

Emmitsburg NEWS-JOURNAL

VOLUME 14, NO. 2

“EXALTING THE IMPORTANCE OF IDEAS AND INFORMATION” —EDWARD R. MURROW

FEBRUARY 2022

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Matt Boyd receives 2nd Member of the Year Award

At its annual award and recognition ceremony on January 8, the Vigilant Hose Company (VHC) paid tribute to members for their dedication and service to the community.

The Member of the Year Award was presented to Matt Boyd for continually exemplifying enthusiasm for service and putting it above everything else. Boyd's eager approach to new tasks and continuous skill building is clearly an integral part of his character as this marked Boyd's second time receiving the award.

As a firefighter, Boyd said he values the ability to help people who are having a bad day.

Boyd has been with the company for about seven years and not only grew up around the department as a second family but has multiple family members in it as well.

"It's a great group of people, we all support each other like a family," he said. "We are very proud of him," his mother and VHC Treasurer Jo Ann Boyd said, noting his father Bill Boyd received the recognition in 2012.

VHC's highest honor, the Hall of Fame Award was presented to Frank Rauschenberg for his lasting contributions to VHC, the community, and the region. Over the years, Frank, a Life Time member of the company, has served in multiple leadership positions, including President and Vice President of the Company.

Upon receipt of the award, Chief Umbrel informed Rauschenberg that tradition required him now to purchase a case of 'really good' beer for all living Hall of Fame Members, which a broadly smiling Rauschenberg agreed to do to the cheers of the Company members.

This year's President's Award was presented to Josh Brotherton. A member for over a decade, Brotherton was recognized for having rapidly taken on several leadership roles in the organization in support of both the operational and administrative functions. According to VHC President Thomas Ward, "Both younger and senior members look to him (Brotherton) as a role model for his calm, cool demeanor and continually



Bill Boyd was the recipient of this year's Vigilant Hose Co.'s "Member Of The Year" award for continually exemplifying enthusiasm for service to the company.

expanding knowledge base that he devoutly shares with others to improve their own skill set. He is always ready to support another member and showcases sincere devotion to the company."

Although not an award for heroism, the Chief's Award is given to an individual who selflessly supports the Chief, the department, and the community. This year, Police Captain Jim Barto was the recipient for his tireless efforts towards building the knowledge skills and abilities of those that protect company members on

the scene of incidents. In presenting the award, Chief Umbrel said Barto "had taken on this task like no other. With regular monthly training, establishing policy's adopted at the county level and has committed himself to the business of public safety."

Length of service awards were also awarded, with Herbert Click receiving his for 45 years of service; Larry Glass for 50 years; Michael Orndorff and Roland Sanders for 55 years, and last but certainly not least, Tom Hoke for his over 80 years of service to the company.

Mount Hope Maple Madness returns

Cold winter days practically call for hot off the griddle pancakes smothered in fresh, warm maple syrup for hearty weekend breakfasts. Partner these delicious pancakes with local craft vendors and maple sugaring tours and you've got a morning full of fun for the whole family.

Mount Hope Maple Madness has finally returned!

All are invited to discover the generations-old technique of how everyone's favorite syrup makes it from the forest to the kitchen table Saturday, March 5 for Strawberry Hill Foundation's Mount Hope Maple Madness at Camp Eder.

An all-you-care-to-eat pancake breakfast will be held from 8 to 11 a.m. and tours through the maple sugar making discovery will be held from 8 until 10:30 a.m.

Maple Madness is a seasonal community favorite because "There are not many big outdoor opportunities this time of year. We are very excited, we very much missed it," Amanda Markle Environmental Education Manager said.

During the pandemic, Strawberry Hill held private tours throughout the maple wonderland the last Saturday of February, but nothing can compare with the full hands-on experience of Maple Madness.

Contrary to popular belief, the first sign of spring is not the appearance of a robin but is noted as the running of sap through maple trees, and currently maple sugaring is kicking into high gear in this area. Everyone knows maple syrup but not everyone knows the full process so it's a neat hands-on experience especially for younger children," Markle said.

All ages are invited to see this tradition brought to life by Strawberry Hill naturalists. Demonstrations will exhibit the tree trapping process, detail how trees are tapped, view sap-collecting methods past and present, and see the boiling process that produces delicious maple syrup.

This year's Maple Madness will mark Strawberry Hill's first big event since coming out of COVID-19 hibernation, the entire team at Strawberry Hill wants it to be perfect.

Unlike previous years Maple Madness taking place over two wintery Saturdays, the nature preserve's board decided to hold this year's maple festival as a one-day only event.

"We are excited to focus our energy and efforts on this one day to make sure that we are offering the community a great opportunity to come together and enjoy this experience in the most responsible way possible," Markle said.



All are invited to discover the generations-old technique of how everyone's favorite syrup makes it from the forest to the kitchen table.

rience in the most responsible way possible," Markle said.

Fans of the maple festival can still expect crowd favorites and an amazing time in the great outdoors.

The annual Maple Madness Festival began more than a decade ago as a small pancake breakfast to raise money for environmental education. Over the years Strawberry Hill has developed their maple-sugaring program and built a strong connection with Camp Eder and as a result, the pancake breakfast has grown into a festival that serves hundreds of visitors each day.

Strawberry Hill serves more than 6,000 school children annually, providing important hands-on learning experiences. They work hard to keep field trip fees low enough to be accessible by public schools, and fundraisers like Mount Hope Maple Madness are a community-centered way toward that goal.

For more information about Strawberry Hill Foundation as well as to purchase tickets in advance for Maple Madness can be found by calling 717-642-5840 or visiting www.strawberryhill.org.

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EMMITSBURG NEWS

Metering for lawn watering considered

At its January 11 meeting, the Town Council discussed the possibilities of implementing dual water meters for home irrigation purposes.

A request was made by resident Jason Vaughn to allow people to get a second water meter, or "sub-meter" installed for irrigation purposes.

The main water line to older houses comes with the water meter that is read quarterly by staff to determine how many gallons of water is used by each residence.

"It is my understanding that newer homes are built with the ability to have a line come off on the inside for irrigation purposes," Commissioner Joe Ritz said. "The separate line can be independently metered to show the amount of water used for outdoor purposes such as lawn and gardening watering."

Town Manager Willets however raised concerns about the effort that would be required to

implement the dual metering system, saying that would force the town to subtract the sub meter off the main meter, calculate actual in-house, recalculate actual sewer usage (currently based on overall water use). It would require the staff "to do math", Willets said.

The town is always encouraging conservation and green efforts especially during the drought season and "I think if this is allowed it will encourage people to irrigate their lawns and water their grass and then you're going to see more water usage go up during those times," Willets said.

Vaughn disagreed, saying a separate meter would merely be a way to save money on the bill.

"Because most of my bill is sewer," he said. "When I water my lawn, it goes right back into the ground. I just didn't feel like I should have to pay sewage on water that's not being retreated."

Town Planner Zach Gulden comment to the council, that the 'submeters' would require a new

line to each house, which would count against the number of availed 'taps' the town has in reserve for new homes, and there by limit the town future development, got pushback from Commissioners Frank Davis and Joe Ritz.

"We are not talking about running a new water line to each house just so the people can water their lawns." Ritz said, "Instead, all that is being requested by Mr. Vaughn is to have a second meter on the line he uses to water outside. He shouldn't have to pay for sewer fees whenever he waters his lawn. That's all he asking. If we can save the residents of the town money, we should make an effort to do so."

Editors Note: Walkersville is in the process of using American Recovery Act funds to purchase and install state of the art water meters that can be read remotely. The new metering system utilizes a software program that performs all the 'math' at a click of a button.

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Christ's Community Church to break ground

A new location for Emmitsburg's Christ's Community Church (CCC) enters the planning and development phase this year.

After recently acquiring 8+ acres on Creamery Road, across from Mother Seton School, CCC is making plans to build on the land.

The church has outgrown its current location at 303 West Lincoln Avenue, where it has been meeting since 2012 and now looks to expand, according to Dana Talcott, Family and Children's Direc-

tor and wife of Pastor John Talcott.

Talcott described the acquisition of the land as a "blessing" which will help the church to better accomplish its goal of "Connecting God and Community" by creating a larger, centralized, safe place for individuals and families to gather within the community.

The initial concept plans allow for the potential of a 12,000 square-foot building, which would increase the church's current congregation capacity from 100 to 250 people for worship services.

Additional classroom space, will allow CCC to have room for growth in the current ever-growing children, youth, and young adult ministries, as well as increase the size of the church's children's day camp held each summer, she said.

The new building will have a coffee house similar to the one in the current church building, which can be used to view the service, hold meetings, or fellowship with friends.

Pastor John and Dana are excited about the potential of the new loca-

tion. It is in walking distance of the town and provides much needed parking for those commuting.

"We are very fortunate. We did not want to move outside of town," she said. Many who attend services, children's events, youth events, or utilize the on-site food bank, walk to the church. CCC wants that connection to continue.

With the church's new centralized location, CCC aims to eventually provide a van service to and from worship services, giving greater opportunities for friends

and neighbors to join in what God is doing at Christ's Community Church.

The next phase of the project is contingent on the completion of the planning and design phase.

Although there is no definitive timeline for the project, the church looks to establish the new location as soon as possible.

For more information about Christ's Community Church visit www.cccaog.org or call 301-447-4224, or better yet, join them for Sunday service!

News Briefs . . .

Deputy Honored

At its January 11 meeting, the Emmitsburg Town Council honored the bittersweet departure of a Sheriff's Deputy as he enters a new chapter to train as a detective.

Just in time for National Law Enforcement Appreciation Day, a certificate of appreciation was presented to

Frederick County Sheriff's Office Deputy First Class Ben Whitehouse in recognition of his six years of dedicated service to the Town of Emmitsburg.

A beloved member of the community, the council praised Whitehouse for his perseverance, outstanding service, tireless efforts, and constant support to the entire community.

Deputy Jason Ahalt thanked Whitehouse for being an outstanding partner and a "tremendous asset to this community."

"You're a real favorite," Mayor Don Briggs said.

"Thank you for all that you have done, consistently above and beyond," Council President Tim O'Donnell.

"It's been an honor, thank you," Whitehouse said.

No Change To Ballfield Fees

At its January meeting, the Town council approved continuation of the town's no-fee ballfield policy for another year. Ballfield reservations will continue free of charge for training, games, and tournaments usage throughout 2022.

The ballfield fee policy was initially set to expire in January 2021, but was extended due to COVID-19, Willet said.

Commissioner Frank Davis was in favor of doing what needs to be done to continue leagues participating in town.

"To see activity at those ballfields every night of the week, I just think it's part of the good feature of this small-

town atmosphere that we want to have," Davis said.

Town Manager Cathy Willets presented discussion of an option implemented by other municipalities that offer leagues free field use in exchange for general maintenance.

In Fiscal Year 2021 the town spent about \$18,500 on repairs, maintenance, and capital outlay, and over \$10,000 in Fiscal Year 2022, Willet said.

The consensus among several other municipalities, including Taneytown, Boonsboro, Brunswick, and Walkersville, is to incorporate free field usage in exchange for field maintenance including the ballfield mix, Willets said.



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FAIRFIELD/CARROLL VALLEY NEWS

Sewer and Water Authority moves toward dissolution

The Carroll Valley Council reached a consensus Tuesday, moving forward to establish a committee in place of its current Sewer and Water Authority.

Dissolving the long running authority was proposed by Borough Manager Dave Hazlett in November when finding volunteers to fill the board seats were proving to be a challenge. The Authority's original purpose has since become outdated as well.

The Authority is responsible for the long-range public sewer and water facilities planning goals of Carroll Valley. When the sewer and water authority was created

in the 1970's, municipalities had very limited borrowing power and the way to get around that was to set up 'authorities' that on paper had tangible property that they could take loans out on. However, times have changed, according to Hazlett, and municipalities like Carroll Valley can now easily borrow money, or see bonds to cover operating costs, he said. Carroll Valley has a legal 'lease back' agreement with the authority, whereby the authority owns the sewer plant, piping and lines, and the collection system, and leases them all back to the borough.

"Borough staff operates every-

thing and all the money from customers, as well as bill paying is being handled by the borough staff," he said, adding "the authority doesn't have any real employees, just a volunteer Board."

Dissolving the authority reverts ownership of the sewer system back directly to the Borough which will then be wholly responsible for all aspects of the operation.

Dissolution would eliminate the current confusing leaseback operations, as well as streamline the application process for future funding needs, according to Hazlett.

Dissolving the authority in no way discounts the efforts put in by volunteers who run the authority, Hazlett said, "Everyone that has served has done a wonderful job."

The creation of a new Sewer Committee would involve the same people with "just with a different fiscal structure," Hazlett said. The Authority's chair was understanding of the borough's dilemma and looks forward to hearing what the council's next steps would be, Hazlett said.

The council will next have to go through a process required by the Municipalities Authorities Act, according to borough solicitor

Zachary Rice.

"There are essentially winding down procedures that would need to be required," he said.

A number of logistical matters need to be ironed out in order to dissolve the Authority, including outlining procedures and establishing a formal ordinance, "Essentially agreeing to take on the project of the Authority," Rice said.

As the Authority is preparing to put another larger project out to bid soon, "Time is of the essence... We just have to make sure we go through the right steps," he said.

Efforts to hire new Borough police officer continues

At the January council meeting, Carroll Valley Police Chief Richard Hileman III updated the Borough Council on efforts to fill the vacant police officer billet and recruiting difficulties.

The state commission that oversees certification for municipal police officers has changed rules yet again regarding out of state officers, according to Hileman.

Hileman cited the difficulty of Pennsylvania's police officer training certification as having direct influence on the lack of recruitment responses. The

requirements put forth by the Pennsylvania training commission are "definitely much harder than it has been in years. And given the shortages of police officers, we'll see if it holds up or if they backtrack on that in the future," Hileman said.

Hileman noted it is easier to be certified as a police officer in Maryland. Throughout the years, the Pennsylvania police training commission has varied from more lenient to strict, with the current procedure as somewhere in the middle, he said.

"It's been sort of a bipolar affair. Years ago, our training commis-

sion was one of the toughest in the country and if you came from out-of-state you had to go to the academy and take those classes... there was no testing out of it".

Following that, regulations were changed such that potential officers coming from out-of-state only had to take a standard jurisdiction test and would learn Pennsylvania procedures after they were hired to the department.

Now applicants can test out in lieu of the police academy if they can prove they know Pennsylvania specific material, Hileman said.

"They now require a different,

more comprehensive test," he said.

As evidence, Hileman noted that the single candidate of the Civil Service Process recently withdrew his application.

A candidate certified in Washington D.C. and Maryland withdrew an application upon receiving a non-qualifying entrance score to the department, according to Hileman. As law enforcement mechanics and criminal procedure varies between states, applicants coming from out-of-state require more training to learn Pennsylvania specific regulations. The

qualifying test is specific to Pennsylvania criminal vehicle law and the applicant would be required to undergo 500 hours or "essentially half the police academy," to be allowed to take the test again, Hileman said.

"We are back to starting over again, and it is a bleak landscape," he said, noting similar plights faced by other municipalities including Gettysburg.

"It's a tough job market for police officers and it's tough to try to stay competitive... We're throwing the hook back out there and seeing if we can snag anything," he said.

News Briefs . . .

Liberty Township Explores Vehicle Maintenance Options

Liberty Township Board of Supervisors discussed, Tuesday, the possibility of allowing township vehicle maintenance to be performed by Supervisor Brandon Lowe.

In an effort to preserve costs regarding township vehicles, Lowe was suggested as able to perform duties as a mechanic.

A certified master technician, Lowe formerly worked at Crisswell Automotive and now works locally at Buchanan.

As opposed to hiring an official township mechanic or sending vehicles to other repair shops, the council discussed the possibility of having Lowe perform paid maintenance on township vehicles.

"He won't be part of the road-crew, he's a busy man," Supervisor Bobby Keilholtz said.

Liberty Police Chief Sherri Hansen noted the expense of regular police vehicle maintenance and the importance of a reliable, certified mechanic.

Keilholtz suggested the elected auditors review Lowe's resume and hourly rates and explore the difference in workman's compensation rates.

Township officials were also encouraged to reach out to the township's insurance carrier for differential quotes for a part-time mechanic as well as the Pennsyl-

vania Association of Township Supervisors (PSTATS) for advice.

"The more information you get the better it is," Keilholtz said.

Comcast Cable Franchise Fee Contract Reviewed

In other business, a proposed Comcast cable franchise fee contract was reviewed by township solicitor John Lisko.

Lisko compared the proposal with one presented to another municipality represented by Lisko in 2013, "It's almost word for word the exact same contract," he said.

The proposal does not contain requirements for system removal, he noted. More discussion is expected in February in which the Supervisors will review the comments made by the solicitor regarding Comcast's proposal for service.

Plaque Of Appreciation Awarded

A plaque of appreciation was also presented at the council meeting to Bart Hogan in grateful recognition of his outstanding service to the Liberty Township community.

Hogan served on the Planning Commission from 1998-2005 and the Zoning and Hearing Board from 2006- 2021. "I think after 27 years in the U.S Navy, he was pleased to serve the community," said Judie Hogan, his wife, and Chair of the Planning Com-

mission, accepting the award on his behalf.

"Well, we sure appreciate it," Keilholtz said.

Fire chief urges tree inspection

Decrepit trees near your house can be more than an eyesore, they can be dangerous.

In regard to unprecedented storms that rocked the local area, on January 18, Fairfield Fire and EMS Fire Chief Bill Jacobs spoke to Fox43 News urging homeowners to take safety measures to prevent damage caused by trees in stormy conditions.

Recently, the Adams County area was hit with inclement weather and winds strong enough to uproot trees.

A large tree crashed through a two-story residence in Carroll Valley one evening in January, causing considerable damage. The tree toppled over on the house's roof enough for it to cave in.

All occupants escaped and no injuries were sustained but this marked the second incident in just a few weeks of Fairfield Fire Department responding to a tree falling, Jacobs said.

Incidents of trees damaging structures are usually much more uncommon, he said.

"We don't usually see this happening," he said.

Older ash trees in the area in particular notably have dead portions that can break off or fall, he said.

Older trees and trees that are in close proximity to homes should be evaluated, trimmed, or even removed by a certified arborist who can identify areas of decay and areas in need of trim.

Jacobs urged the public to be proactive in inspecting every year to prevent potential damage in the future.

Although the cost to trim a tree can seem pricey, the alternatives can be much worse.

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THURMONT NEWS

Armstrong recognized as Officer of the Year

Jonathan Hamrick of the Thurmont Lions Club presented the Thurmont Police Officer of the Year Award to Sergeant Dave Armstrong at the Town Council's January 18 meeting.

Armstrong was recognized for his unwavering devotion to the town and professional demeanor, whose efforts have increased community involvement and recognition. Armstrong joined the Thurmont Police Department in 2012 and was promoted to sergeant in 2018 through his exemplary efforts, strong work ethic, and community involvement. "Sergeant Armstrong has proven

to be an asset to the police department since the day he began," Hamrick said.

Armstrong carries numerous trainings and certifications including patrol supervisor, training coordinator, and de-escalation certified instructor. He is noted for his efficiency and equality in his police service and has received letters of compliments from the community, especially in relation to the guidance he gave to the Thurmont Skatepark committee to ensure a safe place for skaters in town.

"It's a pleasure to work in a town where the community is involved with what goes on," he said.

Along with the recognition, a charity donation in the amount of \$400 was made in Armstrong's name to the Thurmont Cub Scouts. Armstrong credited the Lions Club for their continuous presence in town activities. "To my knowledge I don't know anything we've done that the Lions Club has not been a part of," he said.

"We appreciate all you do for our police department, you are an asset to the town of Thurmont," Mayor John Kinnard said.

The Thurmont Police Department's Civilian Employee of the Year award was presented to Code

Enforcement Officer Kristi Wood. "Ms. Wood's passion and dedication to work with the children and residents of Thurmont has earned positive recognition for herself and the agency," said Chief Eyler.

Wood began part-time with the department in 2014 and became full-time following displays of her desire 'to do more' and her work with the crossing guard detail. Wood has shown strong initiative and has developed friendly reminder letters, regarding code violations, which are sent out before initiating any formal action. "This letter has had great success," Eyler said.

Wood has received numerous compliments from coworkers and members of the community for her compassion and work ethic. She was also instrumental in promoting child safety by introducing town mascot "Safety Pup," who visited schools and engaged children even through COVID-19. Wood also initiated the agency's participation in Operation Chill, which offered children a chance to earn a free 7-Eleven Slurpee.

"As you can see, she's done a lot throughout the years to promote the department," Eyler said.

Wood credited the outstanding leadership of the police department, "It's a pleasure to come to work...I'm happy to be part of the team," she said.

News Briefs . . .

Little League To Receive Grant for Bathroom Upgrades

Thurmont Little League is on its way to new and improved field restrooms thanks to American Recovery Act funds. League President Robbie Nash requested the town council to approve the use of the funds, entrusted to the town, at its January 4 meeting.

The request was a result of a survey conducted by the league asking parents to identify needed improvement in the leagues facilities.

In 2020, the league put \$35,000 toward the baseball field renovation and uniforms and ended up missing out on a lot of sponsorship money. "We put a lot of money out this year and we lost a lot of money due to COVID," he said.

Nash requested approximately \$7,000 to bring the ball-field restrooms up to cleanliness standards. Including installing new equipment and replacing the plumbing fixtures with motion sensor faucets, touch-free hand dryers and a foot pedal to open the door.

Nash has reached out to multiple contractors and no quote has been received yet.

Mayor Kinnard thanked Nash for his hard work bringing the activities to town youth.

The council reached a consensus to utilize ARP funding toward

the facilities and asked Nash to find price checks to update other aspects including walls and flooring. "This is something we really want to do for the community, coaches and our players," Nash said.

Community Park ash trees continue treatment

At its January 11 meeting, the Town Council heard updates regarding treatments to town park ash trees.

"Ash trees in North America have been in decline due to a pest," consultant Chris Klimas of Davey Tree Experts Company said.

The villain wreaking havoc on the ash trees is a type of destructive invasive species beetle known as the Emerald Ash Borer. The beetles claim an over 98 percent mortality rate for untreated ash trees, Klimas said. "If you had total species failure, your park would be a soccer field," he said.

Treatment to the trees includes injections into the tree and applying product to the trunk in efforts to repel the Emerald ash borer. This autumn, inventory was taken of community park ash trees as treatments continue to face high achievement rates.

Park patrons will notice tree tags marking approximately 80 of the 130 park trees at different stages of treatment. Treatments have been found to be very successful, and it

is more cost efficient to save trees than it is to tear down all infected ash trees. "We're seeing a very high success rate with those treatments," he said.

Even some of the trees that have not been treated have shown to be potentially positively influenced by the treated tree, noting the intricate root system.

Mayor Kinnard credited the work done by Davey Tree Experts as preserving the park and keeping the town from facing an empty park. "The vast majority of them are still there and I for one appreciate the hard work you've put into it," he said.

"The end result proves our investment," Commissioner Bill Buehrer said.

Council Members Appointed Liaison Appointments

At its January 4 meeting, Town Council members were appointed to commissioner liaisons to the nine committees. The role of the commissioners is to attend committee meetings, report back to the council, and convey the options of the council to the committee.

Commissioner Bill Blakeslee was appointed liaison to the police commissioner and the senior center. Mayor John Kinnard was appointed to the planning and zoning committee. Commissioner Bill Buehrer was appointed to the board of appeals and economic

development liaison. Commissioner Wes Hamrick was appointed to the parks commission and the Ministerium. Commissioner Wayne Hooper was appointed to the addiction committee and special activities committee.

Hooper was also appointed Mayor Pro-tem.

Kinnard said it is important to change positions, so commissioners get different views of the nine committees.

"We do switch them around because it's nice to get involved in different aspects of the commissions and see what everybody's up to," Kinnard said.

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TANEYTOWN NEWS



Editor's note: Because of the pandemic, the Harney Fire Company was unable to hold their annual award banquet again this year. But Len Bowers assured us that nothing had changed in the officer line up since this picture in 2019. So least they are forgotten, here they are for 2022: President Jim Waybright, Trustees Lee Bowers and Kendall Bowers, Treasurer Leonard Bowers, County Delegate Travis Dutterer, Vice President Charlie Blocher, Secretary Richard Yingling, and Recording Secretary Bobby Baughman.

Main Street Taneytown prepares to return

Taneytown will not be a city that rolls up the sidewalk at sundown if the City Economic Developer has anything to say about it.

A re-start to the Main Street Taneytown program promises a new look and feel to the downtown area, according to Economic Development Manager Jay Meashey.

Meashey, who took the position in March, said the Main Street Advisory Board has been on hiatus for several years. An ordinance is expected this season to formally re-introduce the Main Street Taneytown Advisory Board.

Main Street America is a nationwide historic preservation project designed to revitalize the historic business districts of small towns.

Main Street Taneytown has been a partner of Main Street Mary-

land and Main Street America since 2002. The Main Street Taneytown Advisory Committee spreads the word of happenings and works to encourage and support businesses in the historic downtown.

The mission of Main Street Taneytown is designed to promote the economic vitality of business downtown. A video series by Main Street Taneytown detailing local business can be found on YouTube.

Providing tours around town, Meashey has become a familiar sight to local business owners and fellow neighbors. "Connecting people to downtown is important," Meashey said.

Owning a business in downtown presents unique challenges including parallel parking and maintaining store fronts. The board looks to alleviate those challenges in any

way they can, he said. Through the Main Street Board, the town will work with business owners to establish programs and funding to meet their needs, he said.

The advisory board will work with businesses in town, Meashey said.

The six-member board plus a chair will be in charge of the six most crucial aspects of downtown business, including design, promotion, economic vitality, organization, arts and entertainment, and clean-green and safe.

The philosophy of Main Street Taneytown is the belief that having those that are directly affected by the success of downtown involved in the infrastructure of the program will produce the best results. The board will consist of members of the community who

have a stake in the downtown area such as shop owners.

"Someone with skin in the game of Main Street," Meashey said.

Approximately 25 businesses make up the downtown area, the business owners and the board of Main Street Taneytown Advisory Board will work together to address needs.

"A lot of people are trying to make something happen, but you can only move at the speed of what you've got," he said.

While awaiting the formal ordinance, Meashey has been hard at work with prospective and existing businesses, collecting feedback, and applying for grant funding aid business and providing improvements to residential façades.

The city has grown from 2,000 residents in the 1980s to more than

7,000 today and will only continue to expand as new housing developments like Meads Crossing and Meadow Brook are being considered, Meashey stated.

Meashey stressed that the biggest current challenge faced by the downtown area is businesses packing up and leaving, so a vital aspect of the project is to strengthen the core of the business district and make it an environment they want to stay in.

After the pandemic struck, many businesses had to make do with limited hours, so the goals of the board will include not only getting more stores into the downtown area as well as ensuring current stores can operate longer hours.

"We want business in every storefront, and people in every business," he said.

More information about Main Street Taneytown can be found at www.mainstreettaneytown.com.

News Briefs . . .

Capital Improvement Plan Draft Expected This Month.

At its January 11 meeting, Taneytown City Council learned American Rescue Plan Act (ARPA) funded projects are receiving the bulk of the focus of the City of Taneytown's Capital Improvement Plan, according to City Manager James Wieprecht.

The two largest components of the Capital improvement Program and ARPA funding are the Public Works Department and Parks and Recreation Department.

The potential for ARPA funding has driven the Public Works department to update and re-examine capital improvement program projects plan for projects. Director of Parks and Recreation Lorena Vaccare has worked with the parks and recreation advisory board to update parks list.

"It's been a long time since the city had a capital improvement program that was formally adopted," Wieprecht said.

Similar to capital improvement programs done in the past, the City is hard at work creating narratives and justifications for each project. "We're kind of putting the meat on the bones for it," Wieprecht said.

Miller Approved To Planning Commission

Following the resignation of member James LeFavre from the Planning Commission, Alternate Christopher Miller was approved to become a full voting member. Dan Myers was then approved as an alternate.

Myers came recommended by the Planning Commission Chair

James Parker, according to Mayor Bradley Wantz.

"I am very excited that I am seeing a lot of interest in serving on boards and commissions right now, which is great. I have a pretty big pile of people interested, I just don't have that many openings," Mayor Bradley Wantz.

"That's a good thing, I'd rather have too many people interested than not enough," he said.

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"A little hard to find, look for a cheesy sign"

FROM THE DESK OF...

County Councilman Michael Blue

As the calendar page turns to February, so does the Frederick County Council's attention turn to the fiscal year 2023 budget.

For those of you who are not familiar with the County's budget process, County Executive Jan Gardner began thinking about the upcoming fiscal year's budget almost immediately after the fiscal year 2022 budget was passed by the County Council. The actual budget process, however, began in October 2021 with budget instructions being

released to County departments.

On December 15, the County Executive held a public hearing to discuss the beginning structure of the upcoming budget. She forecasted that there will be a modest revenue growth from income and property taxes, some areas of uncertainty which includes the State budget and what will happen during the legislative session in Annapolis, but no tax rate increases.

In January, the County Executive began meeting with County depart-

ments and agencies such as the Board of Education, Frederick Community College, and County Libraries. In February, County Executive Gardner will also meet with individual County Council members to find out what we want to have included in the budget. The final proposed fiscal year 2023 budget will then be presented to the County Council by April 15th as mandated by our Charter.

This is where you come in! As your District 5 representative, I want to hear from you, the citizens of

northern Frederick County. I want to know what your priorities are in regards to school construction funding, infrastructure, and general government projects that you believe would be worthwhile.

Four years ago I ran as a fiscal conservative. I believe in smaller and more efficient government. I believe a government should be large enough to deliver the services the people need and expect. You have my promise to not support any property rate increases. I will closely scrutinize the County Executive's proposed budget and will only sup-

port needed expenditures.

As I mentioned in my January article, a new Council District map that moved two precincts from District 2, Precinct 08-001, Libertytown, with a population size of 2,600, and Precinct 19-001, Unionville/Linganore Grange Hall, with a population of 1,830, into my District 5 was finalized. I would like to welcome my new constituents to District 5 and ask you to join in with your budget feedback.

You can call my office at 301-600-1034, or email me at MBlue@FrederickCountyMD.gov.

County Councilman Phil Dacey

This has been a busy month for the Frederick County Council. In January, we had multiple meetings of the Frederick Board of Health to discuss the ongoing Covid pandemic, established two new Departments, started discussions on a police accountability board, and also began discussion on subsidizing a downtown Frederick hotel and conference center.

With regard to the Covid pandemic, information is changing rapidly. The Frederick Health Hospital has been meeting regularly with the Board of Health which is currently comprised of the Health Director, the County Executive, and the County Council. The Board of Health passed regulations requiring that citizens wear face

coverings inside public buildings. This passed by a vote of 5-3 with Council member Blue, McKay, and myself against. I voted against this mandate for several reasons. First, I believe that two years into the pandemic, people know enough about the risks of the virus to make their own choices about how to mitigate their own health risks. We have many tools to combat this virus including vaccines and therapeutics that we did not have earlier in the pandemic. Additionally, the ordinance we passed does not have any enforcement mechanism. There is no penalty for not wearing a mask; my fear is that it will put businesses in a bad position by requiring them to have people masked, but leaving it up to the business to enforce.

In a related discussion, the Council began debate on reconstituting the makeup of the Board of Health. Some of my colleagues believe that the Board should be made up of un-elected members appointed by the County Executive. I firmly believe that the Board of Health should remain made up of elected officials. We should be accountable to the voters for decisions that are made that we have seen can severely affect the way business is conducted and the way people live their lives. This bill has not yet been voted on, but I would encourage you to follow this issue and contact the council to let them know that voters should have input into these important decisions.

Next, the County Council created

two new Departments. I opposed the creation of the Office of Sustainability and Environmental Resources and the Office of Stormwater Management. Creation of these new Departments had a multiple million dollar price tag paid for by Frederick County Taxpayers. I believe that these functions should have been addressed through the current county workforce and not be utilized to continue the unmitigated growth of county government.

The Council began discussion on establishing a Police Accountability Board in Frederick County. Creation of this Board is required by state law; every county must have a disciplinary board for police misconduct. It will be very important who gets appointed to this Board and the process that they go through for complaints. This will apply

to all law enforcement within Frederick County, and the vote on the makeup of this Board is still several months away.

Finally, the Council began taking testimony on the long debated downtown Frederick Hotel and Conference Center. Frederick city has requested over \$2.5 million from the county to purchase the land for the Conference Center. I have long supported this project. However, I cannot support using millions of taxpayer dollars to directly subsidize a private hotel. This is the same exact pool of funds that is used to pay teachers, police, firefighters, and librarians. There are other ways of financing this hotel that would not require taxpayers subsidizing a private business. We must be better stewards of taxpayer funds and not pick winners or losers by subsidizing certain businesses.

Mayors

Emmitsburg Mayor Don Briggs

It has been a dry fall into winter period. Snow is good for replenishment of the water table as its tendency when melting is to slow seepage into the ground and less lost to runoff.

Irishtown Road is complete enough to accommodate two-way traffic on and off Brookfield Drive, a decade after opening to one-way out. From permit applications and conversations with the nineteen proposed houses along Irishtown Road, ten homes have been placed under contract.

At the town regularly scheduled monthly meeting, Deputy Ben Whitehouse was honored for his six years of service to the town as a resident deputy. He is moving

on to other responsibilities within the Sheriff's Department. Ben once went into a building fire and lead people out to safety. Thank you, Ben for your service.

Also announced at the meeting were several changes on the Planning Commission. Joyce Rosensteel stepped away from her twenty years of public service as an elected member of the town Council and later as an appointed member of the planning commission and formerly. Thank you, Joyce. Well done. It has been a pleasure to work with you over the years.

Lured by a fellowship grant at Harvard, Dr. Bernard Franklin, is relocating to Cambridge MA, and has resigned from his appointment to the Planning Commission.

To the two vacancies on the Com-

mission, Kevin Hagan, moved from being the alternate to a regular member and Amy Boehman - Pollitt is a new member. Terri Rae, a former employee of the town, has accepted the invitation to be an alternate on the Commission. Terri Rae is an exceptional person. Her warm voice greeted us all as the former receptionist and office manager. After over six years with the town, Terri has accepted a position in the accounting field with one of our local organizations. Thank you, Terri, for your service to the community and best to you for the bright future that lies ahead for you.

Now budget preparation for the upcoming 2022-2023 town fiscal year.

To the questions of no masks, masks, shots, boosters, variants, what is medicine, the role of science and discovery? Why the back and forth? From Stephen Hawking's: "The Brief

History of Time, " ...redefining the goal of science: our aim is to formulate a set of laws that enables us to predict events only up to the limit set by the uncertainty principle.... On many occasions we have increased the sensitivity of our measurements or made a new class of observations, only to discover new phenomena that were not predicted by existing theory and to account for these we have had to develop a more advanced theory". Knowledge is frustrating as it is a never-ending progression. With every question comes more questions. Adds credence to the old axiom, "When you think you know, you don't know."

Thurmont Mayor John Kinnaird

Winter has arrived! Please keep an eye on your elderly or disabled neighbors at this time of the year. With the recent cold weather, they may not be able to get out for groceries or to

clear their walkways. I also ask that everyone helps the Thurmont Food Bank with donations of nonperishable food, toiletries, diapers, or cash. The Thurmont Clothes Closet is in need of warm clothing for all ages. Also keep your pets indoors if possible during the brutally cold days and nights, if you can't bring them indoors be sure to provide them with shelter, clean bedding, plenty of water and fresh food.

With the recent snow, our plow crews have been hard at it clearing the streets. When snow is forecast please move your vehicle off the road is possible, this will allow our plows to clear the streets from curb to curb. This is especially important in our residential cul-de-sacs. I also recommend not cleaning the end of your driveway until our trucks have cleared the roadway, this way the trucks will not plow your driveway shut every time they pass. When driving around Thurmont and on other roads please give the snowplows ample room as they do their job.

You may have noticed the work being done on the Rt.15 bridge over Rt. 77 at the West end of Thurmont. This State Highway project will replace the deck on the Northbound Rt. 15 bridge. There will be lane closures on Rte. 15 and you may experience lane closures on Rt. 77 during construction. There will be flagmen directing traffic on West Main St. (Rt. 77) when there are closures, be sure to follow their directions.

The Thurmont Planning and Zoning Commission is continuing the Master Plan and Comprehen-

Continued on next page



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GOVERNMENT—SOUTH OF THE BORDER

County Executive Jan Gardner

Valentine's Day is fast approaching. It's a time for us to celebrate love and those we hold dear. I love my husband, my parents, my children, and I take great joy in my grandchildren. And I love our community.

It is easy on cold winter days to forget about the warmth and love that surround us. Frederick County is blessed with many loving, caring people, like our dedicated volunteers, hard-working public servants, and our friends and neighbors who lend us a hand, shovel our walks, or offer kind words.

I hope everyone takes a moment this month to focus on the love around us.

Farm Stands

Agriculture is one of the oldest industries in Frederick County and is a major part of our rich history. Our farmers proudly produce food and fiber for our region. We lead the state with 1,300 farms and over 180,000 acres of farmland. One of my priorities is to ensure that we leave a legacy of agriculture for future generations. That means we have to preserve our best and most productive farmland, and we have to make sure that agriculture remains economically viable.

We are making great progress when it comes to preserving farmland. Frederick County has preserved more than 70,000 acres. We continue to add acres into our preservation programs every month. We are able to do this because we dedicated a portion of funds that we collect on real estate transaction and use that money to preserve more farmland.

In addition to preserving land, we need to keep agriculture viable. Hard work and resilience only go so far to offset the reality of global low commodity prices and unpredictable weather. I asked industry leaders what the County could do to help. They told me they needed to add value to their existing operations. That conversation led to the launch of our incredibly popular and award-winning Agriculture Innovation Grants Program.

Several farmers also asked that we all make it easier for them to sell produce and other farm products on site. So last month I introduced legislation to make it easier for farmers to open roadside stands. We know residents want to buy locally produced food, so this proposal is a win-win for everyone.

The bill streamlines the approval process and allows stands under 600 square feet to be constructed without a building permit. It changes two key areas of the County's zoning laws.

First, it allows value-added processes to take place on parcels as small as 10 acres. Currently the minimum size is 25 acres. Second, roadside farm stands smaller than 600 square feet would not require a building permit. Stands up to 1,500 square feet would have an expedited review process.

To qualify for the streamlined process, at least 51% of products sold at the farm stand must be produced by the owner, and the products must be produced within Frederick County and in the immediate neighborhood of the stand. This gives farmers more flexibility about where to locate their stands.

The County Council will hold a public hearing on my legislation soon. Once a date has been set, the Council will advertise how and when people can comment on the bill. Stay tuned!

Free Masks

County residents can stop by their local Frederick County Public Libraries branch to pick up a

free pack of KN95 masks, while supplies last. Masks are important to helping us slow the spread of COVID-19 in our community.

As I write this, cases and hospitalizations from COVID-19 are on the decrease, but they are still higher than we saw during last winter's surge. Sadly, more county residents died from the virus this January than in any other month since the pandemic began. In one week alone, we lost 26 of our neighbors from the virus.

You can pick up a pack containing five masks at any library branch during regular operating hours. You do not need a library card to pick up masks. Visit fcpl.org for library hours and locations.

A Board of Health resolution requires that masks be worn in all indoor public settings in Frederick County. The requirement remains in effect until the county's seven-day average of new cases drops below 20 cases per 100,000 residents. As of January 28th, the case rate stands at 65.89.

Previously, the Frederick County Health Department provided N95 and KN95 masks to essential workers in our municipalities, as well as to health care providers and others who are at high risk. The recent arrival of nearly 100,000 more masks allowed us to offer them to all res-

idents. To learn more, visit www.FrederickCountyMD.gov/Masks.

The County has ordered at-home rapid test kits to distribute to residents, as well, to supplement the limited supply we have received from the State. When those kits arrive, we will hand them out at our library branches, as well as through community partners. In the meantime, every household is able to order four test kits at no cost by calling 1-800-232-0233.

The pandemic is still here and we must keep up our guard. Wear a mask. If you have symptoms or plan to travel, take a test. And get vaccinated and boosted for the strongest possible protection.

The Health Department is offering vaccines every Tuesday in February between 4 and 6 p.m. at the Vigilant Hose Company Activities Building. In Thurmont, vaccines will be offered on Mondays from 5 to 7 p.m. at the Thurmont Regional Library. Pfizer and Moderna vaccines are available. Walk-ins are welcome, or you can pre-register at www.FrederickCountyMD.gov/Covid-Vaccine. They will also conduct COVID-19 tests at the Thurmont Town Office every Friday from 5 to 7 p.m. and at the Emmitsburg Senior Center every Tuesday from 4 to 6 p.m.

Continued from previous page

sive Zoning update. If you are interested in this process be sure to attend the meetings in person or tune in live on Cable 99 or online at Thurmont.com. The P&Z meets the third Thursday of each month in the Town Office Meeting Room at 7 p.m.

New playground equipment has been installed in Woodland Park. There is a large piece with rope ladders, bridges, and three slides. There are also several smaller exercise pieces, new benches, and covers for shade. Be sure to stop at Woodland Park and check out the new playground equipment.

The Board of Commissioners recently approved the purchase of right of ways that will allow a connection from the Thurmont Community Park from West Main St. This will eventually incorporate a

pedestrian/bike bridge over Hunting Creek allowing a connection between Community Park, residents on West Main Street, and the Gateway Trail. The Gateway Trail is a cooperative effort between the Federal and State Parks and the Town of Thurmont. This will allow hikers and bikers to access the trails in both parks and our Trolley Trail. We are working to get the Trolley Trail extended to Catocin Furnace as part of a loop trail from Thurmont to Catocin Furnace, across Rt. 15, and up Catocin Hollow Rd. to the State & Federal Parks and then back to Thurmont.

The Maryland Board of Public Works recently approved Project Open Space funding for several park projects in the Town of Thurmont. These projects include a new baseball/softball field at East End Park,

This will include the Design and construction of a new regulation-sized baseball/softball field to include fencing, backstops, dugouts, gravel driveway, and parking lot. The project will also include a stormwater management system and an ADA-compliant walkway. A second project will install new athletic field lights for the new baseball/softball field. The proposed outdoor recreational lighting system is designed to perform its intended function, be energy efficient, and minimize light pollution. The third project will see the construction of an ADA compliant asphalt-walking trail at East End Park.

Please contact me at 301-606-9458 or by email at jkinnaird@thurmont.com with any questions or comments about these projects or anything else to do with the Town of Thurmont.



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FROM THE DESK OF CANDIDATE FOR ...

State Delegate, Colt Black (R)

In addressing legislation that affects families, deep down all legislation does. Whether it be financially, physically, or spiritually in some manner the legislation passed effects each one of us as members of the public and some more than others. For better or worse it is indeed the nature of the beast and why the statement "elections have consequences" is so true.

So much can be written about this topic but I have a limited space to speak to such plethora of issues so I will highlight a few items of varied topic that are on my radar. I hope as we continue forward to hear from our community members additional ideas and concerns needing addressed.

Education: First and foremost, I want all children to have an edu-

cation that supports the unique way each child learns. Education should teach critical thinking skills but not how to think. Parents should have an active roll in decisions made regarding the education of their children including where your child goes to school. Your zip code should not influence where your child goes to school. Families should have a choice. I will work tirelessly to draft, support, and enact legislation providing for school choice, securing the funding per pupil who is not in public school to pay for private or religious school tuitions or aide with home schooling options, supporting parent's active roles in monitoring content of their child's classroom, and protecting the rights of students while in school, and

ensuring schools are a safe environment for all.

Healthcare- The adage "health is wealth" is spot on. If we are healthy, we are more productive in our occupations and can enjoy our downtime in anyway we choose. Healthcare is a complicated issue, but I believe there are simple things we can do to change the playing field and lower cost for families. First would be to encourage general family physicians to adopt a model of direct patient centered care. These models of general family practice use a monthly subscription-based approach instead of health insurance to cover medical cost at your general family practitioner. This reduces paperwork cost for your doctor and lowering care cost for the public. Coupling this with a

"casualty" type policy for major medical expenses could lower the cost per family dramatically.

Right to Defend: An incumbent duty on family members is to protect and defend one another. This duty is something not to be taken lightly. It doesn't matter if that is in the home or out in the community abroad, we all have a responsibility to ensure the safety and protection of our family members. It is not in the place of the government to dictate how you protect your family, the type of tool you should use and when your allowed to do so. Maryland is one of a few states having a "duty to retreat" in case you are attacked. This type of mindset emboldens criminals and criminalizes the right to defense. I will work to enact "stand your ground" and "castle doctrine" legislation, enable

all law abiding Marylanders who wish to obtain a permit to carry a firearm to be able to do so, eliminate burdensome handgun qualification licenses which is in essence a permit to purchase, and create a fast track provision for law abiding victims of domestic violence or other violent crime to obtain firearms and permits to carry to protect themselves from their abusers.

As a parting mention and an aside from the issues, please keep your eyes on the legislative map redistricting changes. These changes are currently being battled over in court. As things progress the candidates who are currently in your district may change due to these maps. Please stay vigilant and engaged. If you'd like to learn more about me, help with our campaign, or donate please visit www.coltblack4delegate.com.

County Executive, Daryl Boffman (D)

My campaign for County Executive is about taking a great County and making it better. We are fortunate to be able to call Frederick County home. I could write for hours highlighting the many great attributes of Frederick County. However, today I wish to share my vision for my top campaign priority, which is Post-Pandemic Education Funding. We know that our students are struggling academically, emotionally, and socially because of the COVID-19 pandemic. Our public K-12 and higher education school systems are fortunate to have received CARES Act funding during the pandemic. However, when the federal and state CARES funding is no longer available, we need county leaders to ensure public education is a budget priority. Returning to "Maintenance of

Effort" level funding will impede our students' ability to recover academically and emotionally. "Maintenance of Effort" is the minimum funding level a County can allocate to public education from the fiscal budget. When our students are not given an opportunity to succeed academically, our community fails!

Why is adequate educational funding so important? Because the foundation of a vibrant community is built on a high quality public education system. Whatever career or profession or job you hold, your success started with your education. In fact, one of the key factors people values when relocating their family or business to a new community is the quality of the public school system. The pandemic has pulled back the curtains on many dis-

turbing findings about our public school system. One finding is that not all students have an opportunity to receive a high quality education due to several factors. The main factor will continue to exist as we are losing quality educators to our neighboring school districts where they are offered more competitive salaries. This has been the case in Frederick County for many years and is largely due to insufficient funding from the County and State budgets. At the same time, school leadership believed the best budget request was one that had a high probability of approval, not one that fairly represented what the system truly needed to provide competitive salaries to the staff, purchase the required technology, or even provide adequate staffing for classrooms, support services and the

central office for systemic oversight.

My top priority as County Executive will be to include priority funding for education to provide our students an opportunity to recover, reset and excel academically to regain their ability to compete and succeed in a global society. I wish to return FCPS to a top school system in the state and nation, by working with the Board of Education and Superintendent in a mutually respectful partnership. County approved funding above Maintenance of Effort will require a plan with "SMART" (Specific, Measurable, Attainable, Relevant, Time Based) goals associated with the use of the funds above the MOE. In addition, I will lead the collaboration of a committee involving FCPS leadership, the employee unions, and the county government rep-

resentatives tasked with developing a multi-year plan to increase FCPS salaries to a more competitive level. Additionally, I will spearhead a campaign to increase respect for our educators.

Quality education in a community extends beyond K-12. Frederick Community College (FCC) is a great higher education institution that has partnered well with FCPS over the years to offer our students a cost-effective higher education option. Dual enrollment in Frederick County is second to none. I will work with the leadership of FCC to expand opportunities for our students to experience college level classes and more trade certification options. I'm a firm believer that our future is only as bright as our children's educational preparedness. Please visit my website at www.friedsofdboffman.com for more information.



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Paid for by Colt Black for Delegate, Grant Johnson, Treasurer

FROM THE DESK OF CANDIDATE FOR ...

County Executive, Jessica Fitzwater (D)

As a member of Frederick County's Board of Health, I — along with my colleagues on the County Council and County Executive Jan Gardner — have had to make many difficult public health decisions during the past two years. Our actions have been based on scientific recommendations laid out by our Frederick County Health Officer Dr. Barbara Brookmyer and her outstanding team.

I'm proud of the work we've done on a bipartisan basis. Our health department has provided daily free COVID testing at its Hillcrest location and offered free vaccines at the Himes Ave. location (formerly Oak Street). But we've also established pop-up clinics

in rural communities, engaged folks at community events, and established a full-time satellite office of the Health Department in the Hillcrest area.

It's also important not to lose sight of the other aspects of our public health mission — everything from encouraging regular immunizations for our kids, to improving pre- and postnatal care, to offering essential mental health services and drug recovery programs. We are fortunate to have the assistance of many nonprofit organizations who help us extend the reach of public health.

I was pleased to join over 150 community members, health care providers, nonprofit advocates, policy makers, and business leaders for the

Frederick County Health Priorities Public Input Session last month. This event focused on five health priorities based on local data— Adverse Childhood Experiences in Adolescents, Diabetes Type 2, Lack of Early Prenatal Care, Mental Health, and Obesity—and gathered input through breakout groups. By analyzing the resulting input, work groups will be established that will inform the work of the Local Health Improvement Process.

One extremely important initiative that is now getting underway is a study and strategic planning effort to address and eliminate maternal and infant health outcome disparities experienced by Black and Brown

mothers in Frederick County.

This new initiative is moving forward through the leadership of a local grassroots group, Brown Mamas Building Bridges, and I'm proud to say it is one of the first projects the County is funding with American Rescue Plan Act funds.

Access to healthy food must also continue as a priority. Through the collaborative work of nonprofits and many others, food has been distributed at 80 locations around the county, and we've expanded delivery to seniors through our Meals on Wheels program. These efforts led to FeedingFrederick.com, a resource that uses GIS technology and community partnerships to map out food distribution sites and food banks

throughout the County.

Public Health is one of the four key components of our Liveable Frederick Master Plan and is essential in helping us realize our shared vision for 2040: Frederick County is a vibrant and unique community where people live, work, and thrive while enjoying a strong sense of place and belonging. We must keep public health at the forefront of our decision-making, not only as we continue to navigate the COVID-19 pandemic, but beyond.

These and many other issues affecting the well-being of Frederick County residents will be on the agenda of the County Council in the months ahead. Please contact me any time at JFitzwater@FrederickCountyMD.gov if I can ever be of assistance.

County Council-at-Large, Renee Knapp (D)

Recently, I was talking to a friend who has twins in second grade. I told her what a great mother she is, as I have many times. She has managed to work full time while helping her kids get through the pandemic. She also shared that one of the twins has fallen behind almost a grade level in reading. She was understandably emotional. Like other parents I've talked to, she sounded very tired and uncertain of what her children's education would look like in the future.

I'm running for County Council At-Large to make sure every student in Frederick County Public Schools can realize their potential and achieve their

highest educational goals. Years of underfunding, made worse by the pandemic, have cost students the best education we should be able to deliver. Parents and caregivers of students in Frederick County need strong leadership and the dedicated resources to restore our public school system, to address learning losses, and strive for excellence for all students again.

What is the role for the County Council in this process? I'm not running for County Executive or to be on the Board of Education. As your Council Member, I will vote for Frederick County to consistently pass our county share of necessary education funding to support pandemic

recovery. These and other future investments will help to provide competitive education in Frederick County. The bare minimum amount required by law can't address immediate and longer-term needs. We risk students coming out not as prepared as they should be when they enter the workforce.

In response to increasing funding for students and teachers, I've heard some say we do okay in Frederick County, and that we have a couple of excellent high schools where some students are able to get into some top universities. That standard leaves most students worse off. Students in

all county high schools should have access to highly rigorous college preparation, if that's what they choose. One of the most exciting parts of the Blueprint for Maryland's Future law is overdue funding for Career and Technology Education (CTE). Not every road to success goes through college. Most of today's skilled trade jobs have highly technical training that evolves rapidly. An apprenticeship is as valuable as a college internship.

My son took the bus to the Career and Technology Center when he was a student at Tuscarora High School. He would sit up in front and talk with the

bus driver every day. As a Special Education student with autism, it was hard for him to make friends. So many members of the FCPS support staff made school a friendlier place for him, and they'll probably never know what a difference they made. Bus drivers, cafeteria staff, Special Education and classroom aides, custodial staff, and all support positions should be recognized for their important roles with additional training opportunities and competitive pay.

I look forward to sharing more ideas on education and other local issues in the months ahead. If you would like to know more about my campaign or like to volunteer, please visit knapp4countycouncil.com.

County Council-at-Large, Brad Young (D)

I'm very happy to announce that I am running for County Council at large in Frederick County. I am a lifelong Frederick County resident who loves Frederick County. I was born in Frederick and attended Governor Thomas Johnson High School. I went on to attend and graduate from Frederick Community College and then to the University of Maryland where I graduated with a degree in Economics. I later graduated from Frostburg State University with a master's degree in business. I began my career in Frederick working for Farmers

& Mechanics National Bank in 1987 working in the Trust department.

I joined FCNB Bank in 1995 to start their Trust Division. In 2001 I started my own firm in Frederick where I still work which is Maryland Financial Planners. I am a Certified Financial Planner, CFP TM. I have been blessed to live and work in Frederick County where my wife Cheryl and I have raised our 3 daughters and now we have 4 grandchildren. My wife and her family have also been small business owners running businesses for

over 35 years and currently own Riverside Liquors in Frederick.

I believe strongly in education and have served on many educational Boards. I have been a Board member of Frederick County Public Schools, FCPS for the past 11 years, I served 15 years on the Board of Frederick Community College, FCC, and I was active on the national and state community college Boards where I served as President of both. I also have volunteered in FCPS through Junior Achievement and serving on the board of the acad-

emy of finance through the Career and technology center, CTC. I also have been an adjunct professor at Mount St. Mary's University for the past 19 years. I teach Corporate Finance, Personal Finance, and Investments. I currently am a member of Frederick Rotary and serve on the boards of I Believe in Me, Love for Lochlin, and the Frederick Health planned giving committee. I have served on many more local non-profit boards. I have also been active with youth sports coaching over 25 years with GVAA, Heartbreakers,

Maryland Express, Maryland Stars, Walkersville High School & Hood College. I taught Sunday School at Evangelical Reformed United Church of Christ for over 10 years.

I am running because I want to continue to give back and serve Frederick County. In upcoming columns, I will write more about the issues that I see and where I stand. I wanted this first column to give you some background on who I am and what I have done. You can email me for information of questions at FreindsofBradYoung@yahoo.com. I will also be developing a website which will be at Brad-Young.com.



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FROM THE DESK OF...

Carroll Valley Mayor Ron Harris

Before sharing the February news, I would like to offer my deepest thanks for the prayers I received during my stay at Gettysburg Hospital in January. I also want to express my appreciation for the outstanding care I received from the dedicated medical staff. By the time you read this, I should be back on the job full time.

February is Black History Month. Groundhog Day is February 2nd. If you are a football fan, Super Bowl LVI is Sunday, February 13th. February 14th is Valentine's Day, and it is a day to pause to remember loved ones. February 21st is President's Day – a federal holiday. What follows is a "potpourri" – a mixture of thoughts for you to consider whether they are actionable or not.

COVID-19: I do not know where you stand regarding taking or not taking vaccine shots or whether you believe you should or should not wear a mask or, for that matter, follow the CDC guidelines. These are personal decisions you need to make to protect you and your family in relation to the community you live in. As of January 23rd, there are 1519 confirmed COVID-19 cases in our 17320-zip code community (Carroll Valley, Fairfield, Hamiltonban, Liberty, and Freedom). By population, Carroll Valley is approximately 40% of our regional community. Why do I

mention this? The federal government launched a new website (Covidtests.gov) for free at-home COVID-19 tests. Their announcement said that every home in the U.S. can order four free at-home COVID-19 tests. The tests are completely free. Orders will usually ship in 7-12 days," the government website states. You can pick up a free test from a community health center or Medicare-certified health clinic if you are on Medicare. Officials are warning Americans of fake at-home COVID-19 tests that are being sold online. If you do not get one of these free tests, make sure yours is FDA-approved.

Blood: On December 30th, 31 donors were seen by the American Red Cross (ARC) and collected 21 units of blood. This donation will lead to saving 63 local lives. The Red Cross continues to stress that as much as one-quarter of hospital blood needs are not being met, they had less than a one-day supply of critical blood types and limited blood product distributions to hospitals in recent weeks. Blood and platelet donations are critically needed to help prevent further delays in vital medical treatments, and donors of all blood types, especially type O, are urged to donate. If you are eligible to donate, attend the following Red Cross Blood Drive on March 24th at the

Carroll Valley Borough Office from noon to 5 p.m.

Trash Collection: I've learned of some inconsistencies in trash collection in the Borough and neighboring communities. I know how frustrating this can be for everyone and would like to assure you that Borough Staff is in regular contact with Apple Valley Waste (formerly Parks Garbage). The current contract expires on March 31st. Carroll Valley is again working with our neighbors: Fairfield Borough, Freedom Township, Hamiltonban Township, Highland Township, and Liberty Township to obtain the best price for trash collection services. The group rejected our first round of bids received due to a bidder's error and subsequent bid withdrawal, leaving only one bidder. To garner the best contract we can, the group decided to re-bid the contract, so we are on round two of the bidding process and expect to award a contract at the Council's Regular Meeting on February 15th. Questions, concerns, and comments can be directed to the Assistant Borough Manager/Secretary via email at gayle@carrollvalley.org.

Adams County Arts Council: The Council has received a \$16,000 grant from PA Humanities as part of its \$1.4 million recovery and growth program for The People Project 2022.

The People Project is a community performance and visual arts project that addresses current needs to hear diverse voices and cultivate empathy in our community. To learn more or to become involved in The People Project 2022 in Adams County as a volunteer, sponsor, contributor, artist, or performer, please attend at least one of the two planning meetings scheduled at the Adams County Arts Council's Arts Education Center, 125 S. Washington Street, Gettysburg. Meetings are scheduled for Wednesday, February 2nd, and Thursday, February 3rd from 5-7 p.m. (Inclement weather delay date: Wednesday, Feb. 9th). Pre-registration is preferred but not required. Topics for discussion will include performance schedules, venue(s), and selection of a theme that reflects Adams County. All are welcome. Pre-registration is preferred but not required. Pre-register on ACAC's website: www.adamsarts.org or call (717) 334-5006. Lisa Cadigan, ACAC Director of Outreach and Community Resources, can address additional questions: lcadigan@adamsarts.org.

Volunteers Needed: Dr. Jim Hammett, President of Fairfield Fire & EMS, asks the community members to come back and get involved with the fire department in some capacity. They need members to serve as offi-

cers and on committees. Or volunteer to help with Bingo and other fundraising activities. Contact Dr. Hammett at 717. 321-63550, a phone call or text message will work. You can also reach him via email at drjimhmt@embarqmail.com.

Land Zoning Public Hearing: A zoning ordinance divides all the land within a municipality into zones/districts and creates regulations that apply to the entire municipality and specifically to the individual districts/zones. The draft ordinance addresses such subjects as solar panels, windmills, rental properties, commercial development, childcare, and home offices. The Planning Commission has been working on this ordinance for a few years and is scheduled to hold a Public Hearing on February 15th to listen to resident comments. The zoning ordinance is posted on the Carroll Valley website for your review.

Borough February Meetings: Planning Commission (Feb 7th), Council (Feb 15th), Parks/Recreation (Feb 23rd) and Sewer/Water Authority (Feb 28th). All meetings start at 7 pm and are live streamed on Facebook and videotaped. Borough office will be closed on February 21st – Presidents' Day. Please be careful driving on winter roads. If you have any questions, you can contact me at MayorRonHarris@comcast.net or 301-606-2021. Keep well!

Liberty Township Supervisor Walter Barlow

I hope everyone had a great New Year! I trust that you are staying warm as we embrace the chilly winter season. Our area has had approximately nine inches of snowfall so far this winter. I am grateful for the help of Road Crew members Bobby Keilholtz and Bruce Pecher for clearing and maintaining the township roadways after our last winter storm.

As we all know, winter weather can

sometimes continue in to April, so I am sure we have not seen the last of the snowfall in our area. Be mindful as ice and snow melt off your driveways and onto the roadway causing road slicks. Adding swells along your driveway, especially the longer driveways, would be a significant help.

Thank you for maintaining clean driveway pipes to allow water to properly flow down the side of the road

instead of diverting across the roadways. Preventative maintenance and due diligence are key to keeping everyone in our community safe. The Road Department continued with cold patching last month and clearing branches and trees falling due to inclement weather.

We are looking forward to beginning our road projects for 2022 on McLaughlin Road and Sanders Road. With our DEP permit in

hand, we also plan to begin bridge repair work on the only bridge Liberty Township owns and maintains, which is the Old Waynesboro Road Bridge. We will be seeking bids from contractors to help us with the repairs of that bridge soon.

The Township continues to make every effort to minimize spending while providing required services to its residents but cannot avoid the impact

of rising costs of materials, fuel, and other supplies needed for our operation. We appreciate your understanding for the reasoning behind the property tax increase for 2022.

Please join us in person or on our YouTube channel at 6 p.m. on the first Tuesday of every month for our Board of Supervisor meetings. Thank you again for your support! Our executive decisions are always based on making the best choices for Liberty Township residents! Have a fantastic February!

State Notes . . .

House OKs Congressional Redistricting Map, Review of State Maps Ongoing

A revised map of the state's congressional districts was approved by the Pennsylvania House this week and now awaits action in the state Senate. The new map is required as part of the redistricting process mandated by the U.S. Constitution. Using data collected through the U.S. Census, every 10 years districts across the country must be redrawn to be nearly equal in population to ensure fair and equal representation in Congress. Pennsylvania's population growth is slower than that of many other states according to the 2020

census. As a result, it will lose a congressional district seat – dropping from 18 seats to just 17. To view the congressional map, visit www.paredistricting.com.

The Commonwealth is also required to redraw its state House and Senate districts based on data from the census. Changes to these districts are NOT subject to the typical legislative process but are instead developed by a Legislative Reapportionment Commission. The commission approved preliminary maps and is now accepting public comment. The House Majority Policy Committee also held its second hearing on the House and Senate maps in Mechanicsburg, Cum-

berland County, earlier this week. The public comment period concludes on Tuesday, Jan. 18. To view the maps and submit feedback before the deadline, visit www.redistricting.state.pa.us.

PennDOT Seeking College Students to Fill Summer Jobs

PennDOT is looking to hire college students from May through August to supplement its permanent workforce. The job typically entails seasonal maintenance work and sign upgrade services at roadside rest facilities, and laboring and flagging duties in maintenance organizations and highway worksites. The hourly rate is \$14.61. Interested applicants should contact my office by Friday, Feb. 18, and apply online at employment.pa.gov to the PennDOT

College Student Summer Worker posting under the Open Jobs section.

Bill Aims to Ensure Clarity, Efficiency in Patient Test Results

The House unanimously approved legislation this week to better ensure clear and timely communication to patients of their medical test results. Currently, the Patient Test Result Information Act (Act 112 of 2018) requires imaging entities to directly notify the patient if the test results indicate significant abnormalities. Inconsistent interpretations of that term have led to unnecessary confusion and anxiety for some patients. House Bill 1280 removes the definition of "significant abnormality" from the law and instead requires diagnostic imaging entities to provide patients with written notice at the time of any imaging service. The notice

shall state that the results of the test(s) will be sent to the ordering health care practitioner. If the ordering practitioner doesn't reach out within 21 days or the electronic health records haven't been updated, it is recommended that the patient follow up with the practitioner to discuss the results. The bill now goes to the Senate for consideration. County Commissioner Jim Martin

Adams County continues to be a popular community in which to live or relocate. Many factors contribute to this popularity. Among those factors are health, safety, and general welfare; sustaining these is a primary goal of the Adams County Commissioners and their supporting staff. The challenge is one of everyday vigilance that will continue through 2022. The 2022 budget captures the essence of this challenge.

As the needs of the county change, so do the complement of services and the associated management. One of the greatest changes has been realized in our Information Technology operation and services. We continually receive cyber-attacks, and we must invest to stay ahead of this heinous activity. Protecting our electronic data and records is a must to maintain daily operation. The cost


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GOVERNMENT—NORTH OF THE BORDER

County Commissioner Jim Martin

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As the needs of the county change, so do the complement of services and the associated management. One of the greatest changes has been realized in our Information Technology operation and services. We continually receive cyber-attacks, and we must invest to stay ahead of this heinous activity. Protecting our electronic data and records is a must to maintain daily operation. The cost of recovering data that has been compromised can easily exceed \$200,000. Additionally, county growth requires expanding our network capacity, and that has unavoidable expenses.

Our emergency services is another county service that is continually chal-

lenged by the need to be upgraded at substantial cost. Our emergency communication system and preparedness network must be continually protected and maintained to respond immediately to emergencies. This type of service depends upon highly technical equipment and well-trained staff. The cost of this service is partially funded by communication fees from our use of various electronic devices. These fees come to us through the state, but the state does not send sufficient funds to keep pace with the increased costs of operation. The short fall in state funding must then come from annual county property taxes. Just as an aside, these county property taxes are one of three property taxes paid by property and business owners. School District property taxes account for approximately 75% of the amount of the taxes paid by property and business owners. The remaining 25% of property taxes are paid to the county and municipalities.

Inflation is another budgetary challenge to the county. As a result of the disruption in the distribution and

diminished oil supply; higher fuel prices have resulted across the nation. So, one stroke of the pen brought an upward spiral in fuel costs to personal, governmental, and business budgets. We now have greater governmental spending (county included), higher personal expenses (gasoline, utilities, petroleum products) and higher manufacturing costs which raise consumer prices.

Perhaps the greatest challenge during 2021 and continuing into 2022 is operating in the most practical and protective manner to avoid Covid-19. Through the present pandemic we have and are minimizing exposure to COVID-19 yet minimizing barriers to services and court activity. This has and will continue to be a balancing act placing the appropriate number of staff in brick-and-mortar facilities and a portion of staff in remote work settings.

The subject of remote work settings entered a recent round table discussion with the Secretary of the PA State Department of Drug and Alcohol Prevention. At the table were county commissioners, medical providers and

counselors, community agencies, and various officials. There was much concern about the inability to adequately counsel and address the needs of their clients. Practitioners, counselors, and parole officers all expressed how virtual and telemed appointments lack the needed personal interactions to properly assess and counsel their clients. Repeated accounts were given how those with addiction and mental health issues regressed in a virtual environment. This was evidenced by increased drug use and problematic behavior. Also lamented was the interruption remote work has caused to prevention education. It was agreed that prevention education works, but inadequate funding and limited staff are an issue. One reporter listening on the virtual conference call asked, "How do we correct the situation?" The Secretary responded that they were not sure, but they would definitely be giving attention to finding answers. If a solution is forthcoming, the roundtable was worth the effort.

The increased amount of illegal and illicit drugs that cross the southern border and find their way to our community create not only a monetary

but, more importantly, a high social cost. Several weeks ago young people in our county would have died from a drug overdose had it not been for the rescue efforts of local first responders. Our own Congressman Dr. Joyce has personally witnessed this traffic at the border and has verified that these very drugs have entered our community. Increased availability and drug use require enhanced emergency services, law enforcement and judicial services. My hope and prayer is that the White House will take serious action on the illegal drug traffic.

On a more favorable note, Adams County tourism has been experiencing a rebound. As many may know, 2020 was a dismal year for the hospitality and lodging industries. Based upon hotel and lodging receipts, 2021 will match or exceed 2019 receipts. That is wonderful news! This can be attributed in part to the successful marketing strategies of Destination Gettysburg. They are definitely dedicated to their mission, and it shows. We are all hoping for another great year of hosting visitors in Adams County.

Wishing all a prosperous and healthy 2022.

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Wishing all a prosperous and healthy 2022.



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COMMENTARY

Words From Winterbilt

Individual rights vs. collective rights

Shannon Bohrer

In February, we celebrate President's Day, and that appeals to me because of our history with individuals that created and governed a new nation. In celebrating Presidents Day, I am reminded of the importance of our democracy and our freedoms. The words "Life, Liberty, and the Pursuit of Happiness" are reflective of our perception - of who we are, or think we are. The words are from our Declaration of Independence, first written by Thomas Jefferson, and seem to embody the idea of living in a free democratic country. However, our current uncertainty seems to question who we are and the meaning of those words.

The uncertainty I am referring to is a balance between individual rights and the government's responsibility to ensure our collective rights. The most obvious example is the pandemic we are experiencing. One side believes in science, mandating vaccinations and mask mandates, while the other side believes that requiring vaccinations and masks are an infringement on one's individual rights. Does the individual have a right to remain unvaccinated if the government mandates vaccinations to protect the health of the country? Maybe we should

be asking, how do we define behaviors and actions, that when permitted, either contribute or infringe on our rights?

The example of the pandemic and vaccinations reflects the uncertainty, or maybe the unpredictability that seems to be today's standard. How free are we to pursue our life? How do we balance our collective freedoms with individual rights? For many, our freedoms do not seem as assured as we once believed. Maybe, our conflict is with what we believe does not fit with the reality that exists.

Another example of possible conflict between individual freedoms and our collective rights for public safety is the second amendment. On December 20, 2012, there was an active shooter incident at an Elementary School in Newtown, Connecticut. Twenty-six people died, including 20 children. When 20 children, between the ages of 6 and 7, die - the week before Christmas, you might think that we would not just remember the event, but also the promises that were made. Politicians and leaders promised that as a country, we would do something to prevent another school shooting. Of course, we have a history of promises from previous shootings.

After a tragedy, we often hear the words, we will act or do something, so "this will never happen again." A

catchphrase that is used often, but never materializes. Since the school shooting in Newtown, Connecticut, at least 80 people have died in school shootings, while hundreds have been shot. Examining the larger picture, from 1999 to 2016, we have experienced 572,537 deaths from firearms, which includes suicides. That is an average of over 30,000 deaths per year, and the numbers continue to escalate. While the deaths continue to rise, many states have enacted laws that have reduced firearm injuries and deaths. The laws include banning dangerous weapons, protection laws involving domestic violence, and strict background requirements for purchasing firearms.

Nationally, on the Federal level, we have done nothing. One simple proposal to enact universal background checks has not moved. In a country where 83 percent of gun owners support expanded background checks, why has nothing passed? You could blame the NRA, except that 72 percent of NRA members also support universal background checks. How many people have been denied the pursuit of happiness because we don't have universal background checks? No law can eliminate all shootings, but that does not mean that we cannot do something.

Why are we the only industrialized nation that experiences mass

shootings on a somewhat regular basis? How do we balance the individual freedoms that often seem to threaten our collective safety? States that have enacted laws that include strict background requirements have seen a reduction in gun deaths. So, we know that a national law, just requiring background checks, could be effective. If state laws requiring background checks are not an infringement on one's second amendment right, then why is a federal law so hard to pass? In some things, like gun rights, do we favor the individual's right over our collective rights - of safety?

Sometimes the conflict around protecting our collective rights is not with individual rights but with the rights of private industry, producing goods for public use. We have manufacturing industries that have produced industrialized pollution in both air and water. While the products produced are beneficial to society, the harm from exposure is usually to people working in the manufacturing process, and often with those living in the vicinity of the industry. Should, or is it, the government's responsibility to balance the harm of the pollution against the value of the product(s) produced? If the product has limited benefits, like toys, is that given the same consideration as paint, gasoline, common cleaning products, or medical supplies? It does seem a little satirical that some medical supplies that were created

with a manufacturing process - that created pollution(s) - can be used to help people with an illness caused by the same pollution.

"Life, Liberty, and the Pursuit of Happiness," begins with life, and the right to life itself has been in the news with the recent laws passed to restrict abortions. Obviously, the Texas legislature believes that life is so important that the government has a responsibility to limit abortions for the sole purpose of saving the lives of the unborn. The Texas legislature has prioritized the embryo over the rights of the woman to have autonomy over her own body, yet they also refused to protect school children that already exist, when they prohibited the wearing of masks in schools - during a pandemic. The cognitive dissidence appears to be unnoticed by the lawmakers and yet seems obvious.

Only in Texas can the state prohibit a 12-year-old pregnant child from wearing a mask to school during a pandemic and simultaneously require her to give birth to a child, that could be her sibling. If the 12-year-old is exposed to Covid and becomes sick, what happens to her and the unborn child? Could it be argued that in Texas, the right to life - stops at birth?

In a democracy, how do we balance and ensure individual rights with the collective rights of society?

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

American Mind

Fear

Mark Greathouse

Fear...suffocating scared-to-death fear...surrounds us, crushes us, snuffs out the fires of life, liberty, and the pursuit of happiness. Some even fear fear; that's phobophobia. And the greatest fear that folks hold is described by Publilius Maximus in Maxim 511 (1st Century B.C.) who noted, "The fear of death is more to be dreaded than death itself."

Most fears are rather contrived; like fear of not getting our "fair" share, fear of injustice, etc. that are mostly attributes of self-love, ego, and selfishness driven by fear of personal discomfort. Most fears or phobias are conquerable with a little effort.

Arguably, there are plenty of justified fears. We are surrounded by things to be fearful of, including death, rejection, the unknown, change, uncertainty, disease, natural disasters, job loss, and more. There's even fear of failure which - amazingly - is topped by fear of success. Too often, fear rules our lives and we feel helpless to overcome them. Mostly, folks who succumb to their fears have never been taught the means to overcome them.

President Franklin D. Roosevelt famously spoke to fear in his March 4, 1933 inauguration speech, "This great nation will endure, as it has endured, will revive and will prosper. So, first of all, let me assert my firm belief that the only thing we have to fear is fear itself - nameless, unreasoning, unjustified terror which paralyzes needed efforts

to convert retreat into advance." Powerful. Citizens were rightly fearful of the nation's terrible economic woes. In addition, Adolph Hitler had begun to loom as a threat to world stability by using fear in the form of mass formation psychosis (aka, crowd hypnosis) to take over the Weimer Republic.

Today, we face a host of conquerable fears like merchants fearing looters and rioters, corporations caving to fear of a "woke" minority, local governments taking down statues for fear of cancel culturists, and citizens fearing for personal safety as criminals command our streets.

Fear has often been "weaponized" over the centuries to attain and sustain power and control. It's the "do this or else" mantra. Such fear is often sustained by controlling information through misinformation, disinformation, and lack of information as impacted by ideological or selfish motives driven by greed and lust for power.

Even many well-meaning Christians use fear as a religious conversion tool, e.g., fear of not going to Heaven or fear of living a meaningless life unless you accept Christ as your savior. There's no salvation through fear.

A very real fear that folks face today is COVID-19. It's a rational fear. Many folks have died. Yet, arguably, much COVID fear is irrational. Media, academia, big-tech, and government seem to have manipulated information to induce irrational fears in many folks. Thus, millions of perfectly healthy citizens stayed indoors,

wore mostly ineffective masks even while outdoors or driving alone in a car, and endured lines to get marginally effective vaccines. All this was caused by irrational fears stoked by conflicting data, unknown outcomes, changing health mandates, spewing of meaningless categories of data, and the like. Folks actually wanted to know how many were surviving and how they managed that, but such data wasn't released. Don't survival statistics make a lot more sense than death statistics? What preventive measures truly work? What are the effective therapeutics? They still don't know...or won't tell. Result: fear.

Our universities present a great Orwellian example of COVID weaponization through overt virtue signaling. Several "elite" institutions require masks, vaccinations, and testing; restrict student travel; and incentivize students to snitch on non-compliant fellow students. Students complacently knuckle under while fearing reprisal.

COVID fear has been stoked by mixed messages. We've worn masks and social distanced to "flatten the curve," locked everything down, gotten vaccinated, gotten a booster, double masked, gotten another booster, been threatened with mandates, gotten tested, waited for pills, and on and on. Citizens are rightly scared and confused, as big-tech offers dire often-inaccurate health warnings attached to social media posts, government health-care bureaucrats constantly change requirements supposedly in the name of science but actually for political advantage, teacher unions stoke fear with outsized power, and practicing

physicians argue for and against the efficacy of masks, social distancing, and vaccines. And natural immunity, ostensibly the best protection from COVID, is ignored mostly because it generates no financial gain for big pharma or for political campaigns.

There's plenty to fear besides COVID. Death. War. Economic loss. Fear is arguably more powerful than reason, and, when it is stoked by ideologically-driven media, academia, politicians, bureaucrats, and big-tech, it is horribly destructive to our health and our freedoms. The likes of CNN, Fox, OAN, MSNBC, and Politico regularly skew opinions masked as facts that in turn stoke fears. They offer pieces pulled from select sources that permit them to render opinions posing as facts that they feel are justified to support their ideological slants. Often as not, they belatedly retract and correct their misshaping of the news, but its often long after the fear-mongering has already been wrought.

Bertrand Russell in An Outline of Intellectual Rubbish (1950) noted, "Fear is the main source of superstition and one of the main sources of cruelty. To conquer fear is the beginning of wisdom." Where has the wisdom from media, science, and government been? International collusion...racism...global pandemic...insurrection...riots...we seem indeed to be victims of the age-old political adage, "Never let a crisis go to waste." One of the dilemmas of many politicians was expressed well by Niccolò Machiavelli in The Prince (1532), "Since love and fear can hardly exist together, if we must choose between them, it is far safer to be feared than loved." Far too many politicians

choose the fear route and find love only from their sycophantic inner circles. Fear? We might ask ourselves what mind-numbing fear will be conjured up after the pandemic? Who's controlling whom? Why?

Deciding rationally whether or what to fear is critically important to the quality of our lives and that of the society in which we live. One of our nation's beauties was its founding upon principles of opportunity, including overcoming loss, injustice, and more through peaceful, lawful processes. In America, we enjoy freedom of choice. We are free to choose to confront fears head on, ignore them, or be ruled by them. We can place our trust in faith, as 1 John 4:18 tells us, "There is no fear in love; instead, perfect love drives out fear, because fear involves punishment. So, the one who fears has not reached perfection in love." Hope, wisdom, trust, love, and faith are surely powerful antidotes to many fears. They offer enough confidence in the future that we might choose to freely set our fears aside.

But, be no fool; don't naively and blithely accept the largesse of any government that claims solutions - many false and biased - aimed at supposedly assuaging our fears. We alone are first and foremost charged with guarding our freedom to life, liberty, and the pursuit of happiness. Well-founded, rational thought about the threats before us can give us an edge over the fears and fear mongers that would control our existence. Choose wisely.

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

Country First

Democracy dies when good people do nothing

David Marshall

We often give our thanks and support to members of the U.S. military for their service which they rightfully deserve. In 2021, American troops continue to serve combat tours in harm's way. With it comes the understanding that such deployments could possibly result in physical injury, psychological scars or even death. About six-in-ten combat veterans say they witnessed someone in their unit or ally unit being injured or killed. It is a high human price to pay in protecting democracy worldwide. The strength of democracy will always depend on the courageous service of military men and women in the line of duty. After the 2020 presidential election, the nation is now witnessing a new group of heroes stepping forward. Not that they didn't exist before, we are now seeing firsthand how election workers also play a critical role in the protection of democracy. An election worker has been defined as any individual who is an election official, poll worker, or an election volunteer. The strength of democracy rest on civic-minded citizens who are conscientious and knowledgeable when ensuring that our elections are accurate, safe and accessible. Unlike the military soldier, we never considered their civic duty as being in harm's way. Recent events has changed that perception.

Over the course of the past year and a half, Americans who serve as front-line election workers are being subject to a wave of intimidation and violent

threats. Some have faced protest at their homes, subject to racist attacks and received death threats. The Philadelphia City Commissioner, a Republican, after rejecting claims regarding election fraud received a message warning that if he didn't tell the truth, "your three kids will be fatally shot." These type of cruel threats and acts of harassments to workers and their families are not isolated to Philadelphia, they occur nationwide and are happening on a regular basis. David Becker, founder and executive director of the Center for Election Innovation & Research, spoke truthfully when saying, "We need to address the fact that we are going to lose a generation of election administration professionalism and experience, because these individuals did not sign up to be soldiers in a war." Regardless of what a person believes, it does not justify one person threatening the life of another person. Unsurprisingly, intimidated election officials are leaving their positions in part because the threats are becoming normalized, besieged workers receive little protection from law enforcement and very few individuals are held accountable for making threats. Many people are numb to the idea that intimidation of election workers doing their jobs reveals a democracy that is in decay. Compare what is currently happening in our nation and look at the manner in which foundations of democracy have been undermined in countries such as Hungary, Venezuela and Turkey.

If there is ever a time in our modern history where our nation needs honest and civic-minded people to step up it is now. Just as we give our thanks and support to our service men and women in uniform, those who over-

see our free and fair elections need our thanks and support as well. Democracy dies when good people do nothing. It is a fact that most people on the receiving end of the intimidation and threats are genuinely frightened. They deserve much better. So as a nation, how did we get to this point?

The Founding Fathers knew the development of our young nation was going to be a long term work in progress. The authors of the Constitution made the goal very clear when the Preamble was written. It states, "We the People of the United States, in Order to form a more perfect Union..." They had the foresight to know the nation was imperfect. Therefore, they set a baseline with the intention of the nation progressing and striving toward becoming a perfect union. With the goal in mind, future changes would be needed to reflect a nation growing in size and a nation evolving culturally and socially. The Founders held trust and belief that future leaders would be responsible stewards in establishing justice, domestic peace and to maintain an effective system of checks and balances. The Founders trusted that future leaders would have the integrity and character needed to keep the institutions of democracy strong while keeping the best interest of the country always as a first priority. Democracy dies where there is a void of quality leadership. In order to become the "more perfect union", we have to first have respect and true love for the union. Destroying the system of checks and balances established by our Founders does not align with the love for our nation many of us claim to have.

It was never intended for the American democratic society to make advances over decades and centuries only to lose them by regressing back-



"All that is required for evil to triumph is for good men to do nothing." - Edmund Burk.

wards beyond the point of our original baseline. Allow yourselves to consider the words of Robert F. Kennedy, "Every time we turn our heads the other way when we see the law flouted, when we tolerate what we know to be wrong, when we close our eyes and ears to the corrupt because we are too busy or too frightened, when we fail to speak up and speak out, we strike a blow against freedom, decency and justice." Democracy dies when people are deceived. Many people close their eyes and ears to corruption by way of deception. When people are deceitful, it can occur on two fronts (deceiving yourself and deceiving others). As civic-minded citizens, we cannot close our eyes and ears when leaders cause others to believe something that is not true in order to gain an unfair political advantage. We cannot fail to speak up and speak out when we see individuals fail to admit to themselves the truth in regards to why election officials are

being harassed and violently threaten.

Democracy does not decay without warning signs. David Becker gives us a warning to heed by saying, "It's not even accurate to say [threatening election workers] was rare prior to 2020. It was so rare as to be virtually nonexistent. This is beyond anything that we've ever seen." As concerned citizens, it takes a certain type of courage to speak out. We can do so by following the example of the soldier deployed into combat. Their courage is driven in part by love of country first.

David W. Marshall is author of the book "God Bless Our Divided America" and member of Country First. Country First is focused on recognizing that Republicans, Democrats or Independents don't have to be enemies just because they have different experiences and perspectives. To learn more about Country First visit www.country1st.com.

Down Under

The worm that didn't turn

Submitted by Lindsay Melbourne, Australia

Big fish eat little fish -proverb

Some truly good news this month. Australia has become one of the major supporters of the American economy. In the past three years we have ordered more than \$280 billion worth of goods, but before you get too excited, I have to add that it is the amount from one sector only: Defence. (And that's the oxymoron of the century; these are for offence, not just defence)

But that's OK too, because it is all a phantasm: the delivery times are way ahead, (10 - 15 years), the money will only be paid on delivery, and the reasons for all this business are strategic and political. (And we can add another 50 billion in other trade that is actually paid for).

The strategic stuff is there to send more warnings to China, (ha ha), and to Vladimir, who doesn't care. But the main reason for all this commitment is to make sure Australia will help fight its wars, should one occur - and that is increasingly likely. China

might just be stupid enough to invade Taiwan, but the call may well come to join the U.S. to help in Ukraine. The president said today (Jan 21) that 'our allies will be asked to do their part in any action needed'.

So that's the front cover of the 2022 hyperbole post, which has the business section inside. Here's a summary of the trade between you, us, and China: in 2020 you exported 125 (all in billions) to China and imported 435 from them. You exported 50 to us and imported 39. We exported 100 to China and imported 93.

Yes, we had a trade surplus with China!

So a bit of circular business has developed. We sell China iron ore, coal and gas; they turn that into goods, some of which they sell to you. We buy armaments from you to show China you have a very strong ally and will not be messed with. You sell China stuff to help them make chips and so on, which you and the rest of the world buy.

Does that mean we are like a nut in a nutcracker? Maybe, but we're more likely to burn to death first. We 'know' America will come to our aid

no matter what because we are buddies, ignoring history.

And that history shows us that you do not help your friends unless it is in your own interests to do so. It took Pearl Harbour to get you into WW2, and having convinced yourselves that you won that war, you began to right wrongs. Communism was bad, Vietnam had to be democratised. Convincing yourselves again that you somehow won that one too, you slid into a policy of converting countries to your idea of democracy, countries that had things you need, like oil, or were ready for exploitation. (At last count, that was about 30)

Well, that's not diplomacy, that's just plain old aggression. You didn't need to declare war -just pretend you're introducing your version of democracy to their poor benighted country. But that's history. You cannot do that anymore.

But to see that, you have to stand back, read history, and remove the rose-coloured specs. No politician has ever done that, as rose colour hides the horrible truths. The point is, we have decided to cast out lot with you because we had to. We had no other choice.

And that is frightening. Being part of your empire happened gradually - we already have your giants here in all their technical glory, fried chicken and low pay. We have your military bases,

your secret intelligence gathering, and now a huge new fuel storage facility near Darwin. The Marine rotation to our most strategic area, near that city in the Northern Territory, is being increased to about 500, and we see that as a sign of our growing closeness.

Now here's my real worry: that we will be obliged to act with you in your takeover deals. Or your illegal wars. We will be unable to deny the Trumps of this world, and all because we thought we had no alternative. We definitely do not want to get caught up in your politics, but, seeing we are a quasi-state of America, I believe we are now able to ask the questions that no one in your country bothered to - or were terrified to raise.

Number one: Why?

Why did G.W. Bush react to 9-11 by anger and demands instead of asking 'Why has this happened?' His 'axis of evil' condemned America to years of useless war.

Why has that question never been debated in Congress? Why have none of the top brass insisted that the hawks were wrong? Because they like making war. That's what they think they are there for, democracy be damned.

How come the brass was able to get their way over the removal of Saddam Hussein?

See above, and add the oil industry and their one-eyed view of power.

Why has money become your god? Because too many influencers love it, and knew they could sell it easily to dumb presidents - Bush, Reagan and Co.

And here's a truth - we are all totally sick of this nest of hawks, far-right cruelty, and self-serving republicans.

But, and here's the rub, we are becoming Americans (silent scream). We are polishing our swords, repairing our slingshots, preparing to be eaten. (Do you remember the story of the worm? It was picked up by a sparrow, the worm thinking, 'my, this mis terrible,' but halfway down the bird's throat it began to feel something, something strange. 'Hmm.. this isn't so bad after all.'

So much for all that angst; I know that you and me (collectively) like each other, have a degree of trust, and are prepared to take all those strange customs and likes/dislikes with a grain of salt.

We are neither worms nor fish, (apart from our political leaders here - one's an overstuffed fish, the other has worms in his brain).

So, greetings to all my friends who are standing up for the underprivileged, the bottom of the heap. You deserve a medal.

From the true land of the free.

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

THE PASTOR'S DESK

The humanness of Jesus

Pastor Richard Baker
Trinity, United Methodist Church

We have just come through Christmas and New Year. We celebrated the birth of the Christ child, and quickly moved to his baptism. On the liturgical calendar, it brings us to what we call "ordinary time." It marks the period between Jesus' baptism and the beginning of Lent and following Easter we come back to ordinary time again. The word, ordinary is misleading because nothing about Christ's life was ordinary. Even though he put on our flesh and lived just like one of us, Jesus was set apart from birth because he was the sinless Son of God.

But it's interesting to look at what he accomplished during this period leading up to Lent. Looking at John's gospel, he started his ministry by attending a wedding, something very ordinary, except for his miracle of turning water to wine. We assume he lived outside often and in the next chapter, he met with and discussed deep philosophical concepts with Nicodemus. He interacted with a Samaritan woman at the well. It seems ordinary to us today, but in his culture men and women did not mix, and because of her heritage, most Jewish people would have avoided her. But Jesus was not most people.

What we learn as we read these stories is that the extraordinary springs right out of the ordinary. As the write

of Hebrews tells us, "He was made like us in every way." Isaiah would add to that saying that you may have had trouble picking Jesus out in a crowd. The Word became flesh and became one of us. That is the message from our Bibles. God loved this world so much that God became one of us to communicate in ways we could understand the depths of God's love.

There is a story of a father and son walking through the woods and coming across a group of ants walking in a line together. But as they walked, they saw the ants had stopped. Their path was blocked by a large stick, and they were working to figure out what to do. The young boy wanted to pick up the stick so they could go through, but the father told him they probably would scatter in fear. The young boy had several ideas, but each time the father reminded him that the ants needed to work it out for themselves. Finally, the young boy said that if only he could become an ant, he could show them a better way.

Robert Oppenheimer, the father of the nuclear bomb, once said that the best way to convey an idea was by wrapping it up in a person. After centuries of trying to show us God's love and our being unable to comprehend what God wanted, God decided the best way was to become one of us.

Isaiah paints a picture of a very ordinary Jesus in his 53rd chapter, saying, "He had no beauty or maj-

esty to attract us to him, nothing in his appearance that we should desire him." And yet, Isaiah goes on to describe this person as being the salvation of our world. What Isaiah pictured as ordinary would become extraordinary in every way.

Jesus was made like us in every way. He got hungry, as we can read in Matthew 12. He got tired as we can read in Mark 4. He got frustrated when he saw God's house being defiled. He cried at the death of a friend in the story of Lazarus. Years ago, someone gave me a picture of a laughing Jesus, and when I hung it in my office a few folks took offense. That wasn't the image of Jesus they were used to. But for me, it showed the humanness of Jesus. I think that God delights in watching us go through our days. I believe God smiles every time we get something right.

Rightfully so, we have put both God and Jesus on a pedestal, worthy of worship, but our God wants us to understand that God meets us in the ordinary times and places of our lives. We encounter Jesus shaking hands with a stranger. We encounter Jesus in the smile of the person taking your carry-out order. We encounter Jesus everywhere kindness is shown.

Jesus described John the Baptist in flowing terms, but he asked those listening what did they expect when they met John, and it's a fair question to ask ourselves today. What are you looking for in Jesus? Would God be more relatable as someone sitting on a cloud throwing out thunder bolts? Would God seem more accessible if God were calling out judgment on those we disagree with? Our search for Jesus begins in the ordinary, as Paul reminds us in Philippians 2. "Jesus, who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross! Therefore, God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that



Jesus Christ is Lord, to the glory of God the Father."

Jesus decided to be ordinary so as to not draw attention to himself but to God. When people saw his bring life out of death, or healing out of illness, they were told by him that it was the power of God working within him.

At Trinity United Methodist Church, we celebrate encountering Jesus in the ordinary. We feed the community on the last Wednesday of each month. There are no requirements or restrictions. If you're hungry, come over and get a meal, it's that simple. Several of our members work at the Food Bank or volunteer over at Seton Center. Recently we repaired a house for an elderly lady in the community. But they also serve in civic groups like the Lion's Club. They work at the funeral home. We have college professors and custodians worshipping God side-by-side. They look just like you and yet they carry in what Paul called, "these jars of clay," the message of hope and salvation to a world that longs to know peace. They are ordinary peo-

ple doing extraordinary things because Christ lives in their hearts.

Jesus chose the ordinary because it was the best way to reach us. He became like the young boy who suggested becoming an ant, like us, to show us the way around our sinful problem. Today, we invite you to see Jesus for who he really is; the Lord and Creator of the entire universe who loves his creation so much that he willingly became one of us when every other way failed. We celebrate the ordinary, but the truth is there is nothing ordinary in any of us. Because of whom God is and what God accomplished by sending Jesus into our world, we have become extraordinary because of who he is. May God help you to see that divine spark in each person you meet. Thank you for allowing me to share this message with you.

To learn more about Emmitsburg's Trinity United Methodist Church visit at www.trinityumcemmitsburg.com or better yet, join them for Sunday service.

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THE BOOK OF DAYS

Fortune telling with cards



The long disputed questions respecting the period of the invention of playing-cards, and whether they were first used for purposes of divination or gambling, do not fall within the prescribed limits of this paper. Its object is simply to disclose—probably for the first time in print—the method or system of divination by playing-cards, constantly employed and implicitly depended upon, by many thousands of our fellow-countrymen and women at the present day.

The smallest village in England contains at least one ‘card-cutter,’ a person who pretends to presage future events by studying the accidental combinations of a pack of cards. And it must not be supposed that all of those persons are deliberate cheats: the majority of them ‘believe in the cards’ as firmly as the silly simpletons who employ and pay them. Moreover, besides those who make their livelihood by ‘card-cutting,’ there are numbers of others, who, possessing a smattering of the art, daily refer to the paste-board oracles, to learn their fate and guide their conduct. And when a ticklish point arises, one of those crones will consult another, and then, if the two cannot pierce the mysterious combination, they will call in a professed mistress of the art, to throw a gleam of light on the darkness of the future.

The art of cartomancy, or divination by playing-cards, dates from an early period of their obscure history. Though it has not fallen to the writer’s lot to practice the art professionally, yet he has not forgotten it, as the following interpretations of the cards will testify.

Diamonds

King. A man of very fair complexion; quick to anger, but soon appeased.

Queen. A very fair woman, fond of gaiety, and a coquette.

Knave. A selfish and deceitful relative; fair and false.

Ten. Money. Success in honourable business.

Nine. A roving disposition, combined with honourable and successful adventure in foreign lands.

Eight. A happy prudent marriage, though rather late in life.

Seven. Satire. Scandal. Unpleasant business matters.

Six. Marriage early in life, succeeded by widow-hood.

Five. Unexpected news, generally of a good kind.

Four. An unfaithful friend. A secret betrayed.

Trey. Domestic troubles, quarrels and unhappiness.

Deuce. A clandestine engagement a card of caution.

Ace. A wedding ring. An offer of marriage.

Hearts

King. A fair, but not very fair-complexioned man: good natured, but rather obstinate, and, when angered, not easily appeased.

Queen. A woman of the same complexion as the king; faithful, prudent, and affectionate.

Knave. An unselfish relative. A sincere friend.

Ten. Health and happiness, with many children.

Nine. Wealth. High position in society. The wish-card.

Eight. Fine clothes. Pleasure. Mixing in good society. Going to balls, theatres, &c.

Seven. Many good friends.

Six. Honourable courtship.

Five. A present.

Four. Domestic troubles caused by jealousy.

Trey. Poverty, shame and sorrow, caused by imprudence. A card of caution.

Deuce. Success in life, position in society, and a happy marriage, attained by virtuous discretion.

Ace. The house of the person consulting the decrees of fate.

Spades

King. A man of very dark complexion, ambitious and unscrupulous.

Queen. A very dark complexioned woman, of malicious disposition. A widow.

Knave. A lawyer. A person to be shunned.

Ten. Disgrace: crime: imprisonment. Death on the scaffold. A card of caution.

Nine. Grief, ruin, sickness, death.

Eight. Great danger from imprudence. A card of caution.

Seven. Unexpected poverty caused by the death of a relative. A lean sorrow.

Six. A child. To the unmarried, a card of caution.

Five. Great danger from giving way to bad temper. A card of caution.

Four. Sickness.

Trey. A journey by land. Tears.

Deuce. A removal.

Ace. Death, malice, a duel, a general misfortune.

Clubs

King. A dark complexioned man, though not so dark as the king of spades: upright, true, and affectionate.

Queen. A woman of the same complexion, agreeable, genteel, and witty.

Knave. A sincere, but rather hasty-tempered friend. Ten. Unexpected wealth, through the death of a relative. A fat sorrow.

Nine. Danger caused by drunkenness. A card of caution.

Eight. Danger from covetousness. A card of caution. Seven. A prison. Danger arising from the opposite sex. A card of caution.

Six. Competence by hard-working industry.

Five. A happy, though not wealthy marriage.

Four. Danger of misfortunes caused by inconstancy, or capricious temper. A card of caution. Trey. Quarrels. Or in reference to time may signify three years,

three months, three weeks, or three days. It also denotes that a person will be married more than once.

Deuce. Vexation, disappointment.

Ace. A letter

The foregoing is merely the alphabet of the art: the letters, as it were, of the sentences formed by the various combinations of the cards. A general idea only can be given here of the manner in which those prophetic sentences are formed. The person who desires to explore the hidden mysteries of fate is represented, if a male by the king, if a female by the queen, of the suit which accords with his or her complexion. If a married woman consults the cards, the king of her own suit, or complexion, represents her husband, but with single women, the lover, either in esse or posse, is represented by his own colour. All cards, when representing persons, lose their own normal significations. There are exceptions, however, to these general rules. A man, no matter what his complexion, if he wears uniform, even if he be the negro cymbal-player in a regimental band, can be represented by the king of diamonds:—note, the dress of policemen and volunteers is not considered as uniform. On the other hand, a widow, even if she be an albiness, can be represented only by the queen of spades.

The ace of hearts always denoting the house of the person consulting the decrees of fate, some general rules are applicable to it. Thus the ace of clubs signifying a letter, its position, either before or after the ace of hearts, shows whether the letter is to be sent to or from the house. The ace of diamonds, when close to the ace of hearts, foretells a wedding in the house: but the ace of spades betokens sickness and death.

The knaves represent the thoughts of their respective kings and queens, and consequently the thoughts of the persons whom those kings and queens represent, in accordance with their complexions. For instance, a young lady of a rather but not decidedly dark complexion, represented by the queen of clubs, when consulting the cards, may be shocked to find her fair lover (the king of diamonds) flirting with a wealthy widow (the queen of spades, attended by the ten of diamonds), but will be reassured by finding his thoughts (the knave of diamonds) in combination with a letter (ace of clubs), a wedding ring (ace of diamonds), and her house (the ace of hearts), clearly signi-

fying that, though he is actually flirting with the rich widow, he is, nevertheless, thinking of sending a letter with an offer of marriage, to the young lady herself. And look, where her own thoughts are represented by the knave of clubs: they are far away with the old lover, that dark man (king of spades) who, as is plainly shown by his being attended by the nine of diamonds, is prospering at the Australian diggings or elsewhere. Let us shuffle the cards once more, and see if the dark man, at the distant diggings, ever thinks of his old flame, the club-complexioned young lady in England. No! He does not. Here are his thoughts (the knave of spades) directed to this fair, but rather gay and coquettish woman (the queen of diamonds): they are separated but by a few hearts, one of them, the sixth (honourable courtship), showing the excellent understanding that exists between them. Count, now, from the six of hearts to the ninth card from it, and lo! it is a wedding ring (the ace of diamonds): they will be married before the expiration of a twelvemonth.

The general mode of manipulating the cards, when fortune-telling, is very simple. The person, who is desirous to know the future, after shuffling the cards ad libitum, cuts the pack into three parts. The seer, then, taking up these parts, lays the cards out, one by one, face upwards, upon the table, sometimes in a circular form, but oftener in rows consisting of nine cards in each row. Nine is the mystical number. Every nine consecutive cards form a separate combination, complete in itself: yet, like a word in a sentence, no more than a fractional part of the grand scroll of fate. Again, every card, something like the octaves in music, is en rapport with the ninth card from it: and these ninth cards form other complete combinations of nines, yet parts of the general whole. The nine of hearts is termed the ‘wish-card.’ After the general fortune has been told, a separate and different manipulation is performed, to learn if the pryer into futurity will obtain a particular wish; and, from the position of the wish-card in the pack, the required answer is deduced. In conclusion, a few words must be said on the professional fortune-tellers. That they are, generally speaking, willful impostors is perhaps true.

To read past editions of Robert Chambers’ *Book of Days*, visit www.thebookofdays.com.





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ECOLOGY

Early signs of spring

Amanda Markle
Strawberry Hill Nature Preserve

For those of us living in the Northern Hemisphere, the official start of spring is still a ways away. March 20th marks the spring, or vernal, equinox, when the sun in its relation to the earth will pass over the equator on its way north. On this date, day and night will be roughly equal for everyone on earth (and if you want to indulge in a bit of fun folklore – yes! – you can balance an egg on its end on the equinox, but the trick works just as well on every other day of the year). As we move past the equinox, longer periods of daylight will gradually start bringing more warmth to our part of the world, and the seasons will begin to shift. Spring is coming, but here in mid-Atlantic February, which often brings with it some of our coldest and dreariest weather, it can seem like a very, very long way away. Don't despair! For the careful outdoor observer, signs of spring can be found creeping into nature, even this early in the year.

Backyard birds are a classic hallmark of spring. Birds can be useful indicators of all sorts of weather. Many are sensitive to barometric pressure and fly lower to the ground when the air pressure drops. Low flying birds can be a sign of poor weather ahead, while high flyers indicate fairer weather. In terms of predicting the seasonal shifts, most birds

whose presence we think of as a sign of spring returning are simply following their food. Migratory insects begin to return to our area as the weather warms and plants come back to life, and insects that have overwintered underground or in the leaf litter are starting to emerge, providing birds the food source they need to make their return. In recent years, migrating birds are arriving back north up to two weeks earlier than they did in years past, and some never leave the area at all.

The appearance of robins, in particular, is not as sure a sign of spring as it once was. Though they are indeed migratory, their migration strategy is complex and dependent upon the availability of a supply of invertebrates as a food supply in the summer and the availability of fruit in the winter. More and more robins are adopting a non-migratory strategy, so it's likely you will see at least some all year round, but the ones who do migrate start to gather together in larger flocks as spring approaches, so they are more noticeable. Backyard songbirds also become much noisier as springtime nears.

By mid-February, you are likely to hear cardinals, titmice, and chickadees starting to sing. By March they will be joined by finches, warblers, sparrows, and more, and the din they create in the early morning hours might be enough to wake you up if you are fortunate enough to live near some of their favorite gathering places. Diurnal birds

aren't the only harbingers of spring; owls start to change their behaviors as spring approaches as well. Late winter is when many owls are searching for mates and beginning to carve out territories for their nests. An increase in hooting in the evening hours is a good sign that winter is waning.

Trees can also be some of the first indicators that spring is on its way. Trees like silver maples and willows can start budding as early as February. When temperatures start to consistently reach above freezing during the day but still dip below freezing at night, you may start to see a less natural indicator that spring is soon coming when you look at certain trees; spiles and buckets hanging from maple trees. The window for maple sugaring in our area is short and highly dependent upon the weather. Seasoned sugarmakers keep a close eye on signs that sap is starting to flow, but even if you don't have any people tapping the trees in your area, other creatures are keen to keep track of this sign of spring coming and may be a giveaway that sap is moving. Squirrels are likely to poke around trees this time of year looking for sap to lick, especially from trees whose sap has a high sugar content, like sugar maples.

In our yards and gardens, sprouting bulbs are often an exciting indication that spring is not too far off, though many a crocus ends up covered in snow after emerging a bit too early. Low to the ground is a good place to look for signs of spring in the forest and less manicured outdoor spaces too; springtime in the forest starts at the lowest levels. Many plant species take advantage of the window of time where daylight hours are increasing, but the trees have yet to leaf.

Once the leaves do come out, they block most of the sunlight from reaching the forest floor, so low-growing plants that need energy from the sun to pro-

2022 Adams County Conservation District tree sale

The Adams County Conservation District is excited to announce that in 2022 we are partnering with the Watershed Alliance of Adams County and the Chesapeake Bay Foundation's Keystone 10 Million Trees Partnership to supply over 7,500 free native trees and shrubs to Adams County residents. The only stipulation to request free trees and shrubs is that you be willing to share where your trees will be planted and include before and after photos of your planting.

To request your free trees and shrubs through our online order form visit www.forms.gle/ntn-L2kCU8wosZp6.

The order deadline is March 23rd and the pick-up dates are April 7th, 8th, 9th at the Adams County Conservation District Pole Building, 670 Old Harrisburg Road, Gettysburg.

Trees and shrubs will come in a variety of sizes. Most will be approximately 1-2 feet tall, and be either bare root packed in wet newspaper, or potted in a 3" x 3" x 9" or 1 gallon pot. A five-foot tree shelter and a two-foot shrub shelter, stake, zip-ties and bird-netting will be supplied with each tree and shrub.

We make every effort to fulfill requested species and amounts; however, due to availability and ordering stipulations we can not guarantee exact requests.

If a selection is sold out, orders are placed on a first-ordered basis or partially filled. Once we receive our order confirmations from the nurseries, we will email your confirmed species list and pick-up details in the last week in March. Planting labor must be organized by the person requesting the trees and shrubs. Planting projects should be completed by May 31st.

This year's native tree species being given away include: American Beech, American Plum, Balsam Fir, Basswood, Black Cherry, Eastern Hemlock, Eastern Redbud, Eastern White Pine, Flowering Dogwood, Paw Paw, Persimmon, Pin Oak, Red Maple, Red Oak, River Birch, Scarlet Oak, Sugar Maple, Swamp White Oak, Sweet Gum, Sycamore, Tulip Poplar, White Oak, and White Spruce.

This year's native Shrubs species being given away include: American Hazelnut, Arrowwood, Black Chokeberry, Blackhaw Viburnum, Buttonbush, Elderberry, Highbush Blueberry, Nannyberry, Pussy Willow, Red Chokeberry, Red-Osier, Dogwood, Serviceberry, Silky Dogwood, Spicebush, Sweet Pepper Bush, Winterberry, Witch Hazel.

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duce flowers have to start early. Spring ephemerals are among the first new growth to happen in a wooded area. Those flowers will eventually allow for the return of bees and other insects. Elsewhere in the forest, you might be treated to a chorus of spring peepers. These are among the first frogs to start vocalizing as springtime approaches, and their distinctive,

high-pitched call is hard to miss.

By the time you read this article, a more folksy indication of the coming of spring will have taken place- the popular tradition of Groundhog Day. Derived from Pennsylvania Dutch superstition, Groundhog Day started as Badger Day. The legend goes that if the weather was clear enough on the Catholic festival of Candlemas for a badger to see its shadow, four more weeks of winter was ahead, but if the weather was overcast, spring would be arriving soon. Now celebrated in the United States and Canada, the most popular symbolic predictor of the coming of spring is Punxsutawney Phil, the allegedly immortal creature living in Punxsutawney, Pennsylvania who has been making predictions since 1887.

While quite famous, Phil does not have the best track record for predicting the change in seasons. In fact, some studies have found that Phil is actually less accurate at predicting when spring will arrive than would be the flip of a coin. So while Groundhog's Day is a fun tradition, don't put too much credence behind his prediction for the coming of spring. Spend some time outside and you can find plenty of more accurate signs that spring is on its way!

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

REAL SCIENCE

Nutrition

Michael Rosenthal

Your health is dependent on a number of factors, some of which, like heredity, are beyond your control. One influence, however, which can make a big difference, is your diet. It is thus important to eat healthy food and limit your intake of unhealthy (but often enjoyable, that's the problem) food.

One food that is worthy of scrutiny is bread. I am certainly not suggesting that you eliminate bread from your diet, but as reported in Consumer Reports, one of my favorite respected science-based publications, there are things about bread usage to consider.

One of the things to keep in mind when shopping for bread is to choose bread that is whole grain and low in added sugars and sodium (salt). You have to read the labels carefully, because many of the breads labeled whole grain contain sugars, sodium, and other additives. Here are some facts to keep in mind.

Grains have three parts, the endosperm, bran, and germ. Whole wheat has all three parts, while white flour is made just from the endosperm. Many of the grain's nutrients are in the bran and germ.

White bread is not as bad as it first seems. It offers some protein, and most commercial breads are made from flour enriched with B vitamins and with iron, needed components for a healthy diet. Gluten free bread is important for those with gluten sensitivity, but is usually lower in nutrients and fiber than whole wheat.

Multigrain, whole grain, and whole wheat are not the same. To be confident you are getting all whole grain, look for the label "100 percent whole grain" not "100 percent whole wheat."

There are other things to consider as well in looking for healthier bread. Many breads have too much sugar in their content. Look for and avoid breads that contain cane sugar or honey. It is well to use bread that has 2 grams or less of sugar per slice; some breads have as much as 4 grams of sugar per slice.

Something else to consider is sodium (salt) content. Salt of course gives flavor (I just can't eat a hard-boiled egg without adding salt!), but you should limit yourself to bread with sodium content of 150 mg or less per slice. Also important is fiber content. Two or three grams of fiber is optimal. More than that amount may mean processed fiber has been used, which is not as healthy. Added nuts and seeds are good in whole grain bread. They add healthy fats and more fiber.

Environmental Nutrition, the newsletter of food, nutrition, and health, has been published for over forty years by the Health Information Network in Norwalk Connecticut. The August 2021 edition speaks to issues of diet, spending savings, and supplements, with stories on natu-

ral treatments for Irritable Bowel Syndrome, the potential of health benefits from an alkaline diet, the benefits and drawbacks of caffeine consumption, nutritional issues of frozen treats on a stick, and other highly relevant topics

Another publication I recommend to you is the Tufts University Health and Nutrition Letter. It is available by subscription at a modest price. You can find it on the internet with subscription information by an internet search. They are careful in distinguishing between the possible and the proven, and their long time of publication is indicative of their popularity and respect.

One has to be careful in choosing and believing everything written, in print, and on the internet, about food. Articles are sometimes written that promote food products by or at the support of manufacturers and sales organizations, whose only incentive is financial profit. That is why I have such faith in Consumer Reports. They are clearly looking out for the public interest and not personal profit via product sales.

Chemistry is present in every aspect of our everyday lives. That is one of the reasons it attracted me as a profession so early in my educational programs. I found it to be such an interesting path between theory and reality, and I said before in this column, my high school chemistry course brought it all together and pointed me into the chemistry career direction. In college I did summer internships at two industrial establishments, and though they were learning experiences, they refined my

commitment to eventually land in my career in higher education teaching and research. Graduate school at the University of Illinois and its large undergraduate lecture classes sent me in the career direction of small colleges of the liberal arts and sciences, at which I taught chemistry and served in academic program management for some fifty years.

Have you ever thought about the chemistry of toothpaste? I made a brief reference in an earlier Real Science article to triclosan, a toothpaste component that was found to have adverse health effects, and has been largely removed from toothpaste in the United States market. If you see it is a component on your toothpaste container, I suggest that you find new toothpaste! Here are some other relevant facts about toothpaste components, courtesy of Consumer Reports.

Look for an American Dental Society Seal of Acceptance, guaranteeing the absence of certain negatively proven components and guaranteeing the presence of fluoride, a proven preventer of tooth decay. You can get fluoride-free toothpaste, but science says fluoride (sodium fluoride or stannous fluoride) does your teeth good and no harm, by helping to prevent cavities and reduce gum inflammation. Other useful and safe components are calcium carbonate and modified silica that help remove food debris and surface stains; baking soda which shows some promise for reducing plaque, desensitizers (sodium citrate, casein phosphopeptide, and potassium nitrate), which help reduce gum sensitivity for some persons. Whiteners are in some toothpastes, including hydrogen per-



Whole wheat breads tend to have a higher fiber content, and more micronutrients than standard white bread.

oxide, which also helps in reducing enamel staining. There is some evidence that the presence of xylitol along with fluoride makes a more effective cavity preventer.

There are multiple ways to approach science. Often theories are modified or disproven as new methods of investigation are developed. Other scientific bases, like the Laws of Thermodynamics, appear to be stable and dependable. The successful study of science requires a definable personality, a person who believes in basic laws of nature, but who recognizes modifications will often come with time. And of course applications arise. I am old enough to remember the ending of World War II, and the dropping of the atom bombs on Hiroshima and Nagasaki. Was that a positive application of science?

One can come at that question in different ways, but I will leave that to the social historians. So much has come from our development of atomic energy. Who would have dreamed in 1945 of nuclear power plants, and their ability to produce so much energy without contaminating the atmosphere? My home town, Youngstown, Ohio, frequently had air quality problems in those days from the gaseous emissions of the steel mills. Steel was the base of the city's economy at that time. Every form of energy production has an environmental impact. I am confident that we will find solutions to the nuclear waste disposal issue.

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

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THE MASTER GARDENER

Winter garden chores

Mary Ann Ryan
Adams County Master Gardener

When March rolls around, we know that spring is just around the corner. Preparation for a crazy gardening season will help you manage the upcoming spring season. Here are some garden chores you can get a jump start on for the season.

Order seeds. Many of our garden seeds shouldn't be started until April, but some, like peppers, should be started as early as the end of February-early March. Get your seed list together and place that order!

Plan your calendar. When the seeds arrive, read the seed packets. Many seeds really do not take long to germinate, thus prolonging the start date until April. However, some seeds take quite a while to germinate, like peppers, onions and artichokes. Dig out one of those calendars you received at Christmas and mark when seeds should be started, according to the seed packets.

Start selected seeds indoors. It may be time to start some seeds indoors. Know how long the seeds need to germinate and if any stratification is required. When reading the seed label, pay attention to how long germination takes, and count back from our last frost date – in Adams County, it is around May 15. Add about two weeks for the seedlings to grow their true set of leaves, and that is when you want to start. One of

the biggest mistakes we all make as gardeners is starting our seeds too early indoors. Issues like weak, stretching plants is a common occurrence. If you decide to start indoors, be sure you have good lighting system with heat under the seed trays for best results.

Also remember that many seeds can be direct sown outdoors. That alleviates the many issues that may occur if starting indoors. Seeds like tomatoes, peppers, broccoli, kale are all possibilities for indoor starting. Other seeds, like squash, beans, corn, leaf lettuce and peas can all be direct sown. The seed label should help guide you as to what should be started, and when, or contact your local extension office for guidance.

Cool season vegetable transplants (these are plants in packs or individual pots), like cabbage, kale, and broccoli can be planted at the end of the March, early April, depending on the weather. I have some gallon milk jugs with the bottoms cut out that I can cover the plants with if we get a late freeze. These plants do just fine with frost, but a freeze can injure the leaves, or cause severe damage to the plant if the center of that plant is frozen. Covering them with a cloche or sheet will help to keep them a few degrees warmer than the air temperatures.

Cool season seeds like lettuce and peas can also be planted at the end of March, provided the soil is not too wet. Potatoes, which are started from seed

potatoes, or potato parts with "eyes", not seeds or plants, can be planted by the end of the month as well. However, sweet potatoes, a totally different plant family and method of planting, cannot be planted until after frost, typically around late May in our area as they are very sensitive to cold temperatures and frost.

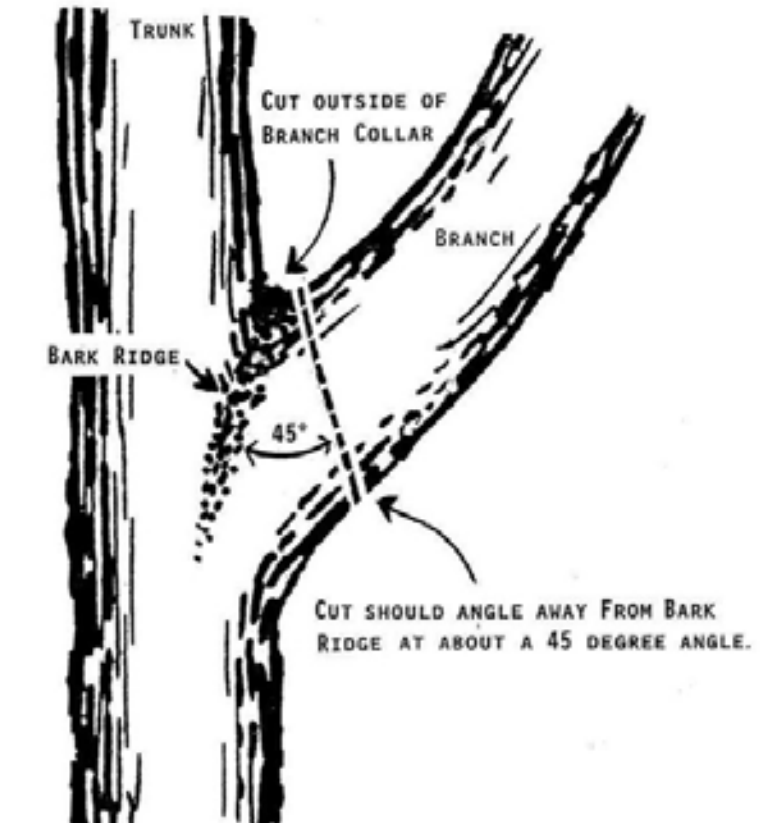
Be cognizant of the weather. Often we get a warm spell in February that makes us think spring is here, but it's not. Don't be fooled by Mother Nature. February and March are always unpredictable.

Soil test. Although the ground may be frozen, on a warm day, you just might find a few places in your garden that will allow you to dig a clump of soil, put it on a bucket, mix it up, and send it to the Penn State Soil Lab. A soil test will help you to determine the nutrient needs of your planting areas. Taking a soil test now will allow for quick results and time to determine next steps you're the garden. For more information, go to www.agsci.psu.edu/aasl/soil-testing/fertility or call Penn State Extension at: 717-334-6271 to pick up a soil test kit.

Design your garden space: Whether it's the vegetable, cut flower, perennial garden or shrub border, now is the time to have a plan in place so you're ready when spring hits. February is a great time to evaluate your garden and determine the changes that should take place. Put together a schedule so when planting season rolls around you'll be prepared.

Prune: The end of February through the end of March marks the time to prune fruit trees. If you need information about how to prune fruit trees, check out this fact sheet: <https://extension.psu.edu/fruit-tree-pruning-basic-principles>.

Now is the time to prune many



When pruning, don't cut flush against the other stem or trunk; always leave the collar that surrounds the branch where it grows out from another branch or trunk.

deciduous trees. Remove any dead, dying and unsightly parts of the tree, sprouts growing near the base of the trunk, crossed branches and V-shape crotches.

When pruning shrubs, know when they flower before doing a hard prune. For instance, forsythia should not be pruned until after they bloom, or you will cut off all the blossoms.

If unsure what can be pruned and when, check with Penn State Extension by emailing: mar35@psu.edu, or calling: 717-334-6271.

Spray dormant oil on deciduous trees and shrubs to kill overwintering scale and mites. Spray only when the daytime temperatures are over 40 degrees and a freeze is not expected for 24 hours. Be sure to cover all plant surfaces and read the label for proper mixing and application.

Fertilize houseplants: As the days continue to get longer, the

houseplants begin to grow again. Now's the time to give them a little boost of fertilizer. When purchasing fertilizer, check to see if it's labeled for houseplants, and read the label for mixing and application instructions.

Transplant houseplants in need: If they are rootbound, now is a good time to bump them up to the next sized pot. Take off any dead leaves or stems and use a good quality potting soil for houseplants. Scout for insects, like scale and mealy bugs. If you see critters, now is a good time to use some insecticidal soap for houseplants as you can more easily get under the leaves to spray.

Force branches indoors: In late February we may begin to see some of the early shrubs and trees flower buds begin to swell. When that begins, cut some branches and bring them indoors to force for a bit of spring inside!

Add flowering plants: Often garden centers have tulips, daffodils and primroses blooming for us to enjoy indoors through these later winter months. Brighten the home by adding some flowering plants!

Dig out your garden tools: Shovels, rakes, loppers, and pruners, if not stored properly in the fall, may need a little oiling, or even need to be replaced. There is nothing more frustrating for me than to look for a particular tool I need and not be able to find it or find it in bad shape.

Attend workshops: Take the quiet months of winter and learn more about gardening. Workshops are available on-line and in-person through extension services, universities, and professional folks. Check on line for classes that may be available to you.

Now's the time to take care of some of those small gardening tasks to get a jump start on the spring season!

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

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Mary Ann Ryan
Adams County Master Gardener

Every year, our Master Gardeners are hard at work researching, planning, and preparing for programs that will make you a better gardener and steward of our environment. Home Gardening Essentials has been a staple for the last several years, providing great research-based information for all gardeners. This year is no exception.

Each year the theme and topics change, but what is unchanged is the passion and quality information that is shared through our Master Gardeners. Home Gardening Essentials focuses on a few necessary things: 1. Those practices needed to have a great garden, 2. The tools needed to choose the right plants for your environment, and 3. Fundamental information of soil chemistry and compost.

The theme or focus of this year's program is "Back to Basics". This focus brings us full circle, introducing new ideas to you, the gardener, while emphasizing basic needs soil and plants must have to grow and the gardener to succeed. While leaning about how our climate is changing the way we garden, Master Gardeners will chat with you about native plants, our effects on the environment, and give you ideas on how to approach this spring season for your ornamental landscape.

Home Gardening Essentials is a four-week program. This in-person series will take place at the Agricultural and Natural Resources Center, 670 Old Harrisburg Road, Gettysburg, on Saturdays in February – from 10 –

11:30 a.m. COVID 19 protocol will be followed.

Here is a sneak peak on some things you will learn by attending the series this year:

February 5 – Garden Basics. Master Gardener John Hecker, a ten-year veteran, will take you through plant needs – sun, water, soil, and hardiness. He will discuss how our environment is changing and our needed responses to continue to be good environmental stewards.

February 12 – Trees. This class I will be covering topics like balled and burlapped trees vs. bare-root and container grown – when to plant, move, prune and water. We will take a look at some common and not-so-common trees that you can introduce into your landscape as well as how and what those trees will impact the habitat around it.

February 19 – Shrubs. Barb Mrgich has also been with the program for 10 years. She will be discussing rain gardens and riparian buffers; differences in terms like invasive, noxious and prolific shrubs; and growing shrubs in containers. Barb will talk about the impact of climate change on how we can grow shrubs today. And my favorite part, plant selection.

February 26 – Herbaceous Plants. Carolyn Black is a thirteen-year veteran of the Master Gardener program. She will wrap up the series with a discussion on annual and perennial plants. She will cover information about native plants – what that means and why it matters – what fall clean-up looks like for and environmentally friendly gardener and will touch on meadows. She will finish with some great pictures of herbaceous plants and

how they interact with one another.

The fee for this series is \$40, which helps support our gardening programs in

Adams County, from youth education to adult education.

To register, go to www.extension.psu.edu/home-gardening-essentials-back-to-basics.

psu.edu/home-gardening-essentials-back-to-basics. The deadline for registration is February 1, so get to it! Space is limited. Looking forward to seeing you there!

Small Town Gardener

Let there be light

Marianne Willburn

Inevitably, the time will arrive when many gardeners will consider starting their own seeds indoors. Perhaps it is the threat of being faced, once again, with only two tomato varieties at the big box retailers, and the shock at paying premium prices for the much greater selection available at a nursery. Perhaps it is the beautiful pictures of rare petunia varieties in the January catalogs. But perhaps it is as simple as pursuing the magical childlike joy of bringing a plant to life from scratch.

For whatever reason you have come to this place, if seed starting is your goal this year – Hoorah! Congratulations on taking the next step as a gardener. Now is the time to think and plan – for many seeds could need as much as a twelve-week period before being set outside (although most need less time than that). At its core, propagating plants from seeds is as easy as soil, warmth, linaght and of course, a viable seed. Many of us have done enough bean seed experiments with our children to know this. But there are many ways of providing these essentials, and how you do it will determine the health of the plants you wish to grow – not to mention your own mental health.

As each of these factors can be discussed ad nauseum, I'd like to deal with what I consider to be the variable in this plant equation whose importance is often underestimated – light. Most gardeners recognize the importance of watering their little progenies; some understand the need for warmth and humidity; and still others worry about the sterility of soil and the benefits of a soil-less mix. But often a "sunny windowsill" is considered adequate for raising healthy, happy plants. My

opinion? If you want to raise strong, bushy seedlings with a lust for life, get a grow light – or a greenhouse. And trust me, a grow light is considerably cheaper.

Now don't let your eyes glaze over. This isn't rocket science. My two grow lights are four foot fluorescent shop light fixtures, to which I have added high spectrum grow bulbs – available at all the big box retailers. Shop lights come in much smaller sizes, I just wanted the most bang for my gardening buck. With a strong source of light positioned just a few inches above your seedlings, they will sport compact, sturdy growth – and have one up on their long lanky windowsill cousins, trying to follow the sun as it tracks through the winter sky.

New LED growing set-ups are even more efficient, but they are more expensive. As much as middle-aged Marianne would like to say, "buy the best and have it for years," she is still very aware of "struggling-to-make-ends-meet-with-kids-and-student-loans-Marianne," who never appreciated that kind of obliviousness. Let's leave it at buy the best you can afford.

Now comes the difficulty – finding space. If you are lucky, there is a part of your house that is currently unused. If you are normal, there is not. It's time to get creative. The first propagating experiment I ever did took place in my bedroom (and I am not talking about my children). I hung the lights from tiny hooks screwed into the ceiling above the tops of two bookcases. Voila! Instant light-stand, minus the \$179 price tag. My current favorite spot is on top of the fridge. It gives a nice steady warmth, the seeds are out of the way, and, come spring, I remove the lights, leaving four tiny unobtrusive hooks in the ceiling ready for next February's propagation.

An unfinished basement will work just as well, but you might need an electric mat for warmth (available in nursery catalogs or pet stores) – and a reminder note on the fridge to water (out of sight,

out of mind). Think outside the box and who knows where those seeds will end up.

Now for the small print – and I'm not going to lie to you. From late February to late April, my house doubles as the venue for a psychological study in high-level tolerance. I don't like extra clutter in my home. When I feel like every square inch of my house is filthy and covered in dog hair, it doesn't soothe the savage beast to see a square yard of soil sitting on top of my major appliances. When these feelings threaten to overwhelm me, I take a minute to run my hands over the little tomato and basil seedlings and breathe deeply of the promise of summer. This does seem to have a calming effect on tendencies toward manic housekeeping. But believe me; as soon as it looks as though those untidy little pots might be able to brave the temperatures of a hastily rigged cold-frame, they're given their coats and asked to leave.

Raising all or part of your garden from seed is not only less expensive, it's extremely satisfying. Once you've raised a six-pack or two of those heirloom tomatoes you always wanted to grow, or that specialty basil you've lusted after in the nurseries, you may find yourself scanning the catalogs next year for seeds instead of plants.

One last thing. A new interest in gardening over the last two years means that seed companies have limited supplies. If you're thinking about it this year, don't wait a moment longer to open a catalog or pull up a website and put in an order for a whole lot of spring satisfaction.

Marianne is the author of *Big Dreams, Small Garden and Tropical Plants and How to Love Them*. She blogs at GardenRant.com and Small-towngardener.com.

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PETS

Remembering Betty White

Jennifer Vanderau
Cumberland Valley Animal Shelter

When we lost Betty White about 17 days before her 100th birthday, it upset me. A lot. Especially when the news first broke.

I think I said out loud, “Seriously 2021? You had to have one final crappy thing, didn’t you?”

I looked at all the tributes to her and my heart hurt that we wouldn’t see her smile anymore. I cried when I realized we wouldn’t have any more funny videos between her and Ryan Reynolds anymore. She was gone.

But eventually, something interesting happened – as it usually does. Once the grief and loss got a little more manageable, I began to see what an absolutely amazing life she had and how very much she loved and missed her husband, Allen Ludden. My feelings shifted to being more upset for us that we lost her than I was that she had left the earth.

She had an incredible life – one that she said over and over again how grateful she was to have had. Gratitude is an incredibly important sentiment and Betty White new that. I have a suspicion it may be what kept her around for 99 years.

She came into television during the Golden Age of TV and got to star with Mary Tyler Moore and then with the

Golden Girls (just to name two of the most notable). Not to mention in later years, Ryan Reynolds.

One of the cutest memes I saw about her passing said she lived to be 99 and a day before she died was flirting with Ryan Reynolds. Not too bad. I couldn’t agree more.

She also stood up against racism. In the 1950s after facing criticism for having Arthur Duncan, an African American tap dancer on “The Betty White Show,” she refused to cave and told people to “live with it.” Arthur Duncan credited Betty with really giving him his start in show business.

Then I found photo of her, Bea Arthur, Rue McClanahan and Estelle Getty and the sentiment was something like, “I can just picture the four of them in heaven sitting down for some cheesecake.”

I may have made a noise out loud to the computer when I read that one.

She had a heck of a sense of humor, too – she could get a little ribald from time to time. My sister and I had a conversation about her the other weekend and she said Betty also was able to absolutely maintain composure. It was almost unreal.

Sis said there was a story of Betty as Rose Nylund on the Golden Girls where she actually ad-libbed a story about St. Olaf and Rue and Bea were actually laughing in the scene – they

couldn’t hold it together. But Betty did. She didn’t break character once.

In addition to her talent, her kindness knew no bounds. I read story after story about people who would see her on the street and she would be so incredibly nice to them. She didn’t have any airs about her, other than altruism.

And then there were her animals. In addition to her humor and decent spirit, she absolutely adored animals. It’s probably safe to say she did more for animals during her 99 years on the planet than we will likely ever know.

I think the secret of Betty White is she recognized and understood unconditional love. With Valentine’s Day coming up, it’s fitting to remember that. I mean, she also knew how to tell an amazing joke and she never took herself too seriously, but I truly think she got what life was really about.

That’s why she was so drawn to animals and why she was so grateful for finding her husband. I sometimes think if you can get beyond the daily grind and pain that life can bring to the real joy to be had, there’s a freedom in that – and maybe it can help you get to 99 like Betty did.

We have already had people donate to the Cumberland Valley Animal Shelter in her name. Every time I see a donation come in that says in memory of Betty White, my heart warms.

In fact with the Betty White challenge being issued across the country, we have gotten more than \$4,000 in her name to help our animals.

Can you imagine the kind of generosity and overwhelming spirit someone must have given to the earth and the people on it to be able to generate memorial donations apropos of

nothing? And from people who likely didn’t even know her personally?

You know, we never asked for donations in her name. We only recently posted something on Facebook about the Betty White challenge, but even then, we suggested giving to whatever animal rescue organization you chose.

And yet because of her, we have



Jasmine came into the shelter because her owner could no longer care for her. She is a 9-year-old brown tabby girl who would love to find a second chance at a loving home. Jasmine had a history with her left eye and it continued to cause her pain, so it had to be removed shortly after her arrival at the shelter – the loss of her eye doesn’t hinder her in any way. She loves attention and would like a place in which she can spend her golden years. Could that be with you?



When Mako came into the shelter, he would make himself as small as he could to hide from any human. He’s a 7-month-old orange tabby boy who was quite distrustful and needed help to know people weren’t all bad. Mako has come a long way since his arrival and we have found that food is the way to his heart and his trust. He is still shy with new people, but with treats, slow introductions, and multiple visits Mako is an affectionate guy who enjoys trying to help people with their work. Mako may always be a shy guy, but with time and patience he does build relationships and is a wonderful companion!



Vespa came into the shelter as a stray and needed a little extra help with socialization. She’s a 6-month-old gray-and-white tabby who has been in one of our offices getting a lot of attention and learning to trust people. While she is still shy with new people, once she knows you (treat offerings seem to help her feel comfortable) she is a loving girl that enjoys helping on the computer. She will need someone that understands that she may always be on the shy side, and that she will need time to build a relationship. Do you have the right place for Vespa?

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

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ahhh..

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

PETS

more than \$4,000 for our babies. It's difficult to put into words how humbling something like that truly is.

Google Betty White. Just her name. And look at the photos that come up. Look at the smile she has. She had that for just about everyone she met and she especially had that for animals.

She may not physically be with us

anymore, but her light, what she stood for, who she was, the love she had, will live on for a long, long time.

If you have donated in her name to any animal welfare organization, thank you. It's this kind of goodness that really helps during the tough times.

To Betty White: I only knew you from television, but you touched a lot

of hearts. Thank you for all you did for people and for the animals. I imagine the Rainbow Bridge was packed when you crossed over. I hope you and Allen and your friends and loved ones are laughing together and giving a special four-legged friend a kiss tonight.

Jennifer Vanderau is the Publications and Promotions Consultant 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 717-263-5791 or visit the website www.cvas-pets.org. CVAS also operates a thrift store in Chambersburg, Pa. Help support the animals at the shelter by donating to or shopping at the store.

Finishing Strong

Linda Shea
Frederick County
Animal Shelter

Maya Angelou once said, "All great achievements require time," a concept not lost on someone who has witnessed amazing achievements in animal care over many years in public service. The Frederick County Division of Animal Control and Pet Adoption Center has many great achievements for which to be proud. Each week this column takes a different spin to educate our community about the animals available for adoption and the many services we provide.

The stories relayed here are inspired by the many animals, people, and situations that we experience daily. Some stories are timeless in nature and are run routinely. Today's column is one of a kind. It is my last column as I'm trading in keyboarding for paddle boarding and my work boots for sandals as I begin the adventure of retirement. Adhering to the 400-work limit will be tough, but here goes.

Our intake of animals has lessened from over 6,000 animals in 2006 to just a little over 2,000 in 2021. Over many years, we've implemented lifesaving programs for animals to reduce euthanasia. Those programs include proactive efforts in public outreach and thousands of dollars in grant funding to provide free spay/neuter by local veterinarians for community pets. We have a managed intake process and a Pet Food Bank. We have established programs to socialize fearful animals and provide extra enrichment for those with a surplus of enthusiasm for life. We have dynamic foster care providers and volunteers that extend our reach to animals in need.

Thousands of animals also yield unforgettable memories. Sissy was a senior cat who clearly demonstrated, and succumbed to, inconsolable depression when she was surrendered. Willow was a hamster we painstakingly detached from a glue trap and successfully rehomed. We've had our share of stray horses, cooperative pig families, and many pets that are diamonds in the rough, challenging our skills to refine a hidden gem.

I am passing on the baton with confidence that Animal Control will continue making unprecedented progress to help the animals pictured on this page, the many others waiting for their forever homes, and those to come. Animal Control's goal to be responsive and transparent has earned the community's confidence demonstrated by the generous, unsolicited donations we receive, from lemonade stands to bequests. The recent development of a Community Foundation fund places Animal Control in a strong position for even more great achievements ... which will come with time.

A new chapter...

Dave Luckenbaugh
Frederick County Animal
Shelter Interim Director

As a new year begins, the Frederick County Division of Animal Control will be adapting to daily life without the leadership, patience and knowledge of our Division Director, Linda Shea. After years of dedicated service, Linda retired on December 31. We wish her many years of happiness, health and opportunities to pursue whatever path she desires. Knowing her well, I suspect she will not remain idle for long. Her desire to learn and experience new things has not diminished.

We will miss her sense of humor, love of proper grammar, affection for all things furry and creative ideas.

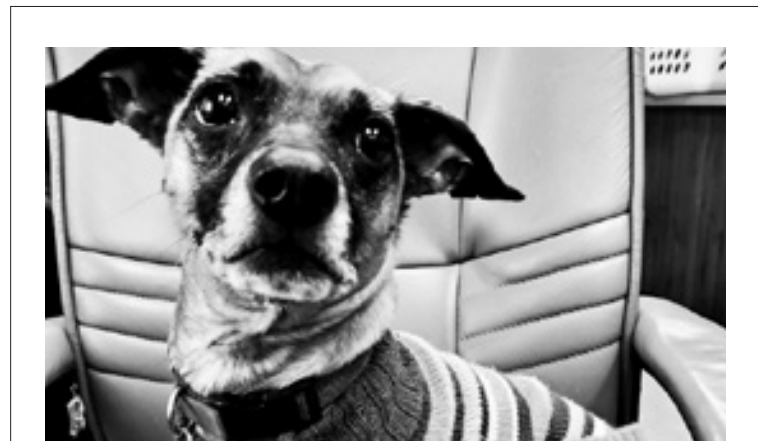
Under Linda's guidance programs such as Barn Buddies, the Kat Cafe and virtual pet adoptions became an essential component of finding lifelong homes for animals housed at the shelter.

As Director, Linda placed an emphasis on leading with a philosophy of consistency and innovation. Many decisions made affected animal welfare, adoptions, euthanasia, public safety, public health and customer service in some way. Effective communication and diplomacy were often needed to explain why or why not. She managed to navigate sensitive topics by clearly explaining why a decision was made while being respectful and considerate of others opinions.

During her career at Animal Control, Linda held many positions and was well versed in all aspects of animal sheltering. Starting out as a Veterinary Technician, she then progressed to Kennel Supervisor, Humane Educator, back to Kennel Supervisor and lastly Division Director. Her accumulation of historical knowledge served her well.

One undertaking she truly loved was to write the weekend article featured in the Frederick News Post. We have had many discussions on who will assume her role. In the short term, it will be a group effort. A high standard has been set and all attempts will be made to maintain her legacy. Take care Linda. Whether two-legged or four, we all wish you well. Thank you for everything!

If you are one of the many readers who enjoyed Linda's weekly column, please stop by for a visit. She loved nothing more than showing off the shelter and the good work our staff does each and every day. A reservation to visit can be made at www.visitf-cac.as.me.



Steve was adopted and in a loving home for a while, but through no fault of his own was recently returned to the shelter. He is a 5-year-old Dachshund/Chihuahua mix who loves attention and playing with toys. Actually, he can get a little possessive of his toys. Because of his previous history, it would be best if Steve was the only pet in the home because he does not care for other dogs and will chase cats. Due to his toy possession, Steve may also be too much for small children, so an age restriction for children in the home may apply. Please discuss this with shelter staff. Steve has become known as a "Velcro" dog because he just wants to be with you. He can be quite vocal when left alone, so apartment living or close neighbors might not be the best fit for Steve. Can you help this guy out?

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

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Set 'em up Joe

Jack Deatherage Jr.,

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I grew up on
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"Walking The Floor"
-Vern Gosdin*

"T was a place we called Indian Trails, a mostly log building decorated with deer and turkey mounts, up on the mountain west of Fairfield, out beyond Iron Springs, PA where me and cousins used to venture of a Friday evening. We'd swallow cold beer and attempt to play 8-ball while listening to the old jukebox full of country music records our dads would have enjoyed. As redneck a bar as one could hope to find. I suppose what drew us to the place was it's location, far from the drinking establishments we usually haunted near to Emmitsburg. Rarely did we have to share the bar with anyone else."

The bar owner, Lum, told us that in the '30s and '40s people used to come from Baltimore and DC to dance and drink the nights away. I'd look through the French doors that separated the bar area from the dining room/dance floor and imagine that space packed with gaily dressed city people dining on deer steaks, roasted wild turkey and snapping turtle soup-sipping moonshine while a band played on.

Times had definitely changed. Lum pointed out the splintered wooden doorframe where a bullet-.44 caliber - had lodged when he'd shot at a man trying to rob the place. He regretted not killing the fellow. Reaching under the bar he brought up the big revolver he'd used. Yep, it was that kinda place.

Another evening, me and Lum got to talking about hunting mushrooms. Lum, a lifelong 'shroom hunter who knew a great deal more than I did or do, apologized he didn't have one of his field guides handy to show me the species he regularly collected off the mountain. I "Ah ha"ed and went out to the cousin's truck and come back with a 'shroom guide I happened to have in my camera bag.

Guide on the bar between us, we put our heads together and talked 'shrooms. Where to find

them, when their specific seasons were, how to eat them and most importantly- how to identify them.

"These you need to test the spore pattern." Lum pointed to one I wasn't familiar with. "This one you better have a microscope to look at the spore or you might end up sick enough to visit an ER."

Me, foolishly thinking I'm in a "hillbilly" bar asked where he'd find a microscope on that mountain. Lum smiled and reached under the bar. The microscope he placed before me was a better model than any I'd used in high school biology class. Certainly much better than the one I'd had as a kidlet.

I'd like to claim I learned a lesson in assumption that night, but I can't. Still, I'm generally aware that when I'm "assuming" I'm likely making an "ass" of "u" and "me". Mostly me.

Another small event at Indian Trails that wouldn't mean much to most people, but in light of the of the race hustling that keeps turning up in my news feeds it comes to mind. In the '50s, someone back from the Korean War gave Lum a Confederate battle flag that was still hanging near the bar thirty years later.

"There's never been a black man served here since that flag was hung." Lum told a brother-in-law of mine. Which was likely true until the night two white boys and a man of color came in and ordered Buds. Lum looked at me and the cousin I was with then served the fellow, but charged him three times what we'd paid. The two white boys angrily poured their beers out on the bar and, cursing Lum, stormed out of the building. The man apologized for his friends, drank his beer and wished the cousin and me a good evening. We raised our bottles in mute saute.

Lum, wiping up the spilt beer remarked, "I think I liked the black guy better than his friends." Giving us a look he added, "I wouldn't have served him if anyone but you two had been here."

I shrugged. "People are people." Small steps.

While Dad and Mom's generation of our clan didn't hate people of color, they had a definite prejudice toward them. Still, some of my uncles began to bend and give some actual thought as to

why they didn't like "black" people. Some of them even began to change how they spoke of people of other races.

Small steps. But steps none the less.

When the offspring's squeeze asked me if I had a problem with my son dating a "darkie" I replied, "I don't care what color you are. But, did you have to be a New Yorker?" (Some prejudices die harder than others.)

When word from the Florida branch of the Deatherage clan reached me that I had a new grand niece I had hopes that she'd been born into a better world than I had. Her dad is the son of Haitian immigrants. If any in our clan had a problem with the newest member of the family being darker skinned than the rest of us they were smart enough to keep it to themselves, at least around me.

Small steps. But steps none the less.

As a teenager, from the mid 1960s to the early 1970s, I sat in front of the idiot box (television) and watched black people riot and burn their neighborhoods in protest of their mistreatment by local and state governments. By the time I was hanging out with some of this place's guys and gals of color- popping tops on cans of beer, swapping stories (some of them true) -I thought the worst of the racist crap was behind us.



We are not born prejudiced, it is learned. But when one is willing, it can be unlearned.

Small steps to be sure.

Of late I realize there is a great deal of money to be made race hustling. Why else do news organs shovel coal into the furnace of hatred if not to gain viewers so they can sell advertising? Why do so-called minority community leaders promote race division if not for the money that flows into their coffers? Same questions apply to politicians at all levels of government, administrations of places of supposedly higher education, white Nationalists, Kluxers and White Supremacists. All these creatures have been running a scam on the rest of us for decades! They make a living from promoting hate and fear of other

while the rest of us suffer for it.

Sadly, Lum, the jukebox and Indian Trails are long gone. Only a concrete slab remains to remind me of the small events I witnessed there. Too bad the racist hustlers aren't memories as well.

Maybe my ten-year-old grand niece- a smarter, better kid than I ever was -can start making the small steps again? Isn't that what the next generation is supposed to do- build on the foundation the previous generation laid down?

Set 'em up Joe and play "Walking The Floor".

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

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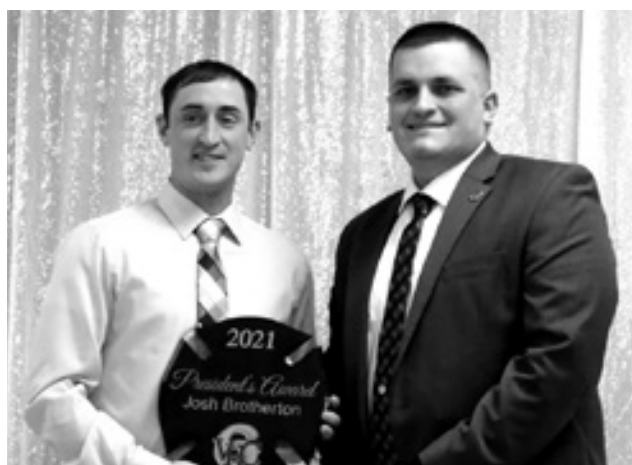
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Josh Brotherton (left) was this year's recipient of the President's award.



Auxiliary Vice President Sharel Boyle presents a check for \$50,000 to President Tom Ward.



Chief Chad Umbel presents Frank Rauschenberg with the VHC's 2022 Hall of Fame Award.



Administrative Officers & Board of Directors: Tom Ward, President; Pam Ellison, Secretary; Sharon Keeney, Assistant Secretary; Steve Hollinger, Treasurer; Bill Boyd, Assistant Treasurer. (Standing) Board of Directors—Pam Bolin, Tim Clarke, Kenny Clevenger, Mary Lou Little, Scott Maly, and Cliff Shriner. Missing Vice President Doug Wivell, Chaplain Heath Wilson; and Board of Director members Randy Myers, Doug Orner, and Dave Zentz.



Chief Chad Umbel and President Tom Ward presented Mike Orndorff with his 55 year service award.



Operational Officers (seated): Chad Umbel, Chief; Jim Click, Deputy Chief; Josh Brotherton, Assistant Chief; Matt Boyd, Captain; Alex McKenna, Lieutenant; Doug Yingling, Lieutenant. (Standing): Josh Kehne, Lieutenant; Frank Davis, EMS Captain; Steve Orndorff, Fire Police 1st Lieutenant; Sam Cool, Fire Police 2nd Lieutenant. Missing Lieutenant Dave Zentz and Fire Police Captain Jim Barto.



Auxiliary Officers: Sharel Boyle, Vice President; Jo Ann Boyd, Treasurer; Tina Ryder, Financial Secretary; Co-Historians Mary Ann Wivell and Diana Hoover. Missing President Patty Kuykendall and Secretary Joyce Glass.

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| 9 - \$500 | 25 - \$1000 | 41 - \$2000 | 57 - \$500 |
| 10 - \$1000 | 26 - \$500 | 42 - \$500 | 58 - \$500 |
| 11 - \$2000 | 27 - \$500 | 43 - \$500 | 59 - \$500 |
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| 14 - \$500 | 30 - \$1000 | 46 - \$500 | 62 - \$2000 |
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HEALTH

County continues to battle COVID-19 surge

Josh Faust
Frederick Health

With the holiday season now in the rearview mirror, most people have turned their attention to settling in and waiting for warmer spring weather. However at Frederick Health, the largest healthcare provider in the county, healthcare staff are still dealing with the holidays – more specifically the surge in COVID-19 cases associated with increased travel, family gatherings, and several holidays one right after the other.

As the world enters yet another year of dealing with the serious and ongoing impacts of COVID-19, many in the healthcare professional are feeling the strain.

Since the beginning of the COVID-19 pandemic, Frederick Health and their partner agencies, have worked to make a positive impact upon the community. Fred-

erick Health has given over 90,000 vaccine doses and administered over 220,000 COVID-19 tests, the majority of these at the Frederick Health Village Testing Tent. The healthcare system has successfully treated and discharged over 2,200 COVID-19 patients and their clinical teams continue to develop new, top-of-the-line services to be there for every step of the COVID-19 patient journey.

By working together with their partners, including a robust network of vaccine clinics and frequent communication with the Frederick County Health Department, the Frederick County community vaccination rate is nearly 70%.

It has been a lot of work says Tom Kleinhanzl, President & CEO of Frederick Health.

“Since day one, healthcare workers have shouldered the responsibility of caring for those adversely affected by the COVID-19 pan-

dem. Our team has sacrificed time from their families and loved ones to care for this community,” said Kleinhanzl. “And while the community has been appreciative of that work, something has changed in the last year.”

Kleinhanzl attributes the change in mentality to a few factors: a general pandemic exhaustion and the lingering vaccine hesitancy and misinformation that continues to be shared on social media platforms.

While data shows that vaccinations have proven to be the most effective tool in reducing hospitalizations, many healthcare workers feel their sacrifices are taken for granted by those who have not yet received their vaccine continued Kleinhanzl.

“Our healthcare team is heartbroken when they commonly hear from those who are hospitalized and unvaccinated, fighting for each breath, whisper, “I should have got-

ten the vaccine.”

The number of those hospitalized for COVID-19 in Frederick County, especially from the most recent surge in Omicron variant cases, are stark.

Frederick Health provides a daily update on their COVID-19 patient volumes, available to the public on their website at www.frederick-health.org/COVID19. Since the holiday season, the inpatient hospitalized numbers have routinely been above 100 patients, the highest they’ve been since the very beginning of the pandemic and when vaccinations were not available.

Of these patients, and while the numbers can change slightly from day to day, usually around 75% of those hospitalized are unvaccinated against COVID-19. The data also shows that of the patients in the Intensive Care Unit or ICU, roughly 90-95% of these patients are unvaccinated. Kleinhanzl notes

that with the readily available vaccine, the most recent surge impacting the healthcare system could have been prevented.

“Your community healthcare workers need a helping hand. This surge in cases was entirely preventable. Get your vaccine.”

Nationally, vaccination numbers have continued to increase, albeit at a slower rate than the early months of 2021. As more Americans experience COVID-19, either personally or through an individual who contracted COVID-19 and had more serious symptoms, more individuals have received their vaccine.

During the height of the Delta variant spreading throughout the county, the Centers for Disease Control (CDC) showed that areas where there had been serious vaccine hesitancy saw an uptick in vaccinations. However, the same experts state that this information should be taken with a grain of salt. While areas like West Virginia, Alabama, and South Dakota saw significant gains during the rise of the Delta variant, they still lag behind the national average for vaccination levels.

Nearly 207 million Americans are fully vaccinated against COVID-19, which accounts for roughly 63% of the population. However, of that number, only 29% of eligible adults have received their booster dose. Clinical data is showing that while the vaccines and boosters work to prevent more serious COVID-19 symptoms, individuals who have received their third dose or “booster” dose have a significantly lower chance of being hospitalized or contracting serious symptoms.

“Getting vaccinated and boosted remains the best way to protect yourself, your family and your community against COVID-19,” said Shawn Dennison, Public Affairs Officer with the Frederick County Department of Health.

Both Frederick Health and the Frederick County Health Department offer several free booster clinics every week.

“Getting a booster dose can help protect you even more. If you are eligible to receive a booster dose, do it as soon as possible,” he continued.

The Frederick County Health Department also hosts a weekly vaccine clinic at the Vigilant Hose Company Activities Building every Tuesday from 4:00pm to 6:00pm. No appointment or insurance is needed and the vaccine is free.

Finally, Dennison reiterated talking points that have become something of a mantra throughout this pandemic.

“We encourage everyone to wear a mask or face covering when appropriate, avoid crowds as much as possible and wash your hands often.”

For more information on Frederick Health, including their COVID-19 response, you can visit www.frederick-health.org. For more information on the Frederick County Health Department, including their COVID-19 dashboard, you can visit www.health.frederickcountymd.gov.



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Frederick
Health

Frederick County celebrates its 50th Maple Syrup Festival

It's no secret that Frederick is full of interesting history and unique traditions. Winter is here and that means one of the oldest and most popular annual events, the Maple Syrup Festival in Thurmont, is about to begin. Returning after a two year hiatus, the festival is held on the second and third weekends of March at the Houck Lake Area of Cunningham Falls State Park. This year you can experience the contact-light version of the event March 12, 13, 19, and 20. This year will mark the 50th Maple Syrup Festival!

Making maple syrup is a fascinating process that dates back in some form to the indigenous peoples in North America. It includes tapping trees to harvest maple tree sap, collecting gallons of sap in buckets, and boiling off the water to get sap that has been concentrated into maple syrup. All maple syrup has the same amount of maple sugar, but the maple flavor can differ and syrup can vary in color and taste throughout the sugaring season, as it is called.

Over 80% of the maple syrup you buy at the grocery store is made in Canada (most coming

from Quebec), so this is a somewhat rare opportunity to enjoy some of the locally made sweet stuff. Maple syrup is almost entirely produced in the Northeast, so it is certainly a specialty that comes out of the area. It takes over forty gallons of maple sap to make a gallon of maple syrup. Sap is boiled down in the process and most of the liquid is evaporated. In some countries like South Korea, people prefer to use maple sap unprocessed and straight from the tree. It is believed that the sap could help to prevent disease and osteoporosis.

The festival itself also has quite an interesting story. Originally started by the Catoctin Mountain Tourist Council and its small group of 25-35 members, the event started in nearby Catoctin Mountain Park. When the lake at Cunningham Falls State Park was completed and opened to the public, the event was moved to its current location. It is estimated that less than 50 people were in attendance at the very first Maple Syrup Festival, which was just a simple demonstration. No trees were tapped, no products were sold.

There was interest in continuing to grow the event both to bring visitors to the area and to kick off the spring season. "People are itching to get outside by that time of year," said Mike Irons whose family was involved in the creation of the event. According to Mike, his family and other festival volunteers used to actually make the syrup that was sold at the event. "We weren't allowed to sell syrup that was made outside of Maryland, the park wouldn't let us. So we travelled to Oakland to help make the syrup ourselves and bring it back to sell. Eventually we couldn't keep up with the amount of people wanting to buy it."

Today the products sold at the event come from S&S Maple Camp in Corriganville, Maryland. Leo Shinholt, the company's owner, is a third generation sugar producer. S&S has been in business just as long as the festival. They tap over 5,000 trees for just one season of syrup production. Leo has learned from experience that the first run is always the sweetest.

Each day of the Maple Syrup



After you've recovered from gorging yourself on maple syrup-covered pancakes, join in on the 50th anniversary celebration of maple sugaring in the Catoctin Mountains.

Festival visitors can enjoy live maple syrup demonstrations in two separate outdoor locations. Learn more about maple syrup is made in the cool air of late winter. If the weather is nice, start with a hike in the park and reward yourself with some tasty pancakes. This year's event will be outdoor-only.

A donation is requested to attend the Maple Syrup Festival, in lieu of the usual park entry fee. All proceeds benefit Cunningham Falls State Park and Gambrill State Park through their Friends group which has been in existence

since 1996. The group has helped contribute things like Polaris vehicles, a skid loader, rescue boat, and a handicapped beach wheelchair to the park. While traditionally a cash-only event, this year event organizers are exploring a contact-light event by accepting credit cards. Pets are welcome in the outside areas of the festival.

If you still have questions about the festival, call the park office at 301-271-7574. Park rangers and volunteers will be easy to find during the event and will have all the information you might need.

Catoctin Christmas bird count

Kathy Brown
Frederick Bird Club

December 18, the morning of the 73rd Catoctin Christmas Bird Count, was foggy and cold. Most birds were hunkered down and the few that were out at the crack of dawn were difficult to see due to the fog. Northern Maryland had enjoyed a very mild winter, so the sudden cold was a shock to birds and birders alike.

Despite last year's hopes and wishes, COVID was still a factor, but some things had improved. Everyone involved in the count was fully vaccinated and most had boosters. Teams could again ride together, unlike last year's awkward caravans and split territories.

The Catoctin CBC covers a 15-mile diameter circle in north Frederick County with Thurmont as the epicenter. The territory is divided into eight sectors and includes a few towns and a lot of open country including state, national and local parks, forests, numerous waterways, fisheries and seemingly endless farm fields. The Frederick Bird Club, a chapter of the Maryland Ornithological Society, has sponsored the Catoctin CBC for many years. It is a very tangible example of citizen science and a great way to enjoy a winter's day in beautiful northern Frederick County.

We had good coverage for all areas with a happy mix of old pros and newer, eager participants.

And despite the extreme cold (one sector never got above 14 degrees) roads and walks were dry and easy to navigate.

Results vary each year depending on wind, precipitation, temperature, visibility and participants. This year had a few interesting results and indicated continued trends for a number of species.

First, the good news. Overall number of species and actual numbers of birds were above the average for the last ten years. A total of 69 bird species were sighted and a total of 11,816 individual birds were counted. An exciting first for the count was a Peregrine Falcon. And while not a first, three Short-eared Owls were a rare and beautiful find. Numbers for the Bald Eagle (18) and Common Raven (19) were the highest in the entire history of the count. One surprise was the number of Carolina Wrens; 201 were counted, well over the average for the last 20 years. Carolina Wrens nest multiple times when the conditions are good and last year's conditions may have been just right for this feisty, entertaining, little bird.

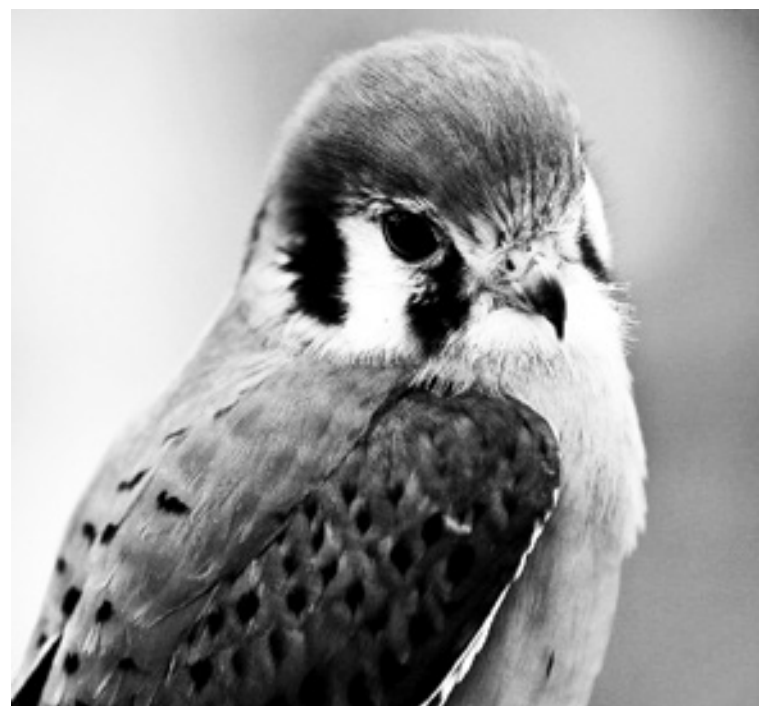
On the negative side, numbers remain well below average for many common bird species including the Carolina Chickadee, Tufted Titmouse, Northern Mockingbird and American Goldfinch. A favorite of mine, the American Kestrel, continues to decline; numbers are down over 40% in the last ten years.

As we see from the news, climate change is having a devastating effect in the number and severity of wildfires, tornadoes and hurricanes. The impact of these big events is easily appreciated, but the incremental effect of seemingly minor changes can have just as devastating an effect on wildlife. Even small increases in temperature can affect breeding success and food availability. During recent heatwaves, birds in some areas were literally dying from the heat and starving from failed food sources. Unlike humans, animals can't just turn on the AC and order from Amazon; they are dependent on the natural world.

Recent research suggests that by 2070, we will lose a third or more of the Earth's species if steps are not taken now to stop it. This will take massive collective efforts at a national and international scale, but we can all help by making small changes: drive less, keep your feeders full during the winter, reduce lawn areas, use natives plants, decrease pesticide use and keep cats indoors.

And perhaps most importantly, support leaders at the local, state and national level that are willing to make the tough decisions to ensure a good future for us and our children.

If you are interested in learning more about the birds of Frederick County, the Frederick Bird Club www.frederickbirdclub.org and Audubon Society of Central Mary-



The American Kestrel, once a well-known member of the local bird population, continues to disappear from our area. Its numbers are down over 40% in the last ten years.

land www.centralaudubon.org welcome guests and new members. Visit their websites to learn about

meetings, bird-focused presentations, bird counts, and bird walks and outings throughout the year.

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HISTORY

History of My Own Time

William Otter Sr.
Mayor, Emmitsburg, 1835

Continued from last month

When I came up to him I said well you are here. He said yes. I asked him how he got away? He said that man whose captive he was, called at a house and asked if Mr. Fisher was at home, and being informed that he was not at home, he hitched the black man to the post where horses were generally hitched, at the piece of linen which I had tied his arms with, and Mr. McCullough laid himself down on the bench, and the weather was very warm; he fell asleep, and I began chopping the linen backwards and forwards until it broke in two, and when I was free I started off and run through the orchard as hard as I could run, and lost my hat in the orchard, and did not take time to pick it up. I asked him how he liked to go home? He said he did not care much about it. I asked him if the dog had bit him? He said no, that he held him by the trousers. He admired the dog's performance, and allowed that that dog was worth money. I said yes he was so.

I then asked him, if ever he had been at Emmetsburg? He said he never was there, but that he knew a man there. I asked him who that man was? He said Mr. McBride, the constable. I asked him where he learned to know Mr. McBride? He said at his master's house, that Mr. McBride had often been there. He still stuck to it that he belonged to Mr. Goldsborough. I found that the black rascal was determined to lie. I marched him off to Mr. Bonebreaks. I engaged my time, and then started off and crossed the mountain that night with my runaway lad. I cautioned him not to try to run away from me that if he did that my dog would tear him to pieces. He said he would not make the attempt. I told him if he did not that I would not tie him. So I marched over the mountains free from any fetters.

When I came home it was past one o'clock at night. I gave him something to eat, and put him and the dog Ponto in a room and kept

him there until morning. In the morning I walked down to Mr. McBride's to walk up to see the black boy. When he came into the room where he was I asked Mr. McBride if he knew that negro? He said he did, that he belonged to Mr. H, in this county. I gave the negro his breakfast and locked him and Ponto, his companion, up in a room, mounted my horse, rode to Mr. H's house, and asked him if he had based my suit of action. The squire asked him if that was his advertisement and the reward therein offered? He said it was, but plead that he never put them up; to which I observed that I never had put it up, but that it was up now. The squire gave me a judgment for ten dollar against Mr. H., and when I had judgment against him he paid me like a man, and thus ended this spree.

I once got a parcel of conies, and they were, as all are, very pretty animals; and they are somewhat mischievous. I had to barricade the warren for fear of their being torn by dogs; and while I was engaged as above stated in repairing their warren, a certain Mr. M. M. came along, and he fell in love with their appearance, and asked me how many of them I had? I did not tell him the exact number. Said he to me, making the question as impressive as he could, well Bill, what will you take for a him and a her? I told him that I would take one dollar for a him and a her, repeating, his word. He allowed that a dollar was too much for a him and a her. I told him that I would not take any thing less for them.

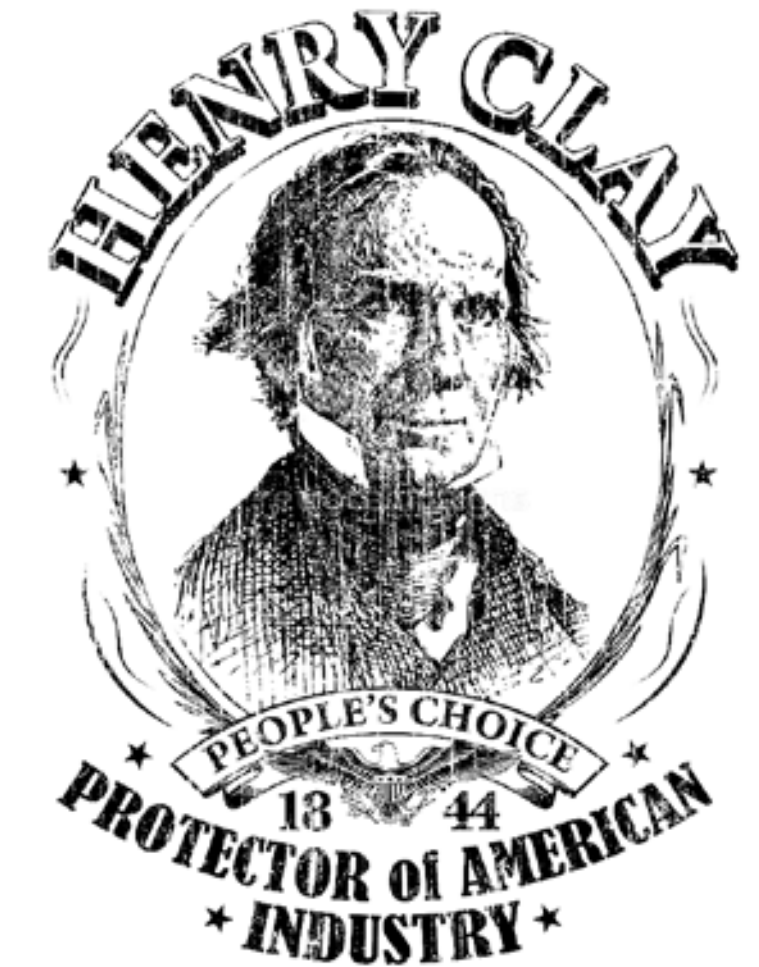
Now for the celebrated Woodsborough spree, which took me a full half a day to get through and a good part of the night into the bargain. The way it commenced was as accidental to me as it was to the hands who were involved in it. It happened the day after the election in eighteen hundred and thirty four. As I was going on to Mr. Bowers to plaster his house for him, the town of Woodsborough lay in my way, and when I came to the town, I stopped at the tavern kept by the widow Yantis. Little did I think when I stopped, of cutting a single caper. As soon as I had put foot into the tavern, the political

inquisitive fellows asked me the result of the election in the Emmetsburg district, I told them that the Jackson party had lost ground. That piece of news pleased some, and others again it did not please. There were in the bar room two Clay men, who had not yet gone home from the election, they were a little touched with Jackson tea, and a Jackson man, who also had a rip. He was a hanger on, for the whole three were farmers.

The two Clay-men appeared to be very liberal in their manners, and the Jackson-man was a very close, stingy, miserly sort of a fellow. One of the Clay-men asked the other who I was. He told him I was Otter, from Emmetsburg, the plasterer. He took a look at me, and allowed that I was very big fellow. He felt his keeping as I have already said. He told his comrade, notwithstanding my size, that he believed that he could whip me. All this conversation I over-heard, but never let on I heard them. I thought to give him a hint. I told one of my comrades that the Clay-men, at least all those whom I knew, were such rascals, that the Jackson-men had no chance any more among them.

He took the bait intended for him. He got up and said that was a lie, there were as good Clay-men as Jackson-men. I told him if there were any such, that I never knew them. His comrade begged him not to mind it, that he knew that I meant no harm in what I said, and that he knew me very well, which interposition of his comrade in my behalf, only had a tendency to raise his dander the higher. He said that he could whip me, even if I was as big as the house. I told him that I could not fight, and never did intend to fight, but I can beat any Clay-man belonging to the party in the whole United States, at butting.

This wide spread banter he could not brook. He pronounced it a lie. Those who wanted to see fun, urged him to take a butt with me. He said he was no bull, and could not stand it. Well, said I, I cannot stand fighting, so there is no danger of our hurting one another. He still kept harping on his favorite theme, that he would like to have a crack at me. At length some of the fellows worked upon



Henry Clay was one of the founders of the Republican Party, and for his role in defusing sectional crises, he earned the appellation of the "Great Compromiser" and was part of the "Great Triumvirate" of Congressmen, alongside Daniel Webster and John Calhoun.

him to give me a wiper. Well, said he, I don't care, I will take a butt with you anyhow. Well, said I, take off your hat. By this time I was fully determined to give him a good one. I caught hold on his two ears, and he caught hold on mine, and I gave him a rouser that sent him heels over head on the floor. This created a good deal of laughter among the spectators of the scene before them.

This performance raised his dander to the highest pitch, and I complained of my head very much. They urged him on to take another crack, and wanted to persuade him to try it again. I told them that I would rather not, that as soon as I butted one man down that I felt offish, and invited him up to the bar to take a drink, and make good friends. No, said he, I am not satisfied, you must give me another chance. I still pretended to be rather off, and told him that if he would treat I would give him another chance. He agreed to treat with a view to get another butting. I begged of him not to butt too hard. He said by swearing an oath, that he

would butt all he knew.

We took our usual ear hold, and I butted all I knew and laid him flat on the floor a second time. When he got up, he appeared a little bewildered. His laboring under a kind of stupor, which was occasioned from the blow I gave him, gave his general phiz rather a comical kind of appearance, which created a great deal of laughter, sport, and much amusement to the company. I called on him to pay the treat he promised, and he swore he would whip me. He paid the treat, rolled up his sleeves, and was for making at me. I told him that if he struck me, that I would have another butt at him. His comrades persuaded him not to mind it.

I got him up to the bar, and got the old Jackson-man, whom I have taken notice of in the commencement of the story. The company all were agreed that I should make that old fellow treat in turn. That he would drink until all was blue, when he could drink for nothing. So I asked him to drink, and sure enough he took his horn like a man.

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As it seemed by consent of the whole company, that I should get him to treat, I called in vain, he refused to treat, and said he had drank enough, thanked me, and did not wish to drink any more. I told him in terms not to be misunderstood, that if he did not treat in turn and that the whole company, that I would be under the necessity of giving him a butting. He said I had better not. I told him that it was the sense of the whole company, that he should treat or take a butting.

He said he had sufficient. Well, said I, are you going to treat or not. He answered me he would not treat. Well, said I, then you must take a butting, and I caught him by the ears, and gave him a tremendous butt and knocked him as stiff as a poker. He fell against the wall, and as he was in the act of falling, his eyes rolled in his head and a good deal of the white in them appeared. When he recovered a little, he went in quest of a magistrate to have himself righted. The squire refused to give him law for the butt he got, and I am at a loss to determine whether butting would at all be recognized in law, or not.

The law defines an assault and battery very clearly, and am rather inclined to think that in its definition it does not reach butting, and I am sure that butting is no species of felony of any kind whatever. What the real cause was that he could get no law to protect him I cannot tell. But the way I sent him against the wall was a caution. When I had stiffened my old Jackson-man, I turned on my Clay friend again. They urged him to give me another flyer at butting, that he should not think himself conquered. He allowed my head was too hard for his, and that inasmuch as I had failed in making the old Jackson-man treat, that I should pay a treat myself. Agreed,

said I. Come all ye that thirst, and I treated the whole company. I told him that I was very glad that the old Jackson-man was gone, that my head felt like a poor man's garret, that it was full of lumber. Yes, and God knows, says he, my head aches too. The company agreed that we should take another butt, and by mutual consent then should give it up. I told them that I was agreed, that my head could not ache worse after it than it does at present. They got him worked up to the sticking point, and we took another whack, and I knocked him against the bar table as stiff as a poker.

We all went up to the bar, and I insisted that it was his turn to treat the company, to be even with me, that the company drank last at my expense. We all came to the conclusion to give Mr. Lind, also a tavern keeper in Woods-borough, a call, and wind up our spree there. Mr. Lind lived about a quarter of a mile from Mrs. Yantis, and as soon as the idea was suggested to go to Mr. Linds, all hands were immediately agreed to the proposition. The two Clay-men felt a disposition to take a gig and ride down. I was full of frolic, and wished to shew out some of the blossoms of the wild oats, which I felt at this time disposed to sow, being a Jackson-man myself, and the whole mess of us on a Jerry.

I proposed to the two Clay-men that if they would pay me a bottle of French brandy when we came to Mr. Lind's tavern, that I would take the gig shafts and haul them down through the town myself. As soon as I made this proposition to haul them down myself, they agreed that they would pay me the bottle of French brandy. The bargain was struck, the gig was brought before the door. As soon as the gig was ready, I got into the shafts in good earnest, to let them see that nothing was wanting on my

part. The passengers took their seats. The one he folded up his arms and laid them across his breast, his legs crossed, and leaning backwards as if determined to enjoy the ride in luxury. The other was more of a romp, he made no particular parade about the contemplated ride.

After they were seated, I enquired of them in these words: "Gentlemen are you ready," they responded in the affirmative. Said I stop a little till I spit in my hands, and, as I made the motion, aided by a small jerk at the shafts, and letting them go at the same time, my passengers took a sudden notion to go up, instead of down town, and heels over head they both went out of the hind part of the gig, and as the gig turned a summer-set, one of them, the fellow who sat careless, seized the springs of the top part of the gig, landed himself by the aid of the spring and his powerful exertion, on his feet. Said he, that goes "pretty and nice." The other one fell on the back part of his head, neck, and shoulders and was terribly staved. He laid senseless on the street for a short time. We carried the old fellow into the tavern, sent for Dr. Sinners to examine him, he came, had no idea of our spree, allowed to wait a while, to see what the probable result might be. He left us, and after a short time came back, we then told him of our performance. He said, under such circumstances, the better plan was to let him remain as he was, labouring under some excitement, kept up from the free use of brandy and allowed, if necessary, to take some blood from him in the morning.

Then came the time for censure, some said I done it purposely, and I

alleged that I was not well broke to the shafts, and, for myself, ascribed the whole to the want of a belly band, so ended that spree, and it was the last. In it I sowed all my wild oats. I have arrived at an age when all men become grave. I feel that time is making his inroads on me as well as all other mortals, being now in the forty-seventh year of my age. In the course of my mechanical pursuits as a plasterer, working as master of my trade, I have kept a record of every house I plastered, as well as all other buildings, such as churches, colleges, academies, and so forth. I began for myself in the year 1810, during which time I plastered two hundred and three houses, includ-

ing thirty-two churches, five colleges, two academies, and one market house, and all the money that they came to, was the neat sum of fifteen thousand three hundred dollars, and am still a poor man, without my earnings, having a large family, which run away with the beans to support them.

In the spring of eighteen hundred and thirty-five, the citizens of Emmitsburg conferred on me their best gift, elected me burgess of the town, by a very handsome majority over my opponent, and have, as far as my ability allows, discharged the duties entrusted to me, without favor, affection, or partiality.

continued next month

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James and his wife, Michele, had a lifelong goal to own a funeral home right here in Carroll County. They are life-long residents who have graduated from local high schools and are currently residing in Eldersburg. It was a perfect match and in June of 2021, the formal process of transferring the business ownership took place.

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TANEYTOWN HISTORY

The history of Grace United Church of Christ

David Buie

Throughout the church's 240-year history, *Grace Church* has changed many times. First the *German Reform Church*, then the *Reformed Church*, then the *Evangelical and Reformed Church*, and finally, in 1957, the *United Church of Christ*. One of Carroll County's oldest places of worship is the United Church of Christ in Taneytown, which is said to be the "oldest village" in the county. The exact date of the congregation's organization cannot be determined because of the lack of definite records. However, it is known that Synod of The Reformed Church of Holland sent Michael Schlatter (1716-1790) to the colonies in 1747 to establish churches. Between 1756 and 1760, Rev. Steiner from Switzerland traveled from Frederick to conduct services in German under the auspices of the Reformed Church even before Taneytown existed. People often traveled twenty miles or more, packing guns to protect themselves from wild beasts and Indians. The area, known as 'Pipe Creek,' became Taneytown in 1762.

In 1764, the land was conveyed by Raphael Taney; the first church

(known as the 'Old Yellow Church') was built where the cemetery stands today, with Lutheran and Reformed congregations sharing the building. In 1812, the Lutheran congregation moved to a new building, and the Reformed congregation continued to use the facility for eight more years.

It was common for congregations to meet in homes, barns, or even outdoors in this period. Ministers were responsible for several congregations (called charges) simultaneously. In some cases, ministers served as both the schoolmaster and minister to dozens of congregations at once. During those early years, schools were the responsibility of the churches. Since there were few ministers in the area, services were held infrequently and usually only during the summer. Sermons were lengthy, lasting one to three hours, and were known for being quite dry. There were no musical instruments, but singing was an essential part of the worship.

The Lutheran and The Reformed congregations shared the first church building until 1812, when the Lutherans dedicated their own building. Then, together with the Presbyterians, the Reformers built the Union Church in 1820,

the nucleus of the present church. Built-in 1822, the church remained a Union church until 1884. At this dedication, special hymns were sung. For example, in the first verse of one of the hymns, "Today we lay the cornerstone, in hopes that we shall build, thereon, a house of God, who loves to dwell, where'er His people worship well."

The Reformed ministers preached in German, and the Presbyterian preached in English. Over the next one hundred years, the congregation witnessed many changes. In 1890 the building was extended back 20 feet, and the bell tower and front entrance were constructed. In 1924 under the pastorate of Rev. Guy P. Bready, the sanctuary's interior was remodeled to its present appearance. In 1952 under the pastorate of Rev. Morgan Andreas, the parish house was built, including a Sunday School room, stage, and altar. The present organ was also purchased.

From 1961-70 under the pastorate of Rev. William Wiley, air conditioning and a sound system were installed. The lower level was remodeled to provide classrooms and offices, the Lay Life & Work Committee was formed, and the Hesson Scholarship Fund was established. In

1972 under the pastorate of Rev. Fred Wenner, a new parsonage was built on Roberts Mill Road, and the old parsonage on West Baltimore Street was sold. The yoke between the Keysville and Taneytown churches was dissolved. In 1998 under the pastorate of Rev. Keith DeBord, the church building was made handicap



accessible with an elevator and renovated restrooms, and a youth meeting room and nursery were added. In 2000 a new sign was placed on the front lawn. In 2002 during the interim pastorate of Rev. Lois Ann Fergus-Oler, the church tookover ownership and management of the daycare center now known as Grace United Learning Center. Steeple lights were installed, illuminating the steeple at night.

In 2002 under the pastorate of Rev. Sam Askew, cabinets were constructed for the church's treasures and artifacts. In 2003 a memorial garden was erected in front of the church.

In 2004, our current pastor, Rev. Steven Ostendorf-Snell, began serving in the pulpit. In addition, the front doors were replaced with solid mahogany doors. Also, in 2004, plaques were mounted on the orig-

inal cement post of the cemetery entrance reflecting the current name of Grace UCC Cemetery, and a wrought iron fence was added.

In 2006 the parsonage on Roberts Mill Road was sold for \$350,000. Also, in 2006, the entire sanctuary was painted, and the pews refinished in preparation for the 250th celebration.

For the last sixteen years, like many churches, Grace UCC has seen a drastic decline in its congregation. But those who remain continue to be active in providing services to the community.

Dave Buie is a resident of Taneytown with a deep love for the town's historical significance. He can be reached on his Downtown Taneytown Facebook page or at downtowntaneytown@gmail.com.

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100 YEARS AGO THIS MONTH

February 3

Snowfall Descends Upon County

The second snowstorm of the winter came along last Saturday and Saturday night drifting shut the road and acting in a generally disgraceful matter common to blizzards. All in all there was not an unusual fall of snow, but its erratic treatment by the winds made plenty of trouble for users on the public highways.

In Emmitsburg there was plenty of snow and ice, very little government and no police at all, as a result, pedestrians had a hard time. A number of people slipped and fell on icy sidewalks. It was said it was far better to walk in the streets where, through the up-to-date and progressive methods of the State Roads Commission, travel is made safe.

"We try to make the world safe for democracy, we have don't get hurt week for automobiles and no accident weeks for railroads, we legislate the danger out of this and for safety into that, but nobody gives a tinkers dam about payments" said one resident. "People on two feet can fall down and break their necks as they please."

"A little action on the part of the local government; a few pics and some shovels, a little consideration for the passerby and a box of ashes is all that is needed to make walking safe in Emmitsburg." The residents of Thurmont where pleased to point out that Thurmont sidewalks do remain covered in snow due to the quality of their citizenry.

Veteran of Civil War Dies

Washington Witherow, 87, Civil War veteran and resident of Freedom Township, died on Monday. In his early life he was engaged in milling, but later engaged in farming, from which he retired some years ago and his son took up his work. During the Civil War he served in as a sergeant in Captain Robert Bill's Company B of the 21st Regiment of Pennsylvania Cavalry, serving from June 18, 1863 until February 29, 1864. It is interesting to note that the first man who lost his life on the field at Gettysburg was a member of this Company and Mr. Witherow was close by his side when he was shot. A monument marking the spot is found along Taneytown road.

February 10

No Flu Crisis In County

The County Health officer stated that not a single case of the flu have been reported to date from any section of the county, and he knew of no cases which even suggested the flu. He added that in spite of the fact that the weather conditions during the past month were fickle and of a kind that would ordinarily be expected to breed the gripper, pneumonia and other diseases. "Health conditions in the county are remarkably good", he said, "except for scattered cases of scarlet fever. Even this does not exist in epidemic form in any community."

Postmasters Named

Mrs. Englar, who has been acting as postmistress at Rocky Ridge since May 1, 1918, received word that her appointment to the position has been confirmed by the United States Senate. She is a lifelong Republican but was so popular for the patrons of the office that she was allowed to act as postmistress under the Democratic administration.

J. Stuart Annan was appointed postmaster in Emmitsburg. Mr. Annan, who is a Republican, is chairman of the State Central Committee, a member of the County Committee and one of the leading partymen in the county. He was formally a member of the Board of County Commissioners and for some time served as Burgess of Emmitsburg.

Morris Rouzer was appointed as Thurmont's Postmaster. He had the endorsement of the State Central Committee as well as former Senator John Mathias who resides in Thurmont.

February 17

Creagerstown Man Missing

Mystery surrounds the disappearance of John Hoffman, a well-known farmer residing 1 mile east of Creagerstown. He went away suddenly, about three weeks ago and it said to be involved to the extent between 12,000 and \$15,000. About \$5,000 or 6,000 of this amount is said to be in cash that

he obtained in different ways, and the remainder represents accounts unpaid and provided for, that he said to have left behind.

Mr. Hoffman, who is about 34 years old, left home while his wife and young daughter were away. It is said that he went to Frederick in his automobile and after cashing a check at a well-known dry goods store, and at a bank, for which he had no funds on deposit, left his automobile at a local garage and disappeared. Later he notified his father and brother where he left his car and later they obtained it. Since then nothing has been heard of the missing man.

Fox Stolen

Sometime Monday night a thief, or thieves, entered the granary of the barn on the Farm of Allan Kane, and stole a live gray fox which was to be the main attraction at the fox chase at Fairfield on Saturday afternoon. That the fox did not escape by its own is evidence by the fact that Mr. Kane took the precaution to lock the door on the outside at two different places. The door was sill locked when Mr. Kane opened it to see if the animal was still there. As a result, the fox chase was called off and someone has a sly fox on their hands.

Harney Valentine Social

The Harney Public School gave a Valentine Social on February 14th, which proved to be quite an enjoyable fair for all present. It was especially enjoyable for the scholars, who gave a short entertainment, consisting of dialogue, recitations and music. Every part was well rendered and clearly shows the great interest and they're very careful training that can be seen at all times in the work in the horny school. The entertainment being completed, tables were sad and where soon loaded down with cakes, lemonade, candies, made by the good mothers and the many friends of the school. About 10 gallons of good homemade ice cream and 5 gallons of homemade 'hooch', was also contributed. The 'hooch' of course, went first. The social was for the benefit of the Harney school ground equipment, and the proceeds amounted to between \$234 and \$235 - of which \$200 was brought by the 'hooch'.

Taneytown Gas Plant

A meeting of citizens was held at the municipal building in response to a call of the Burgess and the commissioners for the purpose of considering



the loss from the operations of the gas plant, a loss which appears to be largely, if not wholly, due to the number of leaks in the mains that have developed in the past few months, a few of which have been discovered and remedied.

The sentiment of the meeting was particularly unanimous for the continuation of the gas plant, and various suggestions were made for finding the leaks, several advocating the idea of getting an expert to help the local authorities with the job. The only suggestion rejected by the commissioners was for citizens to walk around town holding candles over the buried gas lines to see if they could ignite escaping gas, and in doing so, identifying locations of leaks.

rather gossip on a party line then work.

Meanwhile, for a reason that escapes us, a bill has been introduced to allow women to vote and hold office in Emmitsburg and Thurmont. The bill was drafted to address the code in each town that has prevented women for serving since the town's codes where written years before the insane idea of women being able, or competent enough to vote was every consider.

Accidents

Last Saturday morning, a horse ridden by Earl Peddichord, of Thurmont, slipped on the icy street and fell. Earl's left leg was caught under the horse and broke between the knee and the ankle. The accident occurred on Church Street, just beyond the Square. He was carried into Cassell's drug store and Dr. Kefauve set the broken limb. He was then taken to Frederick for an x-ray examination. The photograph showed one bone broken which had been accurately set.

Last Friday, and attempting to remove an idle belt from one of the small generators at the local power plant, Mr. John Stroner, received severe injuries to his right hand and leg. The belt had been looped over the generator and when he lifted it off it was caught by a shaft running 1200 revolutions per minute. The belt was torn from his grasp, wrapped around the shaft and struck him on the back of the hand and wrist, inflicting painful injuries. The hand has swelled to twice its normal size. He was also struck on the right leg and his clothing torn from his hips to his ankle.

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

February 24

Jury Service Optional For Women

Jury service for women was made optional by the House of Delegates. The vote was 79 for and 23 against. The adoption of the bill followed a warm debate in which opponents of optional service alleged that optional service would mean only woman undesirable for jury service would offer themselves, while the women desirable for the service will take advantage of the option and not serve.

On the other side of the equation, The clear minded men who proposed the law, clearly understood that a woman's mind was not capable of understanding the complexity of laws and it would be unfair to challenge them by putting them on a jury, or worse, subjecting a man on trail to the flawed thinking process. The men where sure all women would opt not to serve on a jury as that would imply work - and as everyone knows a women would



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COOKING

Mission romance: breakfast in bed

Carol Cogliano & Kay Hollabaugh
Hollabaugh Bros., Inc

Are you the “romantic” in your relationship? ...or are you lucky enough to be the recipient of romantic gestures, from your other half? Or...are you possibly like me: a romantic, who could be accused of getting a bit lazy about showing romantic gestures after 20 years of marriage? If you fit into ANY of these categories, might I suggest a simple gesture for Valentine’s Day?

Breakfast in Bed. That’s right – cook a special meal for your sweetheart. It doesn’t have to be fancy or overly involved. For some of you, this might be the first time you’ve cooked for your partner in years! Or maybe – dare I say it - ever! Let me assure you that if preparing a meal for your sweetie is something out of the ordinary for you to do, the brownie points that a simple breakfast in bed will earn for you will far outweigh the time and effort that you put into it.

For some of you, the biggest challenge will be getting up, unnoticed (or earlier than your partner). Once you’ve figured that part out, be sure to have everything ready to go, so you can keep things relatively quiet. Whether or not you involve children in your efforts...you might want to give your other half a “heads up” about what’s going on, so they stay in bed. OK – you’re up, you’re prepared, you’ve thought through what you’re going to make... you’re set!

If you’re comfortable in the kitchen, one of the following recipes would make for an amazing breakfast! All three of them can be prepared ahead of time, so that could save a bit of stress for you, the morning of the big breakfast. Think about what you’re comfortable making. Don’t try a crazy new recipe, if you’re an amateur in the kitchen. You know the old saying, “It’s the thought that counts”? I would be much happier being greeted with a smile, a kiss and some toast & jelly, than burnt Eggs Benedict.

Of course, some strong coffee and a homemade card wouldn’t hurt, either. Have a Happy Valentine’s Day, and enjoy those brownie points!

Overnight French Toast

Ingredients

2 Tbl. corn syrup
½ cup butter
1 cup brown sugar
1 loaf of Apple Cinnamon Bread
5 eggs
1 ½ cups milk
1 tsp. vanilla
¼ tsp. salt

Preparation Instructions: Combine corn syrup, butter, and brown sugar in saucepan and simmer until butter has melted and sugar is dissolved. Pour into bottom of a 9x13 pan. Place sliced bread on top. In a bowl, beat eggs, milk, vanilla, and salt. Pour over bread. Cover and put in refrigerator overnight. The next morning, preheat oven to 350 degrees. Uncover the French toast and bake for 45 minutes and serve immediately.

Broccoli Cheese Quiche

Ingredients

4 eggs, beaten
1 ½ cups half and half
½ tsp. salt
¼ tsp. cayenne
1 ½ cups shredded cheddar cheese
1 cup chopped fresh broccoli
1 Tbl. flour
1 9-inch unbaked pie shell

Preparation Instructions: Preheat oven to 350 degrees. Whisk together eggs, half and half, and seasonings. Toss cheese and broccoli with one tablespoon of flour. Put broccoli and cheese mixture in bottom of pie shell, pour liquid mixture over. Bake at 350 degrees for 40-45 minutes or until set and pastry is golden brown.

Mocha Chocolate Chip Banana Muffins

Ingredients

1 cup butter
1 ¼ cups sugar

1 egg
3 ripe bananas
1 Tbl. instant coffee, dissolved in 1 Tbl. water
1 tsp. vanilla extract
2 ¼ cups flour
¼ tsp. salt
1 tsp. baking powder
1 tsp. baking soda
1 cup semi-sweet chocolate chips

Preparation Instructions: Preheat oven to 350 degrees. Blend butter, sugar, egg, bananas, coffee and vanilla in food processor for 2 minutes. Add flour, salt, baking powder and baking soda, and blend just until flour disappears. Add chocolate chips and mix with wooden spoon. Spoon mixture into 15-18 paper-lined wooden cups. Bake for 25 minutes or until toothpick inserted in center of muffin comes out clean. Cool on wire racks.

Since we’ve just come off of near record lows for a very long time, I believe I’ll share some favorite soup recipes this month. For me? Cold, winter days are synonymous with a hot bowl of soup, a crusty loaf of bread and maybe an apple crisp for dessert – severed with vanilla ice cream, of course! The recipes submitted are those of our family, friends and/or employees. I hope you enjoy them!

Baked Potato Soup

Ingredients

6 lg. russet potatoes, peeled
1 cup of shredded sharp cheddar and cut into ½ inch cubes
3 tablespoons of chopped fresh chives
1 lg. onion, chopped
1 (8 oz.) container of sour cream
3 (13 oz.) cans of chicken broth cream (optional)
Roasted garlic
4 bacon strips (cooked)
¼ cup of butter crumbled
2½ tsp. salt shredded cheddar cheese
1¼ tsp. freshly ground pepper
1 cup of whipping cream or half-and-half

Preparation Instructions: Combine potatoes, onion, chicken broth, butter, salt, and pepper in a 5 qt. slow cooker. Cover and cook on high 4 hours or on low 8 hours or until potatoes are tender. Mash mixture until potatoes are coarsely chopped and soup is slightly thickened; stir in cream, cheese, and chives. Top with sour cream, if desired, and sprinkle



As hard as we looked, we were unable to find a single photo on the internet of a husband serving his wife breakfast in bed. Apparently, that is folklore moms tell sons.

with bacon and cheddar cheese before serving.

Cream Of Asparagus Soup

Ingredients

2 tablespoons of butter or margarine
¼ tsp. pepper
¼ cup of diced onions
2 cups of milk
2 tablespoons of flour
1 cup of chicken stock
½ tsp. salt
2 cups of asparagus chopped
Preparation Instructions: Melt butter and sauté onion until clear. Add flour, salt, and pepper. Add milk and chicken stock. Cook and stir until it boils and thickens. Cook asparagus in a small amount of water. Drain and add to sauce. Blend until texture is as smooth as you like. Garnish with grated cheddar cheese.

White Bean Chicken Chili

Ingredients

1 lb. boneless chicken breast
1 tsp. cumin cubed
2 cans (15 oz. ea.) white beans
½ tsp. salt rinsed and drained
¼ tsp. pepper
3 cups of chicken broth
2 table spoons of olive oil
1½ cups of shredded cheddar cheese
1 med. onion, chopped
4 oz. cream cheese
4 garlic cloves, minced
½ cup of heavy cream
1 jalapeño pepper chopped

2 tsp dried oregano
Minced fresh cilantro

Preparation Instructions: Sprinkle chicken with salt and pepper. In a large skillet over medium heat, brown chicken in oil. Stir in the onion, garlic and jalapeño; cook 2 minutes longer. Sprinkle with oregano and cumin; cook 1 minute longer or until chicken is browned and vegetables are tender. Transfer to a 3 qt. slow cooker. In a small bowl, mash 1 cup of beans; add ½ cup broth and stir until blended. Add to the slow cooker with the remaining beans and broth. Cover and cook on low for 3 to 3½ hours or until chicken is tender. Stir before serving. Add cream cheese and heavy cream. Stir until melted and combined. Sprinkle with cheese. Garnish with sour cream and cilantro if desired.

Note: I usually double this recipe to feed my family and have some left over! I prefer this soup creamy so I usually cut back on the chicken broth and just use more cream cheese and heavy cream! Add more (or less) jalapeños to taste.

Taco Soup

Ingredients

1 can black beans
1 can diced tomatoes/chillies
1 can pinto beans
1 can shoepeg corn
1 can kidney beans
1 can diced tomatoes
1 large can crushed tomatoes
1 pound ground beef
1 envelope taco seasoning
3 cups of water
1 envelope Hidden Valley ranch dressing

Preparation Instructions: Brown ground beef, drain excess fat. Stir taco seasoning and ranch dressing into ground beef. Add remaining ingredients. Bring to boil. Reduce Heat and simmer 30 minutes.

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

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MOMS' TIME OUT

Anxiety – we all go through it

Mary Angel

When my kids were young, very young, we began to potty train them. I remember discussing this process with another mom who told me to get the book 'Everybody Poops' by Taro Gomi. She said some kids have a lot of anxiety about pooping, I began to laugh but found out rather quickly she was very serious. Apparently, some kids are worried about letting go of a part of themselves, and worse yet flushing that part of them. I never had this problem with my kids, although one of them didn't want to take the time so he would stand in a corner and turn beet red trying not to go so he didn't miss out on anything (but that is a tale for another month). The moral of this story is that anxiety is real and it can occur at any age.

This is an obvious fact as we all live through a pandemic. What better time to develop anxiety than when you are living in a world so divided? Our kids have spent an entire year trying to navigate school that has been in-person, virtual and many combinations in between. Many of them have found anxiety over grades, relationships, and even losing a loved one to COVID. As parents we are certainly not immune to anxiety; I know many moms who have such worry and concern for their kids that they experience the same struggles as their children.

On top of all of this, while our kids were at home doing school they were on electronic devices and social media even more than they were before. Social media, the place to go when you want to feel even more insecure, awkward, and ostracized!

So what are kids and parents alike to do to combat the daily anxieties that can creep up so quickly and overtake your every thought? Well, I am no psychologist, but I did stay in a Holiday Inn Express (what does that even mean). I have no idea what that means, but it is a great example of something that helps me offset the everyday worries of life: humor. Whether I watch a comedy on television or joke around with my husband, humor has a way of releasing endorphins that just lighten my mood. Humor can come in the form of a family game in my house. When you live with a bunch of goofballs, games have a tendency to turn comical pretty quickly. If your family isn't as naturally ridiculous as mine, might I suggest playing Jackbox. We discovered this at the beginning of the pandemic, when everything was shut down, and have been playing it regularly ever since. You don't have to be a comedian at all for your inner Kevin Hart to come out when you are playing Joke Boat, Trivia Murder Party, or Role Models.

If you are trying to combat the onset of anxiousness, don't overlook the tried and true methods. Meditation is always a good relaxer. There are many different books and websites that can give you guidelines on how to meditate. You might also find a quiet place to listen to music or try some deep breathing exercises. A spa day can do wonders for many peo-

ple, anything from manis and pedis to massages would qualify. For some people, reading a good book can take their mind off of whatever is causing the anxiety in the first place. For others, the power of prayer can be invaluable. Sometimes it is as simple as stopping to ask yourself some simple questions like, is this something I should be worried about? Or is this something I have any control over? The Serenity Prayer sums this up when it says, "God grant me the Serenity to accept the things I cannot change, the Courage to change the things I can, and the Wisdom to know the difference." Sometimes putting things into this perspective is all you need to de-escalate the anxiety.

For each person there are different methods that will be more or less helpful in combating anxiety. For someone who is always busy, meditation might seem like torture. For the person who falls asleep every time they open a book, reading might just frustrate them. For many people, a useful technique might depend on what the ultimate cause of the anxiety turns out to be. For me, heading to my craft room and making a mess being as creative as possible can sometimes put everything into a better perspective. Having a creative outlet is imperative to good mental health if you are an artsy person. My daughter got way into painting when she was going through a pretty serious bout of depression and I made sure there were plenty of canvases and paints in the house, because I saw what a positive effect it had on her mood. I love to go for a drive and listen to music or call my best friend and just vent. Some of my kids love to exercise or go for a walk to "get their head on straight". A little-known secret for this Disney Lover, I LOVE to go to my bedroom, shut the door, pull up a YouTube clip of the television screen at a Walt Disney World resort and just listen and watch and dream of a time when I have been there.

You may have another method that works for you and no one else, and



that is awesome. Battling anxiety is a very personal thing. You need to do what works for you, and you need to help your kids figure out what works for them. We are all going to have bad days and worry in life, but when that turns into anxiety and the anxiety escalates, it is best if you know what techniques are your go-to methods of self-help. You also need to realize that sometimes anxiety, in adult and child,

can be something that is out of your control and that is okay to admit. It is imperative that you recognize that and seek the help of a professional. There is nothing wrong with asking for help for you or someone your love. So relax, you got this!

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

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SCHOOL & LIBRARY NEWS

Top reasons to send kids to summer camp

Fawn O'Hara
YMCA of Frederick County

Summer Camp is a staple in childhood. It is a place and time to enjoy being a child, exploring, making new friends, and new memories in a safe, fun, and educational location. Summer camp is the perfect combination of sun and fun. However, many parents do not realize how important and vital the lessons taught, and experiences of a summer camp truly are. It offers a fun getaway for their child and gives them the stepping stone to grow into who they truly are.

Discover special interests and skills - Summer camp brings the opportunity to find activities, interests, and skills that your child truly likes. They often have a variety of activities and even can specialize in a specific interest, like basket-

ball or soccer. Summer camps can include activities like canoeing, hiking, archery, team challenges, and more! During camp, children are encouraged to get involved in a variety of these activities. Thus, children learn how much they enjoy these various interests.

Also, summer camp offers the opportunity to improve skills in specific areas. Frederick YMCA offers a variety of camps that focus on particular skills like cooking, arts, sciences, musical theatre, puppetry, sports camps, and even leader in training camps! There are numerous programs to choose from that can fit any child's interests!

Get active and involved - One bonus of summer camp for kids is the fact that it is full of physical activity that doesn't really feel like physical activity. With activities like

canoeing, hiking, archery, and others, your child will constantly be moving and having fun while doing it! Often as parents, it can be hard to encourage your child to get up and move. At summer camp, their brains are constantly stimulated with new experiences, building lasting relationships, and their bodies are getting the activity and workouts they need to stay healthy!

Empower and encourage growth - Camp not only offers opportunities to get active and find and pursue their special interests but also empowers and encourages growth in every child. Summer camps often encourage and push children to make new friends and be open to new experiences. Oftentimes this may be the first time they are away from their comfort zones and parents. Camps build confi-

dence and independence through team-building activities and focusing on personal growth. With constant challenges every day, children can realize their potential and ability to do things on their own, boosting self-esteem, perfecting responsible decision-making, and empowering them.

Meet positive role models - Camp introduces, develops, and strengthens connections with new friends and the ability to find positive role models. Counselors go through training to become the most helpful and supportive they can be. Most want to get involved and serve others through community service and have a love for guiding others. More than ever, it is essential that children have positive and loving role models who can show them how to be responsible and provide leadership skills.

Encourage diversity - Lastly, camp encourages diversity. Often, when children go to school, they are put into their own age group and have friends who come from the same place. A camp encourages children from, at times, all over the country to build relationships. Some camps even take international campers as well! This encourages the exposure and acceptance of diversity. It allows a child to expand their social network and make new friends outside of their circle.

The YMCA of Frederick County is offering a variety of camps that fit any child's interest. Our camps are safe, educational, fun, boost self-esteem, and encourage growth. Whether your child is interested in space and science or soccer and golf, we offer the camp perfect for them! Check out our 2022 summer camp program guide at frederickymca.org/camps and remember to register early (spots fill up fast!)

Library events

Blue Ridge Summit Free Library

While the Blue Ridge Summit Free Library's doors are open, the have less hours but may be available to bring out materials to your car during closed hours. Please call to make arrangements. The library's new hours are Tuesdays & Thursdays 3-6 p.m., Wednesday 4-7 p.m., 2nd & 4 Saturday of the month 11 a.m. - 2 p.m. The Library is closed on Monday and Friday.

Adult Story Time with Joan - Mondays and Wednesdays starting at 7 p.m. Joan will be sharing short stories from several books virtually.

In the Kitchen - Wednesday, 1 p.m. Weekly program of recipes that are delicious and easy to prepare. Prior programs are also available.

Musical Thursday with Dave - Thursdays, 3 p.m.. Join Dave and his friends and listen to music from many different styles and genres.

Family Friendly Friday Night Fun - Friday, starting at 7 p.m.. Family Friendly Friday Night Fun can be a little bit of everything. Poetry, Music, or something else.

Saturday Story & Craft - starting at 11 a.m. Listen to a good book and

make a really fun craft. Then spend some quality time with Wee Build Imagineering, there are no limits to your creativity!

To join these events live, on line, or learn more about them, visit the Franklin County Library System's website at www.fcplpa.org/events, or you can call the library at 717-74-2240.

Frederick County Library

The calendar turns into February, and the halfway point of winter is here! Winter is a great opportunity to explore all the digital resources that Frederick County Public Libraries has to offer. From movies to magazines, FCPL has you covered! Your FCPL

library card is your ticket to all digital resources, available 24/7, and most importantly, it's free!

If movies are your thing, Kanopy is an on-demand streaming, platform for films and documentaries. Kanopy offers classic movies, independent and foreign films as well as popular movies. The Great Courses are also included. Kanopy can be accessed on all devices and many apps, including Roku, iOS, and Android. Your library card allows you to access ten videos a month. Kanopy also offers Kanopy Kids, trusted programming sure to spark excitement in our younger patrons.

FCPL offers Hoopla, an additional source of digital content. Access popular movies and TV shows, as well as music, audiobooks, comic books, and ebooks. Content on Hoopla is available immediately, with movies and TV shows borrowable for 3 days, and ebooks and audiobooks available for 21 days. You may borrow up to ten titles each month with Hoopla.

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are borrowed for 3 weeks at a time, and there is never any worry about returning materials on time because Libby takes care of it for you! Additional magazines are available through Flipster. All digital content can be accessed at FCPL.org using computers, laptops, and mobile devices. For additional help, please visit any FCPL branch.

Our opening hours have temporarily been reduced due to the heightened levels of positivity and community transmission of Covid. Emmitsburg Branch Library is opened Monday through Thursday, 10 a.m. - 6 p.m. and Saturday 10 a.m. through 5 p.m. Thurmont Regional Library is opened Monday through Thursday, 10 a.m. - 7 p.m. and Friday and Saturday 10 a.m. - 5 p.m. All services are available, and masks are required in all county buildings. At home rapid tests are currently not available for distribution through the library, although they are requestable for free at Covidtests.gov. Drop by the library if you need help ordering tests, need a book recommendation, or Wifi and computer access; we cannot wait to see to you in the library!



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- Nadine Kuster
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SCHOOL NEWS

Frederick County Schools update

Brad Young
Frederick County School Board

The Board has been working hard to keep students in school. This has been very challenging as we have had many staff members and students out with illness or having to quarantine. We still have over 85% of students or over 43,000 that have been attending in person. We have had to cancel many bus routes as having enough drivers is still a problem. Recently, the Board increased bus driver pay to start at \$20 per hour with benefits and that has attracted several new drivers. We ask that you

be patient and our hope is that the numbers of sicknesses will decrease over the coming weeks and that we will be able to cover all routes. Keep students in person is a high priority. We ask that if your child or you have symptoms, please stay home. We will get through this, but only working together.

The Board recently approved the 2023-2024 school year calendar. Developing the calendar is a complicated process and involves much community input. We received thousands of comments and suggestions this year. The Board only started a few years ago adopting the

school year 2 years in advance. This came as many parents were trying to schedule vacations and wanted to know the school start date earlier. The first day of instruction for the 23-24 school year will be August 23, 2023. It includes a Spring break from Friday March 29th through Sunday April 7th. The last day of the school year for students will be Wednesday June 5, 2024. This is of course dependent on the number of weather closings for the year.

The Interim Superintendent Dr. Mike Markoe recently released his recommended Fiscal year 2023 budget. The proposed budget

is \$836.1 million. Much of the increases are for enhancing staff pay to become more competitive with neighboring counties. A portion is also for increased mitigation needs due to Covid-19 and for additional support for our special education students. The Board will review the proposed budget and consider changes. Once the Board recommends a budget, it will be sent to the public for comment. A public hearing will be held for the budget on Wednesday February 2nd at Thomas Johnson High School at 7 PM. After that meeting, the Board will meet again and adopt a budget to be sent to the County executive and Council for their review.

Finally, the Board approved renaming the Floor at Thomas Johnson High School after Tom Dickman. Coach Dickman coached at T.J. for 29 years. During his tenure, his teams captured 20 conferences championships, and 7 state championships. His total record was 592-135. To me the record, while very impressive and statistics were not the convincing factor for naming the court after him. The convincing factor was the role model and mento he was for so many young men over the years. Coach Dickman is a class act, and this recognition is long over-due. Coach Dickman and his wife are residents of Walkersville.

Fairfield Area School District COVID cases rise

At its January 10 meeting, Fairfield Area School District school board discussed health and safety plans in response to the continual rise in COVID-19 cases in Adams County.

In response to the latest guidance from the Centers for Disease Control and Prevention (CDC), the board had initially reviewed the district health and safety plan to discuss whether to shorten its isolation and quarantine period requirements.

COVID-19 cases have “skyrocketed,” in the district, school nurse Kristi Ebaugh, said.

As of the January 10 meeting, there was an average of 61 elementary students absent per-day over a period of five days in relation to COVID-19, according to Ebaugh.

In this five-day timeframe, there were also an average of 27 middle schoolers absent per day, and 29 high school students absent related to COVID-19, she said.

Since November, three students have suffered serious effects after contracting the virus, including one with COVID-19 induced epilepsy and seizures, one with an enlarged heart, and one requiring oxygen for a week after being released from the hospital, according to Ebaugh.

“It’s not that our students aren’t getting sick, because they are,” Ebaugh said.

The school district is unable to follow the Centers for Disease Control and Prevention (CDC) guidelines to socially distance due to lack of space and does not follow recommendations that everyone over the age of five should wear a mask, according to Ebaugh.

CDC recommendations do not give medical exemptions to wearing a mask except to those physically

unable to put on a mask, such as the quadriplegic, she said.

FASD only has two school nurses available and the district creeps closer every day to shutting down, she said. “It’s already falling apart,” she said.

Staffing challenges are also a concern as middle school principal Justin Hoffacker, principal of Fairfield Area Middle School, said four middle school teachers, or 20 percent, of the building’s teachers were out that Monday.

“We are not socially distancing; we’re now allowing people to be without masks. And we have a lot of people uncomfortable and afraid to speak up, and I think that’s a really sad position that we put our community in,” Ebaugh said.

Parents and guardians are reminded not to send children to school if anyone in the household tests positive for COVID-19 and are urged not to underestimate seemingly minor symptoms like a case of the sniffles.

Parents who have a child who has been exposed will receive a personal email from a nurse or administrative assistant personally listing the date of exposure and detailing the next steps, she said.

The school district is required to notify the Department of Health at the same time parents are notified.

The response to the heightened workloads on the school nurses, and numerous emails from concerned parents, have put a damper on typical state required health screenings, many of which have yet to begin, Ebaugh said.

School Board President Jennifer Holz urged the board to review the district’s health and safety plan, say-

ing efforts to try to compromise on all sides of the issue, “Now has us in crisis mode.”

“This isn’t good enough right now. The entire community, including our school district, is in really bad shape,” she said.

No action was taken by the board until more information regarding COVID-19 in the area could be received.

At its January 24 meeting, Fairfield Area School District’s (FASD) new superintendent Thomas Haupt was approved to collect as much information as possible regarding health and safety procedures of other districts.

Haupt will meet with local health care officials for best practices as well as review guidance from the CDC to be brought back to the board for discussion.

Not a medical doctor by training, Haupt acknowledged his fresh perspective and agreed to evalu-

ate policies of other districts to best strengthen the policy and protect the community.

During the public comment portion of the meeting January 24, several members of the community spoke out against the masks and the district’s quarantine procedure.

FASD welcomes new superintendent

Thomas Haupt took the place of Interim Superintendent Larry Redding, who was brought on following the resignation of Superintendent Michael Adamek in October.

Redding was approved to stay on as a consultant a few days a week to provide guidance and ease the transition phase.

Haupt has spent his first week meeting members of the school district including students, teachers, and staff.

Haupt was eager to work with the

board and the public to continue the district’s best practices and discover what areas to explore further in support of students.

The mission of FASD district is “students first,” and “the actions we take as a board and as a county reflect that mission,” he said.

Board members recognized

As January is School Director Recognition Month, board members were honored with flowers and a signed heart decorated by elementary students in appreciation of the work they do together.

Putting in countless volunteer hours to school related responsibilities, board members of FASD are often met with little glory and no pay regardless provide an essential service for the district

“You don’t get a whole lot of recognition for the work that you do, but I want to certainly start by saying thank you for the work that you do,” Superintendent Thomas Haupt said.

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Freshman

How the flames go out

Jack Daly
MSMU Class of 2025

When people think of the pitfalls of the love between the sexes, they might be inclined to envision something like Paolo and Francesca, two medieval lovers punished forever among the ranks of the lustful for their excessive passion in Dante Alighieri's *Inferno*. However, the time of *Divine Comedy* is long past and modern days require modern vices, in addition to those already widespread. Perhaps the largest distinction to be found within the old and new kinds of chastity is that while Paolo and Francesca were carried away on the mighty winds of passion, the younger generation seems subject to winds that are far more sporadic.

Throughout most of history, some noticeable degree of lust was seen as if healthy, or simply the status quo among young people, particularly among young men. An appetite for love was thought to be part of a youthful zeal for life; for better or worse, it was part of maturation. Any worries about the excesses of adolescence were often assuaged by the assumption

that these tendencies would abate, and untutored cads would become upstanding members of society.

Within the last century, or likely even longer, the old standards often taken for granted suddenly came into question, and the spirit of licentiousness ruled the ensuing age. Attitudes were changed, priorities shifted, and change after change occurred. The Sexual Revolution of the sixties is typically blamed for the sea of change, but there had been eras of loose morals foreshadowing it for quite some time. What is unique about the last fifty years is how effectively any reaction against the current times is dismissed as backwards.

Today what is expected, or indeed considered healthy, among the younger generations would have been unmentionable in polite society not so long ago. In fact, such conduct is widely seen as rather mundane; it is only the previously unimaginable deviations that garner any attention or excitement within the fashionable set. It seems as though the most celebrated love stories of the day are not what people do or feel in love, but rather who can be in love with whom.

Before any aged hippies sit back and bask in the victory of 'free love,' it must be pointed out that the only thing these changes have

really accomplished is the reduction of human sexuality to purely materialistic terms. Beautiful concepts, such as 'true love,' an idea which seems to have been simultaneously ridiculed and praised for centuries, are all but erased; everyone is not only allowed but required to construct their own definition of love or be left with none at all. It is chaos.

The excesses of modernity would be disordered enough, but recently there has developed a new and unforeseen turn of the screw. In the past couple of years, there has been report after report about how young people in first world countries are becoming less sexually active. This obviously can't be attributed to any religious revival; rather it would seem that the free love plot has played itself out. Excitement and pleasure are fleeting things, and any promise to hold onto them forever in our earthly life has shown itself to be totally empty.

If chastity can be defined as a healthy respect for one's body and those of others, then departures from that virtue can be identified as both the desire to use oneself in excess and the wish to reject one's body entirely. As with all cases of vice, there is a certain bipolar quality, two extremes between which lost souls swing.

In our lost culture, people are left always chasing the highest highs and falling to the lowest lows. Moments of intensity give way to feelings of shame and self-disgust, feelings that we have lost any way to process. Most people try to bury these emotions in more indulgence. Many succeed in dismissing them, but plenty others are swallowed by them. These emotions eat away at one's subconscious until their hosts feel uncomfortable in their own skin. At some level, those afflicted by this guilt from the back of their minds have come to hate their bodies. They view themselves not as wonderfully and fearfully made, but as minds trapped in a fleshy prison, an inconvenient weight that connects them to little more than pain and hunger.

Gone is the time of devotion and service, of wild romance and the giving of oneself. The story of today is that of the ever oscillating cycle that moves always from pleasure to despair and back again. Love reduced merely to the physical has lost all of its grandeur, and desire has lost any element of longing. It is now no more than an itch to scratch until it bleeds.

It is often said that youth and ignorance are synonymous. People tend to look at young adulthood as a time of discovery, where mis-

takes are guaranteed to be made. At the same time, it is a shameful mistake if today's generation spends its best days scoffing at the passionate love that ought to be its greatest treasure. The realm of romance is very much in need of a renaissance, and a new healthy attitude with a holistic view of love and sex.

Such a pillar of human life should not be allowed to go on so misshapen. While it can never be assured that humans will behave perfectly, it is important that people, on an individual level, correct how they are living, as that is the only surefire way for them to ever see any change exacted. The hope is that if enough people fix their own errors in this regard, then others will follow suit until there is at last built a culture of genuine and well-ordered love. This is, perhaps, an overly optimistic outlook, but many tend to take up such a disposition when discussing their hopes for the most delightful subject known to man. Maybe we can expect a colder future where love suffers from being devalued in the name of either freedom or morals, but let us always long for the time when love shall create only more love in turn.

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

Sophomore

The little plant

McKenna Snow
MSMU Class of 2024

Sharing can be difficult. At least, though, you get half or so of whatever it is you're sharing. Even harder it must be to give something away. Once you've given it away, it is not yours anymore, it belongs to the person you've given it to. And most of the time, the more you give something away, the less of it you have.

However, there are two things I know of that don't operate this way: a little plant at my house, and love.

I've moved a lot in my childhood. There are certain things we've carted around for years, the little plant being one of them. It lives in this white pot, with some blue flowers painted on it. It's a variation of the pothos plant, so its leaves are waxy, very individual, and a bright, pretty green. It is long, vine-like, and stringy, and also toxic to cats and birds (I grew up with dogs for pets, so this was never a concern). It is very bushy and full of leaves in the pot, and its vines trail down as long as we allow them to grow.

Carting this plant around for years never struck me as a big deal until sometime in middle school. I started noticing that around the house, we have other long plants exactly like this one, in other pots. They looked newer, in more modern pots you'd get at a store.

I wanted to decorate my room with plants, so I asked my mom if I could have one of the pothos plants for my room.

Instead of just letting me have one of the plants, she showed me something. She took me to the white potted plant, with scissors, and showed me a section of one of the vines that didn't have leaves on it. She cut this vine and told me to put the cut vine in a bottle of water, and to leave it in a window sill.

She told me the vine needed at least a few months in the water, maybe six, because pothos plants have a great adaptability to grow new roots when submerged in water. Once they have grown lots of new roots, you pour out the water, get a pot with good dirt, and plant it.

I took good care of that cut pothos. I refilled the water as the little cut vine drank it up, and watched the roots slowly but surely grow. Eventually, I was able to pick out my own pot at the store, and I planted the pothos. It grew all throughout high school, its leaves stretching out to face wherever the most light was coming from.

It grew long and happy, and now it is with me in college. It sits at the top of my dresser, trailing down the side of it, facing the window. Now its top is bushy and lively, just like the older pothos.

In the friendships that I've made at the Mount, there have been a few times I've cut a long piece of my pothos off, put it in a water bottle, and given it to my friends as a gift. For me, it is a deeply personal gift because of

its connection to my family and how long I've been taking care of my pothos. And now, the friends who have the water bottles with the pothos have been able to experience the roots growing throughout past semesters.

I admire the pothos because of how much it shows what love acts like. Love, like a plant, grows, wants sunlight and truth, and wants a sort of water that keeps it alive. And it is also capable of being cut, by a knife or scissors or some sharp experience, and to be submerged for months on end—only to grow even more.

The hardiness of love, then, should be thought of. How incredible is it that we have a visual such as a little plant, that has endured many changes and moves, many cuts and drownings, to show us how much love is capable of enduring. Love is stoic, and love is resilient. Love, like the plant, embraces the hardships, and wants to grow from them. Eventually, it can be taken out of the water and put in fresh soil. How good is it that love is this way, too!

Selfishness and complaining have no place in this submersion or trial, but instead asks a selfless question: how can we grow from this? How can we grow in patience for one another while we wait for new roots? Our old, comfortable vines have been severed from us, but with love we can overcome these difficulties. Real love, then, does not abandon or sugarcoat when something becomes difficult or something needs to be confronted. Instead, it carefully ensures that the other is

in the sunlight, the truth, getting the nutrients and water needed to healthily go on. Love wills the good of the other, whether the lover benefits from it or not; it is not a fleeting feeling, but an ongoing choice, to care for the other in some way or another.

Better still is the plant's ability to share, to grow, to be given away and yet to increase. Love, too, never really decreases the more you give it to others. In my experience, it only grows. Real love is disinterested in what it can gain for itself; rather, it is entirely interested in how it can give to others. It is willing to be cut, to suffer, and to change, for the good of another person. Sometimes

real love hurts, and sometimes it feels comfortable and happy. But the good news is that love is not rooted in feelings, but in an ongoing decision to want what is best for the other person, regardless of circumstance.

This little plant at my house was a wedding present for my parents, who recently celebrated 27 years of marriage. Because of its giving and thriving nature, the plant is much more than a vine to me; it is a reminder of all that love is capable of enduring, doing, and becoming, the more it is given away to others.

To read other articles by McKenna Snow visit the Authors section of Emmitsburg.net.

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ON THE NATURE OF LOVE

Junior

Science of love

Emmy Jansen
MSMU Class of 2023

It's 2020, on a warm December night. I'm sitting in my office chair at the front desk of the assisted living facility I work at in Central Virginia. It's a slow day, since there are no visitors for me to check in and out as they visit their family members. The phones seldom ring during the dinner hour so I pass the time between calls with a book propped up. Every few pages, I scribble some profound thought verbatim onto a sticky note and wedge it between the sheets of paper. A nursing attendant much older than I am walks by on her way to retrieve a resident for his nightly shower. She glances over the counter and asks me about what I'm reading, "How To Avoid Falling In Love With A Jerk", the cover screams in bold, colorful letters, announcing my past predicaments for the whole world to see. "You're too young to know anything about that," she states without question, before joking that she should borrow the book when I'm done due to her most recent divorce.

I will admit that it was a very strange experience to read a book about relationship advice when I haven't even been in the relationship scene for five years. It felt a little presumptive. So many other people have experienced bad relationships much older than I am now, how can I attempt to avoid all of those at nineteen? Those are life shaping experiences that make you into the person you are, am I really too scared to face them?

The fact is that I was given the book by force, not by choice, after a very toxic relationship and I didn't actually finish it until August of 2021: I started dating another 'jerk', the technical term from the book, in early 2021 and didn't like recognizing his actions within the pages so I simply ignored them. It was an immensely helpful book, not just for my romantic relationships but in understanding how humans relate to each other. It covered how childhood and early family life impacts the adult, the cycle of relationships over time, and how to combat issues while in a relationship. So I highly recommend it to any person interested in strengthening their own relationship, in a period of waiting, or to anyone suffering from past roman-

tic experiences. I think you can only benefit from this book.

When I sat down to write this article, I was thinking about the emotion of love. I could tell sweet stories of friendship, relate advice from older couples, or craft the story of my parents' marriage for you. But, of course, when it came to it, all I could think about was the science of love, how relationships form and the emotional intelligence involved in bonding. Dare I say that everyone has experienced some form of love in their life, whether from family, friends, strangers, or romantic lovers. I won't spin you a sappy tale you already know, then. But how does 'love' work? Because at times, it seems all but magical.

There are different ways to experience love. One of the most interesting things I've learned about love is the five "love languages" that each person experiences to a different level: physical touch, quality time, words of affirmation, acts of service, and gift giving. Your dominant mode of affection is the way you prefer to give and receive love. When someone claims that their partner doesn't love them or won't show it, their partner actually might be showing them love in a different way than

they're used to. I'm a major words of affirmation person, but I once dated a guy who had that as his lowest mode of affection. He absolutely hated complimenting me or expressing his feelings because his dominant mode was quality time. In his eyes, his actions spoke louder than words ever could so he didn't need to repeat himself by telling me everything he's already shown me. Unfortunately, we couldn't reconcile this and our relationship ended, but partners frequently can adjust to express and receive love in the most adequate ways. When you're aware that someone's love language is physical touch, you might congratulate a big accomplishment with a hug instead of with words of praise because the physical aspect will be more powerful for them in receiving your love.

But the experience of love is still broader than that. In dorm conversations, I realized that we desire different things from love and affection. My roommate was attracted to the type of guy who would tease and joke with her, because that was how her parents had showed each other affection growing up. I wanted a guy who would make me laugh, and not a girly giggle, but true gut laughter. That had always been how my family said "I

love you." We're all on this journey, but we're taking different paths.

But what reading this book showed me most of all is that at the end of the day, all we truly want is to love and be loved. I heard a priest in a homily say, "Joy is being with the ones you love and knowing that the ones you love are cared for." We get happiness and security from our core sense of identity, but our relationships give us joy because we experience the happiness of ourselves and someone else. I've often heard the phrase, "Find someone who completes you," but this infers that by ourselves, we are not whole. This idea is false, and anyone who believes it should read the above mentioned book. In reality, love is finding someone who makes you feel more whole even when you're by yourself. You become more yourself when you're loved and give love completely and entirely, whether that be romantic, platonic, or familial. So, give some love today in all of the different modes and see yourself become more whole without having ever been incomplete.

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

Senior

Love as we ought

Harry Scherer
MSMU Class of 2022

I recall writing an article during the spring semester of my freshman year entitled, "Love is not an emotion." While my intention with that title was to lend some rhetorical force behind the idea that love is not merely an emotion, I'd like to take the opportunity to qualify my point.

When someone says, "I love you" to another, what is he saying? At the outset, let's assume that this person means what he is saying (or, if any distinction exists at all, at least thinks he means what he is saying). The lover, for some reason, is motivated to verbalize something that he means; in other words, he is willing to incarnate, to bring into being, to inform a thing that previously existed only insofar as he thought it.

What brings him to this point of verbal recognition cannot merely be an act of the will. Something has to have preceded this act in order to internally motivate the lover to desire such love, to recognize this love, and to verbalize it.

For the past few months, I have been enamored by the imagination and genius of the 20th century French theorist René Girard. Girard clarified and popularized a theory called "mimetic desire." This idea has ancient roots, but Girard focused on the extent to which the desires of human persons can be largely based on the imitation of the perceived desires of another. When an agent desires a thing, he is imitating another's desire for the same thing, which sets up a paradigm of mutual desire. From this mutual desire comes rivalry, violence, and perhaps the ultimate success of one

agent of desire in acquiring the mutual object.

For the human person, the challenge is recognizing the extent to which his desires are a copy or mirror of the desires of another and doing his best to overcome this tendency through intellectual and volitional work. We could say that love, then, is nothing more than imitation: one man desires a woman insofar as another man of similar or greater social stature desires the same woman. This conclusion, though, is more satisfactory for cynics than romantics and leaves plenty to be desired.

Another theory of love is one of necessity. Men desire and subsequently love women because of an evolutionary need for companionship and practical help. After his years of apparent self-sufficiency and independence, he is finally willing to look outside of himself and for another. "Finding" love, he thinks, is a compulsory task, and one that, when neglected, would ultimately lead one into a state of disorder and sorrow.

Again, I find this solution to be sadly animalistic and therefore insufficient. If we concede that man is a different kind of thing compared to non-rational animals, then we have to recognize the inherent differences and requirements of human love compared to the evolutionary necessities of mere animals.

A final inadequate conception of love is similar to the second but is more indicative of the contemporary scientific tendencies of our age. Some think of the human person as a biological thing, nothing more and nothing less. According to biochemist Anthony Cashmore's 2010 article entitled, "The Lucretian swerve: The biological basis of human behavior and the criminal justice system," "as living systems we are nothing more than a bag of chemicals." To be clear,

the "we" he is referring to here is human persons.

The scientist who rejects the basic anthropological assumptions about the human person that have sustained human inquiry for centuries would suggest that "love" is a chemical thing, an interaction of internal substances that lead one to think that he loves a thing. This solution lacks the sort of sophistication that any sincere inquirer would desire, and the honesty demanded by the human person desiring to understand the roots and limits of his love.

Standing by the notion that love is not just an emotion thing, I will concede that there is an emotional element to love that will help us solve this problem. There is no question that human persons desire recognition. It seems to me that the element of human love that activates the emotions is the awareness that one looks at another and says, "he is good." Acknowledging the goodness of another is the closest way in which one can see that other person as God sees him. Through this lens, it is clear that the recipient of love has been given a gift when another confesses his love. It's no hyperbole to say that a gift of this kind is one of enormous proportions.

This confession is a gift because an authentic expression of love, verbal or otherwise, is an engagement with God's eternal identity. By analogy, we say that God loves as if this love is some sort of action. In addition to an analogical sense of action, we are sure that love is God's very being. So, when one loves another, he is, at the very least in a metaphorical sense, extending the gift of God's being to that other person.

How would a gift that requires such intentionality not engender some sort of emotional response? And how would the love of one for another not find at least some drive

by his emotional desires? I can find no easy answer to this question. Our emotions are gifts in themselves, faculties that we have been given to recognize our personality and live in accordance with it. It's silly to think that there's anything wrong with the emotions in themselves. If the emotions aid us in coming to see love as a voluntary gift, then they are certainly good things. If they are used as a manifestation of disordered attachments, motivated by the desires of

another, by a perception of mere necessity, or by the chemical underpinnings of desire, then love as an emotional thing could be a barrier to unrestricted love as gift.

Fortunately, by the loving gift of the will, we are given the opportunity to choose to integrate the two for the sake of loving as we ought.

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HOME DECOR

Enjoying winter indoors with cozy vibes

Jessica Crawford
Cotton & Co.

Every year, this season rolls around. The one stuck between the holidays and Spring. Where everything can feel a little anticlimactic, after all of the Christmas decorations come down. The days are short, and nights are long. Everything is chilly, and we're contained indoors for a few months. I always refer to it as the "Awkward Season." It can be a challenging season to find contentment in our homes, but it doesn't have to be. In our shop, we call it a transition season. While Christmas and the holidays are over, it's still Winter, so how do we stretch our holiday décor and integrate cozy, comfy vibes to survive the long months ahead?

Our family tends to take down our Christmas tree and all of the overtly Christmas holiday decorations in mid January. We like to enjoy them through the full extent of the holidays. But at some point mid-month, are more than ready to put all the displaced furniture back into place, not hav-

ing to water the tree regularly, and reclaiming the house from the kid's new toys and treasures still lingering about under the tree.

Pulling down and packing up the tree and the Christmas decorations, doesn't necessarily have to mean putting it all away. There are some holiday decorations that are great to keep out to stretch through winter. For instance, while I pack away most of the décor, I always keep out my vintage ceramic trees through the end of February. I have a little forest of them, that I've collected through the years. One belonging to the late uncle of my best friend, one belonging to my grandparent's that I inherited this year with the passing of my grandmother. Others that I have found out and about at various antique shops. I love that each one is unique in color, shape and size. They feel like winter without being completely Christmas-related.

I also have a vintage inspired blush-pink tinsel tree that I keep up through the end of February. It's a slender, six-foot tree that transitions perfectly from Christ-

mas through Valentine's Day. I decorate it in vintage pink and cream ornaments and vintage valentines from the 1930's. It sits perfectly in an alcove at the top of our staircase in our historic farmhouse, until I'm ready to start decorating the house for Spring in March.

All the glitter on everything is what really feels like Christmas. Perhaps tuck those items away until next season. But winter greenery is perfect to keep around through the winter months. Faux greenery and flowers have come a long way in the last twenty years. So much of it is ultra-realistic and it feels like you've brought a little of the outside, inside during the months where we may be feeling disconnected from the outdoors and nature. Kristen, Owner of Misfit Vintage Co, one of the many talented vendors that compose our dream team at Cotton & Co Vintage Boutique, also uses this approach in her home and her space at the shop. She believes that removing the glitter from the equation, showcases all of the evergreen greenery that naturally occurs and thrives in this season.

Bringing natural elements into your home during the long, winter months, can really help with boosting spirits. Or family is full of December birthdays. Each year, my mom visits her local garden center and picks up Narcissus bulbs for all of us with December birthdays. She's done this for my entire lifetime, as far as my entire memory stretches. Also known as Paper Whites, Narcissus is the birth flower for the month of December, and can be forced to grow and bloom indoors. They take about a month to go from a bulb to blooming. They bloom with clusters of fragrant white flowers, that fill a living space with a soft, delicate floral fragrance. I'm a firm believer in fresh flowers throughout the home, through



You can never have too many houseplants, especially during the cold, dark winter months.

the entire year. During the Summer months, I tend a cut-flower garden in our back yard so that I have endless access to fresh flowers. But during the winter, it's a nice pop of brightness to support your local florist, and give your environment a mood boost and treat yourself to fresh flowers.

Houseplants are an amazing way to enjoy nature, indoors. With the huge resurgence in love for indoor tropicals, garden centers and nurseries are brimming this time of year, with a vast selection of fun, unique plants to uplift your winter spirits. There is no such thing as too many plants in my humble little opinion. There is also a large selection of books available, great for double-use as

coffee-table books, on tending to your new little house-plant-pets. Check out your local bookstore, they'll be able to help you find some beautiful guides, that also serve as coffee table décor too.

Filling your home with soft and comfy textiles this time of year, is also a great way to embrace the winter months. I love treating myself to a couple of comfy new throw pillows and blankets each season. For a more traditional winter feel, add oversized and soft, white and cream textiles to your favorite living spaces. I personally decorate with lots of color and texture, so I love an oversized, soft throw or pillows in a deep jewel-tone with a fun texture or pattern. Our furniture is solid colored for the most part, so I like to add throws and pillows with pattern and texture to break up the solid colors of the base furniture.

Winter can be a challenging season to love and embrace. But year after year, from now until forever, it will continue to roll around. So, find a way to make it comfortable and cozy for you. Stretch the holidays a bit by leaving the more winter-like decorations up. Add some comfy accents, move furniture around to refresh a space. Winter is an excellent time of year to tackle a home project. If you ever need help or guidance, our friendly and knowledgeable staff is always happy to help or provide inspiration. Follow our journey on Facebook and Instagram (@CottonandCoVintageBoutique) and stop by the shop in Keymar! Cotton & Co is open weekly, Fridays through Sundays.

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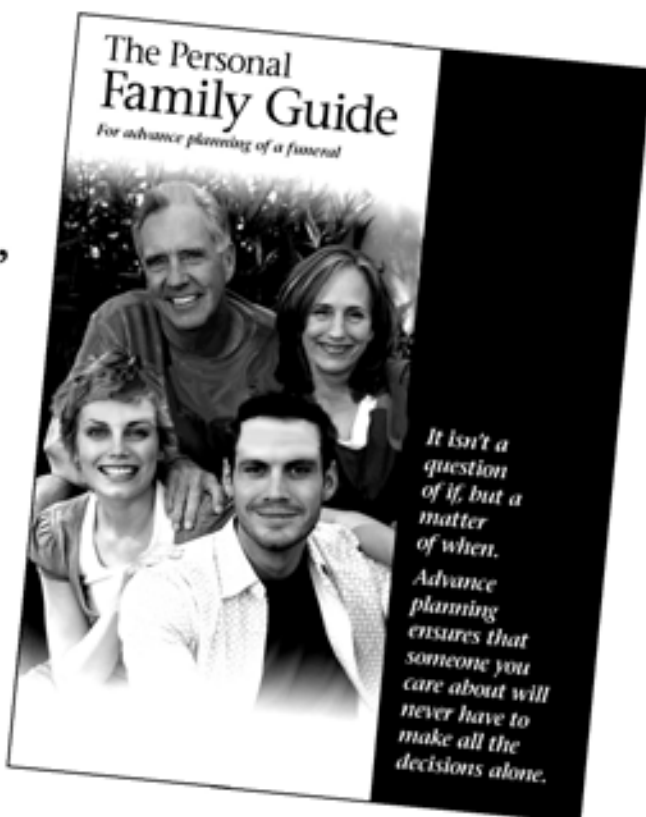
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LOCAL ARTS

Piano for anyone

Erin Petrella

When the editor of the Emmitsburg News Journal, contacted me about writing an article about piano lessons, it was an offer I couldn't refuse!

Before diving into piano lessons I will say that I grew up in a very musical household. All of us played piano, sang in choirs, and also played additional instruments. Having two parents that were church musicians and public music educators, and my natural curiosity and interest in music, was what led me to choose it as a career path.

Four topics about piano lessons are presented in this article. First, interest and commitment to practicing. Second, finding a piano. Third, finding a piano teacher. And lastly, the benefits of piano lessons. So, let's begin the adventure of piano lessons!

I don't think I've met someone who hasn't liked music. It's on the radio, in TV shows and movies, and of course there are concerts and recitals. Children and adults like and are drawn to music so naturally that can be the

first step to piano lessons. Activities such as singing, rhythm and movement games, or even programs such as Musikgarten, Kindermusik, and other early childhood music classes can be a great precursor to piano lessons especially for very young children. And, even if adults or children haven't any prior musical experience, it's never too late to start lessons!

Once the child or adult has expressed an interest in piano lessons, it's time to think about commitment to practicing. While children and adults attend school or work almost every day, private piano lessons are typically done once a week. With that said, it's important to remember that the lesson is not a practice session. Concepts are presented and reviewed, and ways to practice are covered during the lesson. Thus, daily piano practice between lessons is essential and critical to a student's musical growth. A child doesn't learn to read by never reading or a sport by never going to practice and this applies to adults as well. Similarly, for piano and other musical instruments, the physical and mental

elements are combined through consistent daily practice. For parents or guardians, children will need supervision when practicing. Lesson length for beginners can be a half hour, however sometimes other lesson lengths are offered as well. Once the student is ready, lessons can be 45 minutes or even an hour depending on the student and the teacher.

The Suzuki method, developed by Shinichi Suzuki, incorporates a very intriguing concept called the Suzuki Triangle. The triangle consists of the child (student) at the top and the teacher parent at the other corners. All three people work together to make music lessons successful. Although piano teachers use various methods and teaching philosophies, the Suzuki Triangle is a worthy concept that can be incorporated into various teaching styles.

Now that practicing has been covered, the topic of pianos will be discussed. The student will need an acoustic piano for daily practice and musical development. A standard acoustic piano has 88 keys and usually three pedals. Piano sizes include consoles, uprights and grands. There are several brands such as Yamaha, Kawai, Boston, Steinway, and others. Pianos can be purchased new or used at a piano store or from a private seller. Be sure to look at the instrument in person and if purchasing from a private seller, schedule a qualified and competent piano technician to inspect the instrument before purchasing it. Don't hesitate to ask questions about the piano's history if it's a used instru-



If you've ever had the desire to play the piano or are looking for a teacher for a child, look no further than our own local Erin Petrella in Graceham!

ment. Finally, play the piano or bring someone with you who can play it! Pianos also need regular maintenance such as tunings, etc. so remember to ask your child's teacher or piano technician for information.

Finding a piano teacher is another crucial step to piano lessons. Frederick County Music Teachers Association (FCMTA), an affiliate of Maryland State Music Teachers Association and Music Teachers National Association, is a reputable organization which piano teachers and other private music teachers are members of, myself included. The mission statement of FCMTA is: "The FCMTA is devoted to: Community outreach regarding the importance and availability of private music lessons. Supporting the continued professional development of local music teachers, and, enriching the lives of

our students through music." Other routes to finding a piano teacher can include word of mouth, contacting your child's music teacher at school, and also doing web searches. When searching for a teacher, factors such as working with children and other various age groups, teaching experience, and piano background, are all important components that should be considered.

What are the benefits of taking piano lessons? Pianos are one of the few instruments that use more than one clef. Thus, pianists have to learn how to play more than one part at a time. Because of the piano's layout, which is groups of two and three black keys that help locate the white keys, students are immediately presented with the entire range of the piano from the beginning. Lessons can help with hand eye coordination. There is also the aspect of using fine motor movements of the fingers and wrists, but also large movements such as leaps and arm weight. Studies have shown that piano lessons can increase self esteem, IQ, and also help with memory in older adults. Plus, it's fun! Students are able to learn a skill and express themselves through music. Piano playing is a gift to be shared and passed down through the generations.

So, what now? Are you interested in piano lessons? Maybe you never had the opportunity to study piano as a child and now you have that option. Do you have children or know someone that is interested in learning to play the piano? Remember, it's never too late or early to start thinking about lessons...

More to come!

Erin Petrella owns and teaches at Petrella Piano Studio in Thurmont. The studio is currently accepting students. She holds a B.A. in Music Composition & Arranging (piano) from Asbury University, the Service Playing Certificate from the American Guild of Organists, and completed a practical piano exam through the Royal Conservatory of Music in Canada. Coupled with her piano teaching experience, she is also an accompanist and organist. Erin has accompanied vocalists, instrumentalists, and choral groups in addition to holding church positions as Organist / Director of Music in various denominations. Her memberships include Frederick County Music Teachers Association (FCMTA) and the Central Maryland Chapter of the American Guild of Organists (CMAGO). She resides in Thurmont with her family.

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The value of beauty and the Mount

Joseph Carlson
MSMU Class of 2025

This winter, I witnessed just how good the Mount is at instilling the value of beauty in its students.

Inspired by Mount publications like the Brownson Record and Lighted Corners, of which our very own Harry Scherer and Emmy Jansen are senior editors, respectively, as well as the Emmitsburg News-Journal, I and some other freshmen set out to start an arts journal on campus. We already have Lighted Corners, which publishes student art and writing, as well as Moorings, the humanities journal, and now the Brownson Record, which seeks to elevate truth, beauty, and goodness on campus. For all of this wonderful student output, we do not have an arts publication strictly devoted to commentaries on the greats, so freshmen Laura Ryan, Jack Daly, and I set out to provide a place where authors, artists, and musicians can be inspired by beautiful music, art, architecture, theatre, and literature.

We didn't exactly expect much. We asked as many talented people as we measly freshmen knew if they'd be willing to write an article over their winter break. The response was heartening and incredible.

A neuroscience major reading the entire Brothers Karamozov in five days and writing 3000 words on it; a 2000 word piece on Van Gogh by a social studies major; a 3000-word piece on Franz Liszt by an economics major; and 15000 words of other technical and personal material. Biochem majors writing about poetry is not a very common event to witness, yet the liberal arts identity of the Mount both inspires this kind of interest in its students and equips them for it. For example, in the Origins of the West and Western Imaginations courses, which cumulatively cover the West from Ancient Greece to WWI,

art and culture are a primary part of the education. The textbook, written by Dr. Greg Murry, our core curriculum director, balances political history with culture, and students read as many works of fiction as treatises on society as historical commentaries.

The vision behind the Mount's core curriculum is that all students at Mount St. Mary's would have the well-roundedness of the Western intellectual tradition and that they would be equipped to dialogue outside their own field – so much so that a freshman majoring in math, computer science, and data science, can give a philosophical analysis of balancing utility and aesthetics in architecture. Is this not the ideal of a university? That men and women besides English majors would be equipped to communicate, and that people of science would be able to appreciate the beauty of a classic work of art?

The Lark Ascending is the journal that we've started, named after the great piece of music written by Ralph Vaughan Williams after he came back from World War I. To witness so much death and horror, and to still be so dramatically in touch with transcendent beauty – that, alongside the vision of the core curriculum, is our vision for the journal. In reading it, we hope that one might take a journey like the journal's name; that one would, in meeting the beauty of our past, ascend high into the heavens, singing sweetly as she goes.

Beauty is the point of life. There is nothing to be had of a life where no light breaks through the dark clouds of the mundane. Human beings are the most beautiful thing in this world – that is why they are the principal study of the humanities. The pursuit of the humanities is a calling for all human beings because it is the study of the human person. If you believe that you have a duty to better yourself and your community, a lifelong, though nonofficial, study of

the humanities is important to accomplish this end because one cannot intentionally better something that one does not understand. Therefore, to make tangible steps to becoming a better person and bettering one's community, one must understand the human person as best he can. The vision of the Mount core curriculum is that students would realize a love for the beautiful parts of life and that they would be equipped for their study of the beautiful to never end. I like this definition of a liberal arts education from Princeton University's website: "A liberal arts education offers an expansive intellectual grounding in all kinds of humanistic inquiry." The liberal arts, therefore, as part of its intellectual grounding, also include various social sciences and even studies like mathematics.

In a pithy way, liberal arts is the art of being a human being as he ought to be – free. Free not only from external tyranny or oppression, but free inside himself. Beauty orders the soul to this end. When one encounters over and over again the transcendent, he becomes like his experience – able to ascend above his broken nature, as it were. When one perpetually encounters mundane things, he becomes mundane. When one perpetually encounters ugly things, he becomes as sadly disordered as that which he surrounds himself.

The Mount's proper vision of art is this: that the beautiful would inform and affect the viewer, listener, or reader so that she can lead a worthwhile life in service to God and others – a life of significance as our administration often says.

The arts are a necessary part of a life well-lived, for they provide a pleasure that nothing else can. Sir Thomas More in his Utopia, says that the pleasure that arises "neither from receiving what the body requires, nor its being relieved when overcharged, and yet by a

secret, unseen virtue affects the senses, raises the passions, and strikes the mood with generous impressions; this is the pleasure that arises from music." If it is as Walter Pater said, that "all art constantly aspires to the condition of music," is art not a unique part of the human experience? Animals do not delight in a voluptuous landscape except for what they might consume of it; flowers are not aware that they are beautiful. Yet, we, of all the creatures on this earth, are delighted in the deepest part of our intuition by things we do not understand. The movement in the human heart caused by music is not understandable, it is mysterious, and from a purely scientific point of view, it is only a collection of sounds at different frequencies. But we know it to be more. We know art to be more than a dull thing; though it is a mystery as to why, the arts truly give dynamism to the human spirit. It is like the experience of light finally after a dark, dim day. Most of all, beauty is like love; true, self-giving love. It is not deserved, it is not fathomable, it does not count the cost, it changes the heart, and it makes the



human person more human. Mount St. Mary's kindles in her students a peculiarly unique love for the beautiful. Perhaps it is the beauty of the stone buildings, the mountain, the Chapel, or the library; most of all I think that it is her core curriculum which gives her students such depth and competency in their valuing of beauty. Every person ought to replicate her program in some form or another in their own life. One does not have to take a class on the arts to appreciate them, nor to experience them. One does, however, need some beautiful things in her life to be fulfilled.

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

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CATOCTIN SPORTS

Spring season previews

Mia Ferraro
CHS Class of 2022

A new year brings new beginnings, some say. Catoctin athletes, however, have been changing and growing all throughout the season. There's nothing new about new beginnings for athletes whose focus has always been on improving themselves. Consequently, the Catoctin Cougars entered January with the same winning attitude and emerged as triumphant as ever. Whether it's the girls basketball team's lengthy winning streak, the unified bocce team's county championship, the indoor track teams' numerous seasonal and personal records, or a victory of another kind — each team has something to celebrate.

Having carried into the new year with an undefeated status, the CHS girls basketball team was met with plenty of recognition after their first game of the year on Jan. 4. The Cougars defeated Governor Thomas Johnson High School 57-41, during which CHS senior Emily Williams led the team with 18 points and contributed eight assists and seven rebounds. Williams' performance at this game was acknowledged in the Frederick News-Post as she was announced Athlete of the Week for the week of Dec. 29 to Jan. 4.

Also announced in the first week of January was Williams' success in leading the county's high school girls basketball players in assists, with 29

in only seven games: an average of 4.1 assists per game. CHS senior Emma Wivell was also included on the list with 13 assists, making an average of 1.9 per game. Both athletes made the leaderboard in rebounds, with Wivell having made 55 total: an average of 7.9 rebounds. Williams made 40 rebounds, contributing an average of 5.7 per game. The two Cougars were also recognized in county standings for points scored by individuals. Wivell earned 107 points total within seven games, making an average of 15.3 points per game. Williams earned a 12.1 average with 85 points total. CHS freshman Taylor Smith also made the list with a total of 81 points, earning an 11.6 average per game.

The Cougars kept up the hard work, winning at the next game 61-40 on Jan. 11 against Walkersville High School. Wivell led the team with 16 points. Williams made 15 points, four steals, and eight rebounds. Smith also contributed five points. The team went on to compete against Class 2A team Williamsport Wildcats on Jan. 14. The Cougars ultimately prevailed over the previously-undefeated Wildcats, bringing home a CHS victory of 71-57. Wivell led both teams with 29 points, also contributing nine rebounds, five steals, and four assists. Smith had a personal record of 19 points, and added three steals. Afterward, Smith was named Athlete of the Week by the Frederick News-



Catoctin High's Unified Bocce team wins first place in county meet.

Post for the week of Jan. 12-18. The team would proceed to lose their next game to Middletown High School by only three points (46-43), making it their first defeat after a streak of nine victories, before their last two scheduled games of the month.

The CHS unified bocce team concluded their regular season (3-4) on Jan. 19 by bringing home the gold in the county championship tournament. The champions faced off against Brunswick High School in the first match. CHS senior Dominic McKenny and freshman Jayden Myers each scored a point for the Cougars in the first frame. Brunswick retaliated with one point in the second frame, which Myers and junior Siddah Robbins answered with one point each. In the third, freshman Lucas Phelan scored once, sealing the Cougars' winning score of 5-1. Myers scored the first point in the next match against Walkersville High School, and Phelan scored again in the second frame. McKenny and sophomore Johnny Wastler each scored once, and yielded only one point to Walkersville. CHS won 4-1, earning the first place title in Frederick County.

After defeating Smithsburg 39-36 on Jan. 5 with three pins, three for-

feits, and one decision, the CHS wrestling team went on later that week to attend the Wrestling Hub Cup Tournament. The Cougars placed 7th of 16 competing schools. CHS junior Braden Bell took second place, freshman Lucas Reeder took third, and junior Nathan Kovalcik and freshman Jacob Bell both took fifth. Sophomore Evan Burd took sixth place, junior Daynin McLain took seventh, and freshman Brady Davis took eighth. After one following loss of 46-33, the team competed at the 2022 Rebel Duals over the weekend on Jan. 14 and 15. The Cougars placed fifth out of nine schools. Braden Bell took first place individually in the tournament; Reeder and Kovalcik both took third.

The CHS indoor track teams attended the Dwight Scott Varsity Invitational hosted by Hagerstown Community College on Jan. 8. The boys and girls teams both placed 13th out of 19 competing teams overall with 13 scored events. At this invitational, the boys team set 12 personal records, and the girls team set six. In the boys 55-meter dash, CHS junior Brody Buffington took first place out of 37 participants, setting a personal record of 6.46 seconds. Sophomore

Jenna Conley finished in eighth of 19 runners in the girls 3200-meter run, with a season best time of 12 minutes, 43.48 seconds. Senior Wyatt Davis finished in 10th place out of 28 participants in boys shot put with 36 feet, 10 inches.

The boys team set a season best in the 4x200-meter relay, finishing in ninth place out of 16 competing schools with one minute, 44.45 seconds. In the girls 4x200-meter relay, CHS took 10th place of 17 with a time of 2:04.17. Setting another season record, the boys finished in seventh place out of 17 schools in the 4x400-meter relay with 3:57.46. The girls team took 10th of 13 in the 4x400-meter relay with a time of 4:51.93.

The boys team then went on to compete at the Kutztown Golden Bear High School Invitational at Kutztown University on Jan. 15, at which CHS set 13 personal records. Buffington finished in first place out of 67 runners in the preliminary 55-meter dash with 6.56 seconds. He then placed first in the 55-meter dash finals with a personal record of 6.38. Buffington also took fourth place out of 39 participants in shot put with a personal best distance of 44 feet, 8.5 inches. CHS freshman Ethan Robeson (35-6.00) finished in ninth. Senior Garrett Sullivan took first place out of 10 participants in the high jump with a personal record of 5 feet, 8 inches — now holding the highest score in the county. He also finished 15th out of 64 runners in the 400-meter dash with a personal best of 58.22 seconds. Junior Alex Contreras set two personal records, taking eighth place (4:49.82) out of 17 runners in the 1600-meter run, as well as 15th (2:12.79) of 59 in the 800-meter run. The team set a season record of 1:40.94 in the 4x200-meter relay, coming in third place of 23 teams.

The Cougars are scheduled to conclude their regular winter season by the end of the fourth week of February and, as always, they have their sights set on playoffs. Spring sports begin March 1, and registration is available now. You can register online through the FCPS website under "Athletics."

To read past Catoctin sports articles, visit the Current Events section of Emmitsburg.net.

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MOUNT SPORTS

Mount St. Mary's spring season brings renewed optimism

Sam Barber
MSMU Class of 2022

Although the winter sports season amongst all three divisions is still in full swing, it is never too early to start analyzing and looking ahead at the 2022 spring sports season. While the three cornerstone sports at Mount St. Mary's (bowling, men's & women's basketball and indoor track and field) are continuing to put together successful seasons with multiple accolades and school records being broken, the anticipation and overall excitement around all of the varsity teams has never been higher. This is a spring season that will be highlighted by plenty of firsts, as well as new head coaches. Athletes and fans alike will certainly have a diverse pallet to choose from this year.

Baseball

Out of six varsity spring sports that Mount St. Mary's offers, there is no team receiving more hype than the baseball team. The 2022 season is ushering in a completely new era of Mount St. Mary's baseball. The excitement is so real that it is beginning to mirror that of the 2007 and 2008 teams, which was the last time that Mount St. Mary's played in the NCAA Tournament. The off-season hiring of new head coach Frank Leoni is undoubtedly the leading reason as to why the excitement is bursting at the seams.

Leoni hails from Marymount, which is a Division-III school out of Virginia. The rookie head coach is being looked at as a catalyst to transition from a controversy-riddled past two seasons, which saw plenty of tensions between the former coaching staff and players. However, there are a multitude of reasons as to why Leoni is being seen as the saving grace of a struggling program. For starters, he has coached Rhode Island and Marymount to NCAA Tournament appearances in 2005 and 2021, respectively. Secondly, there are a lot of reasons to believe that he will institute his high-powered offense at Mount St. Mary's.

A new coaching staff is without a doubt a necessary component to the revitalization of the program, however, there are a slew of offensive components that will spark success for this team down the stretch. Three of the biggest playmakers from a season ago are Brady Drawbaugh, Ryan Fisher and Ryan Haddaway. Drawbaugh led the team in RBI's (24) while Fisher ranked first in runs (23). The addition of a conference-leading five JUCO-transfers is going to be a big piece to the puzzle.

Men's Lacrosse

After an electrifying 2019 season that saw the Mount claim a regular-season conference title, expectations were high for another successful season. Instead, the Mount crawled to a dismal 4-9 record. Despite having plenty of offensive outlets, a similar outcome for the 2022 campaign can be expected. Head coach Tom Gravante will surely look at the likes of Brendan Doyle and the McMahan twins of Connor and Jared to step up, as the two leading scorers in Luke Frakeney and Matt Haggerty are gone.

Much like a majority of the varsity teams at the Mount, the men's lacrosse team loaded their schedule with a lot of top-tier squads. Most notably, this includes road trips to Delaware, Georgetown, and North Carolina, as well as home tilts with mid-major powerhouse programs Mercer, Towson, and VMI. A daunting schedule can become a double-edged sword. It can either prove to be beneficial and allow a club to earn signature wins, or it could become a slippery slope and have your team on the wrong side of the .500 mark.

Women's Lacrosse

The outlook for the women's lacrosse team is a complete opposite from their male counterparts. This team has all but one player from the 2021 team that captured the conference crown over archrival Wagner. Out of any spring team, the women's lacrosse team has the most pressure on themselves to repeat as conference

champions. The 2021 campaign featured an unblemished conference mark (11-0). All eyes are on graduate students Alayna Pagnotta (43 goals in 2021), Beanie Colson (21 goals in 2021), and Zoe Hurlburt (14 goals in 2021). That trio of fifth-year players will be essential to the success of this team down the stretch, especially in conference play. Meanwhile, seniors Erin Anderson and Jordan Groover will be relied on heavily from head coach Lauren Shellchock.

Coach Shellchock has crafted a gauntlet of a schedule. The eighth-year head coach has had a plethora of success over the past two to three seasons, however, there has been a recurring theme in those three seasons: teams have gotten off to incredibly slow starts. This year proves to be different with a two-week March swing that is highlighted by games against Furman, High Point, and Ohio State.

Softball

No team at the Mount was robbed of a chance to showcase their postseason talent more than the softball team. Due to a weather cancellation, the Mount was unable to play a final game against Wagner. Due to the team's late season success, the 2022 team has plenty of opportunities to earn signature wins in California and North Carolina. For the first time in nearly a decade, the Mount will be hosting a three-team tournament in mid-March (Cornell, Morgan State, Mount St. Mary's). Outside of St. Francis PA, the rest of the conference seems to be wide open. If the Mount is able to solidify itself in the early portions of the season, then it could shape up to be one of the best seasons in Mount softball history. Mount St. Mary's has not had a .500 or better season since 2010, when the team compiled a 25-25 record.

The losses of Kaylee Stoner and Lexi Donovan will certainly send seismic waves from an offensive perspective. The former led the team in runs with a monumental 26. For Donovan, the graduate student's versatile presence will be



No team at the Mount was robbed of a chance to showcase their postseason talent more than the softball team.

missed, as she was in the top three in multiple statistical categories.

An exciting component of this team is the amount of young talent. The freshman class from a season ago wasted no time bringing talent to Emmitsburg. Led by the likes of Abigail Perry and Bridgette Gilliano, there is a lot of hype for the athletes to build off their success from a season ago.

Women's Water Polo

To say that the women's water polo team had a rocky inaugural season a year ago is an understatement. The Mount produced a dreadful 0-15 record, which saw the team never get close to a 10-goal margin in a particular contest. Throughout the off-season, second-year head coach Alyssa Diacono is stressing a multifaceted approach to this season, which is one that focuses on an

uptick in offense while also developing a smothering defense.

Coach Diacono will certainly have plenty of opportunities to build upon as the season goes on, especially with home matches against East Coast powerhouses Michigan and Princeton. From a player's standpoint, Ana Louisa Cotta, who led the team in goals a season ago (18), is looking to build upon a successful freshman season. Emily Van Kerckhove and Riley Thompson are also two big scoring outlets, 14 and 11 goals a season ago respectively, and will be relied upon heavily.

Mount St. Mary's will have their first home event of the spring sports season on Feb. 16 as the women's lacrosse team hosts in-state foe, UMBC.

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

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COMPLEMENTARY CORNER

Complementary medicine

Jefferson Breland

I have been receiving acupuncture to address health concerns and maintain my well-being since 1991. In that time, I came to understand I could be an active participant in my own health and not just wait for “something” to go wrong.

Since I began my journey to become an acupuncturist in 2012, I have learned that the practice of acupuncture and how it fits into our county’s healthcare system can be confusing and is often misunderstood.

This makes sense since the very name of this column may be a source of confusion for some of us. I include myself in this number since until recently I thought “Complementary” was simply a semantically convenient synonym for the oft derided “Alternative.” Complementary medicine sounds way more polite than Alternative medicine.

According to the National Institute of Health- National Center for Complementary and Integrative Health (NIH-NCCIH), complementary medicine is defined as “the use of non-conventional modalities together with conventional medicine.”

Alternative medicine as defined by the NIH-NCCIH, as “the use of non-conventional modalities in lieu of conventional medicine.”

Examples of non-conventional modalities include special diets, dietary supplements, herbs, homeopathy, oste-

opathy, meditation, hypnosis, music therapies, relaxation therapies, acupuncture, massage, spinal manipulation, yoga, tai chi, qigong, dance therapies, art therapies, psychological and nutrition.

Additionally, Integrative medicine is defined as the blending of standard Western medical practices with other practices of Western health care such as psychotherapy, nutritional coaching, physical/occupational therapies, as well as un-conventional modalities. The goal of Integrative medicine is to provide “whole person health.” One may think of it as a health care meal where your main course is Western medicine and non-conventional medicines are the sides you get to choose.

Please note that the above definitions are from one of the major institutions of modern, Western, conventional medicine. (I am glad that the NIH-NCCIH exists. In my opinion, it is a move in the right direction.) In my, albeit limited, survey of major medical institution websites, I have noted major misunderstandings of many of the non-conventional modalities listed above.

These misunderstandings exhibit a limited understanding of the methods, the healing mechanisms, and theory of the non-conventional modalities.

A possible source of these misunderstandings is a superiority bias combined with a lack of curiosity. “Our medicine is the best medicine.” “Conventional medicine works really well, so

why should we attempt to understand different systems?”

Well, I have many examples of the limits of conventional medicine. These examples are the patients who walk through my door and say their doctors have performed every known test and based on the numbers from the tests, they still don’t know what’s wrong.

Conventional medicine is amazing. It has helped millions and millions of people as it has evolved since the founding of the American Medical Association in 1847. In 1893 Johns Hopkins University- School of Medicine opened and became the standard model for medical schools.

Western conventional medicine is not just based on modern science. It also reflects our cultural beliefs, such as our beliefs on well-being, life, and death; therefore, it views the human body, human mind, and the human experience through our specifically American lens.

Classical or Traditional Chinese medicine offers a different point of view of the human body, mind, and experience. Its beliefs are rooted in the different systems of Chinese language, philosophy, science, religion, and society which significantly and fundamentally differ from ours in the West.

Chinese medicine is the longest continuously practiced system of medicine in recorded history. There is evidence of its use dating back approximately 3,000

years. The oldest Chinese medical text was compiled about 2,500 years ago.

One of the chief lessons I have learned as both a patient and practitioner of acupuncture and Chinese medicine is “When you change the way you look at things, the things you look at change.” This may seem obvious. In this country, generally speaking, we are taught there is “really” only one way of doing healthcare- modern, conventional, evidence-based medicine.

The longevity of Chinese medicine is remarkable in human history. It has helped the peoples of Asia survive every sort of disease, epidemic, famine, and injury for at least two and a half millennia. One might think that the continuous use and success of Chinese medicine might qualify as the evidence-base of its efficacy and legitimacy.

Chinese medicine is not one thing. It is a broad system of medicine incorporating acupuncture therapies, herbal therapies, massage therapies, and medical qigong therapies. These categories might add to some confusion; for example, what is medical qigong? The names are unfamiliar as are the concepts behind them.

Within each of these categories there is a variety of beliefs and techniques. In Chinese medicine as in Western medicine, there are different schools of thought that have evolved over time based on their effectiveness.

In conventional Western medicine, the practice of medicine has shifted towards specialization. Doctors focus on one particular aspect of the human body. Globally, there are over 70 commonly recognized medical specialties.

Throughout the history of Chinese medicine many of these same specialties were practiced by one doctor. I am sure there were practitioners who focused on certain aspects of human health, like bone setters, but in general, Chinese medical doctors were general practitioners. They practiced orthopedics, pediatrics, gynecology, urology, gastroenterology, immunology, gerontology, neuro-

logy, nephrology, hepatology, endocrinology, dermatology, cardiology, ophthalmology, otolaryngology, periodontics, pharmacology, hematology, surgery, and anesthesiology all under one small roof. They recognized that conditions were related to energetic imbalances in the body. By treating the imbalances, not the specific disease, they treated all conditions.

Traditional Chinese medicine has succeeded because of its faith in the innate healing ability of the human body. We see the body as a whole connected to mind, and spirit. When I work with a patient my goal is to help stimulate their healing abilities and offer them a different way of looking at their health so they can make informed, empowered decisions to take care of themselves. My goal is to help them become their own primary care physician so to speak. I don’t want them to practice medicine without a license, I simply hope they can assess their health and make choices that are right for them.

From my point of view, acupuncture and Chinese medicine are the ultimate complementary medicines. They can complement your healing on their own or fill in gaps not recognized or treated by other modalities, including Western medicine.

I want to help. That’s why I do what I do. I believe I provide a service that helps in a profound and natural way. According to the modern American health care and insurance system, I practice Complementary or Alternative medicine. Curiously, for thousands of years in other parts of the world, I my practice would have been considered conventional.

If you would like to learn more about what I do. Let’s have a conversation. Be well.

Jefferson Breland is a board-certified acupuncturist licensed in Pennsylvania and Maryland with offices in Gettysburg and Towson, respectively. He can be reached at 410-336-5876.

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HEALTH AND FITNESS

Any exercise is good exercise



Linda Stultz
Certified Fitness Trainer

I hope those New Year's Resolutions about eating healthier, exercising more and improving our health are still going strong, but if they're not don't be too hard on yourself just yet. We always have the best intentions when we think about what we want to start and improve for the new year. Sometimes, though, we put too many things on the list. Think of the one, most important thing that you want to accomplish or change and concentrate on that for a few weeks. I've said before that a bad habit is easy to get use to in a few days but a good habit usually takes six weeks or more to incorporate into your routine. That's because the good habits are the ones that improve our health and make use feel better but they are also the ones that are more work and less fun for most people.

Once you have decided the one thing you would like to do for yourself, do some research and see what you can do to get started. Maybe you want to start walking. Not much research needs to be done for that but you could make a schedule of what days you are going to walk. Starting out with just a few times a week is a good way to make that good habit last. Walking with a friend or family members is also a good way to stick to the routine. Most people do better when they have someone to share the experience with and also someone to encourage you on the days you may be less enthusiastic about it. Maybe

you are the type of person that would rather walk by yourself and have that time to reflect on the busy day and decompress from it. Either way, find something that will help you stick to your commitment and make it enjoyable for you.

Good habits may take a little longer to stay in your daily duties but they are so satisfying and rewarding. After about a six to eight week period the new activities will just be part of your everyday and you will not think of them as work. Hopefully you will even have come to look forward to them. I know I have said this before but it really is true for many people.

This time of year, when the days seem so long because it gets dark so early makes it harder to keep moving but when you do you will find you have more energy. More energy makes you feel better both physically and mentally. Maybe you could make a list of some things you have been putting off doing and commit to accomplishing one of them a week. I think you will find because you are up and moving around and getting one of the jobs done you will feel better.

We are all getting older, year by year, and that can also slow us down a little. I'm not using age as a reason to do less, I'm just saying even though we don't want to, we eventually seem to slow down some. Keeping busy and finding an exercise or activity that we will keep doing and enjoy just may keep us feeling younger longer. The key to this is to

try different activities that you enjoy and see which ones make you feel good and that you can comfortably do without injury or too much discomfort.

I hope this article will give you a few ideas and the motivation to start some kind of exercise or activ-

ity to help you improve your energy and health during the coming year. If you already have an exercise routine, keep it up and continue to maintain your good health. I have had a few people tell me this past winter that they are starting to feel their age and feel like they can't do as much as they use to. As I mentioned earlier in this article, it's

important to realize changes in yourself and adjust your activity to them but don't stop or slow down too much. Adjust your level of exercise to keep yourself moving without injury. Any movement is good movement and necessary to keep us in the best health we can be. So, as I always say, Keep Moving, you'll be glad you did.



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ASTRONOMY

The night sky of February

Professor Wayne Wooten

For February, the New Moon February 1st. The slender waxing crescent is four degrees south of Jupiter in twilight on February 2nd, and by month's end, all the naked eye planets will be behind the Sun or in the dawn sky. First quarter moon is February 8th, and the Full Moon, the Hunger or Wolf Moon, is February 16th. Last quarter is February 23rd. The waning crescent rejoins the dawn planets at month's end, passing below brilliant Venus and below it, much fainter and redder Mars, on February 27th.

Having swiftly passed between us and the Sun in late January, Mercury is low in the SE dawn sky in mid February, reaching greatest western elongation, 26 degrees in front of the Sun, on February 16th, just below and to the left of bright Venus and Mars. It disappears into Sun's glare by month's end. But Venus will dominate the dawn during most of 2022. It is at its brightest as a brilliant crescent on February 7th, and continues to pull away from the Sun and wax in phase until summer. Mars is south of Venus, moving slowly eastward. It will come to opposition this fall. Both Jupiter and Saturn are lost in the Sun until March.

The constellation Cassiopeia makes a striking W in the NW. She contains many nice star clusters for binocular users in her outer arm of our Milky Way, extending to the NE now.

Cassiopeia's daughter, Andromeda, starts with the NE corner star of Pegasus' Square, and goes NE with two more bright stars in a row. It is from



The Rosette Nebula spans about 100 light-years across, lies about 5000 light-years away, and can be seen with a small telescope towards the constellation of the Unicorn

the middle star, beta Andromeda, that we proceed about a quarter the way to the top star in the W of Cassiopeia, and look for a faint blur with the naked eye. M-31, the Andromeda Galaxy, is the most distant object visible with the naked eye, about 2.5 million light years away.

Overhead is Andromeda's hero, Perseus. Between him and Cassiopeia is the fine Double Cluster, faintly visible with the naked eye and two fine binocular objects in the same field. Perseus contains the famed eclipsing binary star Algol, where the Arabs imagined the eye of the gorgon Medusa would lie. It fades to a third its normal brightness for six out of every 70 hours, as a larger but cooler orange giant covers about 80% of the smaller but hotter

and thus brighter companion as seen from Earth.

At Perseus' feet for the famed Pleiades cluster; they lie about 400 light years distant, and over 250 stars are members of this fine group. East of the seven sisters is the V of stars marking the face of Taurus the Bull, with bright orange Aldebaran as his eye; use it (mag. +0.9) as a comparison star to measure the fading of Betelgeuse. The V of stars is the Hyades cluster, older than the blue Pleiades, but about half their distance.

Yellow Capella, a giant star the same temperature and color as our much smaller Sun, dominates the overhead sky. It is part of the pentagon on stars making up Auriga, the Charioteer (think Ben Hur). Several nice binocular Messier open clusters are found in the winter milky way here. East of Auriga, the twins, Castor and Pollux highlight the Gemini; they were the first two recruits for the Argonauts of the University of West Florida.

South of Gemini, Orion is the most

familiar winter constellation, dominating the eastern sky at dusk. The reddish supergiant Betelgeuse marks his eastern shoulder, while blue-white supergiant Rigel stands opposite on his west knee. Betelgeuse is also known as alpha Orionis, for it has been the brightest star in Orion most of the time. But for much of 2019 it faded due to an expulsion of condensing carbon dust (soot) blown off in our direction, and was only 1/3rd its greatest brightness. But now this cloud has dissipated and it is back close to normal.

Just south of the belt, hanging like a sword downward, is M-42, the Great Nebula of Orion, an outstanding binocular and telescopic stellar nursery. The bright diamond of four stars that light it up are the trapezium cluster, one of the finest sights in a telescope. Just east of Betelgeuse is the fine binocular cluster NGC 2244. But the much fainter Rosette Nebula that it lies in the center of requires bigger scopes or astrophotography.

In the east rise the hunter's two faithful companions, Canis major and minor. Procyon is the bright star in the little dog, and rises before Sirius, the brightest star in the sky. Midway between them is the fine Rosette Nebula, a star nursery including the nice open cluster NGC 2244, easily found in binoculars. Appropriate for Valentine's Day, here is our cosmic rose, with much gas and the same kind of dark dust Betelgeuse blew out, but now not marking a star's death, but birth of new solar systems like our own, with the dust becoming us, residents of terrestrial rocky worlds like Earth.

The beautiful Rosette Nebula, aka NGC 2237, lies about 5,200 light-years from Earth in the constellation Monoceros the Unicorn, and is about 130 light-years across. It is an emission nebula, meaning that the gases that compose it glow as they are energized by radiation from local stars. The young stars in the nebula's

center are gravitationally bound to each other; they are an open cluster formed together from the material of the nebula.

Sirius dominates the SE sky by 7 p.m., and as it rises, the turbulent winter air causes it to sparkle with shafts of spectral fire. Beautiful as the twinkling appears to the naked eye, for astronomers this means the image is blurry; only in space can we truly see "clearly now". At 8 light years distance, Sirius is the closest star we can easily see with the naked eye from West Florida. For a sense of stellar distances, consider sunlight is eight minutes old by the time it warms your face. So the light from Sirius has taken the number of minutes in a year (eight minutes versus eight years), or $60 \times 24 \times 365.25 = 525,960$ times; Sirius is more than a half million times distant than our Sun. While it is 21x more luminous than our Sun in reality, no wonder the Sun rules the day! And Sirius is the closest star you can easily see from here. Almost every thing you see in the night sky must be millions of times more distant from us than our home star.

When Sirius is highest, along our southern horizon look for the second brightest star, Canopus, getting just above the horizon and sparkling like an exquisite diamond as the turbulent winter air twists and turns this shaft of starlight, after a trip of about 200 years!

To the northeast, a reminder that spring is coming; look for the bowl of the Big Dipper to rise, with the top two stars, the pointers, giving you a line to find Polaris, the Pole Star. But if you take the pointers south, you are guided instead to the head of Leo the Lion rising in the east, looking much like the profile of the famed Sphinx. The bright star at the Lion's heart is Regulus, the "regal star". Fitting for our cosmic king of beasts, whose rising at the end of this month means March indeed will be coming in "like a lion".

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"The groundhog is like most prophets; it makes its prediction and then disappears."

— Bill Vaughn (1947-)

Mid-Atlantic Weather Watch: Fair, turning milder (1, 2, 3, 4, 5, 6-7); rain showers, then flurries, turning breezy and colder (8, 9, 10, 11). Dry, chilly at first (12, 13, 14, 15) with flurries, then windy and colder (16); Severe weather and high winds on the 16th. Chilly and windy at first, with a light snow, wintry mix (17, 18, 19, 20, 21, 22). Fair, turning milder (23, 24, 25) remaining fair and seasonable (26, 27, 28).

Full Moon: February's Full Moon will occur on the 16th in 2022. Where tribes saw the deepest snow, it was called Snow Moon while other tribes called it Wolf Moon because of all of the howling heard during the month, which happens to be the middle of their breeding season! And because there is such an extreme scarcity of game to hunt everywhere during this month, it was also aptly referred to as Hunger Moon.

Special Notes: Look out for "Punxsutawney Phil" to make his annual

and much-anticipated appearance on Wednesday, February 2nd to issue his 'prediction' of the coming of Spring! How this little marmota monax reacts to the day's weather will determine the arrival of Spring. If is sunny and he sees his shadow, he will retreat underground for another 6 weeks of Winter! If it is cloudy and he doesn't get scared by his own shadow, Spring will come early in 2022.

Holidays: The Christian Festival of Lights, or Candlemas, will be celebrated on Wednesday, February 2nd. As part of a long tradition, many churches would display many more candles on this day during their daily services. Not only did it make the service a special one, but it was also believed that the additional light would provide protection from illness and plague in the coming year. Valentine's Day, February 14th, falls on Monday, in 2022. Show that special someone just how special they are and how much you appreciate that they're part of your life. The birthdays of Abraham Lincoln (Saturday, February 12th) and George Washington (Tuesday, the 22nd) are collectively celebrated on President's Day, which

falls on Monday, February 21st, providing us with an extended holiday weekend. Enjoy!

The Garden: In the event of snow, be sure to shake or brush off the white stuff from the branches of your evergreens and shrubs. Plants that may have been pushed out of the ground by frost heave should be pressed firmly back into place. Continue feeding our feathered friends. You will want them to stick around so they will provide natural insect control when the weather warms again.

The Farm: Best for planting root crops (26, 27); Best for weeding and stirring the soil (9, 10, 11); Best for planting above-ground crops (2, 3, 4); Best for harvesting all crops (24, 25). Best days to set hens and incubators (8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20), slaughter and butcher meat (1, 2, 3, 4, 5, 6, 7); transplant (1, 2, 3, 4, 5, 6, 7); harvest and store grains (23, 24, 25, 26, 27, 28), wean animals (1, 2, 3, 4, 24, 25, 26, 27, 28).

J. Gruber's Thought for Today's Living:

"Be happy if you can, but do not despise those that are otherwise for you know not their troubles"

COMPUTER Q&A

Staying secure on the internet

Ayse Stenabaugh
Jester's Computer Services

Staying secure on the internet is a lot more complicated than just having good antivirus. Good virus protection software is a good start but there are many other areas of security that may go overlooked. Having good overall network security, keeping your software and account information up to date and using a good quality search engine can have an impact as well.

No antivirus is ever going to be 100%. Why? Because the malware and viruses that they are preventing are written by cybercriminals. It takes time to determine and catch a virus and to write code that prevents it from causing damage. That doesn't mean you should stop using your antivirus, chances are it has stopped many threats without you ever being aware that it was doing its job. Think about it as if you're the passenger in a car. Most people will put their seatbelt on, not because they are expecting to get into an accident but to help prevent injury or damage if it occurs. Antivirus works in a similar way acting as a preventative against potential damages.

Network security is important because without good security vulnerabilities on your network could leave personal data exposed or easy to access. Last year Apple released an iOS update that started alerting users who were using wireless networks with WPA/WPA2 TKIP security. The message was a bit confusing as it was meant to let users know that they were not meeting Apple's recommended Wi-Fi security standards, instead many users thought that the notice meant their devices were unsecured which was not the case.

Although the execution wasn't great, Apple's intentions were good. If you receive this message on an Apple device, have a Wi-Fi network that is "open" (no password required), or want to ensure that your wireless security is up to date, you will either need to access your devices software to update security if an update is available, older wireless routers may need replaced to comply with new security protocols. Unbeknownst to many users, like computers, routers often have firmware updates that resolve both performance and security flaws.

Keeping your account information up to date is crucial for several reasons. Your account information includes your name, date of birth, email address and phone number. The primary reasons are to help users regain access to their account. This can be because you forgot a password or because someone else has gained access to your account. Not having accurate information can prevent the services you are using from verifying your identity.

Facebook for example is a common target for criminals. We

have seen users have their entire accounts taken over by criminals including their business page and even when you provide proof of your identity it may not be enough. So, what else can you do? Users should consider setting up two-step verification. Two-step verification requires users to both their password and a code generated either by an app or sent via text message or email. This prevents unauthorized users from accessing your account without also having access to your devices. If you do find that your account has been compromised and you are able to regain control of it, we highly recommend enabling this feature immediately.

Search engines are often a starting point for surfing the web. Not all search engines are created equal. Some search engines will allow paid advertising for content that so it's important to choose a good search engine with good quality results. We often find that users end up with garbage on their computer related to attempting to install a device like a printer. To provide an example we searched



for HP drivers on both Ask.com and Google search engines. The results from Ask.com first included 3 Advertisements for websites trying to sell a product followed by "results from the ask media group network and finally ended with web results which led me to HP's website. The first results on Google's search engine took me directly to HP's website, no advertisements were listed. We are not saying that Google's search engine is the best or is perfect, but it is far better with results than the likes of Ask.com which can easily

lead users to websites that are of poor quality.

Technology is constantly changing, staying up to date with security and features can be tough. If you find yourself wanting to increase security on your computer or home network or require computer support Jester's Computers

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VALENTINE DAY HUMOR

Editor's note: In honor of Valentines Day, we thought we would bring you some sentimental thoughts on marriage...

Red Skelton's Tips for a Happy Marriage:

- Two times a week, we go to a nice restaurant, have a little beverage, then comes good food and companionship. She goes on Tuesdays, I go on Fridays.
- We also sleep in separate beds. Her's is in Ontario and mine is in Tucson.
- I take my wife everywhere, but she keeps finding her way back.
- I asked my wife where she wanted to go for our anniversary.
- "Somewhere I haven't been in a long time!" she said so I suggested the kitchen.
- We always hold hands. If I let go, she shops.
- She has an electric blender, electric toaster and electric bread maker. Then she said "There are too many gadgets and no place to sit down!" So I bought her an electric chair.
- My wife told me the car wasn't running well because there was water in the carburetor. I asked where the car was, she told me "In the Lake."
- She got a mudpack and looked great for two days. Then the mud fell off.
- She said, "Too late for the garbage?" The driver said "No, jump in!"
- Remember. Marriage is the number one cause of divorce.
- Statistically, 100% of all divorces start with marriage.
- I married Miss Right. I just didn't know her first name was Always.
- I haven't spoken to my wife in 18 months. I don't like to interrupt her.
- The last fight was my fault. My wife asked, "What's on the TV?" I said "Dust!"

A golfer stood over his tee shot for what seemed an eternity . . .

. . . He was driving his partner nuts, as he looked up, looked down, measured the distance, figured the wind direction and speed. Finally, his exasperated partner said, "What's taking so long? Hit the blasted ball!"

The guy answers, "My wife's up there watching me from the clubhouse. I want to make this a perfect shot."

His partner mumbled, "Forget it, man, you'll never hit her from here!"

A man placed some flowers on the grave of his dearly departed mother and started back toward his car when his attention was diverted to another man kneeling at a grave. The man seemed to be praying with profound intensity and kept repeating, "Why did you have to die? Why did you have to die?"

The first man approached him and said, "Sir, I don't wish to interfere with your private grief, but this demonstration of pain is more than I've ever seen before. For whom do you mourn so deeply? A child? A parent?"

The mourner took a moment to collect himself, then replied, "My wife's first husband."

After his checkup, the doctor called the wife into his office alone.

He said, "Your husband is suffering from a very severe disease, combined with horrible stress. If you don't do the following, your husband will surely die: Each morning, fix him a healthy breakfast. Be pleasant, and make sure he is in a good mood. For lunch make him a nutritious meal he can take to work.

And for dinner, prepare an especially nice meal for him. Don't burden him with chores, as this could further his stress.

Don't discuss your problems with him; it will only make his stress worse. Try to relax your husband in the evening by wearing lingerie and giving him plenty of back rubs. Encourage him to watch some type of team sporting event on TV.

And, most importantly make love with your husband several times a week and satisfy his every whim. If you can do this for the next 10 months to a year, I think your husband will regain his health completely."

On the way home, the husband asked his wife, "What did the doctor say?"

"You're gonna die," she replied.

A couple was celebrating their golden wedding anniversary . . .

. . . Their domestic tranquility had long been the talk of the town. A local newspaper reporter was inquiring as to the secret of their long and happy marriage.

"Well, it dates back to our honeymoon," explained the man. "We visited the Grand Canyon and took a trip down the bottom of the canyon by pack mule. We hadn't gone too far when my wife's mule stumbled. My wife quietly said, 'That's once.' We proceeded a little farther when the mule stumbled again. Once more my wife quietly said, 'That's twice.' We hadn't gone a half-mile when the mule stumbled a third time. My wife promptly removed a revolver from her pocket and shot him. I started to protest over her treatment of the mule when she looked at me and quietly said, 'That's once ...'"

A man in his 40's bought a new BMW and was out on the interstate for a nice evening drive. The top was down, the breeze was blowing through what was left of his hair, and he decided to open her up. As the needle jumped up to 80 mph, he suddenly saw flashing red and blue lights

behind him.

"There's no way they can catch a BMW," he thought to himself and opened her up further. The needle hit 90, 100... then the reality of the situation hit him.

"What the hell am I doing?" he thought and pulled over.

The cop came up to him, took his license without a word, and examined it and the car. "It's been a long day, this is the end of my shift, and it's Friday the 13th. I don't feel like more paperwork, so if you can give me an excuse for your driving that I haven't heard before, you can go."

The guy thinks for a second and says, "Last week my wife ran off with a cop. I was afraid you were trying to give her back."

"Have a nice weekend," said the officer.

A Rabbi's advice

Man goes to see the Rabbi. "Rabbi, something terrible is happening and I have to talk to you about it."

The Rabbi asked, "What's wrong?"

The man replied, "My wife is poisoning me."

The Rabbi, very surprised by this, asks, "How can that be?"

The man then pleads, "I'm telling you, I'm certain she's poisoning me, what should I do?"

The Rabbi then offers, "Tell you what. Let me talk to her, I'll see what I can find out and I'll let you know."

A week later the Rabbi calls the man and says, "Well, I spoke to your wife. I spoke to her on the phone for three hours. You want my advice?"

The man anxiously says, "Yes."

"Take the poison," says the Rabbi.

A funeral service is being held for a woman who has just passed away. . .

. . . At the end of the service, the pallbearers are carrying the casket out when they accidentally bump into a wall, jarring the casket. They hear a faint moan. They open the casket and find that the woman is actually alive!

She lives for 10 more years and then dies. A ceremony is again held and, at the end of the service, the pallbearers are again carrying the casket. As they are walking out, the husband shouts, "Watch out for the wall!"

Farmer Jake had a nagging wife who made his life miserable. The only real peace that he got was when he was out in the field plowing.

One day when he was out in the field, Jake's wife brought his lunch to him. Then she stayed while he quietly ate and berated him with a constant stream of nagging and complaining. Suddenly, Jake's old mule kicked up his back legs, striking the wife in the head, killing her instantly.

At the wake, Jake's minister noticed that when the women offered their sympathy to Jake he would nod his head up and down. But when the men came up and spoke quietly to him, he would shake his head from side to side.

When the wake was over and all the mourners had left, the minister approached Jake and asked, "Why was it that you nodded your head up and down to all the women and shook your head from side to side to all the men?"

"Well," Jake replied, "The women all said how nice she looked, and her dress was so pretty, so I agreed by nodding my head up and down." The men all asked, "Is that mule for sale?"

Ellie visited a psychic of some local repute.

In a dark and hazy room, peering into a crystal ball, the mystic delivered grave news:

"There's no easy way to say this, so I'll just be blunt - prepare yourself to be a widow. Your husband will die a violent and horrible death this year."

Visibly shaken, Ellie stared at the woman's lined face, then at the single flickering candle, then down at her hands. She took a few deep breaths to compose herself.

She simply had to know. She met the fortune teller's gaze, steadied her voice, and asked:

"Will I be acquitted?"

One bright, beautiful Sunday morning, the townspeople were in church listening to the organ play. Suddenly, Satan appeared at the front of the church. Everyone started screaming and running for the front entrance, trampling each other in a frantic effort to get away from evil incarnate.

Soon everyone was evacuated from the Church, except for one elderly gentleman who sat calmly in his pew, not moving, seemingly oblivious to the fact that God's ultimate enemy was in his presence.

Now this confused Satan a bit, so he walked up to the

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Welcome spring at Cunningham Falls State Park by learning how maple syrup is made from the sap of trees in the park. Enjoy a traditional pancake and sausage breakfast, stock up on maple syrup products, including syrup, maple cream, and candy. Syrup making demonstrations every hour. The event supports the Friends of Cunningham Falls and Gambrell State Parks and is a cash only event. Follow signs from MD 77 west of U.S. 15 at Thurmont.

For more information, call Cunningham Falls State Park 301-271-7574.

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VALENTINE DAY HUMOR

man and said, "Don't you know who I am?"

The man replied, "Yep, sure do."

Satan asked, "Aren't you afraid of me?"

"Nope, sure ain't," said the man.

Satan was a little perturbed at this and queried, "Why aren't you afraid of me?"

The man calmly replied, "Been married to your sister for 48 years!"

A devoted wife was taking care of her husband, who had been slipping in and out of a coma for several months.

When he came to his senses, he motioned for her to come near. "You have been with me through all the bad times," he said.

"When I got fired, you were there. When my business failed, you were there. When I got shot, you stayed by my side. When we lost the house, you gave me support. When my health started failing, you were still by my side. You know what?"

"What dear?" she asked gently.

"I think you bring me bad luck."

The efficiency expert concluded his lecture with a note of caution.

"You don't want to try these techniques at home."

"Why not?" asked someone from the back of the audience.

"I watched my wife's routine at breakfast for years," the expert explained. "She made lots of trips to the refrigerator, stove, table and cabinets, often carrying just a single item at a time. 'Hon,' I suggested, 'Why don't you try carrying several things at once?'"

The voice from the back asked, "Did it save time?"

The expert replied, "Actually, yes. It used to take her 20 minutes to get breakfast ready. Now I do it in seven."

Bob receives a free ticket to the Super Bowl from his company.

Unfortunately, when he gets to the stadium, he realizes his seat's in the last row in the corner of the stadium. He is closer to the Goodyear Blimp than the field!

A few moments later, Bob notices an empty seat 10 rows off the field on the 50-yard line. He decides to take a chance and walks all the way down, avoiding security guards to snatch the empty seat.

As he sits down, he asks the guy next to him, "Excuse me, is anyone sitting here?" The man says, "No." Excited to be in such a great seat for the game, Bob shouts, "This is incredible! Who in their right mind would have a seat like this for the Super Bowl and not use it?"

The man replies, "Well, actually, the seat belongs to me. I was supposed to come with my wife, but she passed away. This is the first Super Bowl we haven't been to together since we got married in 1967."

"That's really sad," said Bob, "but still, couldn't you find someone to take the seat? A relative or a close friend?"

"No," the man replied, "they're all at the funeral."

A dietitian was once addressing a large audience in Chicago.

"The material we put into our stomachs is enough to have killed most of us sitting here, years ago. Red meat is awful. Soft drinks corrode your stomach lining. Chinese food is loaded with MSG.

Vegetables can be disastrous, and none of us realizes the long-term harm caused by the germs in our drinking water. But there is one thing that is the most dangerous of all and we all have, or will, eat it.

Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?"

A 75 year old man in the front row stood up and said, "Wedding cake"

A man walked out into the street and managed to get a taxi just going by.

What luck, he thought, as he slid into the cab.

"Perfect timing," the cabby said. "You're just like Bill."

"Who?"

"Bill Smith. There's a guy who did everything right," the cabby said. "Like my coming along when you needed a cab. It would have happened like that to Bill every time."

"Nah," the man said to the cabby. "There are always a few

clouds over everybody."

"Not Bill," said the cabby. "He was a terrific athlete. He could have gone on the pro tour in tennis. He could golf with the pros. He sang like an opera baritone and danced like a Broadway star."

"Bill was really something, huh?"

"Oh, yeah," continued the cabby. "Bill had a memory like a trap. Could remember everybody's birthday. He knew all about wine, which fork to eat with. He could fix anything. Not like me. I change a fuse, and the whole neighborhood blacks out."

"No wonder you remember him," the man said.

"Well, I never actually met Bill," said the cabby.

"Then how in the world do you know so much about him?"



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