplies ran short, citizens printed respirator parts with 3D printers and made them available for free.

Arts and cultural foundations have stepped up to help artists without health insurance cover medical costs in New York and Boston. The Kekere Emergency Childcare Collective is coordinating childcare assistance to parents who still have to work even while the schools close and social distancing is put in place. As senior centers closed, uncountable numbers of community-based programs stepped up to deliver Meals-On-Wheels style meals to seniors. A parallel effort is making sure children - who often receive 1-2 meals at school - do not go hungry during school closures. In some places, janitors, teachers, and school administrators organized door-to-door delivery of meals, computers for online learning, homework, and support by tapping into the fact that bus drivers already know where the kids live. Zoom CEO Eric Yuan made video conferencing tools free to K-12 teachers in multiple countries. And, dozens of educa-

tional companies offered free classes and resources during shut down of schools and universities.

Nonviolence is at work in other ways, too. Even as restaurants, bars, and movie theaters shut down, factory work has continued onward. But workers are objecting and pushing back. In Italy, autoworkers at the Fiat plant went on strike. A few days later, their Canadian counterparts walked off the job in protest. The following week, a wave of wildcat strikes swept through Italy, hitting every major industry. London Postal Workers went on strike over coronavirus concerns when they were refused hand sanitizer and notification of coworker cases. The cleaning staff at the first London hospital to treat a coronavirus patient have walked out after an outsourcing firm repeatedly failed to pay them properly.

People have been using nonviolent action to push for change, even as major marches or protests have been cancelled. In London, activists donned hazmat suits to protest the United Kingdom's lackadaisical COVID-19 response, demanding a country-wide shutdown.

In Brazil, hundreds of people joined a cacerolazo - a pots-and-pans banging protest done from windows and balconies - to demand President Bolsonaro's removal from office, in part due to his mishandling of the pandemic.

The stories continue. Nearly every community has them. Share these stories and celebrate the work that's being done. Nonviolence is rushing to the rescue with love, courage, and creativity... and you can be a part of it.

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

The American Mind

Law of diminishing returns

Mark Greathouse

Editor's note: My bother, Bill, who normally authors this column, is wrapped around the axel this month caring for our elderly parents. Mark Greathouse of Carroll Valley was kind enough to step in this month to fill Bill's spot.

Some folks went downright nuts recently at President Trump's mere suggestion that there might be a point at which the risks of a seriously damaged national economy might outweigh the risks of the coronavirus pandemic. I expect we must empathize with people hunkering down desperately fearing the unknown; panicky over the potential ravages of a killer disease. Kudos to the healthcare professionals treating victims and scientists developing cures. We nevertheless must ask ourselves at what point the possibility of contracting a virus no longer outweighs the serious long-term economic damage to the nation. Now, before I go on let me be clear: economies recover, dead people don't. I get it.

Let me take you back to August 14, 1867 in Corpus Christi, Texas. The city's population was about 1,000. According to a list in the local newspaper "The Advertiser" on that date, yellow fever took more than 110 lives, more than 11 percent of the city's population. Five of the folks on that list were my own ancestors. The citizens of Corpus Christi hadn't a clue as to what caused yellow fever. In fact, no one

around the globe had any idea what the cause might be. Some attributed it to a miasma. It would be 40 years before Colonel William Gorgas discovered that the yellow fever killing workers building the Panama Canal was borne by the female *Aedes aegypti* mosquito. Gorgas implemented mosquito mitigation measures and gradually wiped out the yellow fever. You understandably ask what does this have to do with COVID-19 or coronavirus?

The yellow fever in Corpus Christi was devastating but didn't stop hotels, haberdasheries, saloons, smithies, and grocers from plying their trades. Nearby ranchers raised livestock and farmers farmed. Staying in business was a risk, but this was frontier Texas. They were emerging from the War Between the States and in the midst of reconstruction. Life went on. Commerce didn't come to a screeching halt. In fact, by 1870 the city's population more than doubled as the economy thrived.

Fast forward to 2020. By now, we all know folks who have lost jobs or businesses due to the shutdowns from the government solution to preventing coronavirus spread. The impact of "social distancing" is far greater than being homebound, wearing masks, and bumping elbows in public. College students dependent on low-paying part-time jobs to cover expenses are out-of-luck. Work by independent residential building contractors has been frozen, and their projects suffer. Apprenticeship tradesmen are laid off. Schools and

libraries are closed. Restaurants and cafes only offer carry out. Grocery shelves are bereft of eggs, bread, and toilet paper. Ever more stuff is rationed.

Meanwhile, there's a sort of underbelly of unreported facts. Thousands are dying of influenza, heart disease, cancer...automobile accidents...and...suicides. Suicides? Some folks lose hope, lose jobs, lose businesses, can't stand living on the edge. They give up.

The medical science folks seem unable to make decisions without their apparently all-important statistics. The "curve" must be flattened. That's the petri dish those medical and scientific folks live in. Millions of people are told by their government to stay home, to wash hands frequently, to maintain distance from people. Failure to comply elicits an implied threat of more stringent measures. We dare not become statistics.

And its fair game for exploitive politicians as they cast all sorts of blame about the coronavirus as amplified by a pandering news media and relished by their acolytes. Facts are far too often bent to meet the needs of political expedience. While the curve is flattening, the United States economy is nose-diving. A falling stock market and trashed economy bring perverse joy to some who see it as a worthwhile price to pay to bring a different political party to power in November. How horrific that they would destroy so much and hurt so many to selfishly satisfy their particular agenda. Trotsky and Stalin would be so very pleased by their methods. (Folks might recall Stalin having starved 11 million Ukrainians to death mostly through economic deprivation.)

Let's get to the "law of diminishing



returns." As formally defined, it essentially means that any rate of profit, production, or benefits beyond a certain point fails to increase proportionately with added effort, skill, or investment. Applied loosely to the current coronavirus solution, there's a point at which the effort expended to protect people from the malady costs far more than the benefit. I know that sounds terrible, heartless, even cruel.

We already know that the vast majority of people who do catch the coronavirus will have little or no symptoms. A very small few require intensive hospital treatment and may be in a diminished physical condition such that it kills them. On the other hand, and despite apparent medicinal stopgaps, we're looking at 18 to 24 months to get a vaccine on the market. Are you willing to sit at home and wait for that vaccine? Of course not! There's a point at which we say, "Enough!" We realize that we've mitigated so far as is reasonable and the cost to our livelihoods outweighs the possible risk of contracting the virus. It

may be hard for some people to visualize, but there will be far many more lives destroyed by an extended lockdown than by the coronavirus.

Now, those folks in Texas back in 1867 didn't give a hoot about laws of diminishing returns much less locking down their lives. They endured the mystery of the yellow fever and went on with their lives. Many who caught yellow fever holed up in sweaty bedrooms waiting it out. Most did recover. Life went on. Families flourished. Businesses prospered. More diseases; more challenges would come. They were strong. They were up to the challenge. Are we?

Mark Greathouse an ardent student of history and economic is a retired business executive, private investor, educator, and community activist and resident of Carroll Valley. Mark is also author of the Tumbleweed Sagas western novels.

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

Down Under

A new renaissance?

Submitted by Lindsay Melbourne, Australia!

From Winter, plague and pestilence, good lord, deliver us.
—Thomas Nashe, 1878

Some of you may remember a comic duo called Laurel and Hardy. They were masters of slapstick, and entertained us in unsophisticated ways. One of their taglines was 'Look at the mess you've got us into now!' which is a good way to segue to the mess we are in today.

It is, without doubt, the biggest mess in human history. The combination of population, reputation, stupidity and unpreparedness gives it the potential to bring the world to its knees. Each country is taking mostly different approaches to containing COVID-19. China, where it began, did nothing except forcibly isolate people at the epicentre while reducing outward travel to a minimum. This almost certainly led to the strange situation where Africa, (except for Egypt), has very few cases, and those with common seas – Japan, Korea, etc have also had reported minimal diagnoses, but those who trade and have a lot of contact (yes, you) have a rising tide of cases.

As well, the areas north of the tropic of cancer have many more cases –

Western Europe, (particularly Italy) and the east. Russia, who has used misinformation a few times, reports only small numbers. This is due to either lack of testing or a deliberate strategy to gain the upper hand in trade – something so horrible that it makes the actual virus seem benign, but is a distinct possibility

You are only now beginning to feel the effects. There are small numbers now, but when compared to the future this will seem normal. You have the ability to test test test, to isolate, shut down cities and borders, bar entry to the country and prohibit all travel, all of which will slow the spread, reduce the numbers, and get things back to some degree of normality. I wonder if you have the guts and capacity to do it.

There is one area you are unable to deal with. The economy. This is going to take the greatest hit in the history of your country, including the great depression of 28/29. It is something you cannot avoid, which is all the more awful because the Great came more or less as a surprise. This one is not. It comes with plenty of warning; previous plagues have been shorter; SARS in particular came, killed, and went away. Sighs of relief, but it's not like lightning: It can and does strike twice.

SARS should have alerted every government that action was needed for the possible next on.

Scientists warned and were dismissed. 'This is America!'

The reasons for that are plain to outsiders, and no doubt to many left leaning economists. Your society is built on the idea of private enterprise above anything federal. Money rules everyone, but money cannot do everything. It is excellent at profit and dividend, great for making the rich richer, and fosters 'can do', but it does not care about people.

That is the government's job alone, and it is something you have ignored.

Take health care. No matter how the Obama package was presented, no matter how popular and necessary it was, it was watered down in some states, sold off to insurers, and ridiculed by many Republicans. Health care paid for by business was highly selective. There was, and is, no such thing as free medicines or health supplies, and the cost of hospitalisation meant that a huge number of people were sent begging. Home care? Free clinics? Mass free testing?

None of these, yet they are vital to combat this COVID-19 virus.

Will you be able to close down businesses except essential services? Hospitals, clinics, food outlets? No pubs clubs or meetings? Maximum of two people together or six feet between more? Ten thousand tests a day, and on more than those obviously infected?

Borders closed, no incoming passengers by any means?

If you don't you will make Italy like a disease free zone.

Social isolation can be borne for a while, no matter that the elderly

and isolated will fill your hospitals and aged care facilities for a very long time, but when millions have no income, what will the government do? Is a society like yours it is the ultra rich who should be made to pick up the tab, which will be in the trillions. As that is highly unlikely, it will HAVE to be the government who pays.

Divert money from armaments. Go into debt with abandon. Stop paying bills, (ha – that's already normal), print more and more – what's inflation?

And that is just the start. If, as it appears, you are desperately trying to set up testing stations, supply respirators to hospitals as fast as possible, and alert everyone to the necessity of staying well apart, it will have to be imposed. No 'please,' no pieces of paper. If you don't, you allow it to go on its merry way as Italy has done. You condemn maybe a few million people to death. It will be over far more quickly, but could anyone lift their head from the shame it would bring? And a million less workers, executives, politicians and people in the street will reduce the ability to buy, killing the economy even more.

If ever there was a time for the federal government to take the lead, set parameters, forget profit and put the future of the nation at the front of everything else, it is now. Some states have taken the lead, others not, but it will drag on and on unless everyone adopts the same standards.

Everything shows that Donald Trump is the very worst person to be

running a nation in a situation like this. It is real life, not make believe. He has reversed the order – put profit before people.

Let Joe Biden become acting President. Of course you cannot do that, but at least I call on every Republican in congress to cross the floor or be forever branded as not caring about their constituents. A New Renaissance would result

Following is a poem written by my good friend Liz Hicklin

Plague
Fire, flood and pestilence,
All three in just three months.
Smug, in our once-thought complacency,
Our vulnerability laid bare.
This will test our resilience.
Who would have thought,
that a creature simple as a bat,
could bring the world to its knees.
No need for firearms in this war,
Brains are what are needed.
The enemy is invisible, selective,
leaves no prisoners.
Basic precautions our only defence.
Each individual responsible.
Healthy lungs a positive, damaged ones may succumb.
Scientist the world over work to conquer.
We wait, to be a statistic?
(or, not.)

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

THE PASTOR'S DESK

Confidence in uncertain times

Pastor John Talcott
Christ's Community Church

Over the past month and even more so in the past few weeks the coronavirus has interrupted our lives in ways that none of us were expecting. Everything is changing and most would agree that we're living in uncertain times. Public gatherings have been shut down, the stock market is volatile, businesses and schools are closed, travel bans are in place, and even commodities that we used to take for granted like toilet paper have become scarce.

And so, how are we to conduct ourselves in a culture that is stockpiling rations, hunkering down and acting like the world is coming to an end? In a day when so many are replaying doomsday scenarios in their minds, we must remember that nobody really knows what's going to happen, and for those who have put their trust in Jesus Christ we can be confident in uncertain times.

At a time when so much is changing day by day, experiences are multiplying, and knowledge is growing, the challenges are also increasing, but those of us who have put our faith in the Son of God and been

born again, we can lead the way by being "self-controlled and alert" because we have a Living Hope (1 Peter 5:8). The apostle Peter writing to believers in the first century that were suffering intensely under the persecution of Nero said, "rejoice, though now a little while you may have had to suffer grief in all kinds of trials" (1 Peter 1:6).

And we can, because we have a confidence that comes from the presence of our Savior Jesus Christ, who promised that he would never leave us nor forsake us (Hebrews 13:5). And so, we're going to be attentive and listen, praying for wisdom to make wise decisions in these uncertain times, and having an underlying confidence through the Holy Spirit which allows us to say boldly, "The Lord is my helper; I will not be afraid..." (Hebrews 13:5-6).

In this time of great uncertainty, when many are fearful and anxious, we're going to respond in a way that is very different from the world. In fact, the apostle Paul says, "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will

for you..." (Romans 12:2). And knowing God's will, we can trust that God is here, he's working in all things for our good, and so we don't live our days in fear because we live by faith. He "hasn't given us a spirit of fear, but of power and of love and of a sound mind" and so we can be confident in uncertain times knowing that God is in control (2 Timothy 1:7). As people of faith that is good news, because our God is faithful and he's not panicked wondering what to do because of this epidemic. In fact, this is nothing new, he has seen it before, it's the same story in a different context. The Word of God tells us, "Is there anything of which one can say, 'Look! This is something new'? It was here already, long ago; it was here before our time" (Ecclesiastes 1:10).

Today in a culture that is paralyzed with fear about the coronavirus, the stock market and the economy, every news anchor and politician has an opinion about what should be done and how it's going to work out; but many of us are stuck in the middle trying to determine what the truth really is and what our response should be. For so many of us we feel all alone,



wondering who we can trust, who's going to be there for us, who's going to stand beside us in this pandemic.

And honestly, that's all we want to know, yet God has already addressed the issue, he's already spoken saying, "If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land" (2 Chronicles 7:14). And so, if there is anything that the people of God need to do in this season with more conviction, dedication, and passion than ever before, it simply to humble ourselves, praying, seeking God, and turning from our wicked ways.

You see, sometimes the truth is hard to see and even harder to accept, but naturally we tend to become complacent in our walk as followers of Jesus, we tend to drift off the narrow path because it's easy to have faith when everything's going well. But when businesses, activities, and churches are closed and nobody can gather together, faith becomes a lot more difficult, and that's why we need something to hold onto that will give us confidence in uncertain times. That hope, that something is the Lord Jesus Christ, the one who is called the Word of God, he is the one that we need to seek (John 1:14).

In fact, when he stood on trial before the Roman official Pilate, Jesus said, "I came into the world to testify to the truth" (John 18:37). And yet, many in our Western culture have believed that there are no moral absolutes, no objective ethical right and wrong, but Jesus didn't leave truth up for debate. He said, "I am the way and the truth and the life. No one comes to the Father except through me" (John 14:6). And that's exactly why so many


people are offended by Jesus today, because he made it clear that he is the truth. The political and religious leaders of his day tried to get rid of him, crucifying him, but on the third day he rose again, and so they had to face the reality that truth is not subjective.

Jesus is the fulfillment of truth, he revealed himself as the truth in countless ways, and in his resurrection, he became our living hope. The Bible tells us, "We have this hope as an anchor for the soul, firm and secure" (Hebrews 6:19). In other words, we may be rocked by the storms of this epidemic, the winds and the waves of our economy, but we don't need to be anxious, because we've put our trust in Christ and have the presence and the goodness of the Spirit of God within us. You see, as believers we're able to be confident in uncertain times because we have this hope as an anchor. No matter what happens in the coming weeks we're not alone because our Savior promises to never leave us nor forsake us and he is our living hope (Hebrews 13:5).

It's in times like these when more than ever we need to seek God together in prayer and in his Word submitting to the unquestionable authority of the Holy Spirit to lead, direct, and guide us through this pandemic. Even though we've been restricted from gathering together, we've moved out of the building and are worshipping together online. And so, at a time when many are feeling incredibly unsettled, unsure and anxious, hope can be found online Sundays at 10:30 a.m. at www.cccaog.online.church.

If you'd like to learn more about Christ's Community Church check us out anytime at www.cccaog.org.

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He humbled himself and became obedient to death—even death on a cross!
 -Philippians 2:8

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THE BOOK OF DAYS

The history of April Fools' Day



The 1st of April, of all days in the year, enjoys a character of its own, in as far as it, and it alone, is consecrated to practical joking. On this day it becomes the business of a vast number of people, especially the younger sort, to practise innocent impostures upon their unsuspecting neighbours, by way of making them what in France are called *poissons d'Avril*, and with us April fools.

Thus a knowing boy will despatch a younger brother to see a public statue descend from its pedestal at a particular appointed hour. A crew of giggling servant-maids will get hold of some simple swain, and send him to a bookseller's shop for the History of Eve's Grandmother, or to a chemist's for a pennyworth of pigeon's milk, or to a cobbler's for a little strap oil, in which last case the messenger secures a hearty application of the strap to his shoulders, and is sent home in a state of bewilderment as to what the affair means.

The urchins in the kennel make a sport of calling to some passing beau to look to his coat-skirts; when he either finds them with a piece of paper pinned to them or not; in either of which cases he is saluted as an April fool. A waggish young lady, aware that her dearest friend has a rather empty-headed youth dangling, after her with little encouragement, will send him a note, appointing him to call upon his true love at a particular hour. When instead of a welcome, he finds himself treated as an intruder, and by and by discovers that he has not advanced his reputation for sagacity or the general prospects of his suit.

The great object is to catch some person off his guard, to pass off upon him, as a simple fact, something barely possible, and which has no truth in it; to impose upon him, so as to induce him to go into positions of absurdity, in the eye of a laughing circle of bystanders.

Of course, for successful April fooling, it is necessary to have some considerable degree of coolness and face; as also some tact whereby to

know in what direction the victim is most ready to be imposed upon by his own tendencies of belief. It may be remarked, that a large proportion of the business is effected before and about the time of breakfast, while as yet few have had occasion to remember what day of the year it is, and before a single victimization has warned people of their danger.

What compound is to simple addition, so is Scotch to English April fooling. In the northern part of the island, they are not content to make a neighbour believe some single piece of absurdity. There, the object being, we shall say, to befool simple lad:

Wag No. 1 sends him away with a letter to a friend two miles off, professedly asking for some useful information, or requesting a loan of some article, but in reality containing only the words:

This is the first day of April, 'Hunt the gowk another mile.'

Wag No. 2, catching up the idea of his correspondent, tells the lad with a grave face that it is not in his power, &c.; but if he will go with another note to such a person, he will get what is wanted.

Off the lads trudges with this second note to Wag No. 3, who treats him in the same manner; and so on he goes, till some one of the series, taking pity on him, hints the trick that has been practiced upon him.

A successful affair of this kind will keep rustic society in merriment for a week, during which the honest lad hardly can shew his face.

The Scotch employ the term *gowk* (which is properly a cuckoo) to express a fool in general, but more especially an April fool, and among them the practice above described is called hunting the *gowk*.

Sometimes the opportunity is taken by ultra-jocular persons to carry out some extensive hoax upon society.

For example, in March 1860, a vast multitude of people received through the post a card having the following inscription, with a seal marked by an inverted sixpence at one of the angles, thus having to superficial observation an official appearance:

'Tower of London.—Admit the Bearer and Friend to view the Annual Ceremony of Washing the White Lions, on Sunday, April 1st, 1860. Admitted only at the White Gate. It is particularly requested that no gratuities be given to the Wardens or their Assistants.'

The trick is said to have been highly successful. Cabs were rattling about Tower Hill all that Sunday morning, vainly endeavouring to discover the White Gate.

It is the more remarkable that any such trick should have succeeded, when we reflect how identified the 1st of April has become with the idea of imposture and unreality. So much is this the case, that if one were about to be married, or to launch some new and speculative proposition or enterprise, one would hesitate to select April 1st for the purpose. On the other hand, if one had to issue a mock document of any kind with the desire of its being accepted in its proper character, he could not better insure the joke being seen

than by dating it the 1st of April.

The literature of the last century, from the Spectator downwards, has many allusions to April fooling; no references to it in our earlier literature have as yet been pointed out. English antiquaries appear unable to trace the origin of the custom, or to say how long it has existed among us. In the Catholic Church, there was the Feast of the Ass on Twelfth Day, and various mummings about Christmas; but April fooling stands apart from these dates.

There is but one plausible-looking suggestion from Mr. Pegge, to the effect that, the 25th of March being, in one respect, New Year's Day, the 1st of April was its octave, and the termination of its celebrations; but this idea is not very satisfactory.

There is much more importance in the fact, that the Hindus have, in their Huli, which terminates with the 31st of March, a precisely similar festival, during which the great aim is to send persons away with messages to ideal individuals, or individuals sure to be from home, and enjoy a laugh at their disappointment. To find the practice so widely prevalent over the earth, and with so near a coincidence of day, seems to indicate that it has had a very early origin amongst mankind.

The Humorous and political writer Jonathan Swift, in his Journal to Stella, enters under March 31, 1713, that 'he, Dr. Arbuthnot, and Lady Ma sham had been amusing themselves that evening by contriving 'a lie for tomorrow.'

A person named Noble had been hanged a few days before. The lie which these three laid their heads together to concoct, was, that Noble had come to life again in the hands of his friends, but was once more laid hold of by the sheriff, and now lay at the Black Swan in Holborn, in the custody of a messenger.

'We are all,' says Swift, 'to send to our friends, to know whether they have heard anything of it, and so we hope it will spread.'

Next day, the learned Dean duly sent his servant to several houses to inquire among the footmen, not letting his own man into the secret. But nothing could be heard of the resuscitation of Mr. Noble; whence he concluded that 'his colleagues did not contribute' as they ought to have done.

April fooling is a very noted practice in France, and we get traces of its prevalence there at an earlier period than is the case in England. For instance, it is related that Francis, Duke of Lorraine, and his wife, being in captivity at Nantes, effected their escape in consequence of the attempt being made on the 1st of April.

Disguised as peasants, the one bearing a hod on his shoulder, the other carrying a basket of rubbish at her back, they both at an early hour of the day passed through the gates of the city. A woman, having a knowledge of their persons, ran to the guard to give notice to the sentry. "April fool!" cried the soldier; and all the guard, to a man, shouted out, "April fool!" beginning with the sergeant in charge of the post.

The governor, to whom the story was told as a jest, conceived some suspicion, and ordered the fact to be proved; but it was too late, for in the meantime the duke and his wife were well on their way. The 1st of April saved them.'

It is told that a French lady having stolen a watch from a friend's house on the 1st of April, endeavoured, after detection, to pass off the affair as un poisson d'Avril, an April joke. On denying that the watch was in her possession, a messenger was sent to her apartments, where it was found upon a chimney-piece. 'Yes,' said the adroit thief, 'I think I have made the messenger a fine poisson d'Avril!' Then the magistrate said she must be imprisoned till the 1st of April in the ensuing year, comme un poisson d'Avril.

To read other selections from Robert Cambers 1864 *The Book of Days* visit Emmitsburg.net.



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We are following guidance from the Archdiocese of Baltimore, as well as the state of Maryland and CDC, to keep safe.

Please visit our website for the latest updates on our hours and events, including plans for Holy Week and other events in April.

We pray for all impacted by this situation. May God watch over all of us and keep us safe.

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ECOLOGY

The life of a bird

Danny Stoner
Strawberry Hill
Seasonal Education Assistant

April is a month that is high in activity for animals and plants. Animals are migrating back from their southern homes during the winter, waking from hibernation, or hatching from eggs while others are already setting up their territories for breeding. Flowers are blooming and buds are breaking to prepare for the next season of growth and seed production. To aid in the seed production, plants are producing pollen for fertilization. Insects who are attracted to the sweet taste of nectar, which is produced at the same time as pollen, are drawn to the plants to carry the pollen sitting at the front of the flower waiting to get picked up and carried from plant to plant.

Plants are not the only thing the congregation of insects help. Birds benefit from these insects. Some birds are insectivores who rely on insects for a food source, such as swallows and flycatchers, while others use them to feed their young. Many songbirds feed young with caterpillars because they are packed with nutrients that the hatchlings need to grow. However, some species of birds do not use caterpillars or other insects to feed their young. Birds such as mourning doves produce crop milk, a fluid that is formed from the crop and the nutri-

ents gained from the parent, to feed their young.

Birds are not the only animals that benefit from insects. Insects are eaten by amphibians, reptiles, fish, and small mammals. Amphibians such as salamanders enjoy smaller insects like springtails and crickets who hide under logs and rocks just as salamanders do. Reptiles such as lizards feed on insects including crickets, beetles, beetle larvae, and spiders. Some species of fish also include insects in their diet. Pumpkinseeds, a member of the sunfish family, often eat insects and their larvae. Insects are the base of most animals' diets and the start of the food chain after plants. Other than eating insects, all these species have another thing in common, they are prey for some birds.

Reptiles and amphibians are prey for some species of hawk, such as the Red-shouldered Hawk, and Herons, such as great blue herons. great blue herons also feed on fish and feed their offspring fish. Fish are also prey for some birds of prey, such as osprey and bald eagles. However, most birds of prey diets consist of mammals. Owls, hawks, falcons, vultures, and eagles consume a variety of mammals. Owls, hawks, and falcons typically prey on smaller mammals such as mice, voles, squirrels, and rabbits. Vultures and eagles feed on larger mammals that are deceased, also referred to as car-

rion. Birds of prey are not the only birds that feed on mammals. Shrike, a species of passerine, or songbird, prey on small mammals, such as mice. They do not have talons to kill their prey, so they will drop it on a sharp object like barb wire or a thorn on a locust tree to restrain them and kill them.

Birds have a large variety of prey items from berries to dead mammals and play a large role in the ecosystem. They control the populations of species, help clean the environment of decaying animals, and spread seeds to diversify different habitats. Hunting, scavenging, and foraging is only a part of a bird's life. Migration, setting up a territory, finding a mate, building a nest, and taking care of their young are the other parts of a bird's life.

Migration is a large quest for some birds, while others are residents and do not migrate. Migration is one of the most dangerous events for birds, killing billions during the fall and spring. The birds that make it must set up their territory. Usually the first to arrive are the males. Red-winged blackbirds are an example of this. The males arrive well in advance to display and sing, to defend and set up territories in wetlands, marshes, and meadows.

Territory is everything for a bird. It is not just a patch of land that represents a territory; it is the resources that it holds. The best patches of land have plenty of food, water, and places to build a nest. For some birds a nest is a cavity in a tree, a woven basket, or a small cup made from spider web, twigs, and plant matter. Some species do not even



In our region, one can commonly see the red-headed woodpecker, the downy woodpecker, the flicker and the red-bellied sapsucker (pictured above). Some, like the flickers, get most of their insects from the ground, and some will eat berries and seeds.

build a nest. The Brown-headed cowbird is a brood parasite, which means it lays eggs in other bird nests and lets them care for the offspring. Care for offspring is a high demand for birds that takes both parents. Without both parents, the task of defending its territory and feeding the young is almost impossible and almost always results in a failed clutch or the death of an adult.

There are two different types of offspring. There are altricial chicks and precocial chicks. Altricial chicks are laid by songbirds and are underdeveloped, being born featherless, unable to move a lot, and need a lot of parental care. Although they are born without feathers, they develop

and fledge within two weeks to a month for most altricial species. However, the care for a precocial chick is a bit different. They are born to species such as waterfowl and shorebirds with feathers and can move around. They do not take as much parental care as altricial chicks. Precocial chicks can forage on their own with the help of their parents. However, the tradeoff is a longer time to fledge. Precocial chicks can take months to fully fledge. The downside of altricial chicks is a lot of energy spent caring for them, but a positive is shorter care time meaning they can have several clutches. The downside of precocial chicks is the long-term investment of the parents and the lack of being able to have as many clutches, but the positive is a lower energy output by the parents causing less stress.

The demands on a bird's life is a lot. They do not have to study for tests or pay bills, but they make up for that through the effort that is needed to migrate, breed, and raise young among other tasks. As they work hard, we can enjoy their beauty. April, and the months around it, are prime time to go bird watching. At this point, songbirds, birds of prey, and other species are migrating north from their winter homes down south to their breeding grounds up north. If you are interested in getting out to bird the best time for songbirds is earlier in the morning when they are setting down from their long flights at night. Depending on the species you are looking for, a riparian corridor or an un-mowed grassland would be a great place to start. If you want to look for something larger like birds of prey your best bet would be on a warm afternoon on a ridge waiting for them to migrate by or near a farm field bordered by woods to watch them hunt for prey. The most important thing when searching for a bird is knowing their habitat and food source. If those two things are not around then the bird will not be either.

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Traveling through space, Earth Day 1 to 42

Editor's Note: Unfortunately, Tim Iverson, our regular In The Country author, is overwhelmed with addressing virus concerns at his national park and was unable to write his column this month. Given April is home to Earth Day, we reached back into our extensive archives to pull Bill Meredith's, our old Retired Ecologist's timeless article on Earth Day. We hope you approve.

Bill Meredith
Originally published
in May, 2012

*Only when the last tree has
died and the last river been poi-
soned and the last fish been
caught will we realize we can-
not eat money.*

~ Cree Indian Proverb

I have reached the age of increasing forgetfulness, lapses of concentration and inability to multi-task; the only thing that keeps me from wandering off down Lincoln Avenue in pajamas and slippers is my adherence to routine. That routine begins each morning by sitting at the breakfast table and pretending to read the paper while I am actually making a list of the birds that visit our feeder. Breakfast consumed in this manner takes at least an hour. I then take the local paper to my desk, where I record the previous day's temperature and rainfall on graphs in my computer, and update my monthly bird list. My wife, who has never seen much practical benefit in such activities, refers to them as "number-crunching." Actually, I don't know enough mathematics to really crunch numbers, but I have to admit that I enjoy nudging them around a bit. And it sometimes leads to unexpected ideas.

A couple of months ago, for reasons I no longer remember, I needed to know the velocity at which the earth travels in its orbit around the sun, so I went to the Internet and found it to be approximately 66,000 miles per hour. Since I often cannot remember the names of people I have known for years, I expected to forget that number promptly,

but somehow it hid in an unlit corner of my brain. It resurfaced yesterday when I was sitting on the front porch. My wife asked me why I was sitting there when there was so much work waiting to be done, and I replied that I was tired. She asked how I could be tired when I hadn't been doing anything. I started trying to think of an answer she might believe, and a light suddenly came on in my head. It wasn't a blinding flash of light like Einstein or Newton would have experienced... more like a candle, or maybe a small flashlight... but the words simply popped out of my mouth that I was tired because I had been going 66,000 miles per hour all day.

She didn't reply... at least, not verbally; she simply shook her head with the expression that says

another screw has come loose from the rocker, and went back in the house. But the number stayed with me, so I got a pencil and started figuring. $66,000 \text{ mph} \times 24 \text{ hours per day} \times 365 \text{ days per year} = \text{more than } 578 \text{ million miles in one trip around the sun.}$ Multiplying that by the number of trips completed, I realized that in another few weeks my odometer will turn over 45.7 billion miles. No wonder I was tired. Parts are wearing out; it is harder to start the engine, the chassis is starting to emit creaks and other strange noises, and there are dents and rust spots on the fenders. I do the best I can to schedule regular tune-ups and maintenance, but it grows harder to find parts for my model year. It is anybody's guess whether my wife will decide to trade me in for a newer model before I simply collapse into a heap of rust and sawdust, like Oliver Wendell Holmes' wonderful one-hoss shay.

That was a sobering thought, and it was still in my mind on April 22, which was the 42nd anniversary of Earth Day. The event seemed to come and go without attracting much notice. There were speeches given here and there, a few visits to natural areas, and programs at some schools and churches, but headlines and demonstrations like we had on the original Earth Day were missing. The April 22 issue of the Frederick Post did have a nice article about efforts to clean up the Monocacy River, but I scanned the Washington Post without finding a single article about Earth Day. If there was one, it must have been on a back page among the want ads and obituaries.

The original ideas behind Earth Day began to develop around 1960, with the election of President Kennedy. The Space Program had captured the imagination of the public, young and old, with its photos of our shining, blue planet suspended in the black void of space, and the Peace Corps had made young people realize idealism could lead to productive action. Rachel Carson's book, *Silent Spring*, made the public aware of impending ecological problems, and this awareness was extended by writers like Barry Commoner and Paul Ehrlich. The Civil Rights movement and opposition to the Vietnam War had energized and united disparate groups of people and made them aware of the power of non-violent pub-



2020 marks the 50th anniversary of Earth Day - the birth of the modern environmental movement. Sadly, its anniversary will be overlooked by most because of concerns with the COVID-19 virus.

lic demonstrations and protests, but the Watts riots, Kent State, and the assassinations of John and Robert Kennedy and Martin Luther King reminded everyone that there is a dark side to protest movements. So the environmental movement was born in a decade of conflicting and polarizing events.

Senator Gaylord Nelson of Wisconsin conceived the idea for the first Earth Day, and it was held in 1970. Programs to increase public awareness of environmental problems were held at colleges all over the country, and at Mount St. Mary's I was one of the speakers. At that time I had made 37 trips around the sun, so for an audience who believed "you can't trust anyone over 30" I was a questionable choice, but I was still naïve enough to believe that facts and logic carried weight in an argument. I explained population growth by starting with the basic premise that growth rate is the difference between birth rate and death rate, and used census data to show how the birth rate on a worldwide scale was remaining constant while the death rate was decreasing because of modern medical successes. I then reviewed the classical ideas of Thomas Malthus, who predicted in 1799 that this would lead to overpopulation and ecological collapse. My opponent in the debate was a young economics professor who (rather cavalierly, in my opinion) announced that the

population problem did not exist, and that everyone knew that Malthus had been proven wrong. He asserted that the "Green Revolution," which occurred in 1968 by the introduction of new genetic strains of hybrid wheat, was feeding the growing population well, and there was nothing to fear from the disaster Malthus had predicted. No scores were recorded and no judgments were pronounced that evening, but I came away feeling that I had lost the debate.

The earth and I have gone around the sun 42 times since then, and both of us are the worse for wear. The debate started that evening is still

going on, and I still represent the losing side. After 42 years, we have had some successes... the ozone hole is getting smaller, and I saw an American Eagle in the wild this week. But although the environment is in far worse shape, the headlines on this Earth Day were all about economics and politics. The "Cree Indian proverb" quoted above was probably made up by someone living in the 20th Century, because the original Crees didn't have money, but it still has truth in it. My grandchildren will judge who won that debate.

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REAL SCIENCE

Retail robots

Michael Rosenthal

Walmart has been a leader in the application of Artificial Intelligence in its use of robots. One of its simpler examples is the Auto-C self-driving floor scrubber. But Walmart has gone well beyond this application. Walmart has enlisted some 1500 robots into its jumbo stores, doing jobs such as automatic shelf-canning, box unloading, and artificial intelligence cameras. These robots do their work in plain sight, work that was previously done by human employees. We visited several Walmart stores in the last week, but we didn't see any robots at work doing these tasks. We did see a robot in one of our recent trips to a local Walmart, but we did not notice what task it was designed to perform. Walmart has promised that the use of the robots will relieve human employees of repetitive, boring tasks, doing cleaning, shelf refilling, and faster and efficient checkouts.

One of their robots is the Auto-S scanner. It is six-foot tall and creeps down the aisles, seeking out of place items by sweeping shelves with a beam of light.

Many Walmart employees are accepting these machines as colleagues, citing their specific personalities and attaching employee name tags. Other employees however are less positive, feeling that the machines were more like nagging supervisors. Some employees feared the robots might eventually replace them. What no one expected, it seems, is that robots and conventional

employees would be working side-by-side. Human employees often give the robots human names! Sometimes they work together as friends, but there have been also observed instances where the human employees curse the robots or even physically assault them!

Walmart is very optimistic about the use of robots and their future in the company. The Walmart CEO, Doug McMillon, is a big fan, citing their efficiency and discipline. Walmart is continuing to broaden the uses of these machines.

I grew up in Ohio where my father worked as a department store executive. I thus spent many, many hours in the department store where he served first as a buyer and eventually as a high-ranking executive. I worked at a part-time job there and also in a shoe store while I was in high school. Thus the development of these robots is very striking to me, being familiar with their environment both as an employee and now as a customer.

Some customers however are uneasy with the robots. They are accustomed to be able to ask an employee questions and receive traditional help. My wife and I were recently in a Walmart store where the human employees were scarce and not very friendly. We would have appreciated an intelligent robot to give us direction. Walmart is working to make its machines human-friendly, but standardized robot etiquette is still under development. It is not desirable for robots to approach someone silently

and frighten them. Perhaps a correct robot greeting will be developed.

These robots do a variety of specific tasks. Fast Unloader machines automatically scan and sort freight as it is tossed off shipping trucks. Camera robots scan shelves to ensure they are well-stocked and items are not misplaced. Special "Alpha bots" bring items to workers for packaging, and floor cleaning tasks are done by robots at night.

Walmart has been very successful in keeping its employees. They pay well, and business is good. Some of the workers however would prefer less robotics and more human cooperation.

Self-checkout aisles, a relative of these robots, have become popular at Walmart and other stores, and many cashiers have been replaced by them. Technically, these machines are a form of robots, since they guide you verbally through the checkout process. I have mixed emotion about the self-checkout. They are very good for an item or two, but they can't answer all your questions. I expect more sophisticated self-checkouts will be developed with time.

When I began to write this column, I titled it Real Science, because I wanted to draw the line between conclusions and action based on proven scientific principles and scientific fact, and that which was what I call pseudoscience. There certainly have been situations where scientists interpret information and data incorrectly, with the best of intentions, and then there are situations where false statements are made for personal gain

A recent example of this phenomenon is a product promoted by Rev. Jim Bak-



It's hard to believe, but it was only 70 years ago that Kirby, a company long since forgotten, introduced the first mass market home vacuum cleaner.

ker, called Silver Solution. Bakker suggested on his TV show that this product would kill the coronavirus and "boost your immune system." In response to this claim New York's top prosecutor's office issued a cease-and-desist order on advertising this product. This is yet another example of the offering of phony medications that claim cures of various conditions or diseases. As I've said before in this column, look for the statement that a drug is tested and approved by The Food and Drug Administration (FDA) before you commit to it. If you see this: "These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure, or prevent any disease." then pass it up!

There are some valuable dietary supplements out there, which have been certified as such by the FDA. Ginger is good to relieve nausea, Peppermint helps you with upset stomach, melatonin for sleep disruption, and fish oil shows some promise, though not yet proven, for cardiovascular disease. Yet unproven for benefits are turmeric, St. John's wort, ginkgo, and Echinacea. Folic acid reduces risk for fetal neural tube defects, and is recommended for women who may become pregnant. Calcium and Vitamin D are thought to reduce the risk of osteoporosis.

There are many supplements sold that purport to give you energy, support your immune system, but that are not FDA certified. Though they may not harm you, you are spending your money on drugs that have no scientific basis for doing the good for you they claim to do. Some substances, however, can do

you harm. The supplement ephedra, is a substance that occurs naturally in some plants, and it was marketed (without FDA certification) as an appetite suppressant and energy booster. After it killed 155 people in 2003 the FDA took it off the market. There are those who say that one should avoid all supplements to be safe. I say that FDA approval should be the key along with the advice of a trusted physician.

Finally, we continue our ongoing discussion of global warming. Data presented in January jointly by NASA and the National Oceanic and Atmospheric Administration, report that 2019 was the second hottest year on record, trailing only 2016. Particularly, 2019 was the warmest year on record for the world's oceans, with all of the top five hottest years coming since 2015. Nineteen of the hottest 20 years have occurred in the last twenty years. Scientists say that the primary cause is the emission of carbon dioxide and methane from the burning of fossil fuels. We really must join in worldwide to support the Paris Climate Accord and move from the burning of fossil fuels to energy production that does not emit carbon dioxide: nuclear power, wind, hydro-power, and solar. There are some relatively simple things we can do: require all new houses built to have solar panels is one. Eliminate coal use and help coal miners find new jobs. Build energy efficient structures. If a universal commitment can be obtained, we can do a lot!

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THE VILLAGE IDIOT

Wuhan Flu

Jack Deatherage

The balding, gray haired, six-eyed, portbellied macaque (Homo hibernatum) - this burg's village idiot - I'm enjoying watching my ape cousins -Homo ovis (distant cousins) run amuck as they strip "big box" to tiny M&P stores of every shred of toilet paper. (Amuck originally meant: attacking furiously -from the Malay *amuk*.)

With a growing number of news stories about gun shops rapidly selling out of 9mm ammo, and getting requests for 'out of state' online gun sales cropping up on the internet, I figure it won't be long before 'amuck' reclaims its original meaning. Though many a new wannabe gun buyer is realizing how much "the right of the people to keep and bear Arms" has been infringed upon while they blissfully ignored reality, some venial part of me is giggling at their plight.

Australopithecus ad nauseam - the ideological chattering heads of former news organs - are spew their twisted reports on the virus to lead their herds of H. ovis against political rival herds. Meanwhile, Homo sapiens - doctors of virology and medicine - struggle to be heard above the political haranguing.

It's difficult to take any of the panic mongering motor mouths seriously when the A. ad nauseam class spends days chattering about the name of the viral outbreak. The 'orange man bad' H. ovis herd gasps in mock outrage at the President's use of "Chinese virus" after its own gaggle of A. ad nauseam coined the terms "Wuhan virus" and "Chinese virus" before the Chinese government claimed those terms were racist.

The why of anyone worrying about the Chinese government's complaints puzzles me. Who seriously gives credence to anything coming from a government that still denies it murdered about two thousand of its own citizens for peacefully protesting at Tiananmen Square on June 4 and 5, 1989? Why we would believe anything coming out of China concerning this virus unless it's being reported by our people- on the ground in China -observing what is happening? (Given China's notorious restrictions on what it allows to reach the average Chinese citizen via the internet, I was not surprised to learn they were

removing US news journalists from their country.)

Another A. ad nauseam bit of propaganda was the story about the H. ovis herd panicking (only the gods know why) and buying up all the available medical and surgical face masks, then stealing them from hospitals when the market went dry. The 'former' news media - doing some panicking of their own as they realized they had caused the herd to bolt in an unexpected direction - began telling its freaked out audiences the masks would not protect them from the virus and the medical professions desperately need the masks to do their jobs. (I've been laughing so hard at that line of bull stuff I actually missed a few morning naps!)

Seriously? The masks will not protect the citizen wearer, but will protect doctors, nurses, EMS personnel and too important to die governing personnel from the virus? Why did pigs lecturing the gullible animals in G. Orwell's 'Animal Farm' suddenly come to mind?

MomD's stories of polio epidemics and people walking around with mouths and noses covered by medical masks during her childhood emerged from my memory hole. Were the medical facemasks of the 1930s and 40s better at their purpose than our current masks? Am I to take anything seriously that comes spewing from the mouths of A. ad nauseam?

So who do I take seriously? The CDC: "Wash your hands with soap and water, don't touch your face, stay away from people showing symptoms of the virus and put distance between yourself and other people if COVID-19 (Wuhan flu) is spreading in your community". I also listen to a local couple who work in the medical field (possibly the bio-labs at USAMRID or NIH) who told me: "Wash your hands with soap and water, don't touch your face, stay away from people showing symptoms of the virus and put distance between yourself and other people if COVID-19 (Wuhan flu) is spreading in your community". And there's Alton Brown. Yes, Alton Brown, the Cable TV food science guy who told me why properly washing my hands works to prevent the spread of the Wuhan flu!

A nuclear engineer (the Editor of this paper) suggested I read Reuters, Associated Press and the BBC when I want real news. I tried all of them. They ain't nearly

as amusing as the gaggle of A. ad nauseam ... come to think of it, he isn't funny either.

Do I still watch A. ad nauseam when I'm online? Certainly, if it crops up like the garden weed it is among the internet news feeds I find useful! CNN, MSNBC and NBC are funnier than Comedy Central ever was. I'm generally up for a good laugh, unless I'm napping, building breads, making cookies, playing with the dogs, reading, sowing veggie and flower seeds, or toddering around the community park making very short videos - for Facebook connected family and friends who seem to appreciate an occasional break from the A. ad nauseam bombardment of bat slobber journalism.

The DW ignores everything to do with the Wuhan flu when she's at home. She says she gets enough of the fear mongering when she's with her mom a few hours very day and can't avoid the TV. She follows the CDC's precautions and uses a hand sanitizer when we have to go into public places, but those amount to grocery and drug stores two or three times a week. The rest of her weekly routine is kicking back to watch YouTube shows, or read novels before packing them up to mail to the offspring 800 or so miles away.

When I told her the talking heads were claiming everyone



would get the Wuhan flu, and those over age 60 were more likely die, she shrugged. "So? We have to die of something."

I'm of a similar mind. Neither of us is in a rush to see what's after this life- we're more concerned about the kidlet and his DW. Having recently buried my mom and the DW's da (both were months in long term care nursing homes) we'd rather see what little equity (perhaps enough to dispose of our corpses) we have go to the offspring rather than toward extended care for either of us. Which means if we get sick we weather the illness in-house as we've no way to pay for hospital care, nor most likely whatever drugs a doctor might recommend. Not that either

of us is worried about this. We chose the circumstances we're in, knowing we might crap out when we threw the dice.

Some of the panic mongers have suggested this virus may be the end of civilization as we've known it. Thinking on that, I asked the DW what she thought might be Modern Western Civilization's greatest achievement.

"I've not thought about it." She has more practical things to ponder I guess.

"How about the creation of toilet paper?" I offered.

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THE MASTER GARDENER

Springtime weeds & April gardening

Martie Young and Mary Ann Ryan
Adams County Master Gardeners

To almost everyone who gardens, weeds are evil. They spoil the appearance of the garden, they imply that the gardener is lazy, and most importantly, they spread their seeds everywhere and make even more weeds. How can you win? The simple answer is you can't. So you try to control the weeds as much as you can, always knowing they will reappear.

The first step to controlling our common weeds in identifying them correctly. After that, learning about the life cycle of the weed will guide you to knowing how and when to control them. Herbicides are not always the answer. However, depending on the size of the weed population, other control methods may be necessary to manage the problem. Some weeds we struggle with in spring are purple deadnettle (*Lamium purpureum*) and chickweed (*Stellaria media*) as well as garlic mustard, wild garlic, and hairy bittercress *Cardamine hirsuta*.

Deadnettle and chickweed have similar characteristics. They are considered winter annuals, they grow fast, starting in the fall and continuing through winter, and they spread many seeds. Most gardeners are anxious to get rid of them as quickly as possible. But, remarkably

enough, these weeds can sometimes provide a service in the garden.

Purple deadnettle is a common weed in the mint family, sporting its characteristic square stems. It tends to grow in areas where the soil has been disturbed, such as fields, gardens and areas along buildings. When this winter annual begins its life cycle in the fall, it forms a small rosette of leaves that overwinters and develops flowers and seeds the following spring. The two-lipped flowers enable small bees to use the lips as a platform to enter the flower and get to the nectar and also brush against the pollen to carry to another flower, thereby ensuring the plant's existence. As its name states, deadnettle leaves are tinted purple and fade to green as they mature. If you view a large field infested with deadnettle, it looks purple (and beautiful) in the spring. It dies back in late spring and early summer after setting seed.

The flowers of purple deadnettle are utilized as a food source by pollinators. The nectar of purple deadnettle is attractive to bumble bees, honeybees and digger bees, a group of large bees that nest in the ground. It is also attractive to a bee mimic called the giant bee fly (*Bombylus major*). The adults of bee flies are pollinators. Bee flies are known to produce parasitic larvae in the nests of a number of ground dwelling insects including solitary bees, tiger wasps and cutworms. Some

are very host-specific and others will parasitize a variety of hosts.

Another major bothersome weed in the spring is Chickweed. It quickly invades thin turf areas especially where there is good soil moisture. Shade may also encourage growth. It has a prostrate growth habit and is not affected by mowing. A dense, vigorous turf is the best way to reduce the encroachment of this annual winter weed. Select the appropriate turf grass cultivars for your area and then properly fertilize, mow, and water to encourage dense growth.

Once you have seen chickweed, it's hard to miss it growing in your lawn or garden. It is a low-growing, branched-stem plant with 1/4" long leaves set opposite. The leaves are broad and slightly heart shaped with pointed tips. Flower petals are small and white with deeply cut petals that close up before rain storms. With a magnifying glass you can see a fine line of hairs down the stem (think if a horse's mane). Chickweed, another winter annual that thrives in cool weather, is often introduced to the landscape in container-grown ornamentals so be sure to inspect any container plants you bring home.

Songbirds and game birds also depend on chickweed as an important early food source. The tender leaves are eaten by ground-feeding birds such as doves and quail.

Garlic mustard is an invasive, non-native weed. The high seed production allows this plant to establish quickly. It will grow in sun to shade, moist to dry soils, and clay to light soils. It is a winter annual or biennial. Developing a rosette of leaves in the late summer-early fall, April brings on the flower stalks that typically reach about three feet. Seeds will produce from cut stems, so mowing isn't an option. although when untouched, the plant will produce single stalks of flowers, when cut, multiple flower stalks will develop. This plant does not provide food for wildlife, although it was brought here by European settlers as a food plant.

Wild garlic, another common weed in the landscape, can be a nuisance. This spreads by seeds, aerial roots and bulbs. Often a problem in turf, herbicides are not very effective in controlling this weed. Digging the dumps are the best method of control, then reseeding or covering the area with mulch with help control sprouting seeds.



Songbirds and game birds also depend on chickweed as an important early food source. The tender leaves are eaten by ground-feeding birds such as cardinals, sparrows, juncos and doves.

Hairy bittercress is a winter annual as well. It reproduces by seeds, as many spring weeds do. It gets a white flower in April and goes to seed, ejecting those seeds many feet from the mother plant. Those seeds remain dormant till late fall, when they germinate and hold through the winter till the days become longer in early spring.

Getting rid of any of these weeds should start in the fall when the small plants emerge as the regular garden season ends. An herbicide may be used at that time to prevent new seeds from germinating. In the spring pulling the weeds may be the best option—purple deadnettle is usually easy to pull out. Be sure to shake off the loose soil so you don't have to add more soil to your garden. Chickweed can be easy to pull. Try to gather all the loose stems in a handful and get most of the roots. Unfortunately, this method may also be shaking off some weed seeds. However, if you quickly plant and mulch the area with leaves, straw, or compost, it may prevent many weeds from germinating.

Use herbicides with care. If choosing this option, be sure to read the label for proper application rate and timing. Use protective clothing when recommended.

April gardening

I'm sure I'm not unlike any other gardener. I've created this to-do list throughout the late winter months, just waiting for an opportunity to celebrate the gardening season!

Soil test. Knowing the soil pH helps greatly in growing just about every kind of plant. This will help in determining what amendments you may need to add if it's a vegetable garden, and what shrubs, trees and perennials you can select if planting a landscape. The soil test will also give recommendations for fertilization needs according to the crop you are growing. Soil test kits are available at your local extension office.

Cut back perennials. I always let my perennials and grasses stand for the winter months. They provide a needed food source and shelter for birds and insects. But as these plants begin to grow again, the stalks of last season's growth must be removed for an attractive garden.

Prune broken branches from trees and shrubs. The snow is gone and buds are just beginning to push. We can easily see what has been damaged or is dead on our trees and shrubs. Pruning these branches lead to a healthier plant. Remember to cut branches to just out-

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The nectar of purple deadnettle is attractive to pollinators like bumble bees, honeybees and digger bees, a group of large bees that nest in the ground.

Small Town Gardener

Understanding your shade & and planting for it

Marianne Willburn

Do you get frustrated by the shady spots in your garden? It's more likely that you're actually frustrated by planting sun-loving plants in the wrong place and watching them fail. Though it would make things a lot easier for gardeners if shade fit neatly into categories of 'part' or 'full,' such is rarely the case in the average garden; and this leads to frustration when plants don't bloom, or exhibit weak growth.

Once you take the time to understand the exposure of different parts of your property to available light, you can make better choices when selecting plants and giving them what they need to thrive.

First things first. Get excited! If you have shade in your garden you are extremely fortunate. Not only is there a wealth of wonderful plants available to create a lush, inviting space, the coolest place to be in the heat of summer is quite literally a shady garden. Instead of ignoring your shade or feeling exasperated by it, it's time to understand it.

Part Shade (or Part-Sun)

This is one of the most popular categories of shade, as plants in a part-shade location experience 4-6 hours of sun each day, and some sun lovers can adapt quite easily – such as agastache and garden phlox. Experiment, and be aware that morning sun is usually much gentler than afternoon sun, which can burn the foliage of shade lovers who need light to bloom.

Planting suggestions: Canna lily, liriope, euonymus, colocasia, big-leaf hydrangea (*Hydrangea macrophylla*).

Dappled Shade

The slightly opened canopy of some woodlands allows pools of light to move around the forest floor, giving 2-4 total hours to shrubs such as rhododendron that need a little light to bloom well. Dappled shade isn't only for wood-

lands however. It could be neighborhood houses or trees that create this exposure in your yard.

Planting suggestions: rhododendron, camellia, tree peonies, hosta, tiarella, Japanese forest grass, wood phlox (*Phlox stolonifera*), honesty (*Lunaria annua*).

Summer Shade

This is the classic deciduous woodland exposure that coaxes ephemeral beauties like bluebells and snowdrops out of leaf-strewn woodland floors with sunlight, then darkens the stage until winter arrives. If you are fortunate enough to have a woodland on your property, you are fortunate indeed. The incredible, delicate flowers for early spring are numerous, and miraculous. Help them out a bit by clearing your woodland of invasive thugs like garlic mustard when you see it, and take the time to clear a walking path so you can enjoy them!

Planting suggestions: Virginia bluebell (*Mertensia virginica*), trillium, snowdrops, bloodroot (*Sanguinaria canadensis*), Dutchman's breeches (*Dicentra cucularia*), Spanish bluebells (*Hyacinthoides hispanica*), trout lily (*Erythronium americanum*).

Bright Shade

This is a shade exposure where you can see the sky above, but direct sunlight is blocked by a building or a tree to the north or east. Sun lovers will get leggy here, but as it isn't directly beneath a tree, and more moisture is usually available, this is a terrific situation for many ferns, wild gingers and other plants whose foliage is both fascinating and colorful.

Planting suggestions: Ostrich fern, sensitive fern, wild ginger, heuchera, coleus, bleeding heart, Solomon's seal.

Full (or dense) Shade

Full shade can also be termed 'dense shade' and is challenging due to a double whammy of low light and low avail-

able moisture. Don't panic – you've got options. First, consider opening up the canopy slightly, or at least trimming up lower branches to create a high ceiling effect. Doing so will visually lighten the space, even if actual light levels are low.

Low light means that grass will not do well here, but the good news is, neither will weeds. Consequently, if you create mulched or graveled spaces under the trees, they will remain neat and free of weeds for much longer. Many of us need a play area for kids, grandkids or pets – dense shade is a terrific opportunity to put those tree-house/doghouse/playhouse plans into action.

If you are focused on plants instead, consider creating a small container garden here – perhaps with a garden bench to enjoy the cool shade on a hot day – making sure that pots are separated from the soil by bricks or other risers (some trees will find drainage holes and sneak into them).

Planting suggestions: epimedium, big-root geranium, wood spurge, Japanese or native pachysandras, lily of the valley, Japanese sacred lily.

Learn from the Shade of Others

Do yourself a favor as a gardener and as a human being who must navigate increasingly warmer summers. Read and study on shade gardens; and when you visit public gardens, or the gardens of friends, spend time in their shady spaces asking questions about the actual shade exposure of certain areas and the moisture levels.

Doing so will help you compile lists of plants and their favored exposures so you can confidently begin to create your own shady oasis.

side the branch collar. Don't cut into the collar otherwise the wound will not calous over and heal. If a cut is made into that collar zone, access to disease and insect issues are much more likely.

Work the soil in the vegetable garden. I've worked on the soil in my vegetable garden for many years. Adding compost year after year has made for great soil that just needs loosened in the spring with a pitch fork, and I'm ready to plant. Some of the winter annuals like henbit, chickweed and speedwell are all happily growing where the veggies need to be. A good weeding is imperative before loosening the soil and planting seeds.

Plant "cole" transplants and "cool" season crops. Soil temperature requirements for crops like cabbage, broccoli and cauliflower are 40 degrees. Cabbage, broccoli, cauliflower, Brussel sprouts and kale are called "cole" crops. It's best to use transplants if growing these vegetables. Starting from seed this late will result in a summer crop, and they don't like the summer heat, forcing them to bolt or taste bitter.

As soon as the soil is workable, "cool" crops can also be planted. Lettuce, arugula, spinach, beets, radishes, and peas all prefer cooler temperatures and are, therefore, considered "cool" crops. These vegetables can all be direct sown as seeds into the garden.

Most of the cool season crops do very well in containers too. When planting in containers, use a soilless mix, not garden soil. The mix allows for good drainage in containers and does not carry pathogens. If trying to garden in a container, be sure to fertilize frequently as nutrients in containers run through the pot quickly. My sister grew lettuce in a container on her shady deck last year and had great success. Something I am going

to try this year is planting lettuce in my perennial bed as an early ground cover. I'll let you know how that works out!

Plant strawberries. I ordered strawberries this year and am ready to get them in the ground. There's nothing quite like fresh strawberries from your own patch! Although we won't be getting any berries this year, since it's the first year, next year we'll be looking forward to a bang up crop!

Visit the local garden center. Although I enjoy all the tasks on my chore list, this one has got to be on the top! Checking out new cultivars of trees, shrubs and perennials is lots of fun. It's always interesting to see what's new in the industry and try to grow some new plants to see what they'll do.

Plant pansies (because I know I'll buy some). While visiting the garden center, I know pansies will be out in full force. Who can pass up a couple of market packs? Planted in containers, they welcome spring to the deck and patio. There are other cool season annuals that can be mixed in these containers for additional interest. Plants like nemesia, snapdragon, lobelia, and osteospermum are options that can be mixed with pansies to add texture and additional color.

Re-visit perennial garden design created during the winter. Usually after visiting the garden center, lots of new ideas surface. Trying to determine how or where to plant some of those new introductions may take a little re-do. When adding plants that are new or different, be sure you do the research first.

Maybe you have a chore list of your own. If not, it's time to make the list because spring has arrived!

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

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PETS

Things I miss

Sarah Simmons

Things have changed so much since I wrote my last Riding column. I'm having to stay home all the time now. And I miss so many things. The big things, but also the small things that I never really thought about before, before the virus.

The virus is a bad thing. I learned about it in school and my Mom and Dad have told me some about it too. It's made people sick. My sister and my parents aren't sick and my friends aren't sick. And I don't really know anyone who's gotten the virus. But I'm still a little concerned about it. And I hope the people who are sick get better soon.

But everything is different now. I'm not in school anymore. And I'm not sure when we will go back. That makes me sad because I miss my friends and my teachers. And I miss my school, Mother Seton school. I miss walking down the hallways and playing on the playground and going to the library. I miss gym and art class and band practice too. My twin sister Emma and I play saxophones (the coolest instruments ever). It's hard to think about not having lunch with my friends in the cafeteria and having pizza on Fridays. Even though my Mom let me and my sister have a 'virtual playdate' with some of our friends (we saw and talked to our friends on our iPads) and that was fun, but it's not the same as real playdates. I wonder how a 'virtual' sleepover might work? Maybe Emma and I can try it with some friends soon.

Restaurants are closed too. We loved going out to eat at the Palms and Carriage House. And our church is closed. It's Trinity United Methodist church. I miss my friends there too. Even the parks closed. Our dogs, Skye and Stormy, loved playing at the dog park. I'm not sure if dogs can get the virus. I hope not.

But there's something else that I'm a little worried about... that I might not get to ride horses for a while. My Mom told me that we are supposed to be practicing something called 'social distancing.' That means that we can't be very near people who aren't in our family. That's why Emma and I had a 'vir-



Sarah discusses her recent ride with Scotty. The two have developed a bond that brings a smile to the faces of everyone who witness them interact.

tual' playdate instead of a real one. But I don't think 'virtual' riding would be too much fun. And I don't think the horses would really 'get' it. And some of the things I love about horseback riding just wouldn't be at all the same.

The way it feels when you are on the back of a horse is amazing. When I trot on Wesley it feels a little bouncy but when I post, it's smoother and more even. But I love catering the best. It's fast and even smoother. And I even miss the sound that Wesley makes when we canter. It's like nothing I've heard before. It's the sound of the wind, and him breathing, and the thump of his hooves as they hit the ground over and over again. I'll miss that feeling a lot if I can't ride.

But I don't just miss the riding part of the horses. I miss the horses themselves. I ride Wesley but my coach also has two other horses, Kit and Scotty. They are all really sweet animals. They follow me around and like to get real close to my face. I kiss them sometimes and I like the way they smell. I'll miss that too. They all love getting peppermints, carrots, and apples. When I give them apples, they are so messy. It's like they make applesauce from the apples. But I love watching them because they are having so much fun.

Our coach, Mike, also has cats and dogs around the farm. I'll miss playing with them too. He has two barn cats, Q and Will, that I get to see a lot. Q likes to pretend that he is "Grumpy Cat." But I don't think he really is grumpy. He just likes to do what he wants to do. He roams around in the bushes a lot,

probably looking for mice treats. Will likes to walk under my feet. I think he does this so I will pick him up and carry him around and give him hugs. I think that Q is in charge of the barn, the horses, the dogs, and maybe even Mike.

Sometimes Emma and I get to feed the horses if we are at the farm late in the afternoon. Their stalls are always so clean and neat. And the barn smells like sweet hay and oats. The horses are a little rowdy when we first bring them into the barn. They are ready for their dinner. We give them their oats and water and Mike gives them hay. And as soon as we feed them they get still and quiet. The only sound is muffled munching. I'll miss that too. I hope it won't be too long before I can see the horses again.

I hope that this virus goes away soon. I think it's hard for everyone, grown-ups and kids too. There's so much that I can't do right now and so much that I'll miss doing. But my Mom keeps telling me that there's a lot that I can do without my friends (this includes the horses). I can keep my room neat and straight (ugh), learn to play with my sister without fighting (not going to happen), practice my saxophone so that I don't squeak as much, and teach our dogs not to dig up the yard. And, of course, there's always the schoolwork...

Maybe I will try a virtual playdate with the horses, better than not seeing them at all. What do you think, Mike?

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



Bitsy was surrendered to the shelter when her owner could no longer care for her. She is around 7 years old and is a sweet girl. Bitsy does not care to be picked up; she will tolerate it, but she tends to struggle. Besides this, Bitsy is a sweetheart and loves to have a good chin scratch! Bitsy would love to find her forever home soon and would love to meet you to see if you are the one for her!



Spicy came into the shelter as a stray, so we don't know a lot about her past, but she's one sweet girl. Look at that face! She loves attention and a good chin scratch. We think she's about 7 months old. Spicy doesn't really like loud noises, so a quiet home might be best for her. She would love to meet you!

For more information about Bitsy and Spicy call the Cumberland Valley Shelter at 717-263-5791 or visit them online at www.cvas-pets.org or better yet, visit them in person at the shelter.

In accordance with Governor Wolf's mandate on March 16, the Cumberland Valley Animal Shelter will be limiting visits by the public to those seriously interested in adoption.

We will continue to care for our animals and accept any stray animals in our jurisdiction.

Those seriously interested in adoption can fill out an application online here www.cvas-pets.org/adoption.html. We will honor any appointments made with our adoption counselor.

Rest assured our staff will continue to care for the animals at the shelter and would certainly appreciate any help we could get at this time, either monetarily or pet supply donations. We love our Amazon friends who make sure we're stocked up and our donors who are always willing to help. Thank you for your understanding.

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Mud Season

Kimberly Brokaw DVM
Walkersville Vet Clinic

This time of year, when you ask horse people and farmers about the weather, you'll probably hear them complain about the mud. They'll joke that when wet this ground is too soft to walk on and too thick to swim in. Not only can you barely walk without sinking, but good luck trying to drive a tractor across the field without getting stuck or tearing up the field. In addition to the mud being dirty and annoying to deal with, it can also pose hazards to your horses.

Even if you have several acres per head of horse you are still likely to have mud around the gates, water source, hay, and shelter. While most horses enjoy a good roll in the mud, standing in mud for prolonged periods of time is not good for them. The continuous exposure of the skin and hooves to wet mud can damage the tissue. Hooves that have been standing in water and mud become weaker resulting in lost shoes, bruised soles, and abscesses. If the mud is deep enough to go over the hoof and up the leg, continuous exposure can lead to dermatitis, bacterial infections, and skin sloughing. Even if the mud isn't deep, a horse can be running around in the field, slip in the mud and strain a tendon or ligament.

For those reasons many people try to control the mud in their horse pastures. I have seen numerous methods to try and control mud and each has its pluses and minuses. Putting mulch down in areas where mud forms is nice because it is relatively cheap and relatively safe if the horse eats it. The downside to mulch is that it doesn't last long and as it breaks down, it creates more organic material and more mud. Rubber mats are nice but expensive and frequently shift and become uneven with the weather and the horses walking on them. Putting concrete everywhere has the advantage that its one of the more permanent solutions. However, it's expensive, it tends to get slippery and the firmness creates too much concussive pressure on the

horses legs and can contribute to lameness.

Because of the downsides of the other management methods, stone dust and gravel is one of the most frequent solutions chosen to control mud. If applied at the right depth it tends to last well. If you do get mud in certain areas, it is easy to top it off with some additional stone. Unfortunately stone has a major downside. If horses eat it they can colic and die. While you'd think horses would be smart enough to not just stand there and eat rocks, you'd be partially correct. They don't intentionally eat the rocks. Its more that the rocks and stone dust are accidentally ingested when the horse is sifting around looking for food.

Sadly I've seen gravel impaction colics somewhat frequently. Owners are at first happy that they have the mud under control. Their horses are no longer getting abscesses or skin infections, and then they call me because their horse is sick and not wanting to eat. I, as well as my colleagues, have all done rectal exams where we reach in and find gravel. While a handful of poop-covered gravel makes for an easy diagnosis, sometimes treatment isn't always successful. One of my saddest cases was a horse that died from a gravel impaction. The owners had battled mud associated skin disease for years.

The constant bathing and treating of legs during the muddy times of year had gotten time consuming and frustrating enough that the owners decided it was worth investing in stone dust. They didn't own a tractor so they hired a guy to come in and spread gravel around the gates, in front of the run-in shed, and along the fence-line when they hung buckets to feed the horses. Everything was going well and even as other farms were complaining about the mud, their horses were out of the mud and none of them had any skin disease. Then one evening, one of the mares was sick and didn't want to eat her dinner. While she wasn't in horrible pain, she was in a fair amount of discomfort that didn't resolve after the owner gave Banamine.

At this point the owners decided it was best to get the vet out and I was called. During

the examination I discovered that the horse was suffering from a large impaction colic. I administered fluids and laxatives through a nasogastric tube but as the mare remained uncomfortable, it was decided it was best to send her to the hospital for continued care.

Unfortunately the mare did not stabilize and the decision was made to humanely euthanize her. The hospital also did a necropsy and determined that the impaction colic was from the horse eating multiple pounds of stone dust and gravel. The owners were devastated. In their attempt to keep their horses healthy they had inadvertently contributed to one's death.

So while I personally use gravel to control mud in my pasture, I try to be very careful about where I feed my horses. I will put



Horses without adequate turnout will quickly turn their paddocks into mud pits. This is why knowledgeable horse people go by the rule: three acres for one horse, two acres more for every additional horse. Follow that rule and mud pits will be few and far between.

the hay in hay feeders so that it is not directly on the gravel. I also do not feed grain on top of the gravel. Instead they either eat on the concrete floored barn or on rubber mats. This way when the horses are licking up little bits of grain that they dropped on the floor, it is not near pieces of

gravel that they could also ingest.

Mud is a concern for horse owners in Maryland. Unfortunately, there are no perfect ways to deal with mud.

To read other articles by Kimberly-Brokaw visit the Authors section of emmitsburg.net.

COVID-19 and COOP plans for the shelter

Linda Shea
Frederick County Animal
Control & Pet Adoption Center

Regardless of what is going on in the world, the Frederick County Division of Animal Control and Pet Adoption Center lives in a state of perpetual preparedness. As the only animal shelter in the County, we remain ready to tackle illness and populations of almost any scale. The recent COVID-19 outbreak gave us another opportunity to put our best food forward in our contribution to the community. We improvise as needed, and get creative to be able to say: "we got this."

First, to acknowledge the need to reduce interaction among humans (social distancing), we implemented an appointment-only policy for essential services only. Essential services include the following: pet owners missing pets, citizens relinquishing stray animals, our pet food bank, and owner-requested eutha-

nesia for pets that are suffering. For the immediate future, essential services are provided by appointment only. Currently, administrative hours are 8 a.m. - 4:30 p.m. Monday thru Friday and 9 a.m. - 1 p.m. on Saturday. As this situation is unprecedented, we ask residents to call first before traveling to the shelter.

Our animal adoption floors are closed to the public; animal adoptions are temporarily suspended. However, we have very creative and talented tech-savvy staff and we are hoping to develop a virtual shelter visit/potential adoption experience. Only volunteers who have been trained to work with specific populations of animals (shy, fearful, ill-mannered) will continue working with the animals that would regress without the consistency they are used to.

Public safety continues to be a priority for our Division and Animal Control Officers (ACOs) will continue to work normal shifts; 7 a.m. - 11 p.m. daily and on-call overnight for animal-related emergencies. Rabies testing of animals will continue as usual.

Be assured that the standards of care for our shelter animals are not compromised in any manner. Having a well-developed, realistic Continuity of Operations Plan (COOP) allows our Division to continue with normal operations despite the constraints imposed by coronavirus. Kennel staff and veterinary staff are here daily, working full shifts, to continue to provide food, water, enrichment, clean housing, walks, toys, and medication. Moreover, because of the reduction in visitors, staff can now spend more time socializing and working on manners training with shelter animals—a luxury during normal operations.

We thank our community for its understanding and patience as we all work through this in the safest manner possible, our animals and the people who care for them. Please call 301-600-1546 with questions about shelter operations. Call 301-600-1603 with animal-related emergencies.

Help the Cumberland Valley Animal Shelter

Jennifer Vanderau

At the Cumberland Valley Animal Shelter we are taking steps to protect everyone – both two-legged and four-legged.

We're doing adoptions by appointment only. When people come into the shelter, we're asking them to use the hand sanitizers along the walls. We're taking every precaution that we can.

We've tweaked or postponed recent fundraisers. Fundraisers that we really enjoy and we know the public does, too. They're also fundraisers that help us continue to help the animals in our care and we don't know what will happen without those funds.

We've closed our thrift store in accordance with state guidelines and that is a loss of daily income. The staff, volunteers and customers at our store helped bring in a lot of

money every day to help our animals. That's gone, too.

Things are pretty uncertain at the moment and we're doing the best we can in this new environment in which we all find ourselves.

But the one thing I can tell you for certain? The promise I can make? The homeless animals at the Cumberland Valley Animal Shelter are being cared for. They're fed and warm and have water. They get snuggled and loved by staff and because of our amazing adoption counselor and the staff supporting her, we are finding them forever homes.

I look around and see the businesses cutting back. Banks with drive-up services only, schools closed for the foreseeable future, some restaurants completely shut down and I know, without being an economist, that this will have an effect on people. Incomes will be down. Cash flow will dip.

And doing the math, I would think

it would have to trickle down to us. As of this writing, the federal government has introduced a stimulus bill to keep the economy going and hopefully that will help.

But, I still worry. It's likely in my DNA. Working at CVAS, it's hard not to. I have cats as I'm typing this hopping up onto my desk for a smooch. I see dogs in the front office, tails wagging, ready for some playtime.

And I wonder, what will happen to them if our donations drop?

So I have to ask if you are able and can help us out at the moment with monetary or supply donations, we would be so grateful. We have wonderful supporters we've found through the Emmitsburg News Journal and I don't have words to express what that means to all of us.

To donate to the shelter, both monetary and pet supplies, call 717-263-5791 or visit www.cvas-pets.org.

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COMMUNITY NOTES

LCAC celebrates preservation-minded landowners

Marti Shaw
The Land Conservancy of Adams County

The Land Conservancy of Adams County honored landowners who preserved property over the previous year and welcomed four members to its board of directors during its annual dinner on Thursday, March 12, at the Historic Gettysburg Hotel.

The organization honored 13 landowners who preserved Adams County farmland, woodland, open spaces, and freshwater streams in 2019. These landowners were Philip and Barbara Wolf, who preserved 142 acres in Cumberland Township; Harold and Brenda Weaver with Gene and Roxey Sauble, who preserved 17 acres in Huntington Township; Clifford Frost and Sherry Rogers-Frost, who preserved

38 acres in Hamiltonban Township; Jeffrey and Deborah Seibert, who preserved 144 acres in Hamilton Township; John and Sheila Luntz, who preserved 111 acres in Hamiltonban Township; and Bruce Stair, who preserved 151 acres in Mount Joy Township. In the 25 years since its founding in 1995, the organization has worked with local landowners to preserve more than 11,500 acres in the county.

Voted onto the Land Conservancy of Adams County's board of directors at the dinner were Gettysburg attorney Matt Teeter; Andy Lawrence, owner of Shultz's Delicatessen in Hanover; and Deb Siefken, who with her husband Ralph preserved 173 acres in Franklin Township through the Land Conservancy in 2011. Returning to the board is Land Conservancy founding member Curt Musselman.

At the dinner, long-time Land Conservancy board member Chris Little stepped down from the board after her maximum-allowed two consecutive three-year terms.

Before the banquet, dinner attendees participated in a silent auction that raised more than \$4,000 in support of the Land Conservancy's mission of preserving Adams County's rural lands and character.

For the past several years, the Adams County Commissioners have proclaimed the period between the Land Conservancy's annual dinner and its annual art auction as Land Conservancy Month.

This year, in light of the evolving coronavirus/COVID-19 crisis and the state-wide lockdown, the Land Conservancy of Adams County has rescheduled its 23rd annual Art



LCAC President Dave Salisbury with Adams County Commissioner Randy Phiel.

Auction for Sunday, September 27, with its Art Auction Preview on First Friday, September 4, from 5-7:30 p.m. at the Adams County Arts Council, 125 S. Washington St., Gettysburg.

The Land Conservancy of Adams County is a fully accredited,

member-supported non-profit land trust that works to preserve the rural lands and character of Adams County. For more information about the Land Conservancy and the events surrounding Land Conservancy Month, visit PreserveAdams.org.

Long-term care planning

Karen Iglehart, RN,
Benefits Advisor
Peak Benefits Group, Thurmont

When you think of long-term care planning, what do you think of? First, I don't want to think of it at all! Second, expensive insurance! While long-term care insurance is certainly relevant, it is only a piece of the pie. Just like my mom's homemade apple pie. There is the flakey crust, the warm gooey apple filling and the crisp buttery crust. Long-term care planning is similar to that pie. There are separate pieces that make up the complete product.

Long-term care planning is the last conversation anyone wants to have. It is one of the most avoided, but vitally important, conversations to have with loved ones. My goal in writing this article is for you to start having this hard conversation. You and your loved ones should know what your wishes are and how these wishes will be paid for. It is never too early to start planning for the future and before a medical crisis occurs. As a nurse of 27 years, I have never

heard anyone say they plan on going into a nursing home when they are older. However, 70-80% of individuals will need long-term care at some point. This care comes at more than just a personal financial cost. There are also physical, emotional, financial, and social impacts for caregivers.

Long-term care is a variety of supports and services designed to help people live as independently and safely as possible when they can no longer do so on their own. This is non-medical care and assistance with Activities of Daily Living (ADLs) for those with chronic illness or disability. Long-term care is not only for those with physical limitations, but also for those with cognitive impairments such as dementia or Alzheimer's disease. Medicare and Medicare Supplemental policies do not pay for long-term care. Medicare will pay for you to recover from an illness or injury. They will not pay for long term assistance with ADLs, which includes bathing, dressing, toileting, eating, and walking.


The parts of the Long-Term Planning pie include where and by whom you could receive assistance and how that assistance will be paid for. Options for care are remaining home with assistance, adult daycare, assisted living facilities, or a nursing home. As each person's circumstances are unique, financial planning is very individualized. There are many options to explore when paying for care. These include variations of self-funding (paying out of pocket) and insurance coverage. As there has been an increased need for long term care insurance, insurance options have changed in the past several years. These options should be explored on a case-by-case basis to ensure they fit each person's overall goals.

At Peak Benefits Group, we are here to coach you, and your loved ones, through this hard conversation and assist with determining the parts of your long-term care plan. By having this plan, you have designed a life that includes more choices and options for where and how to receive care if you would need it. It is never too early to start

this vitally important conversation.


Group at 301-304-3249 or better yet, visit them in person at their offices in Thurmont.

To learn more, call Peak Benefits



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CUNNINGHAM FALLS STATE PARK - 14039 Catoclin Hollow Rd.,
8 a.m. - Sunset, Apr. - Oct. & 10 a.m. - Sunset, Nov. - Mar.

The April 2nd TBN Meeting at the Thurmont Event Complex is cancelled.

NEXT TBN MEETING MAY 7 - Catoclin Breeze Vineyard
GUEST SPEAKER: Frederick Co. Executive Jan Gardner

The Thurmont Business Network is open to any business owner/manager in the 21788 zip code.
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COMMUNITY NOTES

Calming contagious fears

Ryan Fox

Stock markets despise the fear of the uncertainty. This theme can be magnified by current events like the coronavirus, future events like the 2020 political elections, or a number of other issues.

Fear can often move stock markets lower, while optimism generally will lead to higher stock markets.

When a few large companies report solid earnings and higher earnings expectations stock markets often rise. When we hear daily reports of a potential global health risk, markets might endure a brief downturn.

Maintaining a properly-diversified portfolio is one the best defensive practices against making portfolio mistakes driven by fear.

No one enjoys fear, with perhaps a few exceptions such as fans of Halloween-esque events and movies or thrill seekers at an amusement park. Being fearful within the investing world should be avoided by diversification and asset allocation tailored

to an individual's needs.

Diversification means having a number of pieces inside a portfolio – different types of stocks and bonds is the general, yet overly simplistic idea.

Asset allocation is the percentage allocation to stock and the percentage allocation to bonds.

A diversified portfolio might fall into the categories of aggressive, balanced, conservative, or even somewhere in between.

An aggressive investor could imply that being nearly 100 percent stock so if the stock market rises 25 percent, the investor would expect a similar return. If markets fall 40 percent, well, that's the risk – the portfolio probably would experience a similar drop.

Balanced investors might be more in the 50- to 60-percent stock to 40- to 50-percent bond. Personally, this is in-line with more of my investing beliefs and strategy as when markets rise, investors are usually pretty content. When markets become more volatile due to the fear of the unknown or other events,

investors need to be protected a bit more. This is the hallmark of being diversified within your own asset allocation or risk level. A balanced approach can also be useful in at least a portion of a portfolio.

When markets bounce around, a balanced portfolio gives us a chance to buy a little more on the dip or take a little bit of gains on the portions that have moved higher.

Conservative investors may continue to struggle with ultra-low interest rates that fail to keep pace with low inflation. That will likely be a challenge for years to come because of the dynamics of Fed policy.

For these unforeseen events that are currently causing fear in markets and future events that will occur, having the appropriate strategy that mirrors risk tolerance should help one sleep better at night. This tactic applies to investors regardless of age.

For those in the throes of retirement, it is critical to focus on expense and income vs. trying to take too much risk in a portfolio.



Knowing the cash flow in and out of the household budget and trying to live off of one's anticipated retirement budget for a year or two prior to retirement, can help to reduce the worry of stock market gyrations.

This is general information designed to provide an overview of ideas and not meant to be specific advice. In fact, nearly all

investors look at risk differently, as should be the case since individual goals vary.

Ryan Fox is partner/owner in Huston-Fox Financial Advisory Services, a fee-only fiduciary advisory firm, in Gettysburg, Hanover, and York. For more information call 717-398-2040.

The Golden Years

James McCarron
Taneytown

It seems only yesterday I was eagerly awaiting springtime. Look, here it is, Springtime! As I am writing this in mid-March, East & West Baltimore street are awash in "pink". The cherry blossoms are brilliant! Enjoy some early spring temperatures and take a stroll downtown. By the time you read this the "redbuds" will be in bloom in York & Frederick Streets. What a difference a few weeks makes! We certainly were blessed with a mild winter this year, and that's fine with me! In the few weeks it has been since I last wrote, we've had quite a change, not only in the weather, but in our everyday conversation. When I wrote in mid-January, the hot topic for the "newsies" was President Trump's pending impeachment, as a result of his administration's undue influence over the Ukraine. That proved to be only so much politics, as we've come to know it, these days. Now, we can't

escape the media's never-ending coverage of the coronavirus (COVID-19) pandemic. I'm not saying this isn't necessary. There is no question this terrible virus will (has) affected everyone. Common sense tells us we must be cautious. The experts tell us that those of us in our "Golden Years" should be especially careful. I know I've changed the way I'm doing things.

Yesterday, we held our bi-monthly meeting of the Carroll County Commission on Aging & Disabilities/COAD (which I chair). I'm sure you may have guessed what the main topic of conversation was, of course the coronavirus (COVID-19). You can well imagine all the decisions that need to be made in order to keep the public and the County's employees safe. Every event, public meetings and gatherings must be scrutinized. One of the major topics discussed was the upcoming Seniors on the GO Expo, held each year at the Ag Center. The Bureau on Aging has planned the biggest and best event, ever, for April

15th. Much hard work and preparation has already been done. No decision has been made, at meeting time, to cancel the event, but make sure you stay in touch with the county's web site and the Bureau of Aging (frequently) for future announcements. This is good advice for the foreseeable future. From this point forward never "assume" plans you made to attend an event months ago are still in place. The County will be diligent in "getting the word out" of changes, through every means possible. If you're not sure, double check!

In addition to the coronavirus discussion, we invited Jeff Degiz, Director of CC Department of Parks & Recreation. It has been a discussion among committee members that we need to do more to co-ordinate the efforts of the Commission, with other county departments that provide services for seniors, veterans and the disabled. I was a pleasure to welcome Jeff to our meeting and his eagerness to "share" his department's offerings. As you may imagine there are many areas where we may jointly benefit the folks

we serve. Plans were made to stay in direct communication with Jeff and his Department, so that we may make you aware of all that our great county has to offer. Parks & Recreation publishes seasonally a guide of activities. I'm sure some have seen this. Integrating this into what we do a COAD is part of the plan to keep all informed. Jeff also talked about the need to know what YOU want. What type of activities, facilities, opportunities can we provide that we are not providing now? Volunteer opportunities abound in the Department of Park & Recreation. Let Jeff and his staff know if you can help and what your interests are.

Immediately, after adjourning the COAD meeting, some of use reconvened and met as Carroll Together/Aging in Place (AIP) subcommittee. This committee of late has been looking at ways we can be more effective and beneficial to those we serve. We have been formulating a proposal to be presented to the Commissioner (hopefully in June) asking for their support to begin the certification as an "AARP" Age Friendly Community.

This is a long and detailed process that will involve your help. The results will be a community that provides access and benefit to people of all ages and abilities. There will be more to come on this in future columns.

As you may know, I make my living helping people live comfortably in retirement. I am a Certified Senior Advisor (CSA) and have been in the reverse mortgage business for many years. I know, amidst the coronavirus chatter you are aware that mortgage interest rates have fallen (at least at this writing). I know of no better way to secure retirement than to get rid of or reduce a mortgage payment. I also know that rates have never been better. Now may be the time to look at refinancing. If you have a regular (conventional) mortgage or a reverse mortgage, it may be worth the look. I can help determine if refinancing is the right thing to do or not, at no cost to you. Please call me or another mortgage professional and find out for sure.

For more information call me at 410-804-4898. I'll be glad to help!

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HEALTH NOTES

Preventing Colorectal Cancer

Heidi Winkler
Frederick Memorial Hospital

Colorectal cancer is the third most common form of cancer, and is the second most common cancer killer in America after lung cancer. Thankfully, the death rate for this disease has dropped over the years due to earlier screening and improved treatment options.

“When detected early, colorectal cancer is one of the most treatable cancers,” says Naderge Pierre, M.D. general surgeon/colon and rectal surgeon, Frederick Health Medical Group.

Check out Frederick Health’s Colorectal Cancer Toolkit at FrederickHealth.org/colorectalscreening to learn which screenings are right for you, to view various colorectal cancer resources, and to find information on how to raise awareness for prevention and early detection.

In addition to leading a healthy lifestyle, routine screenings are the best

defense against colorectal cancer. Several testing options are available, including a screening colonoscopy which your doctor can review with you. Visit FrederickHealth.org/colorectalscreening to request a colonoscopy appointment (whether you’re insured or not), or to request additional information about colorectal cancer for yourself, a loved one, your organization, or employees.

Other preventative measures against colorectal cancer include:

- Eating healthy. Make sure your diet includes plenty of vegetables, fruits, and whole grains. Avoid eating red meat and processed meats.
- Exercising regularly. It’s been proven that people who are more active reduce their risk of colorectal cancer.
- Knowing your family history. Tell your doctor about anyone in your family—especially immediate family—who has had colorectal cancer or pre-cancerous polyps.

Your doctor may opt to screen you at an earlier age.

- Watching your weight. Those who are overweight or obese are at higher risk for colorectal cancer.
- Limiting alcohol consumption. The American Cancer Society recommends that men consume no more than two drinks per day, and women one drink per day.
- Quitting smoking. Long-term smokers are more likely to develop and even die from colorectal cancer than non-smokers. Frederick Health offers a free six-week Freedom from Smoking program.
- Talking to your doctor. You may have an increased risk of developing colorectal cancer if you have ulcerative colitis, Crohn’s disease, or type 2 diabetes. Make sure your doctor knows about your diagnoses and symptoms.

If you have any symptoms of colorectal cancer, it is important to speak to your healthcare provider so they can do

the appropriate tests and, if necessary, start treatment as soon as possible.

The most common symptom of this disease is a new lump or mass. Typically, cancerous masses are painless and hard with irregular edges. Other symptoms of colorectal cancer include: A change in bowel habits; Feelings of needing to have a bowel movement that are not relieved; Rectal bleeding; Dark stool or blood in stool; Pain or cramping in the abdomen; Weakness or fatigue; and Unintentional weight loss.

It is important to note that many of these symptoms can also be caused by other conditions, so you must talk to your doctor if you notice any of the symptoms listed above.

Knowledge is key to preventing colorectal cancer, and Frederick Health is here to help. Whether you need more information on prevention, want to raise awareness for this disease, or want to schedule your first screening, go to FrederickHealth.org/colorectalscreening for comprehensive resources.

County leaders prepare for Coronavirus

On March 13, County Executive Jan Gardner and Dr. Barbara Brookmyer, Health Officer, were joined by public safety, emergency management, and community partners at a public information briefing at Winchester Hall to provide an update on efforts to prepare the community for potential spread of the novel coronavirus (COVID-19).

What residents should know about COVID-19

Prevention

- Avoid close contact with people who are sick, cover your cough/sneeze, avoid touching your face, clean “high touch” surfaces, stay home when sick, and wash your hands often.
- Consider an elbow bump or other greeting instead of a handshake or hug.
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Symptoms and when to seek medical care:

- Can include fever, cough, or shortness of breath. Symptoms may appear 2-14 days after exposure.
- If you have symptoms, call your primary healthcare provider first. Do not go to their office without calling. Do not go to the emergency room unless you are having a medical emergency. Emergency rooms need to be able to serve those with the most critical needs.

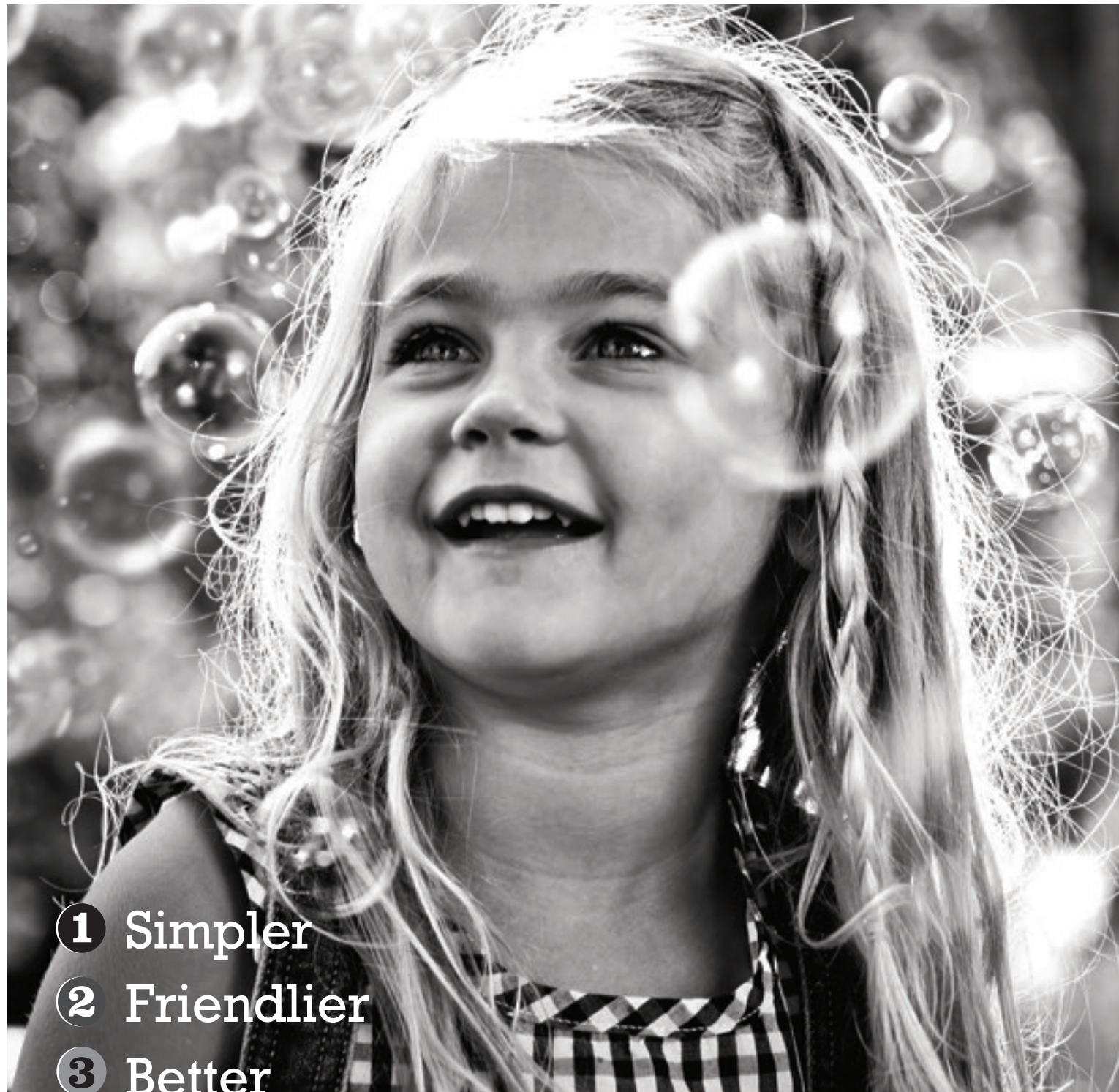
Preparation

- Make a plan for yourself and your family. Have an emergency supply kit at home in case you need to stay put for many days.
- Check on seniors living alone and others in your community.

Take care of your mental health:

- If you are feeling anxious, limit your media exposure, and remember that the same everyday actions which prevent seasonal flu also prevent COVID-19. Create a plan with others to make sure needs will be met.
- Fear and anxiety can lead to social stigma. Stigma hurts everyone by creating more fear or anger towards ordinary people instead of the disease. We can fight stigma and help not hurt others.
- Call 211 for general questions about COVID-19 and mental health and health resources.

Stay informed! Check reputable sources and avoid spreading rumors. For local information, visit health.frederickcountymd.gov.



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Graceham Fire Company celebrates sixty years

Val Kilby

The Graceham Volunteer Fire Company will be celebrating its 60th year since its incorporation, even though the organization itself has been around much longer. It was around 1917 when the idea of having fire protection in Graceham first came about. It is believed to have been inspired by the great fire of Creagerstown, which had happened just a few years earlier. Although many records have been lost, we do know that the original fire company joined the Frederick County Fireman's Association in 1936.

Leslie Sovocool, Sr., one of the original incorporators, served as chaplain of the Frederick County Fireman's Association for about 15 or 20 years, during which he gave many talks in houses and fire stations around Frederick County. He was a minister, schooled at Moravian College, Brown University, and Princeton Theological Seminary. He also served as a director of the Works Project America (WPA) during the Great Depression. Some of the other early members before the company incorporated were Raymond Boller, Elmer Buhrman, Luther Buhrman, George Fox, Lloyd Grushon, Frank Lawrence, William Troxell Clyde Young, Earl Young, and Ralph Young.

Early fire protection

In early times, the fire company had a 100-gallon, hand-pulled Ajax tank. It was used for many years around the community until it was destroyed in a

barn fire in 1954. A fire pond was built in 1935, at the east end of town, under the WPA program, on ground owned by the Graceham Moravian Church. The pond holds 100,000 gallons of water at full capacity. A 99-year lease was signed, allowing the fire company to use and maintain the fire pond. Today, the fire pond is still used as a source of water for drafting, but is also used to supply water to the church's sprinkler system.

The early fire company was also responsible for the erection and maintenance of town streetlights. They would have carnivals and church dinners to raise funds for this cause.

Incorporation

The late 1950s saw controversy within the town. Graceham residents were debating the need for a fire company, and a meeting was held in the basement of the Graceham Moravian Church to discuss the issue. Some citizens wanted to form a civic group, disband the fire company, and let other neighboring communities cover any fires in the town. The outcome of that meeting was to let the civic group take care of the streetlights, and the fire company would take care of the fire pond, fire protection of the town. Although an official decision was finally made, the townsfolk would remain split for several years. In April 1960, the new fire company incorporated and the first meetings were held in the basements of people's homes. The three men who incorporated the company were Leslie Sovocool, Sr., Leslie Sovocool,

Jr., and Richard Waynet. The first meeting of the newly incorporated Graceham Volunteer Fire Company was held in the basement of Richard Waynet's home.

Building the station

The company was without an actual station during its first 2 to 3 years. Lack of their own place to meet meant that they would continue meeting in member's homes. In 1962, Mr. Stanley Rogan and his wife donated an acre of ground from their property off Graceham Road to build a station. It was given with a 100-year lease on the condition that it was only used as a fire station. In 1963, the station, 40 x 40 foot with two 10-foot bay doors, was built for \$4,500.

Acquiring apparatus

The first piece of fire apparatus purchased was a 1947 American LaFrance pumper from Branchville Volunteer Fire Company in Prince George's County. The pumper was too old to meet county standards, so the company was unable to receive any tax money at the time to help with operating expenses. In 1996, the company contracted to have a new 1996 Ford Pumper built. It had a 750-gallon per minute front mount pump with a 500-gallon water tank. The new truck cost around \$14,000. The company made a down payment of \$2,500 and made payments until it was paid off 10 years later. Over the years, Graceham has updated its fire equipment to ensure it could meet the needs of the community. Most recently in 2001 it acquired



Graceham's original 1947 American LaFrance pumper (pictured above) served the community for many years. In 2008, it acquired its 1990 Grumman (pictured below) capable of pumping 1,250 gallons per minute.



a new International Engine Tanker with a 1,250-gallon-per-minute pump and a 1,800-gallon tank, and in 2008 it acquired a 1990 Grumman with a 1,250 gallon per minute pump and a 1,000-gallon tank, purchased from Braddock Heights Fire Company. The company is current starting fundraising for a new engine that will soon call Graceham home.

Ambulance Service

In 1964, Glendale Fire Company donated a 1950 Cadillac ambulance, which had been an old U.S. Army ambulance. The company felt that starting an ambulance service would receive more calls and would spark more interest in membership. The members had been training and holding classes in CPR and advanced first aid with the city companies at the new station. The Board of Directors voted not to use the 1950 Cadillac because it needed too much work to put into service. After taking some advice from the city companies, the fire company purchased a more up-to-date ambulance for \$500. It was at this time the fire company officially began an ambulance service. The ambulance would run on all emergency medical services and fire calls.

In 1990, the fire company discontinued ambulance service and now only runs the Special Unit, which assists the ambulance crews and gives patient care prior to the ambulance's arrival. In 2001, the fire company purchased a new Ford F-350 4X4 as a Special Unit.

Renovations

By the mid-1990s, it was clearly evident that the station was badly in need of repairs. The original station was 30 years old. There had been some minor additions

in the 1970s but the fire company was outgrowing the station. Modern apparatus was simply too large.

In 1994, the company began a total renovation of the existing building, which included putting on a new roof, adding a 20 x 60-foot bay, and renovated the inside. The renovations were completed in three years, and, best of all, no money was owed. This was due to all the volunteers who helped, which saved all labor cost, and the fact that the county chipped in to help buy the materials.

Fire prevention

The company has a strong fire prevention program. Volunteers do smoke detector checks, provide prevention literature for seniors, and educate elementary students at the schools about the importance of fire prevention.

Young men and women who are not old enough to join the company as full members can do their part in the fire prevention program. Current fire prevention representatives from Graceham include Elizabeth Schuebel (Junior Miss Fire Prevention Princess), Meaghan Andrews (Miss Fire Prevention Princess), and Kamerin Jenkins (Junior Fire Chief).

Into the Future

Aside from running emergency calls, the company spends a lot of time on fundraising. They are in the process of purchasing a new piece of apparatus with an estimated cost of \$200,000 - \$300,000. It will give the company the ability to respond and be versatile both in their own area, as well as within the nearby town of Thurmont and Rocky Ridge.



—GATEWAY TO THE MOUNTAINS—

THURMONT

Maryland

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For updated information go to www.thurmontmainstreet.com

HISTORY

Gateway to the Mountains

George Wireman

Chapter 9 - Harriet Chapel

There are no existing records to show the date when Harriet Chapel was first built, however, it is believed that this beautiful and historic little church dates back to the early days of the Catoctin Iron Works, which was in operation during the period of the American Revolution.

In 1820, the Catoctin Iron Works was purchased by John Brien and his brother-in-law, John McPherson. Mr. Brien's wife, whose first name was Harriet, was the only daughter of Colonel John McPherson of Prospect Hall near Frederick, Maryland. Harriet was a devout Episcopalian and all her life had attended All Saints Church in Frederick.

After moving to Catoctin House, Mrs. Brien found it very difficult to attend her church in Frederick. It was twelve miles one way and a long drive even with a good horse. In the winter when the weather was bad, she spent most of her time in Frederick, where her father had built a home for her on Court Square. Harriet McPherson Brien died in 1827 at the age of 47, leaving several sons.

From the diary of Samuel Reineke, an early minister of the Graceham Moravian Church, we find that in 1827, "preaching in the English language every other Sunday was begun at the Furnace." The Reineke's diary

also gave evidence that an Episcopal Church was dedicated at Brien's Iron Works by Bishop Stone.

From the records of All Saints parish in Frederick we find the following entry:

"Consecration of a church, October 25, 1833. Bishop Stone consecrated to the service of God, Harriet Chapel, a church edifice erected by John Brien, Sr., at his works called Catoctin. "The name of the chapel was a token of respect to Mr. Brien who deeded the church to the Rt. Rev. William M. Stone, in trust for the Diocese."

Although this record was just recently uncovered, it settles the origin and name of the Chapel, which had been confused by the inscription on the old red Bible still in use — "Harriot," written in gold letters.

Another Harriet McPherson, grandmother of Miss Louise McPherson, who lived for 50 years at Auburn, was the soul of the parish for many years. It was Harriet McPherson, mother of Mrs. William McPherson McGill, who conceived the idea of having an Episcopal church in Thurmont and was largely responsible for raising her share of the money for the building of St. Stephens and obtaining the memorials to beautify it.

All Saints Parish in Frederick took in a large tract of land and in one of the histories of Frederick County there is recorded a meeting of the vestry in 1834, at which the Rev. Henry Johns announced that the parsonage at Catoctin Furnace had been completed and

a missionary engaged to officiate at the chapel. Special services were conducted for the Negroes in the area. These were either slaves or engaged in work in the neighborhood.

In 1852 the iron works was purchased by James P. Fitzhugh and Jacob M. Kunkel. Mrs. Fitzhugh, a devoted wife and mother, chose to live at Catoctin House because it was near her husband's work and the church. In 1848, the Auburn farm was sold to a cousin, Dr. William S. McPherson.

Around 1855, the Fitzhughs decided to go to California. Before disposing of the furnace property, Mr. Fitzhugh deeded to the Diocese of Maryland, seven acres of land surrounding the church, which included the rectory and several other buildings. This generous gift proved beyond any doubt, the love and devotion the Fitzhughs had for their church.

Harriet Chapel, meanwhile, continued to hold services, baptize the newly born citizens, bury the dead and keep the Sunday School going during the occasional lapses between rectors.

The vigorous life in what was then a small and rather remote community with no real advantages for their families, often made the rectors eager for a change.

In 1880, a young dergyman, the Rev. Ernest McGill, came to Harriet Chapel and during his first year as rector of Catoctin Parish, the church made remarkable progress. After several years at Harriet, Rev. McGill married Mary Buchanan McPherson of Auburn and left for Nebraska where he served as a priest.

Mrs. McGill's aunt, Meliora McPherson, was the wife of Bishop Clarkson, the first Bishop of that far western diocese.

Around 1887, the Rev. Whittingham arrived at Catoctin and took up his duties as rector of Harriet Chapel. In 1889, when the historic Johnstown Flood brought disaster to nearby Pennsylvania, Little Hunting Creek at the edge of the village rose so high that it forced Rev. Whittingham to move to the second floor of the rectory. When the waters subsided, they left a spring in the church yard where it has been ever since, a reminder of a tragic catastrophe.

After about a year in Nebraska, the McGills returned to the East where they served several parishes — Key West, Jacksonville and Sparrow's Point — before returning to Catoctin Parish.



President Johnson and Australian Prime Minister Harold Holt as they visited Harriet Chapel on Fathers' Day, 1967.

Following the death of Rev. McGill in 1906, the Rev. G. Mosley Murray became the new rector. Rev. Murray served the parish for about a year and was succeeded by the Rev. E. C. Alcorn in 1907. It was around this time that Archdeacon, Rev. John G. Murray was sent to the outlying missions of the diocese to make a re-report on their condition, and to submit it to the bishop.

At Walkersville, the Archdeacon found that most of the congregation had moved away. There were only a few faithful members at Harriet as the iron works had slowed down considerably. St. Stephen's parish seemed to be the most active of the three.

In 1909 Rev. Thomas Getz Hill became rector and served the parish until 1910, when he was succeeded by the Rev. Lewis Bee-man Browne. As a result of the Archdeacon's report, it was decided to sell the church at Walkersville. At Harriet, the rectory and all the buildings and land of the Fitzhugh gift was sold, leaving only a small portion of land around the church. The proceeds of this sale were used to build a rectory in Thurmont, located at the present site on East Main Street. This was around 1910 and when the parish was under the leadership of the Rev. Bee-man Browne.

Harriet Chapel was then supplied from Thurmont and between rectors, a number of devoted and faithful members managed to keep the Sunday School active.

In 1914 the parish was again without a rector and was served by several from All Saints parish of Frederick. These included the Rev. Douglas Hooff, the Rev. Louis H. Ewald and the Rev. Clarence E. Wolfe. Around 1918, a devout Scotsman and lay-leader, Mr. Crawford, came to Harriet each Sunday from Frederick, to conduct Morning Prayer and to keep the Sunday School going. The church today is a direct result of the efforts of these faithful and loyal members who refused to remain idle in the absence of a rector.

In 1921 Bishop Murray called the Rev. Warren K. Damuth from New York, to serve Catoctin Parish. Fr. Damuth, a native of Thurmont, spent ten years in New York where he was rector of a church near Washington Square. He accepted the charge willingly and served Catoctin Parish faithfully for twenty-seven years.

Perhaps the last remaining building of the iron works was the old stone casting shed. The owners of the property offered this old shed to Harriet Chapel if the vestry would agree to have it torn down.

In 1925, the timber chancel and sacristy were supplanted by a beautiful stone sanctuary with three arches. This

was built of the stone from the old casting shed and did much to beautify the church. At the same time, a large Sunday School room was added together with a small room for the heating plant.

The walls were done over in a soft peach color and handsome side lights, a gift from St. John's Lutheran Church, were installed to replace the old, inadequate ones. The pot-bellied stove then was replaced with a more efficient system of heating. Catoctin Parish showed signs of new life and it was during this period that one of the largest confirmation classes ever assembled at Harriet was presented to the Bishop.

In 1947 Fr. Damuth died and the Rev. Oscar F. R. Tieder was called to the parish. In addition to serving St. Stephen's and Harriet, he also served the Maryland State Sanatorium at Sabillassville. During Rev. Tieder's rectorship, a new organ was installed, and a vestibule of cement block construction was added to the church structure. Rev. Tieder served Catoctin Parish until his death in 1952.

In the fall of 1952, the Rev. Bernard Jennings became rector of the parish as well as ministering to St. Ann's Church in Smithsburg, Maryland, where he made his home.

During the rectorship of the Rev. Jennings, a number of repairs were made to Harriet which included the laying of a new floor, redecorating the walls and the repairing of the window sills. New oak pews were installed and paid for through memorial gifts. The vestibule, built during the rectorship of Rev. Tieder, was faced with stone to match the church. Plans for a Parish House were discussed, drawn up, and presented as a gift from the Church of the Annunciation of Anna Maria, Florida. Following a few revisions, made by the Diocesan Architect, James J. Chapman, Jr., the vestry authorized the immediate building of the structure. The Parish House has proved to be a very useful and much needed addition. It contains an assembly room, sacristy, kitchen, and rest rooms. The structure of the building, made of cement blocks, will at some future date, be faced with native stone in keeping with the church structure. Work on the Parish House was done mostly by the men of Catoctin Parish and this beautiful building is a monument to their devotion and loyalty.

In 1956, the Rev. Lloyd L. Wolf succeeded the Rev. Bernard A. Jennings as rector of the parish. Under the leadership of Fr. Wolf the church membership increased considerably. His interest and deep concern for the youth of the parish was responsible for an active and very efficient Church School, both at Harriet and at St. Stephen's. Fr. Wolf's

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interest in civic affairs and his warm and friendly disposition, won for him the respect and admiration of the entire community.

In December 1962, the Rev. Leslee E. Schwindt accepted a call to Catoctin Parish. In the five years Fr. Schwindt has been in Thurmont, he has served the parish well. His sermons are inspiring and his love for the church has brought new meaning to the worship service.

In July 1965, under the guidance and instructions of Fr. Schwindt, this author made one of the greatest and most eventful decisions of his life — joining the Episcopal Church. Next to being born, the greatest moment of my life came when the Rt. Rev. Harry Lee Doll, D.D., Bishop of Maryland, placed his hands upon my head and repeated these words — “Defend, O Lord, this thy Child with thy heavenly grace; that he may continue thine for ever; and daily in-crease in thy Holy Spirit more and more, until he comes unto thy everlasting kingdom. Amen.”

The church has served as a great inspiration to me and life has taken on a new meaning as a result of my sincere faith in its teachings and close association with its many activities. Joining me in the Ancient and Apostolic Rite of Confirmation were, Richard W. Athey, Virginia Ann Athey, Guy Wayne Dayhoff, Dorothy Lee Fraley, Helen Virginia Fraley, Clarence S. Hagelin, Jr., George Franklin Humerick, Barbara Jean Martin, Hallie Mae Martin, Lorraine Ann Martin, Pauline Elizabeth Miller, Lillian Florence Dayhoff, Gladys Irene Smith, Howard Nelson Sweeney, Betty Lee Young, Syntha June Young, and my wife, Charlotte Ruth Wireman.

Under the leadership of Fr. Schwindt, parish membership has in-creased and many new improvements and additions have been made to the church. Just recently, a beautiful Christus Rex was presented to Harriet Chapel, given in loving memory of the late Harry Martin, by his wife, Florence Layman Martin and children.

On January 12, 1964, President Lyndon B. Johnson, spending a week end at Camp David, motored to Catoctin to attend church services at Harriet Chapel. After the service he remained to shake hands with the congregation and to talk briefly with the rector, Fr. Schwindt.

On several occasions the President's daughter, Lynda Bird has worshipped at Harriet. On March 26, 1967, she attended the Easter service and remained to distribute flowers to the

Theodore “Ted” Howes



Theodore Clark “Ted” Howes, 90, of Emmitsburg, died peacefully, March 12. Born December 25, 1929 in Ridgefield, Connecticut, he was the son of the late Robert Clark Howes and the late Phyllis Evelyn (Greene) Howes. He was the devoted husband of Anne (Tourgee) Howes, to whom he was married for 51 years.

Ted was a graduate of West Springfield Massachusetts High School, class of '48 and Springfield College, class of '56, where he earned a Bachelor of Science degree. He was a proud veteran of the United States Air Force, serving during the Korean War years. He worked for GEICO Insurance for 11 years, then became an Investigator for the United States Department of Labor, where he served for 30 years working in the Black Lung Program in Washington. Before moving to the countryside at their Emmitsburg farm, he and Anne lived in their first home at Williamsburg Village in Olney for 11 years.

Ted was a member of the Mayflower Society of Washington, and the Alden Society, as he was a direct descendant of John Alden. He was

very supportive of various veterans' organizations and Native American tribes. He enjoyed doing word search puzzles, coloring, and spending time on his farm tending to his many animals, including geese, turkeys, ducks, goats, horses, cats and dogs. As a young man, he was active in scouting in West Springfield and after college, the Chamber of Commerce in Springfield. Ted was a fan of the Boston Red Sox, the Washington Redskins and the Maryland Terrapins. He could be seen driving around Emmitsburg in his tan pickup truck with the “SLY FOX” license plates.

In addition to his beloved wife Anne, he is survived by 2 nephews, Charles O'Donnell in California and David O'Donnell in Oregon; Anne's niece and 4 nephews, and Anne's sister. Ted is also remembered by life-long friend, Donald Audette. Other dear friends, Hal and Tammy Zimmerman and family of Frederick and Kathy Powell, her late husband Bill, and their family of Rockville were very special to Ted and Anne. Ted was predeceased by sister, Janet Heavenridge and her husband Jerry; and sister-in-law, Rosemary Tourgee Dorsey.

Due to the Coronavirus health crisis, a memorial service to celebrate Ted's life will be held at a future date. Memorial contributions in Ted's name may be made to The Wounded Warriors Project, 4899 Belfort Rd, Suite 300, Jacksonville, FL, 32256 or to St. Joseph's Indian School, P.O. Box 326, Chamberlain, SD 57326. Online condolences may be expressed to the family at www.myersdurborawfh.com.

members of the Church School.

On June 17, 1967, Australian Prime Minister, Harold Holt and Mrs. Holt were among the week end guests of President Johnson at Camp David. On Sunday, the President and his guests attended worship services at Harriet Chapel and were deeply impressed with the beauty of this historic old church.

Attending with the President were Prime Minister and Mrs. Holt, of the Commonwealth of Australia; Australian Ambassador to the United States, John Keith Waller and his wife; the United States Ambassador to Australia,

Edward Clark and his wife; Sir John and Lady Bunting; Tony Eggleton, the Prime Minister's press secretary; Mr. Lawrence Spivak, of the National Broadcasting Company; and the usual crowd of Secret Service agents.

After the service, both the President and the Prime Minister tarried long enough to shake hands with the congregation and to talk briefly with the rector. Before returning to the presidential retreat in the Catoctin Mountains, President Johnson picked up four-year-old Karen Jones and kissed her, while the Prime Minister bounced three-year-

Sandy Stillwell-Greystone,



Sandy Marie Stillwell-Greystone, 58, of Germantown, passed away peacefully on February 26 surrounded by her loving family. Born January 13, 1962 in Quincy, IL, she was the daughter of Mary (Domzalski) Bizaillion of Quincy and the late Dean Bizaillion. She was the wife of the Rev. Jon R. Greystone.

Sandy was a graduate of Quincy University, where she earned a Bachelors Degree in English Literature. She was the owner and manager of Royal Flush Cleaning Services in Montgomery County. She loved writing, and had authored 3 books: My Silent Partner; The Gems of Genesis, Wellness Blueprint; and The Gems of Revelation. She was working on completing her 4th book, The Gold Beret, at the time of her passing.

Sandy also enjoyed writing songs, producing movies and public speaking. She was a member of Toastmasters International in Gaithersburg. She loved teaching and sharing her faith wherever she went. She is a member of Elias Evangelical Lutheran Church and

also attended Life Church and Go Church in Germantown.

As Jesus said, “By their fruits you will know them,” and the fruit of Sandy's life has been more than abundant. We, her family, will work much of our days on this earth to be like Sandy's example, so we can see her beautiful smiling face for eternity.

Surviving, in addition to her husband Jon and her mother Mary, are sons, Benny Nkansah and Ryan Nkansah all of Germantown; granddaughter, Zaliene Nkansah; siblings, Pam Hammer of St. Charles, MO, Greg Bizaillion and wife Debbie of Houston, Richard Bizaillion and wife Theresa of Hannibal, MO, Sherry Hills-Garner of Quincy, IL, Patricia Ragland and husband Jody of Hagerstown and Jack Bizaillion of Quincy, IL; and many nieces and nephews. She was predeceased by 2 infant siblings, Sharon Louise and James Eugene Bizaillion and brother-in-law, Scott Garner.

A funeral service was held March 1 at Elias Evangelical Lutheran Church with the Rev. Ronald Reaves and the Rev. Meheret Caruthers officiating. Burial was in the Elias Lutheran Church Cemetery

Memorial contributions may be made to the Elias Lutheran Church Food 4 Kids Program, P.O. Box 465, Emmitsburg, 21727 or to Breast Cancer Awareness – Cumberland Valley, Clean Sweep Program at bcavc.org. Online condolences may be expressed to the family at www.myersdurborawfh.com.

old Mark Hagelin on his shoulder. The Prime Minister was heard to remark, “Today is Fathers Day and this is the day you must be nice to us fathers.”

Catoctin Parish has known dark days as well as bright ones. The loyalty and devotion shown by its members is responsible for the many improvements and increased activities at Harriet. Although the Catoctin Iron Works has vanished from the scene at Catoctin, this beautiful little chapel today serves as a monument to its founders and the early pioneers of this remarkable and historic little village.

Exciting things are in store for Catoctin Parish. A consolidation of St. Stephen's at Thurmont and Harriet Chapel at Catoctin, will take place on a new tract of land just outside of Thurmont, where the whole parish activity will be concentrated in due time. St. Stephen's in Thurmont has been closed, the last service being conducted by Bishop Doll on November 1st, 1967. The few families in Thurmont were willing to go to Harriet for the time being. This closing has eliminated a costly maintenance problem.

Chapter 11 next month

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TANEYTOWN HISTORY

The Architect of Taneytown's Main Street

David Buie

Driving through Taneytown, one will quickly notice some similarities in architecture to York. Those similarities exist due to one architect, John Augustus Dempwolf, who is responsible for the design of seven buildings in Taneytown: John McKellip House, Dr. Motter's Horse Stable, Taneytown Presbyterian Church, N.B. Hagan House and Grocery Store, Edward Eugene Reindollar House, Trinity Lutheran Church, and the Birnie Trust Company Building.

Before exploring the buildings of Dempwolf and the legacy he left in Taneytown, let's take a quick look at his life. John Augustus (J.A.) Dempwolf (1848-1926) was nineteen at the time he emigrated from Germany and settled in York. After brief employment at a milling company, he became interested in building construction.

In 1871 he moved to New York where he worked as a construction foreman during the day and took architectural and design classes at night. After graduation in 1873, J.A. oversaw the construction of the Cathedral of the Holy Cross in Boston.

In 1874 he returned to York to design his first church, St. John's German Lutheran Church. With the construction complete, J.A. moved to Philadelphia to work in the architectural firm of Stephen Button who had received a commission for buildings for the Centennial Exhibition that Philadelphia would host in 1876.

Dempwolf had planned to stay in Philadelphia but returned to York in 1876 to start his own firm. He opened an architecture office on the Continental Square, which he would occupy for the next fifty years until his 1926 death.

Although Dempwolf certainly left his mark on York, he also made important contributions to Taneytown's architecture. It is easy to see similarities between his York buildings and the seven structures he designed in Taneytown.

The John McKellip House, located at 7 Frederick Street, was the first of the Dempwolf-designed buildings in Taneytown. John McKellip (1828-1923) operated a drug store on this lot in 1853. The house was built in 1880 with a drug store attached to the right side. The home features a double front

door, peaked dormer, and end chimneys. It was occupied by McKellip's daughter and her husband, Bentley Brining. Brining was also McKellip's business partner. It is unclear when the pharmacy portion of the home was removed. However, in an article on John McKellip that appeared in the April 1908 edition of "The Druggist Circular," McKellip stated that the business was the oldest in Taneytown, having been established in 1853, and that both his home and business were built on the original property of Major John McKaleb.

There is very little known regarding the design and construction of Dr. Motter's Horse Stable built in 1881 on the property of Dr. George Troxell Motter (1842-1903). Motter moved to 10 York Street following his marriage to Mary Louise Rudisel in 1869. In Volume X of "The American Architect and Building News" there is mention of the stable: "Taneytown - Dr. Motter is building a stable; cost \$1,500. J.A. Dempwolf, architect, York, Pa." Comparing the structure currently standing on 10 York Street with the Dempwolf blueprints available on the York County History Center website, the original building remains with a few modifications.

In 1820 a group of English-speaking Presbyterians in Taneytown covenanted with the predominantly German-speaking Reformed Church to create a "union congregation" and erected a church that they shared although, because of the language differences, they did not worship together. The two congregations met separately until 1883 when the Presbyterians purchased the present lot at 36 York Street, sold their share of the "union church" to the German Reformed congregation for \$300, and contracted with Dempwolf to build their own church. His proposal was accepted in late March/April 1883. The structure was completed at a cost of \$3,600 and dedicated at the end of the year.

The finished structure was in Victorian Gothic Ecclesiastical style with a side gable entrance and a tall pointed spire. Both the interior and the exterior remained untouched for seventy-five years. In 1959 a fellowship hall, kitchen, mechanical room, and indoor restrooms were added by raising the church structure on building



John Augustus Dempwolf (1848-1926)

jacks, installing a new foundation, and then excavating a walk-out basement with the same footprint as the sanctuary building above. The church is currently used by the congregation of St. James the Apostle Orthodox Church based in Westminster.

The Norman Hagan House and Grocery Store, located at 6-8 Frederick Street, was constructed in 1890 over the original site of the Adam Good Tavern. The tavern, an icon of Taneytown history, is famous for the overnight stay of George and Martha Washington in the summer of 1791. The circumstances surrounding the removal of the original log structure owned by Adam Good are not known, but Dempwolf's two-story, Classical Revival style, H-shaped building remains. From 1890 until Hagan's death, the store operated as a confectionary/grocery store. The building, which sits empty today, has subsequently housed a soda fountain/bowling alley, printing business, restaurant, and antique shop.

The Edward Reindollar Home, located at 9 York Street, was designed by J.A. Dempwolf and constructed in 1896 by Daniel Fair (1840-1915), a local builder. The house is an ornate example of the 'Classical Revival style.' One of its features is "an unusual terra cotta plaque in the central bay of the second story, flanked by curved windows on each side of the Palladian windows set in the cross gables on the first floor." While residing at 9 York Street, E. E. Reindollar (1853-1921) became an influential Taneytown businessman. Among other accomplishments, he founded the Reindollar Company and served as its president until his death at age 68. The home is currently for sale.



The Edward Eugene Reindollar house located on Nine York Street.

The original Trinity Lutheran Church, dedicated in 1811, was a simple brick structure housing the German Evangelical Lutheran congregation. That building received three significant additions in 1840, 1871, and 1897. The final renovation was completed by Dempwolf and dedicated on May 9, 1897. The cost of his improvements and additions totaled just over \$17,000. In her 2010 master's thesis submitted to the Graduate Schools of Clemson University and The College of Charleston, Rebecca Morrish Cybularz provided the following description of the changes he made: "The Dempwolf renovations reoriented the front façade from the south elevation to the west elevation and changed the roofline. Renovated in the Romanesque Revival style, the building was refaced in brick with Hummelstown brownstone accents. The front (west) elevation includes the front-facing gable with round-arched windows, a projecting vestibule, buttresses, and brick corbelling along the roofline. To the north is a stair tower with similar details. A four-stage bell tower anchors the southwest corner of the building. The south elevation

includes a semi-circular projection in the center with successive round- and flat-arched windows. This projection is flanked on either side by round-arched windows and entrance doors. The rear (east) elevation includes an end-gable wall from one of the previous additions." Dempwolf's changes made over a hundred and twenty years ago can still be enjoyed.

Little is known about the construction of the Birnie Trust Company Building which stands at 103-105 East Baltimore Street and was designed by J.A. in 1899. One side of the building was the residence of George H. Birnie while the other served as the bank. The style is a combination of Victorian and Classical Revival. The building was remodeled twice before the bank was moved to a new location down the street. Although the original J.A. Dempwolf design has survived, the building now contains apartments.

It is interesting to speculate what brought John Augustus Dempwolf to leave his mark on Taneytown, but many are thankful that he did.

David Buie is a Taneytown Resident who has a passion for Carroll County and its place in history.

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100 YEARS AGO THIS MONTH

April 2

Woodsboro Band Coming to Thurmont

Arrangements are now being made to bring the Woodsboro Concert Band to Thurmont and present one of their popular concerts in the town hall. This band consists of 25 pieces, five of them being soloists. The band has been appearing elsewhere in the county and has thrilled large audiences with their delightful music. April 15 is the date to be remembered.

Flitting Week Begins

This is moving week throughout the area. Moving problems this spring have become serious because of the frightful condition of the roads; many who have attempted to move have found themselves stuck in the mud. The roads, however, are rapidly drying off. To complicate the moving situation, there are many families who are forced to vacate and are not sure just where they are going, while some of the families who would like to move cannot secure houses.

New Doctor at Fairfield

Dr. Ira Henderson is located in the offices of Dr. Glenn at Fairfield. Dr. Henderson is a graduate of Jefferson Medical College in Philadelphia, class of 1917. He spent a short time in the hospital at Frankford, Pennsylvania before enlisting in the United States Army.

Honors Fallen Sons

On Easter Sunday, Elias Lutheran Church of Emmitsburg unveiled a bronze tablet in honor of her sons who lost their lives in the world war.

April 9

Detour Girl Drowns in Double Pipe Creek

Miss Lillian Spielman, aged about 17 years old, residing near Detour, fell from a footbridge that was placed across Double Pipe Creek after water had destroyed the road bridge last month and was drowned in the swift running water in the stream.

The accident occurred on Good Friday afternoon around 4 o'clock. Miss Spielman was on her way to the post office to mail an Easter package to her brother. It was stated that a man watering his horses near the bridge and three little girls who were playing nearby saw the unfortunate girl's feet come to the

surface twice and her hands once. She was carried along too rapidly by the current for any attempt at rescue to be made. The package she was carrying washed ashore half a mile from where she fell into the stream, and her hat was found at the mouth of the stream in the Monocacy River. Both streams have been dragged hoping to recover the body, but thus far efforts have been unsuccessful. Miss Spielman was a student of Thurmont High School and was much thought of by her teachers and classmates. The news of her death was a shock to the entire school.

Truck Upsets on Buggy

Mrs. Elmer Lenhart, who resides near Jintown, and her son and daughters are at Frederick County hospital suffering from severe cuts and bruises caused by a heavy truck crashing into the buggy in which they were riding. The accident occurred last Saturday when the family was in the process of moving. The buggy in which Miss Lenhart and the children were riding was tied to the truck, which was leading with the furniture. While ascending a hill, the brakes refused to work with the engine stop, and the truck backed into the buggy. The buggy was pushed over an embankment and demolished; the truck followed, upset, and partially landed on the buggy. The injured were removed to the hospital in a passing automobile.

April 16

Mountain Boozer Busted

During the past week, three United States revenue officers accompanied by a Deputy US Marshal and several policemen raided houses in and around the mountain. The area, where for many years has conducted illicit stills, was ripe for the revenuers. Quantities of liquor of different kinds and colors, along with a lot of mash, were seized and some of it destroyed on the spot. The still, comprised of a large iron kettle, and samples of the liquor were taken to police headquarters. The samples were thoroughly enjoyed by all.

Town to Take Over Electric Company

An act to purchase the plant of the Citizens Electric Light and Power Company of Thurmont has been brought before the Commissioners of Thurmont. The bill allows Thurmont to borrow \$5,000 for the purchase and improvement of the electric light and power plant.

Forest Fire

On Saturday afternoon, a fire broke out on a track of mountain land belonging to Mr. William Martin, situated north of Thurmont near the site of the old sawmill along Owings Creek. Mr. Howard Creager, several men from town and people living near the scene fought the fire to a finish. About 10 acres of second growth were burned over.

Arbor Day at Thurmont

On Friday afternoon, the schools observed Arbor Day as requested by the governor in his annual Proclamation. Of course, all the boys and girls did their part well, as they always do when called upon. It is to be regretted, however, that none of the patrons were on hand to lend encouragement. The teachers hope that the patrons will begin now to plan to attend the annual exhibition of the year's work which is to be observed in May. The teachers hope to see all parents and friends in the community crowding the halls of the Thurmont school building. Tell your children you will be present and that will make the exhibition all the more commendable.

April 23

Spielman Girl Recovered

The body of Miss Lillian Spielman, the 15-year-old daughter of Mr. and Mrs. Robert Spielman of Detour, who fell from a foot bridge into the waters of Double Pipe Creek, was found floating in the Monocacy River at LiGore bridge Wednesday of this week. The discovery of the body was made by William Dorcas, who was driving over the bridge in his buggy. The body was floating, anchored against rocks in the river. Mr. Dorcas waded to the rocks and pulled the body out of the water, wrapped in a blanket, placed it in his buggy and drove it to the home of the Spielman's. The LiGore Bridge is said to be about 5 miles from Detour where the girl fell into the stream. It is reported that the body was in good condition considering it was in the water since April 2.

High Tension Line Snaps

All electric power over the lines of the Hagerstown and Frederick railroad were paralyzed yesterday evening. The trouble occurred about 4 o'clock yesterday afternoon. The reported cause was a high-tension wire out of order. Traffic on the Thurmont line was at



The Sabillasville Sanatorium was built in 1907. It was the first state funded tuberculosis sanatorium in Maryland. In 1965 it became the Cullen Academy reform school for boys.

a standstill, all cars were idle and passengers were wondering if a night stay aboard would be the result. The trouble was adjusted about 7:15 in the evening and the cars began moving. This is the first time for a period of over four months that local electric traffic has been delayed. The last delay was due to snowdrifts on the track.

Road Detours Advertised

The State Road Commission announced the following detour between Emmitsburg & Bridgeport made necessary by repairs. One, Frederick County, between Emmitsburg and Bridgeport. From Emmitsburg, make a left from Concrete Road 2.5 miles east of Emmitsburg, follow the County Road past Bollinger School, bear right 1.9 miles, cross the Monocacy River, proceed 3.1 miles and regain Concrete Road at top of hill of Bridgeport. Length of detour - four miles.

Fork Prong Through Leg

On Monday of this week, Mr. Milton Stambaugh, met with all sorts of bad luck. He was hauling hay, and soon after leaving the scales at the coal yard, a portion of his load slipped off and carried him along. In the fall, his left leg came in contact with a fork, one of the prongs entering his leg under the knee, circled the bone and came through the flesh on top of the leg. Mr. Stambaugh unhook the horses and walk to the offices of Dr. Kiefer, where are the wound was dressed and was then taken to his home.

April 30

Claims Wallace Reward

Asserting that she furnished the

information which led to the location and apprehension of Clarence Wallace, safe blower and slayer of Leo Creager of Thurmont, and that she wrote the letter to Wallace, which was use by the officers of the law as a decoy, Florence Craft, of Baltimore, formally laid claims to the \$1,000 reward offered by the Frederick County Commissioners for the capture of Wallace, dead or alive.

Married On Deathbed

Informed by telegraph that the woman who whom he had been engaged for many years was at the point of death, William Lamar, of Baltimore, rushed to Sabillasville, where his bride-to-be was a patient in the sanitarium, and was married by Reverend Clarence Wolf, director of Saint Stephen's Protestant Episcopal church in Thurmont.

When Lamar asked for his license at the Clerk of the Court's office, he gave his age as 41, and that of the bride as 32, told of the courtship of many years, and added that he had received a telegram informing him that Miss Crane was dying and he immediately came to Frederick by auto to wed her before she was claimed by death. Lamar went to the sanitarium at once and they were married the same day.

Scarlet Fever

Several scarlet fever cases have broken out in the Fairfield district in the families of John Bupp and Edward Cruise. The cases at the house of Mr. Bupp are the only ones known within Fairfield Borough limits at the present time. se Tavern was dyna

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

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MOM'S TIME OUT

Explaining the pandemic to kids

Mary Angel

I am truly at a loss for words this month. I try to write my articles to help people, give what little advice I have, and hopefully give some encouragement. This month I am faced with something that has never happened in my lifetime... a true pandemic. Don't get me wrong there have been some horrible viruses/diseases from SARS to AIDS, but never something like this. I find myself in awe of the good and the bad this has brought out in people. The problem is if I can't wrap my head around it then how do I explain the ever changing environment to my kids.

Just like most of you I have to figure this out as I go. As you know my kids are now 21, 18, 15, and 12. In some ways this makes it a little easier and in other ways not so much. My philosophy has always been (right or wrong) if the kids are too young to understand then they don't need to know too much. On the flip side most "adult" children can grasp any explanation you may provide. I, however, have 2 children with anxiety issues, 2 children with OCD, and one that is on the spectrum. That doesn't mean that I keep information from them, it just means that I need to be careful how and when I spew information their way. I believe up through elementary school the kids may or may not need too much information.

When it comes to the middle school years, let's face facts they are going to hear things and they are going to have

questions. My twelve year old is careful not to ask too many questions. She knows I follow the rule "be careful what you ask" and "don't ask if you can't handle the answer". The high schoolers heard everything and then some at school. I am pretty sure they could tell me a thing or two, maybe not accurate information, but a lot of info came home every day. The truth of the matter is that most of what she was told at school was inaccurate. My high schooler was the one that needed me to clarify the most. The older two are in college and they just needed to ask basic "does the media have this right" kind of questions. They also wanted to know if things were as bad as they are made out to be on television.

My response to my kids is to tell them the truth, especially when they ask a direct question. I try to explain to all of them that this is unprecedented and we are all trying to do the best we can. There are people who are over-reacting and people who are not taking this seriously enough. My kids are actually living that. My mom and dad live with us and they both have heart conditions and my mom has COPD. My parents are the textbook case of people who should not leave their house, especially when I am happy to do all of their shopping for them. My mom has been cautious since the beginning but my dad is finally on board with the severity of what could happen. It scares my youngest to listen to him say, "I have had a good life, and if I die now then it was my time." This

is when I again ask my dad to stop making those comments, but more importantly it is when I have the opportunity to answer any questions she may have and reassure her to the best of my ability.

My older kids have started increasing the frequency and amount of questions as the concept of lock down is being thrown around like a dodgeball game. Unfortunately for all of us this would be something completely new and we don't have the answers. I would suggest this is a time to be rational, keep your wits about you, and think before you answer any questions. I know this can be difficult, when as parents, we too can become anxious. However, making our kids more nervous would serve no positive purpose. I tell my kids, on almost a daily basis (because one or more ask), that if we go on lock down it could be for the best. If we go on lock down we have books, games, puzzles, television, smart phones, apps, and much to their chagrin they have school work.

One important fact that I have hopefully gotten my kids to understand is the importance of following the rules. The simple fact is that this virus spreads rapidly and easily when people are in contact with one another. So they shut down schools and limited the amount of people who were allowed to be together and asked people who might have been infected to self-quarantine and people didn't listen. In my town alone you could ride down the street and see large groups of kids and adults hanging out. So they low-

A few tips for making the most of quarantine

- Start a family game night
- Get an app on everyone's phones that you can play together like Scrabble or Minecraft
- Have a family book club
- Bake together
- Puzzles are a classic
- There are a ton of card games – you could even learn a new one
- Have some time set aside for school
- If you have a yard (and it is permitted) go outside and play tag or catch
- Family exercise – there are all kinds of you tube videos with exercises
- Read and discuss a Bible verse a day
- Crafts are a popular one in our house (my kids have

- built a town out of things found in the recycling bin (just watch for sharp items)
- Family movie night
- Send emails/letters of encouragement to those around you
- Write a collaborative story – post a paper where everyone walks by regularly, and then encourage everyone to add a line to the story when they walk by. To make it more interesting fold the paper as you go so the next person can only see the line before them. After a time get everyone together and read the story you all created and probably have a good laugh.
- Give everyone some down time

ered the limit of people able to gather together (twice) and closed restaurants and bars. Now they have asked all colleges to do distance learning for the rest of the semester. On a personal note, my son needs a teacher in front of him to do well. So, he is convinced he won't do well and will lose his scholarship. I mention this because there will be a trickle-down effect from this virus. I hope everyone takes on a heart and mind of understanding and compassion when this is all over. The governor of Maryland alluded to the fact that people were still not following the

rules. The next step would have to be lock down.

If a lock down happens, please encourage your kids and those around you to view this as a positive step in halting the spread of the virus. Please help them to understand that this is for the good of everyone, and especially those at risk of succumbing to the virus. Let's work together (6 feet apart) to make sure as many people as possible survive this pandemic. God Bless!

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

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FIND NEW ROADS™

Spring treats

Rheta Thola
Hollabaugh Brothers

April is a month of transformation and excitement. Even though this happens every year, somehow the cold barrenness of winter drives it from our minds. Dormant trees are finally showing green emergent sprouts. Birds are beginning to sing their greeting to the sun. Each year, spring feels new again and exciting – at least for me. And this newness, more so than New Year's, inspires me to make changes and start new again.

We all have areas in our lives that are just not that obvious that they need to be cleaned and spruced up. But I challenge you, and myself, to use spring as an opportunity to not just clean your house but also to clean your life. Maybe parts of your life need to be rearranged. How about moving TV time and adding in a phone call? Or maybe moving bedtime later 10 minutes to give yourself time to try and learn something new for 10 minutes?

This spring let nature inspire you with its transformation. Not everything needs to be transformed in our lives, but there are always bits and pieces that do need a new approach. Activity isn't always good, but good activity can be meaningful. Birds do not build nests just for something to do. Bees do not buzz just because it sounds good. Each of nature's activities in spring are full of meaning and vitality. Make your activities meaningful and good. Enjoy spring. Enjoy the burst of a new, clean world.

Cinnamon Sugar Applesauce Muffins

Ingredients:

1/2 cup butter, softened
1/2 cup sugar
2 eggs
3/4 cup applesauce
1 3/4 cup flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon vanilla
1/2 teaspoon cinnamon

Ingredients for Topping:

1/2 cup melted butter
1/2 cup sugar
1 tablespoon cinnamon

Directions: Cream together the butter and sugar until smooth. Add the eggs, vanilla and applesauce to the butter mixture and combine well. Mix the flour, salt and cinnamon together in a separate bowl and add slowly to the butter mixture. Scoop into a greased mini muffin tin and back at 350 degrees for 15 minutes. After the muffins have cooled, dip in the butter then the sugar mixed with cinnamon to coat well.

Baked Egg Boats

Ingredients:

2 small baguettes
6 eggs
1/4 cup half and half or whole cream
1/2 cup ham cut into cubed
1/2 cup grated cheese
2 tablespoons chopped chives or green onions

Directions: Preheat oven to 350. Cut a V shape into each baguette and hollow out - leaving about 1/2 inch border of bread. In medium bowl, scramble eggs. Add cream, ham, cheese, salt and pepper.

Spoon into boats - making sure each egg boat gets equal parts ham and cheese.

Bake for about 25 minutes until egg mixture is puffy and bread is nicely browned. Cool for 5 minutes - slice and eat!

Easy Asparagus Casserole

Ingredients:

2 pounds asparagus, trimmed and cut into 2-inch pieces
1/2 cup mayonnaise
6 ounces sharp cheddar cheese, grated
1/2 onion, diced
2 tablespoons flour
2 cloves garlic, minced
1 cup milk
salt and pepper
15 Ritz crackers or similar, crushed

Directions: Place the asparagus, mayo, and cheese together in a large bowl. In a skillet over medium heat, add the onion with a drizzle of oil. Saute the onion for about 5 minutes until soft and slightly browned. Sprinkle the garlic and flour all over the onion mixture. Stir to create a roux and let the flour cook for a minute or two. Very slowly pour the milk into the skillet, stirring as you go to incorporate the milk into the flour mixture. Let the milk sauce come to a bubble. Sprinkle with salt and pepper. When the milk sauce is slightly thick, pour it into the bowl with the asparagus and other ingredients. Stir to mix everything together, and pour the mixture into a baking dish, 9x13 or similar. Sprinkle the crushed crackers over the casserole. Bake the asparagus casserole at 375F for 40-50 minutes or until the asparagus is just tender and the cheese is bubbly. Broil the top for one minute if you'd like to brown the crackers.

Grilled Lemon Honey Asparagus

Ingredients:

1 pound fresh asparagus
2 tablespoon raw honey
1 tablespoon freshly squeezed lemon juice

Directions: Rinse asparagus and slice off ends. Heat a grill to med-high heat. Place the asparagus on the grill in a single layer and toss with olive oil. Cook, turning occasionally, until tender (about 12-15 minutes). While asparagus is cooking, combine the raw honey, lemon juice and sea salt in a small saucepan and bring to a simmer. Drizzle the asparagus with the honey sauce to serve.

Lemon Cream Cheese Cookies

Ingredients:

1/2 cup butter softened
4 ounces cream cheese softened
1 cup sugar
1 egg
1/2 tsp vanilla

1 tbsp lemon juice I got from 1 large lemon
1 tbsp lemon zest from 1 large lemon
2 1/4 flour
1 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt

Lemon Icing

1/2 cup powdered sugar
1 tsp lemon juice
1 tsp milk

Directions: Cream your softened butter, softened cream cheese, and sugar for 5 minutes until light and fluffy. Start at low speed with your mixer and gradually get to medium-high. Add the egg, mix on low speed until combined. Add the vanilla, lemon juice, and lemon zest. Mix on low until combined.

In a separate bowl, combine the flour, baking powder, baking soda, and salt. Whisk until smooth and combined. Slowly add to the mixer on a low speed until the dry and wet mixtures are combined smoothly. Cover and place in the refrigerator for at least 4 hours.

When you're ready to bake, pre-heat your oven to 350°. Place a piece of parchment paper on a cookie sheet. Use a spoon to scoop dough about golf ball size. Roll between your hands until it's a smooth ball. Place on the parchment paper at least 2 inches apart. Bake in your preheated oven for 12-14 minutes until the edges are just starting to brown. Cool for 20 minutes before icing. While cooling, make your icing. In a small bowl mix together with a fork the powdered sugar, lemon juice, and milk until smooth.



Cinnamon Sugar Applesauce Muffins

Once cookies are cooled, use the fork to drizzle the icing on top of the cooled lemon cream cheese cookies. Finish with a sprinkle of the lemon zest.

Glazed Lemon Poppy Seed Bars

Ingredients:

1/2 cup butter {softened}
3/4 cup sugar
2 eggs
1 tbsp lemon juice
1/4 tsp salt
zest from 1/2 lemon
3/4 cup all-purpose flour
1/2 tsp poppy seeds
Glaze
1/2 cup powdered sugar
1 tbsp lemon juice
zest from 1/2 lemon

Directions: Preheat oven to 350 degrees. Prepare an 8x8 square pan by

spraying it with non-stick spray.

In a large bowl combine butter, sugar, eggs, lemon juice, salt and zest. Add flour and mix until just combined. Then add poppy seeds and stir. Pour into prepared pan and spread into an even layer. Bake for 18-22 minutes or until edges are brown the middle is set. Do not over bake, you want the texture to be like that of a brownie. Let it cool. While the lemon poppy seed bars are cooling, combine the glaze ingredients and whisk them together. Pour it over the cooled bars and spread out into an even layer over the top. Cut into squares and serve.

For more information about these events, call Hollabaugh Bros at 717-677-8412 or visit our website at www.hollabaughbros.com.



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LIBRARY NEWS & EVENTS

Frederick County Public Libraries go digital

Samantha Jones
Frederick County Library

In response to the community need for digital resources and family activities during this time of social distancing, Frederick County Public Libraries is going digital with a new lineup of live streamed storytimes and an expanded catalog of online resources.

Beginning today and continuing Monday through Friday each morning at 10 a.m. library staff will host a daily storytime to entertain children ages 0-6. Library staff members from each of their nine branches will be contributing to the series, which will continue throughout the library's closure. Beyond reading the selected story, parents can expect additional songs and rhymes to accompany each storytime, just as they would experience in the branch.

For families with older children, they will also host a bedtime read aloud of *Treasure Island* by Robert Louis Stevenson that will be fun for the entire family. You can tune into this special read aloud at 8 p.m. on Monday through Friday as we read one chapter per night.

"When the decision was announced to close the library our staff reached out immediately with their ideas for taking programming digital so that families could continue to foster a love of reading and learning with their children during this time at home," said Janet Vogel, Youth Services Manager at Frederick County Public Libraries.

Another great resource for individuals staying at home are the digital items

from the library, which are available 24/7 online at fcpl.org. These resources include 398,474 ebooks, 97,485 audiobooks, 37,920 TV shows and movies, 13 million songs, and 195 magazines, which are all available for free to any library card holder. Frederick County Public Libraries has also increased the number of checkouts for hoopla, one of their most popular services, from 10 checkouts a month to 30.

With all of these great resources, families can also join the library's "Spring Into Reading" challenge with Beanstack, an online website and app that helps you track your reading and rewards readers with digital badges. The challenge will run until May 31 and will also feature special activities that can be done from the comfort of your home like taking a virtual tour of the National Museum of Natural History or exploring digital resources on fcpl.org/learn.

All Frederick County Public School students have special access to FCPL's online resources using their FCPS ID. Visit fcpl.org/StudentSuccess for details.

Virtual visits to the library rising rapidly

(3/26) Since Frederick County Public Libraries' (FCPL) closure on March 16, they have seen an exponential growth in their online traffic as families stay home and search for activities and resources to engage young and old.

As soon as the closure was announced, library staff began working behind the scenes producing live-streamed storytimes, read alongs, and programming, as well as expanding

their catalog of digital content, including ebooks, tv shows, movies, and audiobooks. They expected to see an increase in online traffic with customers not able to visit their branches, but they were astounded by how much more their digital resources are being used.

"When we pulled the numbers after a week and a half of being closed we were astounded," said Janet Vogel, Youth Services Manager at Frederick County Public Libraries. "Our virtual programming that has been streamed on Facebook has had over 94,000 views, which accounts for an 872% increase in engagement on that platform."

Virtual programming is not the only amenity that customers are finding at the library. Across all of their digital resources, FCPL has seen an average increase in use of 109%. Use of Kanopy, one of their most popular platforms that provides access to TV shows and movies including Sesame Street, has increased by 425%. Digital comics and graphic novels on hoopla Comics, another in demand platform, have seen a 178% increase in check outs.

"We knew our customers would be looking for new ways to engage with their families during this time, which is why we made the decision to immediately increase the number of digital checkouts on hoopla and Kanopy for our customers, from 10 to 30 per month," said Teresa Vorce, Materials Manager at Frederick County Public Libraries. "We're glad to see everyone taking advantage of these services and we will con-

tinue to expand our offerings to meet demand. As of today, we've expanded

our digital catalog by 81,030 titles." FCPL announced with the rest of Frederick County Government on Wednesday that they would be extending their closure until further notice.

Seek solace in nature and the outdoors

Kara Ferraro
Strawberry Hill Nature Preserve

I understand that many of you are feeling anxious or restless and I want to encourage you to remain hopeful, active, and healthy during this time of uncertainty. Considering current events, I am inspired by people seeking solace in nature.

I am happy to share that Strawberry Hill's trails remain open to the public, dawn until dusk. State park and forest lands also remain open for outdoor activities. Nature is even being prescribed to improve mental health, boost immunity, and reduce stress and anxiety.

Nature can provide that much-needed respite for fresh air and calming surroundings; however, according to experts, you should practice social distancing even out-of-doors. Strawberry Hill is committed to maintaining a safe environment for our visitors, members, volunteers, and staff. We urge you to take precautions for not only your own health and safety, but the health and safety of others by following advice from Pennsylvania's

Department of Conservation and Natural Resources:

- Stay home as much as possible.
- Do not travel long distances across the state.
- Practice social distancing outdoors.
- If you feel sick, please stay at home until you feel better.

As we continue to monitor the development of COVID-19 and respond to recommendations from public health and government organizations, Strawberry Hill has implemented the following:

- Strawberry Hill's office and facilities are closed through April 30.
- Programs and events have been cancelled through April 30.
- Critical staff are working remotely. Please allow additional time for us to respond to your inquiries.

We are dedicated to helping control the spread of this illness and taking recommended precautions as the situation evolves in our area. Please visit our website www.strawberryhill.org for the most up to date information.

YMCA pivots to serve greatest need

These are unprecedented times. In light of the uncertainty created by COVID-19, closure of the schools and the need to provide essential service for the most vulnerable in our community, the YMCA was confronted with a moment of truth.

How best can the YMCA serve the community and support the efforts to keep Frederick County residents healthy and safe?

Established for more than 160+ years, the Young Men's Christian Association has always been an organization that has chosen to walk in the direction of a challenge. Today is no different and they are focusing their resources on those who need the most during this time of crisis.

During this time of need, the YMCA has pivoted to best support the most pressing need in our community and is working with schools and community partners to support youth, families, and our senior population to stay healthy in spirit, mind, and body:

As the largest childcare provider in the county, and responding to a request from the office of MSDE, they are aligning to serve parents who must work, including health care workers, first responders and "essential" employees protecting our community. These families need safe and reliable places for their children and at this time the YMCA has committed to being there for them.

Working with community partners to identify the greatest community needs and determine how to best meet those needs. The Y is serving as a donation drop-off location for a variety of local charities. Communities are stronger when everyone works together!

Providing much-needed resources, from food for Head Start families, access to fresh-affordable produce for community members, and hosting a Red Cross Blood Drive, the Y is here for our community.

The Y Community continues online. Access Y360: Your Virtual YMCA (www.ymca360.org) provides a way to stay healthy at home, at no cost. Watch for new releases of virtual mindfulness classes, virtual youth programs.

As a community non-profit, the Y understands many are facing financial uncertainty. There are YMCA communities across the county and have shown that when people work together on a local level, it can produce long-term, positive change nationwide. The YMCA remains committed to supporting and strengthening our communities and if you can help in any way, from volunteering to donating, the Y welcomes you.

Y members do more than meet and work towards health and wellness goals - they're a part of a non-profit that is strengthening our community! Learn more about the YMCA of Frederick County at www.frederickymca.org.



BE OUR GUEST

ONE-WEEK GUEST PASS

YMCA OF FREDERICK COUNTY 301-663-5131 | frederickymca.org

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- ✓ 2 INDOOR HEATED POOLS
- ✓ 3 RACQUETBALL COURTS
- ✓ FULL SIZE GYMNASIUM
- ✓ INDOOR RUNNING TRACK
- ✓ CERTIFIED PERSONAL TRAINERS
- ✓ FINANCIAL ASSISTANCE AVAILABLE

* Please note that not all amenities listed are available at our Green Valley location.

YMCA OF FREDERICK COUNTY LOCATIONS:

»»» **DOWNTOWN Y**
1000 North Market St.
Frederick, MD

»»» **GREEN VALLEY Y**
11791 Fingerboard Rd.
Monrovia, MD

Pass is valid for 7 consecutive days from date of first visit. Pass is limited to one week only per calendar year/per person. Restrictions and limitations may apply. EXPIRATION DATE: 12/31/2020

Update on COVID-19 school closures

Brad Young
Frederick County School Board

As everyone knows the Governor has shut down all Maryland School buildings through April 24th. He will reevaluate at that point about whether buildings can re-open. I have been asked by many if we are going to re-open or not. I want to be clear that at this point it is in the Governor's hands. Frederick County Public Schools did get the approval from the State Superintendent of Education, Dr. Karen Salmon to begin distance learning on Monday March 30th.

The school system will be getting information out to parents and students on how this will work. It will be a combination of some online work and some work that will be given out in packets to students. Everyone is asking how long the school year will be. We do not know for sure at his moment as we are waiting on further guidance from the State as to whether they will waive part of the 180-day requirement for the school year. The first 2 weeks off were partly covered by 8 snow days that were left in the calendar. We will issue updates as soon as we have more information.

I have been getting many questions about proms, spring sports, graduations and other school events as to whether they will happen or not. It is way too early to make those decisions, but I would say that they are

looking doubtful. What I can say to all our Seniors is that we are going to do everything possible to hold graduations even if delayed or in an alternate format. We realize how important the graduation ceremonies are to our students and their families.

I want to thank all our FCPS staff for working hard through this closure to make the best of a bad situation. To our custodians who have worked hard to sanitize our buildings and make sure they are clean if we can reopen. To our bus drivers and aides for cleaning the buses and delivering food. To our teachers for staying engaged with students. To our administrators for keep parents and students informed and developing plans for their schools. To our central office staff for coordinating a lot of fast-moving pieces. To all our employees for showing great care for students, families and the community!

And finally, to our food service workers who quickly developed plans to feed our students who are not in schools. We are now serving meals in 18 locations around the county. To date over 10,000 meals have been served.

For those in the Thurmont, Sabillasville, Rocky Ridge and Emmitsburg area, "to go" breakfasts, lunches and suppers can be picked up from 11:30 a.m. to 12:30 p.m. in the Jubilee Foods parking lot, Emmitsburg; Thurmont Elementary School Park-

ing Lot, Thurmont; and, the Discovery Shopping Center Parking Lot (Goodwill Store), 8425 Woodsboro Pike, Walkersville.

Look for the bright yellow school buses. Lunch sandwich options at community-based sites include turkey and cheese, ham and cheese, Italian combo, and wow-butter, an all-natural nut-free peanut butter substitute.

Update on Sabillasville Elementary

At the Board of Education's regular meeting on February 26 the Board heard the Superintendent's report on closure of Sabillasville Elementary. The public had the opportunity to make comments on the recommendation and many showed up and made comments. The Board then discussed the subject and I made a motion to keep the school open for the next school year. The motion also included that we would study options for the school further and come to a decision by December 31st of this year as to the school's future. The motion passed 7-0. The Board will begin working on a committee to explore options. Because of the school shutdown, we are in a holding pattern until this is over. We will work on forming a committee to begin work probably in June. If you have interest in serving on that committee, email me at Brad.Young@FCPS.org.

\$1,000 scholarships offered

The Emmitsburg High School Association is accepting scholarship applications. Four one thousand dollar scholarships will be awarded in May to deserving students. Any Catocin High School senior or graduate who is enrolled in an institution of higher learning including trade schools is eligible if he/she resides in the Emmitsburg School District. This includes Emmitsburg 21727, Rocky Ridge 21778, and Taneytown 21787 (Taneytown boundary is determined by Bridgeport on route 140). Applicants may apply each

year as long as they are enrolled in an institution.

Selection is based academics, being a full time student, presenting two letters of recommendation, their community and school activities, and pursuing higher education (technical school, four-year college, or community college).

Applications may be obtained by contacting Ryan Zimmerman of the guidance department at Catocin High School at 240-236-8082 or by calling Phyllis Kelly 717-642-6963. All applications must be received by May 10.

Catocin Mountain Park announces 2020 Youth Conservation Corps

The National Park Service is accepting applications for the 2020 Youth Conservation Corps (YCC) program at Catocin Mountain Park. The program is open to teens 15 through 18 years of age. This is an exciting opportunity for high school students to spend the summer doing meaningful work in a national park.

The YCC program is scheduled to start June 22 and end August 14. However, the National Park Service may adjust the work crew's timeline and or duties in order to follow the appropriate guidance from CDC, state, and local health authorities.

Planned work projects include trail maintenance and construction, invasive plant control and removal, monitoring of rare plant populations, and painting and rehabilitation projects. Tasks will

require daily outdoor labor and using a variety of hand tools. Participants will be selected through a random draw of all applicants who meet the eligibility requirements. Previous enrollees will be considered only if there is an insufficient number of new applications received. Enrollees will work 40 hours per week, Monday through Friday 8 a.m. to 4:30 p.m. The rate of pay will be \$11 per hour.

Application forms may be obtained by emailing Becky Loncosky at becky_loncosky@nps.gov. Completed applications must be returned to Ms. Loncosky by April 15, either by email or by US mail at Catocin Mountain Park, 6602 Foxville Road, Thurmont, MD 21788.

For additional information, please contact Ms. Loncosky at 301-416-0536 or becky_loncosky@nps.gov.

Camp Strawberry Hill 2020!

Lizzy Ryan
Strawberry Hill

It seems early, but it's time to start thinking about summer camp! Strawberry Hill has been hosting summer camp for over 17 years! In that time, we have expanded our summer camp to include unique themes and seven weeks of outdoor fun!

Teaming up with the YWCA of Gettysburg, Strawberry Hill offers a unique camp experience. Today in the age of electronics, children don't receive as much "outside time" as they could. Kids are inundated so much with technology that they miss out on what is happening right outside their front door. Camp Strawberry Hill gives kids the opportunity to explore, learn, and develop skills that will stay with them forever. Each week of camp will consist of several educational lessons and two chances to swim at the YWCA pool.

Check out these awesome themes!

June 15-19- Around the World - Join us for the first week of camp where campers will learn about different countries and the animals that call these areas home. We'll explore the cultures and wildlife of North America, South America, Africa, Europe, Asia, and Australia.

June 22-26- Woodland Whimsies - Woodland Whimsies will focus on all things fairytales! From fairies and sprites to hobbits and giants, campers will be able to express their imagination through storytelling and whimsical activities.

June 29- July 3- Talons and

Tails - This week is all about raptors! Campers will discover what makes birds of prey so amazing. Owl pellets will be dissected, they will meet our resident barred owl, go bird watching, and more!

July 13-17- Entomology Experts - Entomology is the student of insects. Campers will learn all about bugs and why they are important and not-so-creepy! Discover their interesting adaptations of camouflage, natural defenses, and their many eyes.

July 20-24- County Fair Week - Mosey on over for this week of camp centered around agriculture! Discover agricultural practices, livestock and their uses, and so much more!

July 27-31- Living Laboratory - Become a scientist! Join us for a week of awesome experiments! During this week of camp, campers will learn to answer questions and solve problems through experimentation and the scientific method.

August 3-7- Bay Watch - Get ready to get wet and wild! Join us for our seventh week of camp where we will learn all about the Chesapeake Bay! Discover why our actions locally will ultimately affect the health of the fragile Bay.

New for 2020 is Unplugged Outdoors! This week of camp is just for those older kids who are looking for adventure! Designed for grades 7-9, this week will be

packed full of outdoor ventures to disconnect teens and explore the outdoors! Adventures will include: hiking, rafting, ziplining, fire building, and more. Unplugged Outdoors is happen-

ing August 10-14.

For more information or to register for Camp Strawberry Hill, check out our website at strawberryhill.org or call us at 717-642-5840.

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Build fires, go zip-lining, and paddle whitewater during this week packed full of adventure!

\$175/WEEK (BASED ON \$25/WEEK BY REGISTERING BEFORE MARCH 30)
FEE INCLUDES TRANSPORTATION, DAILY SNACK, AND CAMP SUPPLIES

\$300/WEEK (FOR UNPLUGGED OUTDOORS TEEN CAMP)
FEE INCLUDES TRANSPORTATION AND ALL ACTIVITIES

FOR MORE INFORMATION CALL (717) 642-5840. TO REGISTER, VISIT STRAWBERRYHILL.ORG, OR STOP BY THE YWCA OR STRAWBERRY HILL TO PICK UP A REGISTRATION FORM.

STRAWBERRY HILL
1537 MOUNT ROPE ROAD

YWCA
808 FAIRFIELD ROAD

*Adventures are based on availability and subject to change.

FOUR YEARS AT THE MOUNT

As Earth Day and Arbor Day are approaching, and recent events surrounding the pandemic have affected the world, we asked our writers to write about the importance of thinking globally.

Freshman Year

Spring into action

Emmy Jansen
MSMU Class of 2023

We live in strange times. When we all thought of how the new decade would go for us, I don't think any of us pictured a pandemic that has impacted our daily lives in some way or another. Whether we're students doing classes from home or fast food workers who are only serving customers through the drive thru, everyone is feeling the effects of this virus. As we continue through these weeks, we wonder if they will turn into months or even years.

I think we're lucky that this is happening to us during the start of spring instead of the dead of winter. Being kicked out of my dorm and sent back home wasn't how I wanted my semester to go, but I'm loving the sun and warmth of Richmond over what had been a cold mountain range in Maryland. We are being told not to eat out or do any leisure activities that involve large crowds, like malls or the movies. Some of us are taking this opportunity to catch up on Netflix or do housework. But as

I write this, there are dozens of people walking by my bedroom window soaking up the sun that we haven't really seen since the fall. These days of quarantine might have taken away some things in our lives that we took for granted. But it's also giving us the opportunity to appreciate what we never truly did before: our planet.

Because the news has been inundated with the virus, we haven't heard as much talk about climate change recently. Before, we used to hear about it all the time and I think a lot of us got tired of hearing about the state of our planet and we stopped believing that it was a real problem. My hope is that this break from that segment of news may cleanse our mental palette and allow us to understand the scope of the issue more when all this blows over. I was recently told that China was seeing clear skies because all of the people had been quarantined and no one was in the factories working. While I have no evidence to back up this claim, the idea was shocking. Because of the virus, jobs like factory work are probably seeing some sort of slow, whether because workers

have been sent home or people aren't purchasing goods like they used to. But when we think about it, maybe the solution to climate change is really that simple. While it isn't just the small day to day changes, we can each make and we need more drastic measures, we can each do our part to protect the longevity of our planet.

This virus couldn't have happened at a better time for us, I think. To escape from being cooped up in our houses, we're all enjoying Mother Nature like we always should've been. We're putting down the electronics and looking around us and are thankful for what we see. For those of us that see more danger in the virus than others, life has been given a new meaning. It takes times like these for us to truly remember what it means to have a life to live. We remember how fragile humanity is and how we need to protect the sanctity of life. We never know when it is going to end and we should be ready at any moment, not just when a pandemic spreads across the world.

As we head towards Earth Day and Arbor Day, we should reflect on these times, regardless of if they've ended. This virus should've awakened us to the joys of life and the importance of the world around us. Unlike many

global disasters like wildfires or floods, this event has touched every single person on the planet. This is one of the first truly shared human experiences. This pandemic is non-discriminatory and each of us are feeling its impacts, albeit some more than others. While this thought may fill us with fear, it should also fill us with a sense of comfort. We are not alone. In times of globalization, we are more connected now than we ever have been. However, we often feel more alone. Rates of suicide and depression are higher than they were decades ago, even though it is so much easier now to find someone to talk to. Perhaps a silver lining of this whole situation is that we realize how surrounded by people we are. With advanced technology and a growing global population, there is no reason why we should ever feel alone.

It shouldn't have to come down to times like these to shock us into action, but this has been common in our history. After World War Two, we had a greater understanding of life and the joys of the privilege we see in our country. 9/11 taught us to look around at our country and be thankful we live here and can partake in her spirit. I hope COVID-19 opens our eyes to the global com-

munity and how it can be used as a moral good instead of a modern evil. We should come away with a new appreciation for the world around us, the planet we're on and the people on it with us. Our future might look bleak as we push through this virus, but it also looks incredibly bright once we get past this.

The weather is in the mid-80s. The sun is shining and there is a gentle breeze blowing through the trees. If you didn't know it, it wouldn't seem like the planet was going through a pandemic. It's the start of spring, where the trees are budding, and things are all in the process of starting over. The humans on this planet might be going through a pandemic, but the Earth itself is not. She is as strong and bright as ever. As we each learn to appreciate the things we've always taken for granted, life should be at the top of that list. And our life is made complete by the existence of nature and our home on Planet Earth. Earth Day and Arbor Day are just a reminder to do what we should've always been doing: loving our planet and keeping it strong for generations to come.

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

Sophomore Year

The order of nature

Harry Scherer
MSMU Class of 2022

Things are different now. Can you sense it? A virus is attacking our nation and we have been called to battle, willingly or not. We, the height of God's creation, are being mocked as a non-thinking and non-feeling biological weapon attacks us. Our intelligence is being insulted as we desperately search to find a match for a virus that does not even know the damage that it is causing; it is simply existing. We wait with bated breath for the newest developments in a constantly emerging pandemic without realizing that this sometimes-vain search for knowledge and social isolation has already made us victims of the infection, just those of a much smaller degree.

These realities are all occurring as we remain distant from our non-immediate family, friends and workmates, forcing us to look ourselves in the mirror. Overnight, we were forced to begin a quasi-monastic lifestyle with no estimated time of completion. During this time especially, there are many persons who are suffering from the plague that is racking our nation and our world.

The first obvious subjects of my thoughts are the physical victims of the novel coronavirus. For them, the potential has become a reality. They live with the often experienced yet often overlooked suffering of the unknown. As they watch the global death toll slowly rise higher, they wonder if their mortality will become a medical statistic.

The second subjects are their families. With a growing fear of contracting the virus, they patiently

wait to see how their loved one can physically and emotionally respond to the infectious enemy that approaches and defeats in silence.

The third subjects are the medical professionals who have spent their entire careers wondering if a time will come when the entire world will be looking to them to provide an answer. In a time of pandemic, this world can often devolve into one of impatience, restlessness and selfishness. In order to fight against this growing anxiety, they feel that it is their responsibility to calm everyone to patience, peace and selflessness.

The fourth subjects are those business owners who rely on their own tireless efforts to provide for their families. The pandemic is not in the hypothetical for these persons who devote their whole selves to endeavors that form communities and aid to the common good.

The fifth subjects are those students, especially seniors in college and high school, who anticipated two short months with their friends before the summer break or plunge into the deep. For some, this means leaving a place that reminds them every day of the person they could and should be and returning to a place that only brings heartache.

The sixth subjects are those elderly persons who see nothing unique about the isolation and loneliness that many are experiencing because of quarantine mandates. For these persons, waking up and falling asleep alone is the norm and they suddenly are seeing many in their communities share their everyday reality.

The seventh subjects are those who

do not fit into any of the preceding categories. These are the persons who have yet to recognize the severity of the infection and the lasting impact that it and our response will have on this and future generations. These could also be those who recognize the impact but still have to suffer along with the rest of those in their communities because of the previously mentioned and daunting unknown.

For the sake of clarity, I believe that much of the anxiety and fear surrounding this virus find their foundation in the modern notion that our technology and political leaders can solve the world's perennial problems. As is being proven right now in this pandemic, we know that these prior assumptions are not the case.

Instead, those who are suffering from the virus and its effects are being pulled quickly into recognizing deeper metaphysical and epistemological truths. In a culture of radical individualism like our own, we are being forced to see that our lives are not our own and that our own plans sometimes take a back seat to the good of our neighbor. Put simply, we are being called back to nature, and, one a deeper level, we are being called back to God.

We should consider why it is significant that we are being called back to nature. This is the time that we, and many cultures around the world, celebrate Earth and Arbor Days. When done correctly, these days are supposed to remind individuals of both the glory of the gift of God's creation and the immense responsibility that we have in preserving and caring for this creation, that is, in properly receiving the gift. We recognize the beauty of nature because we see that it bears an intentional order. The source of this pandemic especially reminds us of the

importance in cooperating with the order of creation. With regard to this novel coronavirus, there was a twofold responsibility that was neglected in the spread of the infection. First, the organization of notoriously unhygienic wet markets in Wuhan served as a breeding ground for the spread of the virus from the infected animals to the populated groups of consumers. When animals are butchered and sold on site in the midst of persons, nature will take its course and the virus will spread. The second overlooked responsibility was on the Chinese Communist Party. A study published on the 11th of March out of the University of Southampton found that the spread of the virus could have been curtailed by 95% if Chi-

nese officials would have acted three weeks earlier, 86% two weeks earlier and 66% one week earlier. The global spread of the virus is proof of what occurs when we do not recognize the order of nature.

In this time of social distancing and relative isolation, we have the responsibility to realign and reconsider our understanding of nature and our relationship with God, the Creator of nature. We have an awesome opportunity in this time of deprivation to reconnect with ourselves, nature and our Heavenly Father, for our sake and for the sake of our world.

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

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THINKING GLOBALLY

Junior Year

Sharing the toilet paper

Angela Guiao
MSMU Class of 2021

I was listening to the radio a few days ago, and I heard this story about a man who was being commended for sharing toilet paper.

It seems he had decided to sit by the side of the street holding a sign that said, "Share your toilet paper", and a bunch of people misunderstood and started handing him rolls of toilet paper from out of their cars. It got to the point where he had a whole stack of toilet paper, so whenever a person would stop their car and tell him they couldn't find toilet paper in the stores, he'd give them some.

While, personally, I did get quite a chuckle from this story, after a little reflection I realized the seriousness of the underlying meaning of this whole situation.

But before I explain, I would like to backtrack a little first. These are stressful times. I hope by reading this, you do not think that I am downplaying the risks; that I am too naïve to the hardships presented with

the appearance of the corona virus.

I know the constant worry, the subtle fear that every single time you touch a door handle, hold a gas pump, pick up the mail, the remnants of the virus are on it and I am guilty of the hurry to find some hand sanitizer or wash my hands.

People are staying home, some by choice others not. Businesses are closing, and some may not be capable of opening again at the end of all of this. And everyone is trying their best to stay as far away from everyone else.

During a time like this, you got to fend for yourself, right?

Wrong.

It will be okay. Some of us have a better chance at that than others. Some of us have a better chance at being okay. And because of that, I believe it is our responsibility to take care of those whose chances aren't as great, to take care of those who are at risk.

During a time like this, we should care.

We should care about everybody and everyone because everybody and everyone is being affected. It is during this time, this time when we are expected to physically stay far apart that we should instead

come closer as a community, as people, as a species.

Now, I know that some of you may wonder why. Why should we care about others? Will others provide food for your families, money for your bills? Will they take you to the hospital when you are sick? Do they even care?

And my answer to that is because we should. I don't know why we should care about others other than the fact that it is the right thing to do. I don't know if others will do the same for you, but that shouldn't be a reason why we can't do for others.

What I do know is that we can't go about thinking only about ourselves. We can't go about hoarding more resources than we need knowing that there are others with none. We can't have the social Darwinist perspective in times of tragedy and confusion because why should only the fit survive when we all can, together?

Don't give in to the panic. Don't give in to the hysteria. Take care of those who need to be taken care of, those who you can help. And if ever comes the time when you need help, God and the good karma will come around as always.

Sometimes I get asked why I care so much about this kind of

stuff. Why do I care if we care about each other?

Well, because I should.

My mom is near the at-risk age for getting corona and she can't stop working because then she won't get paid. I don't want her to go to the store one day and find that she can't buy anything she needs because it has all sold out.

I have a little sister, and she wouldn't understand if I came home one day from grocery shopping and told her all the diapers sold out.

We all have people we care about. Why can't we care about all people?

I know I may sound silly. Everyone already has so much going on; so much to think about in their own lives. And now, I am asking you all to care about everyone else too. Silly me.

Silly us.

Our society has become too self-absorbed, too selfish, too caught up in our own lives and problems that we forgot that we are part of a community.

We forgot how to care about others.

This month, we celebrate both Arbor day and Earth day, and it appears that the most we've cared about the trees or the earth is when-

ever it's the topic of a political debate.

We need to care more. We need to care about the sick, the elderly, the helpless. We need to care about our world. We need to care about our planet and all the living things on it.

I hope that during these upcoming weeks, the longer we spend time trying to stay apart, we realize the importance of caring for one another. I hope that without the everyday distractions, we learn to appreciate presence and nature. As businesses close earlier, restaurants restrict orders to take out, and travel is restricted to only essential needs, I hope you decide to spend time with a loved one. I hope you take a walk, take your kids to the park, enjoy some fresh air.

I hope we strengthen the bond we have with each other as humans, as a community, as a people. I hope we appreciate the world we live on and all the living things we share it with.

I know we can do better. I know we will do better. The man with the toilet paper did. We can too.

Let us start to care about those around us. It's what we need to do.

Let's share the toilet paper.

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

Senior Year

Changing together

Morgan Rooney
MSMU Class of 2020

We're living in a time that is much divided; we're living amongst people who are very different from each other. Throughout all the continents, countries, states, provinces, cities, towns and villages of the world, there are few things that often bring us together. Though we are all human, the politics, religions and customs of the world often distract us from joining together to move forward into a better future for us all.

When I hear political arguments, I try to remember that nothing is all black and white. In the end, we all want the same thing: a better life for us, our children and our community. We have different opinions on the best way to get there and different mental images of what that utopian future will look like, yet we are working towards one common goal.

Ever since I was a child, I have been told about the many beautiful places in the world. I watched movies, seen countless photographs and even had the opportunity to travel to many places, both in and out of the country. When I was in elementary school, I was first told about the dangers of global warming. By the time I made it to middle school, we were taught about climate change and what that means for differing places in the world. In high school, I was able to take a science course called "Environmental Systems." In this class, we talked about the natural environmental systems in the world and different ways of creating energy in a clean way. I learned a lot and it has had a lasting impact on the way I think about the world.

In the spring of 1970, the first Earth Day was celebrated. By April 1990, over 200 million people from a variety of different nations were taking part in some sort of Earth day celebration. Despite division, many came together to raise awareness for protecting our one and only God-given home. For many years after the debut of Earth day, the world continued to grow in celebration to celebrate the Earth and what it has to offer.

It's hardly a coincidence that Arbor Day take place slightly after Earth Day. Arbor Day, however, was around long before Earth Day. It is said that the first documented arbor plantation festival took place in Mondoñedo, a Spanish village, in 1594. It was also in a Spanish village, Villanueva de la Sierra, that Arbor Day was first celebrated in 1805.

In our own country, Arbor Day wasn't celebrated until 1872 in Nebraska City, Nebraska. According to the Arbor Day Foundation, an estimate of 1 million trees were planted in Nebraska during the first celebration. This was only the beginning. Arbor Day has been celebrated and many have been encouraged to plant and care for trees all around the world ever since. Trees offer us with many things that we can't live without; it's important to give back where we take to keep equilibrium in our ecosystems so we can continue to thrive.

For reasons other than these two holidays rapidly approaching, I think this is an excellent time to think about the Earth and everything in it. Given the current circumstances, there is no better time to come together (figuratively, not literally) because we are all in this together. Some are certainly having a worse time than others, but as a world, we will get through this with all of our ambition and strength.

We have one home and intent to bounce right back to where we were, certainly gaining some knowledge along the way.

Alike how we've come together amidst this pandemic, unlike anything we've seen in our lifetimes, the Earth needs us to come together to make the small life changes needed to keep our planet healthy and thriving as it should be. Making small, daily changes everyday are easy for us and can make a great impact on the world.

This situation proves how quickly we can change when a crisis threatens the wellbeing of ourselves and our loved ones. It's truly amazing as I have never seen anything even similar take place since I have been on this Earth. Imagine what would happen if we made changes of a different kind on a daily basis. Although the crisis of climate change doesn't seem nearly as imminent or personally threatening as a worldwide pandemic, it is still something that we need to combat. I admit to being guilty myself for not acting as in favor of the Earth as I possibly could. I was, however, quick to make changes in order to limit my interaction with other people. I was quick to make the decision to purchase a next day flight after the announcement that the Mount would be transitioning to remote learning. I've realized that if I set my mind to something, I can meet my goals. In the future, especially after things begin to revert back to normal, I hope to keep the Earth in mind.

Given that it is my senior year and I am done studying in Emmitsburg, many changes are about to take place in my life. I've already taken my last in-person class. I've transitioned to doing all of my work at home in Texas. If I was able to transition to a new environment and new way of learning, there is no reason that I

shouldn't be making changes to limit my carbon footprint.

This time is confusing, frightening and something we will remember for the rest of our lives. Everyday, I'm trying to remind myself that at a country and as a world, we will get through this stronger and more knowledgeable than we were before.

The Earth is strong as it always has been, and we must do whatever we can to keep it that way. Take time during this period of isolation to celebrate the Earth we live in and everything that resides within it.

To read other articles by Morgan, visit the Author's section of Emmitsburg.net.

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FASHION

Reinventing the new from the old

Valerie McPhail
MSMU Class of 2015

It started with emails from Target and Macy's: newsletters, reassuring their customers that business remained open and that they were employing careful attention to sanitary conditions. And then doors started to close. In New York City, restaurants, cafes and yoga studios sent communication regarding the pause on contact business and moved digitally. Relief from food delivery services, Instagram, and online retail shopping became a means to sustain business as the

US navigates best practices to manage the catching coronavirus.

Fashion's response has been a colorful spectrum. For some, business as usual: advertising "must-have" items on Instagram and others abiding by regulations to cancel group events such as the Met Gala in May. The reality is, the glamour has dissolved, the veil lifted, and fashion, though not toilet paper and hand soap essential, needs to be considered in these trying times. In late March, designer and Chairman of the CFDA, Tom Ford urged inclusion in the government's Stimulus Package. Women's

Wear Daily quoted Ford, "I would suspect and hope that this is the chief focus of any fashion organization now: taking care of their [people],"

Ford said. "Inclusion of the fashion industry in the \$1.6 trillion stimulus package expected to be released imminently is critical and of the utmost importance for us all." The need comes from a fear of no return. The closure of non-essential business has affected production, supply-chain and retailers. Ford highlights a swopping number of four million-plus of people employed by America's fashion industry. This statistic excludes retail employees, key players to the fashion economy. Figures suggest that America appreciates fashion, an enterprise more essential to our economy than initially considered.

A letter from the Entireworld's Scott Sternberg included raw "WTF" exclamation, is acknowledging a sentiment we could relate to. Worry, confusion and fear is a reality, but as Sternberg concludes in his letter, a small business of ten teammates are working towards a solution to support and comfort an entire world in this crisis. The potential for fashion to expand its accessibility has always been a ruminating thought in the back of my mind. Though revenue is a factor we cannot ignore, brands have an opportunity to reach their customers without pedaling for money.

In this time, customers do not want to feel like they are wasting their money on frivolous goods, nor do they want to feel hounded by businesses. What people want and need is comfort. Fashion has always been the second layer of skin, a personal sense of expression for its customers. Yes, while steep online discounts and site-wide sales can support a luxury industry's need for financial support, after all is said, the Entireworld



In keeping with our Earth Day theme, instead of throwing out all clothes, first consider donating them. But if too worn, look on-line for options to recycle them.

turned to its product – approachable, everyday fashion, the heart of its business to connect with its community. Offered discounts on its sweatsuits, a tangible sense of comfort in unsettling times.

My interest in fashion has always been personal. After moving to the city, I became loyal to a curiosity for the newly launched, on the rise, up-in-coming brands that are now projected to take a hit. And yet, if one small business could find a solution and share its support through an email, corporations should follow suit. Other companies shared business changes to inform the WFH policy. Cynthia Rowley posted a video on her company's Instagram account to show how they are committing to designing and producing masks from the label's bonded neoprene fabric. Perhaps this is not the humanitarian effort the industry considered in its 2020 vision, but a variety of engagement counts, showing up matters. To ride off fashion as a non-essential because it is a luxury is a detriment. The solution involves a far more cre-

ative endeavor, where fashion can play a part.

At the start of the decade, fashion was optimistic about change. Perhaps sustainability is more than just recycling made fabric and faux leather to appease the worry and protest for a new world of fashion hopeful that the industry can come out of this period stronger than ever. Fashion is more than a lucrative business, like all artistic and creative forces on this Earth, it energizes the human heart. At this time, how does one remain resourceful and transform the "old into new?"

Recycling Fashion

Recycling is something fashion has always engaged with at its core. Trends resurface every few seasons, and vintage denim and used designer fashion resell at high ticket prices. It's the treasure of fashion, and beloved by all generations of fashion fanatics. In recent terms, the vocabulary for recycling fashion is transitioning in the world of fabrics and sourcing. Brands such as Everlane produced outerwear made of recycled bottles as a part of their ReNew Collection and athletic label. Girlfriend Collective fabricates leggings from fishing nets that were once polluting our oceans. These brands have reinvented garment production while pursuing efforts to care for our environment. In quarantine, the concept of recycling fashion involves wearing and enjoying the clothes you own in your closet. Resist the urge to shop online for the sake of spending money. Cabin fever is real, and for New Yorkers, there is a sense of anxiety and angst in detachment from the accessibility. Instead, support local businesses, show love to your favorite vintage store. These communities are banding together, spreading awareness, and sharing discounts via Instagram stories and conducting transactions through e-gift cards. Making a donation pile from your wardrobe and vintage shopping when necessary are healthy practices.

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

For my Joanne...



Tom and Joanne Clowney leaving on their honeymoon, July 16, 1955.

Dear Valerie:
I'm a senior citizen of 88 years. My wife Joanne passed away on Valentine Day, this year.

Easter has always been a special time for me being able to go to church and celebrate the resurrection, never thinking the church might be closed because of a dreaded virus. The first time I ever took my wife to church on Easter was before we were married. She looked so pretty in her Easter bonnet.

In reading your article last month on Easter Bonnets I was hoping you would mention about Irving Berlin's song; "Eas-

ter Parade". I don't know all the song but it starts out; "In your Easter bonnet, with all the frills upon it, you'll be the grandest lady in the Easter parade. I'll be all in clover, and when they look you over, I'll be the proudest fellow in the Easter parade. That would be my Joanne! If today's women only knew how lovely they would look wearing a Easter bonnet I'm sure many more would.

Thanks for bringing a smile to my face.

God bless you.

Tom Clowney, Fairfield

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MY FATHER'S FOOTSTEPS
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HOME DECOR

Small business love in tough economic times

Jessica Crawford
Cotton & Co.

These some of the strangest and most uncertain times that any of us have ever lived through. It feels like every time you turn on the news, or open your phone, it's more bad news. Normally I would write an article on home décor or vintage. But this month, it feels more appropriate to discuss small business. As a small business owner in the community, this is a very shaking time. We've been complying with the Governor's suggestions and mandates, and have closed our doors temporarily as of March 15. That choice was made for the safety of you all, our community, and also the safety of our vendors, staff and families. While that choice was the right choice, it's come with a weight and a sadness too.

We celebrated our First Birthday on March 15. One year back in business, after we rebranded and opened back up as Cotton & Co in the old mill in Keymar. And then the local economy rapidly changed overnight, that night. You all know that, you're living it too. So, the question stands, in a time where we are all extra cautious about not only our health and hygiene, but also expenses, what can I do to help my local economy?

There are many ways that you can make a difference to the businesses in your community right now. Many of your favorite small businesses are adapting and evolving right now, and getting inventive to stay afloat during these tough, strange economic times. Gift Certificates are a great way to support a favorite small business. It gives them the monetary boost right now, that they need, without having to physically enter a store. We currently are offering to increase the value of every gift certificate purchased by 10%, as a thank you for supporting small business right now. We can invoice customers electronically, as most businesses are be able to. Keeping you at home, but also enabling you to shop small at the same time.

Many local businesses have taken to the carry out and curbside pickup option. This is a great way to still support your favorite local restaurant. Many businesses have also started delivering their product, either for free with a minimum purchase, or for a nominal delivery fee. We have moved our business temporarily to Facebook. We've been creating photo albums, and Live Feeds (live video strolls around the shop), to help customers shop remotely from home. Customers can comment on the photos and albums, or send private messages regarding pricing and ordering. We're then able to generate an invoice and send it through our secure credit card processor, for customers to pay online. We have arranged designated weekly non-contact pickup times (we bring items to the parking lot, you load into your vehicle). Or we will gladly hold your items until this all passes. Many businesses are adapting the same kind of new, temporary business plan.

There are also various ways that you can support your local businesses that won't cost you anything. The entire world it seems, is on social media. Small business owners rely on social media, especially Facebook, to connect us to our local communities. Facebook allows us to create and promote events and classes, post photographs and videos, and receive messages. One social media

struggle we face, are the underlying algorithms and programming behind these apps and websites. Did you know, that if you follow a business, but don't engage (like, comment, share posts, etc...) Facebook will stop showing their content to you? If you want to continue to see this page's content, it's important to let the underlying algorithms know that. Take a moment to 'Like' a post or leave a comment. Not only will it allow you to continue to see a business' posts, it will also help spread that post and business page's reach to other people. Advanced reactions like 'love' and 'wow' are even better than 'like,' in the eyes of the algorithm. Sharing posts is monumental in spreading social media love, and helps others in the community find out about a business you support. Helping small business utilize social media, won't cost you as the consumer anything, but it helps the small business stay alive and relevant, especially in these tricky times.

We also tend to hit the chain stores to stock up. But right now, these stores have been completely depleted and lacking essentials. There are small grocers (Kennie's) that you can support, where there are less crowds, and they are maintaining their stock better than the large stores. There are also local farmers markets (Local Homestead Products) that run year round. They tend to be controlling limits on supplies better than the big grocery stores, and again less crowds. And we all know, most of us are in need of some refreshments during a global crisis such as this. Support your local wineries and breweries. Many of them have adapted and changed during this too, with curbside pickup, growlers to go, and

10 WAYS TO SUPPORT A SMALL BUSINESS WITHOUT SPENDING MONEY

1. FOLLOW them on social media
2. LIKE their posts
3. SHARE their posts
4. COMMENT on their posts
5. TAG friends who would like them
6. POST photos of their products, tag them and use their hashtag
7. TELL friends about their products and encourage them to shop there
8. WRITE reviews
9. SIGN-UP for email
10. SEND a message or email and tell them you appreciate what they do

even wine delivery to your home (Old Westminster Winery). I suggested a few in parenthesis that our family supports, but there are many others in the area too.

At the end of the day, while this is certainly confusing, concerning and uncertain, it will pass. Stay safe, stay healthy, stay home if you can. And in the words of Maya Angelou, "What I know is that

it's going to be better... If it's bad, it might get worse, but I know that it's going to be better. And you have to know that. There's a country song out now, which I wish I'd written, that says, 'Every storm runs out of rain.' I'd make a sign of that if I were you. Put that on your writing pad. No matter how dull and seemingly unpromising life is right now, it's going to

change. It's going to be better..."
On the behalf of all small businesses in our community, thank you for your continued support through these challenging times. Follow us on Facebook (Cotton & Co Vintage Boutique) for updates on reopening and online shopping in the interim. We're also on Instagram (@cottonandcovintageboutique).

Images of U Hair Studio

We're currently closed by governor Hogan's executive order. For further information contact Rhonda Brown at 240-288-7240 or 240-626-5701. "We'll see you all soon!"

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LOVE

Reflections on our Anniversary

Bill Meredith

*"If you can look into the seeds of time,
And say which grain will grow
and which will not,
Speak, then, to me..."*
—William Shakespeare,
"MacBeth"

Editor's note: It seems like we are fast losing the best of Emmitsburg these days. In February we lost Bo Cadle, and this month, Bill Meredith's wife Betty. For years, the Cadles and the Merediths were inseparable. Bo ran the Old Emmitsburg Dispatch, which Bill 'anchored' from the first issue with his column — The Retired Ecologist. For almost 20 years, Bill held a mirror to our faces, reminding us that we all lived on the same planet, and all were responsible for its health and well-being. Given his words are still as relevant today as they were when they were first written, I been contemplating rerunning his series. With the death of his wife Betty, I thought it would be fitting to start off with rerunning his article on her first published in September 1915.

Sixty years. On the finite scale of strips around the sun, that span of time is measurable with precision; but put it in your brain, where memories live, and all semblances of precision and logic disappear. A particular incident may be remembered as clearly as if it had happened this morning... or it may blur back in time as far as the Old Testament. For example, take the announcement that came out in the paper the next day. For all I remember, it might have said:

"And it came to pass that on the 20th day of the Month of Augustus, in the Year of Our Lord 1955, when the Green Corn Moon was but three days into its cycle, the clans of the Hixens, Cimiawskis, Merediths and Browns did converge upon the Presbyterian Church in the coal-mining hamlet of Jordan in the state of West Virginia. And there, when the temperature had reached the appointed level of 100 degrees, Betty Jean Hixen and William Meredith, in the pres-



Bill and Betty on their wedding day, August 8, 1955.

ence of their clans and attendants and assorted onlookers, did present themselves to stand before the Reverend Edgar Towne. And there they recited the vows of Holy Matrimony, as rehearsed and directed, and were pronounced Man and Wife until death shall them part."

The only things I remember with certainty are that it was hot, and she was beautiful. Her father, unaccustomed to formalities but not intimidated by them, walked her down the aisle, grabbed my hand, and put hers into it with a firmness that implied, "There. That's done. Now see what you can do with her." The rest is a blur; I can name things that must have happened, but the only clear pictures that remain now are the ones in our photo album.

There was, of course, a history before that day. We met five years earlier, on the school bus. I think it was coincidental, but I've never been sure; I was late getting on one day, and the only empty seat was beside her. I had noticed her before... how could I not? ...but she was a Freshman, I was a Senior, and we lived in different worlds. I don't remember being aware of it, but over the next several weeks, somehow that seat always seemed to be available. A few months later, she invited me to her 14th birthday party... and from then on, the details become indistinct in my memory.

Our first date happened a few weeks later. Dating was a new expe-

rience; I was on a very limited budget, and was not sure whether I was expected to provide any extra entertainment besides the movie we were to see. I felt I was on thin ice when the evening started; but it was too late to back out, so I picked her up in my Dad's car, we went to the movie and then came home, and she seemed satisfied. Apparently she also had been brought up on limited budgets; she seemed happy with the evening and did not expect more. I was so relieved that I kissed her. I imagine it was done awkwardly, but I'm not sure... I don't remember anything else... I guess I must have gone home then...

We continued dating for the next four years, while I finished college; she finished High School, and started a two-year secretarial program at the local Business College. I think we both felt that we were on a one-way track that led directly toward marriage; we were both happy with that idea, but beyond that our reactions were very different. I tended to worry about long-range details and try to plan how life would be. She seemed to think things like that would take care of themselves; she was more concerned with immediate problems, like finding a wedding dress that was both attractive and on sale. I assumed I would get a job as a High School science teacher; but then a new Biology Professor told me I should go to Graduate School. When I protested that I couldn't afford it, he told me I could get a graduate assistantship at West Virginia University which would actually pay me to get a Master's degree.

I was amazed. It seemed that her approach worked; all the problems I had worried about had gone away, so we began making wedding plans. I intended to get a summer job; but then we found that the program at WVU required two summer courses. We set the wedding date for the weekend after the second class finished; but we found I had misread the calendar, and there would be another week of school after our wedding. We had already sent out the invitations, so it was too late to change the date. To make things worse, I found that an exam in Physiology was scheduled for the Monday after the wedding. I went to Dr. Charles Norman, and asked if I might take his exam later. He smiled gently and said he understood how such things happen; but this was Graduate School, and it was part of the training that we must learn to do our work on time, even when minor inconveniences like weddings

Betty Jean Meredith



Betty Jean Meredith of Emmitsburg, died on March 11, after a short hospitalization. She was 84 years old.

Born in the coal mining town of Jordan, West Virginia and educated at East Fairmont High School and Fairmont Business College, Betty Jean married her high school sweet heart, William Meredith of Meadowdale West Virginia, in 1955 and moved with him to Emmitsburg in 1957 after he accepted a teaching position at Mount Saint Mary's College.

Employed as a book keeper by Sperry's Ford Sales of Emmitsburg during the 1960's, she eventually moved to the position of Teacher's Aide at Emmitsburg Ele-

mentary School, from which she retired in 1995. Embracing her new life in the town of Emmitsburg, Betty Jean and her family became members of the Emmitsburg Presbyterian church where she fulfilled the role of secretary for many years, remaining a faithful and active member of the congregation throughout her life.

An avid gardener, tireless home canner, baker, and peerless practitioner of the home economic arts in general, Betty Jean's memory will be cherished by her family and held dear by her wide circle of friends for her generous spirit, compassionate soul, loving nature and ridiculously delicious apple pie.

She is survived by her husband of 65 years, William, her three children, Melinda, Michael and Fredrick, grand children William, Anne, Ben, Grace, Elisabeth and Matthew, and great grandchild Olivia, who thought she was a lot of fun. A memorial service will be announced when current health concerns have abated.

intervene. He assured me that I could do it, and things would turn out OK, and he wished me well. I left his office in a state of panic; but it turned out that he was correct. It was an important lesson that I never forgot, and he became a good friend as well as a mentor as a result.

All of that may explain why my memory of the wedding itself is so spotty. We went back to her parents' house from the church. The house and yard were full of people, eating, drinking, and laughing; she went inside with five aunts and several school friends to change, and someone lured me around to the back of the house so I wouldn't see them decorating the car. The afternoon was swelteringly hot, and seemed to drag on for hours, but finally she came out. There was another interminable delay while they took pictures; then, finally, we drove off toward Morgantown, trailing streamers and tin cans behind us. We got to our apartment, and discovered that it was hot there too; so we sat down and looked at each other until we figured out what to do next.

We got up the next morning a bit later than I had planned, and drove to Blackwater Falls for a honeymoon picnic. It was about 70 miles, but on West Virginia roads that took over two hours. We got there about noon, and tried to build a fire to roast some hot-dogs; but there was very little dry wood to be found. Finally a small, smoky blaze developed. We told each other that we really did prefer rare wieners, and there was a can of baked beans to go with them. Thus fortified, we walked to the falls, and took some pictures; and then we went back to Morgantown. I had intended to review a bit for the physiology exam that evening, but I didn't get around to it... after all, there are some things

about physiology that you can't learn from books.

Nothing much happened after that. She finished Business College; our daughter was born; I got my degree and we moved to Emmitsburg, where I taught for the next 41 years. We lived in college housing for the first 10 years; two more kids came along, and she did the work of raising them while I earned a Ph. D. at College Park. Then we bought a house in town, and when all of the kids were in school she found gainful employment, first at Sperry's Ford garage and then as a Teacher's Aide. Time speeded up; the kids went to college, then got married, and grandchildren began to appear. The kids sent us back to Blackwater Falls for a 40th Anniversary, and then it soon was time to retire. I traded my 60-hour work weeks for golf; she contented herself with cooking, baking and canning which led toward an annual harvest of blue ribbons at the Thurmont Community Show. A 50th Anniversary was celebrated at the college with about 150 of our closest friends. And then time began to divide; the world speeded up, but we slowed down. And now, here we are.

Sometimes I think back about all the time I spent worrying and planning how life was going to go, and I remember Shakespeare's words. More often than not, what I planned and worried about didn't happen; and if someone could have looked into the seeds of time and told me how things were really going to work out, I wouldn't have believed them. Yet life has been good. And when I see her each morning, she is still beautiful.

To read other articles by Bill Meredith, visit the Authors section of emmitsburg.net

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An early farewell to the Class of 2020

Chloe Corwin
MSMU Class of 2020

Unfortunately, with the recent global pandemic, Mount St. Mary's University has moved onto online learning using video calling, message boards, and online assignments and will not have students move back onto campus for the remainder of the semester.

For the MSMU Visual and Performing Arts Department, this reconfiguration is especially disruptive, as most art courses rely heavily on face to face instruction and physical work. Despite the struggles, they have had to make it work. While the professors scrambled to transform their courses into virtual form, they simultaneously were reconfiguring the departmental schedule to still fit in all of the performances, plays, and art galleries that had to be postponed.

The initial call made by President Dr. Tim Trainor was to go onto online learning for two weeks and hopefully resume normal classes, but as the COVID-19 crisis worsened, Dr. Trainor announced on March 20 that the remainder of the semester will be online.

The professors of the Visual and Performing Arts Department were then forced to contact their students to inform them their hard work and dedication will not be able to be showcased this semester.

This leaves students who, in order to complete their major, needed to complete a senior showcase of some sort. For art major Carolyn Ciccocioppo, she had intended to have her art show titled From Brokenness to Redemption at the Well in the Williams Gallery of the Delaplaine Fine Arts Center. Although it no longer will be opening, celebrating her work is still important. The show was inspired by the biblical story of the Samaritan Woman at the Well. Ciccocioppo's work is described as such, "draws upon the symbol of a well, which has been used throughout art history to represent a well-spring of life, a gathering space for community, and a cleansing bath of the soul. She explores the theme of healing by entering into the depths of one's wounds and rising again into a new life. Her work invites the viewer in deeper to reflect on his or her healing journey and the source of one's healing."

This showcase would have been a beautiful collection of drawings and sculptures to reflect upon, especially in the Catholic season of Lent. Congratulations to Carolyn for her dedication and contribution to the art program over the last four years.

In addition, the students in the music program were expected to have their final showcase of an instrumental or research presentation in this month. Maddie Weldon, Matthew Jaoni, Samantha Krueger, Carlos Diaz Florez,

Maria Constantino, and Benjamin Pape have been a part of the rigorous and meticulous program for years, and have taken several semesters worth of lessons to hone their skills, whether it be voice or instrumental.

Maddie Weldon's presentation was atypical to the standard music major's event. She was going to be presenting a research project on Irish music, having grown up a child of two Irish parents, this topic is particularly . Matthew Jaoni was to perform a instrumental recital. Samantha Krueger was to do a soprano vocal recital and Carlos Diaz Florez was to do a violin performance.

Maria Constantino and Benjamin Pape have provided a bit more information about their performances. Constantino would be performing on the flute and her intended recital program is as follows: Little Flute Suite in D Major by Maria Constantino movement I, Sonata for Solo Flute in A Minor by Carl Phillip Emmanuel Bach movement III, Sonata for Flute and Piano by Frances Poulenc movements I, II, III, Castle in the Mist by Phyllis Avidan Louke movements I and II. Constantino is a remarkable flutist and has been a part of the Mount Wind Ensemble for several semesters. Her talents are so incredible, she has even written her own piece of music to play for her recital.

Benjamin Pape has also revealed his intended program for his vocal recital. He will be performing in two languages, English and German as a tenor. For the English portion, Pape will be singing four pieces by Ralph Vaughan Williams. They are as follows: Linden Lea, A major, The Vagabond, C minor, Whither must I Wander, G major, and From Far, from Eve and Morning, E major. Then, in German, he will be performing the following works by Franz Schubert: Halt (Halt by the Brook), Ab major, Wohin? (Whither?), G major, Danksagung an den Bach (Thanks to the Brook), Eb major, Der Neugierige (The Question), G major, and Mit Dem Grunen Lautenbande (With the Green Lute-Band), G major. Pape's lineup certainly is impressive, and his ability to sing and perform in multiple languages is amazing. Pape has been a part of the MSMU Chorale all four years of his time at the Mount and will be remembered as an integral part of the group.

Congratulations to Maddie, Matthew, Samantha, Carlos, Maria, and Ben. Their contribution to the music program has been made stronger with their contributions to the various musical groups, bands, and classes.

Finally, the theatre subject area's seniors, Quinlan Boyle and myself, Chloe Corwin, have had to alter their senior projects. Boyle's project was to be the assistant technical director, building props, sets, and managing the theatre deck

during the performance. In addition, he was to do the lighting for the show. Because of the current state of things, the highly anticipated spring Mainstage Production of She Kills Monsters by Qui Nguyen has been postponed to a later date. This means that Boyle is unable to complete his project. Fortunately, Boyle had completed most of the physical labor that came with building the set and props. With that in mind and the council of the theatre professors, an agreement has been made and he will be able to finish his project from home.

As for my project, I was supposed to direct the modernized Greek play Antigone Now by Melissa Cooper, original story by Sophocles. Antigone Now, though, has had to be canceled due to the virus. The actors, Kelley Northam, Mary Kate Carrigan, Gabriella Cranga, and Sarah Johnson, were deeply disappointed with the news as they each were wonderful and talented actors excited for the performance. Although there is no longer a performative aspect of my project, my professors and I have come up with an alternative route in which I can show my work.

Congratulations Quin and thank you for your contribution to our mountain home the last four years.

An enormous bushel of gratitude must go out to the professors of the Visual and Performing Arts Department, Dr. Andrew Rosenfeld, Dr. Mark Carlson, Dr. Kurt Blaughner, Professor Benjamin Burhman, Professor Elizabeth Holtry, and Professor Nick Hutchings, for their hard work and dedication to their students in such complicated times. Students in the arts across the country have had difficulty completing their courses remotely, but have had to work through it nonetheless.

Finally, the many students throughout the years in the class of 2020 who have contributed to the Visual and Performing Arts Department deserve to take a bow as well. Thank you for your time and talents seniors.

Next year, there will be plenty of time to make up for what was lost this semester. Health and safety are of utmost importance, and although these major



The cast of ANTIGONE NOW during the rehearsal process.

alterations to life are difficult and frustrating, they are necessary to keep everyone protected. Again, congratulations seniors,

you will be missed!

To read other articles by Chloe, visit the Author's Section of Emmitsburg.net.



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LOCAL SPORTS

Catoctin girls basketball wins regional championship

Helen Hochschild
Catoctin Class of 2023

The Catoctin Girls Basketball team has just finished up a fantastic season with a climactic win against Smithsburg. They became regional champions for the first time since 2006, under the coaching of Amy Entwistle.

Amy Entwistle has been coaching the girls basketball team at Catoctin for sixteen years. She played for her highschool team at Governor Thomas Johnson, and then at Messiah College. In the summer of 2004, she was employed as a P.E. teacher at Thurmont Middle and started coaching girls basketball at Catoctin. She later got a full-time job at Catoctin. Her coach in college used to tell her that "the journey is the goal," and Entwistle certainly carries that idea through her own career as a coach. She believes that the most important thing about playing basketball is learning life lessons that athletes will carry with them forever. She says that "basketball teaches

you the importance of consistently doing the little things well, because it is the little things that lead to big things like wins." Entwistle loves that players are forced to make split-second decisions and compete every possession.

Each year, Entwistle and her team choose a theme to apply to their playing and habits. This season, they looked at a book called *The Coffee Bean* by Jeff Gordon. She explains how different things react to being placed in hot water. A carrot becomes soft; an egg hardens. A coffee bean, however, does not change, but turns the water around it into coffee. The boiling water can represent the adversity that players face, and the different foods, different types of people. Some become weak and others become bitter and hard. Coach Entwistle taught her athletes to stay strong when confronted with challenges and to focus on the controllable; she helped them become coffee beans.

One major challenge the team faced this past season was the loss of players. Entwistle explains that all of

the injuries and illnesses seemed to occur around the same time, near the end of the season. There were multiple games in which the team had to push through with very few available players. In their second time playing against Middletown, they played most of the second half with only six players. The second game with Smithsburg was a battle for the number one seed playoffs; it was a crucial game, and only seven players were present. At first, Catoctin struggled, and they were down 21 - 12 by halftime. During the halftime break, they talked about how they needed to be coffee beans. With newfound faith, the team went back out and made a comeback win of 49 - 41.

On February 20th, the girls wrapped up the regular season by defeating Francis Scott Key 51 - 26. They had had five losses and a whopping seventeen wins, which has not occurred since 2006. The team stayed strong and consistent throughout the game. Emily Williams had scored 14; Courtney Eyley, 13 and Emma Wivell, 11. They had been guaranteed number one seed in the regional tournament. The first round was a 'bye,' which secures a spot in the next round without having to play. Their first playoff game was against Clear Springs. Clear Springs had entered the match with a record of 6 - 15, and was easily crushed by Catoctin. The Cougars won 55 - 21 and advanced to the regional championship game on March 4th.

Smithsburg was Catoctin's most formidable opponent. Smithsburg is a well coached team with extremely talented players. According to Entwistle, the two previous seasons had also come down to them and Catoctin. Two years ago, Catoctin had knocked them out of the playoffs to advance to the regional championships, and last year, Smithsburg had knocked out Catoctin to do the same. In this past season, Catoctin had already beat Smithsburg twice in "intense battles," and knew that it would be difficult to accomplish a third time. The lady cou-



The 2020 CHS girls basketball team

gars had prepared well for this match at practice and with film study, and were excited to compete in regionals. They had an incredible first half, scoring seven three pointers and ending with a lead of 35 - 12. Entwistle says that the team was really carried by their strong defense in the second half, and the game ended with Catoctin winning regionals 48 - 33.

The Friday after, they competed in the state quarterfinals against Coppin Academy. Catoctin lost by two after going into overtime. Though this loss was heartbreaking to the team, they were proud to have received the title of regional champs.

Coach Entwistle says that her players were successful because they committed to their roles and were truly unselfish - they did not care who got the spotlight. These girls supported each other through thick and thin and carried each other through to the final win.

Several players were selected for All-Conference Teams. Emma Wivell and Courtney Eyley were selected for CMC Gambrell 1st team, Emily Williams for 2nd team, and Chayney Barnhart and senior Madi Tobery for Honorable Mention.

The team is very fortunate to have wrapped up the season before the break implemented on the sixteenth of March. It was announced around 4:00 pm the Thursday before. Lois Strickland, coach of track and field

for both boys and girls, says that she and her athletes had been waiting expectantly for the Governor's announcement during practice that day. Many other student-athletes had received the message during scrimmages or games. All were disappointed to hear the news, and afraid of how it would impact spring sports. The break is supposed to last for two weeks, but Strickland is not confident that the spring seasons will have the chance to resume. She worries that the break will be lengthened since the spread of COVID-19 has not yet started to subside.

These developments are especially worrisome for seniors on the spring teams. One of the worst possibilities is that of the senior athletes losing their last chance to compete for Catoctin High. Many senior athletes are not planning on competing after high school, and are worried that they will never get a chance to play the sport again. For those who would like to compete at the next level, this season is their last chance to impress and garner the attention of college coaches. If the break is extended or if the season does not resume at all, that hope will be lost.

In the best case scenario, the teams will be back and in good shape within a few weeks. Many coaches are messaging their student-athletes in some way to organize at-home workouts. Coach Strickland uses "TeamApp," a platform which allows teams to communicate using a personalized app. She has her athletes do cardio workouts and core exercises at home several times a week to stay in shape. This should make it so that athletes can easily get back into practice without having to make up for lost time, provided the season resumes quickly.

Some players from the boys tennis team have been able to practice their hitting in the Mount Saint Mary's courts, across the highway from the university. However, as events surrounding COVID-19 unfold and more public places shut down, it will become more difficult for athletes to practice techniques specific to their sports. According to one tennis player, the coach (Rob Merki) would like his players to hit when they get a chance, but prioritize safety above all, and avoid congregating to practice.

All of the coaches are aware that this is an unprecedented time. Though trying to make the best of this situation surrounding sports, they are concerned above all for the well-being of their players, and want them to take time for themselves and stay safe.

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COVID-19 shuts down Mount Athletics

Collin Riviello
MSMU Class of 2020

It's been a hard having it taken away so suddenly without really any warning but it truly does teach you not to take anything for granted," says senior softball player Jordan Weaver after the heartbreaking announcement from Mount Athletics declaring all spring sports cancelled for the rest of the academic year due to the COVID-19 pandemic.

Rocked by the COVID-19 virus, dubbed coronavirus, the entire sports world has come to a halt. The NCAA made national headlines when it decided to cancel all Winter and Spring championships which includes March Madness, a decision that will cost the NCAA over \$817 million in planned television-broadcasting fees for its men's and women's basketball tournaments. The NBA soon followed suit, postponing the remainder of its season after one of its players tested positive for the virus. And like dominoes, everything else fell in unison- the NHL, WNBA, and XFL all postponed season play. MLB postponed spring training and pushed back opening day play two weeks as of the time of writing this article.

For the Mount, the cancellation of the NCAA winter sports championships and the spring sports seasons altogether, affects 13 teams, 353 athletes and 69 senior/graduate student-athletes.

The women's basketball team, poised to play in the semifinal round of the women's NEC basketball tournament versus Fairleigh Dickinson, was alerted of the cancellation of the tournament just seven hours before tip-off.

In an interview with the Frederick News Post, head coach Maria Marchesano told a reporter, "I said we probably played our last game of the year to my husband." She soon got her players together and broke the news, and, "As soon as I started talking, I saw a couple of [the players] tear up." The women's basketball team had their first 20-win season since their 1999-2000 trek to the NCAA tournament, and this year they were just two wins away from appearing in the NCAA tournament.

Graduate guard Kendall Breesee told the FNP, "I just kind of broke down. I was super upset, and I think I was shocked because we were all going about our days getting ready for the game."

Katelyn Kinsella, a senior captain on the women's lacrosse team also felt the shock of suddenly knowing that the lacrosse match against Howard, just 20 hours earlier, would be the last time she would put on her white jersey with number 17 on the back.

"Out onto the field yesterday never did I truly think it would be the last time ever," she said. "Growing up playing sports and being a part of multiple teams, I never thought my career would

end this way." The women had just won their sixth game of the season over Howard by 12 points, to stand at 6-1, and were looking to make their way back to the NEC tournament title match after losing by one-point in last year's championship game against Wagner. Kinsella echoed a sentiment seemingly shared by athletes across the nation: "This is a heartbreaking experience for not only all athletes, but especially senior athletes."

A person who can strongly relate to Kinsella is Aaron Weisel, a senior midfielder on the men's lacrosse team. "[This feeling] sucks. It's been an integral part of my life for 8 years, and I woke up the next day with a slight sense of feeling directionless." He says that he is still training, but not at the same level as if things were normal for him: "I hate being home this early and being separated from my teammates and other friends." Weisel is just one of the 17 seniors/graduate student-athletes on the team, and feels that, "to have it end like this through no fault of my own is infuriating." The men's lacrosse team finished their season at 3-4, and like the women's team were aiming to make it back to the NEC tournament after last season's disappointing overtime loss to Robert Morris in the semifinal round.

Yet, for many of the athletes, hope is not all lost. After an online petition went around the internet calling for the NCAA to give spring athletes a year of eligibility-relief, the NCAA put out a statement on March 13 saying, "Council leadership agreed that eligibility relief is appropriate for all Division I student-athletes who participated in spring sports." This news gives hope for many, but not all including those who had post-undergraduate plans already lined up.

Justin Kimble, a senior sprinter on the outdoor and indoor track & field teams, is just one of many stu-



The fields, the courts and the track are empty as the COVID-19 Pandemic shuts down all athletic activity at the Mount.

dent-athletes at the Mount whose focus is to graduate. "My next steps are likely to just graduate. I'm currently not planning on taking a 5th year," he said. Though hurt, Kimble recognizes that the steps the NCAA took is for his own benefit: "It's devastating that my career ended in a way that was out of my control, but this is a worldwide pandemic and all measures should be taken to slow the spreading and save lives. If I have to sacrifice my last season for the greater good, then that's okay." Unlike the other 11 spring sports at the Mount, the outdoor track & field team had yet to start their season when the news about the cancellations hit.

The Director of Cross Country/Track & Field, Jay Philips, told his athletes to stay positive and learn from this experience. In an email addressed to the team, he reminded everyone that, "You've literally been preparing for things like this, and you've been blessed to be able to prepare for them using running, lifting, jumping, and throwing. So, go... go out and find what

mountains the world needs moving and move them. You won't have to look very far...you're walking into a world that's more uncertain than ever before, but you, more than many others and more than you know, are ready to face it."

Though heartbroken, lugubrious, and dismayed, many of the athletes at the Mount are trying to stay optimistic. For Kimble, this experience has made him thankful for the opportunities he had and the future opportunities he will have: "The cancellation has not really affected my mindset much; just made me want to appreciate things more since we don't know when opportunities will be taken

from us." For Kinsella, this ordeal has allowed her to reflect back on her journey: "I am forever grateful for the places I have been, lessons I have learned, and most of all the people that have been brought to me from being an athlete." Weaver receives comfort from the solidarity around the nation, saying, "One thing that really helps me is knowing that it's just not the Mount that's going through it but all senior athletes in the country."

The Mount has transitioned to remote learning for the remainder of the spring semester.

To read more articles by Collin, visit the author's section of emmitsburg.net.



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COMPLEMENTARY CORNER

Can you see the possibilities?

Renee Lehman

In 2004, I read the book, *The Art of Possibility* by Rosamund and Benjamin Zander. Written in 2000, *The Art of Possibility* presents twelve breakthrough practices for bringing creativity into all human endeavors. The book combines Benjamin's experience as conductor of the Boston Philharmonic and his talent as a teacher and communicator with psychotherapist Rosamund's genius for designing innovative paradigms for personal and professional fulfillment. The authors' harmoniously interwoven perspectives provide a deep sense of the powerful role that the notion of possibility can play in every aspect of life.

I pulled it off my bookshelf to reread during the week of March 22nd since my acupuncture office was closed because of COVID-19. Why, you ask, did I pick this book to reread? What was it about this book that I wanted to revisit it now? The back cover caught my attention. The first statement on the back cover is this: In *The Face Of Difficulty, We Can Despair, Get Angry... Or Choose Possibility*

This book offers 12 practices to help you shift your perspective and stay open to new possibilities for your life. You may not be able to change the reality that you are encountering, but you can shift how you deal with those situations. The practices are:

It's All Invented - "A shoe factory sends two marketing scouts to a region of Africa to study the prospects for expanding business. One sends back a telegram saying: "Situation hopeless stop no one wears shoes." The other writes back triumphantly: "Glorious business opportunity stop they have no shoes" When you're looking at a problem, all the assumptions you make about it are in your mind. "The frames our minds create define - and confine - what we perceive to be possible. Every problem, every dilemma, every dead end we find ourselves facing in life, only appears unsolvable inside a partic-

ular frame or point of view. Enlarge the box, or create another frame around the data, and problems vanish, while new opportunities appear."

Stepping into a Universe of Possibility - Imagine no limitations exist; the universe is abundant, open and infinite. If you have an attitude of abundance instead of a mentality of scarcity, you're more likely to find new business, new opportunities and new possibilities. If you participate joyfully in tasks and projects, you're more likely to be successful. If you are inclusive and passionate in your life, you're likely to see greater abundance. The Zanders encourage you to step away from the world of measurements and scarcity. "In the measurement world," they write, "you set a goal and strive for it. In the universe of possibility, you set the context and let life unfold."

Giving an A - "You can give an A to anyone in any walk of life - to a waitress, to your employer, to your mother-in-law, to the members of the opposite team and to the drivers in traffic," the Zanders write. If you automatically assume the best and give everyone an A in life, then you let the best come out in them and you remove a lot of the barriers that have held the relationship back. "This A is not an expectation to live up to, but a possibility to live into."

Being a Contribution - In this practice, you wake up every morning with the idea that you are a gift to others. Contribution involves two practices: "1) declare yourself to be a contribution and 2) throw yourself into life as someone who makes a difference, accepting that you may not understand how or why." When you contribute, you forget about scarcity and dwell in the pond of abundance. You go from self-concern to making a difference for others.

Leading from Any Chair - The conductor is not the only leader of an orchestra. You can lead from any chair you're sitting in. The act of leadership is not limited to people in leadership positions.

Number 6 - "Rule Number 6 is 'Don't take yourself so goddamn seriously.'" When you lighten up, you release yourself from egoistic and self-limiting beliefs.

"When we follow Rule number 6 and lighten up over our childish demands and entitlements, we are instantly transported into a remarkable universe. The new universe is cooperative in nature and pulls for the realization of all our cooperative desires."

The Way Things Are - This involves acceptance of what is, as well as presence and making the best of any situation. When you're present and not resisting the current situation, you are free to turn to the question, "What do we want to do from here?" "...the capacity to be present to everything that is happening, without resistance, creates possibility. It creates possibility in the same way that, if you are farsighted, finding your glasses revives your ability to read or remove a splinter from a child's finger. At last you can see. You can leave behind the struggle to come to terms with what is in front of you and move on." When you accept that things are the way they are, instead of complaining and resisting, you're able to make the best of the situation. You're allowed visions, dreams and appreciation for your current place. You're more open to finding solutions or to making the best of the situation in your mind. Being present with the present lets options and dreams come alive. You'll live in a place of freedom and possibilities when you're comfortable with this moment.

Giving Way to Passion - To give way to passion, "participate wholly. Allow yourself to be a channel to shape the stream of passion into a new expression for the world." Life has made many of us conformers and has given us structure and limitations. Your life will change when you "transcend the barriers of personal survival and become a unique conduit for its vital energy."

Participate, engage and immerse yourself in your passions.



Of course, one of the most tried and true practices for a happy and health life is to adopt a shelter pet - like Poptart!

Poptart came into the shelter in May 2019 in a humane trap. What a sweet boy he is! We know he would have some interesting stories if he could talk to us. Poptart did have a wound along his nose and under his eye when he arrived, but it has since healed pretty well. This guy loves lounging in his bed and watching out the window. He will make someone an amazing companion. For more information on adopting Poptart call at 717-263-5791 or visit www.cvas-pets.org.

Lighting a Spark - Imagine that others want to feel the same spark and electric sense of possibility that you feel. Be available and invite others who are ready to catch their spark and live their dreams. The Zanders describe this idea as playing together in a field of light. The steps include being ready to participate, being willing to be moved and inspired and offering that which lights you up. Also, know that others are willing and eager to catch the spark. When others say "no" to your idea or passion, they might be saying simply that they don't see the same possibility you do.

Being the Board - Declare, "I am the framework for everything that happens in my life." "You can always grace yourself with responsibility for anything that happens in your life. You can always find within yourself the source of any problem you have." This practice isn't about blaming yourself or feeling at fault for your circumstances. You're also not looking to place blame elsewhere or on others. It is about exploring the assumptions you make about what's happening in your life and, ultimately, taking responsibility for them. "Gracing yourself with responsibility for everything that happens in your life leaves your spirit whole and leaves you free to choose again."

Creating Frameworks for Possibility - The practice in this chapter involves creating frameworks that cultivate possibility. "Make a new distinction in the realm of possibility: one that is a powerful substitute for the current frame-

work of meaning that is generating the downward spiral." Find the courage and boldness to stand with your ideas and to face the direction where you'd like to lead people. Become more conscious of the way you use words and define new frameworks of possibilities.

Telling the "we" story - Can you move on from the story of "you and me" and "us and them," (which is fundamentally driven by fear) and get to "we?" Can you go from a place of division, conflict and hostility to a place of enthusiasm and togetherness? A place of friendship and cooperation? "What do we want to have happen here?"

Permit the barriers that separate us to dissolve and act from a place where all of us benefit, together. All of us can find solutions that work for everyone.

Final Thoughts...So, right now, can you see the coronavirus through different lenses? What are some of the possibilities that can and/or have come out of the COVID-19 pandemic? Focus on the possibilities. This will help to create a peaceful environment within you. Your peace will then affect others that are around you. You never know what kind of positive impact you could have on your friends and family.

Renee Lehman is a licensed acupuncturist and physical therapist with over 30 years of health care experience. Her office is located at 249B York Street in Gettysburg. She can be reached at 717-752-5728.

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FITNESS AND HEALTH

Tips on activities to keep moving

Linda Stultz
Certified Fitness Trainer

We all have heard how important it is to keep active and not become sedentary. The statement sitting is the new smoking has been circulating on TV and social media for a while now. I don't think most people take this statement as seriously as they should. When we sit for a long period of time our joints may become stiff and therefore it is painful to get up, walk or do the daily things we must take care of in life. It becomes a vicious circle of sitting, getting stiff, hurting and not wanting to walk, and the problem comes full circle to sitting more.

In this article I thought I would do something a little different and give you some lists that you can put on your refrigerator, your bathroom mirror or someplace that you will see them several times each day. Hopefully you will be reminded that you should be moving more and also some things that you can do to achieve your goals.

Things you can do to keep your

legs limber and muscle tone in shape while watching TV: 1) get up and walk through the house at commercials, 2) do ankle circles while sitting and watching TV, 3) bend knees up and down like pumping the brakes on your car, 4) stand and go up on toes and back on heels. (Be sure to hold on to something for balance, 4) curl your toes for circulation in feet, and 6) hold on to something for balance and extend your legs out to the side, back and bend knees up in front.

Things to keep your shoulders, arms and fingers moving: 1) hold arms out to sides and do circles, 2) roll shoulders forward and back, 3) lift arms up and out in front then down to your sides, 4) arms out in front and pull back to squeeze shoulder blades together, 5) wiggle fingers and then make a fist, 6) squeeze a foam ball or something soft to strengthen hands, and 7) lift shoulders up then drop down.

Things to strengthen your core muscles (abdomen & back): 1) pull your stomach muscles in & hold then push out, 2) bend from side to side while sitting or standing (be

sure to hold on to something for balance), and 3) twist your midsection from side to side while sitting to protect your knees.

There are many other exercises you can do while sitting or standing that will strengthen your muscles and keep you from feeling stiff and sore. Always check with your doctor if you have any conditions that you may need to consider before starting any

exercise program. Most doctors are happy when their patients ask them about exercise and what they can do to improve mobility.

Exercise CDs and programs on your TV are great ways to start an exercise program with guided moves that will help you. Always be sure to feel secure while doing any of the moves when you are standing. Balance is something we all need to work on as we age. Holding on to a chair or something that

will not move will give you the support you need to prevent a fall or accident. Safety is the first thing to consider when you are trying to improve your balance and health.

Remember to keep moving and I hope these suggestions will help you. I'm always interested in learning what you may have learned to improve your health so please give me a call at 717-334-6009 and share any tips you may have and want to let others in on.

Frederick Co. Health Dept. COVID-19 changes

The Frederick County Health Department (FCHD) building will be closed to public access until further notice. "This action allows us to promote social distancing measures and to redirect our public health workforce to focus on COVID-19 response," said Dr. Barbara Brookmyer, Frederick County's Health Officer. Essential services needed for the immediate protection of public health will continue, but walk-in services will no longer be available.

The following services will continue to operate by calls only, with no walk-in service available:

- Behavioral Health: Syringe Services Program (reduced schedule), naran training, treatment services, AERS
- Community Health Services: communicable disease investigation and surveillance, rabies, tuberculosis, HIV case management, preventive health, Safe Kids, Special Delivery, Women, Infants and Children (WIC) Nutritional Program
- Environmental Health Services: essential food service inspections, food service complaint investigations, emergency septic system repairs, rabies investigations, building permit review, limited burn permits for prior permit holders, inspection of permitted sewage disposal systems, emergency well permits, plan review, water sample and water supply evaluations
- Developmental Center: dental clinic, audiology and Infants & Toddlers
- Public Health Preparedness
- Non-Emergency Medical Transportation Program

The following services will continue to operate by appointment only, no walk-in service:

- Medicaid enrollment: Please call 301-600-3124 to make a Medicaid enrollment appointment.
- Qualified Health Plans: The Coronavirus Emergency special enrollment period will begin Monday, March 16, and end Wednesday, April 15. Coverage will begin April 1, regardless of when a qualified health plan (WHP) is selected during that time period.
- Mental Health appointments for current patients.

All other services have been suspended or reduced until further notice.

The Frederick County Environmental Health Services Division has suspended wet season soil evaluations and percolation testing. Precipitation and water table observations will be monitored to determine when testing may resume. No new applications for testing are being accepted for this wet season. If you have questions please call the FCHD Environmental Health Services Division at 301-600-1715.

For questions about FCHD programs and services, please visit www.health.frederickcountymd.gov.

Accurate COVID-19 information is critical to the community. For the most current and accurate information about this situation, please visit www.health.frederickcountymd.gov/coronavirus

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ASTRONOMY

The night sky of April

Professor Wayne Wooten

For April 2020, the first quarter moon is on April 1st. The Full Moon, the Egg Moon, is on April 7th. The last quarter moon passes below Jupiter on April 14th, and then Saturn in the 15th, and below Mars on the 16th in the dawn sky. The new moon is April 22nd. The crescent moon passes below the crescent Venus on the evening of April 26th. The first quarter moon returns on April 30, setting length of the synodic (phase based) month as 29.5 days.

Mercury is too close to the Sun this month for naked eye observing. Venus dominates the western sky, passing below the beautiful Pleiades star cluster from April 1-3rd. On April 11th, Venus passes north of the much larger V of the Hyades cluster, the head of Taurus, with its eye the bright orange star Aldebaran. Telescopically, Venus crescent phases thins from 46% lit on the 1st to 24% on May 1st, while as it retrogrades between us and the Sun and gets closer to us, its disk grows from 25" to 39" this month.

The superior planets all lie in the dawn sky this month. Mars passes just south of Saturn on April 1st, and continues moving east all month. Jupiter gradually draws closer to fainter Saturn in Capricorn all month as the two giants converge.

While the naked eye, dark adapted by several minutes away



Globular Star Cluster M3 is an immense ball of half a million stars older than the Sun that lies over 30,000 light-years away. It is one of about 150 globular star clusters that roam the halo of our Milky Way Galaxy.

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 March 30th, visit the www.sky-maps.com website and download the map for April; 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.

Also available is wonderful video exploring the April sky, available from the Hubble Space Telescope website at: http://hubblesite.org/explore_astronomy/tonights_sky/. Sky and Telescope

magazine has monthly observing highlights at <http://www.sky-andtelescope.com/observing/astronomy-podcasts/>.

Yellow Capella, a giant star the same temperature and color as our much smaller Sun, dominates the northwestern sky. It is part of the pentagon on stars making up Auriga, the Charioteer (think Ben Hur). Several nice binocular Messier open clusters are found in the winter milky way here. East of Auriga, the twins, Castor and Pollux highlight the Gemini. South of Gemini, Orion is the most familiar winter constellation, dominating the southern sky at dusk. The reddish supergiant Betelgeuse marks his eastern shoulder, while blue-white supergiant Rigel stands opposite on his west knee. Just south of the belt, hanging like a sword downward, is M-42, the Great Nebula of Orion, an outstanding binocular and telescopic stellar nursery. The bright diamond of four stars that light it up are the trapezium cluster, one

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

To the northeast, look for the Big Dipper rising, with the top two stars of the bowl, the pointers, giving you a line to find Polaris, the Pole Star. Look for Mizar-Alcor, a nice naked eye double star, in the bend of the big dipper's handle. Take the pointers at the front of the dipper's bowl south instead to the head of Leo, looking much like the profile of the famed Sphinx. The bright star at the Lion's heart is Regulus, the "regal star". Now take the curved handle of the Big Dipper, and follow the arc SE to bright orange Arcturus, the brightest star of the spring sky. Recent studies of its motion link it to the Sagittarius Dwarf Galaxy, a companion of our Milky Way being tidally disrupted and spilling its stars above and below the plane of the Milky Way, much like dust falling away from a decomposing comet nucleus. So this brightest star of Bootes the Bear Driver is apparently a refugee from another galaxy!

Out at the edge of our Galaxy are hundreds of globular star clusters, and one of the finest lies just east of Arcturus. It is the third entry in Messier's listing of smudges in the sky that did not move and thus were not his beloved comets. M-3 is visible as a compact blur in binoculars, and resolves itself into thousands of stars at about 100X in scopes six inches or larger. This fine shot of the ball of stars, about 100 light years across and 34,000 light years distant, was taken by the late, great astrophotographer, Bob Gaskin. It

is a good approximation of what you can see visually with a six-inch telescope under dark skies. Speaking of comets, we have one that may arise to naked eye activity in late April. Dr. Wayne Wooten's finder charts, in good agreement with the latest observations, for Comet Atlas can be found at the Facebook page for the Escambia Amateur astronomers. It may be up to naked eye visibility in the northwestern sky in Perseus by the end of this month, and at its best by mid May. Stay tuned; such comets are unpredictable; the parent body to this comet put on a grand display in 1844!

Now spike south to Spica, the blue-white gem in Virgo rising in the SE. Virgo is home to many galaxies, as we look away from the obscuring gas and dust in the plane of the Milky Way into deep space. To the southwest of Spica is the four sided Crow, Corvus. To the ancient Greeks, Spica was associated with Persephone, daughter of Ceres, goddess of the harvest. She was abducted by her suitor Pluto, carried down to Hades (going to Hell for a honeymoon!) and when Jupiter worked out a compromise between the newlyweds and the angry mother-in-law, the agreement dictated Persephone come back to the earth's surface for six months of the year, and Mama Ceres was again placated, and the crops could grow again. As you see Spica rising in the SE, it is time to "plant your peas", and six months from now, when Spica again disappears in the sun's glare in the SW, you need to "get your corn in the crib"....so was set our calendar of planting and harvesting in antiquity.

To read past editions of the night sky, visit the author section on emmitsburg.net.

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Farmers' Almanac

"There is no glory in star or blossom till looked upon by a loving eye; There is no fragrance in April breezes till breathed with joy as they wander by"
—William Cullen Bryant (1794-1878)

Mid-Atlantic Weather Watch: Fair and cool (1, 2, 3) with showers, some snow in the northern part of the region (4, 5, 6, 7, 8); fair and cool again (9, 10, 11, 12, 13, 14) with more showers (15, 16). Fair and mild (17, 18, 19, 20, 21, 22, 23) with showers, storms (24, 25) turning fair and warmer (26, 27, 28, 29, 30).

Full Moon: April's Full Moon will occur on Tuesday, Sunday, April 7th. It has been called Pick Moon because of the many pretty flowers coming into bloom throughout the month. And because fishing typically improved during the month due to the warmer weather, it has been also referred to as Fish Moon.

Special Notes: In 2020, April Fool's Day falls on Wednesday, April 1st. Keep an eye for practical jokes and pranks that may be coming your way from family, co-workers, and friends! Earth Day is observed on Wednesday, April 22nd. Call the Earth Day Network at 202-518-0044 or go to www.earthday.net for some interesting, fun, and easy activities that you and your family can do that will help promote a healthier relationship with Mother Earth!

Holidays: Celebrate Palm Sunday on April 5th, Good Friday on the 10th, and Easter Sunday on April 12th. Honor the resurrection of Our Lord Jesus Christ by attending the church of your choice. The first day of Ramadan falls on Friday, April 24th.

The Garden: Begin planting indoor seedlings outdoors. Harden them off first with several short days outside. Set out annuals and other perennials now. Cool season vegetables, such as

spinach, lettuce, peas, broccoli, cauliflower, and beets can be planted as soon as the soil can be worked. A good test of "soil readiness" is to take a handful of soil and squeeze it. If it remains in a ball, it's too moist and should be allowed to dry further. If it crumbles, start planting!

The Farm Best days for planting root crops (7, 8); weeding and stirring the soil (25, 26, 27); planting above-ground crops (1, 2); planting root crops (7, 8, 9) 21, 22); harvesting all crops (11, 12); planting above the ground crops (28, 29); to set hens and incubators (1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15); slaughter and butcher meat (22, 23, 24, 25, 26, 27, 28, 29); transplanting (22, 23, 24, 25, 26, 27, 28, 29); harvesting and storing of grain (14, 15, 16, 17, 18, 19, 20, 21); weaning of animals and livestock (11, 12, 13, 14, 15, 16, 17, 18, 19).

John Gruber's Thought For Today's Living

"Arise on a rainy day with as much eagerness as on a sunny day"

COMPUTER Q&A

Quarantining with your PC

Aysë Stenabaugh
Jester's Computer

With the spread of COVID-19 and many of us isolating at home, personal computers are getting more use than normal. Some have the option to work from home utilizing remote applications and others are keeping in touch through social media, streaming content or gaming. Whatever your reason is for using your computer we have some advice on how to use your device safely and what you can do if you need help with your devices.

Prepare your equipment: Use a WIRED internet connection over a wireless one to improve your internet speeds and overall performance. By default, most computers are set to go to sleep after a short period of inactivity, we recommend that you disable sleep mode when running on power (leave enabled for battery power if you want). This will prevent your computer from going to sleep unexpectedly. If you are video conferencing, using a headset over a desktop or webcam microphone will greatly improve the call quality. Most software will give you the ability to adjust your sound and video settings which allow you to achieve the best quality possible.

Be wary of scammers: Scammers know the world will be using the internet more and they will take any opportunity to take advantage of people. If you receive any phone calls from anyone about your computer and you did not call them recently yourself, they are probably a scammer. No one should have access to your computer to see that there is a problem unless you have given them access to your device. Someone will rarely gain access to the average person's computer without interaction from the user, usually by way of going to a website and downloading remote software or providing an access code to let someone view and control your device. Unless you know someone personally (such as a friend or a computer repair shop you trust) you should not provide access to your devices. Many companies that offer remote support to resolve software issues and if you reach out to these places, you should be certain they are who you think they are. For example, there are a lot of websites that offer support for printers that are not the manufacturer and often these third party support websites are scammers that will get access to your device and then try to extort users for money by locking their devices with passwords or tricking them into thinking they need to spend way too much on a support plan that you don't need to "fix" your computer.

Use Internet Etiquette: Yes there are unwritten rules about how to use the internet when it comes to social activity. Don't use all CAPS when you writing to someone online unless you WANT them to think you are yelling at them. When replying to an email or even a message, understand the difference between reply and reply all, a reply will only go to the original sender, reply all will

send a message to all of the original recipients listed in the To: field. More than anything though, check, double-check and triple-check all information that is shared online. Fake news seems to be more common on the internet than real news, and many people don't know the difference. Users can help fight fake news by reporting it (on social media via a button that is found on every post) so it can be reviewed and removed if necessary.

Use the tools you already have on your computer: The most common potentially unwanted software (or PUPS) that we see come from users attempting to get directions, track a package, or save a document as a PDF. None of these tasks require you to download anything to do them but many websites try to make you think you do so that you will download and install their software. If you've ever wondered why pop-ups started infiltrating your computer after installing one of the above, mystery solved!

Seize this opportunity to optimize your devices: This applies for cell

phones and tablets too. Go through installed programs (on Windows 10 right-click on the start button in the bottom left corner, then left-click on Apps & Features) by removing software you don't use anymore or don't need. It's not recommend that you uninstall something you aren't familiar with instead, leave the application installed, ask your computer support technician or search online for additional input from reputable sources. Uninstalling unused programs will prevent them from running when they shouldn't be which can use up system resources like CPU and memory unnecessarily. Backup any important data including all of your photos and documents to a second storage device and/or cloud storage. Freeing up storage space won't make your computer faster in most cases but if your hard drive has less than 10% free space, your hard drive will stop working properly and will be unable to get critical updates.

Most importantly, if you need help reach out to a good quality computer



support business or a trusted friend or family member! If you are looking for help you can reach Jester's Computer Services at 717-642-6611. At this time we are continuing to offer remote support when possible and are we con-

tinue to accept drop-offs and pick-ups by appointment only. For more information or free computer tips and tricks including our video tutorials, visit us on the web on Facebook or at www.jesterscomputers.com.

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WHATEVER YOU CAN THINK OF INCLUDING THE KITCHEN SINK!

UPCOMING EVENTS

Cancelled Events & Activities

Editor's note: Usually I struggle to pare down to a manageable number of events for these two pages, but this month, with the uncertainty brought about by the Covid-19 virus, I think it more useful to instead provide a succinct list of all events, activities and organizations that have been cancelled or closed as

of the time we go to press. For more up to date information on the current status of these organizations, visit Emmitsburg.net or the websites of the organizations listed below.

Governments

The April Maryland primary election has been postponed until June 2nd.

Town meetings in Thurmont, Emmitsburg, Carroll Valley & Fairfield will take place, but

doors will be closed to the public. Instead, the public can participate via webcasts.

Frederick County, Carroll Valley, Blue Ridge Summit and the Taneytown Libraries are closed.

Frederick County senior centers are closed.

All public program & events in Pennsylvania state parks and forests have been canceled through the month of April.

Participation in programs & events in Maryland state parks and forests have been limited to 50 people at a time.

All Frederick County parks and playgrounds have been closed. All planned programs & events have been canceled through June 1st.

Schools

Mount St. Mary's University and Gettysburg College have closed

for the remainder of the school year. All classes will be conducted on-line. All sports and cultural activities have been cancelled.

All Fairfield Schools are closed.

Mother Seton School is closed – no date for resumption of classes has been set.

FEMA's National Emergency Training Center has suspended all on-campus training activities until at least April 13.

Organization

The Seton Center Outreach and Family Store is closed.

The Big Money Bonanza Drawing for the Harney Vol. and New Windsor Fire Companies scheduled for May 2nd is being moved to August 22nd. Still located at the Harney Vol. Fire Co. See www.harneyfire11.org for more details,

dug up and presented by the Victorian Historian and see just how amusing, comical and downright bizarre history can be! This very interesting program is open to the public. Light refreshments will be served. Come join us at the Village Hall on Apr 16. Everyone welcome. For more information call 717-642-6540.

April 18 & 25

Strawberry Hill's Birding 101. Join Strawberry Hill for this new program series designed to bring out your inner birder! Birding 101 will help participants develop the skills needed to grow from a novice birder into the pro you want to be. The series will start at the basics and conclude by testing your new birding skills in the field. Develop skills ranging from identifying birds by their movement, to understanding what weather conditions are best for birding. You will also get to meet Strawberry Hill's resident barred owl, Strix! No prior experience is necessary. The series is designed for birders ages 16+. Birding 101 will be instructed by assistant educator, Danny Stoner. Danny has conducted research highlighting the use of habitat by a variety of birds, most recently working for Hawk Mountain Sanctuary. He developed an ornithology club while completing his bachelor's in environmental science at Kutztown University. Register for this program online at StrawberryHill.org, or by calling 717-642-5840. The cost is just \$30/participant and includes program supplies.

April 19

Frederick's Calvary United Methodist Church presents the U. S. Air Force Heritage Winds Quin-

Hopeful Events

Editor's note: As we go to press these events are still on – but may change based upon government actions to stem the spread of the Covid-19 virus. We therefore recommend you contact the organization hold the event to verify it will still be taking place before you attend.

April 16

Fairfield Area Historical Society presents 'The Victorian Historian'. Victorian Historian Adam Shefts will share a unique insight into the obscure history of America's 19th and early 20th century. This entertaining program features short stories, footage, audio and live demonstrations which will make you laugh, cringe and perhaps scratch your head in disbelief. Come experience strange and forgotten American history,



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Due to virus social gathering restrictions, check the Thurmont Event Complex Facebook page for the status of this and other events

Thurmont Event Complex

Car Show

July 18, 2020

8:00am – 4:00pm

BBQ Chicken Dinner

Kitchen Open for Additional Food

Contact Info:
240-674-1235 / 301-667-1545

Registration Fee - \$15.00 Includes 1 Meal

Additional Meal Tickets for purchase \$10.00

Dash Plaques to the first 100 registered

Trophies Awarded @ 3:00pm

Music/DJ by Joe Brown

Door Prizes - Games - Chinese Auction

Swap Meet - Bingo - 50/50

Proceeds Benefit Thurmont Community Ambulance
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Check out our website for the latest updates on events affected by the status of the COVID-19 virus.



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For tickets & more information contact us at www.vigilanthose.org or call:
 Chris Stahley 301-447-3081, John Glass 301-447-3648, Gabe Baker 301-447-2212, Bill Boyd 717-642-9717

UPCOMING EVENTS

ret. The U.S. Air Force Heritage Winds Quintet, a component of the United States Air Force Heritage of America Band, is located at Langley AFB, VA. This five-piece ensemble – flute, clarinet, French horn, oboe, and bassoon – will perform classical wind quintet literature as well as patriotic music to inspire patriotism, honor veterans, and share the Air Force story. For more information call 301-662-1464 or visit www.calvaryumc.org.

April 21
Gettysburg Community Concert Association presents Joel Fan. Fan's commitment to a wide range of repertoire leads him to easily traverse the distance between world music, classical music of the 21st century and music by Schumann and Beethoven. He has re-invented the piano recital by illuminating the rare and unex-

pected – creating, in the words of the Baltimore Sun's critic Tim Smith, "one of the most satisfying piano performances I've heard." For more information call 717-334-7776 or visit www.gettysburgcca.org.

April 24 & 25
Gettysburg Community Theater's Lockdown - In a dark classroom, students sit in an "official lockdown," not knowing if it's just a drill or an actual emergency. When a hysterical younger girl bolts from the classroom and the teacher follows, the remaining students are left alone to decide if it's safer to stay or run. For more information call 717-334-2692 or visit www.gettysburgcommunitytheatre.org.

April 25
Hollabaugh Brothers' Breakfast Pizza Family Cooking Class. Reg-

istration required. For more information call 717-677-8412 or visit www.hollabaughbros.com.

Strawberry Hill's Spring Foraging Workshop. Join the "Wild Edibles Lady," Debbie Naha, as she shows you a unique approach to appreciating wild edible plants. Debbie is a professional foraging instructor who is also a licensed nutritionist. Participants will take a hike and learn to identify wild edibles, followed by a tutorial on how to prepare your findings! All ages are welcome to attend. The cost is \$25 per participant and the class is limited to 30 people. Register online at StrawberryHill.org, or by calling 717-642-5840.

Seton Shrine presents the National Christian Choir Concert. The Choir is an auditioned choir of 160 members whose mission is "to glorify God through a

unique ministry of music which draws people into a new and deeper relationship with Him". Singers come from over 100 different churches within a 5-state region that includes Washington DC. The concert takes place in the Shrine's Basilica and is free, however a goodwill offering will be collected. For more information call 301-447-6606 or visit www.setonshrine.org.

April 26
Frederick's Calvary United Methodist Church presents Michael Adcock, pianist. Hailed for his prodigious technique and praised by the Washington

Post for an "unusually fresh and arresting approach to the piano," Michael has cultivated a versatile career as soloist, chamber musician and pre-concert lecturer. In addition to performing throughout the United States, he has also performed in France, Italy, and Australia. Michael earned his master's degree, artist diploma, and a doctoral degree from Peabody Conservatory in Baltimore, where he studied with Leon Fleisher and Ellen Mack. Currently, he is a faculty member of the Washington Conservatory in Bethesda. For more information call 301-662-1464 or visit www.calvaryumc.org.



Thurmont Business Show

Saturday **POSTPONED** 11 a.m. - 4 p.m. **FREE!**

Thurmont Event Complex
1116 Stafford Drive, Thurmont

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THURMONT EVENTS POSTPONED

GREENFEST

Gateway to the Cure

ZUMBATHON

Thurmont BUSINESS SHOWCASE

To our valued customers

Through this difficult time the staff at Jubilee Foods is doing everything possible to maintain stock conditions. The entire Food Chain is stressed beyond its ability to function and product availability is very sporadic. We have had our orders limited and cut from all our suppliers. We have had to source product from many suppliers to keep product flowing into the store. Through all of this we've had several suppliers that have risen to the occasion to keep us supplied. Weaver's Meats, Resinger Poultry, Imler's Poultry, Rutters Milk, Sauder's Eggs, 4 Seasons Produce, Class Produce, Wintergarden Salads and Boars Head Meats, just to name a few. Please remember these fine companies and continue to patronize them when we get through this.

Also, through this I have to give accolades to the staff of Trout's Jubilee. We are blessed with a staff that is incredible! Starting with our Managers Tim & Linda who have worked endless hours trying to get product into the store and maintain store conditions, the Department Managers Doug, Kathy, Karen, Chad, and Lori who were challenged every day trying to order and get product under historical conditions. All of the associates that worked so very hard and were flexible while deliveries and situations were changing constantly, not to mention our great Front End Staff Michele & Margaret and the crew who kept the check out counters flowing. We are proud and honored to have such an incredible group of people!

Last but not least, we would like to thank our wonderful Customers. You've done nothing but offer kind words & your thanks. Some have even volunteered to come in and help us stock product! Where on earth can you find finer people than in this community of ours? Thank you to the "Moody Family" for the lovely floral arrangement and card.

As we get through this crisis support all of our local Businesses and Restaurants!



Support our local Businesses & Restaurants!

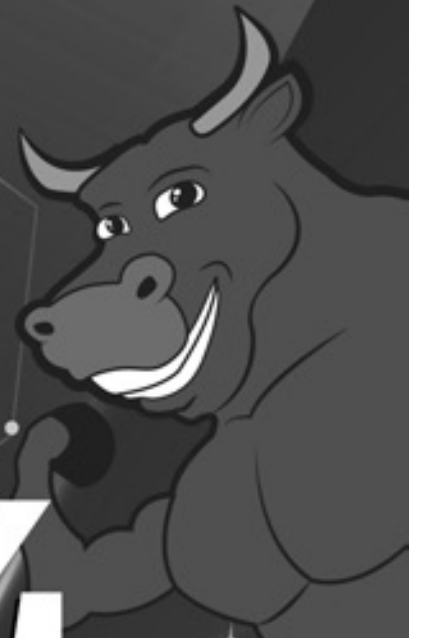


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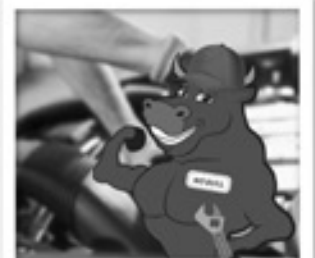
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