

Emmitsburg NEWS-JOURNAL

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Mount St. Mary's appoints new president

Simon Newman, Chief Executive Officer of Cornerstone Management Group — a private equity, merger and acquisition, and strategic consulting firm based in Los Angeles, has been appointed the 25th President of Mount St. Mary's University. Mr. Newman succeeds Thomas H. Powell, Ed.D., President of the University since 2003.

The appointment concludes a six-month national search process conducted by a committee comprised of members of the University Board of Trustees, as well as individuals representing the Mount community.

"The committee entered this process with a clear understanding of the board's requirements for our next leader. We focused on those candidates with experience in fund raising, strategic planning and fiscal leadership, strong communication skills, and a deep Catholic faith," said Francis W. Daily, a member of the Board of Trustees, and a 1968 graduate of the Mount. "I commend my colleagues for the time they gave in searching for our next president."

Born in the United Kingdom, Mr. Newman, 51, holds a BA degree

(with honors) and an MA degree in natural sciences from Cambridge University, in Cambridge, England. He also earned an MBA from Stanford University's Graduate School of Business, in Palo Alto, California.

"Simon brings a strong background in business, finance, and leadership to our campus," said John E. Coyne, III, C'77, Chairman of the Board of Trustees. "He has many strengths: his collaborative management style, vision, progressive leadership, experience as a successful entrepreneur, and passion for our mission — all remind us of the skills of our founder, Fr. John Dubois.

"He is a devout Catholic — involved in his parish serving as a religious education teacher, and for many years as an instructor working with youth held in detention. Simon's energy and accomplishment, and notably his firm commitment to the Mount's strong Catholic liberal arts tradition, will serve the University well as we enter a most competitive and critical decade in higher education," Coyne added.

"I am honored to help continue the Mount's rich legacy and to



When he assumes office, Simon Newman will be the 25th President of Mount St. Mary's University.

further lead the University on its quest for greatness," said Mr. Newman. "President Powell has elevated the University's academic profile as a leading Catholic liberal arts University. I am inheriting a very solid foundation for future growth and development, and very much look forward to joining the Mount community."

Mr. Newman has almost 30 years of experience working as an executive with a strong background in private equity, strategy consulting, and operations. He is currently a Man-

aging Director of the private equity fund JP Capital Partners, as well as President and CEO of Cornerstone Management Group, founded in 1997.

During his career he has started or co-founded four different businesses, completed more than \$33 billion in transactions, and raised more than \$3 billion in equity funding for ventures and bids he originated. An avid sportsman, Mr. Newman and his wife, Michelle, have two children: Chantel (six) and Sienna (three).

Phiel and Martin announce bid for re-election

Republican Commissioners, Randy Phiel and Jim Martin, kicked off their re-election campaign to a full house of supporters on December 16, at an event hosted by Senator Richard Alloway, at the Historic Dobbins House Inn. Both Phiel and Martin were elected to their first terms as Adams County Commissioners in 2011. US Congressman Scott Perry, PA Senator Rich Alloway, and State Representatives Dan Moul & Will Tallman were on hand to deliver remarks of support Phiel and Martin.

When Phiel was asked why he is seeking another four-year term, he said, "my answer is pretty simple, I think this board has done good work, we've accomplished a lot in the last three years. Fortunately, we are in an enviable situation where this board has the chemistry and ability to accomplish even more for the residents of Adams County."

Phiel said he could not have predicted or even imagined that between three dramatically different personalities and backgrounds, he, Martin and Democrat Marty Qually work so well together for the good of Adams County residents. "There is a huge sense of respect, civility,

communication, vision, common sense and leadership among us."

Upon taking office in 2011, the three commissioners began an initiative to engage in a series of planning meetings, "so we could walk in the door and get right down to business," said Phiel. Jim Martin said he was humbled and grateful for the fact that they all work so well together. "The good working relationship that the three of us have really sets the tone for a positive work environment," said Martin.

During their term, the three commissioners have worked together to improve the County's Bond rating twice (it now stands at Aa3, which is classified as High Grade.) That has enabled Adams County to receive favorable financing for several high profile initiatives. The Board just passed the 2015-balanced budget with no tax increase and a \$560,000 contingency reserve.

Phiel said a priority for him in his next term would be the proposed new Human Services Building, which will allow consolidating services that are currently housed in four different buildings. "This move would make county operations both fiscally and operationally more effective," said



Randy Phiel and Jim Martin formally announced their intention to seek second terms as Adams County Commissioners.

Phiel. The proposed building may also result in Mental Health Services finally being available in Adams County.

Martin said his priorities will be to achieve more efficient and effective governance, stimulating economic development, restoring adequate 911 funding, preserve

county revenues provided through Marcellus shale drilling fees, and developing common sense solutions to the over-reaching new EPA definitions for "Clean Water of the US.."

The primary election will be held May 19. The general election will be held November 3.

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NEWS

Dr. Portier recognized for service

At its 9th annual banquet, the Emmitsburg Business and Professional Association named Dr. Bonita Portier the recipient of the Extraordinary Community Service Award for her tireless service to the community.

Dr. Portier's life began in Massillon, Ohio. Over the years she traveled many different roads to many different places, earning multiple degrees and having several occupations. In 1979, Dr. William Portier, Dr. Bonita Portier's husband, took a job with Mount St. Mary's University in the Department of Theology. This brought the Portiers to Emmitsburg, and it is where they have stayed. Dr. Portier says she loves the community, and this is where she raised her family and where she wants to live.

In 1987, Dr. Portier was admitted to West Virginia School of Osteopathic Medicine. She graduated in 1991. In 1995 she completed a three-year residency program in Internal Medicine, upon which she returned to Emmitsburg and joined Dr. Carroll's Emmitsburg Family Practice.

With the help of a few friends and supporters, Dr. Portier opened the Emmitsburg Osteopathic Primary Care Center (EOPCC) as a non-profit organization in 1999



Dr. Portier is this year's recipient of the EBPA's Extraordinary Community Service Award.

dedicated to providing medical education and patient-centered osteopathic healthcare. It's not-for-profit status is based on the extensive medical education that takes place there and pro bono services to non-insured and underinsured patients.

Initially she began seeing patients at the Wellspan facility in Thurmont. The corporation then acquired property in Emmitsburg in 2001. With the help of volunteer workers, donated services, and a volunteer architect, the first part of the building opened in 2005. The East Wing of the building opened in 2008, and a grant in 2012 made the completion of the entire building possible.

Dr. Portier said she wanted the

EOPCC to be a healthcare center where "patients feel like the most important person in the world."

Linda Junker Sites, one of the friends and a current board member said, "Often we question if one person can make a difference. Dr. Portier is an example that one person can! In her quiet determined way, she has given many the confidence that they can achieve their dreams. We are very fortunate to have her as a member of the Emmitsburg community."

Along with her work at EOPCC, Dr. Portier is also the Director of the Wellness Center at Mount St. Mary's University and is one of the staff physicians at St. Catherine's Nursing Home.

Emmitsburg NEWS-JOURNAL

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Substance Abuse Recovery Center to open

The Frederick County Health Department is opening up a satellite office in Emmitsburg for recovery support for people with substance abuse disorders. There will be two programs meeting in the basement of the Community Center. This is a second site for both programs.

The first program called, CORE Recovery Center, is for individuals aged 18 years and older. This program provides a meeting place for individuals that are recovering from al-

cohol and drug addiction. It gives them the opportunity to support one another while they are on their road to recovery. At the center, there will be group activities such as Peer-led recovery discussion groups, recovery and wellness planning groups, and sober activities open to participation by all.

No appointments are needed. The Center will be open on Mondays and Thursdays from 9 a.m. to 11 a.m. For more information you can call 301-600-3289 or email

CORE@frederickcountymd.gov.

The second program called, On The Mark Adolescent Clubhouse, is for Frederick County youth between the ages of 12 – 17 years. These individuals have either experienced or are at risk for substance and/or nicotine abuse.

The youth will receive homework assistance and participate in arts and crafts and group discussions. They will also receive lessons on life skills. Socializing with other youth their age will take place as well. They will

have the opportunity to participate in recreational activities such as laser tag and bowling. Also, they will attend college and sporting events and much more. The Clubhouse will be open on Mondays from 3:30 p.m. to 7 p.m. For more information contact Jeffrey Thompson at 301-600-4804.

Recovery Support Coordinator for Frederick County Health Department, Santita Prather, said that these programs are trying to meet people where they are. She said that everyone has a different road to re-

covery and that it can be helpful to have someone who has lived the experience of addiction and recovery involved. Volunteers have an opportunity to participate in the 30-CCAR Recovery Coach Academy to help train them to work with individuals in recovery. Currently, the health department is recruiting for recovery coaches.

Prather says that these programs do not replace treatment. Frederick County Health Department plans eventually to bring treatment to Emmitsburg as well.

Both programs will begin on Monday, January 12, 2015.

Solar "phase II" set to start

The work on phase II of the solar power generation facility located on Creamery Road is slated to begin in early 2015 with completion expected in June. This will coincide with the completion of the new wastewater treatment plant currently under construction.

When completed, the full solar farm will occupy approximately 20 acres and will produce 2.3 megawatts of power per day. Town Manager, David Haller, said this is "good usage of a property made available to us by the construction of the new sewer plant."

Phase I of the solar farm supplies 1.1 megawatt of power, sufficient for all of the town's current power needs. The estimated savings after the first year of operation is approximately \$15,000. Phase II will provide an additional 1.2 megawatts, sufficient to meet the electrical needs of the new wastewater treatment plant.

While the town owns the land upon

which the solar farm was built, the actual solar farm itself is owned and operated by UGI Utilities Inc., a natural gas and electric utility. The town has a 20-year commitment to purchase power from the solar farm at a specific rate per kilowatt/hour. Over the 20 years, UGI can increase the price it is charging the town for power by 2% every year. At the end of the 20 years, the town has 3 options: walk away, buy the solar production operation from UGI, or allow UGI to continue to manage the solar farm operations and continue to buy power under the current arrangement.

Unlike home solar systems where the solar panels are hooked directly to home electrical system, where one can even reverse one's electrical meter, and where the final bill only represents what was purchased from the grid, the new solar farm is hooked directly to Potomac Edison's electric grid, as is the town. The town independent-

ly draws off of the grid and the solar farm provides electricity independently to the grid.

Potomac Edison acts as an in-

termediary between the town and UGI to facilitate the transmission of electricity and payments, e.g. it charges the town for its electrical use per the agreed upon electrical rate with UGI, and upon payment, provides payment to UGI for the

power it supplied to the grid.

Over the life of the 20-year contract, the town is hoping to save approximately \$1.5 million as a result of purchasing its power from the solar farm as opposed to other electrical providers offered by Potomac Edison.

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Fairfield School Superintendent Resigns

At a closed door executive meeting of the Fairfield School Board, School Superintendent Chain tendered his resignation. In a 5 to 3 vote, the school board had accepted the “irrevocable resignation and retirement” of Chain. Ms. Karen Kugler has been appointed as Substitute Superintendent effective December 23.

Prior to the vote accepting his resignation, board member Lonny Whitcomb suggested that the board seek a second legal opinion to the board Chain’s contract by one year. However, District solicitor Brooke Say advised the board that Pennsylvania law only allows School Districts to offer

3 to 5 year contracts to their superintendents with expiring contracts. A one-year extension is currently not permitted under PA Law. Whitcomb responded that he had contacted Rep. Dan Moul’s office and was told that a one-year contract extension was possible if both parties mutually agreed. However, the motion to seek a second opinion on the extension failed 5-3.

Appearing humbled and thankful, Chain said that a district’s success is not due to the superintendent; rather, it is the superintendent’s job to “cheer on” others. “In order to make a difference in a young person’s life, you

have to show them that you care. It’s no different for a superintendent. The superintendent has to be a role model,” he said. It’s been an honor to serve the community.”

The board then listened to public comments, all of which focused on the frustration attendees had with the decision of the superintendent to step down and the unwillingness of the board to explore a one year extension of his contract. “We deeply regret losing a superintendent who had strong ties with the community and an open door policy,” said Lisa Sturges, president of the Fairfield Education Association.

The board then heard presentations from the seven community members on their qualifications to fill the seat vacated by Brad Rigler, who stepped down at the November 3rd. Each candidate was asked to publicly answer two questions which related to their qualifications to serve on the board. Following the candidate comment period, both Bruce Carr and Michael Ball were nominated for the seat. Then in a 5-3 vote, the majority voted for Carr, whose qualifications included being a retired Air Force vet. “I see an awful lot of discord, and this is an opportunity to get rid of that,” he said.

The vote erupted in a visible protest from some attendees. Resident Sarah Laird vehemently objected to Carr taking the oath of office, stating that he had not submitted his financial interest disclosure as required by the state. Hatter attempted to silence her comments but without success. After a brief adjournment to verify the rule, district solicitor Brooke Say agreed that Carr would have to submit the documentation before being seated on the board. None of the candidates had included a disclosure as it was not part of the newly formed board application instructions. Finally, in another pair of 5-3 votes, the board formally elected Hatter as its new president and Matthews as vice president. The next school board meeting will be held on January 12 at 7pm.

Proposed municipal building cost increases

The debate over Carroll Valley’s proposed municipal building continued at the borough council meeting December 9th. The building itself as a whole is being proposed at 13,400 square feet. The area designation for police operations would comprise around 3,327 square feet. The new building would also house municipal government operations, community resources, and a library. The design also calls for outdoor amenities including a stage. The newest version of the proposal included an estimated total cost of \$3.15 million, up from the original estimate of \$2.5 million.

The new number met with growing disapproval from those gathered

in the meeting. “We don’t need a Taj Mahal,” said resident Tom Wolf, who wondered about the amount of money afforded the new building and those associated with it. Another concern raised by those at the meeting was the source of funding for the building, as the council had just passed the 2015 budget with no tax increases.

Still in the preliminary stages, the proposed building plans largely depend on a “project specific” grant from Pennsylvania’s Redevelopment Assistance Capital Program (RACP) totaling \$2.1 million. Borough Manager Dave Hazlett said that although the borough will apply for the full amount, it is entirely up to RACP how much they could

receive. “This is a long and detailed process with very rough estimates,” said Hazlett. Funding for the project would be accomplished through existing cash on hand, grants, and possible borrowing.

Many of those attending were also concerned about the building’s “excessive” features. This sparked another discussion about removing the library from the proposed plan. Members of both the council and the public debated whether the library’s inclusion would be cost-effective. Several council members said that it would be a “tenant,” paying its own maintenance and utilities.

The issue of the library’s inclusion is paramount in the wake of

the RACP’s announcement of their grant application window this week, as it was suggested that inclusion of the library offered a better chance of securing the grant. Applications will be accepted from Jan. 9 to Feb. 9, putting pressure on the council to offer a solid plan within a month’s time.

Because of the uncertainty of what exactly was needed before the application deadline, Borough Manager David Hazlett proposed a postponement to obtain the correct information. In previous meetings, Mayor Ronald Harris has often pointed out the need for a new borough office due to the degraded condition of the existing building, which has been

plagued with roof leaks, flooding, wood rot, and diminishing available office and storage space. A public meeting for this topic will be held on January 7, at 7pm at the Borough Office.

Other news - the Borough is currently accepting applications for residents interested in serving on the Carroll Valley Borough Planning Commission. Any questions regarding the process, or requests for more specific information should be directed to the Borough of Carroll Valley, 717-642-8269. All applications will be reviewed on January 5. The Borough Council will consider applications for the vacancy on January 13.

Waynesboro man guilty in Hamiltonban robbery

After deliberating for more than three hours in Adams County Court, Jeremie Baker, 35, of Waynesboro stood before Adams County Court of Common Pleas President Judge Michael George when the 12-member jury unanimously found Baker guilty of all charges on December 9. He was found guilty of burglary, robbery and theft by unlawful taking, threat immediate serious injury, overnight accommodation, person present, and conspiracy.

According to testimony, on May 21 a Hamiltonban Township couple awoke at 1am to see flashlights shining in a nearby room. When trying to defend themselves with a chair, Baker

and an unidentified suspect yelled at the couple “to get on the floor or they would be killed.” Upon trying to look at the suspects, the male victim was struck in the back of his head with a large, metal flashlight, causing profuse bleeding.

The male victim said that the suspects kept asking for the “big money” that was normally kept in their bedroom. After rummaging through the room for cash, the unidentified suspect grabbed the male victim, forced him at gunpoint to go downstairs, to the kitchen to look for money. During that time, Baker told the female victim if she did not remain on the floor, she would get hurt. Baker was

later identified by the female victim as someone who had done odd jobs for her and her husband. During testimony, the male victim said that the other unidentified suspect threatened to kill him when he could not locate the money in the kitchen.

The male victim was forcibly taken back upstairs to the adjacent bedroom and told to lie on the ground. The unidentified suspect then searched for and found a bank deposit bag of cash. According to testimony, after taking the money, the unidentified suspect threatened the couple “to stay on the floor and not to follow them or they would be shot.”

Prosecuting the case was Adams

County First Assistant Brian Sinnett. He said that Baker was no stranger to his victims. In December 2013, he and his brother Jeffrey began doing landscaping and household work for them at the two motels and gas station the couple owned. Although never reported, the victims said almost \$5000 went missing over a period of weeks in April. Then came May 21. “Our home is no longer a home,” said the male victim.

The couple’s home was isolated and located behind their place of business in Hamiltonban Township. Pennsylvania State Troopers Chad Lash and Jeffrey Sweeney, who investigated the case said

that the house was indeed difficult to see from the road. Sinnett argued that only someone who knew they kept cash in their home would pursue a place as secluded as theirs. “They knew Jeremie Baker.” “This was an inside job, not random,” said Sinnett.

Witness testimony on behalf of Baker was sketchy and did not convince the jury of a supposed alibi for Baker. He was represented by public defender Warren Bladen Jr. He did not testify on his own behalf. Baker could face up to 67 years in prison and \$90,000 in fines. Sentencing is scheduled for February 17.


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NEWS

Advance Auto Parts opens

After seven months of construction and hard work, Thurmont's newest edition, Advance Auto Parts, opened its doors on Saturday December 20. District Manager Lou Perez and General Manager Donnie Starliper were joined by their staff and customers as they prepared for the ribbon cutting ceremony. Customers including Commissioners Marty Burns, Wes Hammrick, and Bill Bueher enjoyed coffee and doughnuts as they browsed the new 6,900 square-foot store and mingled with fellow attendees.

Construction of the new store began back in May. The decision to open a new branch in Thurmont came after an analysis of the customers' zip codes from the Taneytown and Frederick stores. According to Perez, "residents from Emmitsburg and Thurmont were split equally between choosing the Frederick and Taneytown stores." Because of these

findings, the idea of bringing a store to Thurmont seemed like a great solution to cutting down driving times for Thurmont and Emmitsburg residents. Starliper, who Perez referred to as "the man on the ground," commented, "There is a large demand for auto parts in the area and the only competition is Napa. People can always use more choices." The store is located off of Route 15 beside Mountain Gate Family Restaurant and across from the new Dunkin Donuts.

The store not only has a convenient location, but also a friendly and helpful staff that was very eager for the opening after all the hard work that went into it. Jacob Tregoning, a Thurmont resident and employee commented, "I was excited when we opened! I got a job in Thurmont, my hometown, being around car parts. Cars are my second passion, and finally seeing the store opened up and

running after all the work my fellow team members and I put in through stocking our store and getting it ready for opening day was great." Starliper, who came to the Thurmont store from the Germantown store, shared his staff's enthusiasm as he opened the store's doors to the Thurmont residents. He mingled with customers, handed out free hats, and was happy to answer any questions.

At 11 a.m., Starliper and Perez invited everyone to join them outside for the ribbon cutting ceremony. Before cutting the ribbon, Perez took the time to thank all who had helped to make this opening possible.

Starliper took a moment to honor a long-held tradition of the company. When a new Advance Auto store is opened, the company donates funds to a local charity. The charity chosen by the new Thurmont branch was the local food bank. Before cutting



To commemorate the opening, Advanced Auto donated \$1,000 to the Thurmont Food Bank

the red ribbon and declaring the store open, Perez and Starliper presented a \$1,000 check to Pastor Sally, who accepted it on behalf of the food bank.

Starliper and Perez gave the honor of cutting the ribbon to Commissioner Marty Burns, who spoke very highly of the new store, stating, "We are very happy you made the investment in our town."

Customers can now visit the store Monday through Saturday from 7:30

a.m. to 9 p.m. and Sundays from 9 a.m. to 7 p.m. The store provides all things auto parts. "The opening just happened to fall on Christmas week," Starliper commented. Though it was not opened on the week of Christmas on purpose, it worked out nicely. The opening came just in time for Thurmont residents to pick up any last minute gift for car lovers, and the new addition was a great early Christmas present for the town of Thurmont.

Farewell to the Cozy caboose

After 85 years of serving customers, Thurmont's Cozy Restaurant closed its doors in June. Now six months later, the restaurant is beginning to prepare for what comes next. In order to do that, they have begun selling equipment they no longer need. One of those pieces is the caboose that sits right next to the restaurant.

In October, the caboose was put up for sale at an auction hosted by Mosby and Company. The caboose was among a number of other items that had called the restaurant home for many years. The caboose was bought at the auction and workers began prepping the caboose for the move on Monday, November 25. Accord-

ing to Cozy Owner, Jerry Freeze, the caboose was sold to a park in West Virginia for fifteen thousand dollars.

The caboose was originally made for the Baltimore and Ohio Railroad. It was one of the last wooden cabooses made before the switch to steel. The majority of the caboose is made of wood, except the undercarriage. It was taken off the tracks when the railroads turned over to steel, and the Thurmont Junior Chamber of Commerce bought it in the early 70s. The caboose was used as a meeting place for the Commerce, but that only lasted for a few years. In 1979, the caboose was bought from the Commerce by the Cozy.

After purchasing the caboose, the

restaurant used the new addition as an office, but over the years the uses for the caboose grew. In the Christmas season it was used as "Santa's workshop." The caboose was transformed each holiday season with Santa and a few mechanical elves. When entering the caboose, customers would see the elves and Santa hard at work creating toys for the children.

The caboose has been a part of Cozy for the last 35 years. Luckily for the Cozy family, they know that it will be going to a good home. Cozy owner Jerry Freeze stated, "I'm sorry to see it go, but I am glad it is going to a good home. The new owners intend to restore it to as close to its original



The Cozy's caboose will soon be making its way to West Virginia, where it will be part of an exhibition in a public park.

condition as possible."

As the caboose moves on from the Cozy, it is time for the town to look toward the future and see what is next for the establishment. The sale of the restaurant is still in the works. One idea that is on the

table is to tear down the existing building and create a more modernized hotel, but nothing has been decided upon yet. The Freeze family continues to explore their options and look forward to the next chapter in the Cozy story.

Emergency notification system under review

The Thurmont Town Commissioners have begun discussion of an emergency notification program for residents. The topic rose from a discussion Chief Administrative Officer Jim Hummerick had with the Maryland Rural Water Association. The discussion focused on putting together a water protection and source protection plan, which led to the question: how would residents be notified if the town's wells would be contaminated?

It was decided that the town needed to come up with a notification system that would alert residents not to drink the water while taking into consideration the fact that not all residents have cell phones, use email, or have television. Discussion then shifted to finding the quickest and best way to reach all residents in town in the event of an emergency. "We need to have these plans set in place to be able to receive grant money from the Maryland Rural Water Association," Hummerick stated.

Mayor Kinnaird opened up the discussion by pointing out that the topic had been discussed briefly in the past. He went on to suggest that the commissioners come together and look at the different options available to create an efficient notification system and plan.

Commissioner Burns suggested a public hearing to allow residents to have input in the process and share their ideas. The idea of a siren like the one Emmitsburg has to alert residents

of severe storms or tornadoes was brought up. Commissioner Hamrick pointed out that Thurmont did not have a system like that set up.

It was then suggested that the town should consider partnering up with the fire department and the ambulance company on a siren type notification system. The siren would alert residents and let them know to turn on their televisions or radios for an important message.

Another option placed on the ta-

ble was email. Burns acknowledged that getting people to give out their email addresses would be a difficult task since many worry about receiving spam emails. Burns' solution to that problem was to have some sort of disclaimer stating, "if you sign up for this it will only be used in the event of an emergency declared by the mayor."

Burns agreed to take on the responsibility of leading the effort to find the best plan for the town and its residents.

<p>NEW! Heineken 18 PAK Bottles \$20⁹⁹</p>	<p>Happy New Year! 2015</p>		<p>* We Have A * Wide Selection Of Winter Beers In House Now! *</p>
<p>Southern Comfort Gingerbread Spice 750 ML BOTTLE \$12⁹⁹ *</p>	<p>INVENTORY REDUCTION SALE! * SAVE 10% * On Wine or Liquor Only PURCHASES OF \$40 OR MORE CASH ONLY 7% DISCOUNT ON CREDIT CARD PURCHASES</p>		<p>* Jack Daniels Winter Jack * LIMITED EDITION * 750 ML BOTTLE *</p> <p>* Red's Apple & Strawberry Ale * * 16 OZ. \$3⁹⁹ * CANS</p>
<p>* Tim Smith * Climax Moonshine *</p>	<p><i>Paul's Pit Stop</i> DISCOUNT BEER, WINE & LIQUOR 150 South Seton Avenue, Emmitsburg, MD 21727 301-447-6262 Monday-Thursday 9 am-10 pm, Friday & Saturday 9 am-11 pm, Sunday 11-8 pm</p>		<p>Miller Light Coors Light \$13⁹⁹ * * 18 PAK BOTTLES *</p>

One hundred years ago this month

January 1

Most Likely A Meteorite

Mr. Ronald Hoke, who is spending his Christmas vacation with his parents here, found what to all appearance is a meteorite. The specimen is the shape of a flattened egg; is extremely heavy in proportion to its size; remarkably hard, and the outer covering, copper and yellow in color, show the results of quick cooling from a molten state. Although one man of science has already expressed his doubts after a superficial examination of the curious object, Mr. Hoke will submit the specimen to the experts of the National Museum at Washington for their judgment.

Six Typewriters In One Day

That Emmitsburg believes in having the best that's made in everything, and that the people of this district will readily take hold of labor saving devices and adopt modern office equipment, is shown by the order book of a typewriter agent who, on Monday, after a hour or two of canvassing, sold six of the latest approved and highest cost machines on the market.

Christmas & Winter Activities

The intense cold spell immediately preceding Christmas and continuing for several days thereafter, gave local people ample opportunities to fill their ice-houses.

For the 42nd year, Mr. James Hospelhorn has tolled the Lutheran bell for midnight services. The service, the annual 'Watch Night' service, bidding adieu to the old year and ushering in the new, was very well attended.

Not for many years have the windows in town been so decorated for Christmas as during the present holiday season. Keeping up a custom inaugurated seasons ago, lights were brilliant in almost every household. Christmas trees, garlands of green, and touches of Holly were observable everywhere.

The Christmas carolers were out on Christmas Eve as usual. On the stroke of 12 the joyful strains of Adeste Fideles, were sung by a choir of about 20 and for an hour carols full of Christmas spirit were sung in different parts of the town.

Many of Emmitsburg's finest trotters were on the streets during the last few days showing off. With the streets covered in snow, some very interesting sleigh races were pulled off before admiring crowds. About 20 young people enjoyed a sleigh ride to Thurmont on Monday night.

Electric Service Satisfactory

The Emmitsburg Electric Co. reports that at the end of the year it had on its books 96 customers representing about 1,900 lamps, 24 electric irons and about 22 horse power of motors.

Out of the entire year, 8,640 hours electricity has been available when there was a demand for it - only 20 hours were absent this new form of power - representing a 99% availability on week-days. The total interruption of power during the late hours has been gotten better and better since the company has prohibited drinking by its night crew.

Users of the company's power ser-

vice seemed well pleased with it, both as regarding reliability and economy. That electric power is more economical than gasoline is being shown constantly. In 1914 the cost of gasoline alone was just one cent more than twice the cost of electric. The cost of electric service for most homes for a year is \$13.

New Year's Festivities

The Emmitt Cornett Band gave a concert Friday night on the Square. The selections were particularly good and every number was thoroughly enjoyed by a large audience. The Carrick's Knob Fife and Drum Corps livened things up the same night marching through the streets playing "It's a long way to Tipperary" "Don't hit mother with a door-mat," and other popular selections.

New Year's night was ushered in by lively bell ringing, the usual 'cannonade,' and display of fireworks. Quite a number people from Zora, Fairfield and the surrounding districts visited Emmitsburg Friday evening and welcome in 1915 with glee and singing.

Heavy Rains

Every creek and stream in this vicinity overflowed its banks during Tuesday night's storm and many streams were piled high with floating ice. During an unusual downpour Wednesday night, Flat Run creek was so swollen that a six horse wagon loaded with ice standing near the Willows above the bridge on the Gettysburg Road was carried downstream under the bridge, and for a distance of about 300 feet.

January 15

Railroad Requires "Dry Cashing of Pay Checks"

When the employees of the Emmitsburg Rail Road received their paychecks this week they found inside a notice to the effect that the checks must not be cashed at salons or any place where intoxicating liquors were sold.

Contracts Signed for Gettysburg Rd.

The State Road Commission awarded a contract to construct a one and quarter mile road of macadam to a Hagerstown firm on Tuesday. The road will run from Emmitsburg to the state line. News of the cost of the winning bid, \$13,282, was met with disgust in the District. Most felt the state is overpaying for the road and that had a local firm been chosen, the road could have easily been built for under \$2,000. "Why anyone would pay more than \$1,500 a mile for a new road is beyond me," said Emmitsburg Mayor Schuff. "I can guarantee you the citizens of Emmitsburg will never pay ransom like that. Ever!"

Complaining of Phone Rates

Local farmers have alleged discrimination by the Chesapeake and Ohio Telephone Company against the residents of the county and in favor of the residents of towns. The farmers charge that while residents of the county have to pay a surcharge of five cents to phone another section of the county, while residents of towns can call any part of the county without this surcharge.

The farmers also express frustration that in most cases there are too many subscribers on party lines, there've been as many as 12 subscribers on one party line in many instances.

January 22

Boozers Threaten Boycotts

Members of the Emmitsburg Former Former Boozers Association threatened to boycott local businesses that are prohibiting drinking at work. "Preventing a man from drinking while he is at labor is just plain unnatural." Said Professor Shorb. "If they can get away with this, what next? Prohibiting drinking in church?"

"This is what happens when womenfolk meddle in the affairs of men." Added Dr. Dan Glass. "They are unhappy that a man can be happy at work, so the prohibitionist rabble rousers want to make our lives as miserable as theirs! Too that I have only one thing to say to women- stopped drinking tea during your breaks and start drinking 'shine.'"

Also at the meeting, Andrew Annan of the Banking House Annan Hornor said the bank would open a temporary branch at the Hotel Slagle's saloon on Fridays to allow railroad employees to cash their checks in safety at the 'saloon branch' of the bank. "This will ensure the hard working men don't get caught by wives before they can spend their paychecks on what they want. Everyone knows women just waste money on useless stuff. This is why men should always be in charge of the household finances." Said Annan, the town's leading banker, to the applause of all assembled.

Runaways

A double-team belonging to Mr. Matthews, hitched near the square, ran off Saturday afternoon and were caught near the New Slagle Hotel by Howard Johnson. No injury was done to either vehicle or horses.

Another runaway occurred on Monday afternoon around five o'clock when a horse owned by Mr. Meade Patterson broke loose from its hitch at the New Hotel Slagle. As it struck the crossing at Hoke's store the rear wheels of the wagon became detached, and the vehicle was completely upset, injuring a calf that was be-

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ing brought to town and doing other small damage. The horse, dragging the front wheels of the wagon, was caught at the lower East end of town, again, by Howard Johnson.

Motion Pictures Tonight

There will be a rare treat offered the patrons of the "movies" as St. Euphemia's this evening in the presentation of Shakespeare's "Twelfth Night". This one feature alone should be sufficient to attract a large audience; but there are other reels that cannot fail to interest and instruct. A vivid portrayal of the life of the city firemen will be given under the title "Los Angeles Fire Department." "Black Diamonds" will also be shown. "Coke Industry" will unfold the manner in which this well-known and indisputable commodity is produced, distributed, and used.

January 29

New Organ for Lutheran Church
Workman have been busy all this week tearing out the old organ, erected 25 years ago in the choir loft of the

Elias Lutheran Church, and installing a new organ. The new instrument is it \$2,000 Mohler make of the latest design. It has two manuals and a full number of stops. The finish is natural quarter oak, decorated in gold.

The new organ is about 2 feet wider than its predecessor and has a greater depth, but no alteration was necessary in the gallery of the church. A new Ross water motor will be installed to pump the instrument. The church secured \$579 from the Carnegie Foundation towards purchasing the new organ.

Cuts Thumb

Mr. Krise, of Freedom Township, and well known in Emmitsburg, had the thumb of his left hand nearly severed while he was slicing meat at the butchering. The meat, which he was cutting, rested on a slab and when that slipped his thumb came in contact with a knife giving him a painful cut. Dr. Stone was summoned and dressed the wound.

To read past editions of 100 Years Ago This Month visit the Historical Society section of Emmitsburg.net.

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FROM THE DESK OF . . .

County Councilman Kirby Delauter

The newly formed and elected County Council had its first meeting on Dec. 1, 2014. It was more of a symbolic meeting just to discuss a few items and choose the President and Vice President. My vote for President was for Billy Shreve.

Billy and I served on the previous Board of Commissioners and Billy I thought, was the best choice since he has a good understanding of the history of events that have taken place, he knows the county staff and had a good plan to move the Council forward.

Our first meeting to discuss

agenda items is Tuesday Dec. 16th at 3PM. Several items on this agenda I have problems accepting. One are the Developer Rights and Responsibilities Agreements (DRRA's) and the second is the appointment of a Board of Education Liaison at a salary of \$41,000.

First the DRRA's. The County executive, Jan Gardner has issued a directive to the County Attorney not to attend the court hearings from lawsuits filed by Friends of Frederick. Friends of Frederick are a group that previously sued the County as much as 18 times and lost every suit

they filed. They file frivolous claims that tie up the courts and they lose every time. In this case, the main issues I have are that the county entered into a contract agreement with these DRRA's and now the County Executive is not honoring these contracts which will cause high dollar lawsuits to be filed against the county.

Also, Friends of Frederick were huge supporters of Jan Gardner's during the election, which should bring up serious ethics violations as well, since she has determined to not defend the agreements in court for a case brought on by an

organization that supported her during the campaign. It doesn't take a Harvard Law Professor to see that if you have a signed contract agreement, and you don't honor that agreement, you will lose in court. Get your wallets out because the County Executive has put us in a very bad position from day one.

The second issue is the BoE liaison position. The County Executive hired Janice Spiegel at \$50,000 per year to fill this position. This is nothing more than the Executive using your tax money to complete a political payoff. Janice was on Jan's cam-

paign team and this position is a payback for her support, plain and simple.

We have two very intelligent Teachers that were elected with Jerry Donald, and Jessica Fitzwater. My question is, why can't they be the BoE liaison since they are paid by the BoE and are now being paid by the taxpayer for their role as Council members? They are more than qualified and it would cost the county taxpayer \$0 in additional dollars to do so.

These are my concerns right out the gate. We will be discussing these and I will continue to shed light on any fiscal issues I feel are not in the best interest of Frederick county.

County Council President Bud Otis

I decided to accept the nomination as County Council President as I felt it was time to move in a new direction. Having lost the election for the County Executive position but winning the County Council I felt that with a split government we needed to get back to the positive issues that help us win the Council seats. The voters told me they were tired of the negative campaigning and wanted us to work towards solving the Counties business issues.

With the change in government from County Commissioners to County Council members everyone is learning what the differences are and we still are not sure of all the finer points yet. January 6 we will be voting on issues of how the Council is to run and all that we are responsible for.

The charter gave broad plans but not in much detail. We hope to have a better handle on things after our January 6 meeting. The first big issue facing the Council is the budget for 2016. The 2015

budget is coming up with a negative balance of between three to four millions dollars so far.

We will not know how bad it is until we get the final numbers from the state on the taxes that were collected from the sales taxes and incomes taxes. One never really knows until all the final numbers are in and then we can start to get a handle on the budget.

The County Executive Jan Gardner puts the budget together and then it is sent to the Council. We can move budget

numbers around in the budget to a limited degree and we can lower the budget but we cannot raise the budget. It is important that the County Executive and the County Council work cooperatively. If we do not, you the voter will be the loser.

In my acceptance speech I told Jan: "I would agree where I could agree and disagree when I needed to but I would not be disagreeable". That is what I learned in the past election from listening to our great voters in Frederick County.

You want us to get the job done and I intend to follow you advice and do just that.

Some votes are not easy and I expected that, I just am getting use to the fact that not even your friends will always understand your votes.

I will stand for the principals I ran on and I will study each vote and I hope I reflex your values as well as mine! I am working hard to move the County in a positive way and not dwell on past problems. This is a great County with very smart voters and I think that's what they want me to do.

Emmitsburg Mayor Don Briggs

Christmas came early for this grandfather. First with the tree lighting on the Square and festivities at the Carriage House then visits with Emmitsburg Elementary and Mother Seton School 4th grade classes and getting to read to and with the three kindergarten classes at the elementary school. I was out of town when Mother Seton School 4th graders decorated the town Square tree with decorations they

had made, but was there when the elementary school adorned the tree in front of the Community Center with their decorations.

Congratulations Dr. Bonny Portier for being awarded the Emmitsburg Business and Professional Association "Extraordinary Service" award. Thank you dear doctor for your tireless service to our community.

The four-faced clock for the

square has arrived. With Emmitsburg inscribed on each side at the top along with the town emblem amid the Roman numerals and a tribute to its donor Mount Saint Mary's University. It is fragile, sturdy and weighs a thousand pounds. Though its installation is scheduled for after the Square construction work is completed, there is a lot of excitement afoot to put it in a temporary location.

The exterior work on the town building at 22 E Main (where the deputies' office is located and where we vote in municipal elections) is almost complete. Gone is the pink building now anew repainted, trimmed and with replaced energy efficient front store size window with mullions. The cost to the town

virtually nothing as we matched a 50-50 property owner grant with an energy saving grant. The town is looking into a state of the art way to further reduce its energy cost by another 10%. If it checks out we will be the first municipality in the country to use it.

Congratulations to Jayson Howard, for he and his family are going to Florida. Why? Because Jayson won the Offense-Defense



New clock for town square

Football Camp MVP award last summer in Baltimore. As a result of that Jayson was invited to the O-D All American Bowl. He will be attending practice twice a day with other selected winners from all over the country. He has been assigned to Team AA7 and will play games on January 3rd and 4th. Jayson is one of many Emmitsburg youths who play in the Catoc-tin Youth program.

Next year will mark the 40th anniversary of the canonization of St. Elizabeth Ann Seton. Looking forward to the many commemorative events scheduled for next year.

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FROM THE DESK OF . . .

Carroll Valley Mayor Ron Harris

Happy New Year and you know what I am about to share. The resolutions I made last year, well, I am going to try again to fulfill them this year. I am still trying to get rid of all of my old computer peripherals, software and documentation. It's hard for me because I still have my college course notes broken down by year and class. You never know when you might want to refer to them. My wife has patience but I think I have got to make a definite effort this year. About electronic waste, Park's Garbage has to follow the Covered Device Recycling Act (CDRA). This means only approved certified recyclers can accept all electronic/electric items for recycling – basically anything with a cord as long as the item does not contain any Freon, oils or fuels.

In Adams County, the Adams Rescue Mission at 2515 York Road in Gettysburg is an approved CDRA certified recycler and will accept computers, monitors, peripherals and televisions. If you are unsure whether the Adams Rescue Mission will accept an item, you can reach them at 717-334-7502. If you would like to get a copy of the Adams County recycling pam-

phlet, contact the Adams County Environmental Services Department located at 670 Old Harrisburg Road, Gettysburg.

Had the opportunity to attend Matthew Bollinger's Eagle Court of Honor. This young man was awarded the rank of Eagle. For his eagle project he created a new trail at Strawberry Hill Nature. Matthew has been in scouting since being a tiger cub and has been awarded the following scouting awards: Arrow of Light, National Honor Patrol (3 times as patrol leader), AP Gleason Award, and a total of 41 merit badges. The World Conservation Award and the BSA Kayaking and Snorkeling Awards. He is a member of the Order of the Arrow and has served as an Assistant Patrol Leader, Patrol Leader, and Senior Patrol Leader. On behalf of Carroll Valley, I presented him with a Mayor's Certificate of Achievement.

I also had the opportunity to attend the Senior Center Christmas Dance held at the Fairfield Fire Hall. This was a senior project of another outstanding young man by the name of Kody Kulkusky. Over \$630 was donated to the Fairfield Senior Center. A job well

done. Our future depends on the young. If these two young adults represent their generation's outlook on life, we will be in good hands. To see the pictures of both events go to www.ronspictures.net.

I have received a call about dog barking and what can be done. Chapter 2 of Carroll Valley Borough Ordinances addresses Animals. Dog barking is covered under Part 2 Animal Noise Control § 2-202. Noise Disturbance. It reads, "It shall be illegal within the Borough for any person or persons to own, possess, harbor, or control any animal or bird which makes any noise continuously and/or incessantly for a period of 10 minutes or makes such noise intermittently for ½ hour or more to the disturbance of any person any time of the day or night..."

The procedure involves the complainant visiting the Borough's Police Department. There you will be asked to fill out two complaint forms and complaint logs. A warning letter along with the Animal Ordinance is sent to the dog owner. If the problem continues, the complainant returns the complaint log back to the Police Department and a Police Officer files

a citation against the violator. The citation means that the complainant may be required to provide testimony before the Magistrate since the complainant is the individual who has witnessed the excessive dog barking. If you should have any questions contact the Borough Police Department at 717-642-8269 Ext 25. Before you start the process, visit the family that owns the dog and discuss the disturbance. It may resolve the problem.

We are in the 2014-15 Flu Season. While flu activity varies from season to season, the most activity commonly peaks in January or February. The single best way to prevent getting the flu is to get vaccinated. There are also other measures one should consider. Avoid close contact with people who are sick. If you are sick, stay home. If you know or you believe you may be coming down with a cold, don't shake hands. As a matter of fact, wash your hands often, that can help stop the spread of germs and prevent respiratory illnesses like the flu. Watch out for those politicians! Naturally, I am the exception. Cover your mouth and nose with a tissue when

coughing or sneezing. Teach your children to sneeze in the crook of their arm (the elbow) to prevent the spread of germs. Someone did suggest to me about using the armpit but I don't think that works – it would hurt! Simple advise – be careful and be mindful of others.

For over 9 years, the Borough's various staff and council members have contemplated plans to replace the existing municipal building, which is extremely undersized and provides little or no opportunities for expanding services and offering amenities to the community. Please come out on January 7th to attend a 7 pm meeting in the Borough Conference Room. Let your voices be heard about a new Community Complex and help all of us ensure that our future generations are not faced with this same challenge in the decades to come.

Borough meetings in January are: Planning Commission (Jan 5th), Borough Council (Jan 13th), and Parks/Recreation Committee (Jan 28th). Please reduce your speed to make sure you, your loved ones, your friends and neighbors will be safe. Don't Drink and Drive. If you have any questions call me at 301-606-2021 or email at MayorRonHarris@comcast.net.

State Representative Dan Moul

The holiday season is a time for sharing with others, and a time when you can reap benefits as well. With deer season now underway, the Pennsylvania Game Commission has unveiled a new website designed to be a comprehensive resource for sportsmen. www.GoHuntPA.org provides timely licensing information, hunting locations and a list of what game is in season. It also offers information on how to have game processed and opportunities for hunters to get involved in organized community events.

One opportunity is Hunters Sharing the Harvest (HSH), a state program that enables hunters lucky enough to bag a deer to donate all or

some of the venison to hungry Pennsylvanians. Since 1991, HSH has produced an average of 100,000 pounds of processed venison annually to feed hungry individuals and families throughout the Commonwealth.

Thanks to the generosity of hunters, participating processors, food banks and numerous sponsors, more than 200,000 meals of venison were provided last year. The program channels processed venison through the state's 20 regional food banks, who then re-distribute the meat to more than 4,000 local charities such as food pantries, missions, homeless shelters, Salvation Army facilities and churches.

Venison is a 100 percent natural,

low-fat, high-protein food source that is eagerly sought out by food distribution organizations given the low protein content of most of the foods they offer. The meat from one average-sized deer can provide meals for about 200 people.

This year, venison donations are more critical than ever, as about 1.8 million Pennsylvania residents live at risk of hunger. It is also estimated that 450,000 individuals meet a part of their food needs each month through a food pantry or soup kitchen.

This year, HSH announced it is eliminating the \$15 co-pay requested from hunters in the past when donating a deer to the program. Hunters can

now drop off a whole deer at a participating processor near them. They may also donate a portion of the deer by simply advising the processor to reserve a specified amount for the HSH program.

Many wildlife management units in the Commonwealth offer multiple deer tags, longer seasons and special hunting opportunities that result in extra deer being donated by sportsmen and sportswomen. For more information, including a list of local processors, visit www.ShareDeer.org or call toll-free (866) 474-2141.

The end of the year also presents opportunities to save money on fishing licenses. The Pennsylvania Fish and Boat Commission (PFBC) is offering reduced prices on fishing licenses for the 2015 season. Through-

out December, anglers who buy a 3-year or 5-year multi-year fishing license will enjoy \$3 or \$5 off their license purchase. The PFBC is also offering a \$1 discount on annual licenses for resident, non-resident and senior residents throughout the 2015 season. These discounts apply to fishing license gift vouchers, making them great gifts for family and friends. Finally, you can give the gift of education this holiday season. If you are looking for a truly meaningful gift for a special child on your holiday shopping list, I urge you to consider opening or contributing to a Pennsylvania 529 College Savings Program account. If you act before Dec. 31, you will receive the benefits of your tax deductible contribution on your 2014 taxes. To learn more, visit www.PA529.com.



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GOVERNMENT—NORTH OF THE MASON-DIXON LINE

County Commissioner Marty Qually

Happy New Year! It's now 2015, Champagne has been popped, party debris cleaned up, and hopefully resolutions still intact. For your Adams County Commissioners 2015 means its an election year and I have a resolution for 2015 that has and will continue to guide my service to Adams County. Economic Development. Wow, not that's a show stopper, yet another elected official saying that we need a strong tax base to move forward. Jobs, Jobs, Jobs...You've heard it all before, so I won't bore you with cliches. The truth is it is a lot harder to understand economics and business development than it is to cheer about it. I am no expert, but my past three years in office have taught me that "Economic Development" is one of the most misunderstood concepts in politics and means different things to different people. The past three years also taught me that if I want to serve Adams County, I had to learn from the experts quickly.

Before I begin to lay out concepts on this subject I must give thanks especially, but not solely, to Nick Collona, our most recent past Planning Director, and Robin Fitzpatrick, the Director of the Adams County Industrial Development Authority and Economic Development Corporation. I was privileged to watch the two of them in action discussing and debating how

to move a community forward, allowing for both preservation and growth, balancing historic strengths yet leaving room for new business innovation. Our County Treasurer, Terry Adamick, told me when I took office that few people truly understand County government and that you need to educate, educate, educate.

Before there was a building there was a plan. The building became a neighborhood, became a town, a city, a county... While it was easy to define a building, "Jane's house", and sometimes a neighborhood, "Ranch section", it gets more complicated to define a community. New York is the city that never sleeps, Philly is the city of brotherly love. So how do you define your community, how do you define Adams County? Ask a fruit grower in Biglerville and a Hotel owner in Gettysburg and you will get different answers. I have found it interesting that many people define their community by what it does, we are fruit growers or we are stewards of history. While there is clearly more that defines us than what we do, for the purposes of an economic development discussion, this is an important lens to use.

In Pennsylvania what we do and where we do it are defined by our municipalities. Municipalities control planning and zoning, while you get

to decide what you want to do (build a house or business) municipal planning and zoning determine where that can exist. For those of you unfamiliar with Pa planning, the basic rule is that each municipality or regional group of municipalities must allow for every building use. So there must be areas for housing, business, industrial, farming, etc... This zoning forms the backbone of the community and its neighborhoods. Over the course of years these zones get blurred or were never very clearly defined to begin with and there is the inevitable conflict between users. Houses next to chicken farms, houses next to "smoke stack" industries. It is when these conflicts occur that the definition of a community is tested. Are we rural or urban; quaint historic small town or forward thinking industrial community? This dynamic may never change, but I believe that while we have a lull in our economy and before the next wave of development, now is the time to really work on this issue of definition. With better definition to our Community, we will be in a proactive development position and be able to attract what we want and continue defining who we are.

As a County we took a first step by creating a Priority Preservation Map to help us define what we currently want to preserve in our county. Geographi-

cally there are two very important areas in our community. Our unique soils and geography are the basis for our fruit and agricultural industries, arguably some of the best in the Country. Our historic landscapes centered around the Civil War are equally important. While we may differ as a community on how much land should be preserved to maintain these economic drivers, few rational people can argue against that these industries require specific lands to function. The Priority Preservation map took into account soil quality, local planning and zoning, existing preserved farms, and the County's comprehensive plan in determining the ranking of lands for preservation. This map was an important first step, just as a doctor's first priority is to do no harm, so too must we in planning our future be careful that we not detract from our existing strengths.

The next step in the process is to create a Planned Communities Map, which should be finished this year. This map is almost the flip side of the Preservation Map. While the Preservation Map focused on soils and proximity to other farms and open space to not develop, the Communities Map focuses on infrastructure and proximity to other industries that should be developed. Businesses, especially larger industrial uses, need utility services, larger

roads, high speed internet, and often proximity to highways. The goal of the Planned Communities Map is to take a bird's eye view of the entire County and truly see where we are and where we have the potential to grow. Growth is a fact, but what that growth is and where it belongs can be controlled. This map along with the Priority Preservation Map will be the guiding documents for the County and hopefully the municipalities moving forward.

If we are to be successful as a County, and not just as a collection of 34 municipalities, we need to begin an open and honest discussion about how we want to develop in the future. We cannot simply wait for each controversial development to fuel the argument. Let's have a discussion instead of a reactive argument.

When I outlined my campaign idea to my campaign manager and team, they told me to put my money where my mouth is. Last month my campaign team told me that if economic development is the number one topic and it is confusing then it is my responsibility to explain my stance as a candidate this year and not just as a County Commissioner. If I intend to serve Adams County for four more year, than I have a duty to be open and honest with you as to where I stand. To that end I am having a town hall meeting on January 31st from 2:00 to 4:00 at the Charlie Sterner building at the Gettysburg Area Recreational Authority in Gettysburg (the Rec Park).

State Senator Richard Alloway

Over the next few months, the Governor, with the consent of the Senate, must fill several Commonwealth leadership positions as a result of the gubernatorial election in November.

I'm pleased to announce that, thanks to humbling support from my colleagues in Harrisburg, I'll play a significant role in that selection process.

I was recently elected by the Senate to serve as Senate Majority Caucus Secretary, for the 2015-16 legislative session. Previously, I served as Caucus Administrator for four years, so this move represents a promotion. My predecessor, the late Sen. Terry Punt, also held the administrator position.

I'm replacing retiring Senator Robert D. Robbins (R-50), who has held this position since 2001. I officially started in this position Monday, Dec.

1. This new position is very important, for myriad reasons.

First, I'll oversee all executive nominations submitted to the Senate for confirmation.

Additionally, I'll coordinate background checks on all nominees, and review their background and experience. This research will help ensure that proper documentation is submitted for each candidate.

Also of note, this is the highest leadership role for a senator representing the 33rd District since 1939, when Brysonia resident John S. Rice was elected Senate President Pro Tempore.

I cannot thank my colleagues for entrusting me with these vital responsibilities, as this is a pivotal leadership post within our caucus.

I'm honored to be selected to lead

the process of vetting candidates for these positions.

I look forward to working with Governor-Elect Tom Wolf, in assembling his cabinet and leadership team. As of now, I have no litmus test for nominees, but checking potential conflicts of interest will be a priority. We will look at the totality of the individual, with deference given to the governor and the fact this is his team that he's chosen and wants to lead. Mr. Wolf cannot officially submit names for consideration until he takes office on Jan. 20.

I'm anticipating that we could see up to 100 nominees submitted for Dept. of Environmental Protection secretary, Liquor Control Board nominees, Labor Relations candidates, and Workers' Compensation vacancies.

These are all critically-important positions, and our nominees must have

the best interests of the Commonwealth of Pennsylvania at heart.

Some of these Senate approvals will require a simple majority, while others will necessitate a two-thirds majority.

Some Senate approvals will require a simple majority, others a two-thirds majority.

As in the federal government, the state executive branch serves with the advice and consent of the Senate.

For more information about Act 89 and how it helps Pennsylvanians, I encourage you to visit my website: www.senatorial-alloway.com

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COMMENTARY

Words from Winterbilt

A New Year, news and predictions

Shannon Bohrer

Every New Year we make New Year's resolutions, we review the news from the past year and we hear predictions for the coming year. As one gets older you often look forward to this, at least some of it. When I was young, I did not think about getting old, I thought more about the present and future. As one gets older, you reflect more on your past. Each New Year's day, the reflections seem more significant. Why the significance? Maybe, just because of the time that I have lived. Then, maybe it's just because as one gets older, the more reflection of one's life? Another possibility is that with each New Year's resolutions we make, you have the opportunity to make new resolutions. Why do we make these resolutions is another question? One can only surmise about how the practice started, but we all seem to know the purpose. The consensus is that the purpose of a new year's resolution is to be a better person. So we resolve to correct behavior in ourselves that we think needs correcting. After all, we never make a resolution to correct or change the behavior of others, although..... maybe not.

Of course I can't remember most of the New Year's resolutions that I

made, but I can remember a few. I have made so many, you would think I could remember more, but I can't. A few that I can recall would include: I will strive to be a better person, I will treat everyone with respect, even those I disagree with, I will take more time for my family and friends, I will accept what I cannot control, I will eat better, exercise more, and read more. Actually, that sounds like an extensive list. I probably made the same ones, or similar ones, over and over and over again. So in that light, my resolutions would not really be new - New Year's resolutions, as much as repeat year resolutions. In a positive way, it shows that I have been trying to improve my behavior. It has been my observation that we really don't change that much, even though we know sometimes we should, which is maybe why we keep making the resolutions in the first place.

Another New Year's event is that the newspapers, magazines, and television report the news from the previous year, as if we did not see or hear it. They all review what they believe were the top news events for the year that just ended. Who was elected, who was arrested, who was born and who died. They also like to report what movies were the top box office successes, who won awards, and what

stars were married and or divorced. Entertainment news does seem to be important to the news reporters.

When reporting the news from the year that just ended, it would seem logical to report what happened in the world and in some ways they do, but only if the United States was involved in the event in some way. The exception is a disaster. If the press reported the disaster during the year, there is a high probability it will be included with "What happened last year." If there is a war or conflict that we are not involved in, we don't need to know about it.

Another New Year's tradition is the predictions that will be made, about what will happen in the coming year. This tradition is often segmented with politics, economics, and world affairs. The experts making predictions will be news reporters, politicians and economists which is why so much of the predicting is related to what they normally talk about.

The politicians will tell us what they accomplished last year, but more importantly what they will be doing for us in the coming year. They will do this while reducing spending and at the same time not cutting anything and not raising taxes. They will also tell us why the other side hates us and will do nothing for us in the coming year. The economist will spend a lot of time explain-

ing why and what happened last year with the stock market and why that was so important for this year. They will then continue with what will happen with the stock market this year, how much it will go up. They never predict it will go down for the coming year. They will also add a prediction on GDP growth this year, housing prices and mortgage rates, just what most people can't wait to hear, especially the GDP.

Since everyone can celebrate the New Year, make a new year's resolution, tell you what happened last year and make predictions for the coming year, I think that makes me qualified to add to the confusion and misinformation.

I will make a new year's resolution and it will be to be a better person and to tolerate those with whom I disagree. That is contingent upon those that disagree with me not annoying me. If they annoy or displease me, then the resolution can be suspended. I think that's fair.

As to what happened last year, there was more reporting on the Malaysian airline that went missing than the invasion of Ukraine. That was until another Malaysian airline was shot down - over Ukraine. There was also the continuation of the civil war in Syria that has been anything but civil. The civil unrest in the Middle East has not been civil either. The evolution of a new and improved terrorist organization occurred, probably while we were looking for the Malaysian airliner.

My predictions for the New Year include: the stock market will go up and sometimes it will go down. If the experts really knew what they were talking about, they could tell us before the stock market goes up, why it will go up, instead of always telling us after the fact. The politicians will agree to work together - but they will not. People will buy houses and people will be employed. There will be conflicts and wars in parts of the world, and the United States will be involved in some of them - maybe they should not be. There are currently over 50 million refugees around the world, and I predict this will not be a major news story. If, by chance it would be, it would be short in duration. If another airline disappears and we cannot find it, it will be a long story. Also, there will be more complaints from victims about Bill Cosby. That may continue into 2016.

I also predict that the news reporters will not go back to the predictions the experts made in January 2013 and report how right, or wrong they were. However, when questioning the experts for their prediction for 2015, the news reporters will question all of these predictions - as if they have some expertise or knowledge about what the experts are talking about, which they don't. You see, reporting can be the entertainment.

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

Common Cents

Havana daydreaming

Ralph Murphy

On 17 December President Barack Obama issued a statement indicating there would be an immediate exchange of prisoners between communist Cuba and the United States. He went on to state that diplomatic relations and trade ties would resume between the two nations for the first time in over five decades.

The new working relationship between Havana and Washington had been given impetus by Gross's detention and harsh sentencing for activities considered legal and constructive by most in the developed world. Canada and the Vatican facilitated the exchange. Ottawa leant a site forum, and the pontiff helped to "hammer out" the final details. The largely Catholic, Latin American nations have accepted papal guidance in recent political disputes between Argentina and Chile as well as Peru and Chile. It's rare however, that they would be consulted by atheistic, communist Cuba. On 17 December it appeared to work.

In announcing the new policy, the Obama administration noted the introduction of a series of measures that included the mutual easing of travel restrictions, new trade with the Cubans, telecommunications improvements to include phone, and curiously, internet services on the island, as well as a State Department review of Cuba's designation as a "state sponsor of terror-

ism". Congressional Hispanics from both sides of the aisle were indignant. Senate Foreign Relations Committee Chairman Robert Menendez (D-NJ) claimed the proposal had "vindicated the brutal behavior of the Cuban government" without further elaboration.

Sen. Mario Rubio (R-Fla) called the measure "a victory for the repressive Cuban government and a serious setback for the repressed Cuban people". The White House wasn't dissuaded in what could well be the seminal foreign policy achievement for its second term. It asserted the ties would "advance (American) values in Cuba", as well as open new avenues of wealth to the islanders long suppressed by an oppressive bureaucracy in a state planned economy.

American involvement on the island dates back to the 1898 Spanish-American war in which it gained protectorate status. The links were loosened over time and Cuba was prone to infighting and dictatorship under various ideologies. President Fulgencio Batista, who had seized power in the 1933 "Revolt of the Sergeants" was toppled by Fidel Castro's July 26th Movement in December of 1958.

Castro's initial appeal for democracy was quickly replaced by the reality of communist consolidation. By 1960 he had legalized the communist party politically and struck a quick commercial alliance with Soviet Moscow. President Dwight D. Eisenhower mobilized the

CIA that reportedly supported armed democratic units, but the movement was stalled and logistical support complicated by the Caribbean "moat".

President John Kennedy approved the infamous "Bay of Pigs" invasion in April of 1961, but didn't follow through with promised air support for the roughly 1400 exiles that were mostly killed or captured. In October 1962 the US confronted Moscow during the "Cuba Missile Crisis". It was the closest the world has ever come to large-scale nuclear exchanges in the Cold War era. Moscow agreed to withdraw the weapons and to not introduce them again if the Americans didn't interfere in Cuban affairs.

While Castro had become something of a pawn in the East-West struggle, the agreement did lock his communists in power without significant US involvement until the recent accord spearheaded by Gross's plight and defiance.

In 1991 the collapse of the Soviet Union directly affected Cuba that saw up to \$4 billion in annual trade subsidies for food and fuel simply vanish. Ties to Latin America remained good in subsequent decades - especially as South America drifted left in the Mercosur and budding Unasur trade pacts.

Venezuela was especially helpful to Havana by providing 110,000 barrels of oil a day for scant payment other than medical services because Cuba had a glut of doctors. From 2008-2010 Venezuela reportedly subsidized up to 20% of Cuba's GDP - similar to



the Soviet's influence-buying before their collapse. With the world awash in low priced oil and Venezuela mired in inflation, debt, and domestic violence. Cuba had to change.

Cuba produces about 10% of the world's sugar supply. Beyond limited nickel mining, Cuba has few other exports of value. Nickel however, has considerable value, and constitutes a reported 21% of the nation's total exports in 2014.

Easing of trade to the Americas is a bit more difficult in Cuba's case as the country has been singled out for sanctions by the U.S. Congress as opposed to adherence to a binding international treaty. The Obama administration intends to immediately lift travel restrictions and financing to include the use of credit and debit cards on the island. They also want the easing of sales of non-threatening items such as building materials, agricultural equipment, and unspecified other goods and services.

Again, a more comprehensive trade alliance with any economic embargo

respite requires Congressional approval. And Cuba has so long been an antagonist to US interests, so it may take additional "good faith" gestures by the Cubans to convince Capitol Hill that it has really changed. Current Cuban President Raul Castro appears to be in a bit of a sibling rivalry with his brother Fidel regarding reforms.

Particularly in areas such as allowing some degree of self employment, legalization of the US dollar in trade, increased tourism and even an element of private property ownership. Few other nations, especially those that have a social or economic influence on Cuba, espouse a return to communism.

While Cuba appears to symbolize defiance too much of the world community - this defiance seems to be going nowhere constructive. By opening up to the West, the 11 million citizens of Cuba can hopefully enjoy some increased degree of prosperity and freedom.

To read past editions of Common Cents visit the Authors section of Emmitsburg.net.

Pure OnSense

A tortured defense

Scott Zuke

Last month the Senate Intelligence Committee released its long anticipated report on the CIA's Detention and Interrogation Program and the use of torture against terrorism suspects between 2001 and 2009. The key takeaway—that the United States was responsible for engaging in the torture of numerous detainees held in secret CIA facilities on foreign soil—was already publicly acknowledged by President Obama back in August when he told a press conference ahead of the report's release that “We tortured some folks.”

The declassified executive summary of the massive report was expected to stir up public debate on the issue of torture by explaining in detail the techniques used, the second-guessing of the program's methods by the very people carrying them out, and the CIA's aggressive misrepresentation of its effectiveness to policy makers and the public. It was also controversial amongst Republicans, many of whom argued that it was politically motivated and could incite violent reprisals against American military personnel overseas.

Upon the report's release, Bush administration officials including former Vice President Dick Cheney

rushed to defend the program and strongly object to its description as torture. “Torture was what the Al Qaeda terrorists did to 3,000 Americans on 9/11,” he told Chuck Todd on Meet the Press. “There's no comparison between that and what we did with enhanced interrogation.” When asked if he thought it was acceptable that 25% of the detainees subjected to these techniques turned out to be innocent, Cheney replied, “I have no problem as long as we achieve our objective...I'd do it again in a minute.”

Polls conducted after the release of the report appear to show a majority of Americans share Cheney's view. In a Pew poll, 51% of respondents said the CIA's interrogation techniques were justified, versus only 29% who said they were not. Even more, 56%, said the techniques provided intelligence that prevented terror attacks, a key point that the Senate report strongly rejects.

A Washington Post-ABC News poll more directly addressed the issue of torture and found even starker results. Nearly half of respondents said the CIA's techniques amounted to torture; 54% said they believed the CIA intentionally misled the White House, Congress, and the public about its activities; and 58% said that torture of terror suspects

can often or sometimes be justified. The same slim majority believes that the CIA's techniques provided information that could not be obtained any other way.

This is another point strongly contested by the Senate report, which argues that most of the actionable intelligence claimed to have been acquired through enhanced interrogation was actually collected earlier, through non-coercive means. The best results, the report says, consistently came from non-violent approaches, such as telling the detainees what the officials already knew and allowing them to elaborate on the details. Those who carried out torture reported that the experience seemed to “poison the well,” turning previously cooperative detainees into permanently unwilling and unreliable sources.

Cheney and other supporters of the program have hidden behind the authorization for enhanced interrogation techniques granted by the Justice Department's Office of Legal Counsel, however the Senate report contends that “The CIA repeatedly provided inaccurate information to the Department of Justice, impeding a proper legal analysis of its program.” A recurring theme throughout the report is the great lengths to which the CIA went to prevent policy makers, the American public, and even the CIA itself from having an informed discussion of the legality and effectiveness of its program.

Much of it was conducted under the immense stress of being demanded to produce results, and with only blind faith that the detainees held valuable information and that torture would compel them to share it.

Torture is abhorred almost universally when used only for punishment. It has to be justified as a coercive tool to gain vital information otherwise unavailable. But if it has been found to be an ineffective tool in that regard, and one that requires the intentional stretching of legal interpretations to justify, why is public opinion on torture so soft?

My best guess is the prevalence in American pop culture of the trope known as the “ticking bomb.” It is an ethical dilemma that appeared regularly in various formulations in episodes of the television show 24: There is a ticking bomb that can only be located and disarmed with information held by an uncooperative terrorist in custody. Without it, thousands of innocent people will die. In knowing violation of the law, the hero tortures the suspect until he acquires the necessary information, and lives are saved.

Amongst moral philosophers, how we judge the hero's actions has become known as the problem of dirty hands. The question goes, “Should political leaders violate the deepest constraints of morality in order to achieve great goods or avoid disasters for their communities?”

Interesting as it may be at the phil-

osophical level, and as exhilarating as it can be when depicted in fiction, in reality the ticking bomb scenario almost never happens. When it does occur in fiction, it invariably overstates the effectiveness of the techniques employed (a story that shows torture failing to produce actionable intelligence would be reduced to a short morality play instead of advancing the plot of a larger action show: which do you think Hollywood is in the business of producing?). This storytelling technique has the unintended consequence of teaching viewers that torture is unsavory, but frequently necessary and justified by its results.

When seeing the poll results after the release of the torture report, it's hard to shake the feeling that people have internalized fiction as reality, and have come to expect the most extraordinary of hypothetical situations to be a normal occurrence to be dealt with.

It's worth noting that within several ethical systems, torture would be deemed unjustifiable even if it were proven to be effective. With the evidence at hand, however, we can simply conclude that it is not, and that it more often produces falsified intelligence, damages our reputation abroad, and undermines our political institutions. We should care more.

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

Creative Destruction

On the price of oil

Michael Hillman

Americans got a much-appreciated Christmas present this year in lower gas and heating bills, thanks to the collapse in the price of oil. It wasn't too long ago that drivers were facing the threat of \$5 a gallon for gasoline, forcing many to choose between vital necessities or filling their cars with gas. Unfortunately, due to our urban lifestyle, gas was winning out – and in doing so, sucking the fun out of life for many.

Now that we're in a breather, it's worth stepping back and looking at the causes of the run up and subsequent collapse of the price of oil, for understanding this is the first step in hopefully preventing a repeat of the last five years of high oil prices. For decades the price of oil was dictated by market factors of supply and demand. As demand increased, the price rose. As the price rose, new sources of oil, e.g. the Gulf of Mexico, the North Sea, etc. were found and brought on line. Thus, the resultant increase on supply stabilized the price of oil.

In 1960, when the Organization of the Petroleum Exporting Countries (OPECs) was formed, oil was selling at \$3/barrel. At the time, the US was the largest producer of oil, so OPEC, which

was at the time comprised of Iran, Iraq, Kuwait, Saudi Arabia and Venezuela, had little influence on the prices of oil.

By 1971, the addition of Qatar, Indonesia, Libya, United Arab Emirates, Algeria and Nigeria resulted in the shifting of the balance of production away from the US to OPEC. During the Yom Kippur War of 1973, OPEC exploited its new found strength and ceased selling oil to the west, resulting in drop in supply. To keep the price of gas from jumping at the pump, the US Government implemented gas rationing for the first time in peacetime history. Public frustration, with long lines at gas stations, resulted in a call for America to become energy independent. It worked. The supply of oil rose and the price once again stabilized.

Events during 1979 involving the Iran revolution and Iraq-Iranian war saw crude oil production fall another 5.3 million barrels, almost a 1/8 of total world production. The combination of these two events resulted in crude oil prices more than doubling from \$14 to \$35 per barrel. The sudden spike in the price threw the US and Europe into recession.

In 1982 OPEC, for the first time, set production quotas for each country member to stabilize oil prices. While members frequently cheated on their produc-

tion quotas, the plan worked and for the next 23 years the price of oil remained stable.

Government programs in 2005 began to expand homeownership beyond the traditional homeowners which sparked a housing bubble. With the price of homes seen as a one-way bet, everyone wanted into the game. The explosion in economic activity drove an increase in the demand for oil and the price of oil began a steady march upwards. In 2008, the price of oil reached an all time high of \$126/barrel. The following month the stock market crashed under the weigh of the high cost of oil. With economic activity coming to a standstill around the world, the price of oil collapsed almost overnight, dropping to \$32 by that December. This was clear proof that the law of supply and demand works.

But, the law of supply and demand only works as long as Governments don't interfere. They interfered in the housing market and we got the financial collapse. To address the price of oil collapse, they interfered again, this time with a monetary policy called Quantitative Easing.

The drop in interest rates as a result of Quantitative easy was a boom for over stretched homeowners who suddenly found themselves able to refinance homes at much lower interest

rates. But, with the Federal Reserve running their printing press in overdrive, the value (purchasing power) of the dollar, which oil is priced in, fell. As a result, oil producers began to ask more for each barrel of oil. Once more the price of oil was soon in an upwards spiral, and before anyone knew it, drivers were faced with \$4 gas. In spite of all the efforts of the Federal Reserve, the US economy was once again sputtering under the high price of oil.

However, the law of supply and demand came to the rescue. The high price of oil spurred the Shale Oil boom in the US. As US production rose, the supply side of the equation became more balanced. Historically, that would be the end of the story. A new supply of oil coming on line would stabilize oil prices and a new equilibrium would be established, and gas prices would settle in the \$4 range. But all things were not equal.

With the US economy appearing to hit on all cylinders, the Federal Reserve finally ended Quantitative easing this year – turning their printing presses off for the first time in 5 years. At the same time, Europe and China and turned on their printing presses in hopes of reinvigorating their flagging economies, resulting in the value of the dollar relative to all other currencies to rise. As the value of the dollar rises, the amount of oil it buys increases, resulting in a drop in the price of oil. Add in the decrease in oil demand due to the faltering economies in Europe

and Asia, and the oversupply due to US shale oil production, and the price of oil suddenly became a one-way bet – down.

Now you would think the collapse in oil and the resultant drop in the price of gas at the pumps would be good for the stock market, but instead, it has shaken the financial markets. Many of the shale oil producers borrowed heavily to finance their operations based upon an ever-increasing price of oil. (Sound familiar? It's the housing crisis of 2008 all over again.) With the price of oil now below their breakeven level, many are facing bankruptcy. Now add in the failing European and Asian economies and things just don't look as rosy as you would hope.

On the upside, with all the new oil production capability now available, it's a safe bet that low oil prices are here for a while and consumers can take a break and rebuild their tattered balance sheets.

One, however, can only wonder what would have happened had market forces been allowed to take their natural course following the collapse of the housing bubble in 2009. Yes it may have been bloody for a while, but that is all part of Creative Destruction, a term coined by economist Joseph Schumpeter to describe how capitalistic economies naturally shift resources allowing society as a whole to enjoy a rise in overall quality of life. It's time to return those principles. Only then will we get our economy back on solid ground.

THE PASTOR'S DESK

What are you shooting for?

Pastor Gary Buchman
Emmitsburg Bible Church

“You can't hit it if you don't shoot at it.” That's what my dad would say. I just celebrated my 64th Christmas. It was the first one without my dad. Dad died from Alzheimer's this last March. I loved my dad. My dad was a farmer and a true outdoorsman. He loved to hunt and was a trapper in his earlier years. He taught me how to shoot about the same time that I learned how to walk. Working and hunting with my dad are among my fondest memories.

My dad, had a lot of old sayings. Almost everything in life could be related to an old saying. Like these: “If you lay down with dogs, you will get up with fleas,” “A blind pig will find an acorn once in a while,” “If you play with fire you will get burned,” “You don't miss the water until the well runs dry.” And many more like this one, “You can't hit it if you don't shoot at it.” That was about more than target practice or hunting, it was a proverb, of sorts, about setting goals and then working to achieve those goals.

What are your goals for your life? If you are young, they may include a

college degree, a tour in the military, a dream job, a life mate, children, a home, a Lexis, or something else. If you are my age, it may be, to be able to retire comfortably, to be debt free, to travel, to maintain good health, and body weight, or to stay in shape enough to play with your grandchildren. Perhaps, you have made a bucket list of things you want to do or accomplish before you kick the bucket.

But, I would like to suggest to both young and old that there is a greater goal that you should consider shooting at. It was the life goal of the Apostle Paul and he writes about it in 2 Corinthians 5:9-10, “Therefore we make it our aim, whether present or absent, to be well pleasing to Him. For we must all appear before the judgment seat of Christ, that each one may receive the things done in the body, according to what he has done, whether good or bad.” His goal was to please God in everything He did. Paul was aware of the fact that life is short. One day soon, this life would be over and he would have to stand before His creator. So will you and I. Are you ready?

As a pastor I have officiated over 150 funerals. Most of these, I rode to the cemetery in the front seat of the hearse

with the funeral director. And, every time, I thought about the day when I will ride in the back. Three fourths of my earthly life is behind me. I am living in the fourth quarter. My goal is the same as the Apostle's. I want to finish well. When I stand before my God, I do not want to be ashamed. I want to hear him say, “Well done, my good and faithful servant!” That is what I am shooting for. I don't want to retire. I want to spend my last days writing or teaching people about the grace of God that He gives in Jesus Christ. As you come into this New Year 2015, may I encourage you to consider adopting Paul's goal?

1. Shoot for being prepared for life after death

Many of our commercials on TV are encouraging us to invest well and prepare for retirement. While that it is important it is much more important to prepare for life beyond retirement. Despite better medicines, better living conditions, better vitamins, opportunities for exercise, the death rate is still the same. One out of every one persons in the world will die. Wars and disease do not increase the death rate, it remains the same, every one dies. But life's journey does not end when the heart or brain stops. Your soul will leave your body and the real you will either be transported to heaven or hell. By the way, hell was not intended for people. Jesus said it was prepared for the devil and his angels (Matt. 25:41).

Paul learned that God had provided a way to miss hell and be assured of heaven. He knew that man is destined to hell because he is a sinner and God is Holy. Our sins violate God's holiness and must be punished. But the Bible assures us (John 3:16) that God loves us so much that He would rather die than live without us. Jesus came, as we just celebrated, not to give us a winter Holiday but to die as our substitute and then to rise again, as evidence that our sin debt had been paid. Paul put his faith in Jesus and received the assurance of heaven when he died. Have you? Where you will spend eternity? Settle that issue now. Jesus said, that “whoever believes in Him has eternal life and



will not come into judgment, but has passed from death to life.” (John 5:24). He also said, “No one can come to the Father except by Him.” (John 14:1-6)

2. Shoot for honoring God in this life

“Therefore we make it our aim, whether present or absent, to be well pleasing to Him.” (1 Cor. 5:9) In my early years I did a lot of dumb stuff. Stuff I regret. Stuff that I hoped that my dad would never find out about. I wanted my dad to be proud of me and not ashamed. I did not want him to look at me, shake his head, and ask, “Why?” I wanted him to smile and say, “That's my son, and I am proud of him.”

I want to hear the commendation that Jesus once spoke of, “Well done, thou good and faithful servant.” (Matt. 25:23) That's what Paul wanted to hear. Isn't that what you want to hear? Paul says everyone will stand before Him one day, “For we must all appear before the judgment seat of Christ, that each one may receive the things done in the body, according to what he has done, whether good or bad.” (2 Cor. 5:10) Will He shake His head and ask, “Why?” or will He say, “Well done, good and faithful servant” or “This is my beloved Son or Daugh-

ter, in whom I am well pleased.” This should be a no-brainer.

So what can you do? Consider adding these resolutions for 2015. Resolved:

- To read God's word, the Bible, every day
- To obey the teachings of our Lord Jesus Christ in every situation
- To trust God as I obey Him even when it doesn't make sense to me
- To keep short accounts with God and people. I will admit it when I am wrong and seek forgiveness. I will also be quick to forgive others as God has forgiven me.
- To talk to my Father in heaven every day. Casting all my care on Him and seeking His will and honor.
- To love God with all my heart and express my love to Him in worship with other Christ-Followers every Sunday.
- To love others the same way Jesus loved me
- To encourage others to know and honor Jesus Christ so they too can be assured of eternal life

Remember, “You can't hit it if you don't shoot at it.” May God bless you all as you aim to be well pleasing to Him this New Year.

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THE BOOK OF DAYS

Twelfth-Day



January 6th

This day, called Twelfth-Day, as being in that number after Christmas, and Epiphany is a festival of the Church, in commemoration of the Manifestation of Christ to the Gentiles; more expressly to the three Magi, or Wise Men of the East, who came, led by a star, to worship him immediately after his birth.

The Epiphany appears to have been first observed as a separate feast in the year 813. Pope Julius I is, however, reputed to have taught the Church to distinguish the Feasts of the Nativity and Epiphany, so early as about the middle of the fourth century.

The primitive Christians celebrated the Feast of the Nativity for twelve days, observing the first and last with great solemnity; and both of these days were denominated Epiphany, the first the greater Epiphany, from our Lord having on that day become Incarnate, or made his appearance in "the flesh;" the latter, the lesser Epiphany, from the three-fold manifestation of His Godhead—the first, by the appearance of the blazing star which conducted Melchior, Jasper, and Balthuzar, the three Magi, or wise men, commonly styled the three Kings of Cologne, out of the East, to worship the Messiah, and to offer him presents of "Gold, Frankincense, and Myrrh"—Melchior the Gold, in testimony of his royalty as the promised King of the Jews; Jasper the Frankincense, in token of his Divinity; and Balthuzar the Myrrh, in allusion to the sorrows which, in the humiliating condition of a man, our Redeemer vouchsafed to take upon him: the second, of the descent of the Holy Ghost in the form of a Dove, at the Baptism; and the third, of the first miracle of our Lord turning water into wine at the marriage in Cana. All of which three manifestations of the Divine nature happened on the same day, though not in the same year.

'To render due honour to the memory of the ancient Magi, who are supposed to have been kings, the monarch of this country himself, either personally or through his chamberlain, offers annually at the altar on this day, Gold, Frank-incense, and Myrrh;

and the kings of Spain, where the Feast of Epiphany is likewise called the "Feast of the Kings," were accustomed to make the like offerings.'—Brady.

In the middle ages, the worship by the Magi was celebrated by a little drama, called the Feast of the Star:

'Three priests, clothed as kings, with their servants carrying offerings, met from different directions before the altar. The middle one, who came from the east, pointed with his staff to a star. A dialogue then ensued; and, after kissing each other, they began to sing, "Let us go and inquire;" after which the precentor began a responsory, "Let the Magi come." A procession then commenced; and as soon as it began to enter the nave, a crown, with a star resembling a cross, was lighted up, and pointed out to the Magi, with, "Behold the Star in the East." This being concluded, two priests standing at each side of the altar, answered meekly, "We are those whom you seek;" and, drawing a curtain, shewed them a child, whom, falling down, they worshipped. Then the servants made the offerings of gold, frankincense, and myrrh, which were divided among the priests.

The Magi, meanwhile, continued praying till they dropped asleep; when a boy, clothed in an alb, like an angel, addressed them with, "All things which the prophets said are fulfilled." The festival concluded with chanting services, &c. At Soissons, a rope was let down from the roof of the church, to which was annexed an iron circle having seven tapers, intended to represent Lucifer, or the morning star; but this was not confined to the Feast of the Star.'—Fosbroke's Antiquities, ii. 700.

In its character as a popular festival, Twelfth-Day stands only inferior to Christmas. The leading object held in view is to do honour to the three wise men, or, as they are more generally denominated, the three kings. It is a Christian custom, ancient past memory, and probably suggested by a pagan custom, to indulge in a pleasantry called the Election of Kings by Beans.

In England, in later times,

a large cake was formed, with a bean inserted, and this was called Twelfth-Cake. The family and friends being assembled, the cake was divided by lot, and whoever got the piece containing the bean was accepted as king for the day, and called King of the Bean. The importance of this ceremony in France, where the mock sovereign is named Le Roi de la Fève, is indicated by the proverbial phrase for good luck, 'Il a trouvé la fève au gâteau,' "He has found the bean in the cake."

In England, it appears there was always a queen as well as a king on Twelfth-Night. A writer, speaking of the celebration in the south of England in 1774, says:

'After tea, a cake is produced, with two bowls containing the fortunate chances for the different sexes. The host fills up the tickets, and the whole company, except the king and queen,

are to be ministers of state, maids of honour, or ladies of the bed-chamber. Often the host and hostess, more by design, than accident, become king and queen. According to Twelfth-Day law, each party is to support his character till midnight.'

In the sixteenth century, it would appear that some peculiar ceremonies followed the election of the king and queen. In one tradition, the king, on being elected, was raised up with great cries to the ceiling, where, with chalk, he inscribed crosses on the rafters to protect the house against evil spirits.

On Twelfth-Day, 1563, Mary Queen of Scots celebrated the French pastime of the King of the Bean at Holyrood, but with a queen instead of a king, as more appropriate, in consideration of herself being a female sovereign. The lot fell to the real queen's at-

tendant, Mary Fleming, and the mistress good-naturedly arrayed the servant in her own robes and jewels, that she might duly sustain the mimic dignity in the festivities of the night.

Down to the time of the Civil Wars, the feast was observed with great splendour, not only at Court, but at the Inns of Court, and the Universities. The celebration of Twelfth-Day with the costly and elegant Twelfth-cake has much declined within the last half-century. Formerly, in London, the confectioners' shops on this day were entirely filled with Twelfth-cakes, ranging in price from several guineas to a few shillings; the shops were tastefully illuminated, and decorated with artistic models, transparencies, &c.

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THE (retired) ECOLOGIST

Of Mice and Omens

Bill Meredith

"The thing that has been is that which shall be; ... and there is no new thing under the sun."

—The Preacher, ca. 200 BC: Ecclesiastes 1:9

"When choosing among alternative explanations, select the one that requires the fewest unprovable assumptions."

—William of Ockham, ca. 1320.: "Ockham's Razor."

"The best laid schemes o' mice an' men / Gang aft a-gley."

—Robert Burns: "To a Mouse," 1785

When we got married, one of the wedding gifts we received was an alarm clock. It had a light built into it, and when the appointed time arrived, it would begin to flash off and on; and then after a minute or so, the alarm would begin to ring. It became a fixture in our lives; we set it for 6:00 a.m., and after we came to Emmitsburg, it started our days for the next ten years or so until it wore out. Eventually, we no longer actually needed it; the rituals of getting kids ready for school and ourselves ready for work became imprinted in our brains, so the alarm became a kind of security blanket, like an insurance policy that was there but never actually used. But after we retired, things began to drift, at least in my case. I'm an "evening person," rarely to bed before midnight, so I soon fell into a more random pattern of rising. My wife, however, has always been an early riser, so in recent years she has become my alarm clock. Our origi-

nal clock actually had a bell; more recent ones beeped. My wife does neither; when she decides the time has come, she calls, "Bill," from the kitchen; or, more recently, "BILL," as I have become more deaf.

One day last month the signal changed to "BILL!" which jolted me awake from the middle of a rather complicated dream, and sent me staggering to the kitchen wondering whether we needed an ambulance or a fire extinguisher. My wife was looking out of the kitchen window and pointing toward the bird feeder; she said, "That golf ball keeps moving around out there!" I looked, and indeed there was a round, white object about the size of a golf ball on the ground under the feeder. A light drizzle was falling and fog obscured everything beyond the driveway, so visibility was poor and I was momentarily puzzled; but then the "golf ball" turned around, and presented a side view. It had four short legs, a long pink tail, pink eyes, and prominent ears. Based on long years of experience as a biologist, I recognized it as a white mouse. It was busily eating sunflower seeds the birds had spilled onto the ground.

The first thing that popped into my mind was that I had finally found a case where Ecclesiastes was wrong. We have had shrews, chipmunks, field mice, rats, squirrels, rabbits, possums, raccoons, groundhogs, deer, foxes, a coyote and a bear in our yard, but never a white mouse, until now. We couldn't see the sun because of clouds and fog, but I was pretty sure it was still up there somewhere, and we and the mouse were here under it. Never before!



We watched it for the better part of an hour, while we had breakfast and went through the newspapers. The temperature was in the low 40's, and the drizzle continued, but the mouse did not appear to be in distress. It was plump and healthy looking; its fur was thick and and must have been well oiled from grooming, because it seemed to shed water. There were a couple of squirrels and several sparrows on the ground near it; they did not seem to be perceived as a threat. But, then, neither did anything else, as far as the mouse was concerned. Each time a car or a pedestrian came by, the natives... squirrels and birds... scattered to cover; but the mouse ignored them. It even ignored a delivery boy who came by and left the weekly collection of advertisements on the porch. The boy seemed equally oblivious to his environment; he was wearing earphones and listening to music, and walked within five feet of the mouse without seeing it. I guessed that both boy and mouse were members of the new digital age, and I did not envy them.

Eventually the mouse waddled off around the corner of the garage

and disappeared into the Pachysandra ground cover. It probably made a nest there among the leaf litter, for it survived the night and appeared under the bird feeder again the next day. I watched it for a while, but when I left for a moment to refill my coffee cup, it disappeared. It did not come back.

Things like that always beg for an explanation, and sometimes I wish just a little bit that I could ignore a lifetime of training and fantasize. It would make a nicer story if the mouse was an omen that foretold the coming of a White Christmas... you could think of a whole raft of interesting conclusions to a story like that. But there are at least a dozen former teachers up there watching, and if I started thinking that way, there's no telling what kinds of fire and brimstone would come raining down. I was taught that when you are faced with a new problem that has several possible answers, you should use a method called Ockham's Razor (quoted above). In this case, the most likely explanation was that someone had a pet mouse that they no longer wanted, and they dropped it off by my yard because this is the

last house on the block. The other obvious explanation is that the mouse could have been born in the wild and found its way to my bird feeder like the squirrels and chipmunks did... a possible but unlikely suggestion. Albinos are born to wild mice occasionally, as they are to most species of mammals; but their chances of survival to adulthood are small, and if they do survive their behavior will be quite different than the one I saw. No wild mouse would have been so oblivious to danger. The most inexperienced hawk, owl or fox would have caught it as soon as it left the nest; it would never have lived to be a fat, slow-witted adult.

Some 230 years ago, Robert Burns was doing his fall plowing on his farm in Scotland, and accidentally ran over a mouse's nest. He was a poet instead of a biologist; he recognized the mouse as a fellow mortal, and apologized to it for ruining its winter home. But he also understood that the mouse had one advantage over him; it would be able to get busy and build another home, without wasting time cursing over its lost nest or worrying about what the future would bring. Burns ended his poem with these lines:

*Still, thou art blest, compar'd
wi' me!*

*The present only toucheth
thee:*

*But Och! I backward cast
my e'e,*

On prospects drear!

*An' forward tho' I canna see,
I guess an' fear!*

On the whole, I guess I wouldn't change places with the mouse, but I agree with Burns that there is some wisdom built into its nature. As we enter the New Year, we find our world in a pretty sorry state. Worrying about it will not help anything; but it's hard not to worry. Maybe life as a mouse wouldn't be so bad, after all. But not a white one!

To read past editions of the Retired Ecologist visit the Authors section of Emmitsburg.net

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IN THE COUNTRY

A barred voice

**Chuck Reid
Strawberry Hill
Nature Preserve**

In December the forest begins its magical transformation into a winter wonderland. On a new moon night, you can traverse the trails of Strawberry Hill, following the tracks of deer, raccoon and fox. Often the only sound you will hear is the roar of Swamp Creek as it rushes towards its confluence with Middle Creek. However, on some nights as you hike on the hillside high above the creek your contemplation can be broken by a strange sound, the likes of which add that feeling of suspense depicted in your favorite thriller movie.

It is a scream emanating from the depths of the valley, a scream of terror that sounds almost human. As the sound persists, it clearly indicates that some animal could be in distress. Thoughts of what it might be begin racing through your mind... is it a bobcat, a raccoon?

After about ten minutes of stalking, you reach the vicinity of the mysterious sound. The screaming is now incredibly loud, but due to the darkness of the night, you still cannot observe any animal. Not being able to resist any longer, you turn on your high powered light and discover, no more than fifteen feet away from you are two Barred Owls mating in the snow. You walk closer until you are only ten feet away. From this vantage point, the sight of these raptors razor sharp talons convinced you that this was no imagined vision.

Every few seconds, the male's head swivels around to gaze at you, but neither bird make any move to flee. After watching for at least fifteen minutes, you decided to return to home. Halfway back down the trail, you hear the more typical "Who cooks for you, who cooks for you-all" call of a Barred Owl from up in a tree." The encounter is over.

If there could be a "voice" of Strawberry Hill, it would have to be that of the Barred Owl. The forests around Swamp and Middle Creek are ideal habitats for this bird. On many nights, the various calls of the Barred Owl resound throughout the Preserve. Besides their typical calls, these vocal owls can bark like dogs, chatter like monkeys, whinny like horses and scream like banshees. When they are young and newly fledged from the nest, they make a rasping sound that sounds nothing like the typical hoot of an owl.

Barred Owls call year-round but courtship activities begin in late winter. Courtship can begin as early as December with the owls calling back and forth. Males are often found hooting and screeching, and chasing the females. When a male and female approach each other, they

will both do a sort of courtship "dance." Males display by bobbing back and forth, lifting their wings as they slide left and right along branches, they will nod, and bow, as well as shake their heads.

Once together, owls stay together. The same males and females will find each other the following year. The breeding season is from March to August, with two to four eggs laid, one every 2 or 3 days. Incubation lasts about a month, and during this period, the male continually brings food to the female. After the chicks hatch, they are ready to "branch" in about a month. Branching is essentially preparation for their first flight, and consists of chicks using their beaks and talons to climb out of the nest and take positions on branches around the nest, spreading and testing their wings. While barred owls raise only one brood per year, if the original clutch of eggs is lost to predation, deforestation or weather, a second clutch may be laid.

Barred Owls cover territories of between 200 to 1000 acres. We often hear them calling at the Preserve around dusk. Although they are primarily nocturnal animals, don't be surprised if you hear a chorus of Barred Owls calling in mid-afternoon. An owl will often awaken from its daytime slumber to give a brief territorial call. This call is answered by other owls throughout our Preserve and sometimes by curious naturalists!

The best time to see a Barred Owl during the daytime is to listen for the mobbing calls of Blue Jays or Crows. These smaller birds will often sound the alarm upon finding an owl. Since they are mortal enemies, a whole contingent of smaller birds will descend upon the owl, harassing it until they drive it out of the area. Spend a decent time at our Pre-

serve and you often see these mobs chasing owls through the forest. Even though the owl could turn around and easily take one of the pesky birds with one swipe of its mighty talons, it is rare to see. It doesn't want to waste its energy on a bunch of birds taunting it. In its daytime drowsy state, the owl just wants to find another place to enjoy undisturbed sleep.

At night it's a different story. Barred owls are important predators of small animals in the ecosystems in which they live. With its incredibly keen senses of sight and hearing, the owl is one of the most formidable hunters in the forest. They will prey on all kinds of rodents, rabbits, birds (including smaller owls) and even skunks (since they have little or no sense of smell). The careful nature observer may find the owl pellets that they've regurgitated, and in these pellets they will discover all the bones and fur of their prey.

Throughout the late winter and early spring Strawberry Hill hosts an "owl prow". It is a popular program to teach the community about these amazing raptors, consisting of an evening hike and dissection of some owl pellets. Strawberry Hill has also been working to bring an injured Barred Owl to live at the Preserve and be an educational ambassador.

Fundraising for this project kicked off 2013 and thanks to the generosity of donors, the help of Fairfield Boy Scout Troop 76, and Gettysburg College Students, Strawberry Hill was able to raise nearly all of the money needed to get the program up and running. An owl has been found, a proper habitat enclosure has been built, programing content has been developed, and permits submitted to bring the bird to Strawberry Hill. It is our hope that our new ambassador will begin its tenure



The Barred Owl is best known as the hoot owl for its distinctive call.

in the spring of 2015.

If you would like to support this educational effort, Strawberry Hill is still accepting donations for the

maintenance and care of the Owl. Donations can be made out to Strawberry Hill, Attn: Project Strix at 1537 Mount Hope Road, Fairfield PA 17320.



The new owl enclosure at Strawberry Hill

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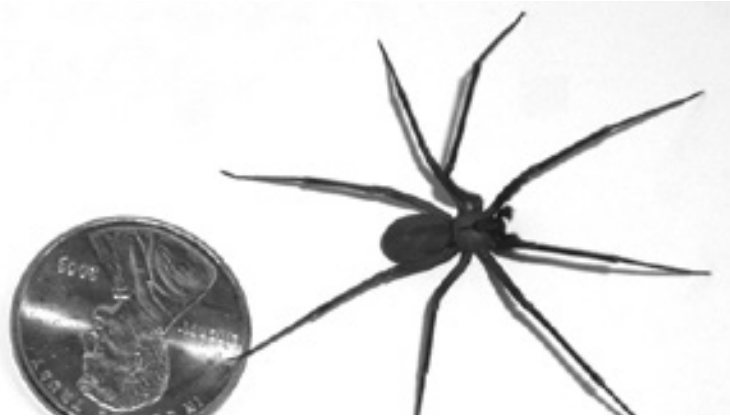
IN THE COUNTRY

The elusive recluse

Tim Iverson
Naturalist

The Brown Recluse Spider has been put onto a notorious pedestal in American mainstream culture. It has reached some sort of quasi urban legend status through slanderous word of mouth conversations and sensationalist media accounts. But what of its status in the greatest state in the union - that's Maryland in case you hadn't heard? Well, despite what you may have heard the Brown Recluse is not found in Maryland. You're probably saying, "But I know a guy who has fill in the blank (seen, been bitten by, killed) one at his fill in the blank (house, work, woods, romantic picnic date, park, etc.)!" Maybe even you yourself make this claim. I am here to tell you most emphatically and unequivocally that no, you did not.

Time and time again I've been drug into this argument in a professional sense as an employee of park and natural resource agencies, with friends, with acquaintances, with strangers, with family, and the list goes on ad infinitum. I don't make many friends when I rebuke them, but the honest truth is that there is no native population of Brown Recluse Spiders in Maryland. The natural dis-



When dwelling in homes, brown recluse spiders seem to favor cardboard, possibly because it mimics the rotting tree bark they inhabit naturally.

tribution range for this species of spider is roughly the entire Midwest of the United States. They can be found from southern Ohio down to Texas, and from as far west as Nebraska and Iowa to as far east as Kentucky and Georgia. I guess the Appalachian and Rocky Mountains are too much of a hike for them to cross. Outside of this range there is no known established population anywhere else in the United States. If you live outside of this area (which you do if you're reading this newspaper) you're golden. This is great news to an arachnophobe like me! This fact flippantly flies in the face of self-reported accounts of citizens, media, and even medical diagnoses.

According to the Maryland Department of Natural Resources,

University of Maryland, and the US Department of Agriculture the Brown Recluse spider is not usually found outside of its native range. So despite many rumors and media reports to the contrary it has not established itself elsewhere outside of the Midwest. On rare occasions there have been confirmed cases of the spider outside of its native range. This is almost always attributable to "hitchhiking". The spider may be transported by luggage of people traveling from the Midwest or in packaging material originating from there. There have even been reports of single building infestations in places outside of the range where the spider has successfully made a colony, but a single incident like this does not count as successful colonization of a new area.

If you look, and not even very hard, you'll find reported medical diagnoses of Brown Recluse bites all over the nation. These are rarely, and I mean almost never ever, authentic Brown Recluse bites. 80% of reported

bites nationwide are illegitimate, making only 20% authentic. This verifiable 20% is consolidated within the Midwest, the native range for the Brown Recluse. The necrotic style of wound has become an umbrella catch all for similar wounds, and is usually attributable to other types of illnesses. These can be, but certainly not limited to: Lyme disease, herpes, diabetic ulcers, syphilis, fungal infections, chemical burns, staph infection, vasculitis, and more. Even where the spider does live bites are rare.

In areas where they are found this spider is extremely common. Where you find one you can almost certainly find dozens or more. In 2002, the Journal of Medical Entomology reported one Kansas family living in a home from the 1850's who collected 2,055 Brown Recluse spiders in a period of six months. Not one member of this family of four had ever been bitten. An anecdotal story of an entomologist in Missouri collected 5 in a child's bedroom in one night. There's another anecdotal story of a person who found 6 living under his box spring. If you were to believe sensational media reports and the sheer numbers they're found in you'd think the entire Midwest ought to be in a constant state of unrest over these villainous violin-backed arachnids. The simple fact is that the name "recluse" is more than accurate. These spiders are very reclusive and are generally not seen. They are primarily nocturnal, and hide in small dark places usually only emerging at night to hunt. They are not aggressive towards humans, and prefer flight to fight. When bites do oc-

cur it's generally a result of being caught between skin and clothing or bedding material.

In the highly unlikely event that you think you've found a Brown Recluse in your home or elsewhere there are a few key features that can help you to correctly identify whether or not it is in fact a recluse spider. The spider's legs are uniformly light brown in color covered only in very fine hairs. If you find a spider with stripes or spines on the legs it is NOT a Brown Recluse. The abdomen will be a light to dark color brown, with a darker brown shape of a violin on the back - the neck of the violin will begin just behind the eyes. The eyes are the most tell tale characteristic of the Brown Recluse. Most spiders have eight eyes arranged in two rows of four. The Brown Recluse has six eyes arranged in three sets of two. The eyes will be positioned with one set directly in front, with the other two positioned on the sides. Finally, the body of the Brown Recluse measures in at 3/8 inch long. If you find a spider that is larger than 1/2 inch in body length it is NOT a Brown Recluse. If you find a spider that does not meet these specific qualifications it is NOT nor ever will be a Brown Recluse.

Though bites from the Brown Recluse are rare, they ought to be taken seriously. The venom contains a hemotoxin which can cause necrosis of the skin in the affected area. According to the University of Maryland Medical Center symptoms may include: itching, nausea, chills, fever, and a general feeling of discomfort and illness. They recommend washing the affected area with soap and water, applying ice, remaining calm, and most importantly - to seek emergency medical attention. Again, Brown Recluse spiders are not typically aggressive towards humans. These spiders prefer dark sheltered areas. They only bite when threatened. A bite can be easily avoided by just steering clear of the Midwest altogether. If you can't do that then don't put hands or feet into areas such as logs, underbrush, clothing that is rarely worn, or any area you can't visually inspect without checking these areas first. Also, wear protective clothing when traveling through potential habitat.

I'll readily admit that I am one of the many who suffer self-diagnosed arachnophobia. This is why I've taken on the attitude of "know your enemy." Most people squish first and ask questions later, but it's not necessary. If you see a little brown spider while hiking, camping, or at home you can rest assured it is most emphatically NOT a Brown Recluse. Marylanders can now put those fears to bed, sleep tight.

To read other articles by Tim Iverson visit the Authors section of Emmitsburg.net.



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IN THE COUNTRY

Preservation over development

Marti Shaw
Land Conservancy of Adams County

This fall two local landowners rejected plans they had made to subdivide their land into a housing development—choosing instead to preserve their 135-acre Highland Township farm through a conservation easement with the Land Conservancy of Adams County.

“We even went so far as to have all the surveying done and all the development plans drawn up,” said landowner Paul Davis. But Paul and his wife Julie found that by the time they received final approval to move ahead with their development, they weren’t so sure they wanted to go through with it. “We looked at each other and said, ‘We don’t want to do this anymore,’” Julie said. “We’re surrounded almost completely by preserved land, and the more we talked to the people who had preserved their property, the more we thought that’s what we wanted to do. We don’t want to look out and see houses—we want to see corn.”

An offhand comment by a friend started the Davises down the preservation path. “It was during our annual Super Bowl party,” Julie said. “We were talking about our plans for our land, and Mark Berg asked us, ‘Have you thought about the Land Conservancy?’ Then we learned that other couples who are friends of ours have their land preserved with the Land Conservancy also.”

Once they started thinking about it, the Davises found more reasons to preserve their land. “We started paying attention to things that were being printed about water quality, because one whole side of our farm borders on Marsh Creek,” Paul said. “We were concerned about what might happen to the creek if we developed the land.”

So the Davises contacted the

Land Conservancy’s conservation coordinator, Sarah Kipp, to begin working on developing a conservation easement for their property. A conservation easement is a legally binding document attached to the property deed that spells out the kind and amount of development the landowner wants to allow on his or her land, forever.

The Davises learned that their farm was a perfect candidate for preservation. “The Land Conservancy has recognized the importance of preserving this property for many years, as its half-mile, forested border along Marsh Creek provides wildlife habitat and protects the creek’s water quality,” Kipp explained. “On top of that, this farm has excellent soils that are now permanently available for agricultural production, and it’s wedged between two other preserved farms, so this conservation easement resulted in the formation of a contiguous block of permanently protected lands. Protecting our water resources, our farmland, and our rural landscape are essential elements of our mission, and they all came together in this project.”

Paul Davis, a retired United Airlines pilot, bought his Highland Township farm in 1971 to escape the suburban sprawl growing up around his home in northern Virginia. The Davises have researched their property at the Adams County Historical Society, learning that the land was originally settled in about 1739. The central section of their home is a log cabin dating to 1790, and a stone barn still stands on the property built at the same time. Over the 40 years Paul Davis has owned his property, the land has supported a Christmas tree farm and a fully functioning landing strip for private pilots.

Grant funds for the purchase of the Davises’ conservation easement were provided by the federal Farm and Ranchland Protection Program (FRPP), which is overseen by the United States Department



Thanks to the benefice of Julie and Paul Davis, this 1790 stone barn is now safely part of the Land Conservancy of Adams County.

of Agriculture’s Natural Resources Conservation Service. These funds were matched by contributions from Sharon and Peter Sheppard through the Eva K. Sheppard Trust, the Highland Township Board of Supervisors, and the Land Conservancy.

“The success of this project is due in large part to the willingness of the Highland Township supervisors to invest in the future of agriculture here in Adams County and in their township,” said Land Conservancy president Norma Calhoun. “Without their contribution we would not have qualified for the FRPP funding. With diminished availability of county Green Space funding, we are heartened to see that townships, local organizations, and individual donors are willing to step up to continue making land conservation a priority in Adams County.”

“Along with the more immediate and visible considerations such as roadways, construction, sewer and water, and public safety, local government also has a responsibility to promote future land use that is desirable, appropriate, and sustainable,” said Craig Rockey, chairman of the Highland Township board of

supervisors. “The unique opportunity afforded by the preservation of the Davis property assists residents in retaining the rural character of Highland Township by protecting its natural and agricultural resources, while at the same time enhancing property values, dampening infrastructure costs, and retaining a premier, strategic viewshed. Partnering with the Land Conservancy of Adams County, and leveraging the available resources of the federal government, was an efficient and expedient means of obtaining these benefits for the current and future Highland Township community.”

As far as the Davises are concerned, the experience of preserving their farm could not have been more pleasant. “The Land Conservancy made the whole process as easy as possible,” said Paul. “They knew what had to be done and how long it would take.” Julie especially enjoyed working with Kipp on the project. “Sarah is delightful and so smart and so good at what she does,” she said. “We both have enjoyed working with her so much. I can’t come up with any real good reasons why a landowner shouldn’t preserve their land.

“We’re happier with our decision

every day,” Julie said. “I watched four bucks in the back yard the other day, and I see wild turkeys often. It’s perfect.”

The Land Conservancy of Adams County is a member-supported, fully accredited nonprofit land trust established in 1995. Its mission is to preserve Adams County’s beautiful rural lands and character by working with interested landowners to protect their property from unplanned development both today and in the future.

The Land Conservancy partners with local landowners to preserve their land through conservation easements—voluntary legal agreements tailored to the landowner’s wishes and attached to the property title that specify the development the landowner wants to allow on the property, both now and in perpetuity. To date the Land Conservancy has worked with more than 100 Adams County landowners to preserve more than 9,000 acres of land through 133 easements.

For more information about the Land Conservancy, visit www.LC-ACnet.org, email lcac@adamscounty.us, or call 717-334-2828.

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Thank God for those who understand

Jennifer Vanderau

There's a concept in Eastern philosophy called yin and yang. It represents the duality of opposites and how you can't have one without the other. Happy and sad, light and dark, negative and positive.

When you're experiencing the concept that you deem as "bad," it can be difficult to remember that the opposite does exist and will come around again. In fact, some days it seems downright impossible.

Working at an animal shelter is always tough. We wish so very much every day that we can save every animal that comes through our doors, but the reality of it is, we can't.

We have some days at CVAS that are really quite awful. Many of us have been known to leave the shelter some nights quite down and defeated.

We've had a recent run of difficult times. It feels as though we're stuck hopelessly in the negative.

But, just like the concept of yin and yang, the positive is out there, just waiting to peek through.

Today, we had a delivery to the shelter of three boxes of pizza for the staff to enjoy. The note attached was anonymous and simply said it was from a supporter.

The coupons arrived recently in the mail. Someone – there's

never a return address on it – collects animal-related coupons for the shelter to help us save money. We have no idea who this is, but this week, the arrival couldn't have been more opportune.

We've had three happy tale follow up letters from adopters. The one lady adopted a Shih Tzu mix who is doing wonderfully. In fact, she stated, "She is a sweet, loving, precious little soul and has filled completely the hole in my heart from losing my 'Sammy' – she's truly a godsend and thank you for allowing me to be her 'mom.'"

We've gotten Christmas cards with donations to help us with our work from people who have adopted from us. In fact, one was signed by the cats!

I got an utterly adorable email from one of our adopted cats, stating how his mother demanded he write a letter of apology. This is what followed:

"I overheard a conversation about plans to visit the new facility and drop off some items for donation before viewing some Christmas lights with my torturer. They call him Miles, he showed up two years ago without any consultation from me, but I digress.

I later discovered on the pantry room floor a bag of unfamiliar food. I'm currently fed "indoor/weight control" food so imagine my delight at discovering

high calorie scrumptious KITTEN food within easy access!! I was left alone and unattended for several minutes and proceeded to revel in the delicious, forbidden delight of high-calorie heaven!! Mama was not pleased when she found my head imbedded in the side of the bag. I was sternly lectured. She went on for quite some time about "those needier than you", and something about my waistline not benefitting from kitten food, and the word "shame" was thrown around. Whatever, I regret nothing. It was DELICIOUS! So when the bag of kitten food with a hole in the side shows up know that it was me....and I enjoyed every kibble I could get!!

Sincerely, Hephestus Herkimer (adopted from CVAS 14 years ago and still eating heartily)"

I cannot tell you how great it was to smile as I read that.

So, it's interesting, this concept of yin and yang. When you're in the downslope and it feels like all hope is lost, goodness really can and does shine through.

We have bad days at CVAS – sometimes REALLY bad days – but our supporters, and we have to remind ourselves that they're out there, really do come through for us.

For everyone who sends a smile and good thoughts to CVAS and the employees here, thank you so much and we all wish you the happiest of New Years!

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



Cinnamon is a very happy, 3-year-old boxer mix who is really easygoing. She can get a little excited if another dog is acting up, but really she is just a pretty big pile of joy. In fact, she can get so happy that she smiles, which is what she's doing in the photo. Pharrell Williams may have written "Happy" for Cinnamon—it describes her to a "T!"

I Rescued A Human Today.

Her eyes met mine as she walked down the corridor peering apprehensively into the kennels. I felt her need instantly and knew I had to help her.

I wagged my tail, not too exuberantly, so she wouldn't be afraid. As she stopped at my kennel I blocked her view from a little accident I had in the back of my cage. I didn't want her to know that I hadn't been walked today. Sometimes the shelter keepers get too busy and I didn't want her to think poorly of them. As she read my kennel card I hoped that she wouldn't feel sad about my past. I only have the future to look forward to and want to make a difference in someone's life.

She got down on her knees and made little kissy sounds at me. I shoved my shoulder and side of my head up against the bars to comfort her. Gentle fingertips caressed my neck; she was desperate for companionship. A tear fell down her cheek and I raised my paw to assure her that all would be well.

Soon my kennel door opened and her smile was so bright that I instantly jumped into her arms. I would promise to keep her safe. I would promise to always be by her side. I would promise to do everything I could to see that radiant smile and sparkle in her eyes.

I was so fortunate that she came down my corridor. So many more are out there who haven't walked the corridors. So many more to be saved. At least I could save one.

I rescued a human today.

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

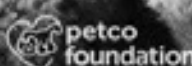
I'd Will to the sad, scared shelter dog, the place I had in my human's loving heart, of which there seemed no bounds.

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

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

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

-- Author Unknown





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How to help your horse survive colic

Kimberly Brokaw DVM
Walkersville Vet Clinic

Colic is a major killer of horses. One moment, the horse looks fine. A day later, the horse is dead. There are a lot of ways that owners can help their horses survive colic.

The first step is to recognize colic. Check horses regularly so that you will know there is a problem early. When a horse is not eating, is lying down more than usual, or is looking unhappy, get a better look at him. If a horse looks ill, check his temperature before you give any medication. Fever can cause a horse to look like he has colic when he is actually sick with something else. Call the vet as soon as you suspect colic.

Make the decision ahead of time as to whether or not you would authorize surgery in your horse if it is a severe colic. Know how you would get the horse to a surgical center, if your vet says the horse may need surgery. Have quick access to a horse trailer, and be sure your horse will load into it. Keep enough gas in your truck so it is always ready for a trip to Leesburg. Make sure you have practiced the trip to Leesburg, so you don't get lost in the middle of the night while trying to rush a horse to the horse hospital.

The story below is about a recent colic, that illustrates how a skilled and well-prepared owner can help her horse survive colic. In an emergency, things don't run smoothly. However, this owner's good preparations were really important for her horse's survival.

Mrs. Phyllo is one of those people who took a little getting used to. She is an extremely intelligent and experienced horse owner who knows what she wants, yet has a tendency to lack organization and get overwhelmed. When she calls for an appointment she often gives a list of things that she wants as well as when she wants it done. However, most times after arriving at the farm, I have to call her as she has gotten distracted by a broken tractor or a downed fence

board, is in the midst of trying to get that fixed and forgets about our appointment.

At 9:30pm I received a page from the answering service. Mrs. Phyllo's horse was colicing and she wanted me to call her to advise her what to do. Croissant is an elegant, well bred, 10 year old Danish Warmblood who hates veterinarians almost as much as he hates needles. Because of his dislike of vets and needles I was initially pleased when Mrs. Phyllo said she would like to treat Croissant herself and hopefully not have me come out to the farm. She told me that she had last seen him several hours ago and he seemed normal then. However later when she went to feed him dinner he was laying down in the field. While he got up and readily came into his stall, he showed no interest in dinner and instead lay back down. Mrs. Phyllo knew she had a sick horse. She took his temperature, which was normal, and called and asked what she should do next.

Several months ago Mrs. Phyllo had been treating another horse and accidentally gave Banamine in the artery rather than the vein. The horse immediately collapsed and had a seizure. While that horse fully recovered, Mrs. Phyllo no longer felt comfortable trying to give Banamine in the vein, particularly in Croissant, who is not good with injections. As Banamine should not be given in the muscle due to the risk of clostridial myositis (a severe sometimes fatal bacterial infection), I advised that she give the Banamine orally to Croissant and call me back in half an hour to let me know if it had helped.

Forty-five minutes later Mrs. Phyllo called to say the Banamine had made no difference. I told her I thought that it would be best if I came out and examined him. While Mrs. Phyllo had hoped to avoid a nighttime emergency visit from the vet, she agreed it was best. She asked if I could bring IV fluids as she wanted me to place a catheter for her to manage at the farm. I was hesitant to leave a catheter in place, as a horse who is sick

enough to need IV fluids, should probably be monitored in a hospital environment.

As it turned out, we wouldn't be discussing fluid therapy. Shortly after my arrival at the farm, I examined Croissant and determined that he had a left dorsal displacement of his large intestine. After telling the owner that he needed to go to the horse hospital in Leesburg, she left me with the horse and went to get her truck to hook it to the trailer. I was pleased that she had the truck and trailer immediately available. However, getting the trailer ready to go took longer than anticipated in that she had to unload a bunch of items out of her truck so she could hook up the trailer. She also hadn't hooked the trailer up in awhile so she struggled with that. While she was hitching the truck to the trailer, I passed a nasogastric tube on Croissant to check for reflux as well as give sore oral fluids.

It was taking Mrs. Phyllo so long to hook up the trailer that Croissant started waking up from his sedation and getting uncomfortable again. My concern was that the longer it took to get Croissant to surgery, the lower his chances of survival would be. I walked him up and down the aisle hoping that the trailer would soon be ready. While I was used to owners agonizing over the decision of whether to take their horse to surgery, I was not used to someone immediately agreeing to surgery and then having it take them an hour to hook up their truck and trailer. However, I also know how hard it can be to hook up a trailer in the dark of night when everyone is tired and easily frustrated. I re-sedated Croissant as she was pulling the trailer in front of the barn.

Croissant loaded easily onto the trailer and I helped secure him inside. I was wishing Mrs. Phyllo and a safe and quick journey when she announced she couldn't find her wallet and needed to find it; one to pay the Equine Medical Center, and two to put gas in her truck on her way down to Leesburg. About 10 minutes later she



In colics, a tube is passed down the horse's nostril to their stomach to check for reflux or to pass fluids in order to help get the guts working again. Colics can go south very quickly with even the most experienced horse owner and vet. Archie shocked everyone by dying less than nine hours after this photo was taken.

was on her way while I phoned the hospital to let them know I was sending them a patient. When Croissant arrived at the hospital, the veterinarians agreed that he had a left displacement and he was taken to surgery. The Surgery was a success.

Looking back, Mrs. Phyllo did several things correctly. She took her horse's temperature before giving Banamine and she also called the vet immediately when she noticed Croissant was sick. Mrs. Phyllo also already knew that her horse was a surgery candidate and had a credit card to pay for the surgery. Croissant is an experienced traveler, who loads easily in a trailer. A horse who won't load in a trailer, won't get to the horse hospital.

While Mrs. Phyllo had transportation, I wish she could have been faster

in getting the truck and trailer hooked up. It is a good idea to keep one's trailer ready to go at all times, or at least to hook it up immediately when a horse seems ill. Time can be essential to ensuring a successful outcome, especially if you already know that you want your horse to have surgery. Even if you don't have a truck or trailer, or yours is in the shop, having an arrangement with a neighbor that you can borrow theirs in the event of an emergency can mean the difference between life and death for your horse.

Caring for a horse with colic involves a lot of steps. Mrs. Phyllo's good care of Croissant played a big role in his survival from colic.

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

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Have you ever started seeds? How successful have you been? Starting your own seeds gives you the advantage of a bigger selection of more unusual varieties of flowers and vegetables. Garden centers and nurseries often carry the more popular and common varieties of flowers and vegetables, making it sometimes difficult to get more unusual varieties. So take advantage if the seed catalogs for information as well as an opportunity to purchase unusual seeds.

One of the biggest mistakes in seed starting is timing. Often we get anxious for spring, and we time it too soon, especially if it's a mild winter. When buying seeds, be sure to look on the back of the seed packet for how long the seeds need to germinate. Seed catalogs often give this information as well. Count back from the time that you are able to plant seedlings outside. Allow for one to two weeks of growing time after germination and you'll have your start up date.

For instance, I have a seed packet of red and yellow pear tomatoes. On the pack, it tells me that it takes 7-14 days for the seeds to germinate. In our area, you can safely plant out tomatoes by mid-May. Counting back two weeks for the transplants to grow and another two weeks for the seeds to germinate, I'm looking at starting these

seeds in mid April. Giving a little time for mistakes or possible re-plant, the seeds should be started indoors by early April. How often we hear "What do I do with my tomato plants? They're getting so tall and I can't plant them out for another month!" If you time properly, this can be avoided.

After determining when the seeds should be started, giving the seeds the requirements they need becomes most important. Seeds need four things: light, water, oxygen, and heat. Getting to know your seeds makes this an easy step. Again, reading the seed packet will tell you the depth to plant the seed – this is the light requirement. Keeping the seeds evenly moist and the soil temperatures between 75°-85°F should provide just the right environment for these seeds to germinate – this is the heat and water requirements. The oxygen comes from the soil. Use a light soilless mixture that is formulated for seed starting. This will give your seeds and roots the oxygen that is needed for good germination and growth.

There are a few seed starting set ups that you can implement in your home. One such set up is to use a heat mat under your seed tray. Heating cables work well too. A mat or cable is put under the seed tray. This provides the needed warmth of the soil. Above the seed tray, mount some florescent lights and lower them so they are just above the tray. This will provide the needed light for germination. As the seedlings grow, the light will

need to be raised.

Before planting your seeds, find out if they need any scarification or stratification before planting. Scarification refers to breaking the seed coat. This is sometimes needed for quicker germination of some seeds. For instance, morning glory and gourd seeds germinate quicker if you soften the seed coat by soaking overnight. This allows for the embryo to break through the seed coat faster. Stratification refers to the temperatures required for the seed to germinate. An example of this would be some types of acorns. It needs a cold period, winter, in order for the seed to break dormancy.

After the seeds begin to grow, they will send up what appears to be leaves. This first set of "leaves" is called cotyledons. Next to develop are the true set of leaves. The true leaves take on the identification features of the plant. At this point, the seedling can be transplanted into a larger container or planted into the garden, if temperatures are adequate.

Before putting the plant out, you may want to "harden-off" your plant. This means that the plant needs time to acclimate to the outdoors. This is done simply by setting the seedlings outside in a protected area for a few days to one week, then planting them in the ground. Be sure there is no dan-

ger of frost if you are keeping them outside overnight. You could bring them inside each evening if you are hardening off the plants during the time of possible frost damage.

Now you plants are in the ground, growing, producing flowers and seeds or fruit. You're thinking about collecting seeds for next year's crop or to sharing with a friend. If you are collecting seeds from vegetables, and you're hoping for the same hybrid that you grew this year, don't bother. Hybrid plants are produced by crossing two parent plants. Therefore seed collected from these hybrids will have a mixed set of genes, making the outcome of the seeds variable.

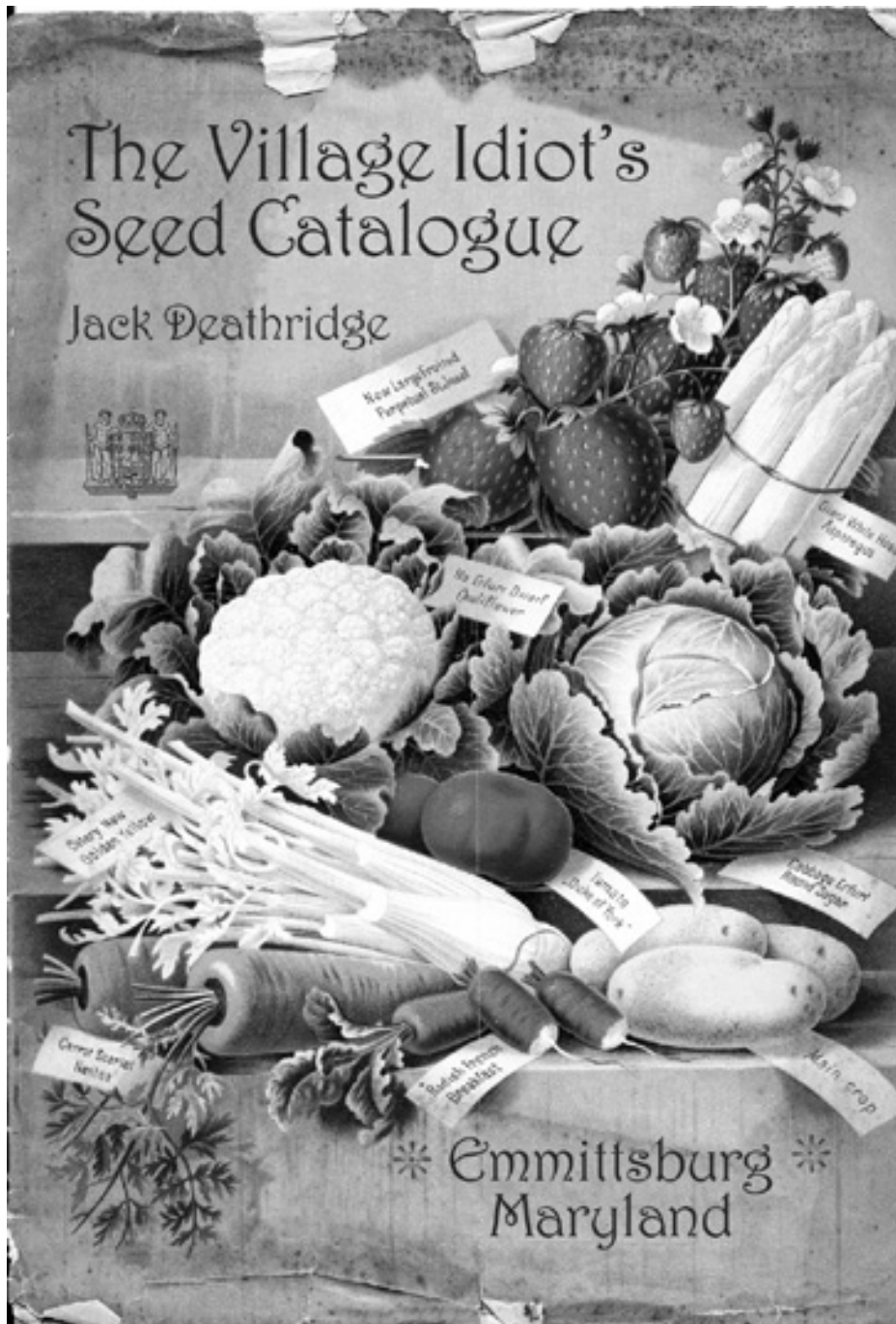
Also plants will cross-pollinate, allowing genes from parent plants to produce a different "hybrid". Insects, wind, or other pollinators will transport pollen from one plant to another plant of two different hybrids or varieties. This is often noticed in tomatoes and squash. Before committing to collecting seeds, just be sure your plant is an open pollinated plant. These are sure to resemble the parent plant, and you won't be disappointed in your product next year.

If it is an open pollinated, fruity vegetable like a melon, tomato, or cucumber, allow the fruit to ripen completely on the plant before collecting. Harvest the fruit when completely ripened, and separate seeds from the pulp as best you can. Then allow the seeds to dry completely. Store the seeds in a cool, dry place. Your refrigerator is a good place, as long as apples are not stored with them.

In late winter, you may want to check the viability of the seeds. This is done by counting out ten seeds, planting them, and observing what percentage has germinated. Then you will know what to expect from the seeds you've collected, and you'll be ready to go again in the spring.

If you have the desire to try unusual plants this year, consider starting your own seeds. You'll find it rewarding, and keep you gardening even during the cold, winter months!

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THE MASTER GARDENER

Small Town Gardener Stealing a little spring

Marianne Willburn

I'd have a difficult time taking care of my garden if I didn't get out there during the winter months. For the most part, the garden is in a state of suspended animation, and life is moving much more slowly than I do when I'm trying to maintain a decent body temperature. I've got the advantage.

The bones of the garden appear so much clearer in the winter – the things we can't see when summer is raging and all around is growth and green. We need the winter to help us make careful decisions about pruning and relocation. We need the winter to open our eyes to invasive perennial weeds and micro-climates. We need the winter. Period.

For instance, stripped of leaves, flowers and all dignity, the forsythia hedge gives up her secrets on a frosty morning. I can see which stems are old and need removing. I can see the clever, wiry tendrils of honeysuckle suffocating branches, and exactly where I need to dig to rid them of it. If I cannot do it this morning, I will tie plant ribbon to the branches for later removal.

The vase-like shape of the Stanley plum is easily seen and kept tidy. It is the work of a moment to take off errant branches and pull back stems reaching ever-higher. During the summer, it just looked like a fruit tree with attitude.

Black raspberry and red raspberry canes are more easily worked when naked (yes I'm perfectly aware of how that sounds), as are grape vines, wisteria, silver lace and anything else that grows at a rate of sixty miles per hour in the summer months. I now wait for the winter to tidy these plants for that very reason – more time and more visibility. A messy autumn garden is a decent trade off in my mind.

When it snows, my sight is further magnified. I can observe the areas that retain their white blanket, and for how long – alerting me to the many microclimates that exist in my little hillside garden. If it snowed two weeks ago and most of the snow is gone, all except that one little spot that coincidentally has not managed to overwinter a single zone 7 plant in ten years – I may have finally figured out why.

The early spring weeds are getting a foothold right now. Bitter cress, dead nettle and chickweed pepper the beds and the pathways. Sadly for them, very little else is green. They are easily singled out and eliminated with a vicious scrape of my hoe. For every weed I destroy, I feel the joy of having destroyed the potential for hundreds more – particularly the bitter cress, whose seeds are violently cata-



The winter garden



pulted in every direction when the gardener pulls it in May.

The winter landscape also affords us the luxury of time. There is no grass to mow, no vines to battle, no seedlings to transplant into endless paper pots. The landfill is not teeming with weekend warriors picking up mulch and compost, and lines are non-existent. There is no urgency to this season. We can work for an hour and feel quite proud of ourselves – work for several more and feel as if we have conquered the world. And when one pairs that work ethic with the sweet gift of an occasional warm front...well...winter loses its sting somehow.

You may be waiting for higher temperatures or the sound of glasses clinking on neighboring decks, but you may also be missing out. I couldn't take care of my garden without winter – and I couldn't face winter without taking care of my garden.



One of the biggest mistakes in seed starting is timing. When buying seeds, be sure to look on the back of the seed packet to see how long the seeds need to germinate.



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COMMUNITY NOTES

Looking back with team Kenya

Sarah Harrington
MSM Class of 2013

On July 13, members of the Emmitsburg Council Mission Team came together as "Team Kenya" to begin their 2014 service trip to Kenya. On Thursday, November 6, the team came back together at Emmitsburg's Trinity United Methodist Church to share their stories and experiences from the trip. Team Kenya members, Pastor Jon Greenstone, Doctor Holly Hoffman, Doctor Holly's daughter Marie, Tracy Seboid, Elizabeth Miller, Phyllis Kelly, Merri Kathrin Muegge, Lisa Riffle, Doctor Calvin and Kimberly Chatlos, and their children Taylor and Liviya, gathered all of their photos from the journey and created presentations that

they shared with the attendants of the gathering.

To start off the evening, team member Tracy Seboid gave a few words on what the trip was like and gave some background information about what guests were about to see. Seboid described the trip as "very humbling." Seboid went on to say that the team "found unconditional love on our trip." Seboid then turned the presentation over to fellow team member Lisa Riffle. Riffle shared a PowerPoint presentation featuring pictures of the team. Riffle and fellow teammates contributed to the presentation by telling stories from the trip. The 13-hour journey was not a dull one. According to Riffle, the team's bags were over the weight limit when they reached Nairobi and they

had to be put on a separate plane for the rest of the trip. "The pilot showed us the plane; it was a lot smaller than we thought. Pastor Jon read us our last rights there," Riffle joked.

Team Kenya arrived in Kenya with many goodies for the people there. They had three suitcases full of medicine, over 400 Bibles, over 180 pounds of medical supplies, packets of ten different types of seeds that Pastor Jon distributed to the families in villages in Kiminini and Khalwenge, 284 dresses made by Carolyn Weaver for the girls at Pathfinder, and over 110 solar flashlights, just to name a few of the things. The group stayed at a compound that was right beside the Pathfinder Academy. The team spent a lot of time working

at the academy with kids in kindergarten through eighth grade, and they also worked with St. Joseph's Girls High School and Leanna High School. Group members Phyllis Kelly, Merri Saylor, Tracy Seboid, Betsy Miller, and Lisa Riffle spent a lot of time with the kids teaching Bible school, making crafts, and playing. "We did a lot of jump roping; oh my goodness, those kids could jump rope!" Riffle recalled. Liviya Chatlos, Doctor Calvin's daughter, worked with the high school girls making beaded necklaces. Riffle showed photos of the girls with their tote bags the team brought for them to decorate. The girls' smiles reached from ear to ear. "The children were not used to having craft opportunities," Riffle commented.

Along with the tote bags, the team also put together the "Bandana Project." They gave the children bandanas and allowed them to decorate them any way they wanted. Once they had decorated their bandanas, the team gave the children picture frames and took pictures of them in their bandanas. For these children, these were the first pictures they had ever had of themselves. The team shared a few of those photos in their presentation. The pictures showed just how much joy something as simple as a photo could bring to those children. As the night when on and the presentation progressed, it was clear to see that the team had developed a great connection with the people they interacted with, especially the children. "Once you walked into the school yard, all the kids would come running up to shake your hand. They were so polite!" Riffle recalled.

During the team's time in Kenya, they not only connected with the children, but they were also able to hold medical clinics where they performed eye exams and malaria blood tests and taught workshops on helping babies breathe. The team took with them three suitcases filled with medical supplies. The 180 pounds of medical supplies the team brought with them from Med Wish and U.S. hospitals were delivered to clinics such as Kiminini Health Center and Mitumba Health Center. Throughout the course of the trip, Doctor Holly Hoffman and Doctor Calvin Chatlos hosted four medical clinics, where they were able to see a total of 619 patients. The doctors, including Doctor Kathrin Muegge and Hoffman's daughter Marie, conducted blood sugar and malaria tests. Marie Hoffman conducted over 300 eye exams. She was able to do these with a machine called an auto refractor, which was sent by Dr. Drew Stoken from Carlisle. Due to these eye exams, the students who need eyeglasses received them within 45 days after the trip.

At the end of the presentation, Seboid returned to speak a few closing words before she shared a slideshow she had prepared. She reiterated that the trip was "such a loving and humbling environment." Seboid admits that she was at first unsure if this trip was the right thing for her, but after having gone on the journey, she was glad she did it. A statement from Seboid really captured the theme of the presentations and showed what Team Kenya learned while on their trip: "People who have so little have such big faith." The presentations put together by Team Kenya illustrated a rewarding trip for both Team Kenya and the children and families in Kenya.

After CyberKnife® treatment at FMH, Dr. Early is back in the pilot's seat.

Dr. Calvin Early was already a two-time cancer survivor when he was diagnosed with prostate cancer in 2011. Retired from the U.S. Navy, Dr. Early received most of his medical care at the National Naval Military Medical Center in Bethesda, where he had served as Chief of Neurosurgery for 15 years.

After researching his treatment options, Dr. Early thought he might be a candidate for CyberKnife, a safe and painless outpatient alternative to surgery that involves no incisions and no recovery time. Thankfully, Dr. Early discovered the CyberKnife Center at FMH, conveniently located near his home. His doctors agreed that it was a good option for him and collaborated with the FMH team to facilitate his treatment. Today, Dr. Early is cancer-free.

"At the age of 80, my prostate cancer was treated using the CyberKnife. The procedure was painless, and I had minimal side effects. Afterwards, my PSA level went down to 1 and it has been steady ever since. I would definitely recommend CyberKnife to other patients."

—Dr. Calvin Early,
Cancer survivor



Dr. Greg Gagnon
Medical Director,
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The Maria Furnace Road

John Miller
Emmitsburg Historical Society
Civil War Historian

This year, for 2015, I wanted to do something different. As my readers recall, during the 150th cycle, I have written much about the Civil War and the campaigns that occurred in the area. I also did a piece on the War of 1812 with the 200th Anniversary of the Burning of Washington and the Battle of Baltimore. I finished the 2014 year with the 100th Anniversary of the Christmas Truce, which occurred during World War One. Now, I am changing things up.

As many of you may or may not know, I am not only the Emmitsburg Historical Society Civil War Historian, but the Washington Township Historian, appointed by the Washington Township Board of Supervisors in Franklin County, Pennsylvania. I am also the Museum Director of the Monterey Pass Battlefield Park and Museum, both positions are volunteer positions. I have also served as the historian for South Mountain State Battlefield, as well as a historical advisor for many organizations in the Tri-State region, and have been featured in several documentaries over the course of my fifteen year career.

Over the last year and a half the Friends of the Monterey Pass Battlefield, Inc., has been working on building a museum and preserving the Civil War battlefield of Monterey Pass. With the October 18 grand opening behind us, and with preservation plans moving forward and taking shape, I wanted to share with you what its like to be part of a new Civil War battlefield.

Over the course of the last three years, many have heard about the Maria Furnace Road, which runs through our battlefield and is a vital part of our preservation efforts. Three years ago, 116 acres of battlefield land came up for sale. Af-

ter taking inventory of the land, and writing up a summary of events that occurred on the land, we decided that it needed to be preserved. After talking with a few preservation organizations, we decided to go after the land on our own. With the help of Washington Township, we applied for two grants. We were just awarded 100,000.00 for the first grant and the second grant was just submitted in December. If all goes well, we'll close on the purchase this coming March. We are also looking into purchasing another four acres of land for access to the battlefield property.

So what happens to the land after it transfers to the battlefield? Six years ago, I went before the Washington Township Board of Supervisors with Management, Interpretation and Conceptual Plans with regard to the battlefield, and what needs to be done step by step. The supervisors approved the plans, and since then those plans have been applied to the battlefield, and the end result is that it has been growing, and more importantly, being preserved.

So, what about the road and why is it important? The Maria Furnace Road is a unique piece of land. The road bed itself dates back to 1747, as part of the Great Wagon Road that led to the south via modern day Williamsport, and allowed for the settlements of what would become Appalachia. During the French and Indian War, travel along this road was decreased due to the threat of Indian attacks. After the Revolutionary War, farms were being built in the area. By 1820, the Emmitsburg and Waynesboro Turnpike was completed, connecting to the Maria Furnace Road. Over the course of the early 1800's, Monterey Pass became an important transportation hub, where five roads connected to the toll house and several side roads ran parallel to the main turnpike.

The property itself shows signs of



The Maria Furnace Road which is being preserved as part of the Monterey Pass Battlefield Park.

newly forested trees due to the industry of the area from charcoal that was being used to fuel to copper smelters and furnaces. Many of the trees are less than one hundred years old. The land does border private property, as well as Pennsylvania State property. Given that, the Maria Furnace Road property does appear to look much as it did during the Civil War battle.

When I conducted a study of the land, it was determined that Monterey Peak was included in the property. It has been said that during the Resort era (1870-1940), many visitors would venture to the overlook, and on a clear day one could see all the way to Baltimore. Although, one would not see Baltimore due to Parr's Ridge in the east, it does provide a beautiful overlook. Many overlooks on South Mountain near Monterey Pass do overlook the Gettysburg Battlefield, as well as the Cumberland Valley. This is why I created a new program that

I launched this year called the Retreat from Gettysburg Overlooks Tour.

After the purchase of the road is complete, my plans call for several things. The first is marking out the boundary. The second will be repairing the roadway itself. Erosion has taken a toll on the road. After years of heavy rains, many areas have washed out the road creating ruts, and in other areas, large trees have fallen over the road. But other than that, the road is accessible by one who is physically fit. Stone dust or mulch will cover the mile long roadway for public safety. In those areas where erosion is a concern, we will use the same methods as Antietam used for the beach gravel roadway by the Antietam Creek near the Burnside Bridge. This will help to keep the road from being washed out during major storms.

The third item on my list is the establishment of interpretive waysides, and at least two ki-

osks blocking visitors from entering onto private property along the actual road. The main theme is going to be the Battle of Monterey Pass and the Confederate Retreat. However, some sub themes will be written for a few of the waysides to reflect the Great Wagon Road and the industry of the area prior to the American Civil War. And finally will be the creation of walking trails to Monterey Peak.

Funding is going to be needed to help with this project. For the interpretive panels and metal dry-coated frames we are looking at a cost of over \$10,000.00. To keep the cost down, I will once again, write and design the panels, like those you see along the driving tour route. This helps simply because there is no third party involved.

The interpretive panels will be tan on blue with the main theme at the top. The sub theme will be listed under the main theme. For example, a main them could be "The Battle of Monterey Pass" with a sub theme of "The North Carolina Sharpshooters Deploy." Followed by text to help the viewer understand the historical event in the area they are viewing.

Before I close, the Monterey Pass Battlefield Park and Museum is looking for a few good interns or volunteers to help run the Monterey Pass Battlefield Park's museum during the 2015 tourism season. If you are interested in becoming a volunteer, please email me at jamiller@montereypassbattlefield.org. Docent and Interpreter positions are unpaid. Duties will include working with the public, preparation of interpretive programs, and provide assistance to visitors at the park information table. If you like to talk about history and you are looking to make a difference, we are looking for you! www.montereypassbattlefield.org

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WWI NEWS REPORTS FROM THE FRONT

January 2

The British battleship HMS Formidable, of the pre-dreadnought period, which, at the time of her completion, 13 years ago was the largest and most powerful man-of-war in the world, was sunk in the English Channel a torpedo of a German submarine.

Thus, the New Year is ushered in by one of the heaviest blows Great Britain's Navy has suffered thus far in the war. Of the more than 600 men who were supposed to have been on board, only 71 are reported to have been rescued.

The Formidable is the third largest battleship to be lost by Great Britain. The others being the HMS Audacious and HMS Bulwark. The Audacious was sunk by a mine North of Ireland on October 27 and the Bulwark was sunk in the river Thames as a result of an internal explosion.

Petrograd reports that all danger of a German attack upon Warsaw, the chief objective of Field Marshal Von Hindenberg, is now past. The Russians report that during the past two days they had made progress all along the Eastern front, especially in the Carpathian mountains where the Austrians are still retreating, leaving thousands of prisoners in Russian hands. The Russians report their losses are heavy but the German casualties have been much heavier, and at some points the attacks amounted to no less than slaughter of the German soldiers.

January 4

That the campaign of the Germans and Austrians in Russian Poland has

been a failure is clearly indicated by the measures under way to reinforce Gen. Von Hindenburg's army at the expense of the German battlefield in France.

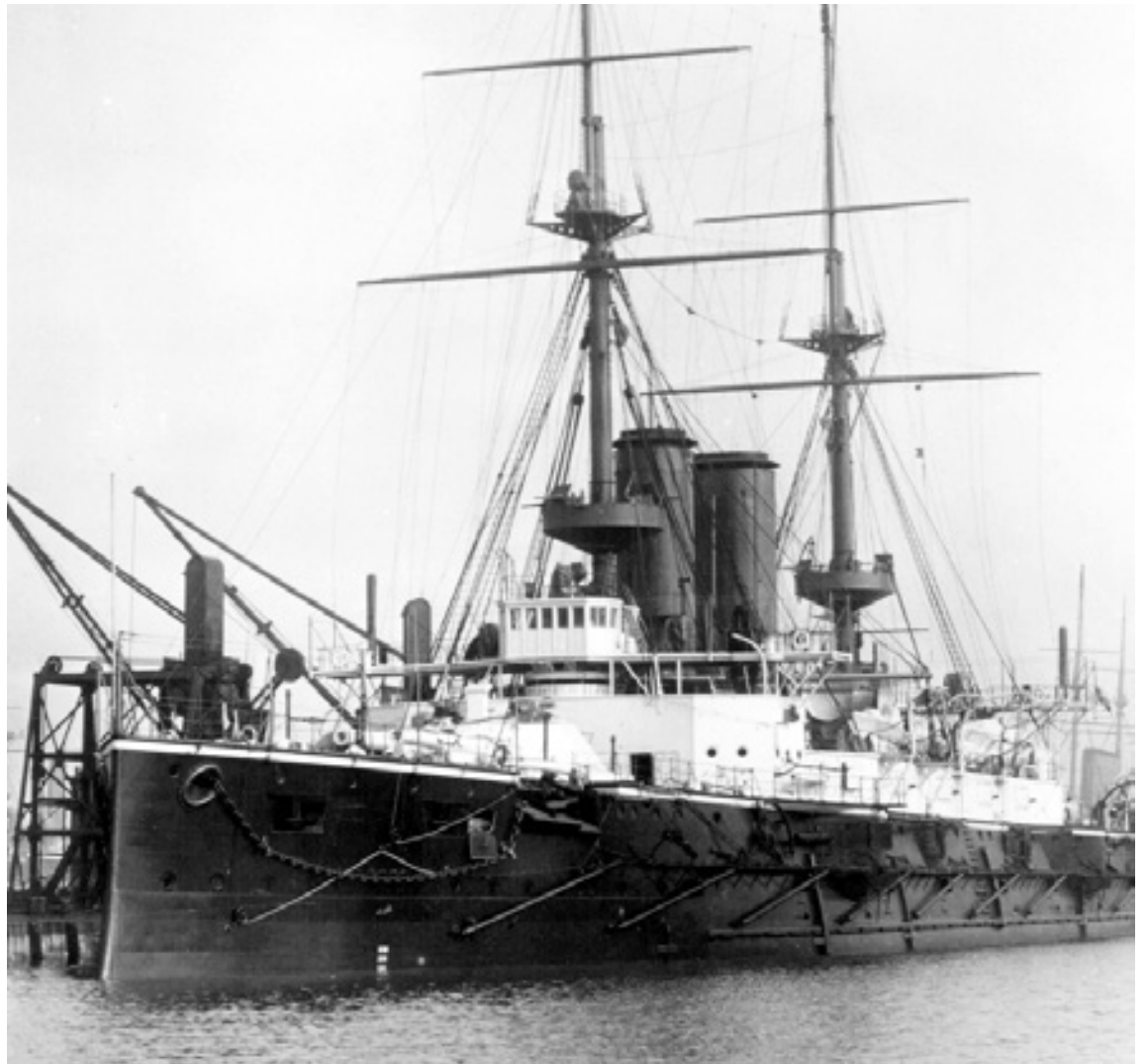
The Czar's army has captured 22,500 prisoners and 45 machine guns in their campaign against the Austrians in the last two weeks. It is officially estimated at 27 German army Corps are operating against Russia. 400,000 Germans and Austrians have already been taken prisoners and the killed and wounded are three or four times heavier. Despite the furious attacks the Germans are no nearer to Warsaw now than they were a week ago.

January 5

German reinforcements have been rushed to the western battlefield in the Argonne as the advance of the French troops continues. All along that section of the battlefield the fighting has been particularly desperate for several days.

Along the line in Flanders, the situation is calm. The two armies are resting during the heavy rains that are sweeping across the battlefield. Artillery exchanges continue, but there has been little change in the front. The Germans administered a temporary setback to the French when the Kaiser's troops took possession of some German works recently captured by the French. But the Germans were unable to maintain their advantage and were compelled to abandon the positions again to the French.

On the Eastern front the Russians report the Germans have sent troops to aid the Austrians, who have been or-



The HMS Formidable was the first battleship to be sunk by a submarine.

dered at all costs to hold the front protecting Kraków.

In Berlin, it is reported that the German submarine that sank the British battleship HMS Formidable with two torpedoes was herself sunk three hours later by a mine. It is said that all aboard the German submarine were lost.

January 6

Austria says the Russians are conducting a series of violent frontal attacks East of Kraków, but the attacks have been repulsed with heavy losses, owing to the strength of the Austrian positions.

Meanwhile along an 80-mile battlefield the Russians and Germans again are engaged in a terrible battle. The Germans are on the offensive along the whole front, but the Russians are occupying positions of great strength and reports received from the front state that the German attacks are being repulsed at all points. While the Germans have succeeded in capturing a few of the Russian trenches, they lose them almost immediately in counter-attacks by the Russian forces.

Meanwhile reports from the Western front state that the French army has begun another invasion of Alsace. Already the French have made noticeable progress along the battlefield and heavy reinforcements had been sent to that region to strengthen the army of invasion. The fighting in this section of the Western war zone has been particularly fierce. Severe losses had been inflicted by both sides. The French forces are less than 30 miles from the Rhine and the German line of fortresses guarding German soil.

From Austria come reports that two Austrian aeroplanes engaged in a battle in midair with three Russian aeroplanes. Flying at a height of 4,500 feet, the Russian aviators dropped six bombs on the front lines. After the Russians had dropped their bombs the Austrian aeroplanes rose from their hangar and attempted to cut them off.

The Russians succeeded in damaging one of the Austrian aeroplanes.

January 7

The Russians have reported that the broken remnants of the Turkish army that invaded the Caucasus are being pursued by the victorious Russian forces. The defeat of the Ottoman forces was a rout. The Russians have reported capturing 35,000 prisoners and vast quantities of munitions and guns. The 9th Turkish Army Corps was annihilated and the 10th Corps was so badly shattered that it was unable to offer any organized resistance.

The Russians have also announced another victory over the Austrians in the Carpathian Mountains. The Russians have gained control of the most valuable Austrian oil field and have thus shut off another source of oil supply, which the Austrian and German armies are said to be so much in need of.

Elsewhere on the Eastern front, the Germans have renewed their activity in the north of Poland with the intent of moving on Warsaw again. By entrenching his troops in central Poland, Field Marshal Von Hindenburg has been able to withdraw at least five Army Corps from the center front and throw them into the new attack on Warsaw from the north. However, the weather is proving a useful ally to the Russians. Much rain has fallen, which has converted the whole country into a vast morass.

January 8

German aviators attempting to attack Dunkirk, the French port opposite Dover, have been put to flight by French batteries. A German zeppelin airship skirted the French seacoast 12 miles southwest of Dunkirk Wednesday morning, and then turned westward towards England. It was rumored the two other zeppelins preceded it.

Thereafter throughout the whole day Dunkirk was subject to two Ger-

man airplane raids which attempted to drop bombs, but the vigorous fire of the town's guns held them off. At one time six aeroplanes were hovering over the town, but were compelled to retreat, apparently no damage was done.

January 9

The French have admitted that the Germans have had a slight success on the Argonne front, capturing some of the French trenches and forcing the French back 20 yards. The fighting in the Alsace is growing daily in intensity. Houses and trenches have been taken and re-taken at the point of the bayonet, and the casualties on both sides are extremely heavy. About 250,000 men in all are engaged on both sides.

A dispatch from the front gives a good idea of the fierceness of the fighting. It says: "In taking the German trenches on the heights the French had to climb steep slopes, which were slippery with snow and ice, at the same time cutting their way through barbed-wire entanglements. The German machine guns played on the advancing French with unmerciful accuracy and soon the snow upon the hillside was dyed red. The French soldiers continued their advance under this deadly fire in hand-to-hand fighting with the bayonet followed in the trenches. German sharpshooters had evidently been ordered to pick off the French officers, for the list of killed among the men of rank were unusually high."

Meanwhile reports from the Eastern front say that the renewed German offensive in Poland is continuing and that the Germans are now only 26 miles from Warsaw. The Russians have admitted that the Germans have captured part of the Russian trenches protecting the Polish capital.

January 11

Field Marshal Von Hindenburg is reported to have assembled 1 million men for the new attempt to drive to Warsaw. The Russians however have



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ONE HUNDRED YEARS AGO THIS MONTH



In spite of all the technological advances of the early 1900s, camels were still the only way to move troops around in the vast deserts of the Middle East.

and German ambassadors are ready to leave Italy on short notice.

The Canard liner *Orduna*, which left from New York for Liverpool on Monday, had two 14-inch guns lashed to her deck, while the aft deck held the gun carriages. These big guns are believed destined for some new British dreadnought now under construction. Each of the weapons weighed 15,000 pounds and were 53 feet long.

Constantinople reports that the French submarine *Sapphire*, while trying to enter the Dardanelles, was sunk by Turkish artillery. Part of the submarine's crew was rescued.

January 19

Verdun, the great French fortress on the Meuse, has been encircled by German troops. It is been asserted that the success came as a result of a German advance in the Argonne. Some experts believe a French army has been bottled up and will be forced to surrender, just like they had been forced to do in 1870 during the Franco-Prussian war, which led to the French surrender in that war.

London believes that the Germans have adopted what is virtually a defensive role on the eastern front and that these defensive tactics synchronized with the movement of many thousands of German troops from Poland to the Argonne, have allowed the Germans to regain the momentum on the Western front.

January 20

The Germans delivered their long feared zeppelin attack against England last night. A fleet of five air cruisers swooped across the North Sea to the Norfolk coast, bombarded Yarmouth, and sailed into the interior and dropped bombs.

At least four persons were struck dead and many are believed to have been injured by the devastating missiles, which exploded with horrible force. Not all the zeppelins escaped. At least one was brought to earth and captured, together with the officers and crew.

January 21

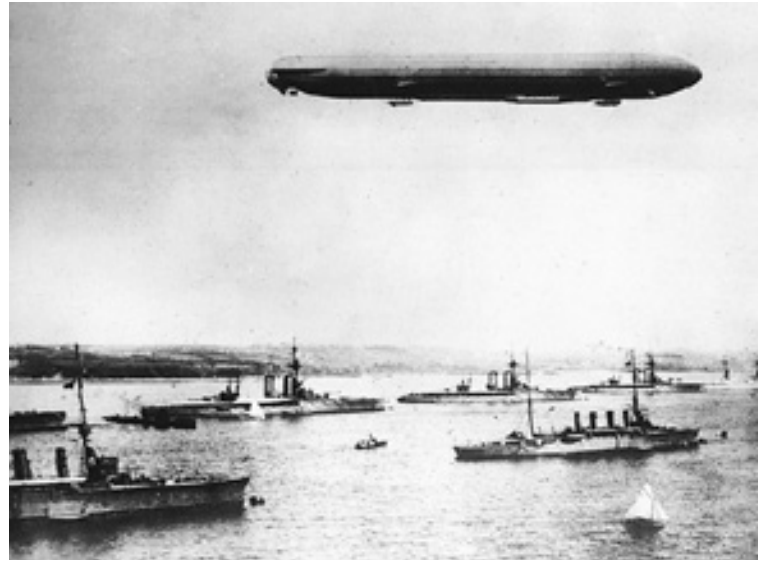
Comments of the British press today on last night's airship attacks is bitter in tone. The *Pall Mall Gazette* says that the only fitting answer is the sending of fresh armies to the continent. The *Westminster Gazette* characterizes the raid as a violation of the rules of warfare. The *London Globe* urges retaliation in kind, urging that there are several German towns within easy reach of British aviators.

There is still a difference of opinion as to whether the aerial raiders were zeppelin balloons or aeroplanes. The small size of the bombs and the few missiles dropped support the theory that they were not zeppelins, as those air vessels could carry a much more formidable cargo of explosives.

The raiding aviators showed excellent ability to pilot their vessels, as well as good marksmanship. In spite of the darkness of the night, they seem to find their way over the country with remarkable directness and the accuracy of their aim with bombs was greater than generally had believed possible.

January 22

Destruction of a big German ammo depot, from which German forces op-



Because of its ability to stay aloft and in one spot almost indefinitely, the zeppelin proved invaluable for picket duty above harbors and convoys.

erating near Rheims got their supplies, was reported in the official dispatches this afternoon. The explosion of huge supplies of powder resulted in many deaths.

French aviators located the ammo dump and furnished the range to allied gunners. The guns had scarcely been trained in its direction when a shell burst through the roof. A tremendous explosion shook the earth for miles around.

Before the depot was blown up French artillery succeeded in demolishing German field works in the same vicinity. Immediately following the explosion an infantry charge was ordered and the French took several of the enemy trenches.

January 23

England's view that Germany expects to ultimately be defeated is what is driving her to take the most desperate war measures to date. Torpedoing the British merchantman *Durward*, via submarine was generally accepted as the first move in the policy announced by the German Grand Admiral Von Tirpitz, who declared all merchant ships fair targets.

This is the second of what British official believes are the Kaiser's "last effort" expedients. The zeppelin raids on Tuesday night were regarded as the first. Ever since the war began it was believed that the zeppelin aerial fleet was being held as the Kaiser's "last cartridge." The British view is that the Kaiser, blocked on land and sea, has now decided to use this aerial arm.

The sinking of the *Durward* is the first time a German undersea boat has apparently deliberately sunk a merchantman. Admiral Von Tirpitz's threat to torpedo British merchant vessels was made as follows: "America has not raised her voice in protest and has taken little or no action against England's closing of the North Sea to neutral shipping. What will America say if Germany declares war on all of her enemy's merchant ships? Why not? England wants to starve us. We can play the same game. We can bottle her up and torpedo every English or allied ship which nears any harbor in Great Britain. Thereby cutting off her large food supplies."

January 25

Violent battles are progressing today in the Argonne Forest. On these battlefields there has been no cessation of conflict for the last 60 hours, the Germans launching one desperate attack after another in an attempt to pierce the French lines.

received fresh troops from all parts of the empire and the German commander will find before him of force at least equal in number.

The Germans have moved Five Army Corps of first line troops, approximately 200,000 men, from Belgian and France to take part in the new attempt to take Warsaw. The battle, which is developing, may prove to be the fiercest struggle yet in Poland. The vile conditions of the roads and the country has made the German movement slow, but at the same time has held the Russians in check.

Russia's tremendous success against the Austrians together with the growing friction between Turkey and Italy, points to the speedy entrance of Romania and Italy into the war. Bulgaria and Greece also are believed to be ready to join the Allies in the war.

A special dispatch announced that a Turkish army, composed of 40,000 men and led by German officers, is now advancing on Egypt. The 8th Turkish Army Corps left Damascus with 6,000 camels for crossing the desert.

January 12

A scare was produced in English coast towns by the appearance over the English Channel of a large fleet of German air machines, including a zeppelin. The *Times* asserts that 16 German aeroplanes were seen crossing over the English Channel on Sunday. Evidently they contemplated a raid on England, but apparently the pilots found the conditions to bad to continue the journey, for they turned their machines around. English coast towns fear and attack from German airships at any moment. The coast of the channel is now patrolled night and day by fleet of British aeroplanes, piloted by the best aviators of the Royal Flying Corps.

January 13

Great Britain is now sending thousands of men into France every week, and, according to reports from Berlin, Germany, aware of this, is making great military preparations for counter-movement. All the German reserves are being called to the colors and German generals are gathering up the reins to assume active directions of all campaigns, that is to say, the Austro-Hungarian fight against Serbia and Russia, and the Turkish campaign against the Russians and Great Britain.

On the Eastern front, the Russians have admitted that the Germans have captured the strategic city of Plock, which lies 58 miles Northwest of Warsaw. While this great battle rages in northern Poland, another of greater importance is progressing 30 miles west of Warsaw. The Germans are now storming the strongest lines of defense

between them and Warsaw. This is virtually the last barrier in the way of the Kaiser in his invasion, and his troops are sacrificing great numbers in an effort to reduce it.

January 15

The allies suffered the most severe reverse since the German drive to Belgium to gain the sea coast of France was halted when the Germans administered a defeat to the French forces in the Argonne forest. The Germans hurled great numbers of troops against trenches captured by the French just a few days ago. The battle raged violently for two days. The Germans finally launched a night attack that swept back the French. Both sides have suffered heavily in killed and wounded.

With Emperor William personally directing the onslaught, the Germans battled desperately for possession of the field. The battle came after French troops had gained much ground in that part of the front and had driven the Germans from many of their trenches and threatened their lines of communication from their base in Germany.

January 16

A big German army of first-line troops, said to be 500,000 men, has been concentrated along the Aisne battlefield. The fighting, only 38 miles from the outlying fortifications of Paris, and 50 miles from the capital itself, is still raging. The Germans declared that all the French troops in that vicinity have been driven back across the Aisne and that they have captured 6 towns along the river. It is stated that the French lost heavily in the retreat and abandon these towns to the Germans.

January 18

The Russians reported that the 11th Turkish Army Corps which was sent to relieve the broken 10th Corps has been destroyed, with a total loss of 40,000 men. In a separate report the Russians claimed that the 52nd Turkish regiment was annihilated in a bayonet attack. All the survivors, including the commander, were made prisoners.

The allies meanwhile report that the German maneuvers in the Argonne have been brought to a complete halt by the reorganization of the French forces after their retirement to the south bank of the river Aisne.

British aviators have carried out a successful raid on the Kaiser's military positions at Ostead. Many bombs were dropped on the railway station and the barracks. Considerable damage was done. Nine British aviators took part in the attack.

Tension is becoming more severe in Italy as war fever is growing. According to a dispatch from Rome the Austrian

The struggle in the Argonne represents a new and strongly organized attempt of the Kaiser's troops to regain roadways leading towards Verdun. The fighting there is unusually violent and trenches had been lost and retaken by both side several times within the last 48 hours.

January 26

A new attack on the Russian armies has been initiated by Austria, in conjunction with the German forces in accordance with a plan believed to have been adopted by the Teutonic allies. Austrian forces have struck all along the 300-mile front. Desperate fighting at close quarters is in progress in central Poland, where many men have died from cold, but has not yet resulted in breaking the deadlock.

On the western battlefields severe encounters continue in the Alsace and in the Argonne. Neither the French nor the German official statements of today claim mark success, although the Germans admit losing one trench.

January 27

The German armies of the West have again taken the offensive delivering violent attacks simultaneously at several points. Positions of the British just south of the Belgian border are said to have been taken by storm and held in the face of counterattacks.

On the Eastern front, a Russian base in south Poland has been occupied by Austria-German forces. Austrian now assumes that Romania will hesitate to join Russia in the war now that Russian forces are retreating.

January 28

Dispatches from Cairo state that a great Turkish army is on the march towards the Suez Canal. Troops and warships are being assembled in all civilians or leaving the vicinity of the Canal. Is reported that three Turkish Army Corps are marching on Egypt.

January 29

The official reports of the war are in such complete conflict that the outcome of recent hostilities, particularly in the West, is left in doubt. The French War Office states that every German attack was repulsed and that every French attack made progress. The German however says the French were defeated in every battle and that several trenches of the allies were captured.

To read prior news reports on WWI visit the Historical Society section of Emmitsburg.net.

HISTORY

History of Catoctin Mtn. Park

Continued from last month
Part 7

Rumsey's Steamboat

The school does not appear to have operated for more than two years. In 1827, John Brien purchased and moved into Auburn house. Two years later his business partner, John McPherson, Jr., died. In 1834, Brien himself died while recovering from an illness at a health resort in Bedford Springs, Pennsylvania. Within a couple of years, Brien's son, John McPherson Brien, managed to purchase the furnace from his father's estate, but, with the panic of 1837, the economy again collapsed, and the furnace operated only sporadically for the next couple of years.

Catoctin Furnace from the Bottom Up: Slavery

While we know the names and much about the lives of those who owned the furnace at Catoctin, we know little of the workers who toiled in the iron-making plant--many of whom were African slaves. Later, as shall be shown in Chapter 3, slave labor declined at the furnace, replaced largely by immigrant workers. Until the mid-1830s, however, slaves provided at least half of the labor at the furnace. While the subject of slavery inevitably conjures up images of large cotton plantations, there existed a sizable number of slaves working in industry. Although industrial slavery has not received the attention given to plantation slavery, those historians who have studied the phenomenon sharply disagree about the conditions under which slaves worked. Some argue that the unique circumstances surrounding slavery in industrial settings allowed slaves slightly more freedom and encouraged

between master and slave "mutual accommodation rather than outright repression."

Other conclude that "[f]or laborers--slave and free--engaged in southern industries, working conditions were usually worse than those for laborers engaged in southern farming, since industrial development often demanded longer and harder working days than did plantation agriculture." With only the most limited of sources on slavery at Catoctin, there is little that can be added to this debate. Nevertheless, the few scraps of information we do possess are tantalizing--such as evidence of an 1838 riot between furnace workers and residents of Mechanicstown. In the brawl black and white furnace workers fought side-by-side, suggesting a very different type of slavery than existed on plantations. Likewise, preliminary evidence--although still too sketchy to allow for any conclusions--suggests that ironmasters may have chosen African slaves because of their backgrounds in iron manufacturing. One again this suggests that the topic of industrial slavery at Catoctin and elsewhere deserves much deeper inquiry.

Before discussing slavery at Catoctin Furnace, we might briefly consider the nature of the "peculiar institution" in western Maryland. There was, in fact, much slavery in Frederick and Washington Counties. In 1790, around 3,900 (roughly 13%) of Frederick County's total population of 30,000 was of African lineage. Of the total African population, only 213 were free. Most slaves worked in agricultural settings. Although many of the German religious sects held slavery in low regard, Germans in western Maryland

eagerly sought to become slaveholders. Despite the German reputation for frugality, reports historian Elizabeth Kessel, the "one major exception to this rule was slave holding. A slave was a status symbol, and only the wealthiest members of this generation could afford such luxury." Advertisements for escaped slaves in Frederick County often noted that a particular runaway spoke German as well as English. A twenty-five-year-old slave named Jack, employed as a joiner by John Brien at the Antietam Iron Works, ran away in 1807. Frantically advertising for the slave, Brien described him as of "dark complexion, speaks German, blue coat, black Pantallons, white Jacket, and a fur hat much worn, 5'9, plays violin well."

Slaves labored on many of the larger farms surrounding the Catoctin mountains. A particularly large farm that was advertised for rent, situated "one mile from the Catoctin furnace," boasted 700 acres of land "about 400 acres of which are cleared and under good fencing," with a "comfortable log dwelling, two barns, and several stables, granaries, and negro quarters." Records of the Moravian Church of Graceham, likewise, contain numerous references to slave baptisms and marriages. For instance, in 1828, the church recorded the marriage of Jeremiah Sims to Mary Tuckman, a couple belonging to George Zollinger, listed as "a farmer in mountains." In 1832, Jacob Hoover, a prominent store keeper in Wolfsville, advertised: "[c]ash for Negroes, Eighteen or Twenty men, women, and children wanted, for which the highest price will be given in cash, apply to Jacob Hoover."

Alongside African slaves, a



Collier's House - On Catoctin Furnace Rd. just south of the iron furnace

smaller population of unfree whites also worked in Frederick County well into the nineteenth century. Some of these white "servants" were German, paying off their passages to America with several years of indentured work. Advertisements for escaped white servants ran alongside announcements of runaway African slaves. No evidence, however, exists that unfree white labor ever toiled at the iron works in Catoctin.

The majority of unfree labor in western Maryland worked in the dominant agricultural sector. But as wealthy eastern Maryland planters, fully versed in the workings of slavery, launched industries in the west, it followed that slavery would be the preferred system of labor. Before the Civil War, throughout the South, increasing numbers of slaves worked industrial jobs in textile factories, sugar refining, grist milling, or coal mining. By the early-nineteenth century, roughly 5% of slaves (between 150,000 to 200,000) worked in industry. It was the iron industry in the South, however, that became the most dependent on slave labor. Throughout the

south, some 10,000 slaves worked in iron production, making up the majority of workers at Maryland's Antietam and Hampton Furnaces and Richmond's infamous Tredgar Iron Company, which employed roughly 100 slaves.

Given the paucity of information about slavery at the Catoctin Furnace, generalizations do not come easily. We do know that Catoctin was a large operation, requiring generally around 80 workers. Most were unskilled, but a handful possessed valuable skills necessary to keep the furnace functioning. Among the occupations necessary to the industry were founders, colliers, miners, teamsters, wood choppers, and, most likely, a group of general furnace workers assigned to labor wherever needed. Furnace blasts often lasted between four and five months. The rest of year was taken up by logging, coaling, and mining. Only when a proper supply of ore, charcoal and limestone--materials jointly called "stock"--was ready would the furnace be put into operation. During lulls in furnace operations, it may have been that a portion of

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HISTORY



Catoctin Furnace - A cemetery for the slaves working at the furnace was disturbed in this area when Rt. 15 was expanded from 2 lanes to 4 lanes.

the slave workforce shifted to agricultural work. Wheat production, in turn, had its slack seasons which would allow workers to return to the furnace. Slaves could be hired for these purposes. While it is clear that some of the slaves working at the Catoctin Furnace were the legal property of the furnace owners, it is unclear whether the furnace hired additional bondsmen in busy seasons, or hired-out slaves when the furnace sat idle.

Nor does information exist regarding living quarters for slaves. Since listings of furnace property however, contained no separate designation for slave quarters, it might be fair to assume that slaves lived in the workmen's houses. Were houses segregated, with some designated for white workers and others for slaves? Did slaves live with their families or

dormitory style? Did skilled and unskilled workers live separately? Barring any new unearthing of information, these questions will remain unanswered. That life for slaves working in the furnace was difficult is beyond question. One of the few references to slavery at the Catoctin Furnace comes from a traveling Moravian minister, Brother John Frederick Schlegel, who came to the furnace in 1799 as part of his ministry to the area. At Catoctin, he met James Johnson, then owner of the furnace, and Johnson's family. He then met with the furnace slaves. "[A] little group of them gathered around me at the top of the furnace opening," he noted in his journal, and "they wept very much because they were bound to work so hard during the week as well as on Sunday in the iron smelter and thus were seldom able to hear the Word

of God." The missionary recorded his concern for the slaves "whose inward and outward conditions are troubled." What the Moravian witnessed suggested the worst aspects of slavery. Almost everywhere, owners gave slaves Sundays off. But at Catoctin the Sabbath appeared to be just another working day.

Not only were hours long and the work hard, but conditions also could prove dangerous. By the late-nineteenth century, the weekly Mechanicstown newspaper, which began printing in 1871, contained much information regarding the dangerous work conditions at Catoctin. For the antebellum period there is little similar information, but we can assume that accidents happened frequently. The Graceham Moravian Church does record an April 1826 fire, fanned by high winds, "in the wood on the mountain started by a pile of coals." Large numbers of people labored to contain the conflagration, but they had little luck "until the greater of the wood that had been cut and corded, about 3,000 cords belonging to the Furnace, and many thousands of fence-rails and a lot of bark for the tanners, had been consumed." Losses from the fire were estimated at between four and five thousand dollars.

With few historical sources available with which to recreate the lives of the slaves working at Catoctin Furnace, archeological evidence can help fill in some of

the gaps. Locals long had known of a slave burial site marked by roughly a dozen fieldstones, within a half mile of the furnace site (see Map 2). In 1979 and 1980, with a planned expansion of Route 15 through the area, archeologists excavated some 31 burial sites--roughly one third of the interred bodies. The decision to disrupt the bodies, which later were reburied, was made reluctantly and only with the intention of gaining an understanding of the lives of those overlooked in traditional historical accounts.

Of the thirty-one bodies unearthed, six were newborns, five children (ages 2 to 12), two teenagers, and fifteen adults (consisting of eight females and seven males, between the ages of nineteen and sixty-five). There appeared no obvious causes of death as might be found in an industrial accident. Nor did there appear to have been any nutritional deficiencies. From body weight and analysis of teeth, the archeologists concluded that diets consisted of "relatively coarse food, probably unmilled cornmeal" and little sugar. Nails found at the graveyard dated between 1790 and 1840, and the bodies appeared to have been buried in a manner consistent with Christian customs

Archeologists identified all of the thirty-one bodies as of African heritage, with "no visible admixture of white." This led to the somewhat surprising conclusion that those buried were first

or second generation Americans. According to Jean Libby, in her study of slave ironworkers in western Maryland, ironmaking was a well-developed craft in many West African societies. Comparing African iron production with that practiced in America, Libby found many similarities "in furnace technology and cultural practices." There is some evidence that slave traders valued Africans with skills or at least those from iron-producing regions who might possess skills. There also exists limited evidence that some slaves practiced their native skills in America. A 1760 newspaper advertisement, for instance, calls attention to a runaway slave "imported in 1760, so that he scarcely speaks any English, but can work at the Smith's Trade, having been employed in his own Country in that way." Citing the recent arrival status of those buried at the Catoctin slave cemetery, Libby offers the hypothesis that Catoctin slave furnace workers may have had backgrounds as African iron workers and brought elements of African ironworking skills with them. While provocative and fascinating, the Catoctin Furnace does not offer the sort of evidence needed to support such a claim. Nevertheless, if first generation African slaves did work at the furnace, they would have brought elements of West African culture with them to the Catoctins.

Continued next month

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COLD WAR WARRIORS

The Cold War weapons complex

Editor's Note: This is the first in a series of articles about the evolution of Cold War nuclear weapons. It is said, that each war begins with the major weapons from the last war. Certainly this was the case in the Cold War. Who can forget the horrifying images of the destruction of Hiroshima and Nagasaki at the end of World War II" and yet, the Soviets immediately started development of their own atomic weapons program and by 1949 successfully tested their own fission bomb in Kazakhstan. Nuclear weapons became the heart and soul of the Cold War arms race. They were like chemical weapons at the end of World War I. Cold War nuclear weapons lived under a doctrine of "mutually assured destruction." They were considered a deterrent. All other major elements of the Cold War arms race to include delivery systems (i.e. missiles, mobile ground-based launchers, and submarines) and spaceborne surveillance systems were closely tied to nuclear weapons development. Here is their story.

Captain William Hicks
USN, Retired

Introduction

This is the first in a series of articles about the evolution of nuclear weapons during the Cold War. This series begins with some basic information about the physics of nuclear weapons, management of the program, weapons production, and a brief description of the U.S. nuclear weapons industrial complex. There is an old saying that every war begins with the weapons of the previous war. This was never truer than in the case of the Cold War.

A war that lasted for over four

decades with the images and legacy of the of World War II at Hiroshima and Nagasaki. The Cold War was a war that neither side really wanted to happen. But, It was a war of constant preparation for this awful possibility. A war where the concept of "Mutual Assured Destruction" (MAD) was very real. Yes, you had to be mad to use a nuclear weapon, but you also had to be ever ready to do so. That was what the Cold War was all about.

Evolution of nuclear weapons complex during the cold war

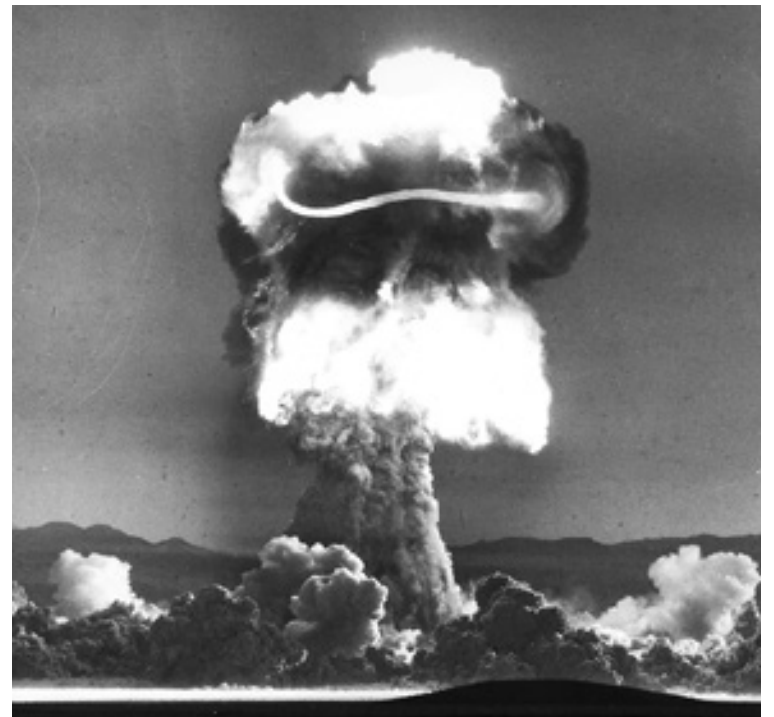
At the end of WW II, the significance of nuclear weapons was clear—both the massive destruc-

tive power they presented as well as the dangers to life on the planet if proliferation were not controlled. It was also clear that the genie was out of the bottle and could not be returned or ignored. The US had a monopoly, but for how long and to what purpose. How would the monopoly be managed? What was the future of nuclear weapons moving forward?

The purpose for this short discussion is to explore how the US dealt with the challenges of nuclear weapons during the cold war and the legacy remaining at the end of the cold war. In an overarching sense, the discussion will focus on four areas: How the nuclear weapons program was managed; how research and development evolved; the creation of the industrial infrastructure to meet the demands for nuclear weapons; and finally the legacy after the cold war ended.

The physics and basics of nuclear weapons

Research during the 1930's identified the phenomena that when an atom of Uranium 235 absorbed a neutron, it split into two smaller atoms, released a significant amount of energy, and additional neutrons. It was theorized that if this phenomena could be harnessed and managed, it had the potential to produce a large amount of energy, either explosively or as a source of power. Further research identified a second isotope of uranium, U233 and a man-made isotope, Plutonium 239 (PU239) which also split when a neutron was absorbed. The splitting of the



The Trinity explosion: The builder's of the "gadget," as the first nuclear bomb was called, really didn't know if their invention would work. It did, and in doing so, it ushered in the "nuclear age."

atom is known as Fission. Materials that will fission are called fissile material. When the explosive energy of a nuclear weapon is solely from fission, it is a fission bomb. Both bombs dropped to end WWII were fission bombs, one using U235 and the other using Pu239 as the fissile materials.

Research following WWII identified that significant amounts of energy could also be released if two light elements are forcibly combined into a single heavier element. In current US nuclear weapon design, two isotopes of Hydrogen, H2 (deuterium) and H3 (Tritium) are forced together under high heat and pressure and form Helium 4 (He4) plus a neutron and a large amount of energy. The process is known as fusion. In practice, the pressure and energy to initiate and support a fusion explosion in a bomb is provided by a fission explosion.

In order to achieve a fission explosion, there must be enough fissile material in a physical configuration to sustain the individual fission events in a chain reaction

which occurs when the available neutrons from one fission event are adequate to create another fission event. The material and the physical configuration is called a critical mass. If the intent is to cause an explosive event, many fission events must occur in a very short period of time. If the intent is to product power from the fission reaction, the chain reaction is slower and more controlled.

While the physics of nuclear weapons may seem relatively simple, the design and engineering required to create the conditions that will result in a nuclear explosion is much more complex than the basic physics. As discussed later, there were many different nuclear weapons designs in the US stockpile but they all had several basic engineering elements in common: The fissile material is maintained in a subcritical configuration until the explosion is initiated at which point it is transformed into a critical mass, usually through controlled and shaped chemical explosives.

In a plutonium based fission weapon, the mass of plutonium is called a pit. The pit is normally a sphere with a hollow center that can be compressed into a critical mass using shaped explosives. In a uranium weapon, the critical mass is created by forcing one piece of fissile material into a second donut shaped piece of fissile material. This weapon design is known as a gun barrel. To enable the rapid fission events necessary to create an explosive force, an external source of neutrons is provided.

The design of the neutron sources evolved over the years. To create a fusion weapon (hydrogen bomb in the popular vernacular), a source of tritium and deuterium is required to be integral to the fission explosion. Additional elements include fusing which controls when the explosive event occurs, safety and security elements which prevents nuclear explosions when not desired, and delivery element which support delivering



Of all the weapons developed during the Cold War, the nuclear bomb was the most feared—by both sides. The assurance of mutual self-destruction if it were to be used kept the peace.



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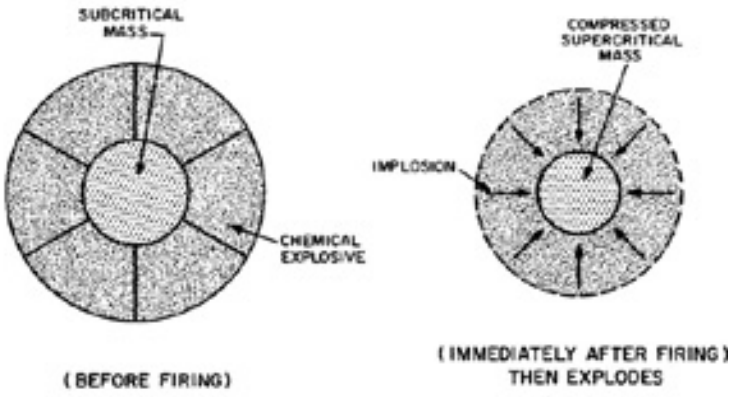
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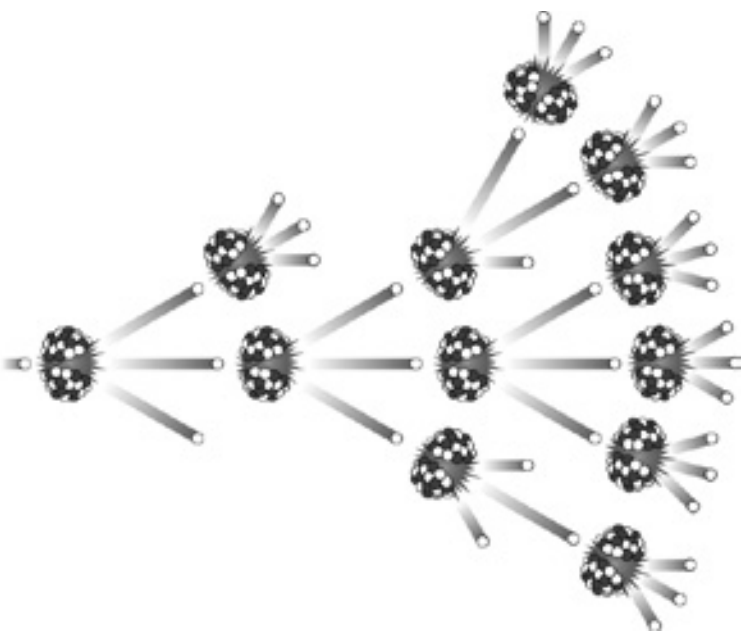
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COLD WAR WARRIORS



A nuclear explosion occurs when a super-critical mass of fissionable material is created. In a nuclear weapon, this is done by surrounding a ball of either Uranium or Plutonium with an explosive, which when ignited, will compress the ball until it becomes super-critical and the runaway chain reaction begins. The fission releases energy and causes two to three more fission. Within milliseconds of the triggering of the chain reaction, billions of atoms fission, releasing energy equivalent to the mass destroyed— $E=MC^2$.



development of nuclear weapons would be managed by the Atomic Energy commission (AEC). The AEC consisted of 5 commissioners selected by the President. The military as a customer of the AEC was linked by the military liaison committee. Congressional oversight was via a joint Committee on Atomic Energy.

The AEC followed the model used by the Manhattan district which was a small organization to set policy and requirements which contracted with the most competent and experienced industrial and educational institutions in the nation to manage the individual elements of the nuclear energy infrastructure. The nuclear infrastructure followed the GOCO (Government Owned, Contractor Operated) model. The AEC acted as the regulator of the nuclear infrastructure as well as the customer for the products from the infrastructure.

The inherent conflict with the owner, regulator, and customer residing within the same entity was never fully resolved. For commercial nuclear energy, the regulatory function was separated from the research and development function by formation of the Nuclear Regulatory Commission (NRC) to regulate the commercial nuclear industry. The AEC was also responsible for interactions with congress to gain the funds for the enterprise. The justification for funding of AEC activities in support of the nuclear weapons programs was reinforced by input from the Department of Defense as the primary customer.

In 1975, the AEC was split into the Energy Research and Development Administration (ERDA) and the NRC. ERDA retained all the assets and responsibilities associated with the nuclear weapons programs. In 1977, ERDA was combined with



As the Cold War dragged on, nuclear weapons become more and more powerful, eventually reaching a destructive capability thousands of times more than the weapons that destroyed Hiroshima and Nagasaki.

the Federal Energy Administration to become the Department of Energy (DOE), a cabinet level department. Throughout the evolution, the management structure and methodology for the nuclear weapons program remained relatively constant.

The AEC/ERDA/DOE managed the nuclear weapons complex with a headquarters organization supported by a series of field or operational offices located at each production, test, or research site across the complex. The organization was primarily focused on contract administration and overall direction to the contractors with limited involvement in the day to day management of the individual activities at the sites. The initial strategy remained as it was in the Manhattan Project to persuade the most experienced and technically competent companies to manage the individual operations as a patri-

otic duty on a cost plus basis with in some cases minimal fees. In a similar strategy, the research laboratories were operated by the leading universities as a non-profit laboratory.

As the years passed and the activities within the nuclear weapons complex became more transparent, the strategy became more difficult to maintain. Profits became more important to the industrial partners. Contractual cost containment became more important to DOE. And, the regulators and interveners became more intrusive to the operations at the individual sites. This transition continues to play out today as DOE struggles with the conflicts and challenges of being the owner, regulator, and customer of the complex.

Continued next month

To read past Cold War Warrior articles visit emmitsburg.net.

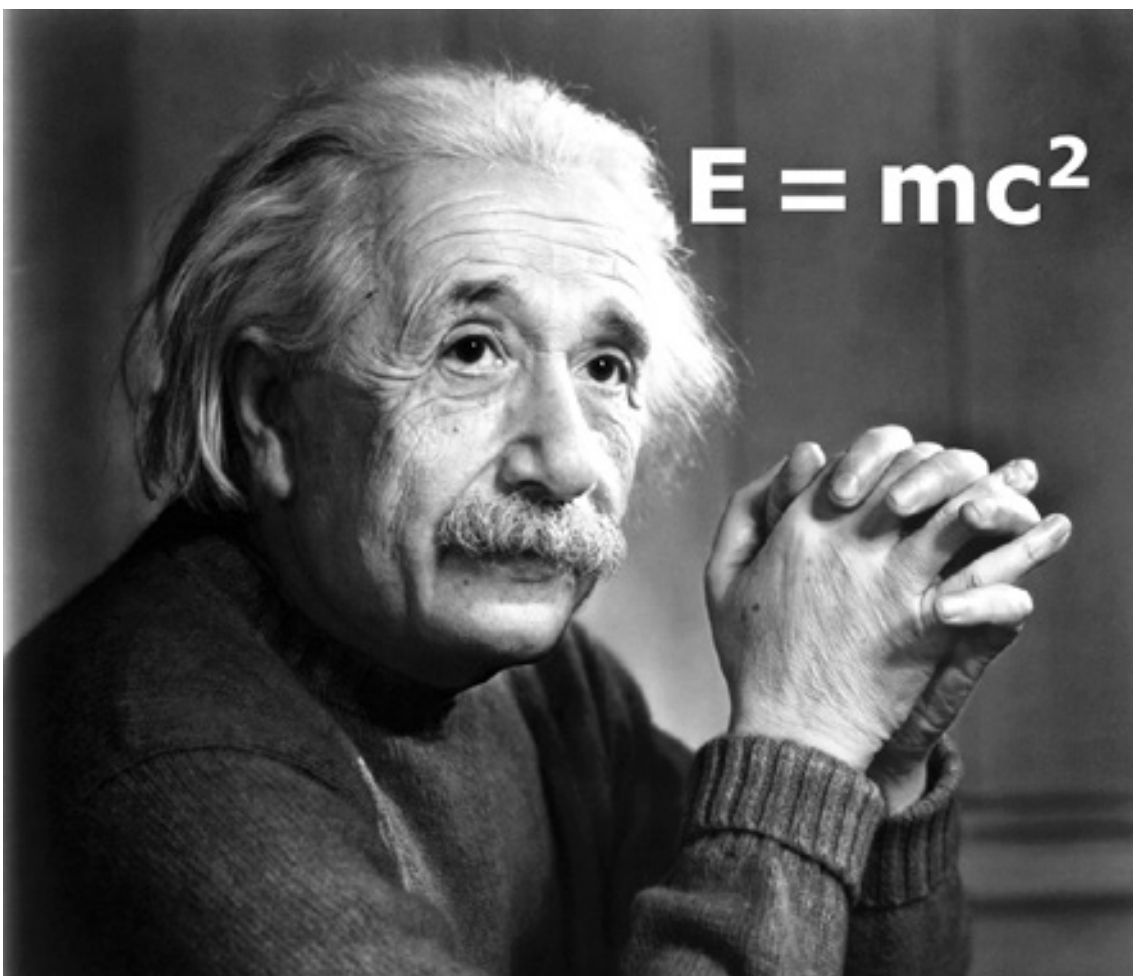
the weapon to the desired target. Thus, the practical engineering and design of nuclear weapons is much more complex and challenging than the physics of nuclear explosions.

The Management of the Nuclear Weapons Program

The development and production of the first nuclear weapons was managed by the Army within the Manhattan Engineering

District. At the end of the war, it was apparent that the development and stockpiling of nuclear weapons would continue as an element of national defense. It was also apparent that nuclear energy had uses and benefits beyond weapons.

The Atomic Energy Act of 1946 was signed by President Truman on August 1, 1946. The act provided that the activities to exploit the benefits of atomic energy as well as



While best known for his general theory of relativity, one of the two pillars of modern physics, Albert Einstein, the German-born theoretical physicist, was also the father of the mass-energy equivalence formula $E=MC^2$, dubbed "the world's most famous equation." When the release of energy is instantaneous, a nuclear explosion happens. A controlled release allows the energy to be captured for peaceful uses, such as nuclear power plants.



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MOM'S TIME OUT

Women's Little Christmas

Donna Fitzgerald Demmon

The man of the house gets the children up and out of the house. It is his job to disassemble the Christmas tree, put the decorations away, cook supper and bathe the kids. Pass the word ladies, we get the day off and celebrate the sisterhood of our gender.

We are going to carry on this tradition of Women's Little Christmas with lots of vigor. Join us!

Here's how it works... the day is January 6th. After much ado, the twelve days of Christmas have successfully been budgeted, baked, wrapped, roasted, bus-tled, decorated, negotiated and wined into submission. In wee Ireland upon the completion of these tasks, the lady of the house goes out to celebrate.

Let me go back to the start...

In the late 1990's I went to Ireland with one of my brothers. (I have five!) It was January 1st. David, wife Bonny and their two children thought we would have a quiet, un-cramped flight. TJ by

my side was surprised that every seat on the plane was filled; on the trip to Boston and then further to Shannon. It wasn't a peaceful day to travel.

Upon arrival, our little blue van headed to Dingle and we spent several days at a B&B that was a working farm. The kids enjoyed and helped with the animals. Bonny and Dave shared similar farming experiences with our gracious host family. All and all, each learned many things from the other.

Leaving the sheep and Dingle Bay behind, we headed south through the Macgillycuddy Mountains and found Clonakilty in Co. Cork.

This well laid out town is the birthplace of Michael Collins. Born in 1890, he is the young man who commanded the Irish Revolution that led to the 26 counties breaking away from English rule.

Dusk was threatening as we pulled into the Collins' homestead. We walked and peered around old stone corners as I talked about this great man. Col-



lins' significance is huge in Irish history. I enjoy teaching about his life and how he led the Irish to their freedom.

As we drove up to our B&B for the evening, the dark found us. We carried luggage in and asked about a place to dine. It was at this point that we stumbled onto

an olde and almost forgotten Irish tradition.

Clonakilty celebrates January 6th with grandeur. It is the Feast of the Epiphany and the official end of Christmas. The twelfth day has finally arrived.

For many decades in the century past, an Irish woman would drape her woolen shawl over her shoulders and walk to the local public house. Along the way she teamed up with other ladies for the evening. Once in the pub, they would slide into a nook and enjoy a Guinness.

The publican would bring complimentary corned beef sandwiches and participants were allowed to giggle, relax and let the weight of the past weeks dissolve away. At the end of the night the carefree ladies walked home. All the while, himself was home dutifully performing the evening's tasks. Go Daddy!!

Till today this tradition is upheld in Clonakilty. Our little pack of American tourists was astounded by all the women out for

the night. The pubs, restaurants and streets were aligned with ladies, young and old. The electricity in the air was grand.

Now for the Shamrock.

We invite you to celebrate an Irish Women's Little Christmas with us.

For one entire day, January 6th, opening till close we will offer specials to the ladies. We'll have a complete menu of festive foods, be able to pull a Guinness, open bottles of wine, have a few sweets and serve complimentary corned beef. We are even going to rustle up a man who plays Irish music.

If you want to bring your fellow, that is okay. TJ, David and Cody were allowed to dine on mussels, lamb and Guinness that magical night in Clonakilty.

So, get your sisters (by blood and friendship), Mom, Aunts, Cousins and Grandma. Rally up the neighbor girls and reserve the date. Afternoon or evening, come celebrate the Feast of the Epiphany, the Twelfth Day of Christmas and Women's Little Christmas.

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For a unique shopping experience, Timeless Trends Boutique is the place to be! This charming boutique is located in historical Thurmont at 21 E. Main Street in the old Creager's Furniture Store Building, first opened in the 1850's. Timeless Trends Boutique offers wide a selection of furniture, home decor, antiques, local artwork, pottery and jewelry. Owner Virginia Laroche explains, "We pride ourselves on bringing quality one-of-a-kind furniture and home decor to Thurmont". Giving new life to old pieces with great history, is Timeless Trends Boutique's speciality. You'll find a large selection of upscale vintage furniture and home decor for today's modern home.

Home decor is particularly important at this time of year. People are finding themselves spending more time indoors and with the removing of the holiday decor a space can feel uninspiring. By simply adding a pop of color with pillows, or a new piece of furniture, you can bring new life to your home. If you are uncertain on what a room needs, the helpful staff is willing to work with you to find just the right solution.

Stop in today to find the perfect piece your home needs. Your experience is sure to be enjoyable with great customer service and individual attention. And, their eye for current decor and gifts brings new shipments of items in weekly drawing customers back time and again.

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Bread for the New Year

Sharon Racine

Bread is one of those amazing "side dishes" that makes every meal taste better. Maybe it's innate for humans to love bread, seeing as it's been around for thousands of years; as Robert Chambers references in this month's Book of Days article (see page 13), bread always has been, and still is, "the staff of human life." This statement could not be more valid. Really, where would we be without bread?

Bread recipes vary from very, very simple (especially since the debut of the oh-so-convenient bread machine) to more complex and involved. I still don't quite understand the science behind the process of bread-making (such as proofing the yeast), nor do I enjoy the lag time bread requires to let the dough rise. Maybe this is why I prefer to bake breads of the flatter variety.

At any rate, the human taste for new and adventurous culinary findings has affected the bread world in a big way over the past few centuries. Consider all of the countries of the world with their individual traditions and recipes, and adaptations of recipes passed down through generations upon generations. What does this mean for you, bread lover? A virtually endless supply of bread recipes, of course!

It's thrilling to search for bread recipes in cookbooks and websites (such as AllRecipes.com) and be met with a deluge of infinite ideas. I like to think of recipes as guidelines more so than rules – they become so much more fun when you let your creative license kick in!

So enjoy the bread recipes below – some are more involved than others, but I can guarantee that the fruits of your labor will not disappoint. Try some fun toppings or herbs while you're at it, too!

French Bread From AllRecipes.com

This delicious basic recipe pairs well with everything from pasta to soup.

Ingredients

- 5 1/2 cups all-purpose flour
- 5 teaspoons active dry yeast
- 1 tablespoon butter
- 2 teaspoons salt
- 2 cups warm water (110 degrees F/45 degrees C)
- 1 tablespoon cornmeal
- 1 egg white
- 1 tablespoon water

Instructions

1. In a large bowl, combine 2 cups flour, yeast, butter and salt. Stir in 2 cups warm water, and beat until well blended using a stand mixer with a dough hook attachment. Using a wooden spoon, stir in as much of the remaining flour as you can.
2. On a lightly floured surface, knead in enough flour to make a stiff dough that is smooth and elastic. Knead for about 8 to 10 minutes total. Shape into a ball. Place dough in a greased bowl,

- and turn once. Cover, and let rise in a warm place until doubled.
3. Punch dough down, and divide in half. Turn out onto a lightly floured surface. Cover, and let rest for 10 minutes. Roll each half into large rectangle. Roll up, starting from a long side. Moisten edge with water and seal. Taper ends.
4. Grease a large baking sheet. Sprinkle with cornmeal. Place loaves, seam side down, on the prepared baking sheet. Lightly beat the egg white with 1 tablespoon of water, and brush onto loaves. Cover with a damp cloth. Let rise until nearly doubled, 35 to 40 minutes.
5. With a very sharp knife, make 3 or 4 diagonal cuts about 1/4 inch deep across top of each loaf. Bake in a preheated 375°F oven for 20 minutes. Brush again with egg white mixture. Bake for an additional 15 to 20 minutes, or until bread tests done. If necessary, cover loosely with foil to prevent over-browning. Remove from baking sheet, and cool on a wire rack. Yields 2 large loaves.

Portuguese Farm Bread From epicurious.com

Ingredients

- 1 tablespoon active dry yeast
- 3/4 cup unsifted semolina flour (substitute: bread flour)
- 1 cup very warm water (110° to 115°F)
- 3 cups sifted unbleached all-purpose flour
- 1 teaspoon salt

Instructions

1. Combine the yeast, semolina flour, and water by churning 10 seconds in a stand mixer fitted with the paddle blade. Scrape down the sides of the work bowl, re-cover, and let stand until foamy, about 15 minutes.
2. With the mixer running, add half the all-purpose flour.
3. Using a plastic spatula, scrape the work bowl, and if necessary, redistribute the dough so that it evenly surrounds the blade. Add the salt and remaining flour, distributing evenly over the dough, and churn for 10 seconds. Again scrape the work bowl and redistribute the dough.

4. Churn the dough for 20 seconds nonstop, shut the mixer off, and let the dough rest in the sealed work bowl for 5 minutes. Now churn for another 20 seconds.
5. Remove paddle blade and carefully redistribute the dough until it's of uniform thinness. Re-cover the work bowl. Note the level of the dough in bulk, estimate what it should be when doubled in bulk, and mark that level on the side of the work bowl.
6. Let the dough rise in the sealed work bowl until doubled in bulk, about 1 hour. Meanwhile, lightly coat an 8-inch springform pan or 8-inch pie pan with nonstick cooking spray and set aside.
7. When the dough has fully doubled, fit mixer with dough hook and pulse quickly 4 to 5 times to punch down, then churn for 20 seconds nonstop. Let the dough rest in the sealed work bowl for 5 minutes, then churn for another 20 seconds. The dough will roll into a ball and leave the sides of the work bowl reasonably clean.
8. Turn the dough onto a lightly floured surface, shape into a ball, then roll in the flour to dust lightly. Place the loaf in the prepared pan, cover with a clean, dry dish towel, and set in a warm, dry spot until nearly doubled in bulk, about 30 minutes.
9. When the dough has risen for 10 minutes, position one rack in the middle of the oven and slide a second rack in the slot just below. Place a large shallow baking pan on the lower rack and half-fill with water. Preheat the oven to 500°F.
10. Center the risen loaf on the middle rack and bake for 15 minutes. Reduce the oven temperature to 400°F and continue baking about 20-25 minutes, until richly browned and hollow sounding when thumped.
11. Remove the bread from the pan as soon as it comes from the oven, set right-side-up on a wire rack, and cool to room temperature before cutting.

Cheesy Onion Focaccia Bread From AllRecipes.com

Ingredients

- 3/4 cup warm water (110-115 degrees F)



- 1 1/2 teaspoons active dry yeast
- 1 tablespoon sugar
- 2 tablespoons olive oil
- 1 teaspoon salt
- 2 cups bread flour
- 1 large onion, quartered and sliced
- 3 garlic cloves, minced
- 1/4 cup butter
- 2 teaspoons Italian seasoning
- 1 cup shredded Cheddar cheese
- 2 tablespoons grated Parmesan cheese

Instructions

In a large mixing bowl, proof (i.e. dissolve) the yeast, combining water, yeast and sugar, for 10 minutes.

When proofing is completed, add the remaining ingredients to the bowl and combine thoroughly. Knead bread for approximately 8 minutes, then turn dough onto a lightly greased 12-in. pizza pan; pat into a 10-in. circle.

Cover and let rise in a warm place until doubled, about 30 minutes. Meanwhile, in a large skillet, sauté onions and garlic in butter until golden brown. Stir in the Italian seasoning; cook 1 minute longer.

Using the end of a wooden spoon handle, make deep indentations 1 in. apart in dough. Top with onion mixture and cheeses. Bake at 400 degrees F for 15-18 minutes or until golden brown. Serve warm.

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SCHOOL & LIBRARY NEWS

What's new at the library

Linda Frydl
Frederick County Library

Teen Program - Snowy Day Collage: What happens when you mix paint and marbles? Come and find out. Teens will start out creating abstract art and finish up with a unique collage. Sign-up online at fcpl.org, or call 301-600-6331.

Make Art! Calling all Creatologists, Imagineers, and aspiring Artists! Celebrate International Creativity Month. We provide the supplies and you provide the inspiration to create your own unique works of art. Children of all ages with an adult. Saturday, January 10, 11am. Registration required.

Lunch and a Magical Movie: Join us for a special showing of the movie Frozen. Dress up as your favorite character and bring lunch, or snacks, as well as a blanket. Children of all ages with an adult. Saturday, January 24, 11 am.

Wee Workout: Celebrate National Preschool Fitness Day with games and activities that will get you movin' and groovin'! Ages 2-6 with an adult. Saturday, January 31, 11 am. Registration required.

Volunteer Income Tax Assistance: Trained volunteers will provide free assistance in both the Thurmont and Emmitsburg Branch Libraries through the end of March. Through the IRS VITA program, median to low-income taxpayers are able to access free

tax preparation services for simple returns for individuals earning less than \$51,000 annually.

January Date and Times: Thurmont Small Meeting Room: Saturday, January 31st, 11am-4pm. Emmitsburg Community Room: Saturday, January 31st, 12:30pm-4pm.

Free Job Assistance: Goodwill of Monocacy Valley and the Emmitsburg Branch Library are partnering to provide free job counseling monthly on the 2nd Wednesday each month. This includes one-on-one help with interviewing, resume writing, online application help and computer training. This community partnership was created to help place people in job sit-

uations. We look forward to helping you.

Drop in to the Emmitsburg Branch, Wednesday, January 14 between 3pm and 5pm.

Favorite Books of 2014: It's cold outside, so why not snuggle in with a good book? Catch up on some 2014 favorites you might have missed, such as: *The Storied Life of A.J. Fikry* by Gabrielle Charbonnet - In this novel middle-aged A. J. Fikry lives alone, his bookstore is experiencing the worst sales in its history, and now his prized possession, a rare collection of Poe poems, has been stolen. But when a mysterious package appears at the bookstore, its unexpected arrival gives Fikry the chance to make his life over—and

see everything anew.

Or, how about some historical fiction with *All the Light We Cannot See* by Anthony Doerr, A National Book Award Finalist. This New York Times bestseller is about a blind French girl and a German boy whose paths collide in occupied France as both try to survive the devastation of World War II.

For more suggestions, stop in the branch and check out our Staff Picks shelf, or go online and visit our Pinterest Board, "Your Next Book", which has lots of good suggestions in multiple genres.

Holiday Hours: All Frederick County Public Libraries will be closed New Years Day, Thursday, January 1st, and Monday, January 19th, in observance of Martin Luther King Day.

To learn more about upcoming events at the library visit: www.fcpl.org.

Frederick County Public Schools

Katie Groth
Board of Education

One of the realities of serving on the Board of Education of Frederick County is the need to stay in touch with what is happening in Annapolis. Specifically, we need to be in touch with our elected representatives and to share with them our priorities and legislative initiatives. We have determined this to be an ongoing effort and we plan meetings with them throughout the year. Before the legislative session begins in mid-January, we will be meeting with our delegates.

As a result of the recent elections, the Frederick County Board of Education has one new member. There are also changes in the membership of the legislative delegation; and as we know, a new Governor. The results of all the changes are not yet apparent, but we can be sure there will be

changes, especially when the Governor presents his new budget and when he makes appointments to his cabinet posts and other leadership positions. Things will be changing in Annapolis. Things are going to change in Frederick County, too, as we move into a County Council form of government with a new County Executive and seven council members.

The 24 local school systems in Maryland are partly funded by the state and partly funded by local government. The local government's share of funding for school systems is determined by the action of the local government. Frederick County government provides about half of the funding needed for our schools, operationally as well as for capital projects. The other half comes from the State of Maryland. There is also some federal funding for such things as special education and Title 1 grants for children in poverty.

Our job, however, as a local board of education is to stay in contact with all the people who may have influence over legislation and funding for our public schools. Our Board sets policy not otherwise controlled by federal and state laws. We review and approve FCPS annual budgets and monitor the expense of funds from county, state and federal sources. This fiduciary responsibility requires that we interact with the funding agencies in the local and state government. The board of education has no funding authority itself, but members recognize their role in influencing those that do.

On January 14, 2015, the new session of the Maryland General Assembly commences. At that time, the delegates will take their seats and begin to conduct the business of legislating for the citizens of Maryland. Of course, an important part of the work they do is for and about public education. It is

for this reason that local education advocates have begun working with our legislative delegates, presenting and advocating for our Board of Education Legislative Priorities. Our board has met and discussed the many issues we believe are critical to us and to our schools. Of highest importance is the education of the more than 40,000 students in Frederick County Public Schools.

The Board of Education of Frederick County has developed and adopted a list of several priorities which are referred to as "Legislative Principles for Advocacy." We will use this document to guide our work with our delegates to the General Assembly as well as with our County Council. The four principles are as follows:

Advocacy for adequate and equitable funding to prepare all students to be globally competitive in college and careers.

Advocacy for adequate funding to improve school facilities and create student capacity.

Advocacy for local board of education governance with local control on such issues as curriculum and testing; chartering authority for charter schools; school discipline policy; certain actions of the Public School Labor Relations Board to establish policy.

Advocacy for Student Health and School Safety.

After discussions with our legislative leaders, members of the Board of Education will continue to advocate for public school funding in Annapolis and through the Maryland Association of Boards of Education, the advocacy organization for school boards in Maryland. And of course, input from the public is welcome.

Katie Groth, Board of Education of Frederick County.

Mother Seton School

Lynn Tayler

Happy New Year! By now, you've probably finished off those Christmas cookies and packed away what was left of 2014. At Mother Seton School, we've bid a fond farewell to the previous year, and we're looking forward to having an even better 2015—starting with January!

While January can sometimes feel like a letdown after the bustling Christmas season, it does have its virtues. For example, January hosts one of our favorite times of the year: Catholic Schools Week (CSW), January 25-30. This week-long celebration of Catholic schools, which begins with an All-You-Can-Eat Spaghetti Dinner, gives us the opportunity to highlight those things that make Mother Seton School—and Catholic education in general—so great. Such as the fact that 99% of Catholic school students graduate from high school and more than

84% go on to higher-learning.

At Mother Seton School, more than three-quarters of our students tested well above the national average on standardized tests. Last year, the single Frederick County participant in the National Spelling Bee, Stephen Hochschild, came from our school. We get to celebrate the things that make us unique, like our heritage as a direct descendant of the first Catholic primary school in the United States and our status as a certified Maryland Green School.

CSW also affords us the chance to show our gratitude for the people and organizations that lend their support. We welcome pastors and church workers, from all denominations, for a day of recognition, as well as parents and teachers for their own special days. Our students love that they get to show our visitors how smart they are with rousing games of classroom Jeopardy! and Are You Smarter than a 5th-Grader?. They

also put their artistic talents on display throughout the hallways, and much more!

January also presents for us the prospect of welcoming new members into our school family. We have an Open House during the Spaghetti Dinner, as well as our Take-a-Tour Tuesday open events on the 13th and 20th of the month, where parents can take a tour and meet our principal and teachers. (See www.mothersetonschool.org for more information.) School choice is important to many parents today. We want to provide families with all the information they need to make an informed decision in choosing a place that best fits their child's needs. With January being the beginning of the enrollment season, we relish the opportunity to showcase Mother Seton School as the vibrant, Christ-centered community it is.

We hope you'll stop by to see what we're all about, and enjoy some spaghetti and homemade

sauce while you're at it. We'll save you a spot at the table!

The Mother Seton School Spaghetti Dinner is Sunday, January 25th, Noon-4:00 p.m. \$8/11+, \$5/3-10, under 2 years-FREE. Visit www.mothersetonschool.org for more information.

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SCHOOL NEWS

Fairfield Area School District

Charles Hatter
FASD School Board President

I am very pleased to announce that, as of Dec. 23rd, Ms. Karen Kugler will be filling the position of Substitute Superintendent of the Fairfield Area School District (FASD). I fully expect at the January 12th Board meeting, Ms. Kugler will be approved to continue that role through the remaining school year. Until other provisions are provided, Ms. Kugler will also oversee the performance of her former position, as Coordinator of Curriculum and Special Programs.



Karen Kugler

Ms. Kugler has been with the FASD since 2000, serving the last 11 years as Coordinator of Curriculum, Instruction, & Special Programs. She has an extensive career in education and school administration dating back over 25 years. Receiving

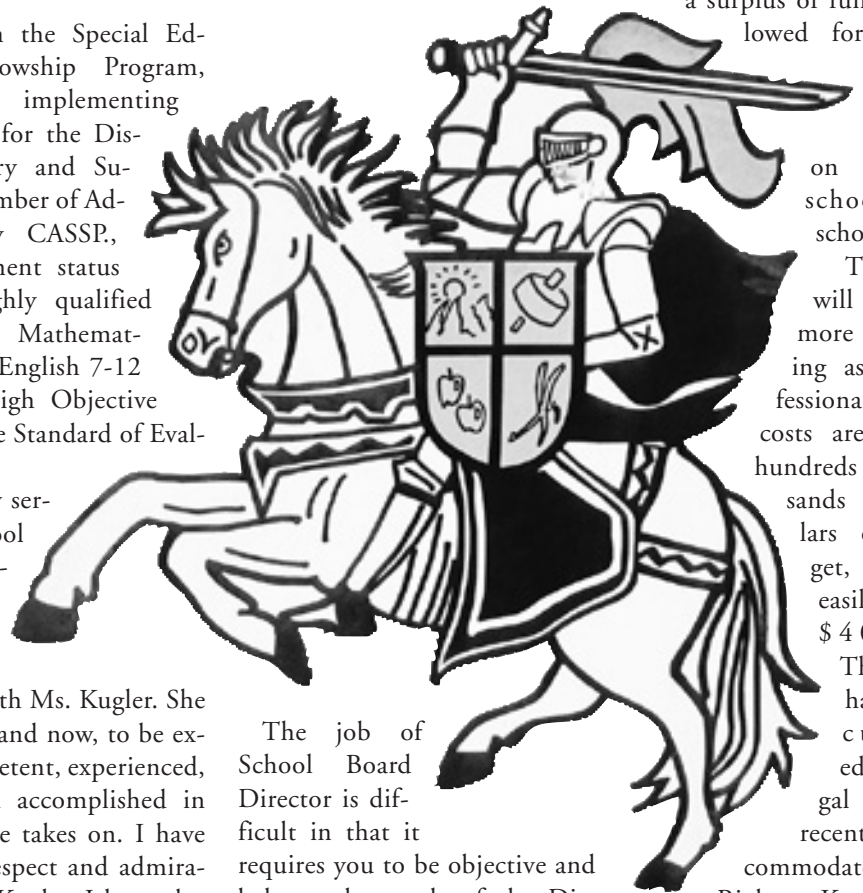
her Secondary Principal Certification in 1998, and then Superintendent Letter of Eligibility in 2011, she has the qualifications and proven track record to lead the District. Some of her many accomplishments include: being selected by the State to

participate in the Special Education Fellowship Program, writing and implementing many grants for the District, Advisory and Supervisory Member of Adams' County CASSP, and achievement status of being highly qualified teaching in Mathematics 7-12 and English 7-12 under the High Objective Uniform State Standard of Evaluation.

Prior to my service as a School Board Director, I had the privilege to serve on a committee with Ms. Kugler. She proved then, and now, to be extremely competent, experienced, talented, and accomplished in everything she takes on. I have the utmost respect and admiration for Ms. Kugler. I have also received praises from all over southern Pennsylvania as word has spread of Ms. Kugler's decision to lead our District.

Her superior organizational and troubleshooting skills will be put to good use, as will her negotiating skills. I know Ms. Kugler will work with the Board and enact positive changes in the District. I am truly looking forward to working with Ms. Kugler, and seeing the great things that will be coming to the District over the next six months.

I am also pleased to announce the appointment of Mr. Bruce Carr to the FASD Board of Directors. Mr. Carr brings to the Board extensive leadership experience from his military career as a Colonel in the US Air Force. He has also distinguished himself with his work in a variety of area civic associations.



The job of School Board Director is difficult in that it requires you to be objective and balance the needs of the District with the ability of the communities to fund those needs. I was impressed by Mr. Carr's unbiased perspective when each Board candidate spoke in public. I believe he will make an excellent addition to the Board, and will vote his conscience based on the facts with no regard to special interests.

Please welcome Bruce, and his wife of 58 years, Mary Ann, at the next Board meeting!

I see our next great challenge will be that of the 2015-2016 school district budget. That process will begin soon, and once again Bruce Lefebvre will chair that committee. Mr. Lefebvre did an outstanding job last year in providing the District with all of its budgetary requests, with no tax increase! It had been many, many years prior that the School District has not increased prop-

erty taxes to the communities served by the FASD. Mr. Lefebvre's tireless work even produced a surplus of funds that allowed for a much needed roof repair on the high school/middle school roof.

This year will be much more challenging as our professional services costs are currently hundreds of thousands of dollars over budget, and may easily reach \$400,000.

These costs have accumulated from legal fees spent recently to accommodate the many Right to Know requests filed by a handful of people in the community. There are literally 4,000 pages of documentation that have been requested under the Right to Know filings, and each page is reviewed by legal counsel before being released.

As our remaining surplus dwindles due to these unforeseen legal costs, a number of capital improvement projects, such as the elementary school roof repairs, and elementary school playground replacement, may have to be delayed a year or more.

I'm looking forward to our Finance Committee and the new Administration working side by side to overcome these budgetary challenges and provide the best education for our students at a reasonable cost to the communities we serve.

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FOUR YEARS AT THE MOUNT

As we welcome the New Year and look ahead to 2015, we encouraged our Four Years at the Mount writers to reflect on how Mount St. Mary's University has impacted them and helped them grow. Regardless of how many years each of them has spent at the Mount to date, it is clear that the people, activities, and experiences the Mount offers its students leave a lasting impression. As we enter 2015, we encourage students to embrace these opportunities set before them at the Mount. Recognize your own Mount moments, the experiences that give you the overwhelming feeling that you are exactly where you're supposed to be.

Freshman Year

To a New Year

Sarah Muir
MSM Class of 2018

So, the New Year has begun with its usual display of tumbling confetti, dazzling lights and unbridled hope for the coming months! This is the time of year resolutions are made, divisions are healed, and everyone is looking forward to what happens next. Everyone feels, in some way or another, the sense of a clean slate; all of last year's mishaps and blunders have been washed away, and someone, maybe the New Year's Baby, has hit the reset button. This is also a time of reflection and remembrance. Around the world, people raised a glass to dear friends and loved ones who were not present; whether separated by distance or disagreements, they are remembered. Friends come together to reminisce about the past and share hopes for the future. This may sound infuriatingly optimistic, all of this talk of bright futures and

fond memories of past mistakes, but this is the time of year to be optimistic, because the future is unknown. This thought of the unseen times to come may seem daunting and a bit more than terrifying, but there are so many possibilities that can happen. The future is infinite, filled with unfathomable opportunities.

Every year my family enjoys New Year's Eve together. We eat, we laugh and partake in overall merriment. Christmas decorations are most likely still up and whatever cookies have made it to this point are eaten. Happy memories are shared about family and friends and past mistakes, which at one time seemed so serious, but are now laughable in retrospect. There is a certain feeling surrounding New Year's Eve as people wait expectantly. Everyone, even the world itself seems to be holding its breath, waiting for that brilliant ball to fall and signal the beginning of something new.

This feeling is shared by thousands upon thousands of people, going back generations. Everyone smiles, raises a glass, shares a kiss, and exhales with cheering and song and laughter. People realize that the troubles of the past year are far behind and all that lies before them is the unknown potential of the New Year.

New Year's Day has always been my favorite, I feel as though the air becomes a little cleaner, the snow a little whiter, and the sun a little brighter, and I am filled with the feeling that this year anything can happen. It feels as though this will be the year I will finally learn that language or finish that book or travel unknown lands. A lot of people feel this. They sense that they can become something else, not a different person, but perhaps a better version of themselves. We sometimes achieve the goals we set, but sometimes we fall short and become discouraged and wait for that New Year mood to strike at us again. The truth is, if you are less than successful at achieving your goal, pick yourself up, brush yourself off and start over. Begin a new year even if it's in the middle of the

current one. I have had the opportunity to have already experienced a new start this year by being a freshman here at Mount Saint Mary's. Being a part of the Mount family is a kind of new start, a way for me to become that better version of myself with other people striving for the same purpose. Here I am, on my way to learning that language (German, if you are curious), attempting to finish that book, and my future is taking shape and shining brighter than ever.

This time last year I was in my senior year of high school, counting down the months until I graduated. I was waiting patiently to see whether or not I was accepted into the colleges to which I applied and was filled with nervous expectation at the prospect of the thought of starting college. I would like to think I have grown more since then, and looking back, I know I have. Everyone is a different person than they were last year. We have become older and, hopefully, wiser, and we have better advice to give to the youth to prevent repeated mistakes. We have experienced our share of life's joys and sorrows,

and we know that there is more to come. So we face the joys and the "slings and arrows" with our head high and our eyes ahead. This is also the time of year to look back and think of all those people who have made you the person you are today. The friends, the foes, the mentors, and parents. Everyone who pushed you and helped you and convinced you to keep on going. Even those strangers who you met in passing, those who did something or said something that made you look at life a little differently. We are a compilation of people we have met and decisions we have made. But who we are is by no means set in stone. There is still time for experiences and decisions that can turn your life around and mold you into that better version of yourself.

So this year I raise a glass to friends old and new, to fresh starts and new beginnings, to reminiscing and new memories, to my family at home and my family here, at Mount St. Mary's University. Happy New Year to you all!

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

Sophomore Year

There's something about the Mount

Leeanne Leary
MSM Class of 2017

I've now completed my third semester at the Mount. Three out of eight semesters finished doesn't sound scary, but I'm almost halfway done—that has a different ring to it. I don't know if five more is enough, but I guess I don't really have a choice and when I stop to think about it, I know that what the Mount has done for me in just three semesters would probably take four years and three masters degrees elsewhere. I've met people, joined groups, and experienced things that I can't imagine happening somewhere else. I've grown in my faith, I've built my most dear friendships, and I've even learned a little along the way. I'm not anywhere close to being done learning and growing here, and each month seems to hold more value than the last. I can say with a fair amount of confidence that the people I've met here at the Mount have had

a larger impact on me than anything else—whether it be my friends, mentors, seminarians, or honestly anyone here on our campus.

The first time I noticed that something was special about people at the Mount was the first week during my freshman year, when I don't think I walked through one door without people holding it for me. I remember calling my mom and telling her about it and her response was, "Aren't people so nice everywhere else?" So obviously instead of recognizing something special about the Mount, I assumed that people from home just weren't that great. I proceeded through freshman year realizing that I enjoyed myself and the people around me, but I never really opened up to the opportunities the Mount offered. This year, that has been different. Through my friends and people around me, I've begun to fully embrace the uniqueness that is the Mount. Looking back I think there were a few major things

that led to this change. The first was joining ROTC, where I was not only introduced to my closest friends, but I was also forced to slowly change the way I think about myself and about everything around me. The second and third both seem to stem from the first. Second, I was led to the ROTC chaplains, who through their mere presence, bible studies, and meetings have taught me the importance of focusing on my faith in all things, including in the Army. Having this mentorship over the past 10 months has been the driving force behind major life decisions and a recommitment to my faith. This is so special because I know anywhere else I wouldn't have the same experience. Not only does that show me I should be at the Mount, but it also proves the unique qualities that the Mount adds to every experience.

The third is the friendships I've built, not only through ROTC, but through other experiences as well. There is a family environment that is slowly teaching me to trust other people with more than just my words or gossip. This extends to all friendships and has given me a strong founda-

tion. There is something extraordinarily special about having people who consistently want the best for you and from you. I never imagined that my college friends would be the same people who held me accountable. I never thought I would find my best friend in ROTC. I never knew that my life could change because of a spur of the moment decision to join a program, and I never expected to be able to recognize that as it happens.

I don't know if I can fully put into words the uniqueness that I can only attribute to the environment at the Mount. The atmosphere forces a constant desire for internal and external improvement, unique to the Mount because of the incredible people. There are role models who hold me accountable, professors who actually care, friends who are full of unconditional love, and Patriot workers who never cease to make my day. People like this can't be found anywhere else.

As we head into this new era with a new president of our university, I'm not nervous for the changes that may come. The atmosphere here is enveloping, a little bubble that may sepa-

rate us from the "real world," but prepares everyone for it in so many ways. It is impossible to be here and not fall into the idea that there really is just something about the Mount. Now that you have an insight into the past year of my life, I have a confession to make. I just sat down to write this article in an airport in Fort Lauderdale, Florida for 12 hours, while being distracted by the interesting—and probably false—stories of the man sitting two seats down.

I sat down to write without a plan, but I knew that I wanted to write about how special I think the Mount is because of the people I've been introduced to during my time here. I didn't realize until midway through writing all that's truly happened in the past few months that led me to believe that there's something special about the Mount. I didn't realize until approximately 45 minutes ago that coming to the Mount and joining ROTC were two of the best decisions I've made, regardless of how instinctive they were at the time. I wouldn't be writing this article had I gone anywhere else. I wouldn't have the same people in my life. I probably would never have opened myself up to what I have this year. I wouldn't get the Mount family that I have now. I wouldn't get the opportunity to go to mass every day and relearn my own religion. I certainly wouldn't be sitting in an airport ready to leave for a month without any fears—except navigating the airport—because I'm comfortable that when I get back to the Mount, everything I love about my mountain home will be there waiting for me.

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

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MOUNT MOMENTS

Junior Year

It chose me

Lydia Olsen
MSM Class of 2016

I get it a lot. That same old question asked by yet another person, “Why did you choose the Mount?” And though it’s been three years, I still have difficulty figuring out where to begin my answer.

It usually starts with a sigh as I try to determine if I should give whoever is asking a short answer or begin to talk endlessly in hopes of explaining it all. “Well you see,” I normally start out by saying, “It wasn’t my original plan.” Although I’m not sure if I ever really had an original plan to begin with. Quite honestly, I didn’t give college much thought. I knew that I planned on going to college but I was so focused on working at the preschool I loved and getting good grades that I really did not look into colleges that much. I fully relied on the hopes that whatever was supposed to happen would happen. It wasn’t until the spring of my senior year in high school rolled around that I realized that everyone else knew what they were going to be doing in the fall and I was still undecided. I wasn’t sure what I wanted or what I was going to do. While I started to look into colleges more seri-

ously, my email inbox constantly seemed full from messages from one college or another. Yet, one school stood out—which one you ask? Of course, it was the Mount.

Those capital letters in the subject line reading “It’s not too late to apply!” convinced me and I submitted my application to Mount St. Mary’s University. Within a week or so I visited the campus and I finally knew where I was going to be enrolling in the fall. When August came around I was moving in and nervously about to embark on my pre-orientation Mountward Bound experience. I had no idea what the Mount had in store for me and that both excited and terrified me.

It didn’t take long for me to realize that the Mount was offering me the world. That seems like an extreme claim but it was true. The Mount gave me so many opportunities to grow, both as a student and as a member of the greater community. Although I struggled with the transition from a large, public high school to a small, private college, the challenge helped me grow and discover more about my passions and about myself.

The Mount introduced me to so many experiences and ideas that I had never been exposed to before. I quickly found my niche

in the Office of Social Justice on campus. The Office of Social Justice offers weekday, weekend, and weekly service experiences combined with an educational aspect related to a current or past social justice issue in connection to the service. The office has its own student leadership development program called CORE. I was lucky enough to join CORE my freshman year and it has been the single most important decision that I have ever made. That is a bold claim, isn’t it? But it couldn’t be more true.

The Office of Social Justice and CORE have pushed me to learn more about my community and my world. Never before had I been conscious of things such as the importance of inclusion in relation to people with disabilities, the difference that fair trade makes in the lives of workers, and the vastly spread food insecurity that exists not just in other countries but within our own nation.

CORE has given me the world because it has forced me to acknowledge so many aspects of society that I never knew existed. This leadership development program has challenged me to question the way that I think and act in all that I do. It has propelled me to become an advocate of social justice and of change.

The Office of Social Justice has introduced me to so many amazing people. The other student leaders in the CORE program are

my family at the Mount. They are some of the most beautiful people that I have ever met and are solely driven by their passions. These students inspire me daily to be all that I can be and to always seek to help others flourish in their lives.

The Office of Social Justice has also given me a chance to meet many people within the community who have all added to my life in one way or another. Throughout various training experiences and events on campus I have had the pleasure of getting to know Ms. T, a woman who has experienced homelessness multiple times in her life. Yet, through all the challenges she has faced, she continues to see the light and the beauty in life. She is focused on giving all she has to others while learning more about herself in the process. Ms. T’s advice, which applies to everyone but especially to college students, is to find your lane and to own it. That is, to find what you love so deeply and embrace it and use it to shape your future.

I have also had the pleasure to meet some of the residents at the Frederick County Rescue Mission. I remember specifically leaving one afternoon after having helped serve lunch and Damien, a resident, turned to me and said, “Enjoy and be joy. Your smile impacts all who see it.” This simple phrase has stuck with me and it has become a motto I try to live by. In all things, even those situa-

tions that are difficult, we should try our best to enjoy it. What good can come of a negative attitude? Being positive and radiating joy impacts everyone and this simple notion of positivity can create widespread impact.

While helping to serve the Harrisburg community at the Silence of Mary Home, I have gotten to know the founder of the organization, Ms. Sue. Ms. Sue is single handedly the most selfless and beautiful woman that I have ever met. She constantly gives everything she has to others. She does not have a concept of “mine,” but rather lives her life sharing and giving everything to anyone in need. Being in the presence of Ms. Sue is like being in the presence of a saint. She has impacted so many lives through her deep faith and her endless compassion.

I am so thankful to the Mount for giving me the opportunity to experience the love and passion that emanates from the people within the community. I wasn’t sure why I ended up at the Mount my freshman year, but as I continue to grow it becomes more clear that it was because the Mount had so much to teach me and I had so much to learn. And so my answer to that question of why I choose the Mount is complexly simple. I didn’t. It chose me, and I am so grateful that it did.

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

Senior Year

The Mentor, the Mount, and the Moment

Kyle Ott
MSM Class of 2015

Over the course of my four years of undergraduate studies here at Mount St. Mary’s University, I’ve realized the sheer amount that the university has given to me. Like for many students, it has provided me with all the things I could want, but it has given me above and beyond what I could have ever asked for out of a university. In particular, Mount has provided me with the ever-important gift of opportunity, that strange little word that can mean anything from a simple moment, to a thought. However, in the case of Mount St. Mary’s University, opportunity came in the form of the people that I met. The people at the Mount seem to have a pull that stretches beyond the county lines, crisscrossing throughout Emmitsburg and surpassing the physical space our campus occupies, reaching out into the world far beyond the mountains we call home.

I felt that same pull when I visited here for the first time as a college applicant. When I began my school search, in what seems like another lifetime, I will admit that Mount St. Mary’s was not my first choice. I had spent the majority of my life prior to college in and around the campus,

whether it was for religious retreats, or simply a place that I passed by on my way to and from Gettysburg. It was too close to home, too familiar for me, and I thought I wanted a different kind of adventure. However, the school extended a nice financial package and boasted a robust group of programs and so I chanced a visit to look at it from a new perspective. Within 24 hours I had made my decision; I had chosen to find adventure and opportunity in my own backyard.

And boy, am I glad that it worked out differently than I had planned. The young man who left high school and went to the mountain has been radically changed by the people he met there. While there are many individuals among the Mount’s talented pool of professors and staff who deserve praise, no one changed my life quite like Dr. Greg Murry. I first met Dr. Murry on a random sunny day while I was walking out of Patriot Hall. I had long heard about him; his love for history, and his vast popularity with students were already well known to me. What I didn’t realize was how much we had in common. Over the course of one semester together (during which I operated as a student/teaching assistant in his History Based Games Class), we joked about everything. Regardless of the subject or the time

period, the two of us found opportunities for humor everywhere, from the possibility of domesticating bears, to the importance of cavalry in taking cities. All joking about the virtues of four-legged mammals aside, “Doc” (as I affectionately call my personal Yoda) and I found fertile ground for our friendship in the concept of linking our love for history with our love for games.

Throughout the course, we watched as students battled on boards with dice and cards, moving with an enthusiasm that echoed the great battles of old. Eventually those games, and the conflicts fought for fun, turned into questions, and those questions became lessons. Suddenly, the process by which students arrived to their victory became just as important as the victory itself. With every passing day, students grew closer and closer to connecting their enthusiasm for victory with their interest and appreciation for the subject matter. By the end of the course we were designing our own games and steadily groping towards understanding. It was something that piqued my interest and I wound up approaching Doc about doing something with games as part of my senior honors project. We rolled around a few ideas but over the course of a week, none of them captured our imaginations the way that we wanted.

At first I felt despondent. We took more time to think and a weekend’s worth of reinvention and research on ideas yielded nothing

concrete. The following Tuesday I walked into class only to find Doc perched on one of the desks drinking water out of a mason jar. Doc turned to me and said, “So I have this idea for a book.” I should have known that innocuous statement had untold potential. Doc’s idea was ingenious: why not create a western civilizations reader? A book that covered everything from the fall of the Roman Empire, to the Third Crusades, and back to the First World War and onwards. However, the teaching mechanism of the text wouldn’t lie in discussion questions, or randomly assigned readings. Each period of human history would have a corresponding game to initiate students in the time period they were reading about. The project was ambitious to say the least, and Doc was a full-time historian but only a part-time game enthusiast. That’s where I came in. My senior project had been ambitious in its own right, but despite my acumen with games, I lacked the historical know how to make the project truly succeed. Together, we had the necessary skills to make the dream work.

And thus began both my senior honors project, and a Karate Kid-esque mentorship. Every week we would labor in his basement coming up with new ways to bend the laws of time and space using anything and everything available to us. Games became the mechanism by which we traveled across

the centuries and the means by which we would bring the past to our classes. This year we were able to test the games in class and watch as students embraced cultural mindsets.

In education and in game design, there comes a moment where someone, whether a student, a play tester, or a fan, says something and you realize that in that moment they’ve got it. During our playtest of our game, Ahead of the Curve (a game of subterfuge and allegiances set during the French Revolution), one of the players spent the better part of 5 minutes arguing for why they shouldn’t face the guillotine (in this case, expulsion from the game), only to be executed anyway. The student sitting in front of me turned and said, “That’s real sick bro, making people beg like that for the game,” to which I could only reply, “It is sick until you realize people did that for their actual lives.” The look on his face turned to stone, and in that moment he got the point.

Without Mount St. Mary’s being here, I would never have had the chance to transcend time and space. I would have lost out on that moment, and never met the man who made it possible. To the Mount I say thank you for giving me the greatest mentor I could have wished for, and to the man himself, I say thanks for everything, Doc.

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

THE GRADUATE

The friendship analysis

Nicole Jones
MSM Class of 2014

"One of the most beautiful qualities of true friendship is to understand and to be understood."

—Lucius Annaeus Seneca

I've recently had the displeasure of a disappointing friendship and the pleasure of rekindling old friendships, both within the same week. Consequently, I've had a lot of time—in between studying for finals of course—to reflect on what I value in a friendship. Why is it that one friendship failed but these others have gone on for years? I tried to decipher the distinct differences between these friendships, but I mostly came up with similarities.

They were all long distance friendships. I hadn't seen the three ladies I reunited with for anywhere between 6 months and 2 years. Funnily, I had actually seen the "ex-friend" (I suppose that's what he would be called?) several weeks ago. I had occasionally written or called all of them. Birthday gifts and Christmas presents were never forgotten, mutual interests were shared, and rarely had there been any past disagreements.

The contrast came in the friendship expectations and communication. I believe in a very Aristotelian view of friendship and believe that it must be a give and take relationship. In order to be a good friend, one must not only give of oneself but must also willingly take of the other person. If you fail to take of the other person, then you are in turn failing to allow that person to be a friend to you. In layman's terms, you're hogging the friendship. As we have just passed the Christmas season, perhaps your first thoughts are of gift giving and receiving, but that is not exclusively what I'm talking about here. I mean listening when the other person talks, providing the emotional support they need when they need it, returning calls or texts in a timely fashion, spending time with them if possible, and yes, occasionally including the small gift is a nice gesture.

In Dr. Gary Chapman's book *The*

Five Love Languages, he outlines a fairly well-known concept of how we, as humans, express love to one another, be it romantic, familial, or friendly. These five languages are Words of Affirmation, Quality Time, Receiving Gifts, Acts of Service, and Physical Touch, and are named in a self-explanatory manner. Those fluent in the language of Words of Affirmation both give encouraging and complimentary words to others to express their love and require these kind words in order to feel loved. Those like myself who prefer Quality Time enjoy spending time in meaningful conversation with their loved ones. Others prefer giving and Receiving Gifts to express their feelings, providing Acts of Service (like mowing the lawn), or reaching out to others through Physical Touch using hugs or pats on the shoulder.

People can speak in any combination of these languages but usually have one dominant language in which they both communicate their love and receive love from others. Like any seasoned traveler knows, problems arise when a language barrier is reached—for instance, if one person is speaking with Quality Time and the other is speaking with Acts of Service. They are both expressing that they care about the other person, but because they aren't speaking the same language, neither recognizes nor feels loved by the other person. It would be like saying, "I love you," in English to someone who only speaks German and is saying, "Ich liebe dich," in return. If the barrier isn't breached the relationship will deteriorate, so somebody better pick up some Rosetta Stone software ASAP.

If one is aware of her own love language, however, and can discern that of her friends, then an effort can be made to learn another love language. That person who speaks Quality Time can learn to speak Acts of Service to his friend, perhaps helping to wash that friend's car one weekend. In turn, the person fluent in Acts of Service may begin to recognize his friend's preference for Quality Time and spends a little extra time talking and listening the next time they hang out. Of course, anyone can learn

any love language, and it can be a powerful tool to aiding the growth of a friendship.

This is one of several concepts that I subscribe to when analyzing the relationships in my life. Another is proposed by Aristotle in his *Nicomachean Ethics*, which concerns the purposes of friendships. According to Aristotle, there are three forms of friendship. The first is a temporary friendship that arises out of usefulness, where each person benefits from the friendship in some way. When I think of this friendship, I think of business networking. An aspiring employee may schmooze a buddy in order to have a good word put in for his job promotion. The one man receives whatever fancy lunches and football tickets are offered, but after his companion receives that promotion, those friends see little of each other.

The second of Aristotle's friendships is based upon the pleasure each person derives from the other. This pleasure may be based on good looks, a sharp wit, or like-mindedness among other qualities. These relationships may be temporary as a person's pleasures change. Aristotle characterizes these friendships as those of the young and passionate. I would also add fickle to that list as these young minds are still developing their own opinions and desires, both of which are liable to change over time with education, travel, and general life experiences. As those opinions and desires change, so do the friendships, sometimes being lost altogether.

Third and strongest of Aristotle's friendships is one based upon the goodness of the involved parties. In this relationship, each person admires the other's goodness, aspires to the other's goodness, and promotes the other to even greater goodness. These friendships take the longest to develop and encompass the benefits of the other two forms of friendship. These friendships consist most of giving love rather than receiving it. While there is no expectation of returned love in the mind of either party, it is still necessary for love to be returned to maintain the give-and-take equilibrium (i.e. to avoid any friendship hogging).

Now that you know the foundation for my understanding of what friendships should be, I'd like to propose my own formula for successful friendships with a single word: communication. In my experience, 90% of all conflicts can be resolved

if all parties are open and honest with one another. (This is a random figure. Please don't hold me to it.) Of course, having a bachelor's in communication may make me slightly biased.

Successful communication requires a message, a mode, a sender, a receiver, and feedback. The message is, of course, what one is trying to communicate. The mode is the method by which that message is sent—perhaps a face-to-face conversation, gestures/body language, a phone call, a text, or a letter. The sender is the person communicating the message while the receiver is the person to whom the message is being sent. Feedback is the response to the message sent from the receiver to the sender, thus restarting the cycle. From the human perspective, this process requires honesty in the message, an appropriate mode for the topic (face-to-face is always advisable), careful listening by the receiver, and patience and understanding from both parties.

Honest communication allows each party to understand her part in the relationship and what life experiences may influence the other person's perspective and expectations. It helps to clarify any unintentional miscommunications that may have already occurred. It aids both in preventing and resolving conflicts, in understanding and being understood more deeply by another person, and in giving and receiving a more fulfilling friendship.

When applied to Aristotle's three forms of friendship, communication establishes just which form of friendship is being pursued. For example, if each party is aware that those football tickets are just to help get a promotion, then it spares hard feelings later by preventing any one party from expecting more from the other.

When applied to the Five Love Languages, communication will ease the

process of deciphering which love language your friend speaks. They may state it clearly (e.g. "I really wish we could spend more time together.") or subtly (e.g. a hug that lasts a little longer than the American standard of 3 seconds), but as long as the communication is honest and any confusion is cleared up with a simple conversation, then an understanding can usually be reached.

Sometimes I think these concepts are so clear and obvious and other times I think they complicate friendship beyond what is necessary. It is probably easiest to believe they overcomplicate friendships when one has good friendships; however, when one has a failed or failing friendship, these concepts seem to make sense of that loss. Perhaps it is because mankind is apt to logic away emotions, but I think there is value in understanding the reason behind the events themselves. Once one can pinpoint the flaws in the relationship, one can work to fix them; once one can understand the reason behind another's actions, emotions become less confusing and less overwhelming. In this way, these theories are not only philosophical but also psychological. Ultimately, friendship has a learning curve. You are learning to open up to another person, to accept others, to recognize your own faults, learn from them, and correct them, to build up another person to be his best, and to be built up to your best. Sometimes a few friendship casualties happen along the way as we learn to be the best friend possible, but hopefully, with a little time and forgiveness, even those persons aren't any worse for wear in the long term.

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



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Aligning our roots to grow as one

Alexandra Tyminski
MSM Class of 2015

Celebrations are a part of our culture. We celebrate things such as birthdays, anniversaries, religious holidays, and milestones. However, it is also popular to celebrate people. Celebrations are noted for their fun and enjoyable memories. When celebrating people though, we often remember what those people were like, what they did, what or whom they stood for, and why it is significant for us today. To me, I think relating to people from the past is one of the most memorable experiences. Some of you may ask, how do we relate to those from the past? Well, I'll try and show you.

Two years ago at Mount St. Mary's University, another student, let's call him Bill, asked me to participate in a small committee to organize activities for Martin Luther King, Jr. Day. At first, I was hesitant because I didn't know what this job would entail. After a long explanation of what this day was supposed to be celebrating and what the goals of the committee were, I told Bill that I would agree to take this day on. As a learning experience, I mostly watched how Bill led our small group of six students in planning MLK day. Last year was my first time participating in the event planning, but I sure did learn a lot about myself and about Dr. King.

Many of you may know who Martin Luther King Jr. is and what he did. Out of curiosity though, I asked a few of my peers about who they understood MLK to be and why he was important. Most answers revolved around civil rights, MLK's "I have a dream" speech, or that he was a pastor. I remembered thinking, okay, but what are the things he cared about? What reasons do we have to care about this day other than maybe the answers a few other students said?

Long story short, I was tasked with answering my own question above just this past year. Last May, Bill sat me down again and said, are you willing to lead this group next year? I paused and realized that I was the only senior on the committee next year. I would have to step up to the plate and really lead if I was going to say yes. Though I had some initial hesitations, I agreed to lead the group.

"Bill, I will do it. I am not feeling as confident in leading it because I just don't know if this will come together as well as you did it," I said.

"You can do this, you have one more person on this committee to help you find new members next year, and I am confident you can

do this. I wouldn't have asked you if I didn't think this is something you could handle," Bill reassured me.

Here we are a year later and the new MLK Day committee is prepared for a big celebration at Mount St. Mary's University on Monday, January 19, 2015. It will consist of a day revolving around documentaries, movies, a brunch entailing discussions around topics MLK would have been interested in, and an open mic night.

Originally, when the other five students and I sat down to discuss what we wanted to get out of this day, we didn't really know besides the fact that we wanted Dr. King's values to resonate within our campus. It took some time and effort on our parts to research and understand what exactly MLK stood for and how it could connect with our theme for this year. And then one day, it clicked.

It took a lot of brainstorming to come up with the theme, but it was settled. Aligning our roots to grow as one was the best theme we could come up with. Martin Luther King Jr. stood for people



of all kinds. He stood for who they were inside and for their human rights. However, MLK did not just advocate for human rights, but rather he advocated for all of humanity to come together. You might be thinking, that's nice, why don't we gather in a circle and hold hands? But, after being on this committee for two years, and discussing it with my team members, we believe that maybe there is something more to it than just holding hands.

Aligning our roots to grow as one stemmed from the idea of bringing MLK right to the Mount's front door. Naturally, we would use the tree to symbolize our roots and the theme. Our roots are like our cultures. They are the very place we come from, the nationality we are, and the things that make us who we are. The tree trunk is the foundation of the Mount. It is our professors, administration, staff, clubs and organizations, friends, classmates,



In a world filled with differences, MLK said it himself, "Where do we go from here? Chaos or Community?" Let us choose community.

and even our fellow communities surrounding the university. The branches that we have are our talents, skills, and visions. And finally, the leaves are the things we produce. The leaves grow each season and then fall off. However, each year of growth and decay

man rights mean something different to people all around the world. Others say that many disputes will never be solved. However, I do not really hear any news saying, what should we do about the divides in the world? I think that this has become a grow-

but it will also be a celebration of you, the community. Whoever you are, reading this article, thank you for being you. Martin Luther King Jr. respected all humans and all human rights, and I'm sure if he were here today, he would give you a smile and simply say hello. Or he might empower you to keep your visions alive, to keep dreaming. But, for sure, he would thank you for being you and desiring to be educated about different types of people.

When I was a tour guide for the Mount, many parents and high school students would ask me, "Why did you choose the Mount?" My answer always remains the same.

"It was for the people, the community, and the diversity," I said.

Each year, I have met so many different kinds of people, both at the Mount and within the surrounding communities, who have influenced me in positive ways. It is through those relationships and bonds that I have formed that I am empowered every day. They push me to show others that a community begins with diversity, and so do many of our relationships. Ironically, being different brings us together. Being who you are can create solidarity amongst not just this nation, but with the world. I care so much about respecting different cultures and people, and I have a passion to align differences as one. It is in this year of organizing MLK Day that I see why Bill asked me to lead it. Thank you to Bill and thank you to Martin Luther King Jr. for showing us how to care about others. This year, we will be celebrating a man of great strength and courage, who during his time fought to align many roots to grow as one. Growing as one means growing together. In a world filled with differences, MLK said it himself, "Where do we go from here? Chaos or Community?"

brings new talent and relatable experiences. When we leave the Mount, we "leaf" something behind for our future Mounties and drop back into the soil. The soil, much like society, is a new place filled with different rocks, soil, dirt, etc. But, this time, we have to learn to take those visions and skills from the Mount out into society.

This theme goes well with Martin Luther King Jr. because it highlights that MLK was about binding people and communities together through recognition of culture, activities, and skills. This is how the Mount is trying to relate to MLK this year and the year's beyond. We strive for the celebration of differences aligning as one. We look forward to new beginnings this year by celebrating our roots.

Most of the time, in the news, we hear about divides amongst people or nations. Some argue that the divide occurs because hu-

ing issue in our nation, a nation known for stability, strength, and opportunities.

The students at Mount St. Mary's University want to show that this issue can be worked towards being solved by celebrating differences and recognizing that this is important. MLK Day at the Mount is to reveal that highlighting our roots is vital in order to understand where people come from. Someone once told me that I can't make people care about these issues. I told them that they are right. I can never make anyone do anything, but I can educate and teach others about cultures and people in a way that is eye-opening to not just the Mount's campus, but also to our community. I can hope that one day, building relationships with other people and cultures will become as important to others.

Martin Luther King Jr. Day will be a celebration on our campus,

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

ARTS

Nicaragua Night and Auction

Jeffrey Rioux
Gettysburg College

Gettysburg, PA – Project Gettysburg-León (PGL) will hold its annual Nicaragua Night and Auction on Saturday, January 17, at Gettysburg College's Hausser Field House. Doors open at 5 p.m. A chili dinner will be served. PGL functions under the auspices of Gettysburg College's Center for Public Service.

The auction is PGL's main fundraiser of the year. Auction items include getaway vacations, signature meals, artwork, themed baskets, and a wide variety of services. Last year's event grossed \$57,000 and the goal for this year is \$60,000, according to auction chair Joyce Ettinger.

PGL works in partnership with the Borough of Gettysburg, Gettysburg College, the Young Growers Alliance of Adams County, the Adams County Arts Council and communities in and around the city of León, Nicaragua. Sun

Coffee Roaster, a Fair Trade company, is the business sponsor. The monies raised at the auction are used to support sustainable development projects and promote friendship, education and cultural exchange. Larry Peters and family are the auctioneers.

PGL began its relationship in 1985 with León, Nicaragua's second largest city, which in 1989 became a sister city of the Borough of Gettysburg. Since then, more than 750 people from Gettysburg and León have visited each other's communities. PGL has worked with urban and rural communities on dozens of sustainable projects such as health centers, maternity centers, potable water systems, school building and house repair, rural electrification, and solar ovens and food dryers.

In the past year PGL has continued to work with the Young Growers Alliance to develop water projects and train extension agents in Talolinga, developed a working relationship and several projects

with the Nicaraguan Embassy, made arrangements for five delegations to Nicaragua, arranged a spring 2015 delegation of five artists from Taller Xuchialt who will work with the Arts Council and public school teachers, and organized the seventh annual Salsa on the Square to celebrate Latino contributions to Adams County.

Items may be dropped off at the Gettysburg College Center for Public Service, located on the south side of Eddie Plank Gym, from 9:30 a.m. - 3:30 p.m. Monday through Friday. Tickets are \$15 and children under 5 are free. Child care is provided. Tables of 10 may be purchased. Those wishing to advertise in the auction booklet -- read by 600 attendees -- can also do so at the same website.

For more information on PGL, go to www.gettysburg-leon.org. On it, there is a link to the auction for ticket purchases and donation of tax-deductible auction items.



Last year's annual Project Gettysburg-León auction raised over \$57,000 to help support sustainable development projects and promote friendship, education and cultural exchange.

Majestic Theater's spring line-up

Jean Grusbesy

On January 23, Grammy nominated organist "Cameron Carpenter" has shattered the mold, playing the organ like no one before him or since. From technique, to costume, to the five manual electronic pipe organ he tours with, the Pennsylvania native and Juilliard graduate has changed the face of the pipe organ in more ways than one. "The bad boy of the organ" dazzles audiences with his energetic, dance-like performances of technical perfection and musical virtuosity. You've never heard—or seen—the organ like this before!

Country music and Blues fans will enjoy Buckwheat Zydeco on February 13. Buckwheat Zydeco is an American accordionist and zydeco

musician who blends blues, rhythm and blues, and country western two-step dance music. Zydeco music is indigenous to the Creoles and the Native people of southern Louisiana. The New York Times says, "Stanley 'Buckwheat' Dural leads one of the best bands in America. A down-home and high-powered celebration, meaty and muscular with a fine-tuned sense of dynamics...propulsive rhythms, incendiary performances" and USA Today calls him "a zydeco trailblazer."

For those adults who still believe they are children at heart don't miss Mummenschanz on February 4. Having captivated audiences with its unique brand of visual theatre for more than 40 years, the performers of Mummenschanz create inspiring and captivating illusions using colour-

ful masks, incredible props and skilful sleight of hand, producing a magical world of possibilities, all without uttering a word. The result is a visually stunning spectacle of entertainment that is suitable for all the family to enjoy.

And for their fourth installment, the Church Basement Ladies are back in "The Last Pot Luck Supper" with two shows on March 5. The year is 1979 and past parishioners have gathered to share hot dishes and stories from the last 100 years. As the women work in the kitchen, shared memories burst into life through a series of flashbacks and the ladies manage to serve up a rib-tickling panorama of the changes in the kitchen, without spilling a drop of coffee!

Celebrate St. Patrick's Day with "Altan" on March 8. At the helm for nearly 30 years, Altan has existed as one of the most important artists to play traditional Irish music in Ireland and on the World stage. From sensitive and touching old Irish songs to stirring jigs and reels, Boston Globe describes them aptly as "The hottest group in the Celtic realm", playing some of their most popular pieces including "Donal agus Morag," "Gleanntain Ghlas Ghaioth Dobhair," and "Dun Do Shuil."

The great dance company Ailey II will appear on March 26. Ailey II is universally renowned for merging the spirit and energy of the most talented young dancers with the passion and creative vision of today's outstanding emerging choreographers. The company embodies Alvin Ailey's pioneering mission to establish an extended cultural community that provides dance performances, training, and community



Buckwheat Zydeco appears at the Majestic on February 13.

programs for all people. Alvin Ailey's Revelations, an American masterpiece acclaimed as a must-see for everyone, will be the stirring finale.

Join us for a satirical comedy when The Acting Company presents Mark Twain's "A Connecticut Yankee In King Arthur's Court" on April 19. Lancelot, Guinevere, Merlin and Mark Twain himself (as Hank) come tumbling your way from America's favorite humorist. Wander with Twain as he time travels from the 19th Century to 6th Century England's medieval times through the eyes of Hank Morgan of Hartford, Connecticut who, after a blow to the head, awakens to find himself transported back to the time of legendary King Arthur.

And the final musical concert ends the season with the famous "Rosanne Cash" with John Leventhal on Mother's Day, May 10. The oldest daughter of country music icon Johnny Cash and stepdaughter of June Carter Cash of the legendary Carter Family, Grammy award-winner Rosanne Cash holds a lineage rooted in the

very beginning of American country music, with its deep cultural and historical connections to the South. Rosanne Cash and husband John Leventhal's new show celebrates the people and places of The South from her most recent album, The River and the Thread.

This season is brought to you in part by the season sponsor's Century-Link and McNeese, Wallace & Nurick. For ticket prices visit www.gettysburg-majestic.org or call 717-337-8200, or stop by the Box Office, 25 Carlisle Street, Gettysburg. The Box Office is open Monday through Saturday from Noon until 7:30 p.m. and on Sunday from 1 to 5 p.m.

For the show, we are offering Free Parking – Free Shuttle - Park in the Gettysburg College's Constitutional Parking Lot. Shuttle starts one hour before the performance.

The Majestic Theater at the Jennifer and David LeVan Performing Arts Center is owned and operated by Gettysburg College as a cultural treasure for its campus and the community.

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The switches that hold us together

Caroline King
MSM Class of 2015

The holidays were a time of coming together and experiencing the joy of being connected to friends and family. There are few things that can unite humanity quite as well as a good Christmas carol or the shared knowledge of New Year's resolutions (or in some cases, the shared failure of those same resolutions!). But art is one of the few things that can unite people any time of the year. The importance of art in a society is something everyone experiences; whether it's the art of a good song, a beautiful building, seeing a play with friends or family, or even getting a homemade card, there's something that's fundamental in art that solidifies the bonds people hold.

Of course, while everyone can appreciate art, it takes a certain type of brave individual to make a career of art. Artists have to have a sense of beauty and see the world in a way many people don't. Luckily, Mount St. Mary's has its own share of talented art students who are just about ready to graduate and begin to touch the world with their art. I was lucky enough to sit down with a Mount St. Mary's senior, Jordan Forrest, and talk to her about her experiences with art at the Mount and what inspired her to get into the art scene.

For Forrest, her whole decision to come to the Mount and continue in the art scene was tied to the Mount professors supporting her and the atmosphere the Mount community inspired. "I realized I was really into

art my senior year of high school," she admitted. "There's a solace you find in art classes, and then when I came to visit Mount St. Mary's, I met with Professor Holtry. She was the one who really gave me the extra push for the Mount, and I'm so glad I made the choice. The Mount offered a close-knit art group, working with your professors in a similar way to how my high school did. I could tell the Mount was a good choice for me." Jordan is continuing her education with the Mount and working with the professors as she approaches her senior honors project. "I'm working with Professor Hutchings for my senior project. He's my mentor and he's so supportive. We're learning to do this together, since it's both of our first honors projects. He's backing me one hundred percent," Forrest said.

Forrest's project consists of a very interesting blend of artwork. She's been working with four elderly women she knows from a community center back home in order to complete her honors project instillation. In order for her project to reflect the themes of unity and lineage through generational gaps, Forrest has been learning to sew, knit and crochet at the hands of these women. "I'm trying to show the importance of keeping this alive," she explained to me as we went through our interview. "Sitting there and making something with someone else is so beneficial, to work with other people and learn from them. A lot of art is very individual and you don't really get to work with other people. But my great-grandma taught me to crochet. We would

go to the same community center I'm working with now. I wanted to get back to the way things used to be. Everything is being mass-produced now. The process of making with your hands is very...settling." Forrest went on to explain that her multi-generation sculptural formed art piece would be on display starting January 22nd at the Delaplaine Fine Arts Center on the Mount St. Mary's campus. "It's been a great experience for me, even though it's the toughest thing I've ever done. But I'm just really excited to see it all come together." Forrest disclosed she still has quite a bit of work to do before her project is completed, and her Christmas break wouldn't be mostly relaxation like many of her peers. However, she is sure she will finish it by the deadline. If you find yourself free on Thursday, January 22, a quick stop by Mount St. Mary's to see Forrest's work would be well worth it.

But I didn't want to just stop with her project. I also asked Forrest about her Mount experience and what she wants to do outside of her education here. She said that the Mount art community is "uplifting and always supportive" and that they "always want you to succeed." For that reason, she had played with the idea with coming back to the Mount for graduate school in art education. Forrest said, "Working in galleries, all I know is that I definitely want to stay in the art field."

When I asked her further about what she found so important in art and why she wanted to remain in the field, she replied, "Art is impor-



Jordan Forrest will graduate from Mount St. Mary's University in the spring with a Bachelor's of Arts in Fine Arts.

tant. It creates a dialogue. I want to create my project so that people will talk about the issues of generational gaps. It's a dialogue that has to happen, but something needs to get the conversation started. Art makes you think in ways that are different, in ways that are not so black and white. It creates gray areas that mean you can make art in your own way, any way you want it. And you can interpret art any way you want either. Art softens the blows that any hard topics, like generational gaps, bring up." Forrest wants to continue the discussion after she graduates from Mount St. Mary's however she can.

There's a lot to be said for art and the way it can bring us all together. It can unify us in discussion, it can bring us physically together to view it, and it can make bridges between the

gaps that separate us. So after the holiday rushes die down and New Year's resolutions have been made (and possibly broken), consider coming down to Mount St. Mary's University on the 22nd of January to see a culmination of an art student's four years at the Mount, and the statement she wants to leave behind her. More information, such as specific times of the gallery's opening, can be found on the Mount St. Mary's web page at http://www.msmary.edu/College_of_liberal_arts/departments-of-visual-performing-arts/calendar-fine-arts/calendar.

For a full list of events, check out www.emmitsburg.net. Make sure you mark those calendars and take advantage of all this season has to offer! And remember—stay warm out there, everyone!

Way Off Broadway's 2015 season

Way Off Broadway's 2015 season opens with *And Then There Were None*, a classic murder mystery by the one and only Agatha Christie. Previously known as *Ten Little Indians*, ten strangers are trapped on an island. One by one they are accused of murder; one by one they start to die. One by one, statuettes of little soldier boys on the mantel fall to the floor and break as those in the house succumb to a diabolical avenger. In this mystery, a nursery rhyme tells how each of the ten "soldiers" met his death until there were none. It all begins when a mysterious voice accuses each of having gotten away with murder and then one drops dead - poisoned. One down, nine to go.

The novel, *And Then There Were None*, was first released in England in 1939 and is considered by many to be Christie's masterpiece.

Several years after the book was published, Christie adapted the story for the stage. The play, with a new ending, different from the novel, opened in London in 1943. The following year, a production opened on Broadway.

Bringing Agatha Christie's characters to life on the stage is a cast that is made up of actors from the tri-state region.

The production is under the direction of Justin M. Kiska, the theatre's

President & Managing Director, and the author of all of Way off Broadway's interactive murder mysteries. Matthew Mastromatteo is stage managing the production.

This cast has been an absolute pleasure to work with," says Kiska. "I love the fact that audiences are going to see so many new faces on the WOB stage, while still seeing some of their returning favorites. Whether they have performed at WOB before or not, everything is working so well together and having a good time putting this fantastic mystery together."

Even though there isn't a day that goes by that one of Agatha Christie's mysteries isn't playing some-

where, *And Then There Were None* will only be the second of the writer's mysteries to appear at Way Off Broadway. If you think you have what it takes to solve this series of murders, get your tickets now for the first show of the season.

Way Off Broadway's production runs January 9th - February 28th with performances every Friday and Saturday evening and matinees on the 1st, 3rd, and 5th Sunday of each month. In the evenings, guests arrive at 6 p.m. for dinner with the show beginning at 8 p.m. For the matinees, doors open for lunch at 12:30 p.m. with the show beginning at 2:15 p.m. Ticket prices vary by per-

formance with Friday evenings and Sunday matinees being \$44 for dinner and the show and \$48 on Saturday evenings.

To purchase tickets, one can stop by the theatre in person or call the Box Office at 301-662-6600. For additional information including its

one-of-a-kind Children's Theatre, visit www.wayoffbroadway.com.

And Then There Were None will be followed later in 2015 by *Fiddler on the Roof*, *West Side Story*, an area-premiere musical comedy still to be announced, and *The Magic of Christmas*.

Can you solve Agatha Christie's mystery...

AND THEN THERE WERE NONE

Also known as Ten Little Indians

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Friday, February 13
7:30 pm

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SPORTS

Catoctin girls basketball

Michael Donahue

Basketball is all about the small things. Shooting and passing are both high on the list, and the Lady Cougars struggled with both against the Boonsboro Warriors. To begin the game, the Cougars struggled. They missed their first seven shots while the Warriors were on a 6-0 scoring run. The Cougars never truly got their offensive wheels churning in the first quarter. They were racked up eight turnovers in the first quarter and were settling for bad shots from the perimeter. After eight minutes of play, the Cougars were down 10-4 and were making less than 25% of their shots.

In the 2nd quarter, the offense kicked off for both teams, especially for the Warriors. Their offensive unit was moving as one, cutting to the basket and running through the Cougars' defense. It seemed they were scoring at will. However, when the Warriors did miss a shot, it seemed they were winning the battle at the boards. Sydney Stotler, who finished with double-digit rebounds, and Addy Coulter were both dominate down low. Having two play-

ers capable of boxing out Hannah Gray was one of the biggest keys to the Warriors' dominance early off in the game. Toward the end of the second half, the Cougars were still taking bad shots, however the shots started dropping. They made their last three shots in a row. Nevertheless, the first half buzzer went off before Catoctin could make a dent in the lead Boonsboro had built for themselves. At halftime, the Cougars were down 12 with Boonsboro leading 29-17.

At the start of the third quarter, the Cougars slowly started to take the momentum from the Warriors. The offense started moving the ball with more purpose. They had fewer turnovers and made crisper passes. Their game plan moved away from the long three-pointer and instead moved to getting the ball down into the post. The Warriors defense did not allow easy points, however. Boonsboro fouled Catoctin seven times in the third quarter and sent the lady Cougars to the charity strip five different times. The Cougars defense started to click. Catoctin forced the Warriors to turn the ball over six times in the third quarter alone.

At the same time, they were able to stay away from fouling. In the entire third quarter, the Cougars only fouled once.

At the start of the fourth quarter, the Cougars had the momentum and were starting to shoot the ball much better than they had at the start of the game. They were still down 10 points but throughout the quarter they started to shrink the difference. Sophia Eureka and Courtney Topper started to make long jumpers while Hannah Gray out-rebounded the all of the PF and Cs for the Warriors. In the fourth quarter, the Cougars went on a 15-6 run to make the score 45-44 with Boonsboro still in the lead. The Cougars had the ball with less than ten seconds left after an untimely turnover by Taylor Strawser. Catoctin only needed two points and designed a play for an easy 15-foot jumper. The Cougars moved the ball down the court with efficient, hard passes and found Courtney Topper wide open from 17 feet out with less than three seconds left. She had time to step into the shot and try for a 15-foot jumper but instead stepped back and shot from behind the three point



While the girls didn't win the game, they demonstrated some exceptional ball playing skills and superb teamwork.



line, which would have given the Cougars a two point lead as time expired if the ball had gone in.

However, the ball was on target but fell a foot short, ending the game 45-44 in Boonsboro's favor.

Thurmont Little League expands its boundary

Melissa Kinna

Thurmont Little League has recently expanded their boundary offering eligibility to players within many communities in the region including

Thurmont, Emmitsburg, Sabillasville, Woodsboro, Rocky Ridge, Taneytown, and Union Bridge. Established in 1952, Thurmont Little League has a rich tradition of being a strong community partner while in-

stilling the Little League International virtues of character, courage and loyalty. "The board of directors at TLL feel so strongly about the Little League mission and the benefits it provides to our servicing communities. Our goal is to make these youth athletes successful on the field, but more importantly, successful off the field," says Ed Lowry, President of Thurmont Little League.

In addition to the expansion of the league, you will see a new

logo and website, as well as improved programs for coaches, umpires, and players. The league strongly encourages parents to become involved in the league and will now offer training to coaches and umpires ensures a positive experience for both players and parents.

Some of the exciting new programs include a Winter Indoor Clinic starting Saturday, January 17th for five weeks to prepare players for the spring 2015 season. The registration is now

open and ends Friday, January 16th. The cost will be \$40 for the entire five week program and will run from 8:30AM to 10AM. You may register for this Winter Session and for the Spring 2015 Season by visiting <http://www.eteamz.com/thurmont/>.

Opening day for Thurmont Little League will be Saturday, April 18th. Be sure to check out registration which is now open for the 2015 Spring Season. Players can receive a \$10.00 discount before January 15th, visit <http://www.eteamz.com/thurmont/> for more details. Help Raise Money for Thurmont Little League

In an effort to raise money for the league, Mountain Gate Family Restaurant will host an In-Person Registration and a Dine-In, Help-Out event on Thursday, January 15th. The league will be sharing tickets for the event on their Facebook Page at [facebook.com/ThurmontLittleLeague](https://www.facebook.com/ThurmontLittleLeague). Anyone that presents one of those tickets, Mountain Gate will donate 10% of your bill to Thurmont Little League. "We encourage everyone in the community to go to our Facebook Page and print out a ticket to support our league that day. Throughout the years Mountain Gate has supported the league and we appreciate their continued support with this Dine-In, Help-Out event", says Ed Lowry.

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MSM men's lacrosse gives back

Bridgette Nitza-Buwala
MSM Class of 2015

Coach of Mount St. Mary's University Men's Lacrosse and cancer survivor, Tom Gravante, led his athletes in raising a \$2,200 donation for the Sidney Kimmel Comprehensive Care Center of Johns Hopkins Pediatric Oncology Program. They did so by hosting the 11-team Outback Steakhouse Fall Youth and High School Tournament on a November weekend at the Mount's Waldron Family Stadium.

Gravante himself called Johns Hopkins the "#1 treatment facility in the world."

He further emphasized, "My 2nd chance at life was blessed to me by the good Lord when I met those people at the Sidney Kimmel Center. As for the Pediatric Center, that was in relation to Outback Steakhouse when my wife was employed as a manager at the Frederick restaurant. When I found out the Maryland-based Outback restaurants support the JHU-Pediatric Unit, I wanted in."

More specifically, Gravante wanted to "give back to JHU Oncology and especially to help children, as no child deserves to struggle with these diseases. The doctors, nurses and support staff are truly amazing at JHU-Oncology overall. They are truly miraculous in their ability to apply passion and care to heal those in need, both patients and families."

With a driven group of Mount St. Mary's lacrosse players and his wife's brilliant idea, Gravante was able to fulfill his wish to give.

His wife said Outback could help support the tournament by feeding the athletes. She added, "We provided a boxed lunch to all who participated. One year we had 72 teams at 22 players-coaches per team—if you multiply the numbers, it's a huge number of lunches."

All were grateful that Outback did this all for free.

Gravante added, "Consequently, because I am not personally programmed to take something for nothing, my wife and I developed the idea of getting on board with their donation to JHU. Thus, we created the idea of donating part of the team entry fee back to the JHU-Pediatric Unit and assist Outback's efforts with money and their annual toy drive. Bottom line, it was a win-win situation in which I was humbled to take part."

It took a team effort to put such an idea into action. "Our players supported the tournament in many ways," Gravante explained. "First and foremost, they greeted people and welcomed them to our beautiful campus and athletic facilities. They helped run the tournament and maintain our facilities so the visiting teams and parents en-

joyed the experience. They reported scores, hauled trash, chased balls from missed shots, and kept other balls near end lines for re-entry to start play. Also, they supported the teams and athletes in any way, especially for emergencies if necessary."

Senior athlete, Michael Daly outlined the players' obligations in additional detail: "Each individual player was assigned to a position for the whole weekend. It was their responsibility to make sure they fulfilled their duties along with helping the participating teams and parents."

Daly himself was the "gator driver," who is responsible for managing the whole facility.

"I drove around to all of the fields to make sure they had water and see if the field manager needed anything such as more lacrosse balls, new trash bags, etc.," Daly clarified. On top of that, I would maintain the trashcans, collect any loose items, and throw them into the dumpster. The gator drivers are responsible for making the facility look better after the tournament than how it looked before the tournament began."

A fellow senior athlete, Kevin O'Brien, has put such an experience into his own personal context: "Being the son of an ER doctor and nurse, I'm very familiar with the reputation that Johns Hopkins medical system has, not only in the U.S. but also worldwide. It hits home even more when you know someone whose life was personally saved by the Johns Hopkins Oncology unit, and knowing what I do, I have the upmost respect for the Oncology program."

O'Brien was beyond appreciative of all that his coach has shared with the lacrosse men. "Coach Gravante has given me one of the best opportunities ever by letting



Mount St. Mary's University's Men's Lacrosse Team of the 2014/2015 academic year.

me be a member of a division one lacrosse team while earning an Economics degree and a MBA," he said. "Knowing how tough of a man he is, and how much the program has helped his life, as well as that of his family, you cannot think anything but the very best of the Oncology program and its staff," he stated.

Many are looking ahead to what the future holds for the men's lacrosse program, including seniors such as Daly and O'Brien, who are proud to graduate in the spring as dedicated lacrosse athletes. As Daly stressed, "The program is headed in the right direction. With the school's increasing support, we are able to have a head coach and two full-time assistants. This is huge for the program because not only can they help educate and coach all of us, but they are also able to recruit more efficiently. The fundraising will always be a part of our team no matter what happens, which is the great thing about it. We all have an understanding that we are blessed with the opportunities of being able to receive an education from Mount St. Mary's Univer-

sity, and also be Division 1 athletes. So, we enjoy being able to give back to those who are less fortunate because they deserve a chance to be happy and experience life to the fullest as well.

"I know that this tradition to donate to the Pediatric Oncology Program will continue for many years to come because our coach is very committed to helping others, especially those who are experiencing the same type of treatment he went through," Daly concluded.

Alongside O'Brien and Daly are seniors Mike Celmer, Nick Firman, Braedon Graham, Nick Haley, Mark Hojnoski, Brooks Johnson, Trevor Shaw, Alex Stefkovich and Clayton Weiner.

Coach Gravante wished to add, "In terms of our young men, they have passion and commitment. I only have to ask once if I need their help with anything. I am excited about the upcoming 2015 season."

The Mount community is excited as well, and hopes that students, staff, faculty and Emmitsburg residents will take advantage of the opportunity to watch these young men compete. Their first home game is on February 20 against Delaware, followed by a game against Towson on February 22.

If you would like to know more about the Mount St. Mary's University's men's lacrosse program, please visit www.mountathletics.com.

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FITNESS AND HEALTH

Complementary Corner

Post-holiday blues

Renee Lehman

Going back to daily routines after all of the cooking, cleaning, shopping, partying and pressure of the holidays (financial and otherwise), may cause some people to experience tiredness, illness, difficulty concentrating, or lack of interest in activities. Also, in this post-holiday time period, with the decrease in activity, and the dreading of several months of cold weather, many people may think, "Now what?" This may bring on feelings of sadness/depression and anxiety.

In fact, the National Institute of Mental Health, reports that more than 1 out of 10 Americans (approximately 14.8 million) over the age of 12 take medication for depression, and more than 40 million American have some sort of anxiety disorder.

From a Traditional Chinese Medicine (TCM) perspective, what can lead to depression and anxiety and how can it be treated?

As a reminder, TCM deals with balancing the flow of the natural vital energy, or Qi which flows through all living things. Each organ of the body has Qi, and this Qi flows through the body on specific pathways called Meridians and is essential for health. When the Qi is balanced, moving smoothly, and in sufficient quality and quantity, health and wellness are promoted. When the Qi is unbalanced or blocked in any way, disease or dis-ease, will occur. This dis-ease may show up as symptoms on a physical, mental/emotional, or spiritual level.

Depression and anxiety are considered to be an excessive amount of the emotions of sadness and fear, respectively. TCM understands depression and anxiety to be rooted in a Qi imbalance in one or more organs. Depression mainly stems from an imbalance between a person's Liver Qi and Spleen Qi. Anxiety is usually related to a deficiency in a person's Kidney Qi.

Depression

In TCM, the Liver is considered to be the "architect of your life" or the "commander of the armed forces in defense of life." Just as an archi-

tect creates a blueprint for a home, and a commander creates a plan of attack based on observing what s/he is up against, the Liver is responsible for assessing the circumstances within and around us, and creating a plan on how to flourish in life given these circumstances. It also accounts for unexpected obstacles to your life plan and creates contingency plans so that you can still reach our goals. This leads to self-esteem, self confidence and success!

On a physical level, the Liver is responsible for regulating the smooth flow of energy in the body. These include but are not limited to: smooth blood flow and hormone release within the body and regulation of the menstrual cycle, supple joints and tendons and flexible muscles.

On an emotional and mental level, the Liver is responsible for the planning and organization of our life. It is constantly, accurately re-evaluating and reorganizing your plans to meet your goals and creating new objectives once goals are met. All the time, doing this in a way that keeps you at ease while achieving these goals. To reach your goals we require rational, clear thinking; clear perception of the future; being able to see the "big picture;" and the ability to carry ourselves with hope and benevolence. Finally, if a specific goal that you have is unattainable, then having the ability to "gracefully yield" falls under the realm of the Liver.

On a spirit level, the Liver is responsible for your "inner blueprint." To have a sense of purpose, to "take up your space," and to be able to grow and develop your spirit are things that you can all strive for. What a great joy it is to feel fulfilled!

In TCM, the Spleen is responsible for transporting nourishment, energy (Qi), blood (other forms of nourishment), urine, lymph and other fluids. It is also responsible for supporting and holding things in place.

On a physical level the Spleen is likened to a fleet of delivery trucks carrying extremely important packages to customers 24/7, 365 days a year. Just imagine how important it is for a distribution center and its delivery trucks to deliver produce to

your grocery store! No transportation can occur if the bridges along the roadways are not supported properly to keep them from collapsing, even if the delivery trucks are full and ready for delivery. If the Spleen is weak, then it can act like a delivery truck driver who is tired and wants to go home to sleep so he ignores the stops near the end of his route, or like a bridge that has collapsed so deliveries cannot be made. This can show up as weak, or cold hands/feet (nourishment not making it to the ends extremities), general weakness and lethargy, sinus congestion, accumulation of fluids in the extremities, or prolapses of organs and or vessels.

On an emotional and mental level, the Spleen is responsible for the ability to move "information" where it needs to go and then "hold this information." In other words, the Spleen is responsible for the capacity to think, memorize and concentrate.

On a spirit level, the Spleen gives us the ability to "deliver" an abundance of love, nurturing and compassion to oneself and to others. A Spleen that is in balance will show up as one being grounded, being appropriately thoughtful, having a generous spirit and having a good connection to Heaven and Earth.

Anxiety

In TCM, the Kidney is considered to be the foundation for the entire body's Qi! The Kidneys are at the root of all of our physical functioning. They are the source of our potential (they are considered to be our "battery pack"). The energy from our "battery pack" activates our metabolism and motivates us to live (think about surviving through the winter). They provide the basic impulse toward the ability to grow and reproduce (think about the endocrine system). On an emotional and mental level, the Kidneys are responsible for mental strength (adaptable thinking), long term memory, concentration, cleverness, and the ability to be "still." On a spirit level, the Kidneys are responsible for our inherent constitution, resiliency (which includes inner power and courage in times of difficulty), the ability to fulfill our potential and manifest ourselves in the world and having the faith for a "future harvest."



Treatment

Although medications for depression and anxiety can be helpful during difficult times, it's important to recognize that these conditions are symptoms of deeper issues. A TCM belief and analogy that my mentor, Nan Lu, OMD often uses is as follows: "Drugs can help alleviate depression and anxiety by temporarily lifting the individual out of the condition. But like pushing a ball under the water, the problem eventually pops up again unless the root cause is fixed."

So what can you do to nourish your Liver Qi, Spleen Qi, and Kidney Qi?

Eat foods that nourish Liver Qi: dark green lettuce and vegetables; sprouts and sprouted foods (like bread); sour foods like lemons, etc.; and avoid saturated fats, over-salted and over-processed foods.

Take time to meditate or use a relaxation technique to help decrease your muscle tension. This will also help keep you from depleting your resources.

Practice letting go of long term resentments and judgments toward yourself and others.

Let anger give rise to "effective action" instead of "fuming" about what angered you.

Work on resolving childhood issues that interfere with your ability to have a sense of satisfaction with your life.

SING, this strengthens Spleen Qi!

Eat foods that nourish Spleen Qi: carrots, squash, red beets, sweet potatoes, pumpkin, fruit, and grains like rice. Separate fruit from meal time, and limit fluid intake with meals (helps with digestion). Rather, eat fruit and drink fluids in be-

tween meals.

Balance the amount of activity and rest (work, rest, & play). This is a great example of using your resources wisely.

Exercise wisely (do energy building exercises like yoga, qi gong, and tai chi), versus performing exercises that use up a lot of your energy and run your "batteries" down. Consider The Dragon's Way Wu Ming Qigong Program for Stress Management and Weight Loss to help address underlying body imbalances.

Eat foods that nourish Kidney Qi: foods that come from saltwater (fish, seaweeds); seeds; salty-flavored foods (if you don't have blood pressure problems); and dark colored foods (red/black beans). These types of foods support your Kidneys (think about how kidney beans look like a Kidney) and Bladder.

To do this, you may need a professional to work with you (a physician, nutritionist, acupuncturist, personal trainer, massage therapist, counselor, spiritual director, or other wellness professionals).

Here's to a truly Happy New Year!

Information in this article is provided for informational purposes only and is not intended as a substitute for the advice provided by your physician or other healthcare professional. You should not use the information in this article for diagnosing or treating a health problem or disease, or prescribing any medication or other treatment.

Renee Lehman is a licensed acupuncturist and physical therapist with over 25 years of health care experience. Her office is located at 249B York Street in Gettysburg, PA. She can be reached at 717-752-5728.



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sible. Health and wellness is so important in our life. Maintaining a good quality of life is something we all strive for and while health problems are inevitable sometimes, taking care of ourselves is the best way to fight off any health concerns that may arise.

I hold an open house each year to introduce myself and my business to people that are thinking about starting an exercise routine but just don't know where to start. There are so many gyms out

there that advertise for the New Year but once you join you are on your own and sometimes that is overwhelming for people. My program guides you to achieve the goals you are looking for. I work with you when you come to your appointment and also give you ideas and exercises that you can do at home. I make suggestions for getting cardio each day and how you can work exercise into your daily routine. I realize how busy people are and adding another thing to your schedule is not something you think you have time for. I really enjoy helping people discover how things they already do can be part of an exercise program and how simple changes in their food choices or

how they prepare something can make a big difference in their calories intake. If you are thinking about that New Year's resolution and exercise is part of it, I hope you will consider coming to the open house and seeing that exercise can be fun,(or at least not as bad as you thought) and how it can be worked into your schedule for the coming year.

Do something for yourself and encourage family and friends to do the same. Come see what I have to offer and what you have to gain. I am conveniently located just minutes from you at 285 Boyle Rd.

Stop by or call for more information or directions. 717-334-6009. If the open house date or time is not convenient for you, give me a call to schedule another time. FREE CONSULTATION WITH A CERTIFIED PERSONAL TRAINER! SEE YOU THERE!

Remember, Keep Moving.

If you have any questions please contact me at 717-334-6009. I will be glad to help you think of some new ways of eating for the coming New Year. Remember, Keep moving!!

Fitness really matters

George Puvel
Anytime Fitness Owner

Question: Is it safe to work out after giving blood?

Answer: The American Red Cross suggests that blood donors do not exert themselves too much for the rest of the day after giving blood. A typical blood donation is a pint. The absence of red blood cells, iron, plasma, and water is enough to decrease oxygen delivery to your muscles by about 10 percent – causing dehydration, dizziness, and fatigue. The American Red Cross suggests drinking plenty of fluids before your donation and an additional 32 fluid ounces after your donation to make up for lost blood plasma. If you do choose to exercise, participate in low to moderate aerobic activity, avoid lifting weights, and cease exercise if you begin to feel dizzy or light-headed.

Question: I enjoy walking outdoors and walk 4-5 days per week. I feel this is a good workout for me, but do I need to be doing more?

Answer: A good fitness program should include a balance of cardiovascular, strength, and flexibility training. But if walking is what you are enjoying right now, then keep at it! Understand that, at some point, you'll want to incorporate the other components to improve your overall fitness. If you are a beginner, walking just 30 minutes a day can help keep your bones strong, exercise major muscle groups and reduce your risk of cardiovascular disease. If you have been walking for some time now, maybe your body is plateauing, in which case you just need some new techniques to intensify your walking workout. Vary the pace of your walk by alternating slow and quick steps. Challenge your walk by incorporating hills, a steep incline or stadium stairs within your walking route. Adding the use of trekking poles or a weighted vest can also ramp up the intensity of your walking workout.

About the author: George Puvel is the Club Owner. To submit a question for future articles, please contact the author at ThurmontMD@anytimefitness.com.

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ASTRONOMY

The night sky of January

Professor Wayne Wooten

For January 2015, the Moon will be full on January 4. It will interfere greatly with the peak for Quadrantid Meteor Shower on the same morning, with perhaps 30 meteors per hour coming out of the NE in the morning sky. The first two weeks find the moon waning in the morning sky. The waning gibbous moon sits 4 degrees south of Jupiter on January 7th.

The last quarter moon on January 13th is just north of Spica. The waning crescent moon passes 2 degrees north of Saturn in the dawn on January 16th. The new moon is on January 20th, and begins the Chinese New Year. It has a nice conjunction with Venus and Mercury on January 21st, about 45 minutes after sunset; the moon will be just to the right of Venus, and just above Mercury, a good photo! The waxing crescent moon passes just north of faint Mars on the following evening. The moon is first quarter on January 26th.

Mercury and Venus play tag in the SW twilight early in January. Venus is by far the brightest, a tiny bright gibbous disk in the telescope as it returns from behind the sun into the evening sky. Look of fainter Mercury just below and to the right of Venus, and Mercury comes closest to Venus on Jan-



The Orion Nebula is a diffuse nebula situated in the Milky Way in the constellation of Orion. It is one of the brightest nebulae and is visible to the naked eye in the night sky. It is 1,344 light years away and is the closest region of massive star formation to Earth.

uary 10th, with Mercury only .5 degrees (a moon's diameter) to the lower right on that evening. But now Mercury passes between us and the Sun, and falls lower; as noted, the crescent moon joins the show on January 21st. Mercury is gone into the sun's glare by month's end, but Venus is dominate the dusk for most of 2015. Mars is distant and faint, in the evening sky moving eastward in Capricorn; Venus will overtake it in early February.

Jupiter dominates the eastern sky in late evening. It is at oppo-

sition, rising at sunset, early next month. It lies west of the head of Le and rises at 9 PM on New Year's Day. By month's end, you can see Venus about to set at the same time Jupiter is rising. In the telescope, Jupiter's four moons are visible, and their changing patterns in a matter of minutes are fascinating. Saturn rises about 3 AM as January begins, and will reach opposition in May this year. It currently lies just above the claws of Scorpius.

The square of Pegasus dominates the western sky. 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. Her 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 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, lying about 2.5 million light years distant.

Overhead is Andromeda's hero, Perseus, rises. 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.

Look at Perseus' feet for the famed Pleiades cluster; they lie about 400 light years distant, and over 250 stars are members of this fine group. East of the seven sisters is the V of stars marking the face of Taurus the Bull, with bright orange Aldebaran as his eye. The V of stars is the Hyades cluster, older than the blue Pleiades, but about half their distance.

Yellow Capella, a giant star the same temperature and color as our much smaller Sun, dominates the overhead sky. 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. You can associate the pair with Jason and the Golden Fleece legend, for they were the first two Argonauts to sign up on his crew of adventurers.

South of Gemini, Orion is the most familiar winter constellation, dominating the eastern sky at dusk. The reddish supergiant Betelgeuse marks his eastern shoulder, while blue-white supergiant Rigel stands opposite on his west knee. Just south of the belt, hanging like a sword downward, is M-42, the Great Nebula of Orion, an outstanding binocular and telescopic stellar nursery. It is part of a huge spiral arm gas cloud, with active starbirth all over the place. You should be able to glimpse this stellar birthplace as a faint blur with just your naked eyes, and the larger your binoculars or telescope, the better the view becomes. This month's highlight photo is of the Orion Nebula

Last but certainly not least, 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 minutes before Sirius, the brightest star in the sky. Sirius dominates the SE sky by 7 PM, 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. You must be in south Florida to spot Alpha Centauri on June evenings. Below Sirius in binoculars is another fine open cluster, M-41, a fitting desert for New Year's sky feast.

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Farmers' Almanac

Mid-Atlantic Weather Watch: Fair, very cold (1, 2, 3, 4, 5, 6); snow (7, 8) and rather cold (9, 10, 11, 12, 13). Heavy snow (14, 15, 16) turning fair but very cold (17, 18, 19, 20). Nor'easter, heavy snow, and windy (21, 22, 23) remaining windy and cold with some lake-effect snow (24, 25, 26, 27). Fair and rather cold (28, 29, 30, 31).

Full Moon: January's full moon has been often referred to as HUNGER MOON because of the difficulty Native Americans had finding food at this time of year. It has also been called Wolf Moon because of the increasing number of wolf packs wandering

closer and closer to their camps looking for food. It will occur on December 25th making it Christmas Moon in 2015!

Holidays: Celebrate New Year's Day on Thursday, January 1st. Famed civil rights leader, Martin Luther King, Jr. was born on January 15, 1929. In 2015, the official day set aside for his remembrance (the third Monday of January) falls January 19th. We must all take a moment to reflect on the great movement he began and how far we have come as a result.

The Garden: Start planning your garden now. Pick up a few gar-

dening books and magazines that are available, clipping out pictures that appeal to you. Then sketch out the designs you would like to incorporate into your own garden. Collect nursery and seed catalogs now and remember to place your orders early. Try to time all of your gardening and lawn activities around anticipated sales at local nurseries, hardware stores, and other local merchants. Now is the time to spoil your indoor plants! They not only brighten up the house but they also rid indoor air of nasty pollutants. Extra watering is required to keep them from drying out indoors and remember to use room temperature water when watering or misting them. They also need to be rotated periodically to ensure they receive adequate sunlight all around during the coming winter months. They will show their appreciation with healthy, full green foliage all winter long!

J. Grubers Thoughts for Today's Living: "The next twelve months offers us a world of promise; it all depends on each one of us and how much we are willing to give of ourselves to help make it a better world."

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COMPUTER Q&A

Beware the phone scams!

Bob Jester
Jester's Computer

If you get a call out of the blue from someone saying that they have detected your computer has a problem and/or infection, hang up the phone. Microsoft or any computer manufacturer would not and will not ever call you to speak with you about an individual problem. Furthermore, they will never ask for your credit card or personal information so don't be foolish and give it out regardless of how convinced you are that they are trying to remedy a problem with your computer system.

Tech-support phone scams are designed to trick you into downloading malicious software, take control of your computer remotely and adjust settings to leave your computer vulnerable or request credit card information and bill you for any services or commit identity theft. These phone-based scams have been around since 2008 and the scammers are using more sophisticated social engineering tactics to make them appear to be legitimate.

Here are some of the ways that they are currently trying to trick people:

Your caller ID may say "home security" or something to that effect and includes what appears to be a valid number. In the past if you were to ask them for a phone number and name so you could call them back, they would hang up. Today, they will gladly give you their direct extension and name in an effort to get you to let your guard down. If you try to call the number to verify it will generally ring busy.

If they can convince you to stay on the line, they quickly try to convince you that your computer has been compromised by having you run some diagnostics yourself as proof. If you follow their instructions they can easily trick the non-technical victim into believing that their computer is infected and allow them into their computer to remotely fix it. They are so convincing that people were paying \$250 or more when the supposed service has been completed, when all along, they just use common files and tools to make it look like you had major problems.

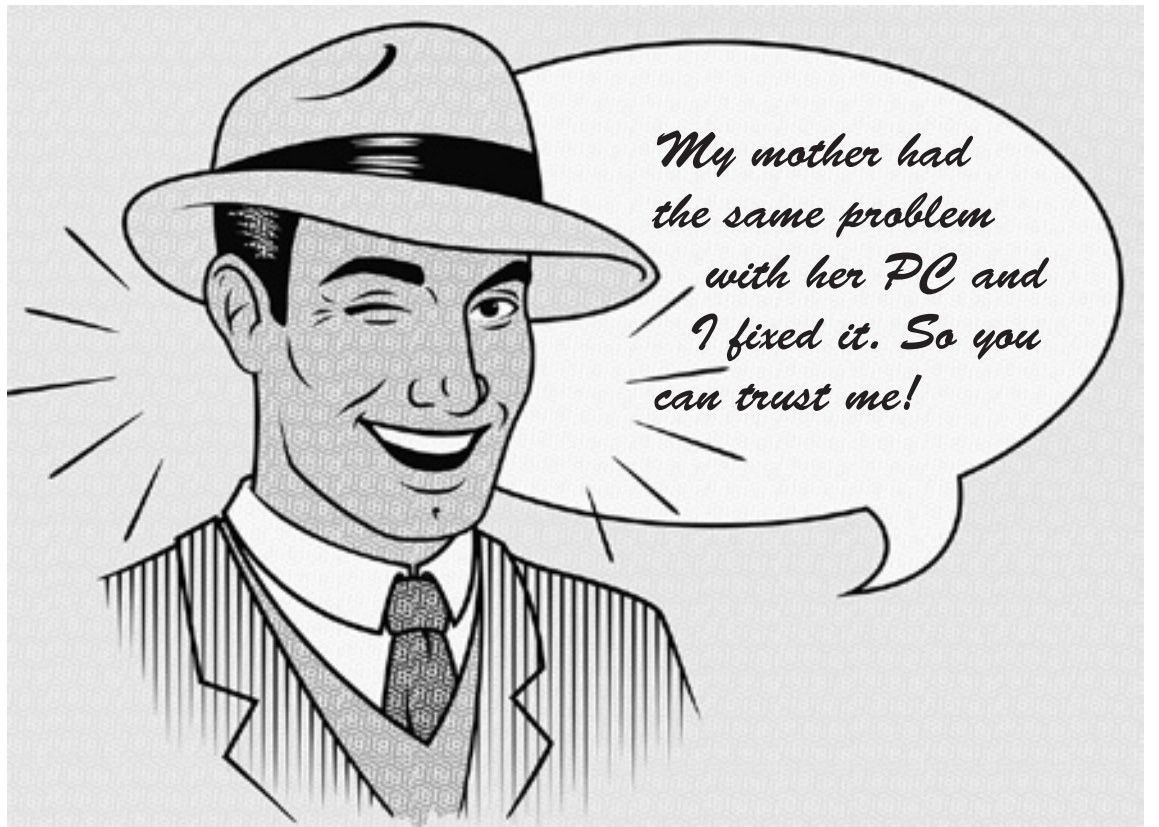
For example; If the plumber in your neighborhood called you on the phone and said that they had to make an emergency service call because they have detected that your upstairs bathroom toilet is leaking, would you believe them? Would you then ask yourself how could they possibly know that? That is no different from someone calling you and telling you that you have a problem with your computer.

A good rule of thumb is if you did not initiate contact to have services performed then it is most likely a scam to help you part with your hard-earned money. If you have fallen victim, call your credit card company and dispute the charges. Your

money should be returned to you. You should also take your computer to a professional to have the remote software and/or any malicious software removed from your system.

If you are in need of PC computer repair or services please visit Jester's Computer Services located at 5135 Fairfield Road, Fairfield, PA. You can also reach Jester's Computer Services by phone at 717-642-6611 or send an email to: customerservice@jesterscomputers.com

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UPCOMING EVENTS

January 4, 11, 18, 25

Frederick County Society of Model Engineers & Catoctin Central Railroad (CCRR) Open House. Come see a 56-foot HO scale layout housed inside a 70-foot, six-door Chesapeake and Ohio horse car. Passenger and freight trains are represented. For more information call 301-698-7271 or visit www.fcsme.com/main.htm.

January 6

Strawberry Hill Nature Preserve's Full Moon Owl Prowl on at the Preserve. Walk softly and carry a good flashlight - even though you won't need it with a full January moon! Quietly explore the Preserve on a winter's evening listening carefully for the sounds of owl. Also learn a bit about these mysterious feathered friends and just why they're calling at this time of year. Strawberry Hill Nature Preserve, 1537 Mount

Hope Road, Fairfield. For more information call 717-642-5840 or visit www.strawberryhill.org.

January 10

Seton Shrine's Move at the Museum. For More Information call 301-447-6606 or visit www.setonheritage.org.

January 11

St. Anthony's Country Community Breakfast (Buffer Style) at Our Lady of Mount Carmel Parish Center. Menu: Scrambled Eggs, Pancakes, Sausage, Home Fries, Fruit cup, coffee/tea, orange or apple juice. Cost: \$7 for adults, \$3 ages 4-10, Free 3 & Under.

St. Mary's Church AYCE pancake breakfast. Tickets will be sold at the door. Breakfast costs \$6.00 for adults, \$3.00 for children 6-12, under 6 free. St. Mary's Church, 256 Tract Road,

Fairfield. For more information call 717-642-8815.

January 17

2015 Project Gettysburg-Leon Annual Nicaragua Night Auction The festive auction, as PGL's major fundraising activity, is of critical importance to its program. You are heartedly invited to participate. Tickets are \$15 for adults, \$10 for children 5-12 and children under 5 free. Buy 10 tickets and reserve a whole table. Tickets to the auction include the buffet dinner and childcare for those with young children. Tickets are available for advance purchase or at the door (sorry, no reservations without payment). Due to the popularity of the auction advance purchase is highly recommended. Gettysburg College Field House.

Between W. Lincoln & Broadway Avenues on the College campus. For more information call 717-337-6490 or visit www.gettysburg-leon.org

January 18

Calvary United Methodist Church's All Chopin Concert - Brian Ganz continues the quest he began in 2011 to perform all works of Chopin over the next decade. Mr. Ganz, who is widely regarded as one of the leading pianists of his generation, is affiliated with

the National Philharmonic at Strathmore. Performing on Calvary's Steinway "D" piano, Mr. Ganz will amaze the audience with his virtuosity and brilliant mastery of the keyboard. 131 West 2nd St., Frederick. For more information call 301-662-1464 or visit www.calvaryumc.org.

January 23

The Majestic Theater presents Cameron Carpenter. Grammy nominated organist Cameron Carpenter has shattered the mold, playing the organ like no one before him or since. Carpenter has reinvented the art of playing the organ. From technique, to costume, to the five manual electronic pipe organ he tours with, the Pennsylvania native and Juilliard graduate has changed the face of the pipe organ in more ways than one. "The bad boy of the organ" dazzles audiences with his energetic, dance-like performances of technical perfection and musical virtuosity. You've never heard -or seen -the organ like this before. For more information call 717-337-8200 or visit www.gettysburgmajestic.org.

Music Gettysburg presents Burns Night. Music, Gettysburg! is a premier concert series featuring international, regional and local musical artists for the

greater south central Pennsylvania region. Concerts are free and open to the public thanks to support for the series that comes from the Lutheran Theological Seminary at Gettysburg, from businesses and from many individuals. All concerts (unless specially noted) take place in the chapel of the Gettysburg Seminary. For more information call 717-338-3000 or visit www.musicgettysburg.org.

January 24

6th Annual EBPA Fundraiser Dance - with the Rock N Roll Relics. At the Emmitsburg Volunteer Ambulance Company Bldg. For Tickets call Bob Rosensteel at 301-401-7287.

January 25

Mother Seton School HSA Spaghetti Dinner. Enjoy a delicious spaghetti dinner among friends at our annual event! With meatballs and sausages and a homemade sauce, you will not leave hungry! While you're here, don't miss the opportunity to purchase a bag of our specially-branded Mother Seton School Coffee, "Valley Blend", which is available for a limited time. Tickets are \$8 ages 11+, \$5 ages 3-10, ages 2 and under free. For more information call 301-447-3161 or visit www.mothersetonschool.org.



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 John Glass 301-447-3648
 Gabe Baker 301-447-2212 or Bill Boyd 717-642-9717

UPCOMING EVENTS

Discover the Gettysburg Wine and Fruit Trail

January has historically been a let-down to the many activities that take up our time during the holidays. The Gettysburg Wine and Fruit Trail of the South Mountain Region is hoping to cure the post-holiday blues with a variety of events on their agritourism trail.

The Gettysburg Wine and Fruit Trail is a cooperative agritourism trail of family owned and operated businesses that covers the South Mountain region of Maryland and Pennsylvania. The Trail came into existence in 2009 with nine family farms in the area of Adams County west of Gettysburg under the stewardship of Kathy Reid of Reid's Orchard & Winery located in Orrtanna. "I saw among my neighbors a loss of economic stability coupled with a loss of younger family members willing to take up the difficult job of farming. It seemed to me if we could draw off of the many tourists who visit Gettysburg, we could provide some economic stability and hope to younger family members. By bringing our resources together, we were able to create an experience away from the battlefields and help visitors discover the other history of Adams County: farming."

Under Reid's stewardship, the Gettysburg Wine & Fruit Trail has grown to include other types of family businesses in the South Mountain region as well as the territory included on the Trail. The Trail now include wineries, breweries and brew pubs, hard cider producers, distilleries, food artisans, cafes and restaurants, historic Inns and B&Bs, historic and special events venues, artist galleries and gift shops featuring the work of local artists, farms and farmers markets, alpaca ranchers, nursery and tree farms as well as greenhouses.

"Our goal is to help bring the family businesses of the area that support the area to the attention of the local resident. We want to encourage folks who live in the South Mountain region to support the family businesses that help to support their small towns with jobs and the economic infrastructure that any small business brings as input into an area: the payment of rent or a mortgage, the payment of local taxes, purchasing supplies from other local businesses, etc." said Mrs. Reid.

"As the Trail grew one of our concerns was to see that our small local museums and historical societies received support as well. We extended invitations to what we call our 'local treasures' to join our Trail as a Friend of the Gettysburg Wine and Fruit Trail with the goal to help their mission of telling the history of the area reach more people in the region. We have been delighted with the results. The local museums and historical societies that accepted our invitation have been benefiting from their Friend membership with increased awareness of their mission and the opportunity to reach more people with the invitation to their events and as visitors to their small museums." commented Mrs. Reid.

The expansion into Maryland in 2014 brought the number of wineries on the Trail from three (Reid's Orchard & Winery, Hauser Estate Winery of Cashtown and Tuscarora Mtn. Winery of Chambersburg) to eleven, including Catocin Breeze Vineyard and Springfield Manor Winery & Distillery in Thurmont, Orchid Cellar Meadery and Winery in Middleton, Red Heifer Winery in Smithsburg, and Knob Hall Winery in Clear Spring. Knob Hall Winery now has a location in Gettysburg



The Gettysburg Wine and Fruit Trail is made up of family owned wineries located in the South Mountain region of Maryland and Pennsylvania.

as well at the former location of the Reid's Orchard & Winery Tasting Room at Jennie's House at 242 Baltimore Street.

Mrs. Reid explained, "When we purchased the location for our new Tasting Room and Cider House Café at 400 Baltimore Street, we contacted Knob Hall Winery as we knew they were interested in opening a facility in Gettysburg. This is how the cooperative membership of the Trail helps businesses to grow: we were leaving a site and knew that it would be a great place for one of our member wineries to begin their business life in Gettysburg, so we let them know we were leaving the facil-

ity and encouraged them to consider moving in behind us.

One of the benefits of traveling the Trail is the GWFT Passport program. The Trail Guide is the Passport as well. Visitors are encouraged to ask for a stamp at each stop along the Trail. Visit six family businesses and you receive a free hat. Visit six more and receive two Gettysburg Wine and Fruit Trail wine glasses – just for stopping to experience Trail members.

"The idea is simple," said Reid. "We want folks to try the different businesses in the entire region – if you want to get out of town for the day, so to speak, how about traveling

to Carlisle, Boiling Springs or Dillsburg if you live in Frederick or Washington county.

If you live near Gettysburg, take the day to discover the heirloom ciders being made at Distillery Lane Ciderworks in Jefferson, Maryland or discover the history at the Conococheague Institute in Mercersburg, Pennsylvania, listed on the National Register of Historic Places with two historic house museums, two relocated historic log structures, a replica Eastern Woodland Indian village, and walking trails with access to a pioneer cemetery. There is so much to see and do on our regional agritourism Trail!"

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MOUNT ST. MARY'S UNIVERSITY



THE MOUNT COMMUNITY WELCOMES PRESIDENT-ELECT SIMON NEWMAN

Simon Newman was introduced as the 25th President of Mount St. Mary's University during an on-campus Mass honoring the Feast of the Immaculate Conception — celebrated by His Excellency William E. Lori, S'77, Archbishop of Baltimore.

The following are excerpts from Mr. Newman's remarks to the Mount community following his introduction.

I am deeply honored to have this opportunity to serve as the 25th president of this wonderful university. I have a deep debt of gratitude to many people, not the least of which is Our Lady. There were a lot of prayers to her in the last few months, and I thank her for this opportunity.

It's ironic this announcement was made on the Feast Day of the Patron of Mount St. Mary's, so I've prepared a short prayer ...

Father, the image of the Virgin is found in the Church. Mary had a faith that your spirit prepared and a love that never knew sin, for you kept her sinless from the first moment of her conception. Trace in our actions the lines of her love, and in our hearts her readiness of faith. Prepare once again a world for your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever. Amen.

In your beautiful sermon, your Excellency, there was a phrase that really struck me ... the yearning for a home. I believe that is why we're truly here and experiencing this wonderful Mass, the dulcet baritone of the choir, the Latin elements and the feeling of unity that is very deep and rich in this institution. I truly feel at home.

We will do great things, and with God's help, and Mary's blessing, we will do this together.



NATIONAL SHRINE GROTTTO OF OUR LADY OF LOURDES

Solemnity of Mary Mass

Thursday, Jan. 1, Noon
St. Mary's Chapel on the Hill

On New Year's Day, the octave day of Christmas, we celebrate the Solemnity of the Holy Mother of God, the divine virginal motherhood of the Blessed Virgin.

Prayer for the Gift of Life

Thursday, Jan. 22

Visit the Grotto on the same day as the March For Life event in Washington D.C. and receive a free Pro Life prayer card at the Miller Family Visitors Center.



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Amelia Rosario, C'11, Elementary Education; Early Childhood Special Education Teacher at Montgomery County Public Schools

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MEN'S BASKETBALL HOME GAMES

Jan. 10, St. Francis Brooklyn, 2 p.m.
Jan. 24, St. Francis (Pa.), 2:30 p.m.
Feb. 14, Bryant, 2 p.m.
Feb. 21, Fairleigh Dickinson, 2 p.m.
Feb. 28, Wagner, 2 p.m.

WOMEN'S BASKETBALL HOME GAMES

Jan. 10, St. Francis Brooklyn, 4:30 p.m.
Jan. 12, Cent. Connecticut St., 7 p.m.
Jan. 26, Robert Morris, 7 p.m.
Feb. 16, Sacred Heart, 7 p.m.
Feb. 23, LIU Brooklyn, 7 p.m.
Feb. 28, Wagner, 4:30 p.m.