

Emmitsburg NEWS-JOURNAL

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

JULY 2020

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Colorfest cancelled

Thurmont commissioners decided by consensus, at their June 23 meeting, that Catocin Colorfest 2020, one of the community's most popular and heavily attended annual events, is now officially canceled.

Colorfest was slated to have occurred on October 10, and features street vendors, food, and yard sales, and can attract as many as 100,000 attendees or more. However, like so many large annual events, communities are faced with making decisions regarding holding such events while COVID still possesses a threat to public health.

The possibility, or likelihood, that Catocin Colorfest 2020 was to be canceled was discussed at the commissioners' June 16 meeting. A decision was then made to render a final call on July 1. However, the board subsequently decided to make their final decision at the June 23 meeting.

Commissioner Martin Burns was ready to cancel the event at the June 16 meeting, stating, "I've already said, I'll cancel it right now ... I'd like to be able to do it (pro-

ceed with the event) if we thought it could be successful, but I don't think it's going to be."

Mayor John Kinnaird noted along with the consensus to ditch this year's Colorfest, the town had received a letter from Catocin Colorfest, Inc. stating that Catocin Colorfest, Inc., along with the Guardian Hose Company, and the Thurmont Ambulance Company "will not be participating (in this year's Colorfest) ... We are truly concerned for the health, well-being, and safety of everyone who is involved and participating in this event, as well as the residents of our community, due to the pandemic we are experiencing."

Following the reading of the letter, Burns expressed that he was not pleased with not having rendered a decision at the June 16 meeting, stating, "If you (Catocin Colorfest, Inc.) had just come up and said, 'Hey, we're very concerned. We'd like to cancel'... we'd have just followed suit that night and been done with it, and not wasted all this effort."

On behalf of the board, Kinnaird read a statement regarding the board's



With only rare exceptions, the vast majority of the people on both sides of the peaceful Unity rally on June 27 expressed support for the Thurmont Police Department. See story on page 4.

decision, noting that the board of commissioners must protect, not just the residents of Thurmont, but all those who visit Thurmont.

"Given the severity of the pandemic," he stated, the board determined that it is unsafe to proceed with the festival, as a matter of public health and safety.

Carol Robertson, president of Catocin Colorfest, told the News-Journal that Colorfest was established 57 years ago as a "nature walk, and evolved into one of the largest arts and crafts shows."

She also noted, "We have never canceled before," she said. "I work on this event all year, and a great deal of preparation goes into it, but due to the current situation and the uncertainty of where we might be with this in October, a decision had to be made now, rather than later."

In closing, the mayor said, "This has been a difficult decision," noting that all the local non-profit organizations rely on Colorfest as their largest fund-raising event each year.

Pippinfest cancelled

The Fairfield Borough's Pippinfest 2020 has been canceled by the Pippinfest Committee out of concerns over adhering to COVID restrictions imposed by the governor of Pennsylvania.

According to Pippinfest Committee Chairperson Sally Thomas, the decision was reached by a unanimous vote of the committee at their June 3 meeting. The Pippinfest Committee consists of 11 members and 21 volunteers who assist with the actual event.

Thomas said, "According to the guidelines for 'phase green' of Governor Wolf's plan to re-open Pennsylvania, which will very likely begin soon, gatherings of more than 250 people are not permitted." Previous Fairfield Pippinfest festivals have reported having attracted thousands of attendees.

The chairperson said that Pippinfest would almost certainly attract a crowd of attendees greater than 250 in number and would thus render it unlikely that social distancing guidelines could be maintained. "It was the correct decision based on the information and criteria available at this time."

The cancellation represents the first time Pippinfest has been canceled in its 40-year history," Thomas commented, adding,

"This is certainly sad for everyone."

Fairfield Mayor Robert Stanley said, "We all thought that the prudent thing to do was to postpone the 40th to 2021. It's still a big question where COVID-19 will be in late September."

Some of the considerations were the safety of the committee, staff, volunteers, property owners, and participants. The Fairfield Council also were cognizant of the uncertain status of COVID when September comes. Fairfield Council President Patricia Smith remarked, "We felt the sensible approach would be suspending event-planning for this year, and to devote efforts to having a memorable 40th-year celebration of Pippinfest in the fall of 2021." Carroll Valley Mayor Ron Harris told the News-Journal that the event has always been something the community-at-large looks forward to. "I'm sure," he said, "they will come up with something bigger next year to compensate for this year's setback."

Harris stated that he supported their decision to cancel under the present set of circumstances.

"I'm sure they were concerned" over maintaining social distancing and other restrictions.



Organizers cancelled Fairfield's signature festival due to uncertainty over the progression of the COVID-19 pandemic.

Since the 40th consecutive year of Pippinfest has now been canceled, 2021's event will technically be the 40th year of the event. "We certainly look forward to continuing our plans for Pippinfest 2021, when we will be celebrating our 40th anniversary of our wonderful hometown festival," Thomas stated.

Pippinfest has traditionally been the most attended annual event held within Fairfield Borough. When held, the two-day festival usually reserves Saturdays for yard-sales and other activities, with even more events, activities, and live entertainment on Sun-

days. The festival has traditionally been held on the last full weekend in September.

David Thomas, the former owner of Fairfield Inn, is credited as the founder of Pippinfest, established in 1980 as a 'community-wide celebration of the apple harvest,' pippins being an American apple variety, tracing its origins to the late 17th or early 18th century.

Two years after the founding, in 1982, a Pippin apple tree was planted behind the Fairfield Inn with local fanfare and ceremony. The tree still stands today and bears its fruit every fall.

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EMMITSBURG NEWS

Community Park to be renamed

The Town Council voted unanimously to rename Community Park in honor of a former town mayor who helped develop the park.

Upon a motion made by Commissioner Frank Davis, seconded by Commissioner Joseph Ritz, III, the board voted to change the name of the park to honor former Mayor Eugene Myers.

Myers died, age 77, in 2006 and had served as the town mayor from 1974 to 1978, in between the two terms served by Mayor Richard Sprinkle (1972-1978 and 1980-1982). He also served as chairman of the town Planning and Zoning Commission, as a parks commissioner, and as president of the Town Council.

The former mayor was also quite active in local sports and recreation. Commissioner Davis noted that when local baseball became popular in the 1970s, the town only had a single field which served for multiple purposes.

Davis said Myers had a vision of creating a community park. He recalled how the former mayor spent "countless hours of his own time," mustering the necessary funds to bring the project to fruition and the workforce to create it, "and then basically took an old hay field and began the development of the community park."

Myers was also active in local baseball, coaching the Senior Division of the Babe Ruth Baseball League and

owning and managing his softball team, according to the June 1999 Dispatch newspaper.

Commissioner Sweeney said Myers had also established a clay tennis court and an ice-skating rink. He said the rink was located next to the dog-walk in the park. "It (the old rink) is grown up now, but you can still see the water. It's full of frogs, but it's still there."

Among Myers' accomplishments, he served for ten years with Vigilant Hose Company as a fireman and as a chief and is credited with aiding in the effort to have the National Fire Academy sited on the grounds of the former St. Joseph's Academy.

Community pool to re-open

The Emmitsburg town council announced at their June meeting that the pool mural is finished. They also discussed pool management while under the limitations established by the state in addressing the COVID-19 pandemic.

Regarding pool management during the open season, Commissioner Burns asked that given the town is likely faced with an abbreviated pool season due to COVID restrictions, if the town would be able to drop the pool's use rates.

Commissioner Burns also queried the impact of the pandemic, "There [are] financial burdens on every one of us, but we still want people to enjoy the pool and take full use of it, if and when it opens."

"Would some kind of concession on the rates be helpful to the members of our community?"

The current daily pool-rates for town residents are: Adults \$4; Children \$3; Seniors (60+) \$3.

The Town Manager said that the decision would be up to the commissioners, but further advised, "The pool is not a money-maker. We (already) lose money every year."

Additionally, she stated, the town would probably see a maximum of 50-percent of the allowable capacity under the COVID-19 restrictions. In standard times, the maximum permissible capacity is 328 individuals.

However, it was noted that it would

not be fair to sell season passes, since, given social distancing requirements, the pass-holder might not always be able to use the pass to access the pool.

Commissioner O'Donnell suggested selling one-day passes to help regulate the number of attendees. He also suggested dividing pools hours to two-time frames and selling the passes for specific time frame use to help control the numbers of attendees.

The Manager said she would discuss the issues with the town's pool management contractor, RSV Pools, Gaithersburg.

Beyond the discussions, the board took no formal action.

Regarding the mural, the finished

News-Briefs . . .

Bridge to be dedicated to local fallen firefighter

The East Main Street Bridge will be formally dedicated on July 25, to honor the memory of the late Vigilant Hose Company firefighter Terry Myers. Permanent highway signs will remind passing motorists of how this community honors 'First Responders.'

Myers died in the line of duty in 1999 of a heart attack while operating at the scene of a brush fire. Terry was age 50 at the time of his death. His late brothers, Gene and Butch Myers, were also VHC members. And, to this day, Terry's wife, Wanda, and son, Randy, remain very active with the Company. At the time of his death, VHC Myers was serving on the Company's Board of Directors, a position he held for many years.

For over 33 years, Myers was as

an integral part of his hometown fire department. He was renowned for his skill as a safe and effective operator of large emergency vehicles. He was a permanent fixture in the firehouse kitchen, preparing and serving food, plus working on a variety of projects including maintenance of apparatus and the emergency tools carried on them. Terry was widely known and highly regarded throughout the region.

The dedication will begin at 10:30 a.m. The event will take place in the parking area adjacent to the bridge. The public is invited to attend. Attendees may park at the VHC Activities Building on Creamery Rd. (shuttle transportation will be provided). No parking will be available at the event site itself. Following the event, all attendees will be invited to the VHC Activities Building for light fare refreshments.

Mayor, commissioner seats to be filled

This year's town election will be on September 29. Seats to be filled include that of the mayor, and the commissioner's seat presently held by Joe Ritz. Both seats are three-year terms. As of June 28th, no candidates have filed to run for re-election or election. However, the deadline for candidates to file is 4 p.m. on August 28.

Regarding potential candidates, Commissioner Clifford Sweeney told the News-Journal, "I would like to run for mayor, but only if Don is finished." Commissioner Ritz said, "I am considering running for my third term. However, I have not officially declared." Mayor Briggs, who has served as the town mayor since 2011, has not decided whether he will be running for re-election.

work encompasses all four of the sides of the pool building and features various forms of sea life. The town council approved a contract in March to Canvas Sky, LC.

According to Canvas Sky, the mural and associated expenses were estimated to cost \$7,200 (\$600 material costs by

artists, \$200 attributed to miscellaneous, and \$500 in travel expenses).

Gulden said, "This (mural) will be paid for 100 percent by Community Legacy funds so that no tax dollars will be used on this project. It is a significant project." The mural is valued at \$35 thousand to \$40 thousand.

Voters must be registered to vote by August 28. If a town resident is already registered to vote in Frederick County at their current town address, they are automatically registered to vote in the town election. However, if the voter has moved or changed their name since the last election, they must update their voter registration with the current information.

Post Office to serve more street addresses

The Emmitsburg Post Office announced on June 4 that they will soon be expanding service to more in-town street addresses. The Emmitsburg postmaster said "a decision to add curbside delivery includes, in part, the ability to install mailboxes that allow safe and convenient delivery by carriers." The increased street delivery will alleviate the necessity of having PO boxes for some people in town.

Economic development updated

The town Planning Commission has approved the East Main Street site-plan for the Insurance Brokers of Maryland. Town Planner Zach Gulden said that the insurance company would be opening probably sometime in July.

Regarding the Rutter's project, to be located just east of Rt. 15 on Taneytown Road, Gulden said that Rutter's is still awaiting reviews and permitting from the Maryland Department of the Environment and Frederick County. The Rutter's project entails creating a 50-acre, commercial development, which will include retail stores and restaurants, in addition to the convenience store.

Additionally, concerning a proposed, as yet-unnamed, 80-room hotel, that has been proposed for Silo Hill Road (near the existing Sleep Inn), Gulden said he still has not heard anything from the proposed developer, for months.

Emmitsburg NEWS-JOURNAL

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FAIRFIELD/CARROLL VALLEY NEWS

New police officer to be hired

The Carroll Valley Borough Council voted unanimously to approve the hiring of a new police officer on June 16, following the hour-and-a-half meeting held solely to address police-hiring issues.

The topic was initially addressed at the council's earlier June 9 meeting. However, the members felt that they had a sufficient number of questions, and decided that they voted to adjourn that meeting and, in a not-so-commonly employed tact, to reconvene on June 16 to devote that reconvened meeting solely to issues relating to hiring a new officer.

The council approved by the

hiring of recruit Erik Peiffer, who is presently still attending the police academy and will graduate in August. Peiffer's starting salary was approved of \$51,345. Police Chief Richard Hileman said Peiffer is "the only candidate on the current civil service list for appointment."

Much of the council's discussion revolved around Hileman's proposed starting salary for the newly-hired recruit.

Councilman Bruce Carr said, "My biggest concern is that we just spent an awful lot of money on the police department. Every time we turn around, it's something new."

Councilman John Schubring said that most of the council agrees that an extra officer would be "extremely helpful." However, no one yet knows what the pandemic's impact will be on the municipal budget, and therefore suggested the hiring be postponed.

Council President Richard Mathews asked, "How do we minimize cost to the point where we're getting maximum efficiency at minimum cost to the taxpayers? We have to look at a way to be more effective on less dollars." Mathews questioned what he felt was a disproportionate amount of time spent on traffic patrols and

suggested the state police be given office space at the borough hall, to assist the municipal police.

Regarding the recommended salary, the chief said that, out of ten neighboring police departments, two had starting salaries higher than that proposed for Peiffer. However, the workload demand on officers between the departments differ. For example, Carroll Valley has one officer on duty at night, whereas other departments have two. Cumberland Township has one police officer per about 600 residents. Carroll Valley has one officer per more than 1,000 residents.

Regarding the impact of the police operational costs on the municipal budget, Hileman

said, "Quality police service is not cheap."

The chief had previously expressed concerns that the Carroll Valley Police need to remain competitive with other police forces to attract and retain officers.

The municipal police department, which provides police services to Fairfield Borough, has been struggling with a diminished police force since losing two officers earlier this year. The police thus far have been addressing the shortage in officers through assistance by state police and the county constable, as available, and with the aid of two former Carroll Valley Police officers who are now with other police departments.

Liberty beset with litter and phone scams

Liberty Township Commissioner Bobby Keilholtz asked, at the board's June meeting, for township resident volunteers to periodically help pick up trash along municipal roads.

Keilholtz said, "I'd like to challenge the citizens of Liberty to get out and help us pick up trash (and) keep our Liberty Township roads looking nice," adding that it would also be "a good way to get some exercise."

He advised that those interested should wear highly-visible clothing and be careful of any traffic.

Board Chairman Walter Barlow noted, "One thing, we did have some issues with littering in our township over the past months." Sanders Road, he said, "is a big dump spot ... We have paint cans and carpet stuff thrown all over, into the woods and off the road."

Barlow noted litter signs had been posted, and littering carries a fine of \$300. He asked that if anyone sees someone littering, to please contact the township police. "It is a problem in our township. I'm sure it's a problem in just about any township."

Commissioner Keilholtz noted that those who have volunteered to pick up trash along the roads could use the municipal dumpster located at the township office

"for roadside-pickup" only.

In other business, Police Chief Sherri Hansen warned residents of a phone scam regarding electric service, in which the caller claims they represent Met-Ed, and they try to collect on a (non-existing) amount of 'overdue' money on the recipient's account.

The recipients of the calls are told, "Their electric bill has not been paid, and to keep the electric turned-on, they have to

give them a credit card over the phone right away," noting that at least one township resident "fell for that."

She said the police department is investigating, but cases like this are challenging to solve. However, the chief stated, "We have a decent lead on that," adding that it appears the call originated in New Jersey.

She said Met-Ed is aware of the scam and has sent out notices of the fraud in the mail and their bills.

News-Briefs . . .

COVID won't stop July 4 fireworks

Carroll Valley Borough Mayor Ron Harris said the annual Fourth of July fireworks display will be held on July 4, at 10 p.m. However, he said, there will be no additional Fourth of July activities, as had been the case in the past. The fireworks will continue to be launched from Liberty Mountain.

Assistant Borough Manager Gayle Marthers said all other planned activities, including rides and entertainment (band), have been moved to 2021's Fourth of July celebrations. Any deposits involved will be applied to next year's event.

CV Library-To-Go discussed

Regarding the borough library, Harris said the library will remain closed for face-to-face activities, but the staff is working on a "library to-go" program that will allow borrowers to order books from the library online or by phone.

He stated, according to the proposed process, "You (will be able to) go through your regular sources, go through the online catalog, or call in, and then they're going to pull (the requested materials)."

When the requested items are ready, library staff will phone the requester and arrange a time for the individual to come by and pick the items up. Staff will bring the requested items out to the borrower's vehicle.

Hamiltonban opens up

The Hamiltonban Township park and office are now opened, and public can attend township meetings on a limited basis.

All areas of the Hamiltonban-Fairfield Joint Recreation Park re-opened on June 12, but those using the park will be expected to continue to maintain social distancing, and care in using any of the equipment.

The municipal Town Office also re-opened on June 12. Individuals accessing the town office are required to wear a mask inside and maintain social distancing.

Public meetings are now open for the public to attend. Again, as per the town office, masks are required, as is social distancing. Due to the size of the municipal meeting room, seating is limited. However, the township will continue to employ startmeeting.

com to allow interested individuals to watch the meeting online.

Police take COVID precautions

The Carroll Valley Police Department has taken precautions to protect officers during the coronavirus pandemic.

Police Chief Richard Hileman told the News-Journal that officers have been provided with N95 respirators for use if there is a possibility of COVID exposure. He said officers are also required to wear face-covering for all public interactions.

In addition, the police department conducts daily temperature checks on staff to look for early signs of COVID, and the department also provides gloves and hand-sanitizers, and the like.

Regarding access to the police department, visits by "unnecessary persons" are not allowed in the police area of the town office. "Any service requests or reports that can be handled by phone are and person to person contact that is not required is discouraged," the chief stated.

Carroll Valley parks, office opens

Carroll Commons, and Ranch Trail Commons parks opened on June 15, with certain COVID restrictions would remain in place. Disinfecting

in the park and office will be made part of the daily routine and would not be discontinued as COVID winds-down or diminishes.

Regarding the office re-opening, a Plexiglas protective-shield has been installed at the front-window for those who interact there, and that masks would be required upon entering the building. In addition, there would be electronic hand-sanitizer dispensers. The hall bathrooms would remain closed because they have drywall, which does not take sanitizing efforts very well.

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THURMONT NEWS

Community rally comes off peacefully

On Saturday, June 27, a planned rally was held in Thurmont to celebrate diversity and inclusion in the town. A flyer for the event called it a "Community Gathering" rather than a protest.

Comments on Facebook posts about the event were mixed; some expressed strong support for the event, while others stood in strong opposition to the gathering. Concerns about counter-protesters prompted the Town of Thurmont to send an email to businesses about the demonstration. Thurmont Police Chief Eyer wanted all the businesses to know there will be a demonstration in Thurmont. The email states, "at this point, we do not know how many will participate and how many will be involved in a counter-protest."

Ultimately, there appeared to be around 150 people that attended the demonstration; approximately two-

thirds stood on the south side of the sidewalk with Black Lives Matter signs and Pride flags, while the other third stood on the other side with a mix of American, Confederate, and Trump 2020 flags.

Overall, despite tense conversations on Facebook leading up to the event, the event was peaceful; there was no police intervention and no arrests. The occasional profanity-laden shouts across the divide, instigated by a small subset of younger attendees, was quickly shut down by adults who remonstrated that the use of profanity was counter to their message and it should be stopped.

Except for the small vocal minority who seemed bent on insulting their opposite number, most attendees were more than happy to carry out friendly conversations with each other and wave at passing cars that honked in their favor.

Integrity was shown on both sides. When we were verbally shoved aside by one young adult when a question was asked to him, he later sought us out to apologizing, stating: "I'm sorry, I was caught up in the moment, and my rudeness was inappropriate, I apologize." He then went on to give a very civil and thoughtful explanation as to why he was there.

In one of the more light-hearted moments of the rally, protestors on the Northside of the street alerted a protestor holding a 'Black Lives Matter' sign over her head that her sign was upside down. When they finally got her attention, she flipped the sign over and waved a thank-you to the other side, which was returned by a coarse of "you're welcome." Everyone then returned to their chanting.

While organizers of the original gathering claimed no affiliation with the "Defund the Police" movement, one sign was present that included

the words "Defund the Police" below, was a depiction of a police officer as a pig. When asked why she had chosen that image, the response was simply: "I wanted to offend." When asked if the Confederate flags across the street offended her, she said "yes" and that they should be taken down. When pressed, she was unable to explain why it was OK for her to offend, but not the other side.

Unseen by just about everyone, while the conversation above was taking place, a fellow protestor became unsteady on her feet due to the heat. A Thurmont police officer was quickly at her side and helped her to the pavilion in the park where she could sit in the shade. The officer stayed by her side until water was brought, and she had recovered sufficiently to return to the rally line.

Not a single resident from Thurmont at the rally had a negative thing to say about the Thurmont Police

Department. On the contrary, the overwhelming majority of the people on both sides had nothing but kind words and praise of support for Thurmont Police.

One of the organizers of the original gathering said: "I hope that this gathering will bring awareness that we need to be more inclusive towards others. We want peace for our friends and to show them that we are on their side."

On the other side, one counter-protester said: "it is easy to spread hate online, but hard to do when we actually have face-to-face conversations." This theme was seen throughout the day at the demonstration as individuals on both sides came together often and, through peaceful, respectful dialogue, realized they had more in common than they initially thought. "I think we agree on about 98% of issues," a group that included protesters on both sides said, "but for some reason, we focus way too much on the 2%."

Town granted \$99,000 for park projects

Thurmont Mayor Kinnaird announced at the town council's June 2 meeting that the municipality has been granted more than \$99,000 in state Project Open Space money to expend on park improvements.

Project Open Space is a funding source that comes directly from the State of Maryland to the various counties, who in turn, then redistribute the funds to municipalities within the counties.

Interested municipalities then compose a "wish list" of projects, for which they would like to seek funding, and then create their own

review board, comprised of the various mayors of the municipalities involved, to access proposed projects and decide, among themselves, which municipality or municipalities is/are to receive funds.

Mayor Kinnaird explained that, for this latest round, the county allocated just under \$319,000 which had to go towards the acquisition of land which would be considered "open space," and another circa \$319,000 which had to go towards developments proposed on "open-space" lands.

Regarding the awarding of money for acquisition, Thur-

mont sought \$25,000 from the allotment to apply towards the purchase of a piece of property. However, he said, the "board" unilaterally agreed to award New Market the entire \$319,000 towards the purchase of land, because "New Market had not received acquisition funds for several years, while Mt Airy and Thurmont had."

When it came to the allocation of the \$319,000 in money for development of open-space land, Thurmont had sought: \$54,357 for a new multi-use building (storage and press-box) at the Eyer Road

Park; \$176,250 for a new softball field at the East End Ball Park; and \$30,000 in playground upgrades at the Woodland Park.

"In order to get things moving," the mayor said, "I cut half of our request for the East End Park out. Middletown responded by cutting their largest proposed project in half. Then the participants realized if Thurmont and Middletown removed their largest projects, everybody would get what they wanted."

In the end, Thurmont did get financing for the new Eyer Road multi-use building (\$54,357) and

for the Thurmont Woodland Park playground upgrades (\$30,000).

Additionally, after approving all the municipal projects to be funded, \$30,000 remained unattributed, which was then split between Thurmont and Middletown.

Thurmont's half of that split will cover the engineering studies needed for the future East End Ball Park ball field project, which the town hopes can be fully funded at some future time.

Kinnaird said, "Oddly enough, we got most of the pie on development. As always, it went very well. Everybody was very cordial, very understanding of each other's situations, and it worked out very well."

News-Briefs . . .

Park trees saved from infestation

Although there is an ongoing Emerald Ash Borer beetle infestation in Maryland, Thurmont has managed to save over a hundred of the affected ash trees.

The Emerald Ash Borer beetle is an invasive species of beetle

native to North-Eastern Asia, with an affinity for feeding on the inner bark of ash trees.

Humerick told the town council at their June 2 meeting that Davey Tree, the contractor treating the town ash trees, was "actually amazed...they said they have never seen a turn-

around like they have in Community Park."

Humerick said that the goal was to not allow 170 ash trees to die at the same time, to at least let the loss be staggered throughout the coming years, "never thinking that we were actually going to be, literally, saving 130 to 140 trees, which is what we have done."

Methods used to attack the

wood-boring beetles and save the trees have included trenching, and trunk injections.

Community Park concert to be held

Mayor Kinnaird announced at the June 2 town council meeting that a holiday concert will be held at Community Park on July 4, 10 a.m. until 11 a.m.

Thurmont's Gateway Brass Ensemble will be performing at the flagpole near the baseball field. The ensemble will be featuring patriotic music. The band members' ages range from 14 to 85, according to visitfrederick.org.

The mayor suggested attendees bring blankets and lawn chairs, and to maintain social distancing eight to ten feet between attendees.

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TANEYTOWN NEWS

City Hall repairs underway

As a possible court-date nears for the 55-year old suspect accused of ramming his truck into the front of the Taneytown City Hall, the town is considering options for recouping the money spent on the repairs and renovation.

The Town Hall sustained what was then characterized as “significant” structural damage in August 2019, after the building was rammed by a pickup truck. According to court documents, the accused driver, who was identified as Rodney Davis, 55, was

upset over his city water-bill (according to newspaper accounts at the time).

In the immediate aftermath of the destruction, Mayor Bradley Wantz called the incident “nothing less than a terroristic attack on the city.”

Town Attorney Jack Gullo told the Town Council at its June meeting, “There is going to be a status conference on the Davis matter, and at that point-in-time, there might be some plea, or at least a trial-date set.”

Gullo said, in acting on behalf of

the town, that he is going to begin to amass the total damages sustained in “the attack” on the hall, “and hopefully make that (payment of damages) a condition to whatever has to happen (plea deal or court-ordered settlement).”

If full compensation is made in conjunction with a plea-deal, or awarded by the court, “hopefully, that (a settlement), will resolve the situation with the attack on the town hall.”

The attorney stated that if neither occurs to such a degree that it

covers all the costs suffered by the town, “We’re going to have to have a discussion about a civil suit.”

The town recently entered into a contract for the City Hall renovation to address what was described at the time of the attack as significant structural damage. Initial demolitions necessary for the renovations began May 11.

Acting City Manager James Wieprecht said the only problem, as such, that has arisen thus far with the restoration, was that a sub-contractor was having a difficult time matching the previous carpeting in the hall.

Wieprecht gave the council an update on the progress of the renovations at the council’s June meeting, stating staff is waiting for a partial Use and Occupancy permit for the second-floor offices to facilitate moving the finance-staff up to the second floor. Doing so, he said, would clear the way for demolition work to commence on the ground-floor.

The acting city manager added that there was still some final paint and touch-up work to do, and some punch-list items left to attend to, on the second floor. Additionally, a new sidewalk has been poured, and bollards have been installed.

COVID-19 bonuses considered

COVID-19 related bonuses for Taneytown municipal employees are being considered by the Town Council, as the board attempts to identify employees who qualify.

The discussion regarding the proposed bonuses became a topic of discussion at the Town Council’s June meeting, when introduced by Acting City Manager Wieprecht, who stated, “I think doing something to show appreciation for folks who

came in, or even worked full-time remotely, would really be appreciated by the employees.”

While the council generally agreed that a bonus should be considered for employees whose jobs are affected by the coronavirus epidemic, the discussion of which employees should qualify has led to an array of opinions.

The main question to be resolved, possibly at the August meeting, was whether or not bonuses should be

given to all town employees, those who took paid or unpaid leave, or those who reported for jobs that were deemed essential.

Councilwoman Diane Foster said she would like to see the bonuses given across-the-board to town employees. Otherwise, she said, if it was divvied up only among a subgroup of town employees, “I think you create a moral situation.”

Mayor Wantz stated, “I don’t

think that’s the fair way to do things [paying out the bonuses across-the-board].” He pointed out the array of circumstances involving how employees worked (or didn’t work), and “those that had to show up, and those who did not show up, with both parties being paid, whether they had to come in, or work from home,” further noting that, some employees had paid-days off, while some did not.

Councilman Daniel Haines suggested that only those who had to

report to work (such as essential employees) and interacted with the public, placing themselves at risk, should receive bonuses.

Wieprecht said he viewed the bonuses to be more recognition for those who were not able to have time off because of their essential function.

The council then directed to ‘flesh-out’ the concept, and bring a proposal back to the board, including his recommendations on how the bonuses were to be paid, for further consideration.

News-Briefs . . .

Town recoups \$34,000 in COVID funds

Acting City Manager Wieprecht told the Town Council at their June meeting that the town has qualified to receive \$34,000 in reimbursements for personal protection equipment (PPE) purchased, and other expenses, as the result of the COVID-19 infestation.

Wieprecht said the county had received the Coronavirus Aid, Relief and Economic Security funds allocated to Frederick County, and the county is now distributing funds to the county’s municipalities for expenses incurred, dealing with COVID-19.

“We didn’t have a lot to submit as far as additional expenses that we incurred related to the virus,” he stated. He added that Taneytown did have to provide additional costs amounting to \$34,000. This price covered police overtime, personal protective equipment, and equipment the police and the public works department are using to disinfect vehicles.

Currently, as of June 28, 33 confirmed cases of coronavirus reported within the Taneytown (21787 zip code), three of which have occurred in a nursing home-type facility and one resulting in death. Carroll County has 1105 confirmed cases and 115 reported deaths.

Peaceful protests

According to Councilman Joe Vigliotti, the peaceful protest connected to the Black Lives Matter movement was handled professionally by Taneytown police when the protesters gathered in town on June 6.

“It was a very peaceful, and very respectful protest,” Vigliotti said, “and I want to thank the protesters

and Ben’s Country Kitchen prepared the meals. “When the owners of those places learned that Silver Oak Academy needed help, they jumped in immediately. This is more evidence of the kind of community we do live in.”

“As everyone knows, the young men of Silver Oak Academy have long supported this community in every number of possible ways,” Vigliotti said.

Locals aid COVID-19 stricken academy

The Taneytown Relay for Life came to the aid of students enrolled at the Silver Oak Academy, Keymar, who are stricken with coronavirus.

At the June Town Council meeting, Councilman Joe Vigliotti informed the local Relay for Life’s intention to raise money to provide meals for the students suffering from coronavirus at the academy. He thanked Relay for Life co-chairs, Donna Rudolph and Angela Bonarigo, for their effort.

Thunderhead Bowl and Bess

and Ben’s Country Kitchen prepared the meals. “When the owners of those places learned that Silver Oak Academy needed help, they jumped in immediately. This is more evidence of the kind of community we do live in.”

“As everyone knows, the young men of Silver Oak Academy have long supported this community in every number of possible ways,” Vigliotti said.

‘Promise Ride’ permit approved

The Town Council unanimously approved a special-event permit, at their June meeting that will allow the 2020 Komen Maryland Promise Ride to utilize Memorial Park on August 23.

Mayor Wantz stated, the Komen Maryland Promise Ride is part of the Susan G. Komen Cancer Fund, whose organizers were seeking to use the park as a bike ride rest-stop.

The event would be using the park from 8 a.m. to 3 p.m., throughout the day, “not necessarily a large gathering at one time,” Mayor Wantz said.

Councilman Hale said the ride will begin, and end, at the Frederick Fairgrounds, and will be coming

through town to the park, with no more than ten at a time at the park, for a rest-stop.

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FROM THE DESK...

County Councilman Phil Dacey

The Frederick County Council has taken up questions of what should appear on the ballot this November to be decided by the voters on what changes to make to the Charter document for Frederick County. The Charter is what changed our form of government from County Commissioners to a County Executive and County Council in 2014 and is the guiding document for the government roles in the County.

The Council is required to appoint a Charter Review Commission every 10 years to review this governing document and make recommendations on changes. Their recommendations go before the County Council and the County Council votes on which items are approved to go before the voters on the November ballot. If the voters approve of a Charter Amendment, the change to the Charter is

made. The Charter Review Commission had representation from every Councilmanic District. Dr. April Miller was the representative from Council District 5 which includes the Northern parts of Frederick County.

As of the writing of this article, the County Council has approved one amendment to go before the voters, with several other potential amendments pending. The approved amendment was a recommendation from the Charter Review Commission to reduce the acceptable borrowing limits for Frederick County. It is a fiscally responsible measure and was approved by the Charter Review Commission and by the County Council unanimously. I would urge voters to support this measure in November to make sure Frederick County never borrows too much money.

Another amendment that looks

likely to pass to be put before the voters is an Amendment that would allow individual County Council Members more access to staff and information from the County Executive's Office. This information can be used for drafting legislation as needed.

In my opinion, the biggest issue for Charter and one that the voters have not had a chance to weigh in on is whether or not the County Council will be able to move money within the county budget without increasing the overall budget. Currently, the County Council can cut from the \$667 million county budget, but we cannot shift money from one line item to another, even if a majority of Council Members agree. So if we wanted to move money to road construction or public safety, we cannot currently do that. I have advanced an amendment that would

allow a majority of County Council Members to vote to shift money around in the budget. We should not have one person 'the County Executive' singularly deciding how to spend hundreds of millions of dollars and that the elected County Council should have a method to be able to move money around in the budget as voters expect that we do. Even if it does not pass the Council to go to the ballot this election, this amendment will keep coming back until the voters have a chance to weigh in on whether this is the structure they want.

There are several other Amendments that will seemingly be deferred as not urgent enough for this cycle. Moving the date that the redistricting commission must report to their findings to an earlier date and reducing the number of votes required for the County Council to issue a subpoena do not seem likely to pass the County Council this year as neither has

an application for the foreseeable future.

There are several amendments that deal with how to replace a member of the County Council or the County Executive should a position become vacant. I support the efforts of Council Member McKay to encourage a special election in alignment with the Presidential Election where possible to give the voters the ultimate say. These amendments are some of those that will have to be decided soon by the County Council if they are to be on the ballot in November.

Finally, there are some housekeeping amendments recommended by the Charter Review Commission that would end the Charter prohibition against County Council Members receiving benefits and allow for the Council President to make a higher salary than the Council. It is not clear whether these will make it to the ballot or not as of this writing.

Emmitsburg Mayor Don Briggs

Like always there is so much going that we could talk about. But here are a couple of things we should talk about. Our parks are open. Children's equipment is now available for use. Another activity we have all been waiting for should soon be a reality. We plan to open the pool on Friday, July 3rd. With the opening comes some extra adherence. I know, I know, we are all tired of being told what to do. But everyone must work with us and the man-

agement company. There will be little or no room for challenging lifeguards with the additional County Health Department COVID-19 regulations. Lifeguards are at the pool for swimmers and near-pool safety. It is our responsibility as users to do what we need to do protect ourselves and others with COVID-19 risks.

Everyone likes to take a dip, but if you are older and/or have underlying conditions as I do, as an abundance of safety, do not go to the pool. We need activ-

ities for children and young families. For us older type like me, walks in our wonderful communities and/or parks are perfect times for reflection while you get some exercise, especially in the early morning. I have made a lot of new friends. We may never introduce ourselves, but we say hi. We do know the names of our dogs. Great time of day to soak in nature.

Another priority is the 2020 Census. The Census count is very important. The benefit to our community for each person who is counted is estimated to be \$18,000 per person over

the next decade. It takes ten minutes to fill out the form. Every year the federal government gives out approximately \$675 Billion dollars according to the head counts of the census data. If we want more services while keeping taxes lower, here is a good way. Census results affect planning and funding for schools, education funding, grants, school lunches, infrastructure, section 8 housing, healthcare, prevention and treatment of substance abuse, employment and training and more. Please be counted at my2020census.gov or by calling 844-330-2020 (tollfree)!

Deadline for responding has been extended to August 1st.

Last but by far from least is a tribute to our flag. On June 14th, Flag Day, Emmitsburg hosted the annual Emmitsburg-Thurmont commemoration. Three volleys 21-gun salute by joint Emmitsburg and Thurmont Color Guards, a pledge allegiance to the flag, an invocation, a moving speech by Ronald Holcombe, Department 2nd Vice Commander and old flags from our community were retired. Very simple tribute and the proper way to burn our flag.



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GOVERNMENT—SOUTH OF THE BORDER

County Executive Jan Gardner

Summertime is here! This month we celebrate our nation's founding 244 years ago. Independence Day may feel a little different because of coronavirus. There will be no large crowds or gatherings, but the meaning of the day remains strong in the hearts of all Americans. Enjoy the traditions of the Fourth of July with your family this year. Be safe and do your part by staying physically distant from other households as you watch the fireworks display over Walkersville. Wear face coverings while you wait for your meal at the Carriage House Inn or any of the area's fabulous restaurants. Do your part to slow the spread of the coronavirus.

Author Kim John Payne once said, "Independence isn't doing your own thing; it's doing the right thing on your own." So do the right thing this Independence Day. Health metrics in Frederick County and across Maryland have shown great improvement since our peak in early May. Our challenge is to keep it this way! We don't want to follow the lead of other states

that are seeing record numbers of COVID-19 cases.

One step all of us can take is to get tested. Testing is free and easy. You don't have to be sick, and you don't need a doctor's note or an appointment. The Frederick County Health Department is bringing testing clinics to Thurmont and Emmitsburg. Every Tuesday, the Seton Center on Lincoln Avenue is hosting clinics from noon to 2:30 p.m. On Fridays, testing will be available outside the Thurmont municipal building on East Main Street from 5 to 7 p.m. To find a calendar of other community clinics, visit Health.FrederickCountyMD.gov/coronavirus. If your organization would like to host a testing clinic, contact the Health Department's Director of Community Testing Danielle Haskin at DHaskin@FrederickCountyMD.gov.

Every county in Maryland has been challenged to test at least 10% of their population. Frederick County is closing in on that goal, at over 9%. Help us reach our goal by getting tested.

Supporting Agriculture

Throughout the public health emergency, regular county business

has continued. That includes finding ways to support one of Frederick County's leading industries, agriculture. I recently announced several initiatives to ensure that agriculture remains a viable industry in our community.

I introduced a bill last month to help farm families that want more than one generation to live on the family farm. There is a longstanding tradition in the ag community of carving off housing lots so children can stay on the farm to help the family operation. Current law allows children of farmers to apply for a waiver of an impact fee if they build on these lots. My legislation creates a more transparent process for the waiver. It also allows additional family members to apply, including parents and siblings who support the farming operation. Among other changes, the bill also clarifies that farms owned by a trust or limited liability corporation may be eligible.

Family support is imperative to many agricultural operations in Frederick County. This bill is one step to help ensure that future generations

can have a long-term bright future. Take action by telling the County Council you support changes to the farm lots legislation.

Forests and Historic Assets

Frederick County values its rich history and environment. We need to take action now to prevent the loss of forest cover and protect our historic and cultural amenities now into the future. That's why I re-introduced two bills designed to protect our forests and our environmental resources and historic assets. Earlier versions of these bills expired when County Council meetings were paused this spring.

The first bill strengthens the County's Forest Resource Ordinance. The goal is to protect existing forest cover and ensure we do not lose forest as the result of new development. Under my proposal, the Forest Resource Ordinance would require that an acre of forest be planted for every acre of forest cleared for new development. Trees can be planted within a new development, or there are options for plant-

ing off-site. The ordinance focuses on new developments, not individual homeowners. Agricultural operations are exempt from the Forest Resource Ordinance. Also exempt is the transfer of land to children, known as child lots, if less than 20,000 square feet of forest are cleared.

The second piece of legislation I proposed updates the county zoning ordinance so that forests, environmentally sensitive areas, and historic assets must be considered prior to a property being rezoned. These resources would have to be identified, along with ways to avoid or minimize any impact on these resources, before rezoning the properties. The bill also adds criteria to better define what constitutes an adequate transportation network. Protecting our history and environment puts the community's values first.

All of my bills are designed to protect Frederick County's forests and farmland for future generations to enjoy so we can preserve what we cherish about our community.

County Notes

County Reintroduces Initiatives to Protect Forest Cover, Environmental and Historic Resources

County Executive Jan Gardner reintroduced two initiatives to protect Frederick County's forests, environmental resources, and historic and cultural assets. The first legislative initiative strengthens the County's Forest Resource Ordinance to protect existing forest and ensure no net loss of forest as the result of new development. The second proposal amends the county zoning ordinance to require consideration and protection of forest, environmentally sensitive areas, and historic assets before a property can be rezoned. Both bills were introduced to the County Council in March. Before the legislation could be approved, Council meetings were put on hold under the statewide stay-at-home order, which resulted in the legislation expiring.

"We need to protect the natural and cultural amenities that our community values," said Executive Gardner. "I am reintroducing these bills because it is essential that our forest cover, our environmental resources, and our rich history are protected before any new development is approved, so we can preserve what we cherish about Frederick County for generations to come."

The first bill restores a requirement in the Forest Resource Ordinance for an acre of forest to be planted for every acre of forest cleared for new development. Trees can be planted within a new development, or there are options for planting off-site. During the four years the 1:1 ratio for forest replacement was in place, the county gained 10 acres of forest cover. In 2011, the requirement was lowered to the minimum allowed by state law. The weaker law led to large areas of forest being cut down for development with little to no replacement. Between 2012 and 2019, Frederick County saw a net loss of approximately 480 acres of forest, which averages nearly 70 acres of

forest lost every year. This bill restores past practice that delivered results and prevented the net loss of forest.

The ordinance focuses on new developments, not individual homeowners. Agricultural operations are exempt from the Forest Resource Ordinance. Also exempt is the transfer of land to children, known as child lots, if less than 20,000 square feet of forest are cleared. The Forest Resource Ordinance applies to lots that have been recorded since 1992. Any lot that was recorded before 1992 is exempt if forest clearing is limited to 20,000 square feet.

The second proposal is an update to the county's zoning laws. The goal is to protect sensitive environmental

areas and historic assets before a property is rezoned for development. These resources would have to be identified, along with ways to avoid or minimize any impact on these resources, before rezoning the properties. The bill also adds criteria to better define what constitutes an adequate transportation network. Based on input from the Council, the revised zoning amendments also include requirements for community outreach meetings, and specify that when population change is considered in a rezoning request, consideration must be given to how much land is already zoned to meet the 10-year need for residential development.

ELECTION JUDGES NEEDED FOR 2020 EMMITSBURG ELECTION

The Emmitsburg Mayor and Board of Commissioners are seeking persons to serve as election judges for the September 29, 2020 town election.

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

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



Funding for our children begins with responding to the 2020 Census.

When newborn babies and children are not counted in the Census, federal funding for programs such as health insurance, hospitals, childcare, food assistance, schools, and early childhood development is directly impacted.



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

FROM THE DESK OF...

Carroll Valley Mayor Ron Harris

We have entered the Green Phase of our state's Pandemic Recovery Plan. Using the analogy of the traffic light color system, green means go! Step on the gas! Let's get moving! And the conclusion we are left with is "Finally, it is over!!!" Unfortunately, no one told the COVID-19 virus! Fact, it is not over! COVID-19 is not paying attention to any traffic light. Don't throw caution to the wind. We are entering into a new norm where we must proceed cautiously to prevent being stopped again by a red light. However, we must be able to move on with our lives.

The new norm will be defined by how we interact within our social groups such as the family, workplace, church, education, recreation, and entertainment. The mainstay advice that spans across all social groups seems to be the following: adhere to the six-foot social distancing recommendation, wear a mask when visiting our health care provider, on public transportation, shopping at a grocery store or pharmacy and interacting with clients/customers, frequently washing your hands for 20 seconds and staying home when you feel or are sick.

In our community, people have come together to help others young and old during this time of need. I would like to sincerely thank them for their service and to recognize their efforts.

I believe it is important for all of us to be aware of how individuals and organizations have come out to help others. Ruth's Harvest-Fairfield (RH-F) was established before COVID-19 to try to reduce our school children's food insecurity, meaning the child does not know if they will have a meal or what that meal may be from day to day. To help, RH-F provides each eligible student a backpack which contains seven meals and snacks for the weekend when school breakfasts and lunches are not available. This is done with the permission of the parent or guardian. When the Fairfield Area School District closed on March 13 due to COVID-19, RH-F continued to provide backpacks of food each week to the students enrolled in the RH-F program.

Initially, the bags were delivered to the school for pick-up, however, once Neighbors Helping Neighbors began receiving donations and distributing food at St. John Lutheran Church, RH-F bags were distributed each Friday from that location through the end of June. The support of so many in and around Fairfield/Carroll Valley has been nothing short of amazing and inspiring. Countless people donated food and money so we could continue our efforts, and with facemasks, gloves, and hand sanitizer, volunteers rallied to ensure the

bags were packed each week at the pantry space donated by Leonard Sites.

From the time school was dismissed until the end of June RH-F had volunteers from Wesley Chapel, Liberty Worship Center, Iron Springs Church of the Brethren, St. Mary's Catholic, St. John Lutheran, Fairfield Area School District teachers, Trinity United Methodist of Emmitsburg, and a group from Orvis Hill Country.

During this same time, RH-F received generous monetary donations from many area residents as well as groups such as the Fairfield Lions Club, the Fairfield American Legion, the Blue Ridge Summit Sportsman Club, Next Step Martial Arts, Mid Atlantic Soaring Association, Becky Bequette (Fairfield Facemasks), the Honor Society of Fairfield Area School District (FASD), the FASD Girls Soccer team, the FASD teachers, and the FASD PTO. The current RH-F broad members include Karen Graff, Jim Holler, Deana Wilson Duvall, Charles Deardorff, Melissa Miller, Heather Wight, Barbara Booz, Martha Fitz, Sue Hull, Robin Dicken, Linda McMullen, Roger Semplak, and Linn Wichowski.

Amid the COVID-19 crisis, the number of people registering for the Wesley Chapel UMC Summer Food Program doubled. On June 6, Wes-

ley Chapel purchased and delivered one full, fresh meal, along with other non-perishable items donated by the community to 13 families, comprised of 74 people. The number of food servings delivered totaled 4,389 servings. Two more deliveries will take place on July 11 and August 8.

This ministry has been possible by grants awarded from the Susquehanna United Methodist Conference's Harvest Home offering, Ruth's Harvest - Fairfield, Inc., the Fairfield Food Pantry, the Borough of Carroll Valley, Pizza Leon, Ventura's Pizza, Waynesboro Martin's Food Store, Fairfield Fire Company, neighboring churches and many other generous individuals. Other significant contributors of time and effort include Wesley Chapel's Outreach Team's initial and current chairpersons Cynde Overholtzer and Bonnie Braun, former pantry providers and organizers Michael and Heather Wight, previous audiovisual managers Joe, Jen, Madison, and Xavier Matta, supreme shopper Cammi Bittner, sorters & packers Ken, Diane, Mary & Catherine Aker, Barb Cline, Karen Rudisill, Toni Smith & Rose Welsh and deliverers Dale & Becky Buffington, Joe and Lorraine Orlando, John and Pastor Kim Phillips, Rita Caviness and Missy Miller. The registration for families to receive food has closed. Anyone wishing to support this effort with donations of non-perishable foods, please contact

Missy Miller at 717-321-0169.

On March 30th, Fairfield Neighbors Helping Neighbors started food donations for families in the Fairfield area that needed some extra help. St. John Lutheran Church and Pastor Bev Donnelly in Fairfield allowed the group to use the church to set up the food collection and distribute the boxes of donations for the last three months. People donated food regularly and there was never a problem getting volunteers to help out! Some of the people behind this effort were Robin Dicken, Sue Hull, Missy Miller, Jeni Jarrell, Gayle Marthers, Brenda Walter, Linn Wichowski, and Linda Sanders. There were about 25 people that volunteered with the collection and distribution.

The Fairfield Neighbors Helping Neighbors averaged between 15 and 20 families (approximately 75 people) weekly that would receive a box of non-perishables and then the option to choose from toiletries, cleaning supplies, and perishable items. The organization received generous meat donations from Mr. Ed Gotwalt, Kevin and Deb Diehl, John and Dee Dee Mezger, Seth Snyder (Stone Ridge Manor), and a couple of anonymous cash donors. Thank you all for your generosity and care for your fellow neighbors! I leave you with a script outside my doctor's office, "My Mask Protects You, Your Mask Protects Me"! Keep well.

State Senator Doug Mastriano

Benjamin Franklin was asked in 1787, "what do we have Mr. Franklin, a Republic or a king?" He responded, "A Republic, if you can keep it."

We took the pandemic seriously and obeyed the lock down, the suspensions

of our freedoms and the infringements of our rights. Our Secretary of Health came out with dire warnings, telling us how bad it was going to be.

Thank God it didn't turn out that way, but the only thing they did get right was that the elderly would be the

most vulnerable. And who did they infect... the elderly.

Why did our Secretary of Health unleash COVID-19 positive people – according to their March 18th memo – into elder-care facilities?

As a result of this medical incompetence, two-thirds of our state's deaths and cases are based in those facilities overseen by our failed Secretary of Health. This was compounded by a morbid version of insider trading and elitism when Dr. Rachel Levine's mom was secretly pulled out of a healthcare facility and placed in a private suite.

Apparently, our loved ones do not warrant the same special treatment and protection as Levine's.

As I called for several weeks ago, and still maintain, Secretary Levine needs to go due to astonishing incompetence, which has led to the deaths of thousands of our loved ones.

For the general population of our state, the virus proved not to be as catastrophic as the prognostications predicted.

There's a 99% recovery rate and using the inaccurate, unscientific and

exaggerated numbers from our Secretary of Health, the virus has impacted less than 0.38% of our population.

We're no longer in a lock-down because of COVID-19, but because of the Governor's edicts, and his fondness of hitherto unknown political power. We have a Governor operating with disregard for the constitution. What happened to checks and balances that are part of a constitutional Republic?

I served 30 years in uniform for the United States and never dreamed there would come a day that our very basic constitutional rights would be at stake. I never anticipated that we would have our rights trampled on as much as we have during these last two months.

It's time to walk as free people – we cast away the fear and doubt, as well as the culture of death against the unborn and our elderly that our Governor and Secretary are keeping over us. We oppose.

When I look at our citizens, I see great Americans who do not stand aside in the face of this constitutional crisis.

Many of you are reasserting your rights to assemble, and your right to life, liberty and the pursuit of happiness.

Benjamin Franklin said in the dark days of the Revolution that "if we don't hang together, we'll surely hang separately."

We've got to hang together and remind Governor Wolf that he derives power from the consent of the people. We no longer consent to his abuse of power and trampling of our rights with his ridiculous color codes and unconstitutional edicts.

Ronald Reagan warned us in 1961, "Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same, or one day we will spend our sunset years telling our children and our children's children what it was once like in the United States where men were free."

If we are a free people, then let us live and walk as free people.

Now it's our turn to keep the Republic.

Senator Mastriano represents the 33rd District in the Pennsylvania Senate. The District includes Adams County and parts of Franklin, Cumberland and York counties.

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GOVERNMENT—NORTH OF THE BORDER

County Commissioner Jim Martin

In 2011 I never imagined that I would be contributing, uninterrupted, to the Emmitsburg News Journal for nine years. Also, when I became a county commissioner I never imagined I would be dealing with the fallout of the Covid-19 epidemic. The solid fiber of our county has helped us to navigate through the problems that have left other communities in disarray. Yes, we did hear from those that were demanding we specifically follow their point of view, but the Commissioners are maintaining a path that is concerned about both lives and livelihoods.

There must be a proper balance between lives and livelihoods to allow for sufficient economic strength to provide the resources to protect, feed, clothe, care for and manage a nation's existence. It is very disconcerting and sad that people have died and are suffering from the virus. We must protect the most vulnerable in our population. However, on the other hand we cannot magnify the situation by terminating livelihoods, thus creating another level of suffering in even greater numbers. Having livelihoods and work is what has allowed our nation to maintain a quality standard of living for our citizens.

If the heartache of death had overtaken our national will during World War II, we would have

walked away from doing what was needed to save our nation and to win the war. In similar manner, I am not willing to throw away the strength of our nation because we have encountered Covid-19. Unfortunately, Governor Wolf has a different mindset. Several weeks ago, he said he wanted to create a "new commonwealth" beyond the pandemic. Check out his agenda at "Plan for PA- Recovery" on the PA website. This agenda seems to have a higher priority than moving to re-open PA. His recent march with demonstrators reflects his mindset. He also said that continuing the emergency declaration would be the source of more federal funding. I oppose this kind of opportunistic reasoning. Rather we need to be putting our state back to work. That requires no federal funding and diminishes deficits. It appears to me that the Governor's ideology (agenda) is deliberately obstructing the re-opening of PA.

It is probably obvious that I am in favor of re-opening PA. However, it must not be done with an ideology in mind, but approached with constitutional discipline and civility. The County Commissioners Association of PA attempted for months to enter into a measured and practical discussion with the Governor. Eventually, after considerable pressure,

he agreed to conference with CCAP and open lines of communication. As a result, CCAP has a response team in place that communicates three days a week, but it is split among PEMA, DOH and the Governor's office. The discussions included requests for information about the metrics involved in decisions, congregate care, what it looks like moving past the green phase and engaging the schools about the reopening process. Also, there was discussion on preparedness for a virus resurgence and exploring a different schedule for more opportunities for interaction. As far as anything dramatic happening to open PA, that obviously has not happened. Most of the communication that flows back and forth has been dealing with the medical issues and little regarding livelihoods and lifting business restrictions. As of the writing of this article there appears to be no guidance from the Governor's Office, Department of Health, or the Department of Education pertaining to the opening of the new school year.

From my perspective, the opening of the next school year has many unanswered questions. What format and style of education will take place? If it does take place, how efficient and effective will it be? Bussing will likely

be another matter. Perhaps this will be the year of the Pennsylvania Cyber Charter Schools. It would certainly be a predictable and complete package of education. An advantage of cyber education is less exposure to health issues. There is plenty of information online to research the cyber option.

During all that has been happening, the County was challenged with conducting the June 2nd primary election in a manner as never before. Several factors impacted the election process, the corona virus and the dynamics of the no-excuse mail-in ballot. Two facilities that have always been available as polling sites were closed due to virus concerns. So, two new locations were put into action as polling sites. Also, all polling sites instituted measures to reduce voter exposure to potential virus contact. We also lost former poll worker as a result of their concern of being exposed to the virus. Numerous recruitment efforts were made to find sufficient replacement workers and that effort went well.

Additionally, recent legislation created a new voting option, no-excuse mail-in ballots. There was a total of more than 10,000 mail-ins, which meant that over 20,000 envelopes had to be opened, the mailing envelope and the inside privacy envelope. Each envelope opening was followed by

manually emptying the envelopes. To manually open over 20,000 envelopes would have taken hundreds of extra man hours plus a likely delay in producing election result. The solution was to purchase a high-speed automatic envelope opener for \$6,000. This machine eliminates the cost of thousands of dollars in man hours plus it will be available into the future. We anticipate receiving as many as 30,000 mail-in ballots in the next election. The unit will pay for itself over just a few election cycles.

We have been receiving an increasing number of inquiries about the CARES Act Federal funds available to counties. The seven most populated PA counties have already received funding directly from the Fed. The remaining 60 counties will receive CARES funds in proportion to their population and it must come through the state. My calculation of what Adams County should receive was nearly the same as the state's calculation, \$9.3 million. In the coming weeks we will be following Federal guidance in the distribution of the funds related to the effects of COVID-19 in Adams County. The county has submitted the required application for the funds which are expected to arrive by July 15th.

Please have an enjoyable and safe 4th of July holiday,

State Representative Dan Moul

In response to current national events creating a divide between law enforcement officers and the communities they serve, the House this week voted on two comprehensive bills dealing with the vetting and training of police officers.

House Bill 1841, which I co-sponsored, would require a thorough background investigation on an applicant for employment as a law enforcement officer, including a review of the applicant's employment information and separation records from prior law enforcement employment, before the applicant may be employed. It would also require the establishment and maintenance of an electronic database containing separation records of law enforcement officers for use by other law enforcement agencies when hiring certified law enforcement officers.

House Bill 1910 would require the training of officers on interacting with individuals of diverse racial, ethnic and economic backgrounds; implicit bias training; recognizing and reporting child abuse; and annual training on the use of appropriate force. In addition, the bill would establish better access to mental health evaluations for law enforcement officers. Both bills passed unanimously and are now moving to the Senate for consideration.

Another matter that has our attention is ensuring our schools reopen this fall.

As Pennsylvania slowly reopens in the midst of the coronavirus pandemic, the House Education Committee held an informational meeting to gather input from teachers, administrators and directors from public and non-public schools concerning plans to get students safely back in the classroom this fall.

Staggered schedules, proper personal protective equipment, necessary equipment and software for remote learning, and reorganization of furniture and classroom space to accommodate social distancing are just a few of the challenges school officials are working to address to keep staff and students safe.

Some testifiers discussed the challenges of helping students who may be behind as a result of last year's school closures and the emotional toll the situation has taken on students of all ages. Officials also raised concerns about loss of funding on the local level due to the economic downturn and the increased expenses necessitated by COVID-19 mitigation efforts. This would include an increased need for school nurses and support staff for students.

In a bit of good news, school districts across the state are now eligible for grants from the Pennsylvania Commission on Crime

and Delinquency to help address COVID-19-related health and safety needs for the 2020-21 school year. Under Act 30 of 2020, each school district is eligible for \$120,000 plus an amount based on its average daily membership. Intermediate units, area

career and technical schools, charter schools, regional charter schools and cyber charter schools are eligible for \$90,000.

Eligible uses for the funding include the purchase of cleaning and sanitizing products; training and professional development of staff on sanitation and minimizing the spread of infec-

tious diseases; equipment purchases; modifying existing areas to support appropriate social distancing of students and staff; providing mental health services and supports; purchasing educational technology for distance learning; and other health and safety programs, items or services necessary to address COVID-19.



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COMMENTARY

Words From Winterbilt

Our troubled times and protest, are they unprecedented?

Shannon Bohrer

Prior to this world pandemic, we heard numerous stories of fake news and conspiracy theories from our “Very Stable Genius.” For example, the corona virus was created by the Chinese and they hid the fact that it was released, so we can’t trust them. Oddly, in February our stable genius told us that he trusted the Chinese. It was only later in April when he decided they lied.

The public listens to the news for information as to when can we go outside, when can we go back to work and when might the pandemic end. When dealing with a virus that we just discovered, there is a lot we don’t know and even more importantly, the experts and the politicians don’t know either. In making a decision about when to reopen society, how do we know if it is safe to do so? Maybe we should use the science and facts that we do know.

In the middle of our troubled times we have experienced re-opening demonstrations, people and groups urging the governors to re-open their states. The re-openers believe their constitutional rights are being violated, the freedom to move about, the freedom to carry weapons and the freedom to not wear a mask.

Many of these individuals wear military garb and carry weapons. The demonstrators also carry Trump signs and some even display confederate flags. When interviewed, it is apparent that they believe themselves to be patriots.

While we may think these are unique times we are living in, they are not. We have experienced pandemics before, including the 1918 Spanish flu. We have also experienced demonstrations and riots, starting with the Boston Tea party. Since the tea party we have experienced protest and demonstrations on a somewhat regular basis. Anti-war protest, strikes and demonstrations for working conditions for coal and steel industries, prohibition, voting rights for women and civil rights for minorities, are just a few.

In the late 1960’s I was a young State Trooper and was present at many of the protests and even a few riots. The protesters were categorized as primarily liberal and they felt the government was not being honest. Sound familiar? They believed our involvement in the war was not necessary and their goal was to end the war. The war and the protest divided our country and many of those divisions still exist.

Now we are experiencing protest and riots over the death of George Floyd. Mr. Floyd was arrested, handcuffed and then placed on the ground, face down. As a former law enforcement officer and a trainer, it was predictable that Mr. Floyd would die. The position he was in is called positional asphyxia, because it inhibits breathing. I was not surprised the officer was charged with homicide, I was surprised that it took some time for the other three officers to be charged.

While Mr. Floyd’s death sparked the protest, the incident was one of many that contributed to the protest and demonstrations. Prior to Mr. Floyd, Mr. Ahmaud Arbery was shot and killed in Georgia, by two white men, saying they were making a citizen’s arrest. In New York’s central park Mr. Christian Cooper was bird watching when asked a woman to leash her dog. The woman became irate and threatened to call the police, saying a black man was threatening her.

In my former duties as a police academy instructor I had a minority recruit that experienced several felony stops, (the police believe the person committed a felony) while driving a vehicle. The recruit lived in an upscale neighborhood and his parents were professionals and drove

high end vehicles. When people in the area saw a young black male driving a nice vehicle, they called the police.

In a large Midwestern city, a 28 year old black man, driving a nice vehicle was also stopped because the police were called and told the vehicle might be stolen. Again, a felony stop, the driver is placed on the ground and handcuffed. The 28 year old man was a graduate student at a university and it was his vehicle. If the person driving the vehicle had been a white woman, would the police have the police responded similarly?

When the Michael Brown shooting happened in Ferguson Missouri the attorney general submitted a report on the Justice Department’s investigation of the city of Ferguson. After reading the report the city became the poster child for bigotry and prejudice behavior by a judicial system. A quote from the report, “Ferguson’s approach to law enforcement both reflects and reinforces racial bias, including stereotyping. The harms of Ferguson’s police and court practices are borne disproportionately by African Americans, and there is evidence that this is due in part to intentional discrimination on the basis of race.” Five years later the city of Ferguson elected its first black female mayor. And when the citizens of Ferguson marched in protest over the death of

George Floyd, the police chief was marching with them.

The protesters in favor of re-opening on the country were criticized for gathering in large groups during a pandemic. The protesters over the death of George Floyd have also been criticized. Both groups say their constitutional freedoms are being denied, one for the right to free speech and the other for the right to equality. While the frustration with both groups is real, each has a different agenda.

Participating and/or witnessing demonstrations where groups of citizens complain about the government is an American tradition. We should embrace the right to complain, but even that right has limitations. Looting, setting fires and inciting one to riot, is criminal behavior and those actions detract from the legitimacy of any protest. You may not agree with one side or the other, but the constitutional right to protest does exist.

“Change does not roll in on the wheels of inevitability, but comes through continuous struggle. And so we must straighten our backs and work for our freedom. A man can’t ride you unless your back is bent.”

—Martine Luther King, Jr.

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

Common Cents

To mask or not to mask

Alan O. Perantoni, PhD
Fairfield, PA.

In the June issue of the Emmitsburg News-Journal, PA State Senator Doug Mastriano addressed the issue of mask usage during the pandemic. Unfortunately, his selective use of information is only adding to the chaos and confusion rather than presenting a balanced assessment of our current scientific knowledge. The information on COVID-19 is rapidly evolving and, as such, is modifying or changing recommendations that were made earlier in the pandemic. Science is built upon an ever-expanding base of facts generated from research performed and duplicated by others. Because SARS-Cov2/COVID-19 is genetically similar to other coronavirus family members, certain assumptions were made initially based upon the others, such as SARS and MERS. Those assumptions, however, have been modified over time as new studies compare their features.

For example, as Mr. Mastriano indicates, the US Surgeon General did discourage the use of masks in February and March. However, what he failed to mention is that the Surgeon General had always encouraged mask usage by symptomatic individuals to limit the spread of virus, and that the Surgeon General has since changed that recommendation to support mask usage as new studies have revealed the value of

such use. The epidemiologic data now clearly demonstrate that even cloth mask usage reduces the transmission of the virus to others and helps control the spread of the disease. Mr. Mastriano also indicates that NIAID Director Dr. Anthony Fauci discouraged mask usage, but the quote he provides dates to March 8th, when the leadership feared that the public would devour the limited supplies of masks, making them unavailable to first responders. On June 5th, Dr. Fauci stated that he has “no doubt” that Americans who are not wearing face masks, especially in large crowds, are increasing the risk of spreading the coronavirus.

Mr. Mastriano further confuses the issue by clumping all masks together, including both the N95 masks which are essential for first responders and cloth masks recommended for the rest of us, and then citing research focused on N95 mask use. Since we now also know that asymptomatic individuals shed active virus, cloth mask usage and social distancing by everyone has been shown to reduce the likelihood that we unwittingly transmit the virus to others: our elderly parents, our children, and our friends, even though the cloth masks will not prevent us from becoming infected ourselves.

The point is, the masks are recognition of the serious nature of COVID-19 transmissibility and a sign of concern for the well-being of those around us. No, we are

not required by law to wear them, but it is our moral imperative not to endanger the lives of those around us should we be infected but asymptomatic. Who among us wants to be responsible for someone else’s death because it is our right not to wear a mask? It is simply common sense to abide by this recommendation. The health of our citizens is still profoundly at risk, as healthcare professionals voice concern over spiking case numbers in nearly half of the states.

There has never been any equivocation on the hazards of COVID-19 by the scientific community. As soon as the viral sequence was published online by Chinese scientists in the beginning of January, scientists at the National Institutes of Health began producing material for a targeted vaccine. In record time they were ready for a clinical trial in early February, while politicians were calling the pandemic “a hoax”. Yet, it was not until the middle of March that our leadership finally recognized what the scientific community had understood two months earlier. We now know from epidemiologic modeling that had recommendations regarding sheltering, masks, and distancing been implemented one or two weeks earlier on March 8th or March 1st, respectively, there would have been 36,000 or 54,000 fewer deaths (Pei, S., et al. medRxiv, In Press, 2020).

South Korea reported their first case on the same day as the US, yet they have experienced fewer than 300 deaths in a population that is one sixth that of the US, and we are now approaching 120,000 deaths

with estimates in excess of 200,000 before October. The difference resulted from immediate action by the government to encourage social distancing and making tests available. This modeling indicates that we can expect a similar rapid expansion of case numbers and deaths again in the future, if no immediate actions, such as mask usage, are taken to contain the spread. Due to space considerations, the peer-reviewed scientific publications that investigate the use of masks in virus containment will only be summarized here; however, the references are also provided below for those interested.

For historical reasons (2003 SARS epidemic), residents of Hong Kong responded rapidly and universally (>97% compliance) to adopt masks (typically the loose surgical masks) at the beginning of the COVID-19 epidemic. Researchers found significantly more case clusters in places where mask usage was ignored. Moreover, when compared with other countries in the region, such as Singapore and South Korea where mask usage was not adopted with the same fervor, the incidence of infection nearly doubled. In particular in South Korea, where mask usage was discouraged in churches, nearly half of case clusters were associated with church activities. Finally, relative to other countries where the pandemic has raged and mask usage was spotty, such as Spain and Italy, incidences of infection are more than 20 times higher than in Hong Kong. - Cheng, V. C.-C., et al., Journal of Infection, In Press, 2020.

In a systematic review of more than 170 studies involving COVID-19, and related SARS and MERS, physical distancing, mask usage, and eye protection all facilitated a reduction in the likelihood of viral transmission. With face masks, the strongest association with protection, not surprisingly, occurred in studies using N95 masks both in clinical and nonclinical settings; however, lower infection incidences were also observed with disposable surgical masks and multilayered recyclable cotton masks. - Chu, D.K., et al., The Lancet, online – June 1, 2020.

Mathematical modeling of the benefits of face masks shows that the greater the percentage in a population wearing a mask, the lower the incidence of infection for the entire population. The authors conclude, “facemask use by the public could significantly reduce the rate of COVID-19 spread, prevent further disease waves and allow less stringent lock-down regimes. The effect is greatest when 100% of the public wear facemasks.” - Stutt, R.O.J.H., et al., Proceedings of the Royal Society A 476: 20200376.

The science provides us with a direction. Epidemiologic evidence supports the use of masks in both clinical and nonclinical environments to reduce viral transmission, and modeling tells us that the greatest protection is afforded when every person is wearing one to the benefit of each other.

Dr. Alan served for more than 40 years as a microbiologist at the National Cancer Institute.

The American Mind

What is the price of history?

Mark Greathouse
Author, entrepreneur, citizen

It might be rather glib to simply say history is 'priceless.'

We've been treated lately to daily television images of statues around the nation being spray painted, torn down, burned, sunk in lakes, decapitated, and more. Beyond the physical cost of these memorials which typically represent tens of thousands of dollars for artists, bronze castings, granite pedestals, and any necessary maintenance, there is what I call the symbolic cost.

One of my favorite quotes as concerns living our lives to the fullest is from the philosopher George Santayana, "Those who do not learn history are doomed to repeat it."

Let's make a connection here: rioting, looting, destruction of property, tearing down statues, and history are inextricably linked. History represents the story of the evolution of cultures, it's a life narrative. It is replete with the good, the bad, and the ugly; but once experienced it exists for time immemorial. Learning our history ostensibly keeps us from repeating the bad stuff like slavery. The experiences of a culture become its history. It can never be erased, despite attempts to destroy physical representations.

Recall Ray Bradbury's film *Fahrenheit 451* in which a dystopian society burns all books? The book burning spawns a secret faction that memorizes books to preserve their

messages. Remember the finale of *Planet of the Apes* whereby the Statue of Liberty is found half-buried in the sandy beach? Let us not forget Newspeak in George Orwell's epic novel 1984 in which language is employed so as to limit freedom of thought and thereby control the people. As a final example of attempts at history erasure, the Soviet dictator Josef Stalin had the faces of people he disagreed with erased from photographs (he'd have loved photoshop!). Of course, Stalin eliminated his physically enemies, too. What's the answer? Erase history? Alter history? Preserve history? Learn from history?

We live in an American culture in which 'public' school curricula over the past several decades have nearly eliminated and certainly recast the narrative of history. Having taught at a local college, served on a school board, and schooled two sons, I've seen the abridged treatment of history first hand. Curricula are now replete with a debased and demeaned version of U.S. history featuring leftist ideological messaging. Thus, most of the people tearing down statues are products of the schools and mostly have no idea as to the historical significance of what they are attempting to destroy. They're essentially under-educated. It's not that they're morons or stupid, they simply haven't a clue. They're products of a world as described by the 6th century BC Chinese philosopher Lao Tzu, "Therefore the sage, in the

exercise of his government, empties their minds, fills their bellies, weakens their wills, and strengthens their bones." The sage wants no free thought, just strong working bodies to do his bidding.

This brings us to the beautiful historical representations that are the monuments across the nearby Gettysburg battlefields. Thus far, they've been untouched by the anarchy fomenting in our major cities. The U.S. National Park Service states that it "preserves, protects, and interprets one of the best marked battlefields in the world." There are 1,325 monuments memorializing the men who fought and died during the Battle of Gettysburg: Union and Confederate. Human beings all. We can never take them for granted. Their sacrifice is a priceless testament to our nation's history.

An anarchical organization called Antifa under the guise of 'Left Behind USA' threatens to burn American flags at the Gettysburg National Cemetery on the afternoon of July 4. (It's said they're even giving young children small flags to burn.) Some pooh-pooh the protest, but Antifa has been emboldened in the past few weeks, and our local law enforcement is taking the possibility seriously. Will Antifa turn their flag burning energies to destroying battlefield monuments? Possibly. Is the Antifa protest about removing history? No. Is it about the memory of a heinously murdered thug in Minneapolis? No. Is it about fomenting violence and divisiveness in our nation? Absolutely yes. To what end? They can't even tell you.



Per the President's June 26 Executive Order, protections for the monuments on the Gettysburg National Military Park are clarified. The E.O. states, "The desire of the Congress to protect Federal property is clearly reflected in section 1361 of title 18, United States Code, which authorizes a penalty of up to 10 years' imprisonment for the willful injury of Federal property. More recently, under the Veterans' Memorial Preservation and Recognition Act of 2003, section 1369 of title 18, United States Code, the Congress punished with the same penalties the destruction of Federal and in some cases State-maintained monuments that honor military veterans... The Federal Government will not tolerate violations of these and other laws."

Of course, the law only has effect if the police enforce it and the vandals are arrested and prosecuted to the full extent of the law. We've

seen too many spineless big-city politicians across the nation ordering police to back off and allow the anarchists disguised as protestors to 'blow off steam.' We must not have such behavior repeated in Gettysburg or anywhere else in our nation.

Various militia groups and individual citizens are positioning to support law enforcement personnel in protecting the Gettysburg National Military Park from protestors. Armed or otherwise threatening stances by private citizens, while well-intended, are arguably not the answer. We pray no violence ensues. Violence never ends well. Is that a price we must pay?

And we are left with asking ourselves, 'What is the price of history?' It's priceless.

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

Down Under

The death of decency

Lindsay Coker

It's hard to believe, but practically everyone in the world is either hating you or laughing at you. Not you personally, of course, but your nation, the dis-United States of America. Some of them are still wondering why you invaded, exploited, installed puppet-masters and then and then packed up and left. Others are violently angry because you killed their families and economy without remorse. Many, such as China and North Korea, are sniggering, but most of us are laughing ruefully, shaking out heads, saddened and apprehensive about the future.

Practically no one is saying what wonderful a place you have, how they will love you forever, and how soon can we go? We have no idea where you are headed, how you and your country will survive. We feel saddened for your loss of pride and harmony, for your increasing poverty, the imposition of selfishness and brutality. We are fearful that the virus of militarisation will spread to us if we visit, that we will be shot at, have our necks stamped on, or be stranded at the whim of a madman. We feel that many of you will continue suffering

the enormous inequality and poverty that has grown exponentially, and be abused under the police state that is now in force in so many places.

The picture we had of you is of a unique land, filled with friendly, intelligent and interesting people, beauty and culture. That's how it started, how it was greeted by all who first came, how the sturdy and thankful pioneers found it. They built it to amazing levels of endeavour, industry and scholarship, then almost by accident produced a civilisation organised so that the rich keep getting richer and the poor poorer. No king, emperor or dictator had ever achieved such an exemplary model of power and greed. No one had even thought of that possibility, but the culture of every man (and woman) for themselves, of profit before compassion, the illusion of the American dream – all this and more set the wheels in motion for the second greatest tragedy of all time.

The greatest tragedy took just one extra factor to bring it on: Slavery, an import from the British, the Portuguese and others. A biblically endorsed tradition, something that had started probably in Mesopotamia thousands of years ago, it had been reduced to small pockets in the

east until Africa became explored and colonised by Europeans. These Christians saw the possibility of converting the savages by means of trade – put them to work for Christians, they would be converted. And their labour would pay their owners for the time and expense of bringing them to their shores.

Americans, including the president, welcomed the idea. Owning slaves was normal, no sin attached. The southern states eagerly grasped the opportunity, and the slave trade grew into a multi-faceted, profitable business. It soon allowed them to believe they were far superior to the north, they could run the country, set business on a firm and profitable course. To do this they would develop a monopoly in cotton: Nowhere else could Europe, especially England, get such a vital product, so the price could be raised. This fell apart when Europe had huge stockpiles of American cotton, and simply went elsewhere – Egypt and China – smashing their dreams and making them furious. Like all self-congratulating despots, they blamed the north, and have never forgotten their humiliation.

Initially, the slaves had been given their freedom, or manumission, mostly when they were too old or feeble to work. Some of these were quite astute and began using their own slaves, competing with the first owners – who quickly stopped it.

The north had welcomed these freed people, the south tried to launch their own nation in retaliation, and civil war broke out. The Confederates were beaten but not changed, and white supremacy was born. Their former slaves were beaten and killed. The Ku Klux Klan formed, Blacks became the most loathed and persecuted people in America.

Yet the idea never truly died in the liberated, conscientious north. The idea of your underpaid work being the reward for having a wonderful and meaningful life, (as exemplified by the movies and TV shows who were deliberately used for this purpose) being for someone else's profit took time to develop; an economist, (Milton Freedman – never was a name so apposite), a couple of presidents, (Bush jnr. and Reagan), and a Russian writer (Ayn Rand) whose motto of 'Greed is Good' fell on fertile soil, made possible the decline and fall of the middle class, the impoverishment of those somewhat above them, and the utter demolition of the working class.

This is modern slavery, complete with electronic anodynes, drug use, exploiting corporations, weaponised policing and slavemasters who only want profit and power. Combine all this with climate change, Covid 19 and China and you have a recipe for total destruction of your nation.

Only one of these, climate change, has no possible solution. The others can be fixed by time, technology and a president who sees reality, is strong enough to run the country for all the people, repair the damage of hyper-capitalism, reign in the rich, once more take the role of leader in a sane world, and tackle climate change.

It may be an impossible task, but you can try – at the next election. Trump is the bottom of the barrel; anyone else *has* to be better.

*I never thought that I would see
a nation smirched by tragedy
or hung on scaffolds there to die
whilst tyrants strutted out their lie.*

*To see a people choked to death
while mercy screams upon their
breath to see the greed of callous
rich tip this great nation unto the
ditch*

*is to see the death of all that's free
equality, life, and liberty,
of truth and love, of values high. I
see your heads bow down to die,*

*And urge a stand against this foe,
restoring decency to all you do,
making truth the final goal,
making your great nation whole.*

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

THE PASTOR'S DESK

Life, liberty, and the pursuit of happiness

Pastor Heath Wilson
Toms Creek United
Methodist Church

A worldwide pandemic has a way of getting us to think about life, liberty and the pursuit of happiness. When life so completely changes and things that we used to take for granted like going to the gym, or visiting grandparents, or going to church, no longer can happen we often take time to think about what is vital and truly important in life. Events like pandemics help remind us that we really are not in control. We as humans have this funny way of thinking we are more in control of things than we really are. If we ever start to realize how little control we have over things, it can be very scary. Honestly, it is long overdue for people in our nation to realize that we don't have much control over most things. And if we really don't control things then we need to figure out, WHO does?? Yes there is really only one answer, the Creator of the Universe, the Life Giver, the Sustainer, the Great I AM, the list could go on and on but really we are talking about God.

When our nation was founded, we believed there were certain rights that were so vital that they were God given rights that everyone should be able to attain like life, liberty, and the pursuit of happiness. Yet, while people are given freedom to pursue them in this nation we don't really have control over them. Life? The days of our life are numbered and in God's hands and not ours. Liberty? We have liberty to do what we want but we will be held accountable for actions that caused hurt and harm

when our numbered days are up. Pursuit of happiness?

We have a great many things that are available to us and we may pursue the claim that they will bring us happiness but happiness is not guaranteed. We go around thinking we are in control because God lets us have this freedom to choose what we are going to do and how we are going to live. Yet, just because we have the freedom to do something, just because we have many things we can choose to do to bring us happiness, does not mean we should do them all. We are blessed to live in a nation where we are mostly free to pursue what we want. We forget to think about whether these choices are the ones that God would have us pursue. We are a rich nation but we often fail to realize all that we have is from God and can be gone in a blink of an eye! Many things we have can be gone in a flash with a global pandemic, or other events both great and small, that we have little or no control over!! God let's have the freedom instead of forcing our hand.

I know some church people and pastors who have said they believe the pandemic is a wake up call from God. A wake up call, yes. That the pandemic was sent by God, no. I think COVID-19, cancer, disasters, and the like, are Satan at work in the world trying to have us lose faith and give up. Don't get me wrong, I think Satan also uses things we tend to think are positive like great wealth or power to try to take us away from God. Yet, all of these things that Satan does, both those that appear to be good and that which brings hurt and pain, can be opportunities for us to

instead come together, to deepen our relationship with God, for us to realize that we are not ultimately in control. God uses the painful things that Satan puts out into the world and thwarts Satan by trying to make something good and beautiful come from it. Yes, Satan is busy trying to bring us down, to divide us, for us to lose focus on what is truly important. And yes, I believe we are in one of those moments where God can help us to find real strength, real hope, real liberty, real happiness.

Jesus Christ was sent to walk upon the earth with humanity so that we might leave the paths of individualism, paths of hate, paths of sin and brokenness and instead journey on paths that are filled with love and grace and wholeness. Through faith and belief in Jesus Christ, we can make it through anything that Satan tries to throw against us, even pandemics and race tensions.

When confronted with a worldwide pandemic you are not paralyzed by fear if you have faith in Jesus Christ. That's right, with Jesus Christ you can put your life in God's hands and even if today is your last, there is more to the story, there is more to your story! You know that you have life but also have eternal life, and if your days on earth are over, through faith in Jesus Christ, you know that you have life eternal! So in Christ you truly do have life!

Through Christ, you can have great liberty that no nation can guarantee. You have liberty to fail and make mistakes and know that through Christ you will be forgiven. You have liberty to know that you can trust in God to ultimately catch you and provide for you in ways that no one else, nor any government, can. Our justice system and law enforcement may not be perfect and they might at times unfairly infringe on your liberty, but with God, there is always ultimate justice. The liberty we have to truly love, care, and reach out to others is great when we know that God will not leave us. When we know



to whom we belong and that there is more to life than just our current flesh and bones, we have great liberty to reach out into the world in bold ways.

And yes, in and through Christ, you will experience true happiness. Most of the things people think will bring happiness fall short and the happiness is fleeting. We might say money can't buy happiness but the way we live our lives shows that many of us think lots of things that we buy with money will bring us happiness. There are acts that people pursue that fulfill cravings, some of them very vile and immoral acts, because they think it will bring them happiness. Yes, often there is a momentary happiness when the act is committed, or the item bought, or the food is eaten but that happiness is fleeting.

Christ shares with us how we can achieve true happiness, true contentment, true inner peace. If it has anything to do with items you can buy, it is often when you give those items to others. True happiness is when you share what God has blessed you with and being willing to offer to others in need. True happiness is when you spend time with God and realize that the Creator of the world loves you and longs to be in relationship with you. You can travel

this world and take in all the glorious sites, you can take in everything in this world that is supposed to give you joy and happiness, but if you do not have Christ, it is all worthless.

Let me explain why this is true. If there is not a God, then there is no heaven, no afterlife, there is just nothingness when you breathe your last breath. That means any experiences of happiness, any great memories, anything and everything meant nothing because there is nothing after you are done. And when the world passes away, which it will whether there is a God or not, all will be nothingness. It is like a computer where the hard drive is wiped clean, it is all gone, and the work comes to nothingness!! Yet, if there is a God, every choice we make has great value.

If there is a God, even when we live in a nation where you are able to pursue life, liberty, and happiness, we have constraints on how we should live our lives and use each day we are given. We are to use our lives here to share about the love of God, the gift of Christ, so that others may experience and see true life, liberty, and happiness that comes from God. Through actions of love and grace, we share about the glorious cross and the resurrection. We share about us all being broken and flawed but through God's grace through the sacrifice of Jesus, we can be forgiven. We can free those that have made mistakes, that through Christ they can still find true life, liberty, and happiness.

The value of the freedoms and how we use our days to fulfill life, liberty, and happiness is magnified if there is a God. For if there is a God, we will have more than we experience here and now. We will have an eternity to see how the choices we had the freedom to make had an impact on the lives of others. We will see that when we used our life and liberty to share about Jesus and the grace and forgiveness that comes from faith in him, that we helped others to fully experience true life, liberty, and happiness. We will see that we who knew of God's Good News, were able to let people know that even in the face of a pandemic that makes them feel that the world is out of control, there is an eternal hope that they can have. That through all the chaos in the world, they can truly experience the God given gifts of life, liberty, and the pursuit of happiness. Happy 4th of July!

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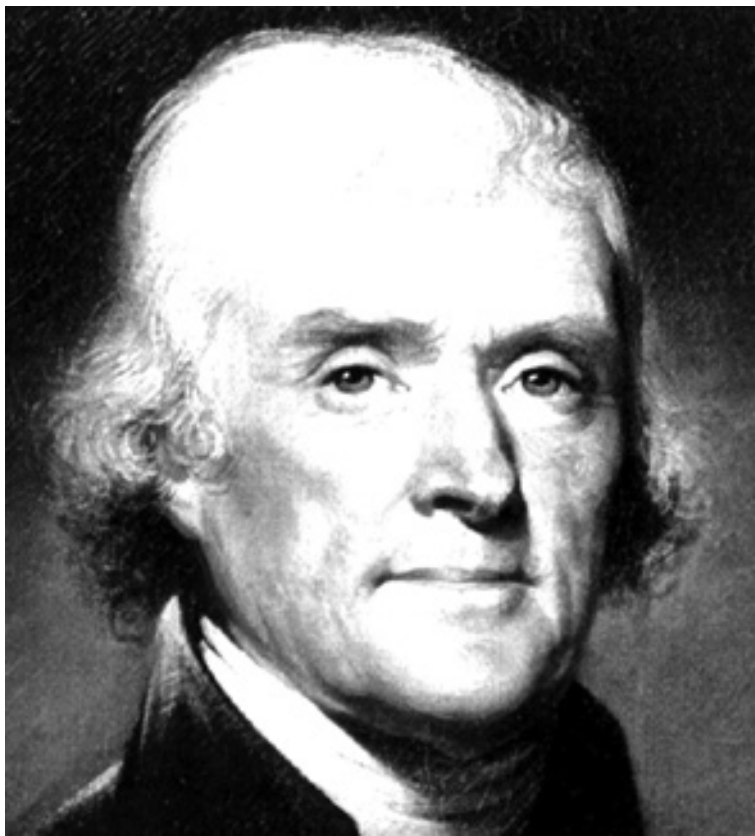
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THE BOOK OF DAYS

Thomas Jefferson



April 13, 1743 – July 4, 1826

The celebrated author of the American Declaration of Independence, entered life as a Virginian barrister, and, while still a young man, was elected a member of the House of Burgesses for his state. When the disputes between the colonies and mother-country began, he took an active part in the measures for the resistance of taxation, and for diffusing the same spirit through the other provinces.

Elected in 1775 to the Continental Congress, he zealously promoted the movement for a complete separation from England, and in the Declaration of Independence, which was adopted on the 4th of July 1776, he laid down the pro-positions, since so often quoted, that all men are created equal, with 'an inalienable right' to 'life, liberty, and the pursuit of happiness,' and that 'governments derive their just powers from the consent of the governed.' When the cause of independence became triumphant, Mr. Jefferson naturally took a high place in the administration of the new government. He successively filled the posts of governor of Virginia, secretary of state under the presidency of Washington, and vice-president under that of John Adams; finally, in 1801, attaining the presidency, which he held for two terms or eight years.

While Washington and Adams aimed at a strong, an aristocratic, and a centralizing government, Jefferson stood up as the advocate of popular rights and measures. He headed the Liberal Republican, or, as it was afterwards called, the Democratic party. He laboured for civil and religious liberty and education. He secured the prohibition of the slave trade, and of slavery over a vast territory, and was in favour of universal emancipation.

In Virginia, he secured the abolition of a religious establishment, and of entails, and the equal

rights of both sexes to inheritance. The most important measure of his administration was the acquisition of Louisiana, including the whole territory west of the Mississippi, which was purchased of France for 15,000,000 dollars. His administration was singularly free from political favouritism. It is remembered as one of his sayings that "he could always find better men for every place than his own connections."

After retiring from the presidency, he founded the university of Virginia, carried on an extensive correspondence, entertained visitors from all parts of the world, and enjoyed his literary and philosophical pursuits. He was married early in life, and had one daughter, whose numer-

ous children were the solace of his old age. At the age of eighty, he wrote to John Adams, with whom, in spite of political differences, he maintained a warm personal friendship:

"I have ever dreaded a dotting age; and my health has been generally so good, and is now so good, that I dread it still. The rapid decline of my strength, during the last winter, has made me hope sometimes that I see land. During summer I enjoy its temperature; but I shudder at the approach of winter, and wish I could sleep through it with him in the spring, if ever. They say that Stark could walk about his room. I am told you walk well and firmly. I can only reach my garden, and that with sensible fatigue. I ride, however, daily, but reading is my delight. God bless you, and give you health, strength, good spirits, and as much life as you think worth having."

The death of Jefferson, at the age of eighty-three, was remarkable. Both he and his friend John Adams, the one the author and the other the chief advocate of the Declaration of Independence—each having filled the highest offices in the Republic they founded—died on the 4th of July 1826, giving a singular solemnity to its fiftieth anniversary.

On the tomb of Jefferson, at Monticello, he is described as the author of the Declaration of Independence, the founder of religious freedom in Virginia, and of the university of Virginia; but there is a significant omission of the fact, that he was twice president of the United States.

The Fourth of July

Where a country or a government has been baffled in its efforts to

attain or preserve a hated rule over another people, it must be content to see its failure made the subject of never-ending triumph and exultation.

The joy attached to the sense of escape or emancipation tends to perpetuate itself by periodical celebrations, in which it is not likely that the motives of the other party, or the general justice of the case, will be very carefully considered or allowed for. We may doubt if it be morally expedient thus to keep alive the memory of facts which as certainly infer mortification to one party as they do glorification to another: but we must all admit that it is only natural, and in a measure to be expected.

The anniversary of the Declaration of Independence, July 4, 1776, has ever since been celebrated as a great national festival throughout the United States, and wherever Americans are assembled over the world. From Maine to Oregon, from the Great Lakes to the Gulf of Mexico, in every town and village, this birthday of the Republic has always hitherto been ushered in with the ringing of bells, the firing of cannon, the display of the national flag, and other evidences of public rejoicing. A national salute is fired at sunrise, noon, and at sunset, from every fort and man-of-war. The army, militia, and volunteer troops parade, with bands of music, and join with the citizens in patriotic processions.


The famous Declaration is solemnly read, and orators, appointed for the occasion, deliver what are termed Fourth of

July Orations, in which the history of the country is reviewed, and its past and coming glories proclaimed. The virtues of the Pilgrim Fathers, the heroic exertions and sufferings of the soldiers of the Revolution, the growth and power of the Republic, and the great future which expands before her, are the staple ideas of these orations. Dinners, toasts, and speeches follow, and at night the whole country blazes with bonfires, rockets, Roman candles, and fireworks of every description. In a great city like New York, Boston, or Philadelphia, the day, and even the night previous, is insufferably noisy with the constant rattle of Chinese-crackers and firearms. In the evening, the displays of fireworks in the public squares, provided by the authorities, are often magnificent.

John Adams, second president of the United States, and one of the most distinguished signers of the Declaration of Independence, in a letter written at the time, predicted the manner in which it would be celebrated, and his prediction has doubtless done something to insure its own fulfillment. Adams and Jefferson, two of the signers, both in turn presidents, by a most remarkable coincidence died on the fiftieth anniversary of Independence, in the midst of the national celebration, which, being semi-centennial, was one of extraordinary splendor.

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

MELISSA M. WETZEL
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ECOLOGY

Prepare, engage, explore

Lizzy Ryan
Strawberry Hill Nature
Preserve

Many cherished summer activities from camp to community festivals have been cancelled this year. However, as we all know, summer itself cannot be cancelled. Over the past several months, outdoor recreation has provided ample ways to enjoy nature while remaining safe and active as the seasons change. We invite you to explore some of these opportunities at Strawberry Hill and make the most of your summer.

First, let me tell you about the amenities available during your visit. Strawberry Hill, located at 1537 Mount Hope Road in Fairfield, offers free parking dawn until dusk. Just across from the parking lot is a kiosk stocked with trail maps, program information, doggie bags, and a spot for both your trash and recycling. We offer a pavilion with picnic tables, as well as picnic tables and benches located throughout the property. There is also a small nature playground for the younger kids to burn off energy.

Strawberry Hill is home to both “exceptional value” mountain creeks and a pond. We welcome you to splash around in the creeks, catching crayfish and enjoying the cool water. Fishing is permitted in Middle Creek and the Strawberry Hill pond, but we ask that you follow our organization’s fishing policies. Fishing is permitted dawn until dusk and is catch and release only. Per the Pennsylvania Fish and Boat Commission, fishing licenses are

required for those 16 and older. Lastly, fishing is a benefit of Strawberry Hill members. Please note, swimming and boating are strictly prohibited in the Strawberry Hill pond.

Of course, Strawberry Hill also offers easy access to Michaux State Forest and endless miles of trails. Hiking is a beloved summer activity that is easy to enjoy. I have been leading children and families on hikes for five years and along the way, I have learned several foolproof ways to ensure your hike is enjoyable for the whole family. My goal is to provide you with a few helpful pointers to prepare for your hike, as well as ideas to make your hike fun and engaging for even your littlest nature lover.

First and foremost, let’s talk about safety. Always remember to have the right gear when hiking. Carry a first aid kit, food, water, a compass (you will not have cell service in most wild places!), and extra clothes. Other helpful items include bug spray, sunscreen, and a plastic bag for wet clothes or trash.

Check the weather before you go. Know if there is a chance of rain or extreme heat. Do not take young kids or older adults for a long hike if it is supposed to be dangerously hot and humid. Doing so will lead to a bad and potentially hazardous experience.

Hiking, as well as any activity, will not be fun if your children’s basic needs are not met. Make sure they are fed (this is where the trail snacks come in handy), hydrated, kept dry and cool (or warm if it’s winter). As parents and grandparents are all too aware, children will not always express their needs.

Keep an eye on their behavior. If they are getting red-faced from heat, break frequently for water or even pop into a stream for a quick cool-off. Water breaks are especially important after going up hills. Some may roll their eyes and moan, “another water break? I feel like I just drank some!” Trust me, it is for their own good. Many of us, adults and children alike, do not realize when we are becoming dehydrated.

Be mindful of the pace at which you are walking. Do not walk too fast or too slow. Let the kids set the pace. For the little ones, do not be surprised if they walk super slow. Avoid saying, “Come on, hurry up.” That will discourage them and wear down their morale.

Let them explore! Exploration is an important part of childhood. Too many times we witness parents make their kids stay at their side, discouraging them from picking up sticks, touching “dirty” things, or getting their hands muddy. A general rule of thumb is let the kids wander down the trail as long as you can see them. Let them use their imagination and play with that branch! Let them dig in the dirt!

However, it is important that you establish some safety rules. These would include admiring wildlife from a distance, pointing out poison ivy, staying on the trail, staying within eyesight of an adult, respect of the forest, and what to do if they get lost.

Speaking of what to do if you get lost, here are some tips to share with kids:

- Make sure they know your full name, address, and phone number. Or, if they are too young for to memorize things, write it down on a slip of paper to put in their pocket or shoe.
 - Discuss with them the importance of staying put should they get separated from you. This, of course, makes them easier to locate.
 - If they are old enough, give them a copy of the map and explain the route you are taking.
- If your children are old enough, involve them in the planning of your



Exploration is an essential part of childhood. At Strawberry Hill, we let them use their imagination and play with that branch! We let them dig in the dirt! All the while, we teach them the wonders of nature.

hike. Let them help decide what to put in the hiking pack. Let them help select a trail and destination. Engaging them in the planning only makes it more of an adventure!

In addition to preparation and safety, I want to share ways you can make the hike fun and educational. Below are some tried-and-true games you can play on the trail.

- Eye Spy
- Scavenger Hunts - There are so many different versions of the classic scavenger hunt. I have done the color wheel hunt where you give the child a color wheel and they must find things on the trail that match each color. You can enjoy a scavenger hunt looking for shapes in nature. Or, stick with a classic by printing out a scavenger hunt online. We recommend laminating them and using a dry erase marker for reusable fun.
- Journey Sticks - Let your child pick out a stick - one that really “sticks” out to them (pun intended). Tie a few rubber bands or string around the stick. Put the first thing found at the top of the journey stick to represent the beginning. Work your way down the stick until it is full. The things you find could include other really cool sticks, leaves, pinecones, even litter! Use the string or rubber bands to tie on the object. At the end of the hike, have each child tell about their journey and what they found. You can also have them paint it and make it their walking stick for future hikes.
- Follow the Leader - Have everyone get in a straight line. The person in the front is the leader. Everyone behind the leader needs to repeat everything the leader does (make motions, sounds, etc.).
- 20 Questions
- The ABC’s - This is a great game for kiddos just starting to learn the alphabet. Along the hike, starting with the letter “A,” everyone must name something on the trail that starts with that letter. Eventually make your way through the alphabet but remember not to rush.
- The Unending Story - One person begins a story and passes it on to the next person to continue. Let your creativity shine.
- A Silly Walk - Our wee Little Timbers loved this activity. Name animals for the children to walk like. Some favorites include gorillas, penguins, frogs, and horses.

So, while some of your favorite summer activities may not be happening this summer, I hope I have provided you with some new twists on hiking with kids. Keeping these in mind, your hike is bound to be a fun and rewarding experience with memories that will last a lifetime. Be sure to visit Strawberry Hill and enjoy the fresh air and great outdoors!

Download trail maps and learn more about environmental education at StrawberryHill.org. Become a member of Strawberry Hill and support our mission by donating online. Strawberry Hill inspires stewardship of our natural world by connecting the community with educational opportunities.

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Tim Iverson, Naturalist

Assateague Island National Seashore is a barrier island along the coastal border of Maryland and Virginia. Perhaps best known for their wild free roaming horses, the island is constantly being reshaped by wind and waves. Powerful natural forces have created a fascinating and complex environment with harsh demanding conditions for both plant and animal life.

Waves lap against the shore where powerful tides and storms fold the island over itself. The island is in constant motion moving slowly west towards the main land. Water washes over the east side of the island, sending the beach sand back towards the bay on the west side. This dynamic landscape is in constant flux at the capricious whims of wind and water.

Slight differences in elevation and water composition create distinctly different plant communities. During rainy spring months, freshwater pools form in depressions on the land. Larger pools provide freshwater to wildlife through the drier summer months. The sandy beaches extend the entire length of the oceanside of the island. These beaches give way to dunes protecting inland habitats of shrubs and pine groves. The western bay side consists of diverse saltwater marshes teeming with life. Blue crabs, oysters, endangered migratory and wading birds, river otters, and more depend on the oasis provided here. Of course, what visitors most want to experience are the horses.

Bands of wild horses roam freely throughout the island. These wild horses are descendants of domesticated horses. Folklore tells that these horses survived a shipwreck off the coast of Virginia and swam onto shore. This heroic story has become popular belief, but their origin is likely much more humble. During the 17th century, farmers on the mainland were required by law to fence or corral, and pay taxes of their livestock herds. In order to avoid these burdens they brought their horses to the island, which at the time was unregulated. The island provided natural barriers to prevent escape and they could roam and graze freely.

Even without the dramatic beginning, the wild horses of Assateague are still heroic. They have met and adapted to the adversity of the merciless mosquitoes and biting flies, scorching heat, lack of fresh water and poor food quality with stoic perseverance. Their descendants have formed themselves into a horse society comprised of two main herds, one in Maryland and the other in Virginia. Each herd has subsections, or bands, between two to twelve horses each, that occupy a home range and territory. Today there are approximately 300 horses in total on the island, with roughly half split between the Maryland and Virginia herds.

In order to keep the wild population healthy, avoid starvation,

and to protect the environment from overgrazing the National Park Service manages the Maryland herd through periodic sterilization. Biologists regularly study the herds and select females that have already successfully bred and inoculate them with a non-invasive non-hormonal vaccine fired from a dart at a safe distance. In Virginia, which is outside of the national park, the Chincoteague Volunteer Fire Company owns and manages the Virginia herd, which is allowed to graze on Chincoteague National Wildlife Refuge, through a special use permit issued by the U.S. Fish and Wildlife Service. The permit restricts the size of the herd to approximately 150 adult animals in order to protect the other natural resources of the wildlife refuge. It is the Virginia herd which is often referred to as the "Chincoteague" ponies. Every July select ponies are rounded up, swum across the bay, and sold at auction. This annual activity raises money for the local community and keeps the population within a sustainable threshold.

Assateague Island National Seashore is also a bird sanctuary located along the Atlantic flyway migratory route. Because of the variety of habitats and mid-latitude location the island provides a unique opportunity to see a mingling of many different species of birds. Over 300 species find habitats among the diverse ecosystem of bays, salt marshes, beaches, dunes, and pine forests.

In early spring, Piping Plovers arrive at Assateague Island. It's here among the sandy beaches and windswept dunes that these threatened birds nest and feed. These small stocky light-grayish brown birds are often found running in short bursts along the shore. As they sprint short distances they abruptly stop with a quick dip forward to pull insects from the sand. In late summer, after the hatchlings have fledged and learned to fly they make their way towards their wintering grounds in the southeastern coastal states and the Bahamas.

The salt marshes play hunting ground as wading birds like Great Egrets, with their towering white statuesque figures, and Great Blue Herons cautiously stalk prey in the shallow waters. Red-Winged Black birds can be heard ceaselessly calling back and forth through the tall reeds and grasses as they patrol their territories. Perched among the pine forests the diminutive Downy Woodpecker, White-Eyed Vireo, and Ruby-Crowned Kinglet are found feasting on insects throughout the canopy and branches. At night our largest owl in the area, the Great Horned Owl, and our smallest owl, the Saw-whet Owl, stalk the night. Assateague Island National Seashore serves as a laboratory for researchers to study this small reclusive owl.

The pandemic has scraped plans across the board and many are feeling the isolation bear down as summer seemingly evaporated before it began. However, one glimmer of sunshine appears that outdoor recreation (when coupled



When one hears the name Assateague, almost everyone associates it with the wild horses that live on it.

with appropriate hygiene, mask wearing and distancing measures) is demonstrably safe. Public health officials rank camping, which is available at both Assateague Island National Seashore and neighboring Assateague State Park, as one of the least risky activities that may still be safely enjoyed. With 18,000 acres, most of which is undeveloped wilderness, distance is easily achievable at Assateague Island National Seashore.

John Muir once said, "Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul." As we reckon with our pandemic protocols we can still seek low-risk opportunities to connect with public lands as an avenue to fortify our spirit and to create memories.

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REAL SCIENCE

Undergraduate science education

Michael Rosenthal

I have written before about my experiences as a college chemistry professor at small colleges of the liberal arts and science. A recent article in *Chemical and Engineering News* (c and en), a publication of the American Chemical Society, stimulated me to revisit my 50+ years of college teaching experience. The article speaks of first-year college chemistry, often called Freshman Chemistry, as the make-or-break experience for college freshmen in their potential science careers. My first position after my graduate school doctorate was completed was at Bard College, a small and excellent college of the liberal arts and sciences in the Hudson Valley of New York. In our two-person chemistry faculty (Bard only had 550 students at that time!); I was solely responsible for teaching the entry level chemistry course, largely structured for prospective medical professionals and chemistry career scientists. By the time I left Bard College and moved to a full-time academic administration position, I had taught this course 19 times!

In the *Chemical and Engineering News* article, written by Celia Arnaud about the University of Washington, the argument is made that this course is the make-or-break experience for beginning students aspiring to careers in medicine or science, and especially so for underrepresented students who are African-American or female, and in my Bard College experience for Hispanic students as well.

Students from minority cultures, largely African-American and Hispanic, often came to Bard from school systems that did not excel in science education (of course, there are exceptions). In the commitment from New York State and from Bard College in my particular experience, developmental programs for these students offered in the summer before first-year college enrollment often helped these students become better prepared. I taught in Bard's summer science program for many years, and then I often had as students in First-Year Chemistry those same students.

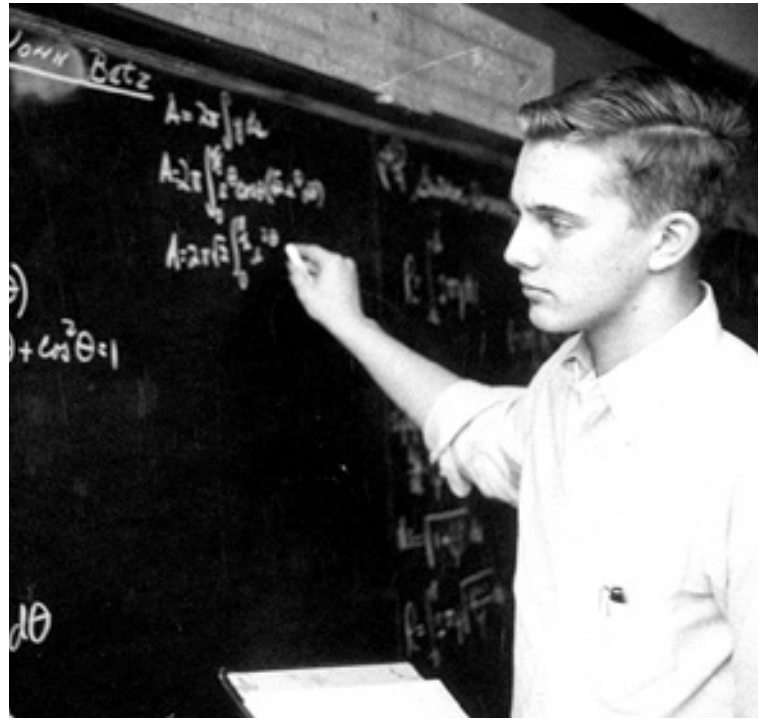
First-year chemistry, often called Freshman Chemistry, was and still is a "sorting-out" course for students aspiring to medical professions and careers in science. It is still amazing to me that students survive the model in large universities, even at the prestige universities. Though there is an Honors Program in many colleges and universities, the typical pattern is that a professor lectures to a large group of 100 students or more, with little or no opportunity for student questions or for discussion. Then the students attend a small class of 20-25, led by a teaching assistant, a graduate student who usually only has a four-year undergraduate degree and little or no teaching preparation or experience. I participated in this process as a graduate student at The University of Illinois. In these large lecture sessions, it was almost impossible to ask a question, and to find students sleeping through the lecture class in

their assigned seat was not at all unusual!

The survivors of this year went on to more advanced chemistry courses, including organic chemistry and physical chemistry. At Bard my typical physical chemistry classes had 5 or 6 students.

I found the large university model an unacceptable pattern of instruction for beginning college students, especially in a complex field of study such as chemistry. When I finished my PhD degree I chose to teach in a small college of the liberal arts and sciences where beginning chemistry classes were 25-30 students, and where I was the teacher, not a graduate student. Though not every student was a success and went on to upper level courses and to careers in science and medicine, many more students were able to succeed and with more confidence and accomplishment than in the university lecture model. My colleague and I used to joke about giving our less successful students cards with directions to the social sciences building. Kidding aside, we always, in my 19 years at Bard, worked with our science colleagues to maximize the opportunity of our students for science success, and for subsequent scientific or medical careers. Many succeeded!

Students come to college with a wide range of preparation. There are those who can handle the large impersonal lecture, and there are those who can't. If, however, we want to give every student, regardless of race or gender, the best chance to succeed, I believe we need to build a



Many students seeking a career in Engineering or the sciences must first survive the mandatory 'sorting class' that separate the 'wheat from the chaff'. For the author of this paper, that was nuclear physics - which one out of two students failed. Remarkably, those that did pass, all survived the next four years.

course program that encourages confidence and success wherever possible. Not everyone is a talented science student, and there will always be those who are not successful, but I believe that the maximum opportunity should be offered students, especially those from situations for which the best educational preparation for college was not made available to them.

The model discussed above was not the only difference between the small liberal arts and sciences colleges and the large universities. In many colleges and universities the better students were often given the chance to do student research in their senior year. This was a less intense version of graduate research, but sought accurate answers to scientific questions, often with the prospect of participating with the supervising faculty member in a scientific publication. At Bard College, all students were required to do a two semester senior project to graduate. For the scientists this was usually a laboratory research project, and it often ended up as a part of a publication in a scientific journal. Students in all fields at Bard College were required to do a Senior Project!

Not surprisingly, many of my students ended up as career scientists after they earned their graduate

degrees, including some at prestigious colleges and universities.

Though a science major was sometimes not a requirement, most applicants to medical, dental, or veterinary schools were biology or chemistry majors. In my years at Bard, 1965-1984, there was excessive discrimination against women applying to health profession schools. Many stories were brought back to me about the students' application experiences, but one story sticks in my mind. A very talented female student was asked in her medical school interview to guarantee that she would not "get married and have babies, and stop practicing medicine" and thus waste the medical school experience. She was, however, accepted and became a successful physician. Also in those days it was very hard for women to get acceptance into veterinary schools. I don't believe I was successful in getting any of my women science students into vet school. Many women students, and men as well, were forced to attend vet school in the Caribbean. That situation has changed, as you pet owners know, as veterinary science has become woman dominated.

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THE VILLAGE IDIOT

Gumbo Jumble

Jack Deatherage

While I often consider banana cake to be an almost complete food- grain(s), dairy (sour cream/yogurt and butter), fruit (bananas plus various dried fruits), eggs, salt, sugars and occasionally alcohol and honey, my body tends to disagree. I generally suppress such disagreement with sandwiches built with homemade breads, or stir fries containing rice noodles. Or pizzas! I mean, what else can the creaky, lazy, aged body want- besides an antacid?

GUMBO! Or so Middle Sister's high school friend, Darby Topper has me thinking after seeing a picture of a pot she put together. (The best Facebook "friends" constantly torment- I mean delight each other with stories and pictures of meals they concoct. Or so I tell myself to drown out the harangues I regularly get when I post pictures of my homemade breads, pizzas, cookies, soups, stews and roasted meats.)

With a sigh of surrender, I have to look up the definition of gumbo. Of course it's a Creole French word meaning okra. French? I much prefer the African (Bantu)- ki ngombo, though I can't pronounce it. So okra it is. But why would I crave okra? Or is it the rest of the soup I crave?

I've grown okra, twice. I've read the seeds are notoriously difficult to germinate so I use that as an excuse for my typical failures at growing enough okra to be useful. The one year I managed to keep several plants alive, and get a few pods off of them, I discovered I preferred them eaten right off the stem rather than fried, pickled or roasted. When asked what they taste like, the best I can come up with is "green"- slimy not being a flavor.

The seed pods are tender crisp when young, stringy and all but impossible to chew when reaching maturity. I tend to like them just getting stringy- "dietary fiber" I call them. The DW simply despises them. She classes them with pizza slugs- mushrooms. (I don't put much stock in her judgment, after all, she married Emmitsburg's idiot of record.)

I'm not going far out on a limb guessing it's okra soup I'm craving. Having burnt myself out building breads, cakes, cookies and muffins this past cold season I began lusting after beef, wild boar and deer pot roasts- preferably all those meats combined in the same pot! Several times this spring I've filled the house with the fragrance of onion, cel-

ery, bell peppers, garlic, carrots and browned meats heavily seasoned with whatever dry rub I could find in the cupboard, or concoct with the spices, dried herbs and salts I had to hand. Such body and soul satisfying fare they were. So what's up with the desire for adding okra?

Could Grandmother Deatherage have been correct when she chuckled over a cup of Lipton and remarked, "They say there is Cherokee blood in the Deatherages."

I can still see the wrinkle in her eye as she added, "Or it could be Negro."

Is some Bantu speaking ancestor's genes telling me it needs an occasional shot of ki ngombo? I'm cool with that! Traditional pot roasts- even those built on wild boar and/or deer can become tiresome after all. So it's off on a gumbo safari! And gods! It looks as if there's a gumbo recipe for every cook on the planet! Toss in its non-Louisianian relation- okra soup- and the possibilities expand exponentially!

Given that I rarely follow recipes (other than bread, cake and cookies) I'm flipping through my stacks of cookbooks and ransacking websites for recipes as look interesting and, as usual, wandering off on my own. Making a roux is currently beyond my limited attention span. (Eight minutes of constant stirring? Gods, I can't focus on anything for eight minutes! With the exception of a nice bourbon.) Besides, roux is a frog- ummm French word and I'd sooner explore Creole and Indian versions of the soup that seems to be based on okra and tomatoes with chicken as a protein.

Being an American mutt, my first run is made with Polish pork kielbasa, chicken thighs and shrimp. The DW insisted I not waste all the shrimp in my experiment, so I steamed them in Old Bay and vinegar, and she took a pound for herself. She had little faith in my first run at ki ngombo stew.

The first batch filled a 7-quart crock pot and lasted several days. The DW, to her surprise and mine, discovered she actually enjoyed the gumbo- even the okra, which had given over its slime as thickener to the jumble. I was disappointed with the kielbasa and in the middle of the second spoonful I was planning the next attempt.

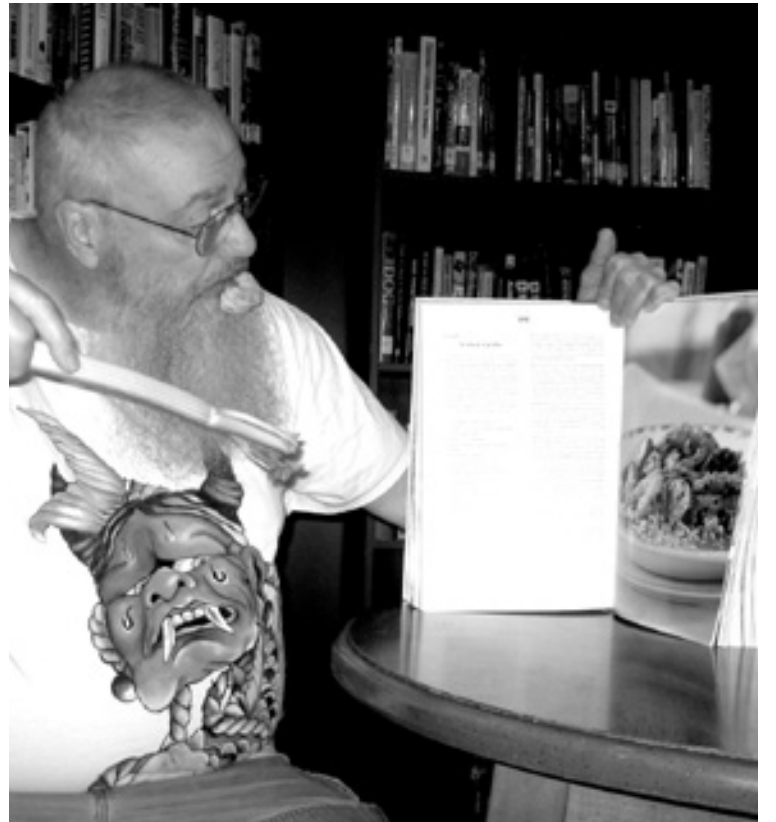
Having only ever eaten gumbo once before- from a pot made by a cook who learned the stew while working a restaurant in New Orleans- I know what I'm missing from

my own version. Salt, Tabasco sauce and filé. The first two I can cover easily enough, but filé took some thinking on.

When we lived along Crum Road (twixt Tract and Steelman Marker roads) I walked, or pedaled a bicycle nearly every day past a fence row with sassafras shrubs growing in it. After Mom told me the twigs had a pleasant flavor and were safe to chew, if a tad slimy, I took to gnawing on them during the summers when I could identify the shrub by its odd habit of setting three different leaves on the same plant. (Probably the same leaf going through shape changes as it matures.)

To my surprise, the shrubs were where I left them along Crum Road when so much else out that way has changed since the late 1960s. Having acquired a couple sprigs of sassafras, I decided drying and grinding them to powder seemed too much like work. So into the crock went three whole leaves- representing their growth habit and a nod to the Choctaw Indians who introduced the Creoles and French to the spice. The only thing left for me to do was simmer the jumble for a few hours before steaming a pot of wild rice- another contribution from the first migrants to wander here from Asia before anyone had bothered to create a written language, though I haven't a clue as to which tribe- possibly Ojibwe.

The second crock of ki ngombo



OK, I give up ... I can't come up with a photo caption for this photo... other than 'what does Jack have in his mouth?'

gained nothing from the whole sassafras leaves so I'll reserve them for some future attempt using less heavily seasoned meats. Perhaps a fish and oyster stew? Gods! The DW is already building the Balor of the evil eye glare to scorch me with. She hates oysters worse than pizza slugs! (Women! They really should stay out of my kitchens and just be happy I let them eat the meals I slave over.)

Beings we have a second 7-quart crock pot I see no reason not to

begin another stew while me and the dogs finish of the last of the current one. Heavily marinated chicken drumsticks are slow cooking on the kettle grill for the third run at ki ngombo. Why not add some smoke to the jumble? The Creoles and Indians cooked their stews over wood fires and added ash along with the smoke.

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PETS

A place of dreams

**Jennifer Vanderau
Cumberland Valley
Animal Shelter**

When I was first let inside the house, I thought I'd hit the big time. The people that had been leaving food outside for me smiled, opened the door and I walked inside. I slept in a bed for the first time in my whole life.

I didn't have to dodge cars, didn't have to scrounge for food. I was warm and sheltered. They gave me a bowl of water and food and kisses and hugs. It was like a dream come true.

That was in the beginning, though.

Time, I guess catches up to all of us and I think the novelty of having a cat and "saving a life," as they told everyone in those first few days, kind of wore off.

See, because I'm a cat, I like to keep myself groomed, and that includes sharp claws. I learned how to scratch up my area outside, so I could let other cats know what's mine. It's a territorial thing and I figured since I finally had a home, I could start claiming it.

I'm just really proud of what's mine, you know?

The people didn't like when I used the furniture, though. They'd yell and scream and get real mad and I felt kind of bad—I did—but how else could I let people know what was my territory? That the house and family belonged to me?

When they took me to the vet, I thought it would be a routine visit, even though it seemed like an odd time to have one. When I got home, my front paws hurt so bad I almost couldn't stand it. It felt like part of my toes were missing, but that didn't make any sense, did it?

Over the next few days, I realized it did. I had been declawed. I guess the people were happy—I couldn't scratch the furniture anymore.

They would laugh when I still tried. They would laugh when I landed funny after a jump. They laughed a lot at me now.

I started not hanging around them much after that. I liked to keep to myself more. I had my own little spot under the corner of the bed in the guest room and that's where I'd stay most of the time.

I don't know, I guess I just didn't want to socialize anymore. It was okay. No one really came looking for me.

Two days ago, though, the people did the strangest thing. They found me

in my spot in the guest room, picked me up and put me on the back porch. When the door shut behind me, I figured this was another thing that humans found funny.

I thought they'd have a good laugh, open the door and let me back in.

But that didn't happen.

I've been outside for two days and I'm starting to get pretty scared. I'm back to worrying about the strange noises at night. It's made even worse now because I know I can't defend myself with my messed up front paws.

I don't sleep at night. I can't fall asleep. I miss my spot under the bed.

I'm pretty hungry, too. I'm sure if I wait long enough, they'll put some food out for me. I have to say, my

food bowl was never empty when I was in the house.

They seemed to care that I had food when I was inside. Surely they'll do the same now that I'm outside, right?

Last night, just before it got dark, I noticed a truck in the driveway and the people filled it with all kinds of stuff—the furniture that I couldn't scratch anymore, boxes and suitcases. After a while, it clicked.

They were moving. They put me outside and they're moving. Without me.

There's a pain in my chest. I think my heart's breaking. I didn't know that could manifest in a physical ache.

I don't see them again after that. The next day a lady puts a sign up in the yard. I want to meow to get her attention, but I'm too scared. What if she's mean?

I wait another day and I'm so hungry, it's panging in my stomach so when the lady comes back, I make a sound. She finds me in the corner of the back porch and her eyes are kind. I take a chance and walk out to her and she takes me to a place called the animal shelter.

The people there give me time to trust. They're gentle with me. They make sure I'm healthy and give me really yummy food and let me rub against their hands. The people who clean my cage in the morning hold me and snuggle me. It feels good.

I heard one of them say it was a real shame that my people declawed me and left me outside.

Maybe the shelter people really did understand how much it hurt.

Maybe I finally found a place where someone might care about me

for more than a few days.

Maybe this place, this Cumberland Valley Animal Shelter, is somewhere that dreams really can come true for animals that need help like me.

Could there be someone out there who would love me, even with my messed up paws and broken heart?

Could it be you?

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



Titus was surrendered to the shelter after his owner sadly passed away. He was adopted from CVAS as a kitten and he's now 7 years old. He's a real nice orange guy and would love to find a home with you.



When this little dilute tortie showed up at the shelter as a stray, we guessed that she was probably about 11 years old, but what a sweetheart! We named her Esther Williams and despite her age, we're hoping someone might give her the second chance she needs. She loves to sleep in the sun and we know she'll make someone a great companion.



Bogie came into the shelter as a stray. We think he's a 2-year-old terrier mix and he definitely has shown us the terrier behavior, so someone with experience with that breed would be good for Bogie. He can be a little rough when he plays and will need regular exercise to keep him out of trouble. Bogie would love to meet you and see if you are the one for him.



Sugga is a 10-month-old really sweet girl who takes a while to warm up to strangers. She has grown to trust the staff here at the shelter and really loves those she knows well. Due to no past history with children an age restriction for children in the home may apply, so please discuss this with shelter staff. Could you be the second chance Sugga needs?

For more information about Titus, Esther, Bogie, and Sugga call the Cumberland Valley Animal Shelter at 717-263-5791 or visit them online at www.cvaspets.org or better yet, visit them in person at the shelter.

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

To a poor and lonely stray I'd give:

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

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

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

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

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

-- Author Unknown

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Portable run-in sheds

**Kimberly Brokaw DVM
Walkersville Vet Clinic**

Providing appropriate shelter is very important in equine management. A good shelter not only protects the horse from cold and storms, but also from the heat and insects in the summer. There are many types of shelters that can be used to house your horse. I've seen everything from carports, to structures made out of used pallets, to old military tents, as well as the traditional barns used to house horses. Each type of structure has its pluses and minuses. Sometimes the main plus is that it was cheap or free, and the horse owner has plans to immediately upgrade once they are financially able to.

Pre-built portable run-in sheds are constructed by several different companies and are popular horse shelters in Maryland. Since they are constructed before arriving at the farm, you don't have to worry about the builders potentially dropping nails in the field or leaving other construction debris that can be hazardous to your horse. They can be relocated and taken with you if you move. Many times, these shelters do not necessi-

tate that you get a building permit from the county, therefore saving time and money. There are numerous positives to purchasing that kind of structure.

Most of the pre-built structures will have a metal anchor post. While the company typically doesn't anchor the barn in place for you, they tell you that you should anchor it down. The vast majority of the farms that I go to that have these structures haven't gotten around to anchoring the buildings down. Most of the time failing to anchor them is not a problem.

Recently we have been having a lot of thunderstorms with high wind gusts. While some horses will choose to stand out in the storm, others will seek shelter in their barn. Recently I have seen two of the portable run-in sheds blown over during different storms. In one instance, no horses were in the structure and the only thing damaged was the fence and that owner's truck. When trying to flip the run-in shed back over and put it back in place, the shed was damaged more than in the initial wind storm. The owner was left with having to repair a section of fence and repair the run-in shed, as well

as taking their truck to a body shop to have the fender, bumper, and hood repaired. In my mind the owner was lucky.

The second owner was not so lucky. While no animals were killed, one horse was significantly injured and the run-in shed was basically destroyed. Again the run-in shed was not properly anchored to the ground and a large gust of wind blew it over. The owner's quarter horse was in the shed seeking shelter from the storm when it blew over. The horse was pinned under the building. Luckily, after the storm the owner's husband looked out the window and immediately saw that the run-in shed had blown over. Unlike most horses, this horse was amazingly calm. She just stayed on the ground while the husband chainsawed apart the run-in and extricated her from under it.

By the time I got to the farm, the shelter was dismantled, and the quarter horse was quietly standing there eating hay. Her hind leg had sustained damage from being stuck. She had a large hematoma/bruise (that I ended up draining a few days later), a large laceration on the upper portion of the leg, and several small lacerations on her body.



Nothing beats a custom-built run-in shed. It allows you to size the shed for the number of horses you have, so everyone has room to truly get out of the weather.

I cleaned up her wounds and sutured them together. I also gave the mare anti-inflammatory medications, antibiotics, and instructed the owner to cold hose her legs to help with the swelling. Her vaccines were up to date, so she didn't need a tetanus vaccine. She was very sore and lame, but she did eventually make a full recovery. While this owner does still use the portable run-in sheds, she makes sure that they are anchored down.

Most horse owners dream of having a large, new, well built,

beautiful barn with large overhangs, but that is not what most of us have. Sometimes you have to get by with less than ideal shelters. When selecting a shelter it's important to evaluate not just for its ability to keep the horse out of the elements, but also how sturdy the structure is. A well-built and well anchored shelter can prevent a lot of injuries, and a lot of vet bills.

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

Summer travels

**Linda Shea
Frederick County Animal Shelter**

This summer, so far, looks much different than others any of us at the Frederick County Division of Animal Control and Pet Adoption Center can remember. However, it's still relatively early in the season. As popular travel destinations begin to reopen, it's important that pet owners remember to plan ahead for any travel or situations when they may need to be apart from their pet—expected or unexpected.

Each year our shelter takes in almost 4,000 animals. Of those, about half arrive as strays. Animal Control Officers and shelter staff often identify the pets that have belonged to someone at some point by observing good manners, obedience, and overall social skills of the cat, dog, or other animal exhibits. Since July 1, 2019, Animal Control has taken in over 1250 stray animals. Of those, only 324 animals were reunited with their family. The odds of being reunited lessen without visible identification or a registered microchip. However, there are some tips to help you be prepared should your pet get away from you when you are traveling.

1. Know where the local Animal Control facility is. That will facilitate things, and reduce stress, should your pet get lost while on travel. Additionally, be familiar with local veterinarians should your pet require medical care.

2. ID, please. Make sure your pet has an id tag and/or microchip and that the information is current. Companion animals develop a sense of security through a consistent routine and familiar environment. Traveling can cause them to react unpredictably. That includes escaping. Consider having your pet microchipped at your veterinarian's office or call us for information on our low-cost Microchip clinics.
3. Temporary Boarding. This is an option pet owners may overlook or think is too expensive. However, boarding a pet in an accredited facility keeps them safe and allows you peace of mind while you are enjoying the sites of your destination of choice.
4. Spay/Neuter/Vaccinate. In the event you choose to board your pet, many boarding facilities require that your animal be current on vaccinations. Current vaccines will help keep them protected; spaying and neutering will prevent undesirable behavior—your pet is less likely to run away if they are altered.

Planning ahead can keep your family together, including the members with fur, fins, and feathers. For more information, contact the Frederick County Animal Control Division at 301-600-1546.



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THE MASTER GARDENER

Poison ivy and ticks

Melody Kraus and Kay Hinkle, Adams County Master Gardeners

Now is the time of the year when many of us are venturing outdoors to work in our yards or walk in the woods. To protect ourselves, we need to be wary of various plants, such as poison ivy, poison oak, and poison sumac. While we use these three names interchangeably, they are not the same plants.

However, all three of them contain the chemical urushiol, which causes a rash when it touches the skin. It derives its name from urushi, a Japanese word meaning lacquer. The oil containing this chemical resides in the flowers, fruits, leaves, roots, and stems all year, even the fall and winter when these plants are dormant, and can cause a reaction during any season. In fact, according to Susan Post of Center for Economic Entomology, the oil is active for a long time after the plant dies, possibly years.

An amount as small as a nano-

gram, a billionth of a gram, can cause a rash. However, responses vary greatly among individuals. The American Academy of Dermatology states that 15% of people are not allergic, while the U.S. Department of Health believes that up to 30% of people have no response.

Although there is disagreement with how many people are allergic, the science is still the same. When the oil touches the skin of sensitive individuals, the body tries to remove the irritant by producing histamines in the form of a fluid in blisters on the skin. The chemical is so strong that it can be contracted by touching a pet that has rubbed against or rolled in a plant, grabbing the part of a tool that was used to cut it, or handling clothing that has brushed up against it. If these plants are burned, the oil becomes air born and can harm the eyes and lungs. Also, a reaction can develop if someone contacts the oil on the skin of another person. However, the rash itself cannot be caught, because the fluid in the blisters does not contain urushiol.

The best protection is to avoid the plants and anyone or anything that has touched them.

Despite its undesirable attributes, poison ivy is an interesting plant. It is native to North America. John Smith was probably the first European to write about it. In 1609, he described it as “the poisonous weed, being in shape but little different from our English ivie; but being touched causeth reddness, itchings, and lastly blysters, the which howsoever, after a while they pass away of themselves without further harme; yet because for the time they are somewhat painefull, and in aspect dangerous, it hath gotten itselfe an ill name.” The name poison ivy may be attributed to him due to his comparison of it to English ivy.

Like many plants, it has a variety of common names. According to the book Just Weeds by Edwin Rollins Spencer, it is also called mercury, picry, poison creeper, poison vine, and three leaved ivy. Despite its name, it is not a true ivy, hederia, which is a ground creeper or climber and has only two leaves.

While the saying, “leaves of three, let it be” is a good rule of thumb to avoid poison ivy, it only looks like it has three leaves. Actually, it has a compound leaf, which is defined as two or more leaflets attached directly to the same stem. In this case, poison ivy has three leaf blades in a trifoliate pattern: one leaflet at the end of the stem and two below it that are directly across from each other.

It tends to grow at the edges of where humans live, work and play, sprouting in ground that has been disturbed. Unfortunately for us, it does not have any pests and requires little nutrition or water.

Also, it has three different forms in which it can grow. As a vine, it attaches itself to a tree, fence, or other lateral surface, by aerial roots, which support, but do not absorb nutrients or water. When the foliage is shed in winter, the roots are easier to see, helping to identify it out of the growing season. As a herbaceous plant, it does not have a permanent wood stem. Many garden and house plants fall



Thanks to products like Tecnu Poison Ivy scrub, blisters and rashes can be eliminated in minutes, not days like in the time of your grandmother when Poison Ivy was the scourge of gardeners.

into this description. Finally, as an upright shrub, it has a woody stem and can grow quite large.

In addition to poison ivy, ticks are a huge concern. With an increasing number of deer ticks in Pennsylvania, awareness of Lyme and other tick-borne diseases has become even more important than before. Sources include Penn State Extension, East Stroudsburg University and data collected by the Centers for Disease Control and Prevention.

Pennsylvania is the #1 state in confirmed Lyme disease cases. Ticks and the risk of Lyme disease exist in every county in Pennsyl-

vania. All 67 counties have residents who have been diagnosed with the disease.

Lyme and other tick-borne diseases (TBD) can be serious but are preventable by avoiding high-risk areas, wearing proper clothing and repellent, carefully examining yourself and pets, and properly removing and disposing of any ticks you find. A study found that people wearing permethrin-treated sneakers and socks were 74 times less likely to have a tick bite. 74 times less likely! Permethrin is a chemical class of insecticide. It is available online and across the counter under several name brands.

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THE MASTER GARDENER

Small Town Gardener

Are you observing, or are you ignoring?

Marianne Willburn

Muttering to oneself in the garden must have been at an all-time high this week. Quite apart from the fact that it is July and there is mandatory muttering to be done after the expensive party that is spring, having to endure day after day of high heat and cloudless skies is enough to coax ripe words out of even the most puritan amongst us.

I am no Puritan. The early morning air has turned cobalt blue with my swearing.

Top of the list of things to swear about – my last rain barrel has been drained, and this in the youngest part of the garden that does not have running water yet boasts its sunniest exposure. As I watched the last drops hit the bottom of the can this morning, I contemplated tomorrow. Until we can expect a sizeable volume of the wet stuff, I will be schlepping water from the creek à la Little House on The Prairie, and the muttering will no doubt be amplified.

There are other options of course, had I the stomach for them. I have a pump. I have a tank. I have a creek. What I do not have is the time or energy to battle heat stroke as I level an elevated area behind the barn and built cement footers for said tank. Such things are saved for 70 degree days with low humidity and chance of tool-wielding friends.

So I will schlep. And swear. And, according to my personalized morning's farm report on Agrible.com, the sky (and the air) will be blue for some time.

No doubt this confession will have the most righteous amongst you clicking your tongues.

Shouldn't I have drought tolerant darlings in places such as these? Shouldn't I be taking heed from authors such as Beth Chatto and Piet Oudouf and planting only those which will

thrive in fast-draining, alluvial soils? Shouldn't I be constantly amending with organic material to act as sponge for all available moisture?

The answer to all three is that I am. But my garden is young, and shrubs and trees (and perennials for that matter) need time in which to establish their root systems – particularly in poorer soils. Annual vegetables are dependent on annually-made roots and extended periods of heat and drought after a new spring normal of soaking, every-day rain, are tough to shake off.

Plus, I am weak, and I cannot resist a bit of tropical madness every now and then. Protected by thick, fleshy rhizomes, the cannas will roll with the punches a fair bit – but the bananas are starting to phone it in. And, as they cannot help but be flamboyant in whatever they do – be it thrive or dive – they're starting to bring down the mood out there.

I have no doubt you are feeling similarly (perhaps minus the creek and the barrels and the tropical nonsense). It's tough to get motivated when temperatures are high and only the air retains moisture. But nevertheless I must plead with you to put your head down and tend to your plants – or at least pay attention to what is happening out there in order to learn from it. And as no one wants advice shouted down from an ivory tower à la Vita Sackville-West (though I believe hers was taupe), it is best to temper the bad news with one's own struggles.

If we have taken the time to plant them, we should take the time to tend to them until such time as we actively choose to be done with them. So, be wise and get out there early, when the dew gives you hope that moisture still lives in our universe.

What do I mean by actively choosing to be done? It is the difference between ignoring your garden and letting plants die and watching your garden and letting plants die.

As I said, my garden is young, and I have more than one shrub handing me a Get-Out-Of-Jail-Free Card right now. But I am observing them. Carefully. As they mature, and I give them less and less, I am interested in how they will behave in conditions such as this, sitting as they are on the edge of the Grand Perhaps. Is it dormancy or death that beckons? If after two years of tending, they do not have the resources to cope with baseline conditions, I will let them die or give them away.

If you have established shrubs and perennials that cannot take the rough with the smooth, year after year...if you are forced to help them limp through, never thriving...it is time to re-think your planting schemes and find replacements that will happily (or at least, begrudgingly) accept those conditions. But that's the point – you need to be active in your decision-making process, not passive.

That's a lot of italicization. But I have a point to make. Welcome the tough times out there. Mutter by all means, but remember that these temperature extremes will help us to build better gardens. It's time to carefully observe what your plants are doing in response to stress, take a few notes, and make some decisions.

Marianne is a Frederick County Master Gardener. You can read more of her writings at www.smalltowngardener.com.

Ticks are tiny arachnids that cannot jump or fly. They carry disease they pick up from other animals. They are opportunists that jump on any ride they can get. Deer ticks can survive the winter by riding on the warm body of a deer until spring when they may jump off into the brushy edges of meadows and woodlands and then lay up to 4,000 eggs. Their life cycle is 2 years; the nymph stage is most likely to transmit disease. A nymph is the size of the 12-font period.

When not traveling through thickets, ticks dwell in grass, leaf matter and on wood. They latch onto your lower legs, crawling upwards on your body, seeking warm, dark areas on which to attach. When hiking, stay in the middle of the path. Urban sprawl has contributed to a growing habitat for ticks. Tick habitat is on the increase in grassy edges of woodlands and fields as land is subdivided, and ticks love it.

Wear light clothing, long pants and shirts, socks and suitable footwear. Ticks will not survive 30 minutes in the dryer when they have attached to clothing, so anytime you have been in tick territory, take extra precautions – even with laundry. Apply insect repellents – both traditional and conventional in nature. Consider purchasing permethrin as recommended above. Check yourself, your children and your dogs.

The deer tick is one of four common ticks in PA – the other three are the American Dog Tick which is probably the most familiar, the Groundhog Tick and the Lone Star Tick which has a white dot (or star) on its back.

While Lyme is the most prevalent tick-borne disease in PA, there are at least 9 others including Rocky Mountain Spotted Fever. The Center for Disease Control (CDC) has identified Lyme disease as the fastest growing disease in the US. In the unfortunate circumstance of an attached tick on you or anyone else, grasp the tick with tweezers as close to the skin as possible. Gently pull up slowly. Wait for tick to release. Do not twist.

Clean hands and bite area with soap and water or antiseptic. Tape tick to an index card and store in sealed bag in the freezer for 2-3 months. If symptoms develop, see your doctor. Otherwise, discard the segregated, frozen specimen. Symptoms can include a bulls-eye rash and flu-like symptoms.

Finally, become familiar with the word DARE to remember how to best stay safe here in tick country:

D – Defend you, your family and your property.

A – Avoid tick habitat.

R – Remember to dry clothes on high heat and shower within 2 hours of possible exposure to flush off a tick before it has an opportunity to attach.

E – Eliminate ticks.

As with any threat to our health and well-being, quality of life is paramount and simply considering what puts us at risk is important. Know what and where to look for ticks and take necessary precautions.

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

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THE YOUNG EQUESTRIANS

Lessons learned from my horse

Emma Simmons

When I first started riding horses with Mike, I knew it was going to be fun. Who wouldn't like getting on a beautiful thoroughbred, flying like the wind, jumping over fences, and for just a little while being taller than everyone around me -- I'm usually the shortest. But over the past nine months, I've learned that horseback riding is more than just, well riding a horse.

The first time I rode horses at Mike's farm, he told me and my twin sister Sarah that he would teach us to ride, but we had to also help take care of the horses. I remember thinking, "Fine, if it means I can ride, I'll muck out a stall or two. And how hard can it be to tack up a horse anyway." I was sure I could do it. I was 10 years old and a straight A student after all. "Mucking and tacking, no problem."

That was nine months ago. But it feels more like nine years ago. While I've learned a lot about horses since I started riding Wesley and taking lessons from Mike, the most important thing I've learned is that horseback riding is more than just riding a horse. It's more than just taking care of a horse's basic needs like giving him food and water. To be a really good rider, I have to see the big picture. I have to learn about everything that a

horse needs to be healthy and happy. And then I need to make sure I do all these things.

This reminds of a new word I learned recently from Mike and my Mom. It's Holistic. It means looking at something that has a lot of parts, not just as separate parts, but as a whole. And the whole only works right when all the parts work right and work together. As a rider, I have to take care of Wesley's Health, Observe and take Responsibility for Wesley's care, make sure he is Safe, and be sensitive to his Emotions.

When I started thinking how to write about these lessons, I remembered a kind of writing I learned in Ms. Conway's Language Arts class at Mother Seton School this past year. It's where you choose an important word, like HORSE, and then you explain that word by using its letters to create other words that describe it.

H is for Health

"H" means Health. A horse's health is very important. When I'm sick I can tell my Mom what hurts. But when a horse is sick or hurt you have to figure out what's wrong or take your horse to the vet. This time of year, there are lots of flying insects that bite Wesley and the other horses. So, I put a special cream on Wesley's stomach where he gets most of the

bites. The cream is thick and sticky and not much fun to hold because it squishes between my fingers, but it's good for Wesley's bites.

Not long ago, Wesley's gait was not right. He was walking like he didn't feel good. Mike figured out that he had hurt his hooves. So now, Wesley wears special horseshoes and takes medicine. I help give Wesley his medicine. Mike puts it in a big syringe. The first time I gave it to him he spit it out all over the floor because I didn't put it in his mouth far enough. Mike showed me how to put it in the corner of the horse's mouth, so it won't dribble out. I also had to give Wesley time off to heal. It was so hard not riding with Wesley but if I'm going to be a good rider, I have to put Wesley's health first. Now Wesley is doing great and we're back together cantering and jumping.

O is for Observing

The letter "O" makes me think about the importance of observing my horse and his behavior. An important lesson that I've learned from my coach is to always observe everything about a horse: how he moves, if he is off his feed, if there are any changes in his behavior, how he holds his head, how he acts with the other horses, and if he just looks different than he usually does. This is a horse's body language. So, before I ride Wesley, I check his hooves and clean out all the dirt and look for any small rocks. After I ride, I check to see if there are any scrapes or scratches on his legs. And I inspect under the saddle for any rub marks the saddle might have made. When it's hot weather, Mike has taught me to pay special attention to Wesley because he can get overheated just like I can. And I even check Wesley's poop to make sure it's not too soft or too hard and that it's the right color. It's amazing how much poop can tell you about the health of a horse. Before I started taking riding lessons with Mike, I never would have thought how important just looking at a horse is. But if I carefully observe Wesley every time I ride him, I can help find problems early and this means that Wesley has a better chance of staying healthy and happy.

R is for Responsibility

"R" stands for Responsibility. I always knew horses needed food and water, but Mike and Wesley have taught me that horses need a lot more care than just this and as his rider, I need to be



Future Dr. Emma Simmons, DVM, Virginia Tech Class of 2033.

responsible for giving him this care. Like me, Wesley not only needs food, but food that is good for him. Even though Wesley would like to have lots of treats, especially yummy peppermints, too many treats can make him feel bad. He also needs to have a bath and his hair brushed so he doesn't get tangles, just like me. And he has to have a clean place to live. So, I help Mike keep the barn nice and neat. In the winter, I put a blanket on Wesley to keep him warm. In the summer, the flies drive him crazy and bite him, so he wears a fly sheet and mask. Sometimes, Wesley lets me know what he needs. If the flies are bothering him, he rubs his head against me. If he gets too hot, the veins on his body stick out. Mike taught me that this means we need to stop riding so I can give Wesley a cool bath. I've learned a lot from Mike and Wesley about being a responsible rider and how to take care of Wesley.

S is for Safety

The letter "S" is all about Safety. Making sure Wesley and I are safe when we ride is a top priority for me and Mike. There are a few important things I'm learning about safety. First, it's important to take care of the equipment and to use it correctly. Mike has taught me how to clean the tack and he checks for any problems. The tack also needs to be adjusted correctly. For example, since I'm shorter than my sister Sarah, my leathers need to be adjusted so my stirrups are in the right place and I can

balance safely when I ride. A second important part of safety is that I always do what Mike tells me when I'm riding. If I'm approaching a fence, ready to jump, and Mike tells me to circle around instead, I do as he asks because I know he must see that something is not quite right. Safety is about trust. I trust Wesley. I trust Mike. And I'm learning to trust my instincts.

E is for Emotions

"E" means Emotions. Yes, horses have emotions. This is a lesson I've learned from Wesley. I love Wesley. And I also know that Wesley loves me. How do I know this? When I go out to the field to get Wesley, he used to trot away from me, and it took a while to catch him. I had to offer him his favorite treat, peppermints, to get him to come to me. Now that we know each other a lot better and trust each other, he walks right up to me and bends his head down to mine. He breathes softly into my face to say I'm glad you're here. Wesley also makes a nickering sound to me when we are close together. This is like a quiet snuggling sound that lets me know he feels happy and safe with me. I feel very connected to Wesley. I love Mike's other two horses, Kit and Scotty, but Wesley is special. And I know I am special to Wesley. I think horses are very emotional animals. They show their emotions with their voices and by how they act, just like people do.

Horse

I've learned so many lessons about horses and horseback riding in just a few months. Wesley has taught me that horses, like all animals, need to be cared for and have emotions, just like I do. And I'm lucky that I have a coach that knows so much about horses and is willing to take the time to teach me (and my sister Sarah) that riding a horse is more than just learning how to trot, canter, and jump. Horseback riding is about treating your horse just like you want to be treated.

To read previous articles by Emma, visit the author's section of emmitsburg.net.

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COMMUNITY NOTES

Thurmont & Emmitsburg Community Show cancelled

C. Rodman Myers
Community Show President

It is with much regret that we must announce the cancellation of the 2020 Thurmont & Emmitsburg Community Show. Our concern is for the health and safety of our community, volunteers, attendees, exhibitors, and vendors, and all

involved with our Community Show during the current pandemic situation.

All events related to the fair will be canceled except for, as of this writing, the Catoctin FFA Alumni Livestock Show & Sale for market goat, beef, sheep and swine. The animal show will be held on Saturday, September 12 at 9 a.m. and the livestock sale will

begin at 7 p.m. with the location to be finalized. For an application to exhibit animals, which is due by July 3, please email catoctinffaalumni@gmail.com, and the application includes information about a Saturday, July 18 mandatory exhibitor & parent meeting.

We look forward to seeing everyone at next year's Thur-

mont & Emmitsburg Community Show in 2021. Exhibits can include anything that has been made since the 2019 Community Show, except for baked products and any perishable items.

The Thurmont & Emmitsburg Community Show has been bringing our Thurmont & Emmitsburg communities together since 1957. We thank these organizations who

sponsor our annual Community Show: Thurmont Grange, Catoctin FFA Chapter, Catoctin FFA Alumni, Maryland State Grange, and the Maryland Agricultural Fair Board.

Next year, we look forward to bringing back the largest Community Show in the State of Maryland, and, until then, everyone, please stay safe and be well.

Delayed gratification – plan ahead

Ryan Fox

The concept of effort, hard work, and patience applies in many circumstances. Living in this time of instant gratification pulls us toward many things that don't help with long-term wealth building. It is very often wealth-draining instead of wealth-building.

The convenience of Internet shopping may save us time, but often leads to more money spent.

While delayed gratification isn't immediate, it offers much larger and more satisfying long-term benefits. But delay requires patience, effort, and waiting. In many cases, we are forced to make decisions that involve an opportunity cost: what are we giving up now to ensure we are meeting a goal later?

Thus, the critical component of

anything worth doing is to set a goal and make it a priority.

With investing, delayed gratification is of the utmost importance, as markets don't return evenly week to week, month to month, or even year to year. But we know that over time, following a patient and consistent investing plan of action, we will be rewarded.

We need to instill this sense of delayed gratification into ourselves and children. In 1983, 80 percent of those making over \$20,000 a year were covered by an employer-provided pension plan, according to the Social Security Administration. It was too sweet of a deal, as more and more, larger companies have been ending expensive pension plans.

Over the past three decades, these pension plans have been

replaced with 401k plans, shifting the responsibility to the individual worker from the corporate entity. Now, according to the U.S. Bureau of Labor Statistics, only 25 percent of all workers have a traditional pension plan, and that percentage is falling.

This concept of delayed gratification can be seen with the early saver who, from age 25 to 35, tucks away \$5,000 a year. At 8 percent per year over time, she ends up with a little over \$600,000 at age 60. Her buddy saves \$5,000 a year from age 35 to age 60 and at age 60, he has a little over \$400,000. It is a monumental difference.

This altered retirement landscape has led to many people working longer or retiring with less. Unless we teach delayed gratification over instant gratification, the odds become a bit stacked

against savings. The concept of saving early in life so that returns compound over many years is crucial. With rising healthcare costs taking a chunk out of monthly cash flows, this should force many to dial back lifestyle expectations.

The Christmas season provides a good example for this challenge. What's a good way to plan for gift purchases? First, budget all year long so that you can pay off the credit card in January without any interest.

Second, ask the tough question: What can you realistically afford that doesn't create an economic hardship? When you budget continually this becomes a routine –

and good routines lead to better habits like saving for a later time period.

As important as a financial routine is, it is crucial that the family is on board as a unit, working toward financial goals. Sometimes that's where a third party can help with a review of finances to help whittle away expenses, creatively carve out cash flows, or help consolidate scattered investment portfolios.

Ryan Fox, partner with Huston-Fox Financial Advisory, in Hanover and Gettysburg, can be reached at 717-398-2040 or 717-633-6844.

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HEALTH NOTES

No need to delay your care

Heidi Winkler
Frederick Health

Even though COVID-19 is probably at the top of your mind, it's important to continue getting the treatments and medical care you need to stay healthy. During the pandemic, doctors and healthcare workers have noticed a concerning trend—a decrease in patients seeking care for chronic and life-threatening conditions.

In early May, Maryland Gov. Larry Hogan announced that elective medical procedures, including dentistry, could resume after being on hold for several weeks. If you put off an appointment, exam, or procedure due to COVID-19, call your doctor to reschedule as soon as possible. There is no need to delay your care.

Frederick Health is taking all necessary steps to keep our patients, visitors, and employees safe during the COVID-19 pandemic and beyond. Whether you're getting care in person or through telehealth services, Fred-

erick Health is here for you with the same quality of care you deserve.

Keeping you safe

The safety of Frederick Health patients, visitors, and the entire healthcare team is a top priority. Here are a few of the ways Frederick Health is keeping you safe:

- Increased cleaning frequency
- Required face masks for patients, visitors, and staff
- Physical distancing reminders
- Advanced cleaning technology, including the use of U.V. light
- Screening patients, visitors, and staff for COVID-19 symptoms
- Protective shields at check-in desks and registration areas
- Dedicated seating and treatment spaces for sick and well patients
- Increased Telehealth services

Medical care: You have options

As always, access to exceptional medical care is just a click or call away. In addition to in-person medical visits, Frederick Health offers telehealth

and virtual visit services. These digital healthcare services are perfect for those who prefer to stay home.

Choose telehealth for ongoing healthcare needs and specialty care. For quick, easy online urgent care, schedule a virtual visit at [FrederickHealth.org/virtualvisit](https://www.frederickhealth.org/virtualvisit). In just an hour, you can connect with a Frederick Health provider and be treated for common conditions without leaving your home. Online visits are \$25, similar to an insurance co-pay.

Have a cut that needs stitches or a severe allergic reaction? Frederick Health Urgent Care offers fast, affordable treatment for common conditions. With two convenient locations (across the street from Frederick Health Hospital and also in Urbana) skip the ER and get treated quickly—staff is ready to provide you with prompt, professional care.

Restrictions and precautions

As communities slowly ease into a new normal, Frederick Health is here to take care of patients as they always have, while keeping updated pre-

cautions and safety in mind. As new information and regulations are available, Frederick Health reviews and makes updates as needed.

The Maryland Department of Health requested that all Maryland hospitals adopt visitation guidelines in line with federal guidance from the Centers for Disease Control and Prevention (CDC). At Frederick Health, certain visitor restrictions remain in place:

- One visitor to accompany patients with an emergency
- One visitor for a maternity patient in Labor and Delivery and Post-Partum
- One parent for each NICU patient
- One parent or caregiver for a pediatric patient
- Two visitors for patients in End-of-Life care
- One visitor to accompany a patient to an ambulatory visit

It's difficult to be separated from someone you care about when they are in the hospital. Frederick Health encourages family and friends of patients to use apps like FaceTime or Skype to keep in contact with loved ones in the hospital.

A Family Connection Center has been established by the Service Excellence Department to help family and friends stay connected with hospital patients. If you don't have a personal device, the Frederick Health team can print and send photos, cards, and other greetings to patients and even arrange phone or video calls for you. To learn more call 240-566-3564.

Stay healthy

As of early June, most states are easing lockdown restrictions and moving to new phases of reopening. However, it's important to remember the COVID-19 pandemic is not over. Most reopening plans are based upon citizens' cooperation with social distancing and facial covering guidelines. So, what can you do to stay healthy while easing yourself back into some of your regular routines?

- Wash your hands frequently with soap and water for at least 20 seconds
- Avoid large groups of people or social gatherings
- Practice social distancing; stay 6 feet or more away from people not in your household
- Always wear a mask when in public; be sure it covers your mouth and nose

As statewide restrictions ease, you can stay up to date on the latest COVID-19 information on Frederick Health's website by visiting [FrederickHealth.org](https://www.frederickhealth.org).

In times like these, we need to rely on each other more than ever, and that's why it's important to take care of yourself. Frederick Health is always here to evaluate and treat your healthcare needs. Rest assured, you never have to delay your medical care; Frederick Health is taking all necessary precautions to keep our facilities safe and clean for everyone. Whether you visit Frederick Health in person or opt for a virtual visit or telehealth appointment, Frederick Health is right here.

For more information on how we're keeping you safe, and how you can access healthcare in a way that's comfortable and convenient for you, visit [FrederickHealth.org/GetCare](https://www.frederickhealth.org/GetCare) or call 240-566-4373.

COVID-19 update

As we go to press on June 28, the Frederick County Health Department is reporting that 2,488 residents have tested positive for COVID-19, 109 deaths have occurred in MD.

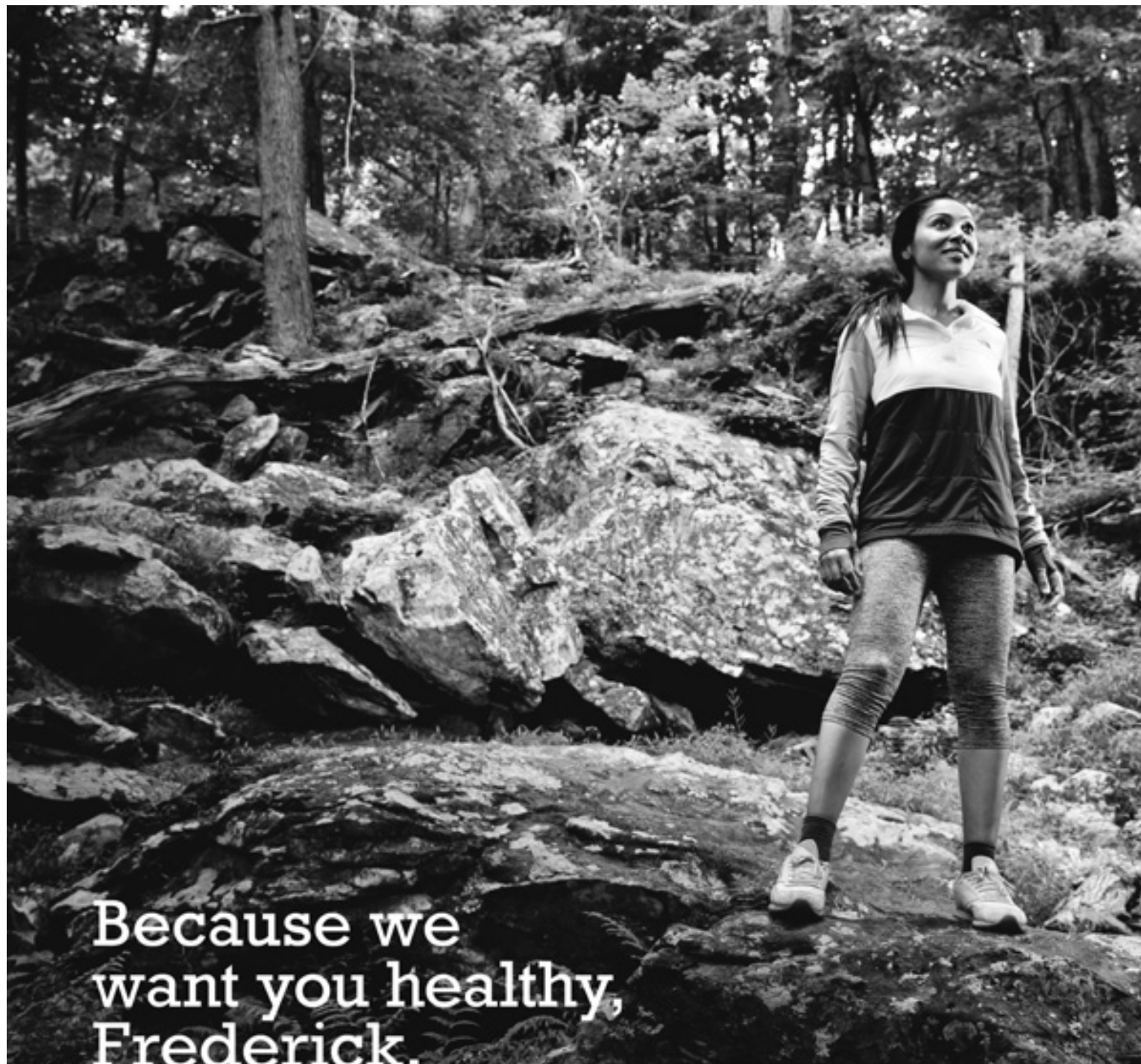
Frederick County Health Department will be using Seton Center as a Covid-19 testing site, every Tuesday, noon to 2. Testing is free. No referral or insurance needed, anyone can come in and be tested whether they have symptoms or not. Masks are required.

In Adams County there are 327 confirmed cases of COVID-19, and 12 deaths.

Track visus cases by zip code

To track cases in Maryland got to www.coronavirus.maryland.gov.

To track COVID cases in Adams County visit www.health.pa.gov.



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We're right here. [FrederickHealth.org/GetCare](https://www.FrederickHealth.org/GetCare)
240-566-HERE (4373)

 Frederick
Health
Medical Group

Little League baseball to return this summer

Edison Hatter

In a typical year, early July is marked with fourth of July barbecues, summer concert outings, and Little League baseball tournaments. But, in a year that has been anything but normal, many cities have canceled their fourth of July celebrations and almost all concerts and other large gatherings scheduled for this summer have been postponed or canceled as a result of the COVID-19 pandemic. However, there is still a chance that local Little Leagues will be able to salvage their seasons and save summer. Soon after practices began for the 2020 Spring Little League season, they were quickly halted in mid-March due to the pandemic. In late April, the 2020 Little League World Series, slated to begin in late August, was officially canceled, further putting aspirations of a Little League season in the local area in jeopardy. However, the proposition gained positive momentum in the early stages of June, when both Governor Larry Hogan (Maryland) and Governor Tom Wolf (Pennsylvania) allowed for the immediate resumption of youth sports. Soon after the announcement, local area Little Leagues began formulating return to play schedules, taking into careful consideration social distancing guidelines and safety procedures.

In Fairfield, the Cal Ripken season for players aged 12 and younger is already underway, according to John Macinyak, Fairfield League President. Before the start of the season, the Fairfield league was first required to create a Return to Play plan that included information on the league's plan to keep players, coaches, officials, and spectators safe. Fairfield was not required to submit their plan to district leadership, unlike other local leagues. While some teams in Adams county have elected to cancel their Cal Ripken season, several joined Fairfield in beginning the season on June 22. Games will continue this month, culminating in an end-of-year playoff amongst teams in Adams county. The sea-

son will conclude on August 1; there will be no postseason tournaments or all-star game this year. The number of spectators for games will be limited to 250 and they will be encouraged to practice social distancing via signage posted around the playing fields. Fairfield softball plays with the Chambersburg-area league in neighboring Franklin County. Chambersburg has elected to cancel their season, dashing hopes for Fairfield softball players hoping to play in 2020.

Across the state line, in Taneytown, Mayor Bradley Wantz provided an update on the Taneytown Cal Ripken season. Similar to Fairfield, Taneytown created a Return to Play Plan, which was submitted to the Taneytown city government for approval. Taneytown will not require masks to be worn, due to the hot temperatures during the summer months, but will strongly encourage social distancing practices. Wantz said that Taneytown has already canceled the spring and summer seasons but will get an early start to the fall season. Practices will begin in July and official play will start during the second weekend of August and will conclude in October. In between, Taneytown is set to host two weekends of baseball tournaments at the end of July.

Keith Myers, Thurmont Little League President, expressed optimism that the league will be able to resume play in the immediate future. Specifically, there are plans in place to hold player clinics in the evenings and weekends after the league is approved to resume play. Initially, these clinics will be limited to ten individuals at one time, consisting of eight players and two coaches. Clinics will tentatively run through the middle of the month, when regular Little League practices will begin for a fall season currently slated to begin August 1. The August 1 date is contingent upon several factors, but Myers hopes to be able to confirm this date early this month. While this fall Little League season will be nearly iden-

tical to the regular spring season, it is expected that fewer players will play due to the overlap with other, regular fall sports. "Ultimately," Myers said, "we are just really looking forward to getting back on the fields."

Following Governor Hogan's announcement in early June that allowed for the resumption of youth sports with limited spectators, league directors began immediate preparation for a potential season. The first step leagues had to take was creating a comprehensive "Return to Play" plan that includes safety procedures and protocols. Thurmont's plan will need to be submitted to and approved by the leadership of the Maryland District 2 Little League, which encompasses parts of Frederick and Montgomery counties. Approval is expected to be granted early this month. Taneytown's plan was submitted and approved by the Taneytown city government, while Fairfield's plan did not have to be submitted to any higher-up authorities. The expectation is that local league's Return to Play plans will include many of the recommended best practices issued by the leadership of Little League International.

Issued and most recently updated on May 18, the Little League International's "Best Practices on Organizing, Playing, and Watching Little League Baseball and Softball During the Coronavirus Pandemic" guide provides recommended guidance for local Little Leagues to consider when creating Return to Play plans. In the guide are some general guidelines for players, coaches, umpires, and spectators to follow, including washing your hands often, covering your mouth and nose with a cloth covering, covering coughs and sneezes, and practicing social distancing and self-monitoring. However, there are two exceptions to the cloth covering recommendation: masks should not be placed on children under the age of two and players, especially those in the younger divisions, are not required to wear cloth coverings while on the field during game play.



With the COVID-19 pandemic still aging, it's going to be a while before we see a photo of a coach and his team like this - so we thought we would run it to remind you that this too will pass.

The guide continues with on-field guidance for players, coaches, and umpires. The major recommendation is to prevent all unnecessary contact between players and coaches, including handshakes and personal contact celebrations. Instead, Little League International recommends teams tip their caps to each other following games as a sign of sportsmanship. Significant precautions are recommended in the dugout area as well, including assigning spots for each player and coach to sit to ensure six feet of distance between individuals at all times, the wearing of masks while in the dugout, and placing player equipment in a manner that prevents direct contact, while also avoiding any sharing of equipment by players. Each player and coach is advised to bring his or her own food and drink, which is not to be shared with other individuals. Sunflower seeds and gum should not be allowed, and all players and coaches should

refrain from spitting at all times. Finally, all players and umpires should wear masks whenever possible, including while on the playing field and baseballs should be rotated through at least every two innings, with umpires limiting their contact with the balls.

The guide concludes with additional recommendations for umpires, as well as facility, fan, and administrative guidance. Umpires are encouraged to eliminate plate meetings, if possible, inspect player equipment without touching it whenever possible, and attempting to keep a safe distance from players at all times. Further recommendations include the frequent cleaning of shared services, spreading out scheduling of practices of practices and games, and limiting spectator attendance to essential individuals and limited family members. These attendees should practice social distancing and streaming opportunities should be used to allow for virtual spectating, if possible.

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HISTORY

Gateway to the Mountains

George Wireman
Originally published in 1969

Chapter 13:
St. John's Lutheran Church

Apple's Church has always been accepted by St. John's Lutheran Church of Thurmont as its mother church, and a daughter of the Monocacy Congregation. Apple's Church was organized in 1760, and its ownership was joint between the Lutheran and Re-formed congregations.

Peter Apple, from whom the church derived its name, arrived here from Germany in 1717. He married Maria Henckle, one of the daughters of the eldest preacher in America, who came over in 1717. A few years later, he brought Conrad Matthews over as a redemptioner who, having earned his freedom, then married Apple's daughter. They moved to Maryland before 1729 and settled on the farm just east of the present Apple's Church.

Mr. Apple owned a large tract of land containing 1800 acres, much of which he gradually sold. He gave his son-in-law, Conrad Matthews, the farm now known as the 'Simmers farm' on which was built one of the first log houses. In this house, about 1750, the first worship services were held.

A significant influx of Germans had arrived by this time. Evidently, some of these European immigrants,

together with others coming North from the divided Monocacy Congregation, joined those worshipping in the log house.

Peter Apple, realizing the urgent need for an organized congregation, deeded an acre of land, March 19, 1760, to Matthias Ambrose, Jacob Matthews, and Jacob Ambrose, trustees, for the use of a church, schoolhouse, and cemetery. The school and a dwelling were the first buildings on these grounds, and the schoolmaster taught on weekdays and conducted worship services on Sundays. The first church building was of substantial log construction and was erected in 1770, slightly south of the present stone church.

A deed of trust for the lawful use of the church was given December 26, 1768, to Martin Dustman and Henry Feurure, trustees of the Lutheran and Reformed congregations, respectively, and was to be explicitly used for worship services of both churches. The church was not formally organized until April 15, 1770, and Jacob Weymer became the first Reformed minister, while Philip Mathews, one of Peter Apple's grandsons, was the first Lutheran pastor.

The congregation enjoyed a steady growth in membership as well as in spiritual enlightenment. The church building had enlarged and later repaired, but the time soon



St. John's Lutheran Church in Thurmont.

came when a new and more suitable structure was needed.

The cornerstone of the original stone church was inscribed, April 13, 1826, and its construction began under the auspices of the Rev. J. G. Grubb. It was a one-room structure and had a high pulpit, gallery, and two tiers of windows.

Apple's was now one of the most influential churches in this section and had some of the most able preachers of the time. The sermons were preached solely in German until 1830, then alternated for a few years between German and English, later all English was adopted.

From 1770 to 1857, Mechanicstown's population grew to such an extent that the Lutherans felt the need to build a church closer to their membership. Consequently, in 1857, the congregation left Apple's Church.

Lutheran Ministers who served the congregation at Apple's were: Rev. Rodenlaub, Rev. Schaffer, Rev. Haas, Rev. Grubb, Rev. Wachter, Rev. Harkey, Rev. Weiser, Rev. Remensnyder, Rev. Richards, Rev. Anderson, and Rev. Hunt.

During the pastorate of Rev. Hunt, Lutherans built a splendid structure on their present location and dedicated the church in the spring of 1858.

The Mechanicstown Lutheran Church was of brick and stone, and

the peak of the roof was fifty feet high and supported an imposing tower of thirty feet located on the top of the front gable. The tower proved to be a landmark and was visible from all approaches leading into town.

Lighting consisted of two large octagon-shaped, oil-burning chandeliers suspended from the ceiling and mounted with 16 full ornate frosted globes, always spotlessly clean and well-filled ready for immediate service; thanks to the most conscientious sexton, Mr. Monza Stull. Wall bracket lamps were used on the side-walls and in the balcony where the choir was located. Later, the chandeliers were sold to the United Brethren Church at Lantz and replaced with electric lamps.

Rev. Hunt, who accompanied the 215 members from Apple's Church to Mechanicstown, had begun his ministry at Apple's in 1856, and apparently, the new church project was his foremost desire. His efforts were very effective in bringing the project to fruition. Much of the history of Pastor Hunt is not available; other than during his remaining years in Mechanicstown, there were 80 infant baptisms, 25 marriages were solemnized, and 49 members confirmed.

The first church council in Mechanicstown was elected on September 28, 1856, and included Washington Bennet, Henry Black, Peter Buzzard as Elders, and David Damuth and John Pennel, Deacons. These men were able and willing leaders and proved through the years to be valuable laymen. Others who served as councilmen during the pastorate of Rev. Hunt were Henry Richer, John Rouzer, Frederick White, John Gilbert, Joseph Webster, Mar-tin Rouzer, and John Polly. These men were recognized as outstanding businessmen, and among the most prominent citizens of the community and of the country as well. In war and in peace, in social, political, civic affairs and spiritual matters, theirs were a life of service.

Rev. Curtis succeeded Pastor Hunt, with the new church completed and well organized, a new constitution adopted, and the debt on the church considerably reduced.

Rev. Curtis spent four years in the charge and resigned in 1886.

He was succeeded by Rev. Unruh who served the congregation well until September 27, 1870, when he tendered his resignation.

Rev. Summers accepted the call to Mechanicstown in 1871 and found that the four parish charge was a strenuous assignment. Even though his parishioners were faithful and attentive and the relationship between pastor and people was good, certain circumstances occurred, which led Rev. Summers to resign on January 1, 1877.

A call was then extended to Rev. Wire, who preached on several occasions, but he declined the call. Later in the year, a second call was extended to Rev. Wire, which he accepted. He became the minister of the Lutheran congregation on October 1, 1877, and served the charge well for ten years.

During his term, many improvements were made — the Sunday school room was enlarged, new pulpit and chancel, reading desk, baptismal font, and new windows installed. The grounds in front of the church were improved, and a fence erected. Various societies were organized, among them the Mite Society and the Missionary Society. Rev. Wire resigned on June 25, 1887, to accept a call to St. Paul's Church in Littlestown.

In 1887 Rev. J. H. Barb became pastor of St. John's Lutheran Church. In July 1889, a publication entitled 'Church and Home' was published as a Lutheran monthly, which set forth the events and helpful guidance for the two congregations, namely Mechanicstown and Rocky Ridge.

Following the resignation of Rev. Barb in 1896, Rev. Brendenbeck accepted the call and remained for two years. Rev. Metzger succeeded him in 1899. Rev. Metzger was a sedate, diplomatic man, and worked patiently and hard to Liquidate a small indebtedness with which the congregation was encumbered before his arrival. Much was accomplished despite adverse conditions. The membership continued to increase, necessary repairs were

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HISTORY

made to the church roof, the indebtedness reduced, a new service hymnal adopted, and efforts made to obtain the funds required to purchase the hymnals. These were but a few of the many benefits derived from his pastorate. It was during his ministry that St. Mark's of Sabillasville was added to the Thurmont charge.

Rev. Keller served the congregation from 1903 to 1906 and during his pastorate consideration was given to plans for rebuilding or remodeling the original church building.

In 1906, following a congregational meeting, Rev. Beard was called to ministry, accepted, and began his duties on September 1, 1906. His pastorate was a very active one, and as was mentioned before, a movement was already in process for rebuilding or remodeling the church.

Pastor Beard very ably took over the leadership in making the necessary arrangements. Committees were appointed, plans presented, finance considered, and finally, the congregation decided to remodel the existing structure and authorized the council to proceed with the work. The plans were accepted, and the remodeling program started immediately after Easter, 1909.

Rev. Beard died in 1916, and he was succeeded by Rev. Waltemyer, who was installed on April 30, 1916.

Rev. Waltemyer's ministry was brief, and World War I brought an urgent appeal from the church to serve as a chaplain in the U. S. Army. He tendered his resignation, but the council refused to accept it and issued a leave of absence instead, to be in effect as long as he remained in the military service. During his absence, the church was fortunate in obtaining the services of Dr. Wentz of the Gettysburg Seminary as a supply pastor.

Rev. Waltemyer returned to the church in 1918 and served it well until January 1, 1923. The Rev. Brosius became the next pastor. He was energetic, vital, friendly, and possessed an abundance of that gift for group leadership, which the growing congregation so desperately needed at the time. Rev. Brosius left St. John's in May 1927.

Part 2 next month

Mary Bowne



Mary Cecilia Bowne, 89, of Emmitsburg, died peacefully on Wednesday, June 3, at St. Joseph's Place in Emmitsburg. Born May 7, 1931 in Emmitsburg, she was the daughter of the late Robert and Blanche (Sprinkle) Sanders. She was the devoted wife of the late James D. "Don" Bowne, Sr. They were married 57 years. He passed March 21, 2013.

Mary was a cook at St. Joseph's Provincial House for many years. She was a member of St. Joseph Catholic Church and was past president of the Emmitsburg VFW Post Auxiliary. She enjoyed reading, listening to music, playing Bingo, canning and freezing fruits and vegetables

that her husband Don raised, and spending time with her family, especially visits from her grandchildren.

Surviving are her sons, James D. Bowne, Jr. and wife Karen of New Market and Frederick W. Bowne and wife Ginny of Carroll Valley; brother, Paul Sanders of McSherrystown; grandchildren, Steven Bowne of Fayetteville, PA, Katelyn Bowne of Carroll Valley, Derek and Andrew Bowne of New Market, Shawn Wivell of Quakertown, and Anthony Wivell of Carroll Valley; 2 great-grandsons, Devin Wivell and Rowan Bowne; and many nieces and nephews. She was predeceased by son, Kevin Bowne; brothers, George, Marshall, Thomas, Raymond and John Sanders; and sisters, Anna Waysack, and Rita Wiley.

A Mass of Christian Burial was held June 8, at St. Joseph Catholic Church, interment was in the New St. Joseph Cemetery. Memorial contributions in Mary's name may be made to St. Joseph Catholic Church. Online condolences may be expressed to the family at www.myersdurborawfh.com.

Rebecca Floretta Joy



Rebecca Floretta Joy, 78, of Emmitsburg, died peacefully on Wednesday, June 17. The daughter of the late Carroll and Ella Troxell, Becky was born on December 1, 1941. She was blessed with 55 years of marriage to James Walter Joy.

Becky attended Fairfield High School, Kutztown State Teacher's College, and graduated from Hood College with a degree in Education. She worked as a Special Education Aide at Emmitsburg Elementary School until her retirement.

Becky was an artist and floral designer. She loved gardening, angels and decorating for holidays, but mostly Christmas. Becky was a member of St. Joseph's Parish in Emmitsburg,

the V.F.W. auxiliary, the Red Hats Society, the Garden Club, and Good Timers. She enjoyed spending time with her family and friends. She will be deeply missed by all who knew her.

A devoted wife, mother and grandmother, Becky is survived by her husband James Joy, her daughter Nicole Graff and husband Edmund, her son Wade Joy and wife Susan, and her son Chad Joy and wife Michelle, her six beautiful grandchildren, Bryan Graff, Hailey Joy, Emily Graff, Mason Joy, Alex Joy, and Tyler Joy. She is also survived by her brother Robert Troxell and wife Patricia, their son Michael Troxell and wife Jane, and their daughter Catherine Valentine and husband Gene, her great nieces and nephew, Loren Troxell, Caitlin Troxell, Cody Valentine and Breana Valentine.

A Mass of Christian Burial was held June 22 at St. Joseph Catholic Church. Memorial contributions in Becky's name may be made to the American Heart Association/American Stroke Association, PO Box 742030, Los Angeles, CA 90074. Online condolences may be expressed to the family at www.myersdurborawfh.com.

Dan Rathert



Dan Edward Rathert, age 70, entered into God's eternal care on May 21, at home following a long battle with pancreatic cancer. Dan was born in St. Louis, Mis-

souri, the son of Robert E. and Shirley Rathert.

He attended Concord Lutheran School and Ritenour High School in St. Louis. Active in the Boy Scouts, he achieved the Eagle rank in 1964. Dan graduated from Cornell University, earning a Bachelor of Science degree in Chemical Engineering in 1972. He spent the next thirty-five years working for the du Pont in engineering, operations, and supply chain management positions. During his career Dan worked in Texas, West Virginia, Florida, New Jersey, Delaware plus other du Pont sites in Latin America, Europe, Japan, China and Soviet Russia.

Dan had an intense passion for world history and the Civil War in particular. He became a Licensed Battlefield Guide at Gettysburg National Military Park in 2005. Dan's Civil War knowledge was so extensive and unique that he scored a perfect 100 on the tough Guide entrance exam. He spent the next fifteen years thoroughly enjoying helping visitors understand what happened on this battlefield and during the Civil War.

In retirement, Dan became a Adams Master Gardener and was well known for his blue ribbon zinnias winning at the South Mountain Fair and flower shows. He took up fly-fishing and taught himself fly tying. A highlight of

each year became trips to Colorado and Montana fly-fishing with brother Terry Rathert and cousin Steve Trauth.

Dan was married to wife, Connie Holland, for thirty-six years. Together they shared over thirty years of working at various du Pont sites, retiring from corporate headquarters in Delaware and moving to Gettysburg.

Funeral services took place May 29, at the Lord of Life Missouri Synod Lutheran Church, Chesterfield Missouri, with burial in Sunset Memorial Park, St. Louis. A Gettysburg Memorial Service will take place at a later date when Dan's many friends may safely gather in his honor.

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TANEYTOWN HISTORY

Life & times of Francis Scott Key

David Buie

As we end June and welcome July, thoughts of patriotism and the playing of the national anthem will, for at least July 4th, be a repetitious and momentous event for all. While the anthem plays this year, one can also honor the man who provided the words.

Francis Scott Key was born in 1779/1780 at Terra Rubra on his father John Ross Key's large plantation located in eastern Frederick County, approximately six miles from Taneytown. The wealthy Ross, Scott, and Key families had acquired vast acreage in Frederick County in the middle of the eighteenth century when that area was considered the Maryland frontier.

John Key lived the quiet life of a respected country squire, farming and serving as a Frederick County justice of the peace and circuit court judge, but he maintained connections with his relatives in Annapolis who were among the elite of Maryland society. During the Revolution, John fought for the Americans unlike his younger brother, Philip Key, an avowed Tory who served with the British.

The brothers were very opposite in nature representing the conflicts, which Francis Scott Key faced as he matured. John favored Thomas Jefferson's democratic ideas and mingled comfortably with his unsophisticated neighbors who had been his comrades-in-arms during the Revolution and were his neighbors around Terra Rubra. Philip returned to Maryland after the Revolution with great ambition for wealth and power that he rapidly achieved after being pardoned for his Loyalist activities.

Francis, called 'Frank' by his family and friends, spent his first ten years in the 'Redlands,' the Piedmont area of Maryland where the soil is red from abundant iron. Eventually he began spending more time with his relatives in Annapolis exposed to a more sophisticated society. He had been educated at home, but later attended school in Annapolis and enrolled in St. John's College there when he was fourteen. The matrons in the Scott, Ross, and Key families were very

fond of quiet, well-behaved Frank, but his uncle Philip was anxious to turn the boy into a lawyer and politician like himself.

At seventeen Frank finished college and began contemplating what direction his life would take. He was interested in religion and had already begun writing poetry, but Philip considered the law a more appropriate profession and studying under an influential member of the Annapolis bar would be preferable to studying under a Frederick lawyer.

While still a law student, young Key fell in love with fourteen-year-old Mary Tayloe Lloyd, granddaughter of a former royal governor of Maryland and member of a wealthy, aristocratic Annapolis family. After finishing his legal studies in Annapolis, he moved back to Frederick where he practiced law for a short period.

In 1802, twenty-two-year-old Francis Scott Key married seventeen-year-old Mary and took his young bride to live in Georgetown where he joined his Uncle Philip's law practice.

During the War of 1812, Key was summoned to gain the release of a friend, Dr. William Beanes, captured by invading British forces in late August 1814. Together with Col. John Skinner, an American agent for prisoner exchange, he set sail for Baltimore under a flag of truce approved by President James Madison. At first, the British refused to give up the physician from Upper Marlboro, but eventually relented. However, the three would be detained aboard a British sloop during the naval bombardment of Fort McHenry in the Baltimore Harbor.

The battle commenced in the early morning of September 13th and lasted 25 hours with Key, Skinner, and Beanes witnessing it from their unique vantage point. When daylight came, the three men were astonished to see the 15-star American flag still flying atop Fort McHenry.

An amateur poet, Francis Scott Key was inspired to write his thoughts on the back of a letter. This impromptu scribbling would become a masterful work of prose, originally titled "The Defence of

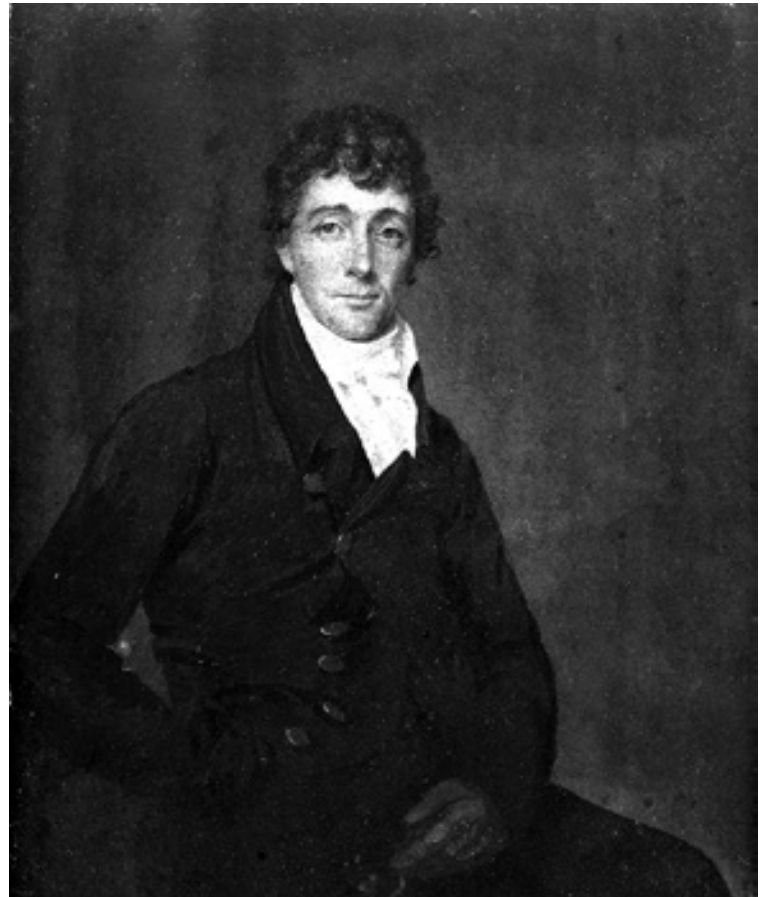
Fort McHenry." Days later, Key's ode to the national flag would appear in local newspapers. Within weeks, it would be reprinted in publications across the states.

The words were put to a popular British melody and the song was adopted as the American national anthem, first by an executive order from Woodrow Wilson in 1916, and then by a Congressional resolution signed by President Herbert Hoover in 1931.

Throughout the rest of his life, Key may have regretted not making the church his profession, but he could not regret his association with people who made history in the nation's capital during the early nineteenth century – Daniel Webster, Sam Houston, and Andrew Jackson. He worked closely with presidents, members of Congress, Supreme Court justices, religious leaders, and others while maintaining his personal integrity and their respect. A friend wrote, "His whole life is spent in endeavors to do good for his unhappy fellow men..." The very lucrative law practice he eventually inherited from Philip was his source of income, but there were other facets to his life than the law and writing "The Star-Spangled Banner."

In spite of his busy schedule, Key found time to educate his eleven children and establish a free school in Georgetown. The school was an idealistic experiment that some of his associates thought ludicrous, but he had a strong sense of obligation to make his world a better place. He also helped found the American Colonization Society, a controversial effort to establish a colony of freed slaves on the west coast of Africa. The Society, backed by groups hoping to solve the dilemma of what to do with former slaves, ultimately failed, but it was another of his efforts to address America's social problems during the 1820s and 1830s.

Key, a warm and sympathetic person, maintained friendships with many people whose beliefs were sometimes quite different from his own. John Randolph of Roanoke was one such individual, a brilliant but eccentric politician from an aristocratic Virginia family and a firm believer in states' rights. Randolph was a bach-



The life and times of Francis Scott Key is integrally tied not only with the nation but also with Taneytown.

elor, heavy drinker, opium user, and owner of more than 300 slaves, but he enjoyed the company of Key, the temperate family man who had freed his slaves and felt America needed a strong central government.

During the 1830s, Key successfully lobbied President Andrew Jackson to appoint his brother-in-law, Roger Brooke Taney, as Chief Justice of the Supreme Court. Although Key and Taney felt very differently on some issues, they had been good friends since they practiced law together in Frederick.

Key was an influential insider during the two-term administration of Jackson although he never held an elected office. In 1833 Jackson trusted him to carry out a very sensitive diplomatic mission involving the Governor of Alabama. Key served as District Attorney for the District of Columbia for three terms, but it was not an appointment he sought. In general, he disliked confrontations and intrigues.

Francis Scott Key died of pneumonia at the home of his daughter in Baltimore in 1843 in his early sixties. Penning our national anthem was just one of many accomplish-

ments of this complex, deeply religious, patriotic man born in present-day Carroll County.

Following his death, his body lay in St. Paul's Cemetery in Baltimore within the Howard family crypt. After the Civil War, a contingent of leading Frederick residents lobbied Key's children to re-enter the author in their "new" rural cemetery in his beloved, native home. They obliged, and Francis Scott Key's remains were brought to Mount Olivet in 1866.

Local citizens formed the Francis Scott Key Monument Association, organized to plan an appropriate memorial for the author of "The Star-Spangled Banner." Fundraising efforts totaled \$30,000, most of which was contributed by schoolchildren and others from around the country. The monument was dedicated August 9, 1898, amidst a flurry of local, state, and national fanfare and newspaper coverage. A resolution by Congress is responsible for the flag being flown continuously over the Francis Scott Key Memorial and gravesite since 1949.

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

July 2

Apple Crop Will Break Record

Adams County's apple crop this year will exceed that of last year by at least 5,000 bushels. It is estimated that 40,500 bushels of apples will be harvested this year. The commercial peach crop will exceed that of 1919 by forty percent. More favorable weather conditions and closer attention to spraying details are the reason for the excellent outlook for both fruits.

State Troopers Nab Speeders

Residence of Fairfield are of the believe that automobile drivers who have persisted and running through the town at 20 or 25 miles an hour in the past will now be content to stay within the limits of 15 miles. The reason for the believe comes as a result of the actions by policeman who stopped six auto-car drivers and two motorcycle riders and fined them \$14 apiece for a total of \$112. Owing to the construction work being done on the Lincoln Highway this year the road from here to Waynesboro via Fairfield has been used as the main detour. As a result Fairfield has experienced unusually heavy automobile traffic and the residents of the town have been annoyed, they say, by the speeding of the drivers.

Husband And Wife Arrested For Theft

Frederick County Sheriffs arrested Howard Wernz and his wife Laura, near Key Mar on Thursday, charged with stealing \$15 from William Wernz, a relative near Rocky Ridge. Wernz was searched and a \$10 and \$5 note were found in his pockets. Mrs. William Wernz stated that Wernz and his wife had been to his home and shortly after departure she missed \$15. She said the missing money, which had been taken from a trunk, was in a \$5 and \$10 note. The prisoners were taken to Thurmont and at a hearing before the Justice of the Peace the woman was discharged and Wernz was held in the sum of \$50 bail. His mother furnished the bail and he was discharged. Wernz denied that he had taken the money.

July 9

Taneytown Fair Premium List

The premium list for the Taneytown Fair, has been issued. It is quite an

attractive list, larger than that of last year, and includes many new exhibits. Copies may be had from any of the directors or at Ott's and Riffle's stores in Taneytown. Arrangements for the Fair - which will take Place August 10th to the 13th, are progressing nicely and the outlook is very satisfactory for an attractive and instructive week. And brief the program is outlined as follows: August 10 - Democratic day. August 11 - Republican day. August 12 - Agricultural day and public sale of stock. August 13 - Athletic day and baseball games.

Frederick County Tax Rate

Reaching the highest mark ever recorded in the history of Frederick County, the County Commissioners set the tax rate for the ensuing year at \$1.78 per \$100 of assessed value. The commissioners appropriated \$267,000 for schools, while the state appropriation for these institutions is \$107,000, making the total for schools \$374,000.

The new tax rate will be \$.52 more than last year, which was \$1.26. In computing the rate the commissioners had to provide for more than \$125,000 caused by the new laws passed by the last legislature. Among the larger budget items where \$184,000 for road and bridge work, \$34,000 for Montevue Hospital, \$47,000 for debt and bond servicing. The total debt for the county now stands at \$99,000

Horse Shies at Machine

Mrs. Weller and her daughter met with an accident Thursday afternoon while on their way to Thurmont, their horse shying at a steam roller. Park Duncan was in charge of the machine and when the team came near he stopped the engine and assisted the ladies in getting the horse passed. After passing the roller the horse made a lung, tearing free from the buggy and. Neither ladies were thrown from the buggy or injured, however Mrs. Weller was completely unnerved.

July 16

Stole Car To Save Walk Home

Howard Lantz, 37, a resident of Emmitsburg, and a charter member of the Former-Former Boozers Association, has provided one of the most amusing stories that has come to the attention of local authorities in many years.

On Monday, Lantz thought he was due for a night of recreation and proceeded to Pen Mar Park to give into his desires. The arrival of a late hour found him tired and sleepy as a result of his tour of the park, so in his own words he "decided to pick out a machine to ride home in." He picked out a Ford machine belonging to Earl Singley and accordingly jumped in and started the engine because "he didn't want to walk home." Lantz rode home, went to bed and on Tuesday morning rode to work at a gristmill near town.

The remaining days of the week where ones of 'high life' in the career of Lantz. He not only rode to work in his car, but took his friends to various points of interest in the area and to all appearances enjoyed life to its fullest extent. On Sunday Lantz asked Roger Brooks to join him on a run up to a still in the mountain, and from there, on a 'drinking run about', which eventually took them to Fairfield, the home of the owner of the car. Lantz's misfortune in choosing to pass through Fairfield was complicated after a nail punctured one of the tires.

Earl Hartzell, proprietor of the garage in Fairfield, looked up in astonishment to see the car, which she had overhauled only one week before, coming into his establishment under the guidance of a stranger. His astonishment was slight however, compared to that of Lantz when you found himself arrested by the constable or Fairfield.

"Did you take this car?" The law demanded. "Sure I took," was the reply. "I was tired and didn't want to walk home." Upon hearing the confession the indignant Brooks, who had also been arrested and handcuff swung with his free right hand and landed one on the jaw of his astonish friend. The unusual spectacle of a fight between handcuffed men was enjoyed by onlookers at the garage for several minutes, before both were carted off the jail.

July 23

Storm Breaks Drought

The thunderstorm, which rage throughout the entire area Wednesday afternoon, did very slight damage in Adams County. Although wheat and hay remaining in the harvest field were drenched, the rain was welcome gen-



erally as a relief to the oppressive heat which has driven the Mercury to the 92 degree mark for several days in a row. The storm intensified as it moved into Frederick County, were it dumped most of its water. The low lands were flooded all over the county, telephone lines knocked out and other damage was done.

Thurmont Teachers Resign

After acting as principal of the Thurmont High School for 25 of the past 27 years of its existence professor beach he has sent in his resignation. Miss Beth Firor, who has taught in the Thurmont Public Schools for a longer period than any other teacher now teaching there, has also sent in her resignation. Rumors have circulated for a while about the pair, and as they are nowhere to be seen, many speculate the pair has eloped.

July 30

Fire Destroys Harney Mill

Sparks from a grain chopping engine landed on the roof of the old Myers Mill near Harney, late Thursday afternoon, and started a fire which completely destroyed the building and all the machinery except the sawmill. The total loss to David Sheets, owner, amounts to nearly \$3,000, as the building and equipment was worth \$2,500 and there was 100 bushels of wheat under roof when the fire broke out along with other grains.

On account of the dryness of the timbers, it was impossible for the men on hand to check the flames, which burned the building to the

ground in 1 1/2 hours. The three-story roller mill, which was a combined stone in frame structure, was located below the junction of Marsh and Rock Creek. The dam meant to furnish waterpower from the Monocracy is a favorite spot for boating and swimming parties. The small amount of water in the stream at the present time is insufficient to turn the water wheel at the mill, necessitating the use of an engine outside the building to chop the grain.

The Woman Vote Problem

Should the men in one more State Legislature lose their minds and ratify the suffrage amendment, not only Maryland state officials, but local election boards throughout the county would be swamped with the problem of taking care of their portion of women who would be eligible to be added to the registration books. Official figures show that there are over 403,200 women 21 years or older in Maryland who will be eligible for registration. The total number of males of voting age is 403,908.

Dr. Brokow, President of the Former -Former Boozers Association told the members at their last meeting at their secret still, that passage of the amendment will result in their women thinking they are equal to men, and expecting men to do such ludicrous things are cook their own vittles or clean the house. "We will be living in hell." He said.

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MOM'S TIME OUT

Kids and troubled times

Mary Angel

How do you parent a child who suffers from anxiety during a pandemic? It is crazy to think of that as the easy question, but unfortunately, that is not all we are dealing with. The question is how to care for a child who suffers from anxiety during a pandemic during racial unrest? My first answer would be to throw my hands in the air and call uncle, just like when I was young, and my brother would have me in a headlock during one of our impromptu wrestling matches. I have quickly realized this is not going to work.

When my husband was furloughed from his job in mid-April, my youngest daughter started to have trouble sleeping. It had been a while since she had anything major to cause her anxiety to manifest, so I was a little slow to make the connection. One day she broke down in tears and announced that she didn't want to have to leave her house. We quickly told her that this was not an option worth considering and had a few very long conversations to reinforce it. As she worked her way off that emotional ledge, she grabbed on to a few smaller stressors on the way. One of the stressors my husband and I didn't even think about was the fear of running out of toilet paper. We once again had to talk it through and let her voice all of her concerns surrounding

the topic, and she started to see it more as an underlying problem with many solutions. Although she didn't like all of the answers, she was still less stressed when she knew there were solutions.

As things progressed and people we knew personally experienced a death due to COVID-19, she became even more anxious. This turned out to be because my parents live with us, and both have breathing disorders. It took almost a week of her having a stomach ache and trouble sleeping before she was able to verbalize her concerns. She was so worried about her grandparents that she thought they wouldn't be there in the morning if she went to sleep. I can't stress enough how heartbreaking it is to have a child who worries to such an extent. Then things started opening back up, and everyone was able to get out a bit more. Luckily, we were able to explain to her that everyone was wearing masks and that even though some people might not need to because they were perfectly healthy, we are all wearing them for others' sake. This was hard for her to grasp when we finally got to go out ourselves since there were a significant number of people who weren't wearing them.

I tried very hard to explain that not everyone has a loved one at higher risk, but for a thirteen-year-old with a very caring heart, that wasn't a good explanation. This little girl would wear a mask going into a store for the rest of her life if

she thought she could save someone's grandparent. On a side note, I have recently seen people post things on social media about how a mask infringes on their rights and others who post articles about how masks don't work. As my daughter has heard these sides from her friends, I would tell you all her very naïve and innocent responses, "How can a mask that could save my Meme's life infringe on your rights...I would wear one for your Meme" and "If masks don't work, then why did the doctor wear one when he did my mom's surgery and why do they always wear them on TV when something bad has happened?". In our family, we have a rule, "if you see an article or a headline and don't research the sources, then don't share the information." I advocate researching every source I have seen regarding wearing a mask, and every reputable scientific source that has been put out for peer review has found that masks, when worn by everyone, are effective. I have also raised my kids on the statement that when the media is unsupported by scientific evidence, it is merely a hypothesis, and I can hypothesize that pigs will fly before my son folds his laundry, but it is highly unlikely and unsupported. OK, I am done preaching, but maybe not to my kids.

Add to all of this the fact that an African American man was brutally murdered, and that led to rioting and looting, and she is now nauseous all of the time, and



I don't blame her. It is heartbreaking to see that man gasping for a breath of air as he was being suffocated. That being said, telling a child that sometimes people get so angry and caught up in a moment that they make bad decisions like protesting non-peacefully or rioting and on top of that, the media rarely shows the peaceful protests or moments where all of the community work together. She is old enough to understand that violence by anyone will solve nothing. This one has me stumped. I believe God created everyone equally but differently. If we all looked alike and acted alike and liked the same things, this would be one boring world. I don't have to look any further than my four children to see how beautiful it is to be different.

In this instance, the best I can do is find positive cross-cultural interaction and show my daughter

how things should be. I am probably going to get backlash for this, but here goes. I have told my kids that white privilege is real and a historical fact, and it is not something they can apologize for personally, but they can apologize for how it affects people and be a part of those who make a change. That change can be as simple as loving everyone equally and unconditionally, and they can petition their congressman to change laws that are in place. History is ever-changing, and they need to be a part of making it better and helping to promote equality for all. They can also be an example to others, not only on how to act but how not to react. So, please wear a mask, wash your hands, and love your neighbor...no matter your differences.

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

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Independence Day treats

Rheta Thola
Director of Events

The month of July holds one of the most important holidays for our county. Often called “the 4th of July,” it is the day that we celebrate our independence as a nation. I am one of those people who very intentionally called this holiday “Independence Day” because I feel that “The 4th” does not express fully the significance of that day.

So to ensure you have a great ‘Independence Day’, try some of these treat!

Corn, Avocado and Tomato Salad

Ingredients

- 2 cups cooked corn, fresh or frozen
- 1-2 avocados, cut into 1/2-inch cubes
- 1 pint cherry or grape tomatoes, halved
- 1/2 cup finely diced red onion
- Dressing:
 - 2 tablespoons olive oil
 - 1/2 teaspoon grated lime zest
 - 1 tablespoon fresh lime juice
 - 1/4 cup chopped cilantro
 - 1/4 teaspoon salt
 - 1/4 teaspoon pepper

Cooking Instructions: Combine the corn, avocado, tomatoes and onion in a large glass bowl. Mix together the dressing ingredients in another bowl, pour over the salad, and gently toss to mix. Chill salad for an hour or two to let flavors blend.

Basil Chive Cucumber Corn Salad

Ingredients

- 3 cups cooked cut corn (from about 5 medium cobs)
- 2 cups cucumber, peeled, seeded and chopped (about 1 large cucumber)
- 1/2 cup basil, chopped
- 1/4 cup chives, snipped
- 2 Tablespoons light mayonnaise
- Salt & fresh ground pepper, to taste

Cooking Instructions: In a medium mixing bowl, toss together the corn, cucumber, basil and chives. Stir in the mayonnaise. Add salt & pepper to taste. Serve within a few minutes ... or store in a covered container in the fridge until serving time.

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

Cooking Instructions: 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.

Blueberry Streusel Muffins

Ingredients

- 1/4 cup butter, softened
- 1/3 cup sugar
- 1 egg
- 1 teaspoon vanilla extract
- 2-1/3 cups all-purpose flour
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup milk
- 1-1/2 cups fresh or frozen blueberries
- Streusel:
 - 1/2 cup sugar
 - 1/3 cup all-purpose flour
 - 1/2 teaspoon ground cinnamon
 - 1/4 cup cold butter

Cooking Instructions: In a large bowl, cream butter and sugar. Beat in egg and vanilla; mix well. Combine the flour, baking powder and salt; add to creamed mixture alternately with milk. Fold in blueberries. Fill 12 greased or paper-lined muffin cups two-thirds full. In a small bowl, combine the sugar, flour and cinnamon; cut in butter until crumbly. Sprinkle over muffins. Bake at 375° for 25-30 minutes or until browned. Cool for 5 minutes before removing to a wire rack. Serve warm.

Blueberry Red Pepper Salsa

Ingredients

- 3 cups fresh blueberries
- 1 bunch fresh cilantro chopped
- 2 jalapenos minced
- 1/2 red onion minced
- 2 red bell peppers diced small
- 1/2 teaspoon salt
- 1 lemon juiced



Cooking Instructions: Pour your blueberries out on a large cutting board. Give them a rough chop. You'll miss plenty of the berries giving you a nice mixture of whole berries vs chopped. Put them in a large bowl. Add in your chopped cilantro, jalapeno, red onion, red bell pepper, salt, and lemon juice. Stir until combined.

Blueberry Lemon Poppseed Broccoli Salad

Ingredients

- 8 cups chopped broccoli
- 1 cup fresh blueberries
- 1/3 cup dried blueberries
- 1/2 cup cashews
- 1/4 cup chopped green onions
- 1 tablespoon lemon zest
- 1 cup Lemon Poppseed Dressing

Lemon Poppseed Dressing

- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1 tablespoon sugar
- 2 teaspoons poppy seeds
- 1 tablespoon lemon juice

Cooking Instructions: Add all the ingredients to the Lemon Poppseed dressing together in a bowl and whisk

together. Set aside. Add Broccoli, blueberries, dried blueberries, cashews, green onions and lemon zest in a bowl. Drizzle the lemon poppyseed dressing onto the broccoli salad and mix. Refrigerate until you are ready to serve.

Upcoming Events

Annual Blueberry Festival – July 11th & 12 July, 12 – 4:30 p.m. Free Admission with some cost for activities.

No Bake Summer Blueberry Cooking Class – Tuesday, July 21st 7 – 8:30 p.m. Cost \$30. Pre-registration required.

Kids' Night Water Fun – Friday, July 24th 6 – 6 p.m. Cost \$5/child; adults are free. No registration required.

Blueberry Pie Cone Family Cooking Class – Saturday, July 25th 10 – 11:30 a.m. Cost \$15. Pre-registration required.

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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SCHOOL AND CAMP NEWS

Salvage Summer at Fort Ritchie!



Are your kids ready to do something great this summer? Fort Ritchie Community Center has six fun filled weeks planned for Summer Camp participants this year! Register your kids to participate in a single week, a mix of weeks, or all six weeks to join in on this traditional Day Camp experience that features specialized activities based on weekly themes. Campers must be ages 6 – 13 and reside in and attend school in Maryland.

See what six weeks of activities at Fort Ritchie Community Center's Summer Camp looks like:

Week 1: July 6 – 10 - Science, Technology, Engineering, Arts, Math (STEAM) - Are you ready to explore, question, research, discover, and exercise innovative building skills? You'll do all of that and more through fun science experiments, engineering activities, LEGO robotics, and arts.

Week 2: July 13 – 17 - New Mission Impossible! - Who doesn't love a good mystery to solve? It's time to crack the case through live clues, games, fingerprinting, scavenger hunts, and an Escape Room! Campers may even get to meet with local law enforcement!

Week 3: July 20 – 24 - Creativity and Arts Show - Building your imagination helps you adapt and

Thurmont cancels park programs

Thurmont has canceled its Community Park's July and August recreation programs.

Chief Administrative Officer Jim Humerick told the News-Journal that the events were canceled due to concerns regarding maintaining COVID restrictions among potential attendees.

Humerick said, "If we couldn't adequately implement and comply with these (virus restriction) requirements, we could

not ensure the safety of the program participants or our staff," adding that the safety requirements for summer camps and programming are very strict.

However, he said, "We are working on some fun programs in our parks that participants can do on their own, as well as some small group programs. We hope to have these programs ready to go in the next two weeks, so we can start in July."

become a better problem solver at home and school. This week, your creativity as crafters and artists leads to interactive experiences with pottery, painting, sketching, and more.

Week 4: July 27 – 31 - New Shark Week - Let's chomp into the week with some awesome shark facts! Did you know that sharks do not have any bones? How about that they have been around for 455 million years? If not, you have a lot to learn in this fun filled week full of shark activities and more.

Week 5: August 3 – 7 - New H2 Oh Yeah - Beat the summer heat! It's time to cool down and grab your swimsuit, towels, and sunscreen for a wild, wet, and water filled week of extreme water activities and games with your fellow campers.

Week 6: August 10 – 14 - Outdoor Adventure - Wrap up the summer with outdoor fun! Fishing, kayaking, and perhaps a

special visit from some feathery friends. Get ready to invigorate your senses for this final week of camp by exploring what surrounds us at Fort Ritchie.

Register today by visiting thefrcc.org or by calling 301-241-5085. You won't want to miss this great opportunity for a summer filled with memories to last a lifetime!

FRCC Summer Camp is licensed to operate by the State of Maryland and abides by all applicable state laws and regulations.

The FRCC Summer Day Camp program operates Monday through Friday, July 6 through August 14; 8 am until 5 pm each day. Standard drop-off begins at 8 am; camper pick-up is at 5 pm. The minimum age to attend summer camp is 6 years of age before September 1 and must have completed kindergarten. The maximum age to attend summer camp is 13 years of age, and the camper may not turn 14 before September 1.

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SCHOOL NEWS

Congratulations to the Class of 2020

Brad Young
Frederick County School Board

This school year ended like no other. First off, my Congratulations to the Class of 2020! You all will be one of the most unique and best-prepared classes ever. You are ready to face the world! I know that this year there was great disappointment for many in not having the normal graduations at the Mount.

As someone who has attended 134 FCPS graduations there, I can say that while I was disappointed not to be there for all 10 this year, I liked many of the things this year's class got even better than normal years. I participated in parades for

Catoctin. I did drive by celebrations for several graduates including Melanie Andrew of Catoctin. I also did several drive-by retirement celebrations for some of our employees. I organized and participated in the Walkersville celebration that concluded with an awesome Fireworks show. I bought Senior banners for 15 graduates including Own Bubczyk of Catoctin. I wrote over 100 personal notes to graduating seniors and I honored over 100 of them on my Facebook.

I will say that of all the events that I participated in, one of the most special was the Rock Creek Celebration. Rock Creek is our school for some of our most severely

disabled students. The "Rock" as it is known has one of the greatest and most caring staffs of any school. Those who work at the Rock become family. While Rock Creek only had 7 graduates this year, they had almost 100 cars in their parade. In all, I attended over 40 events and while it was tiring, it was worth it! Class of 2020, I am very proud of you!

I am starting to get the questions about what the start of school for 2020 will look like. I would like to say we know for sure, but the rules keep changing. We are prepared for 3 scenarios. The first would be everyone back in school, the second would be everyone still at home with distance learning,

and the third would be a hybrid of some in school and some at home. While I know most would prefer for them all to be back in school, our decision will be driven by what rules are in place by the State. As the state has moved into phase two at this point, we are unsure where we will be by the end of August. The hopes are that we will announce the plan by mid-July so that people can make appropriate plans. I preface that any plan can change. We will have to comply with whatever the State rules are at the time.

In wrapping up 2020, we realize that distance learning worked very well for some, okay for others and not very well for some. The

school system is preparing to have remediation services for those that were left behind by distance learning. Many of our Special Education students and ELL students did not do so well under distance learning. We will be preparing to catch those students up with services over the summer and additional services in the fall.

Finally, I want to give a huge shout out to FCPS Food Services. They have provided over 130,000 meals to date to those that were affected by the Pandemic. They are also prepared to continue meal distributions over the summer for those in need. You can get information on where and when those distributions will be at www.FCPS.org. I hope everyone has a great summer and stays healthy!

Mother Seton School appoints Assistant Principal

Kathleen J Kilty, PhD, principal of Mother Seton School, announced the appointment of Alexis Burns to the position of Assistant Principal. Mrs. Burns, a former student of Mother Seton School, has worked at MSS for the past school year in the Seton-La-Croce Learning Center (SLLC) as a special education teacher. She will serve in a dual role as AP and

special education teacher beginning July 1, 2020.

Mrs. Burns is enthused to begin her new position. "My love for Mother Seton has been life-long and this opportunity allows me to give back even more to the school. It will be my greatest pleasure to work with the teachers and administration and continue to serve our wonderful students."

Dr. Kilty says she approached Mrs. Burns with the opportunity after she saw her commitment to the school and, most importantly, to the students. "I recognized the support and respect that Mrs. Burns has gained from faculty and staff, our parent community, and our students. I believe that her dual role of teacher and administrator will help to make Mother Seton School truly a 'School for All.'"

Among the initiatives Mrs. Burns has worked with SLLC director, Ann Beirne, to bring about was the institution of the Orton-Gillingham model to assist those students with learning disabilities, such as dyslexia. Mrs. Burns also created a sensory hallway to assist students with behavioral and cognition abilities.

"I am thankful to Dr. Kilty for this amazing opportunity and for

believing me in me," Mrs. Burns adds. "I cannot wait to work closely with everyone to help continue the legacy of Mother Seton School."

Dr. Kilty is just as grateful that Mrs. Burns accepted the position. "I'm excited to work with her, and the rest of the faculty and staff, as we strive to provide the best possible academic and spiritual education to our students."

On the end of the school year

Karen Yoho
Frederick County School Board

The 2019-20 school year officially ended almost a week ago. Congratulations to the students, especially the graduating seniors, for hanging in there till the end. Perseverance is a quality that we try to instill in our students. Adapting to distance learning is not exactly the way we envisioned practicing it. Congratulations also to the parents or other stand-in helpers for surviving distance learning. I got to have a small taste of it when my oldest granddaughter came to stay with us for short periods, and I had to step in to help her literally navigate the online system and support her as she did her lessons. She is now proud to say that she passed 2nd grade.

As a Board member, it was helpful for me to see what was needed for students to accomplish online learning. More than ever, it took a partnership between the home and school to get the job done. It makes me worry for our students who were not able to have constant support, through no fault of theirs or their parents, because I learned that's what it took.

I can't say enough good things about the teachers and other FCPS staff. For anyone who might think that distance learning was easier for teachers, let me quickly correct that false impression. If anything, many teachers and staff members were working longer days than prior to our

buildings closing. Staff figured out how to have contact with students via video meetings (not as easy as it sounds due to privacy issues). Counselors, teachers, instructional assistants, administrators all made calls to students who might need checking in on. I heard from teacher friends who cried after their first videoconferencing session with students.

I've lost count of the number of meals that were served since the middle of March. The work of our custodians became more important than ever. Central office carried on, with a number of employees still having to report to work. How many of us have learned to function in the world of online meetings? I can assure you that FCPS staff has lost count of the numer-

ous meetings they virtually attended. There are many other tasks that were accomplished that I don't even know about. I just know the school system kept going, modifying, improving, and dealing with every curve ball that was thrown. And planning for next year has been happening all along.

One disappointment was not being able to have in-person graduations. Every plan that FCPS submitted to the Health Department was rejected based on Governor Hogan's orders. We couldn't wait for a nebulous time when gatherings that large might be approved. We also heard from students that they did not want to wait. Have it in June or not at all seemed to be a common refrain. After all, the graduates are on

to hopefully bigger and better things and they didn't want to draw it out. I think they mostly wanted a chance to say goodbye to their high school companions.

Our high school administrators and teachers did yeoman's work to produce something special for their graduating seniors. It may not be a usual graduation, but each student will have a recorded memory should they want it. Of course, after the ceremonies were completed and aired through You-

Tube, the governor decreed that outdoor graduations could indeed take place. Heavy sigh.

So, what will next year look like? Well, if you have your crystal ball handy, please let us know. Committees of parents, teachers, IAs, transportation staff, administrators, etc. are currently working on that. The plan is due to MSDE in the near future. Stay tuned. As always, we appreciate hearing from the community at board@fcps.org.



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FOUR YEARS AT THE MOUNT

This month, in honor of National Friendship Day on July 30, we asked our writers to contemplate friendship and what it means to them.

Sophomore Year

Five minutes

Emmy Jansen
MSMU Class of 2023

Friends are a very hard thing to measure. I never had a group of people I hung out with outside of school or stayed up late talking on the phone with, so I've always said I never really had friends. But in high school, I never sat alone at lunches or got overlooked for group projects. Honestly, a lot of people knew me and knew a lot about me. It's been more than a year since I was in high school and I've realized a lot about those four years. If my freshman year of college taught me anything, it was about friendships. What I've learned is that I've been measuring them incorrectly the whole time.

When we were sent away from our dorms and finished the semester from our parents' houses, I started a job at an assisted living facility in the next town over. Among my many duties, I screen every visitor for COVID-19 when they enter and exit the building. But I spend most of my time answering the phone and transferring it to one of the managers or residents in the building.

There is one woman who I am constantly getting calls for. The facil-

ity I work for specializes in dementia care and this particular resident lives in our severe dementia unit. She gets a handful of calls a day, but there is one woman who calls every day, without fail. When I see her name on the caller ID, I'm already typing in the code to transfer her. Every time someone calls to speak with this resident, I think about how popular she must be and how many friends she must've made growing up.

One Sunday late in May, I got a call for her. I transferred it like normal. Half a second later, I get a call from the woman who calls the most. She asked to be transferred and I had to say, "I'm sorry, someone just got on the line with her. Can you call back later?"

"You can just put me on hold until she finishes. She has dementia, she only talks for a couple of minutes anyway," is all she said. It never occurred to me that the conversations were short. I always pictured the resident yapping away on the phone while the other residents were in line waiting to speak to their loved ones. But it wasn't for hours. It was for five minutes, at most.

Five minutes doesn't seem like a lot. That's only thirty-five minutes a week. Over a whole year, the woman spent

about thirty hours on the phone with her friend. That's a little more than a day. Outside the walls of the facility, a person who spends one day with you a year is basically a stranger. But to that resident, that is her best friend in the whole world. In modern life, I see people always looking for an hour or two to be able to go out for coffee or drinks with a friend. After not seeing each other, since we're swamped with work and home life, you need extended time to catch up. But maybe it isn't the hour over coffee or wine that makes friendship. Maybe it's the five-minute daily checkup.

It cost the woman very little to keep being a friend. All it took was the self-discipline to remember to call every day. And it takes a little patience and understanding to hold a conversation with someone with severe dementia. But it was five minutes out of her day. I could spare five minutes to call a friend. I could spare ten or twenty if I really tried. But I've never considered that as an option. For me, it's either I have two or three hours to call a friend or I shouldn't bother trying.

The most important thing I've learned is that friendship isn't measured by time. I spend more time with the same drivers every evening during rush hour traffic than that woman did with her friend in my facility. That doesn't mean the man in front of me

in the Honda Civic is my best friend, or a better friend than her. In fact, I can't think of a better friend than that woman, who calls everyday and spends more time on hold with me than she does talking to her friend. Her friendship is in the dedication. It's in the refusal to forget about her friend, who probably doesn't remember who she is most days. Maybe before the pandemic, she would come to visit and talk for longer. But despite the distance and social distancing, she makes sure to be there.

When I think about who my friends are, I think about who would take five minutes out of their day to talk to me. My list of people who wouldn't waste five minutes with me is much shorter than the list of people who would. This is true for you as well. Friendship isn't found in extravagant gestures or Christmas gifts. It isn't in weekends away or nights out. It's in the little moments. Five little ones.

It's always stressed how kids should call their parents who live in senior communities. We hear horror stories where adult children put their parents in a home and then forget about them until the funeral. But what about friends? I get hounded everyday by residents who want to know if they've gotten any mail. Their faces light up when I hand them an envelope,

especially with the pandemic putting the facility on lockdown. These letters are rarely ever from family members, who usually call or wave from the window when they drop off supplies. The mail truck drops off a bin of messages and cards from friends every day. While people should call their parents and grandparents, friends should do the same. All it takes is five minutes. If a daily call is too much commitment, write a letter once a week. Find a senior care complex near you and ask if they have a pen pal program. If they don't, then start one. Become a friend to a resident. Five minutes may not seem like a lot to you, but they don't have many more "five minutes" left. You might learn a thing or two. I know I have.

I always said I didn't have friends, because there wasn't a group of girls who walked around the mall with me or that I had slumber parties with on Friday nights. But looking at a clock, I can never be short of friends. It's already broken up into five-minute intervals, just for this purpose. In an hour, I can have twelve friendships bud or continue blooming. But really, who's counting?

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

Junior Year

Ti Voglio Bene

Harry Scherer
MSMU Class of 2022

I don't know Italian. For many reasons, I wish I did. One of these reasons is the wisdom that is enshrined in some of their common phrases. On the topic of friendship, the first one that comes to mind is *ti voglio bene*. This is the way Italians say, "I love you." Literally translated, it means "I want the good for you."

This mellifluous phrase is one that bears much meaning for both the speaker and the receiver. By uttering these words, the speaker promises that, in every circumstance, he has desired, desires and will desire the good to come upon the receiver. As a response, the receiver is in a position of gratitude and debt for this desire that, hopefully, transcends time and space.

There are deeper implications for this phrase, though. Our culture seems hesitant to mention some of these more impactful meanings because of our sincerely misunderstood perception of the nature of true love. Bumper stickers on cars and storefronts bearing the apparently novel idea that 'love is love' indicate that any person who disagrees with the questionable political motives behind such a statement can be rightly identified as a bigot, or at the very least socially backward. *Ti voglio bene*

says, on the other hand, that the true meaning of love means seeing other persons not as the world sees them and not even as they seem themselves, but as they truly are.

The *bene* of this phrase is a mysterious reality and one which should make anyone who says or hears it question its nature. This 'good' is intimately close and absolute, unchanging across times and cultures. When someone says that they want the good for someone else, then, he seems to mean that he desires that the other will always recognize and choose the good. Whether he does this or not, the speaker stands firm in his position that he will always love the other, no matter their place in life or the decisions that led to that position.

This is my understanding of a true friendship. The friend will always look at that special equal with the eyes of respect and love. A true friend seems to be the best way that human persons can embrace the two truths about their nature; when a friend looks at a friend, he should see at once that he is made in the image and likeness of God and is therefore very good and that he is "dust and to dust he will return."

Our modern English use of the word friend comes from the Middle English usage *frend*. Etymologists say that this older usage is akin to the Old English *frēon*, meaning to love and *frēo*, meaning free. The notion of friendship, then, cannot be separated from love and freedom. Let us not confuse this occu-

pation with love and freedom with the modern understanding of "free love." This phrase confuses both true love as that which desires to bind itself to someone and true freedom as that responsibility to do the good. Free love, in the modern conception, is an uninhibited release of emotion and hormonal stimuli, as opposed to the freedom to *volere bene*.

A friend makes the other recognize the unrepeatable identity that he can offer to God and to the world. At the same time, the friend sees himself as a helper for his partner in this short examination of life. The friend knows that the other will fail and fail often. This fact does not disturb or discourage the friend because he knows that he is just as capable of the same level of incompetence or malice. When one thinks, speaks or acts rightly, his friend is encouraged and is reminded of his own ability to act in the same way. When one thinks, speaks or acts wrongly, his friend sees his own shortcomings and prudentially offers a helping hand.

One of the other indications of a true friendship that has helped me discern who my true friends are comes from Dr. Jordan Peterson. He says that when someone tells his true friend some good thing that happened to him, his friend will celebrate with him and will not bring up some good thing that happened to him and make his friend feel like this good experience is merely a common occurrence in

his own life. In the same way, when one tells his friend something bad that happened to him, his friend will listen and will not attempt to solve all his problems with a few statements that he just knows his friend has been desperately needing to hear.

It would be silly to suggest that all of these notions of friendship that I have been describing are in any way novel or unique; they have all been tested through the rigors of tradition by persons who have thought about and lived out these friendships. As we know, some of the most revealing parts of one's life can be during times of suffering. One 17th century poet named Jean de Rotrou wrote "*L'ami qui souffre seul fait une injure à l'autre*", meaning "the friend who suffers alone insults the other." Rotrou, who lived through the French plague of 1650, experi-

enced the meanings of friendship and suffering in light of his own death, that point in life when persons see things as they truly are.

This imperative to see our current experiences through the light of tradition, then, is especially important in our own age. When the implications of modernism and the Marxism that came from it can be seen most clearly, we need to look back to the silent teachers of history for guidance on how to forge the paths of our personal relationships. In our hyper-individualized society, we need to intentionally recognize and embrace the merit of true friendships as those relationships which strengthen us in light of adversity and, perhaps more importantly, vivify the friend in times of joy and sorrow.

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



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FRIENDSHIP

Senior Year

What is friendship?

Angela Guiao
MSMU Class of 2021

When I was younger, I moved around a lot. I enrolled in six different schools before I even reached high school. This meant having to learn how to make friends pretty quickly. I used to consider myself lucky if I had the same group of friends for two school years in a row.

Summers made having friends even harder. Without the excuse of school, I had no way of seeing any of my friends. And we didn't have a house to invite them to. Eventually, I used summer as an excuse to slowly drift away from some of my close friendships. As a result, I never knew what needed to be done to maintain friendships.

Sometimes, I'd see videos of elderly best friends having breakfast or going on friend dates together. I used to wonder whether I'd ever have a friend like that, one that I'd still hang out with when we're older. Or if I'd ever find a friend who'd understand me so well, they wouldn't mind a few summers apart.

My freshman year of high school, I met Luis. We kind of stumbled upon each other because of mutual friends, but we sort of just clicked. My mom had promised that I would stay in one high school for all four years, so I was excited when I found out how much we had in common. At first, we'd just have lunch together. Eventually, we were walking each other to class. Then we started to hang out after class. For the next four years, we'd become the best of friends. We spent every minute together, in fact, we spent so much time together that people thought we were dating.

But we weren't.

I grew up Catholic. Roman Catholic, in fact. My mom was very religious, and at the time the beginnings of the LGBTQ movement were just starting to form. Luis was gay but hadn't come out yet. We both came from working class families, and both our parents were first generation immigrants. We had a lot in common, and we had the same struggles. The only thing that could possibly break us apart was the fact that he was gay and that I was Catholic.

Luis finally came out during our Junior year. He didn't change much. It wasn't like how it's portrayed in

the movies. He just became less stressed, happier even. He spoke more freely, moved more openly. I was happy for him.

By this time, we had been friends for 3 years. He and my mom had gotten pretty close. So close in fact, sometimes he'd go to her whenever he had a problem. It was really important for him to come out to her.

So, one day after school, he waited for me after tennis practice and drove me home. He bought a bouquet of my mom's favorite flowers, and we waited until she got home from work. I remember how nervous he was, and how I sat on the couch wondering what I would do if my mom said we couldn't be friends anymore. In church, I'd hear some people talking about "praying the gay away", and I wondered whether that would be what she would do.

When she finally got home, Luis sat her down and told her.

There was pause. A long one. For a second I wasn't sure whether she was going to scream or cry or laugh. It seemed like everyone was holding their breath, just waiting for her to say something.

And when she finally did speak, she said "Love each other as I have

loved you.' That is what God says. So that is what I'll do." And she gave Luis a big hug, and Luis cried. Just like in the movies.

Being friends with Luis taught me what it was like to love unconditionally, for no reason at all. I love my mom unconditionally. I love my family unconditionally. But there is something special about unconditionally loving someone who comes suddenly into your life, with no connection at all. After Luis, I decided to love everyone I meet. Not the way you'd love your spouse, but the way you'd love your parents. Be open, be clear. Love fully despite the flaws, despite their wrongdoings. Forgive, understand, put in the effort.

What started as a simple lunchtime friendship is now an eight-year companionship and still going strong. Luis has been there for every single milestone in my life, from when I first started driving to when I finally decided on my major. He found a good paying full time job and has recently started taking classes at night. He is the most hardworking person I have ever met.

These days, when I think of friendship, I think of Luis. I think about how he still texts me every

single day to complain about the weather. I think of how every single Valentine's Day he sends me flowers, and how every birthday, he'll scrape together enough money to take me out on a date.

I think about how much effort he puts into our friendship, and it makes me wonder how many friendships I'd have like Luis's if I had only put in more effort.

A few days ago, I asked my mom why she didn't send Luis away when he came out to her. And she said, "I've always been a good mom to you, right? I always try to give you everything you need. And I always try to give you the best that I can give you. You needed a friend, and I knew Luis would be the best friend for you."

I am eternally grateful to have a friend like Luis. He taught me to love no matter the background, no matter the disagreements, no matter the differences. He understood me, and he makes an effort every day to show me how important I am to him. He's taught me so much. All I can hope for now, is that one day I'd be as good a friend to others as he is to me.

To read other articles by Angela, visit the Author's section of Emmitsburg.net.

The Graduate

Friendship and love

Morgan Rooney
MSMU Class of 2020

"Man is by nature a social animal; an individual who is unsocial naturally and not accidentally is either beneath our notice or more than human." — Aristotle

While attending Mount St. Mary's University, all students are required to take at least two philosophy courses. I was not fond of the idea at first, but now I believe they could be the most valuable courses I have ever taken. Even if you do not agree with a philosopher, it is only possible to disprove them by logic. This power we have to think like we do is something that is exclusively human. No other animal, to our knowledge, is able to do this in the same way as us.

This quote that I mentioned on the social nature of man is one that I will never forget. I sat in my classical philosophy class. It was not the happiest time of my life because I didn't feel fulfilled with my college experience. I enjoyed the courses, but I lacked the social life I believed that I would have at that point in my life. As an introvert, I like to be alone, but being lonely is a much different experience.

The lesson we were going over in classical philosophy was on the purpose of a human and what makes man thrive. The point I remember was that quote exactly. Man is a social being by nature. But I do not think Aristotle was referring to friendly small talk and short encounters with others. I interpreted it as a human need for love

and friendship, just as we have needs for food and water.

They say that friends are the family we choose. However, I don't feel like my friends are people that I personally picked out like I would from a catalog. Choice certainly has an influence on how long and how deep the friendship is, but it is not how one sparks.

Each friendship I have has a different origin story. The first close friend I ever had, I met in second grade. We were in our PE class and needed to find a partner for a limbo competition. Both of us had a shy nature and were left without a partner, so we were paired together. Next we got in a line and were asked to hold hands. Once we got to the front, we did our best limbo and went to the back of the line. We didn't come anywhere close to winning the contest, but that was the day that I met my best childhood friend. I don't feel like I chose her. Instead, we wound up in that situation by our very natures.

With my other close friendships, there was something similar about us or how we felt. Some started with a common disliking for someone or something. I met a good friend in the 7th grade after I was put in a reading class because I was one point away from being commended on my state test. I was extremely irritated about it at the time, because it kept me from being able to start taking foreign language which was a great interest of mine.

When I was in this class, I quickly bonded with the girl who sat across from me over the fact that the teacher would snap at the students for such ridiculous reasons. She called me up to her desk one day to sign a paper and scolded me

after I asked if I could use the pen on her desk. Another day she yelled about how I was unengaged and didn't appreciate her class because I yawned (it was 8 a.m.). My new friend had similar experiences and we sparked a friendship over our deep want to get out of this class with such a high strung teacher.

I know this for certain: I didn't choose my friends. I only chose to keep them.

I believe that friendship is the most powerful relationship you can have. Even if you've been married to your spouse for many years, without friendship it would have been a much bumpier road. When going to a family reunion, if you're anything like me, you would end up spending more time around the family members that you enjoy and have fun with rather than the ones who don't stop spewing out their opposing political views that you never asked about. You can see where the stronger friendships within your family are, even though you love and care about everybody.

While I was in college, I met someone who I would definitely consider to be my best friend, and that's exactly how it started. After clicking at the very beginning, we quickly became close friends over similar interests and gradually grew closer over the past few years. I was always told that I should marry my best friend, and I am glad that time is finally approaching, even in the midst of a worldwide pandemic. With every friendship comes love, and with every love comes a friendship. Finding that special combination is extremely valuable and should not be given up. I would not change anything for the world.

As much as the romantic love that everyone knows is important, it is the friendship aspect of the relation-

ship that keeps things going. After being uncertain about so many things for so long, it's nice to finally have something that I'm sure about. I will always strive to strengthen our friendship, and I will live as long as I can with my best friend by my side.

Don't forget to remember your friendships at the end of this month. Whether or not your friend is still

with you or you've faded apart, they've helped to mold you into the person you are today. Wherever you are in life, you wouldn't be the same person without your friends who help mold you into your unique self.

To read other articles by Morgan, visit the Author's section of Emmitsburg.net.

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HOME DECOR

Summer vibes and sunshine

Jessica Crawford
Cotton & Co, Owner

Summer 2020 is likely going to look a little different than Summers past. While many of us will be staying closer to home this Summer, and not taking the large trips, this Summer can still look and feel special. We can all look forward to intentional family time, fun in the sun and hopefully either starting on, or continuing with, all of those home projects that pile up, as there never seems to be the time to complete them.

If you're like our family, you've probably been taking some of this extra time at home, as an opportunity to improve your living space, indoors and out. You may have been purging unwanted items and reinventing spaces. You may have been updating with fresh paint. You may have even gone all out and knocked down a few walls. Regardless of what you've been able to accomplish around your home during this time, you've

probably also had plenty of time to focus on areas of your home you'd like to improve.

Now that we're back open and back in the game again, we've been able to shift the shop into Summer mode. We've been doing some purging and rearranging ourselves, swapping seasons, preparing for an epic Yard Sale the third weekend of July (July 17-19th). And we are ready to help you style spaces, both indoors and outdoors, that speak to you, and reflect your style.

Summertime is a truly fun season to decorate for. It's a season that's meant to reflect the brightness of sunshine, breeziness of salty sea air, togetherness of time with family and friends. There are so many great ways to play with Summer style and fashion, to make a space reflect Summer and your style at the same time.

Coastal is an extremely popular Summer theme. And there is good coastal, and not so good coastal. I personally love the

coastal look that is reminiscent of sea glass. The creamy pale blues and greens, crisp white and the simplicity of clear glass. Natural reeds and grasses play into this theme nicely as well, which also tend to be all-seasonal, and can be dressed up as such throughout the year. Woven grass baskets, wicker baskets and wall plates, etc....

Crisp white linens paired with this look are a fantastic compliment too. Whether this is airy, light, white curtains in a room, or a lightweight white muslin throw blanket, draped over an armchair. Soft blues and greens, are an excellent touch to go along with this, for pops of color. Perhaps a sea-foam green industrial stool, vintage green, blue and clear glass bottles on a windowsill, or beachy colored throw pillows on a favorite chair or sofa. While a touch of quintessential Coastal certainly has its place, not everything coastal themed needs to be overflowing with anchors, sand dollars and starfish.

Coastal style can also intertwine symbiotically with bohemian. Which is a personal favorite of mine. It's easy to take parts of coastal (muted sea glass colors, crisp white) and mix them with bohemian, to create a very fun, flirty space. Picture a sweet, vintage rattan end table, next to a favorite accent chair, in the corner of a room. Above it, suspended from the ceiling, a beautiful, boho macramé plant hanger, with a trailing live (or faux) plant or succulent. Macramé is a super hot, vintage trend right now. Which can be either an indoor or an outdoor adornment. The same sweet set up, could be used to accent a favorite corner of a porch, patio, or deck. The Bohemian style,



especially macramé decor, also gives nicely with natural accents, like the reed baskets and natural wood tones and natural elements.

Bohemian then also quite seamlessly can be transitioned into highlighting earth tones and natural elements, which also pair beautifully with more intense colors, such as jewel-tones. The natural wood, both light and dark, and everything in between, coordinate very nicely with bolder tones, such as a deep mustard, teal, emerald, plum, etc... Driftwood pieces, displayed in a clear glass vase or vessel, on a natural-toned side table, paired with a neutral chair or sofa, with some bold, jewel-tone throw pillows, would make a gorgeous, rich Summer statement.

Or a white porch swing, adorned with some bold outdoor pillows and a geometric, but simple, outdoor rug.

Pantone declared that this year's color is Classic Blue. Which is a darker, saturated, yet bright and pleasant blue. This color is perfect for reflecting Summer. It reflects the color of a sun-kissed pool, or the deepness of the sky on a bright, sunny day. This color would be perfect, utilized in a furniture piece. Whether this is in indoor piece, such as an entry table or buffet. An accent storage piece, chest or chair. Or as an outdoor furniture element, such a metal patio chairs, planters filled with something lush or an outdoor area rug, to complete or tie a space together.

Bold florals and palm leaves are also trending in 2020. These prints should be used as pops of pattern and color, but also used carefully, and not in large quantities. Perhaps a fun and funky slip cover over a chair. Or one accent wall in the bathroom, wallpapered in a bold print. Or a hanging, vintage inspired print. Or the back wall of a glass-front cabinet, covered in a bold peel-and-stick paper.

The beauty of all of these styles, is that bits and pieces can be borrowed from each approach, and it would also still flow. You could go full-blown Coastal or Bohemian or Natural/Earth Tone. Or you Could go Coastal with hints of and Natural Elements. Or Bohemian with some natural driftwood and dried starfish in a large glass vessel. It's really endless Summer possibility. Come see us one weekend, Cotton & Co is open weekly, Friday through Sunday. We have many of these items in stock, both vintage and new, including handmade macramé pieces. We're always happy to help select items to pull a space together in your home.

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COMMUNITY NOTES

Enjoy the great outdoors

Linda Stultz
Certified Fitness Trainer

Warm weather is here! We have been closed up in the house for a long time. Winter always seems long and we look forward to Spring and Summer and nice warm weather. This time has been especially long and hard since we have been quarantined for months. Now that the nice weather has finally arrived we need to get outside and find an exercise or activity to get us moving.

I know many of you kept up with your exercise routine while being confined indoors but now you can get some fresh air and maybe enjoy some things outside. While we still need to be careful and keep a safe distance from people we do not live with we can go for walks, hikes, bike rides and explore the outdoors. We may

not have organized sports teams together yet but you can practice with the kids. Shooting baskets or playing volleyball or bad-mitten with the family is a great way to get moving and share some family time.

Gardening is another great way to work those muscles while planting seeds that will provide food for the table. Many people are planting a garden for the first time or getting back to it if they haven't had one for a while. Working up the ground is great exercise and tending to it will keep you moving all summer long. The weeds always grow to give you something to do and watering also gets you outside each day, if only for a little while.

Vegetable gardens are great for giving you something in return for your hard work but flower gardens can be just as rewarding.

Watching the flowers grow and seeing the bright, beautiful colors bring joy to everyone who sees them. Getting the kids involved keeps them busy and teaches them about nature and the joy of growing their own food. Many children don't realize where the vegetables in the grocery store really come from. Schools and community neighborhoods have gardens to show the kids how to plant and take care of the garden.

This year many of those projects have not taken place because of the school year being cut short and the summer camps not being open. Even if you plant a couple of tomatoes or cucumbers in a container the kids will be able to watch it grow and turn into what they see at the grocery store.

Swimming is another great summer activity if the pool around you is open, but only if you feel

comfortable being around people. Some people are lucky enough to have their own pool and that would be a wonderful activity to keep the whole family moving. Maybe if you can't or don't want to go to the community pool the kids could have a sprinkler or water balloons. I know that may sound old fashioned but that's what we use to do years ago.

A lot of the things that were popular when we were kids are still fun today. Maybe you could introduce bike riding, playing hide and seek or running through the sprinkler to your kids. Getting away from the TV and video games can be fun if the kids give it a chance. Some parents have made a screen free day and once

the kids actually go outside and play or go for a hike they really enjoy it. You may get some resistance and whining at first but I bet they will have a great time, even if they won't admit it.

Whatever you decide to do in the great outdoors you will benefit from the fresh air, sunshine and exercise. I know many people will be getting back to work soon or maybe you already have. Just remember to take a little time to enjoy your family and the great outdoors. Thinking about how long we were confined inside over the past few months will probably help you set aside some time to enjoy the warm weather and sunshine if only for an hour each day. Remember, Keep Moving!!



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Dearest Home performs for Music, Gettysburg!



Dearest Home, a favorite of Music, Gettysburg! audiences, will perform an outdoor concert of traditional Appalachian music as well as authentic Civil War Era Music, including Abolitionist songs that advocated for justice and equal treatment of all persons. The hour-long concert, which is free and open to the public, will take place Sunday, July 12 at 6 p.m. in Schmucker Grove, just north of Springs Avenue on

the United Lutheran Seminary Campus. Bring a blanket or lawn chairs, and a picnic dinner!

Expressive vocals with rich harmonies interweave with sprightly dance tunes, as Dearest Home recreates traditional American music—Appalachian music, especially from the Samuel Bayard Folk Song Collection (PA and WV), and historically authentic US Civil War era music. They sing other

great American folk songs, including favorites from Jean Ritchie and the Carter Family! Don't be surprised when they share a related tune from Scotland, Ireland, or England. Passion for these traditions shines in every note!

Like the band itself, Dearest Home's music unites the generations! It's presented in skillful combinations of concertina, dulcimer, fiddle, whistles, guitar, bass, keyboards, and percussion, and with evocative, unaccompanied energy. Passion, skill, and the resonant, next-of-kin matching of voices, in lovingly crafted arrangements, bring traditional Appalachian music of Pennsylvania and northwestern West Virginia to life with authenticity and originality in perfect balance.

Music, Gettysburg! is a premier concert series featuring international, national, regional and local musical artists for the greater south central Pennsylvania region. The United Lutheran Seminary Chapel is at 147 Seminary Ridge in Gettysburg. For more information about this and other concerts in the Music, Gettysburg! schedule, please call 717-339-1334 or visit the Music, Gettysburg! web site: www.musicgettysburg.org

All Virtual 157th Anniversary of the Battle of Gettysburg

The three-day Battle of Gettysburg marked a turning point not only in the course of the American Civil War, but also for the future of the United States of America. Join Park Rangers, historians, and Licensed Battlefield Guides during the 157th Anniversary of the Battle of Gettysburg for a series of free virtual guided walks and talks that discuss, explore, and reflect on this important chapter in our nation's history. These virtual programs will offer viewers unprecedented access to locations and historic structures that have previously never been featured during the Battle Anniversary.

Beginning at 8 am on July 1, 2020, and continuing nearly every hour throughout the day, virtual "Real Time" programs will chronicle the Battle of Gettysburg, highlighting the people, moments, and events that shaped the course of the three days of battle. All programs will be streamed on the Gettysburg

National Military Park Facebook Page, and can be viewed anytime following their premiere. Each evening of the Battle Anniversary, at 8:30 pm, the Park will share an extended virtual program done in conjunction with park partners, including the Adams County Historical Society, the Gettysburg Foundation, and the American Battlefield Trust.

"While certainly different than previous Battle Anniversary's, we are excited to be able to share the story of the battle with our digital visitors," said Christopher Gwinn, Chief of Interpretation and Education at Gettysburg National Military Park. "By working with our friends and colleagues, we've been able to create a unique collection of virtual anniversary programs that while bring visitors to the famous, and not so famous, places on the battlefield."

For more information, visit www.nps.gov/gett.

Majestic Theater closed through August 31

Gettysburg College's Majestic Theater has announced all public events at the theater are canceled through August 31. Additionally, the Majestic Theater facility remains closed to the public until further notice. This action is taken as a result of the ongoing stay-at-home order, business closures and disease control measures mandated by the Commonwealth of Pennsylvania to combat the spread of COVID-19/

coronavirus. When possible, some canceled live events will be rescheduled.

"It is with a heavy heart that we make this announcement because I know everyone is itching to get back to a more normal life, especially enjoying downtown Gettysburg's rich entertainment, dining, and social scene," lamented Jeffrey Gabel, the theater's executive director. "It's still not safe to gather in large crowds in confined spaces. We will

keep you apprised of our upcoming fall shows on our website at www.gettysburgmajestic.edu. In the meantime, our marquee message says it all: Be Safe. Be Kind. Be Hopeful."

Majestic Theater staff are working to reschedule postponed performances by international guitar virtuoso Tommy Emmanuel, (July 19), Pittsburgh Steeler Super Bowl legend Rocky Bleier (July 31), and

master mimic Rich Little (Aug. 14).

A previously postponed performance by singer-songwriter Gordon Lightfoot is now scheduled for Nov. 18 at 8 p.m. Pennsylvania Theatrical Arts' production of Disney's "Beauty and the Beast" is rescheduled to Oct. 17-18.

Ticketholders for "Grease" will be refunded. Patrons who paid by credit card will have their transactions refunded back to their card. Patrons

who paid with cash or check will be reimbursed by check. Please allow up to two weeks for these processes to be completed. Tickets for Gordon Lightfoot and "Beauty and the Beast" will be honored on the new performance dates. Tickets for all other pre-purchased events will be honored when the event is rescheduled. Refunds are available upon request contacting the Majestic Theater Box Office at boxofficeinfo@gettysburg.edu. The Box Office remains closed until further notice.

Adams County Arts Education Center reopens

The Adams County Arts Council's Arts Education Center has reopened and resumed regular hours of 9 a.m. to 5 p.m., Monday through Friday. The center will be closed on Saturdays through August 15.

To protect students, instructors, and staff, the Arts Council has developed a COVID-19 safety plan for summer camps to reassure parents who are looking for a safe, educational experience for their children. It strictly follows CDC and Pennsylvania Dept. of Health requirements for frequent sanitation, masks, social distancing, temperature readings, sharing of supplies, and procedures should someone exhibit signs of COVID-19 or have contact with a person who has tested positive. To view the plan, visit www.adamsarts.org.

When visiting the center, guests are required to wear a facial covering (except children, age 2 and under, and those with breathing difficulties,) practice social distancing and good hand washing hygiene, and allow a touch-free temperature screening.

According to Arts Council Executive Director Chris Glat-

felter, "For the next several months we are focusing on summer camps, in person and via Zoom. Virtual adult classes will continue with some in person classes resuming in September, conditions permitting"

Glatfelter continued, "During the long closure, the community

well wishes, donations, memberships, and participation in our online classes have been so very much appreciated. It will be wonderful to say thank you in person, at the appropriate distance."

The mission of the Adams County Arts Council is to culti-

vate an arts-rich community. For information about its programs, classes, summer camps, or mem-

bership, visit adamsarts.org, email aa@adamsarts.org or call 717-334-5006.



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The arts live on!

Sarah Muir
MSMU Class of 2018

The past few months have been full of cancellations. It's nice to report that some things are alive and well and as your read below, in spite of the pandemic, the arts loving community hold great hope for a rich and fulfilling summer and fall season!

The Adams County Arts Council's Arts Education Center is now open with regular hours of 9 a.m. to 5 p.m. Monday through Friday and will be closed on Saturdays until August 15.

Additionally, the center has placed into effect COVID-19 health protocols that follow the CDC and the Pennsylvania Department of Health requirements. The new precautionary measures include frequent sanitation, masks, social distancing, temperature readings, sharing of supplies, and actions that will be taken if someone exhibits signs of COVID-19 or has contact with someone who tests positive.

Visitors are required to wear a facial covering except for children two and under and those persons with breathing difficulties. Guests will also be required to have a touch-free temperature screening, practice social distancing, and proper handwashing hygiene.

Summer camps and other courses will still be offered with COVID-19 safety protocols for the protection of students and staff. The Arts Council assures that the summer camps will be "a safe, educational experience for their children."

Regarding the educational programs, Arts Council Executive Director Chris Glatfelter stated, "For the next several months we are focusing on summer camps, in person, and via Zoom. Virtual adult classes will continue with some in-person classes resuming in September, conditions permitting," Glatfelter continued, "During the long closure, the community well wishes, donations, memberships, and participation in our online classes have been so very much appreciated. It will be wonderful to say thank you in person at the appropriate distance."

Gettysburg's Majestic Theater, closed March 13, in response to the COVID-19 pandemic and will remain closed through August. All events during this time are rescheduled. The PA Theatrical Arts showing of *The Beauty & The Beast* has been rescheduled for October 17 and 18. DSP Shows Presents: *Gordon Lightfoot - 80 Years Strong Tour* has a new date of November 18.

The Majestic Theater has plans to announce plans for the 2020-2021 live performance season in early September. In the meantime, the Majestic Theater continues to operate in a limited capacity, rescheduling shows, attending to patron inquiries and preparing

new operating public health procedures to ensure public health once they reopen.

The Gettysburg Community Theatre is closed until further notice. Some of the plays in the works such as *Brighton Beach Memoirs*, *Lockdown*, and *Past Our Prime Time Plays* will be rescheduled, though new dates are not available at this time. To support the Community Theatre, check out their website and support the Mask Fundraiser, proceeds of which go to the theatre.

The Totem Pole Playhouse in Fayetteville, Penn. has rescheduled its 2020 season, 70th anniversary, and will be offering the same lineup in 2021.

The Frederick Arts Council (FAC) has been focusing on public art events that are accessible in the wake of COVID-19 restrictions.

A mural created by Brooklyn based artist GeraLuz is on display on the corner of South and Market St in downtown Frederick. The piece is titled "Healing Bouquet," and according to GeraLuz, it is "Designed with the intention to heal and with love for Maryland's fauna, the Oriole, and the Black-eyed Susan. As a spirit animal, the heron is a liminal creature, existing in the transitional moments before anew. The heron asks us to look deeper, to ground ourselves with the earth, and find the knowledge to be free...Love for one another is our strength and power."

The mural is the outcome of the FAC's Public Art Master Plan-Connections and was made possible by the Ausherman Family Foundation.

The building on South Carroll St that is now the Sky Stage suffered a significant fire in 2010, and after being boarded up for several years, it is the building-scale public artwork it is today. Many amphitheaters and performing arts have been restricted or temporarily closed, and the Sky Stage is no exception. However, Tuesday yoga and 3rd Saturday fitness classes resume with limited. For information on scheduled calendar events, you can find it on the Sky Stage website or the FAC Facebook page.

On June 19, Larry W. Cook completed an installation at the Sky Stage. Cook is a conceptual and installation artist and photography professor at Howard Uni-

versity. He has had his signature backdrop installations shown at multiple museums, including the National Gallery of Art, MOMA, the Smithsonian National Portrait Gallery, and the Baltimore Museum of Art being a few.

Though Sky Stage is still closed, visitors can still view the artwork through the open gates and windows and are encouraged to take selfies, photo-booth style pictures, and social media posts when the Sky Stage reopens in a limited capacity. The piece was commissioned before the pandemic took hold, and the "escapist nature of the work resonates with the experience of lock-down and its slow lifting." More information on Larry Cooks and his work you can find it on www.larrywcook.com

The Sky Stage will be moving some of its events to an online platform since live streaming is a workaround the current restrictions. The effort to bring cultural events and performances to the public through live-streaming and recording will begin on July 12.

2nd Wednesday Literature nights will continue to be virtual in July. Weather permitting, *Words for Hands*, *Tuff Junior* (tent.), and TBA concert scheduled for July 18 will be live-streamed from Sky Stage. The high-energy rock duo, *Words for Hands*, and a possible second band on the lineup. The Fourth Friday Comedy Nights have also gone virtual.

More events that might become virtual are the belly dance "Hafla" with Troupe Anam Cara and two rescheduled concerts that may turn virtual. One of the shows is local band, *Silent Old Mtns (SOM)*, and the other is the fingerstyle guitarist *Yasmin Williams*. A Livestream which featured SOM frontman Andrew Bromhal and Yasmin took place on May 2 instead of their originally-scheduled concert. However, on July 31, the full band will be performing for the virtual audience.

Steps are being taken to ensure the safety of visitors, performers, and staff. These include, marked reminders for social distancing, signs notifying guests of safety protocols, touchless hand-sanitizer station, and foot pedal-operated hand sink near the portable restrooms. Private rentals for small group gatherings are allowed so long as they fit within the health and safety measures as advised by the health department and when the Sky Stage is not in use for arts or public programming.



Way Off Broadway's Ken Ludwig's *Baskerville - A Sherlock Holmes Mystery* was just about to start its run when the COVID-19 pandemic struck, shutting everything down. Keep your eye on their website for their re-opening.

The Weinberg Center for the Arts is a local Frederick located on W Patrick St in downtown. The theater venue has been a popular spot for the arts since it was built in 1926. Currently, the Weinberg Center has canceled its summer programming and are uncertain when, and in what capacity, they will reopen. However, the Weinberg has not been idle. In April, at the height of the pandemic, the Weinberg Center launched the "Intermission Project," a campaign created by the Community Outreach Committee to raise funds for free tickets to give to "first responders, healthcare workers, front-line employees, and those who are struggling economically due to COVID-19." For more information about the project or donate to the Weinberg or Intermission Project, you can do so on the theater website or by calling 301-600-2828.

The Way Off Broadway Dinner Theatre, located on Willowdale, is reopening with *Disney & Cameron Mackintosh's Mary Poppins*. The performance will take place on July 17. Bill Kiska, Way Off Broadway's Executive Producer and *Mary Poppins* director, said,

"We are extremely excited to not only be able to announce that the theatre is reopening, but to do so with such a fun and entertaining musical." The theater hopes to reopen for the July 17 performance, however should the state suggest extending the closure of theaters for the sake of public health the play will be canceled. Please check the theater website for updates.

Amid a pandemic and unrest, communities turn to the arts for escape and understanding. The Arts and Humanities are often seen as luxuries, something to be enjoyed, but not strictly necessary or essential. However, we forget what they provide to the human person and that these places—theaters, galleries, community art facilities—are often the heart of the community. We use the arts to return to one another and remember the beauty we all provide and the healing that comes with it. If you are unable to attend a performance or art show, I recommend donating to your local theater, gallery, or community art programs.

To read other articles by Sarah, visit the Author's Section of Emmitsburg.net.

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Dog Portraits

CATOCTIN SPORTS

CHS athletic scholarship recipients of 2020

Mia Ferraro
CHS Class of 22

Part 1

Catoctin High School will miss some of our best athletes as we say goodbye to the class of 2020. This is the case for graduates Owen Bubczyk, Tyler Hauk, Kallan Latham, and Gage Frantz, as we wish them well on their academic and athletic success in college.

Owen Bubczyk is the recipient of the Buzz Barker Scholarship. He has been a part of the CHS cross country and the outdoor track and field teams for all four years of high school, as well as the indoor track and field team this past year. He began to run in fifth grade, and quickly took an interest in the challenges of competition. Bubczyk will continue to run on the club cross country and track teams in college. He will be attending the University of Delaware in the fall to major in Exercise Science, and is pursuing a doctorate degree in physical therapy.

Bubczyk was recently awarded the Medical Based Learning Award and the Catoctin Medical Center Scholarship for his interest in the field of physical therapy. He has also received the Neely

Frederick Scholarship, the FSRC Memorial Scholarship, and the Donald P. Dougherty, Jr. Memorial Fund. In addition to these, he was granted the Governor's Merit Scholastic Award. This past year, Bubczyk was the student representative for the Thurmont Addiction Commission. He was also a member of several honor societies and participated in ROAR Club, Leo Club, and SGA. He has received honor roll all four years of high school, and graduated with highest honors.

One of Bubczyk's most memorable achievements during his high school athletic career was breaking the five-minute mark on the 1600m run at Liberty University for the first time. Qualifying for states on his indoor track and field team this past winter season was another major accomplishment he will always remember. "After overcoming multiple stress fractures, I had finally reached my goal," he stated. Bubczyk feels that he will especially miss his teammates who pushed him, and the excitement and suspense of high school races. "One thing I've always dreaded about racing is the anxiety it brings. Ironically, I think that's what I'll miss the most - the adrenaline and anticipation involved in walking up to the starting line."

His advice for younger athletes is, "Athletics require not only physical ability, but mental toughness. Athletes must overcome negative thoughts and tell themselves they can succeed, even if there are some obstacles in the way."

Tyler Hauk is the recipient of the CHS Sports Boosters Scholarship and the CYA Football and Cheerleading Scholarship. He has participated on the CHS indoor track and field team for four years, the outdoor track team for three years, and the varsity football team for three years. Hauk has been playing football for 13 years, and will continue track and field in college. He will be attending Susquehanna University to major in ecology, and is pursuing a career in environmental biology.

Hauk has also received the Eyer's Valley Chapel Scholarship and the 1LT Robert A. Seidel, III Memorial Scholarship, as well as scholarships from the Masonic Charity of Maryland and the Trinity United Methodist Church. He was a member of the National Honor Society, and participated in the Environmental Conservation Club. He has received honor roll each year of high school, and graduated with highest honors.

Hauk's most memorable achievement of his high school

athletic career was winning the Maryland 1A State Championship football game with his "brothers" that he has played with for years. The brotherly bond between the teammates is what he believes he will miss the most. He believes that his success has two main contributors: his father who helped him in every sport throughout his life, and Coach Nick Agoris for training him in track and field. His advice for younger athletes is to "try multiple sports and see what you like and what you're good at, and have fun with it."

Along with Hauk, Kallan Latham also received the CHS Sports Boosters Scholarship. She has been a part of the CHS varsity basketball and field hockey teams for two years, and the varsity lacrosse team for four years. She has been playing basketball for 12 years, and lacrosse for 13 years. She may continue to participate in club sports in college. She will be attending Ohio State University to major in Food, Agricultural, and Biological Engineering with a specialization in Ecological Engineering.

Latham was awarded the Governor's Merit Scholastic Award along with Bubczyk. In addition to the Sports Booster Scholarship, she also received the Astrazeneca Pharma-

ceutical Scholarship and the Wiley Family Scholarship. She was a member of several national honor societies and also participated in FFA and Envirothon. Latham has received honor roll for all four years of high school and graduated with highest honors, and was voted Class 2020's "most likely to succeed."

Latham's most memorable achievement in basketball was becoming regional champs this past winter season. She also takes pride in her first victory in lacrosse after several years, as well as this year's victory at her field hockey senior night game after two overtimes and a shoot-out. The bonding moments within the team is what she believes she will miss the most, as she describes, "Being able to form connections with a variety of people from the many teams I was a part of is a great feeling." Her advice to younger athletes is, "In order to improve, focus on what you like about the sport. Once you have a reason to play, you have a reason to persevere and improve. Everything you do in life will have its ups and downs. Maybe you had a rough practice or game. Maybe you aren't doing as well in your sport as you want to. Instead of letting those obstacles stop you, focus on what you like about the sport, the reason you play, and you can find strength to overcome your hardships and improve yourself."

Part 2 next month



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MOUNT SPORTS

Robert Morris leaves NEC

Collin Rivello
Class of 2020

As this is my final article for the Emmitsburg News Journal, I wish to say a few words of thanks.

To Shea Rowell '19, thank you for hiring me to write for this newspaper. Having the freedom to write about sports every month has allowed me to discover a greater passion for journalism that I had not previously uncovered.

To Mike, thank you for putting up with my antics in the monthly, or bi-monthly, meetings at the Mount's library. The stories you told about your daily life were interesting to me despite how my then present attitude might have convinced you otherwise.

To Morgan '20, thank you for allowing me to procrastinate on my articles as late as possible. Your laid-back approach to handling me has made my life less stressful particularly during the fall semester when I was student teaching.

To Samuel Barber. You are going to have a good time writing for this paper. Doing so will open you up to opportunities in your college career that will lead you to success after-

wards. Trust me.

And finally, to all the readers who read my articles. Thank you. I do not know you nor will I ever, but thank you for taking an interest in Mount sports and thus allowing the creation of this job in which I am currently undertaking. I came to the Mount to run cross country and track, and I found more happiness and success in Emmitsburg than I could have ever wished for. My time spent on all of my articles was long, and not always easy, but it was fulfilling knowing that I was helping to inform the Emmitsburg, Thurmont, and northern Frederick regions about the wonderful sporting action at the Mount!

Now for Mount sports news. The Mount community does not know for certain whether there will be any athletic seasons for fall NCAA athletes. However, many sports teams are preparing as if there will be something to look forward to. The Mount has stated that they plan to host students on campus this fall, and the cross-country team has already scheduled their meets for this season which include races at Gettysburg, Penn State, Elizabethtown, Lehigh, Dickinson and Lebanon Valley.

In other news, on June 15, North-

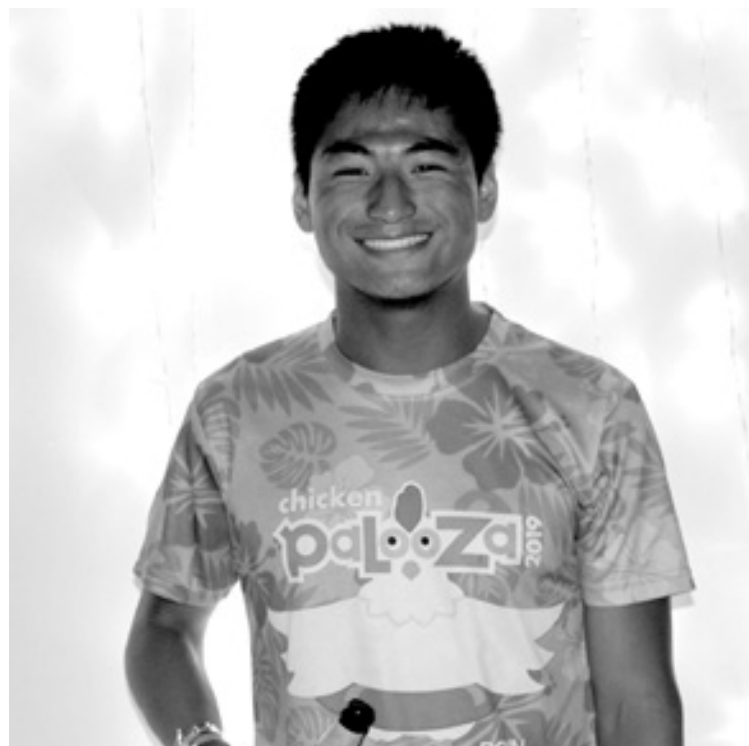
east Conference commissioner Noreen Morris announced on the NEC's website that Robert Morris University will be leaving the Northeast Conference and heading to the Horizon League effective June 30, 2020: "While we are disappointed by this news given its founding member status in 1981, we thank RMU for its long-standing partnership with the NEC and the many memories we've shared over the years. We wish RMU's coaches and student-athletes only the best as they transition to the Horizon League in 2020-21."

With Robert Morris's eventual departure, the number of fulltime member schools in the NEC will drop back down to 10. As a result, there will be several shakeups in the power dynamics across NEC sports.

In the 2019 academic year alone, Robert Morris took home three NEC title across men's golf, women's basketball, and men's lacrosse. In 2020, the Colonials took home another NEC title in Men's basketball and were favorites to win the women's basketball tournament before it was cancelled. Now, with the Colonials out of the picture, and with Merrimack still ineligible for post-season play in any sports that has an NCAA sanctioned championship, there comes a chance for a new powerhouse in the sports mentioned above.

In rugby news, Julia Crochet, Jenna Lewaren, Maya Grassi, Molly Jackson and Hannah Rhodes-Rojas earned HSBC All-Academic recognition from the National Intercollegiate Rugby Association (NIRA). Honorees must be at least a sophomore and have a 3.30 GPA or higher in order to qualify.

As a result of COVI-19, the Mount was forced into online learning, as you already know, and this caused difficulties for some, but not all students. In any case, the Mount had 149 student-athletes make it onto the 2020 NEC Spring Academic Honor Roll. Student-athletes needed to have a semester 3.20 GPA or higher in order to qualify. On the NEC Commissioner's Honor Roll, the Mount had 35 student-athletes crack the list. To get onto the NEC Commissioner's Honor Roll, student-athletes



The lovely former student-athlete who has been writing the Mount articles for the ENJ the past two years.

must have a cumulative 3.75 GPA or higher. Overall, the NEC had higher numbers this year than last year when it came to the number of student-athletes earning NEC academic honors despite the shift in delivery of learning. This can most likely be attributed to the pass/fail system implemented by a number of schools across the country, and the fact that Merrimack is a newly joined member of the conference bringing in hundreds of student-athletes into the mix.

According to the NEC's website, a league record of 3,411 NEC student-athletes landed a spot on the Academic Honor Roll, a 40.5 percent increase from the previous standard of 2,476 set during the 2017-2018 academic year. In addition, a record of 1,067 student-athletes were named

to the Commissioner's Honor Roll, a 40.2 percent jump from the previous high mark of 761 in the 2018-2019.

Commissioner Noreen Morris had this to say about the large increase in recognizes: "I couldn't be prouder of our spring sport student-athletes who continued to prioritize their academic success during the most trying of circumstances. And for NEC student-athletes as a whole to not just break, but shatter, single-year records for NEC Academic and Commissioner's Honor Roll membership demonstrates their unwavering commitment to being the best they can be in the classroom."

To read more articles by Colling Rivello, visit the author's section of emmitsburg.net.



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COMPLEMENTARY CORNER

Symptoms as teachers

Jefferson Breland

Where's Renee? Renee is good, she is fine. Renee simply asked me to help her out by writing the article this month.

Allow me to introduce myself. My name is Jefferson Breland. I am an acupuncturist licensed in Pennsylvania and Maryland. I received my Master of Acupuncture degree from Maryland University of Integrative Health, formerly known as Tai Sophia Institute, where I also received a Master of Arts degree in the Applied Healing Arts. My professional background includes the visual and performing arts, journalism, and home renovation.

Fifteen months ago, I began seeing patients on Friday afternoons in the office of my friend and colleague, Renee Lehman. You may know her from the pages of Complementary Corner, her acupuncture practice, her Dragon's Way Qigong® classes, or as your good neighbor in Gettysburg. Renee invited me to work in her office to help meet the increasing demand for acupuncture in the Gettysburg area. When the upstairs office in her building became available this past May, Renee suggested I rent it. I jumped at

the opportunity. Becoming a practitioner in Pennsylvania is special to me; it marks a return to my home state as I grew up in Pittsburgh.

Renee and I met eight-years ago when we began our training to become certified Dragon's Way Qigong® instructors. Since then we have become good friends and we both continue to study with Grand Master Nan Lu, a Doctor of Oriental Medicine, and the creator of the Dragon's Way Qigong® program. Renee and I share similar philosophies about healing and serving people.

One of these philosophies is the Life Rules which Renee discussed wonderfully last month: There are no accidents; Everything happens for a reason; Everything happens for good.

I would like to offer another angle on how one might understand and use the Life Rule "Everything happens for good" in daily life. I propose that symptoms happen for good because symptoms are our teachers.

You may ask, "How can symptoms be good when they can be uncomfortable, inconvenient, and sometimes terrifying?"

They are good because symptoms are the body's natural way of calling us to take care of ourselves. Symptoms offer us the opportunity to

take action to help ourselves. They are like the "check engine" light in our car. Symptoms point to sometimes subtle and sometimes profound ways that something in our bodies or in our lives is out of balance and needs attention. We can ignore the "check engine" light in our car, put tape over it so we can't see it. We can turn up the music in the car when the engine makes a funny noise so we can't hear it. As many of us know, if we ignore our cars' warning lights, rather than needing a simple oil change, we might need a new transmission or a new engine. Which would you rather pay for?

I grew up in a house where in the cabinet above the stove, there was a bottle of aspirin or ibuprofen and a bottle of antacid tablets. This was the way I learned to ignore my body's "check engine" light of smaller symptoms like a headache or indigestion. It was my family's way of addressing these regular "check engine lights."

For years, I masked the symptoms of headaches and a sour stomach with these medicines. It never occurred to me that I had any choice, much less any power to make them go away without medicines; in other words, to heal myself. It never occurred to me to look at these symptoms like a cut or sprained ankle. I knew how to tend

these injuries and let my body heal itself. I knew that if I disinfected the cut and kept it clean and covered with a bandage, it would take care of itself. I knew that if I reduced the swelling of my ankle and kept my weight off it, it would feel better over time; but, I forgot something important. The it, my skin, my ankle is me. So in fact, I was healing myself. This basic healing ability is available to us for even more complicated issues if we use the opportunity to create the conditions to heal ourselves.

As for the headaches and indigestion symptoms, I was lucky. The worst my indigestion got was advancing to acid reflux with the stomach acid irritating my vocal cords. I was prescribed a strong stomach-acid reducer and at the same time I learned relaxation techniques which helped me address the root cause of my symptoms, stress. When I learned how to release the stress in my life and be more peaceful, my symptoms stopped returning.

My mother was not as lucky. She masked the symptoms of headaches and stomach issues and progressed to more complicated and painful concerns requiring hospitalization and surgery.

In general, if we knew that these "lesser" symptoms were here to help us and took the opportunity to make small, sustainable changes in lifestyle or diet, we could have avoided much unnecessary suffering. Lifestyle modifications don't mean that we have to give up foods we love or activities that help us enjoy life. Modifications help us learn what supports and what does not support our body.

This perspective of making small and sustainable changes has more to do with helping ourselves by paying closer attention to food, emotions,

and lifestyle and helping ourselves than by making sacrifices. An example of a change could be something as simple as getting more sleep or turning our cell phone, computer or computer tablet off an hour or more before bed, or taking a small break from watching the news on television.

We can observe our symptoms and make lifestyle modifications that change our symptoms, or we can suppress them. Our symptoms are our teachers. They teach us that we have a choice.

I ask that you consider making lifestyle changes. If you suppress symptoms you take the chance that the root cause of those symptoms will surface somewhere else in our body in a more severe form. You could think of it as a mortal game of "Whack-a-Mole."

Another way of looking at suppressing minor symptoms with pain relievers, antacids, and other over-the-counter medicines, is that when we take them, we are denying our body the opportunity to heal itself. Our ability to heal ourselves is one of the greatest gifts human beings have been given by the Universe or God.

Please note I am not saying to ignore your symptoms. I hope that you understand that I am asking you to think of symptoms as teachers.

If certain symptoms persist, I recommend scheduling an appointment with your primary care physician or your local acupuncturist to gain some insight about how you can help yourself.

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HEALTH AND FITNESS

Pandemic triggering harmful and risky addictions

Andrew Wyka

Part 2

As we venture into the uncharted waters of the coronavirus pandemic, many people are struggling and may be looking for a means to relax, escape and seek enjoyment. Some of these activities may include drugs, alcohol, gambling, or any other risky activity that may have an impact on one's ability to function. These substances and behaviors may lead to dependence and addiction while attempting to cope with the current situation and its multitude of unknowns. Addiction is a progressive, but treatable, disease that is exacerbating in times of stress, anxiety, isolation, and uncertainty. This disease is also aggravated in people with poor coping skills, depression, and certain genetic factors based on family history.

Many people recovering from an addiction are relapsing finding it difficult to cope. 'Social isolation' enhances the risk for addiction. A common truism in recovery culture is that 'addiction is a disease of isolation,' so it stands to reason that social distancing – in every possible way

– is counter to most efforts to engage in a recovery community." (Peter Grinspoon, MD | April 20, 2020 – Harvard Health Blog: A tale of two epidemics: When COVID-19 and opioid addiction collide)

Early on, an individual addicted to drugs or alcohol may be able to function in their job, school or relationships with others. However, the addiction will likely become worse over time and affect the ability to function in a basic manner at work or school, as well as with familial or romantic relationships. However, not everybody that misuses a substance has an addiction. Addiction is rather the long-term inability to moderate or cease intake. The primary symptoms of addiction include uncontrollably seeking drugs or alcohol, engaging in harmful levels of habit-forming behavior, neglecting or losing interest in activities that do not involve the harmful substance or behavior, emerging relationship difficulties, changes in appearance and hygiene, and increased secrecy.

This pandemic has fueled addictions, as everyday life begins to feel intensely mundane or overwhelming. In addition to

the concerns of contracting the virus and losing loved ones, there are increased feelings of insecurity, loneliness, isolation, depression, and fear of financial security at the basic level.

Although the recommendation is to practice physical distancing during this pandemic to protect the most vulnerable populations, this does not necessitate limiting emotional distance from friends and loved ones. The stay-at-home orders have certainly cut people off from their typical support systems and usual activities, and the isolation adds to the anxiety even beyond the underlying factors of addiction. However, it is important that people continue to reach out to those they typically feel comfortable discussing issues with or professional support systems by any means possible. This includes phone calls, video messaging, texting, social media, or in-person visits while maintaining appropriate physical distancing.

Those struggling with addiction or addiction tendencies need to feel that not alone and forgotten. They need medications to recover, as well as adequate medical care, food and housing, and the basic needs. If any good has

come out of the misery of the combined COVID-19 and opioid epidemics, perhaps it is that a clear, bright light has been shined on the deadly social fissures – poverty, income inequality, lack of health insurance and access to healthcare, homelessness – that are the true social determinants of health we will need to address as part of an effective response to future pandemics." (Peter Grinspoon, MD | Harvard Health Blog)

Here are some actions people can take to help cope:

- Create a healthy routine that includes regular sleep and work hours, nutritional balance, and plenty of exercise.
- Establish and maintain goals – even a small goal to complete in a day.
- Maintain connections with contacts virtually or while remaining physically distanced. Keep in touch with friends and family. Make extra efforts to maintain social bonds during this time of enormous stress and dislocation – physical distancing does not mean social distancing.
- Seek medical treatment, if

necessary. Drug and alcohol rehabilitation centers are still open during COVID-19 to provide essential treatment to those who need it. Also, Alcoholics Anonymous and Narcotics Anonymous and other the support groups still have virtual meetings.

- Keep a positive attitude and a busy mind. This may include reading recovery-oriented literature, practicing prayer and meditation, engaging in healthy hobbies when possible, journaling thoughts and feelings, and completing arts and crafts projects.
- Volunteer at a charity to assist with pandemic efforts, such as passing out food and water to others needing help.
- Supporters and loved ones can help by establishing an environment of open communication, active listening, and encouragement; but at the same time holding them accountable.

Andrew Wyka is a Senior at West Virginia University in a Multi-Disciplinary Studies Program including Drug Addiction, Sociology and Marketing.

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Monday–Friday, 8AM–4PM

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Unacceptable Items: needles/sharps, inhalers, thermometers, aerosol cans, ointments, liquids, lotions, hydrogen peroxide, medicine from businesses or clinics

Stay In The Know by visiting stayintheknow.org/opioids

A collaborative effort of local law enforcement, local government, and the Frederick County Health Department with funding from MDH and SAMHSA, 2020.



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ASTRONOMY

The night sky of July

Professor Wayne Wooten

For July 2020, the Full Moon (the Hay or Thunder Moon) occurs on July 5th. It will be just to the lower left of bright Jupiter on the 5th, making a fine triangle with fainter Saturn to the east (left) of Jupiter as all three rise in the sunset sky. The last quarter moon is to the lower left of brightening Mars in the dawn on July 11th. The waning crescent moon is just below the Pleiades cluster on the morning of July 16th, and just left of brilliant Venus on July 17th. The thin crescent Old Moon is just left of Mercury in the dawn on July 19th; binoculars will help spot them with a clear NE horizon. The new moon is July 20th. The first quarter moon is July 27th, and as the month ends, the waxing gibbous moon is again below Jupiter on August 1st, and to the left of Saturn on August 2nd.

Mercury is too close to the sun for convenient observing in July, but Venus returns to the dawn sky. She passed between us and the Sun in June, and climbs higher and brighter in the dawn in July. The striking crescent is best seen just at sunrise, against a brighter blue-sky background.

Mars comes to a historically close and bright opposition this fall, so as our faster moving Earth overtakes the red planet, it gets brighter in the dawn sky all month. By the end of the month, moderate sized scopes should reveal a tiny summer south polar cap, with the disk now 86%



On June 21st the first solar eclipse of 2020 occurred. Few a few minutes the Moon will be perfectly aligned in the center of the Sun, revealing a circle of brightness or 'ring of fire'. 2020 will see two more lunar eclipses and one solar eclipse.

sunlit, 14" of arc across, and shining at an impressive red -1 magnitude. It will be more than 6X brighter at opposition in three months!

The highlights of July skies are the two giants at opposition. Jupiter rises at sunset on July 13th, and Saturn follows on July 20th. With smaller scopes, note the four Galilean moons in a row around its equator, shifting positions hour by hour. The Great Red Spot is within range of 3" scopes, and a lot of detail in its belts and zones emerges with even bigger scopes. Note that Marc has captured the Great Red Spot on the lower left limb of the planet. This long lasting storm in the clouds of Jupiter has lasted over 300 years, and is still bigger than our whole planet Earth. Note to the right of Jupiter, the large volcanic moon, Io, larger than our own, appears tiny compared to the king of the planets! Also note Jupiter spins so fast, in less than 10 hours,

that its equator bulges 10% wider than its polar diameter. It will happen to you, too, young uns....

Saturn's rings are now tilted 21 degrees as seen from Earth, and this means the top of the ring lies exactly behind the planet's north pole, while the bottom sits directly in front of the south pole. Earlier they were tilted more, so you could see the rings both above and below the planet's disk, as Marc's shot clearly shows. Note also the shadow of the planet on the upper right edge of the rings, Cassini's division, should be visible with a 3" scope, as should its huge moon Titan. Four other mid sized moons are visible with 6-8" scopes, as well the thinner Encke's division, farther out on the outer ring here. Great shot, Marc!

While the naked eye, dark adapted by several minutes away from any bright lights, is a wonderful instrument to stare up into deep space, far beyond our own Milky Way, binoculars are better for spotting specific deep sky objects. For a detailed map of northern hemisphere skies, visit the www.skymaps.com website and download the map for July 2020; 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.

If you drop south from the bowl of the Big Dipper, Leo the Lion is in the SW. Note the Egyptian Sphinx is based on the shape of this Lion in the sky. Taking the arc in the Dipper's handle, we "arc" SE to bright orange Arcturus, the brightest star of Spring. Cooler than our yellow Sun, and much poorer in heavy elements, some believe its strange motion reveals it to be an invading star from another smaller galaxy.

This is the Sagittarius Dwarf Galaxy, now colliding with the Milky Way in Sagittarius in the summer sky. It lies on the far edge of our own barrel spiral, and may account for the formation of our bar. Moving almost perpendicular to the plane of our Milky Way, Arcturus was the first star in the sky where its proper motion across the historic sky was noted, by Edmund Halley.

Spike south to Spica, the hot blue star in Virgo, then curve to Corvus the Crow, a four sided grouping. North of Corvus, in the arms of Virgo, is where our large scopes will show members of the Virgo Supercluster, a swarm of over a thousand galaxies about 50 million light years distant.

To the east, Hercules is well up, with the nice globular cluster M-13 marked on your sky map and visible in binocs. The brightest star of the northern hemisphere, Vega (from Carl Sagan's novel and movie, "Contact"), rises in the NE as twilight deepens. Twice as hot as our Sun, it appears blue-white, like most bright stars. At the opposite end of the parallelogram of Lyra is M-57, the Ring Nebula.

Northeast of Lyra is Cygnus, the Swan, flying down the Milky Way.

Its bright star Deneb, at the top of the "northern cross" is one of the luminaries of the Galaxy, about 50,000 times more luminous than our Sun and around 3,000 light years distant. Under dark skies, note the "Great Rift", a dark nebula in front of our solar system as we revolve around the core of the Milky Way in the Galactic Year of 250 million of our own years.

To the east, Altair is the third bright star of the summer triangle. It lies in Aquila the Eagle, and is much closer than Deneb; it lies within about 13 light years of our Sun. Use your binocs to pick up many clusters in this rich region of our own Cygnus spiral arm rising now in the east.

To the south, Antares is well up at sunset in Scorpius. It appears reddish (its Greek name means rival of Ares or Mars to the Latins) because it is half as hot as our yellow Sun; it is bright because it is a bloated red supergiant, big enough to swallow up our solar system all the way out to Saturn's orbit! Scorpius is the brightest constellation in the sky, with 13 stars brighter than the pole star Polaris! Note the fine naked eye clusters M-6 and M-7, just to the left of the Scorpion's tail. Beautiful Saturn now sits well north of the stinger on the scorpion's tail.

Just a little east of the Scorpion's tail is the teapot shape of Sagittarius, which lies toward the center of the Milky Way. From a dark sky site, you can pick out the fine stellar nursery, M-8, the Lagoon Nebula, like a cloud of steam coming out of the teapot's spout. Jupiter and Saturn both lie east of the teapot, on the border with Capricornus.

To read past editions of the night sky, visit the author section on emmitsburg.net.

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Farmers' Almanac

"I realize that patriotism is not enough. I must have no hatred or bitterness towards anyone"

—Edith Cavell (1865-1915)

Mid-Atlantic Weather Watch:

Fair and warm (1, 2, 3, 4, 5) with storms (6, 7, 8); fair and very warm (9, 10, 11, 12) with periods of storms (13, 14, 15, 16, 17, 18, 19, 20, 21, 22). Hazy, hot and humid (23, 24, 25, 26) with Atlantic hurricane, heavy rain (27, 28, 29) turning hazy, hot, and humid again (30, 31).

Full Moon: July's Full Moon will occur on July 4th. Native Americans called it Thunder Moon due to the high number of thunderstorms during the month, some quite severe in many areas, that occur during the month. It has also been called Buck Moon given the rapid growth of antlers on young bucks in July and Hay Moon and Ripe Corn since both hay tends to ripen and because of the appearance of young corn on the stalks.

Special Notes: The 'Dog Days of Summer' begin on Friday, July 3rd and will continue into mid-August.

Holidays: July 4 - Independence Day falls on Saturday in 2020. Celebrate safely and enjoy the holiday while remaining cautious during this pandemic. If spending time outdoors, use plenty of sunscreen, applying it frequently to yourself and the kids, especially if swimming or engaging in strenuous activities like sports or hiking.

The Garden: Be sure that all tall annuals and perennials are securely staked so that they will remain upright during the afternoon thunderstorms that are so common for this time of year. During the dry summer months, remember to mow the lawn when it is high and mow less often. Taller grass withstands drought better because its blades shade the soil. Allow roses to rest in July and August. Do not fertilize, but continue spraying, and give them a light pruning in July to

encourage new fall growth. Repot houseplants that have been kept outdoors if roots start to crowd their containers. If you have to divide plants, give them a chance to recover from the disruption to their root system by keeping them in the shade for at least a week.

The Farm: Best for planting root crops (14, 15); weeding and stirring the soil (21, 22); planting above-ground crops (1, 27, 28); harvesting all crops (2, 3, 6, 7, 8); the best days for setting hens and incubators (1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 27, 28, 29, 30, 31); the slaughtering and butchering of meat (20, 21, 22, 23, 24, 25, 26); transplanting (20, 21, 22, 23, 24, 25, 26); the weaning of all small animals and livestock (2, 3, 4, 5, 6, 7, 8, 9, 10, 29, 30, 31); harvesting and storing grains (12, 13, 14, 15, 16, 17, 18, 19).

J. Gruber's Thought For Today's Living

"Do not regard liberty and freedom so lightly that you forget its value and take it for granted."

COMPUTER Q&A

Not backing up your data could cost you!

Aysë Stenabaugh
Jester's Computer

Too often the “out of sight out of mind” concept can bite us in the behind. Recently, an Emmitsburg Daughters of Charity resident contacted us because she was unable to access her data. Upon completing diagnostics on her storage device we determined that in order to recover her data she would have to send her hard drive to a data recovery specialist. Later she learned that the mistake of not backing up her data would cost her \$800.

Data that is stored on only ONE device is never completely safe because all physical storage devices will eventually fail. The only way to protect your data is to ensure that data is either being manually copied to another storage device, an automatic backup to an external storage device is configured to run at regular intervals or cloud storage is being utilized and data is being saved properly to your cloud storage. Any of the above methods will help ensure that your data is safe, read on to learn the benefits and limitations of each option.

CDs and DVDs are the least secure storage method and are the most likely to become damaged or lost. If you've ever found yourself listening to a music cd only for it to start skipping, the disc probably got scratched or damaged. Since your relying on a laser to burn the data into the disc the slower the burn speed the deeper the burn or etching of the data into the disk. If you do choose to burn your data to a disc, choosing a slower speed can help ensure that your data won't get damaged as easily but it doesn't prevent scratches. It's okay to burn a copy of data to a disc if you need to share your files with another person but we wouldn't recommend using it as a method to backup or store a single copy of important data.

Flash Drives can seem like a good storage option since there are no moving parts and USBs are readily accessible on most devices. In reality, flash drives were never meant to be permanent storage media instead, the devices were designed to copy files from one device and easily transfer them to another. The problem with this is that flash drives can be easily lost or damaged. Flash drives, similar to solid-state hard drives have a limit on the number of times it can write to and erase the memory in the device. Additionally, plugging a flash drive into a device that is not properly regulating its power can cause a surge that can damage the hardware.

External backup drives that remain plugged in and are configured to backup your data are a good option to automatically ensure that your data is stored in a second location. Windows 8 and Windows 10 both provide the ability to set up file history which will automatically copy and new or changed files to your external stor-

age device. Additionally, on Windows 7 and newer devices, you can perform a system image or setup your image on a regular schedule. A system image is a snapshot of your entire computer including personal files, programs, and settings. Having a system image can prevent you from needing to locate and re-load all of your programs and restore your files and settings. A system image can only be saved to an external hard drive (unless you have the pro versions of Windows which allows network storage devices to be used). Using an external backup drive you do have an initial cost (Our backup drives including setup are \$110), at some point any physical storage device could fail at which point you would replace that device.

Cloud storage is a great way to ensure that all of your data is safe in the event of a fire or natural disaster. When configured properly, data can be saved to the cloud and the computer automatically. With cloud storage, you can typically access your cloud data from

any device with internet access by logging into your account. There are several different cloud storage options including Dropbox, OneDrive, and iCloud. For those that want to utilize Microsoft Office software such as Word, Excel or Outlook can benefit two-fold by subscribing to Microsoft 365 (formerly office 365) which provides the latest versions of their Office software as well as 1 Terabyte of online storage for a yearly fee.

Too often we see our customers in tears because they lost pictures, videos, school work, etc that was not properly backed up. If you want to ensure this doesn't happen to you we strongly recommend considering at least one of the options above, ideally both a physical and cloud storage. If you find yourself with questions about data storage or if you need assistance with your computer, consider reaching out to us at Jester's Computer Services for advice or to schedule an appointment at 717-642-6611. You can also find us on the web at www.jesterscomputers.com.



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HUMOR

The antics of the Emmitsburg Chapter of the Former Former Boozers Association As originally published in the Emmitsburg Chronicle.

1915

February 12 - No Full Moon This Month

Due to the fact that full moons follow one another at intervals of, approximately, 29 and a half days, and as January had the rare good fortunes to scheduled two full moons. One on the first and another on the 30th, poor little February will be deprived of what she should justly have. February, because it contains fewer days, is the only month that is ever slighted in this way.

The last time a February passed without a full moon-in America, at least, was 1847. 1885 Europe had no full moon during February, but the full moon was visible before midnight on the last day of the month in this country because of the five hours difference in time. Next month, March will have two full moons, but after that each month will only have one full moon for some years.

February 19 - Former-Former Boozers Protest Lack of Full Moon

At their monthly meeting at the New Sagle's Hotels saloon the Emmitsburg Former Former Boozers Association approved a motion to submit a letter of complaint to the American Astronomical Association for failing to schedule a full moon in February.

Boozers' President Dr. John Glass told the Chronicle reporter: "Most 'shine' made on the mountain is moved on full moon nights. The fact no one scheduled a full moon in February is outrageous."

According to Dr. Glass, "It's hard enough to move 'shine' in full moon light after you sufficiently verified its quality by taste testing, I can't imagine what it will be like to move it in the dark. The people in charge of scheduling full moons are just asking for hard workingmen to get hurt. One just has to look at how many of our members get hurt every night falling down on their way home from the bar to see what I mean."

Dr. Glass said "Not having a full moon is just plain un-American and said he would not be surprised if the Women's Prohibition Movement was behind the canceling of the February Full Moon."

March 26 - Boozers to Ride to Coast

"Uncle Joe" Walling, one of the founding members of the Emmitsburg Chapter of the Former Former Boozers Association has announced he intends to ride from Emmitsburg to the Pacific coast, starting next Thursday, April 1. His only companion on this trip will be the pony he rides, a stocky, well-built little animal which he bought from Patterson Brothers at this place.

To prepare for his long journey, he intends to close the Hotel Sagle's saloon every night and see how far his pony can get towards home before he falls off.

It is said that the Hotel Sagle's Saloon is sponsoring Walling's trip and that it will supply him booze to get him to at least Zora, and advertising material to distribute along the route. The Emmitsburg Cornet Band will escort "Uncle Joe" to the town limits when he makes his departure, and will involve great jollifications by the members of Former Former Boozers Association.

May 14 - Caught Violating Dry Law

The first arrest since Carroll County went dry was made on Sunday, when the Westminster and Reisterstown bus was stopped on the outskirts of Westminster. Four men with several suitcases full beer and whiskey that had been purchased at Reisterstown, were taken custody. The men were given a hearing and each was fined \$50 and costs.

May 21 - Boozers To Raise Funds for Reisterstown Boozers

The Emmitsburg chapter of the Former-Former Boozers Association has announced they will hold a fundraiser tomorrow night to help raise funds for the four men arrested in Carroll County last week on charges of violating that county's new dry law. The fundraiser will take place in the Hotel Sagle's bar. Boozers will skip every fifth drink and donate the money to the Reisterstown Boozers. "50 bucks is a lot of money to lose on some stupid law women folk tricked their husbands into passing." Said Boozers President Dan Shorb. "That's probably two full months of drinking money. It's just downright wrong. How's a man supposed to face the world without booze?"

May 28 - Boozers Raise Four Dollars

The Former-Former Boozers fundraiser last week only managed to raise \$4 because many members opted to spend the money they were to have donated by skipping their fifth drink to buy their sixth drink. "Many of our members have a hard time counting to 5 in the first place, counting to 5 when they were drunk was just asking too much of hard working men." Said Boozers John Glass. "While they failed to raise real money, at least the money

was put to good use in buying booze here in Emmitsburg." Said Glass.

July 2 - Boozers' Crash Into Pole

A five-passenger touring car was badly damaged after crashing into a telephone pole on the state road at the base of Payne's Hill, near Thurmont, early Saturday morning, John Cool suffered a broken nose and badly cut face. Benjamin Topper, who was running the car, was bruised and shaken up. Basil Sanders, John Wetzel, and Robert Ridenour were cut by flying glass. The accident was attributed to booze.

The occupants of the auto, all members of the Emmitsburg chapter of the Former-Former Boozers Association, were returning from a 'shine run' in the mountains.

According to Topper, the occupants got to sampling the 'supply' and he "plain forgot that he was supposed to be steering." "I never had to worry about steering with 'Old Luke (his horse)," said Topper. "I tell you now, autocars are going to put an end to a man's constitutional right to drink and drive. No wonder womenfolk like them so much."

It is estimated that it will cost about \$350 to repair the damaged auto, which was the property of the New Sagle Hotel Garage.

August 13 - Camp "Tak-it-esy"

Undaunted by the heavy rains of last Wednesday and Thursday, members of the Emmitsburg Former-Former Boozers Association pitch tents on the banks at the confluence of Flat Run and Toms' Creek in defiance of the predictions concerning Saint Swithin's Day, Wednesday and by Friday, Camp "Tak-it-esy" was well underway.

Two large waterproof tents provided ample sleeping quarters for the party, and three other tents - the dining, cooking and provisions (liquor) tents served the all the remaining needs. The creek and a rowboat offered pleasure for the devotees of fishing and aquatic sports, but of course, the main attraction was the ability of the members to drink without the incessant nagging of wives.

Evenings were spent in the scholarly pursuit of selecting the best 'Shine.' Unfortunately no one bothered to write the winners down, and no one remembered the next morning - which was Ok with the members as that meant they had to repeat the "study" the following night. As the camps name implies everyone took it easy, and all enjoyed to the fullest their little outing.

September 10 - Boozers' Embrace Hobo

An Itinerant Italian musician visited this place last week. The young musician display great talent on the accordion and was greeted with considerable hospitality by residents of this place, especially by the members of the Former-Former Boozers Association. At the encouragement of the Boozers the Hobo's filled the night air of Square with old time drinking songs, the lyrics to which the thoroughly boozed Boozers gleefully added with all the volume men of their nature could muster. While the shrill voices of prohibitionist could be occasionally heard in the early morning hours calling for an end to the revelry, the Boozers seemed un-phased, especially after Constable Glass joined them after being asked to quiet them by nagging womenfolk in town. The festivities only came to an end with the first beams of bright morning sunlight - which proved too much for the eyes of those still able to stand up.

October 15 - Boozers Celebrate Defeat of Suffragettes

The Chronicle office was the scene of celebration Wednesday night as the results of the New Jersey vote on Suffrage was reported. The Former Former Boozers formed a line from the Chronicle's offices to the Hotel Sagle's bar to relay the results as they were posted in the Chronicle's window. Emmitsburg Suffragettes gathered in front of the Reformed Church to sing hymns in support of the moment.

As the vote had been expected to be close, the willingness of the men in New Jersey to stand up and do what was right - that being to protect women for the weighty task of voting, a responsibility which all

Due to virus social gathering restrictions, check the Thurmont Event Complex Facebook page for the status of this and other events

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HUMOR

men know a women's mind is incapable of grasping – was received with great support by the men in town.

As the scale of the defeat of the Suffrage vote became clear, Boozers exited the Slagel's bar to carry their celebrations to the street. The whooping and hollering of drunken Boozers could be heard throughout town, drowning out the whining voices of the losing suffragettes.

Feb 25 - Boozers Celebrate Suffrage Vote

Former Former Boozers turned out in force to heckle the suffragettes who gathered on the Square last night to protest the defeat of the state bill to allow women to vote. The Boozers paid a dollar to the boy who could blow out the most candles held by the women – which according to Boozer President Dan Shorb - was a far better use of a dollar than killing flies. "Flies I can live with," said Shorb, "but what right minded man can live with a women voting?" Calls to end the boozers' celebration went unheeded as Constable Shuff was partaking in the celebration himself.

March 17 - Unmarried Men To Be Taxed

Unmarried men should pay a fixed sum of money, in the form of an annual tax, towards the support of public schools, according to William McAllister, one of the progressives of Baltimore County, who went to the state House at Annapolis, last week to introduced an anti-bachelor bill. The measure provides that all unmarried males over 21-years of age shall pay an annual tax of two dollars to be used for public school purposes.

March 31 - Boozers' Protest Bachelor Tax

The Former Former Boozers gathered in the Square Saturday night to protest the call for a bachelor tax. The plan to burn William McAllister, who proposed the tax,

in effigy, was called off when it was found Bill Shields had drunk the 'spirits' that were to be poured over the effigy so it would burn. In his speech to fellow Boozers, President Dan Shorb said everyone knew marriage was an institution created by women soon after man discovered how to make booze – and that marriage clearly was focused on preventing man from enjoying booze as it should be enjoyed – liberally" Mark my words," warned Shorb, "if they are successful in taxing men smart enough to escaping the bondage of marriage, you can be sure they are going to try to tax your booze next." Following the speech, the Boozers retreated into the Hotel Sagle Bar where the conversation generally focused on the good old days before members had been forced into marriage.

April 14 - Boozers Celebrate Anniversary

The Emmitsburg Chapter of the Former Former Boozers Association celebrated the second anniversary of their founding in the usual way – by imbibing liberally with the fruits of Mr. John Barleycorn at the Hotel Slagel's bar. Before the group became too inebriated, Dr. Glass, the chapter's president, recounted the group's successful efforts to throw cold water on the local woman suffrage movement, calling forth the idea that "women are smart enough to vote poppy cock."

Glass also gave a report on Dan Shorb, the intrepid Boozers who

set out for the west coast on his trusty mule Luke last year. According to Glass, Shorb, who is committed to stopping at every bar and saloon he passes, has gotten as far as Williamsport. Apparently, Shorb's progress has been delayed significantly due to his repeated arrests for public drunkenness. Glass's call for funds to bail out Shorb for his latest arrest went unheeded, as the members of the society decided instead to spend

their money on getting drunk in his honor.

Glass also announced that the Society would hold its second annual summer boozefest at the farm of Dr. Brokaw in Rocky Ridge. Dr. Brokaw, a founding member of the society, and well know veterinarian in the district, recently called for the banning of auto-cars on public thoroughfares, as they were a danger to people out riding their horses.

Continued next month

1916

January 14 - Boozers Establish Drinking Rules

In an effort to separate themselves from out of town rowdy drunks, the Emmitsburg chapter of the Former Former Boozers Association has told its members that when drunk – which as far as we can tell is all the time – they should refrain from passing out or relieving themselves on Main Street during the day. Passing out or relieving oneself on Main Street at night or on side streets and alleys during the day is ok. Relieving oneself in front of homes of known prohibitionists or suffragists is encouraged. In addition, Boozers are to refrain from shouting that can be heard more than two blocks, unless the shouter is alerting another boozers of the approach of a wife seeking to infringe upon a man's right to drink or they are trying to annoy known prohibitionists or suffragists. Public singing is also prohibited unless the singer is Irish.

Thurmont's Annual Gateway to the Cure Covered Bridge 5K Run/Walk!
Sunday, Sept. 13
8:30 a.m.
Eyler Rd. Park, 15 Eyler Rd., Thurmont

2 Ways to Register:
 1. Register at RunSignUp.com & enter Gateway to the Cure
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\$35 Per Person



All participants will receive a T-shirt. Pre-registered entries will receive their shirt at the event. Sign-ups 10 days or less prior to the event will have their shirts mailed.

All proceeds benefit the Patty Hurwitz Breast Cancer Fund at Frederick Health Group/ James Stockman Cancer Center.

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THE BBQ STAPLE HOT DOGS & HAMBURGERS

CHARCOAL and all of your cookout needs!




301-447-6688

“Hello neighbors. Happy Fourth of July! To make sure the celebration is complete, please help us and respond to the 2020 Census. Annual distribution of over \$675 billion of federal funds are distributed to communities based on Census data. Each of us who is registered equates to \$18,000 per person over the next decade. Lots of new community services are needed. Let’s do all we can to keep taxes low.”

*Donald N. Briggs
Mayor of Emmitsburg*

You Count! ✓

2020

CensusFrederickCounty

Whether you rent or own your home, you need to complete the 2020 Census.

Your response shapes the amount of federal funding that our towns receive to address issues such as housing and food assistance, public schools, vaccine distribution and much more. The Census is easy, safe and important to the future of Frederick County!

**Complete the
2020 Census,
Win an iPad**

If you live in the 21727 zip code and send your Census confirmation to info@emmitsburgmd.gov you'll be entered into a contest to win an iPad!

For each person that is not counted (from babies to seniors), our community loses \$18,000 per person of federal money over the next ten years to invest into important community programs and services.

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