

Emmitsburg NEWS-JOURNAL

VOLUME 15, NO. 9

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

SEPTEMBER 2023

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Turnquist throws hat into ring for Town Council

Residents of Emmitsburg who have hoped that the upcoming election for Mayor and Town Council will result in a more effective town government faced a major shot in the arm when Valerie Turnquist of Pembroke threw her hat in the ring to succeed Joe Ritz on the Town Council. Ritz, who frequently fought the 'status quo,' has opted not to seek re-election so he can spend more time with his family.

Glen Blanchard, who was ousted from the Council in 2019 by Frank Davis, is also seeking Ritz's open seat. Davis, like Ritz, has frequently challenged the status quo while serving on the Council and is seeking to succeed Don Briggs who also opted not to seek reelection.

With the two Mayoral candidates both currently sitting Commissioners, the election will open a seat on the Council. Under current Town code, the vacant seat will be filled by someone hand-picked by the Council. Depending upon who wins Ritz's Council seat, the selected candidate could swing the Council in support of change or continuation of the status quo.

Turnquist, a resident of Emmitsburg for the past 13 years and current member of the Town's Planning Commission, has a bachelor's degree in social sciences and a forty-year career in the Federal Government, with experience ranging from providing fiscal oversight of multi-million-dollar budgets to awarding contracts.

Always looking for an opportunity to help others, Turnquist volunteers at On Our Own in Frederick, a organization providing peer support and

activities for those struggling with substance abuse. Over the course of the last eight years she has sponsored many women in the twelve-step addiction recovery program and frequently speaks publicly on addiction recovery.

"The first agenda item I will tackle if elected, which I believe is a concern for many residents, is the increase in water rates over the next five-year period. Based on consumption, the yearly cumulative increases for my household alone will result in a 363% increase over the next 5-year period. Regardless of consumption, a 36% yearly increase is not sustainable for many families in Emmitsburg. Prospective business owners and home buyers will no doubt take this into consideration when looking at small towns to improve their quality of life."

"I believe there are creative solutions to be found without breaking the backs of the residents. While the water and sewer enterprise funds are to be self-sustaining budgets, the Mayor and Town Council can reallocate funds from the General fund to the Water and Sewer Fund. This can be accomplished by reviewing every line item in the budget, reducing overhead and costs where possible, and investing in technology that reduces the burden of staff involved in managing the water and sewer departments."

"We need to also look closely at our contracts. Contracts come with a high overhead cost further exacerbating our budget. Proposed fiscal year budgets for large contracts should be prioritized by department



Valerie Turnquist of Pembroke has high hopes for Emmitsburg, and with her upcoming retirement, if elected to the Town Council, plans to dedicate a significant portion of her free time to working with the residents of the town.

and presented to the Town Council for review each year."

"We need to be fiscally responsible and use taxpayer dollars wisely while improving the town for future generations to come. We need to involve our residents in the comprehensive update process to bring in fresh ideas and perspectives and to tap into those resources."

Turnquist supports Davis' goal of joining the Maryland Main Street Program. "Businesses are a large part of the community's tax base. Let's increase the foot traffic downtown. This program would revitalize our downtown area, attracting new businesses to our vacant buildings, increasing the number of visitors to our town, and providing opportunities for community engagement from our residents and their families."

"There have been discussions that before and after-school childcare is needed." Turnquist said.

"Let's make that a top priority. We should work on expanding activities for our youth. One idea is having an open gym night where youth could play basketball and other activities. Emmitsburg has a senior center, but we need to do a better job of promoting those events. My husband is a disabled Vietnam veteran, yet we have to attend other towns for Veteran's Day parades and activities. There are endless possibilities."

If elected, Turnquist promises to be transparent and accessible to the public for ideas, suggestions, or problems they feel we have within our community. "I believe with a commonsense approach, and the ability to think outside the box, we can accomplish many goals and grow the town responsibly in the years to come."

"There's a quote that I'm very fond of: 'Ordinary people can do extraordinary things.' And that's why I'm running for the Town Council."

Pippinfest celebrates 42nd year

Fairfield's 42nd annual Pippinfest will be held September 23rd and 24th. A dedicated group comprising the Fairfield Borough's Pippinfest Committee spends months planning and organizing this event every year. Organization for the festival typically starts in February but really kicks in during the month of June when Committee members begin setting the schedule, arranging for entertainment, and organizing vendors.

Dating back to 1980, the Pippinfest festival holds its roots firmly in community togetherness. The festival was started as a way to promote local non-profits, which has been a continued tradition ever since. As a way to bring townspeople together, David Thomas, the owner of Fairfield Inn in 1980, invited local clubs and school groups to participate in a community-wide celebration of the apple harvest. As a small town with

a strong sense of community, the citizens of Fairfield were eager to support the idea, and an all-day street festival was planned.

Local Boy Scout troops, high school groups, churches and many others gather to sell food, drinks, and other goods to help raise money for their organizations. The Pippinfest brings people into the community, fosters an environment of fun for everyone, and brings neighbors together. Any proceeds realized from the Pippinfest go into a reserve and can be used by the Borough for community enhancement.

Pippinfest 2023 is filled with events, activities and entertainment. As always, yard sales and craft and food vendors from all over the region will be set up on Saturday. Stitch 'N Peace quilting guild returns to host a quilt show in the Village Hall from 10 to 4 (both days!), and there will

be rides and activities for kids at the "Kids Korner" next to the fire hall.

Sunday is a big entertainment day with eight bands performing lively music in various venues throughout the Borough starting at from 10:30. Fairfield high school and middle school students will showcase a variety of Band, Show Choir, and Chamber Choir performances from 12:30 to 1:30 at the Fairfield Fire Company porte-cochere on Steelman Street. Kids Korner is open with pony rides and games and inflatable rides.

A 'Cruise-In Car Show and Swap Meet' always attracts a wide variety of

vehicles, including antique autos, hot rods, vintage race and muscle cars, street rods, motorcycles and trucks. Take in a bit of local culture and visit the display of Pippinfest pottery in the Village Hall. With close to 100 craft and food vendors, no one will go home without finding something to enjoy and something good to eat!

Pippinfest, which literally means "apple festival," offers attendees of all ages a memorable weekend full of fun and entertainment. Volunteers from the local community work year-round to bring this event to residents and all our visitors. For more information and event times visit www.pippinfest.com.

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EMMITSBURG NEWS

Proposed Legacy Grant SOP tabled

The Town Council tabled a proposed Standard Operating Procedure (SOP) which outlined the process for how the town's Community Legacy Façade Grant program would operate.

As currently written, the SOP codifies all the actions that resulted in questions of the appearance of a conflict of interest being raised as a result of a recommendation to grant Mayor Don Briggs money to help cover the cost of his home's roof replacement, even though his application ran counter to his justification. (Briggs withdrew his application to end the question of any conflict of interest.)

The proposed SOP not only codified the flaws in the current process but it also included provisions that would prevent any local resident or news organization to examine submitted applications to see what the town was spending tax payer's money on, or for the Town Council itself to examine the final list of applications.

Town Manager Cathy Willets said applications will not be made public due to personal information, however, a review of all

the packages submitted this year found not a single instance of personal information that would warrant withholding the application from public scrutiny.

The SOP also does not discriminate between funding work on private homes that clearly fall under what most would consider routine household maintenance, that benefits no one in the community other than the given homeowner, like repainting a front porch or replacing worn out siding, and work that would clearly benefit all in the community, such as upgrades to a home to return it to a historic look and feel.

Under the program, participants receive a 50% match for the cost of exterior facade improvements. This match is capped at \$12,500.

The Community Legacy Façade Restoration Program has been instrumental in providing close to \$500,000 worth of funds to property owners whom in turn contributed an equal amount, for a combined total of approximately one million dollars, into the downtown area, Biggs said.

Most of this money however went to landlords who do not live in the town.

Commissioner Bowman requested the SOP be tabled until she had time to study it and make some recommended improvements. "I just received this Saturday night, and given this will involve spending tax payers' money, I want to dedicate some time to make sure whatever we do benefits everyone, not just a select few."

Mayoral candidate and current Commissioner Frank Davis concurred with Bowman's desire to take a good look at the SOP before voting on it. Davis also asked why the town was only asking for money for façade improvement even though the program also allows money to be spent on other items, such street scaping, "which will benefit everyone in the town."

Mayoral Candidate and current Commissioner Tim O'Donnell pushed to have an immediate vote, but finding no support, agreed to revisit the SOP at a later meeting in order to allow the town staff to clarify the state's guidelines regarding funding allocation.

Emmitsburg
NEWS-JOURNAL

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Floating Zone draft approved

At the July 31st Planning Commission meeting, members continued their discussion on 'Economic Development Flex Districts,' a.k.a. 'floating zones'.

Floating zones don't have a zoning definition on a map, thus they differ from traditional zoning. Floating zones can be used to plan for future land uses that are anticipated or desired in the community, but not confirmed, such as affordable housing, shopping centers, and urban development projects. They can also be used

for cluster zoning, planned-unit developments, and urban development projects.

The Commission members discussed changes they wanted to see in proposed 'Flex Zoning' text which centered on preserving Emmitsburg's 'scenic gateway' along Route 15. They want to see landscaping that saves the natural beauty and open nature of the current vista. Appropriate gateway signage must also be obtained and approved by the US State Highway Administration.

Previously, the Commission

required 20 percent of open space in the floating zone, which does include forest conservation. This number is fairly standard for open space minimums in zoning.

Planner Chris Jakubiak felt that it was too low of a number, as there would be too little 'open space' since most of area involved would be along Route 15. He recommended the 20 percent exclude forest and stormwater management areas, making the open space requirement be 35 to 40 percent when applied to the entire zone.

"If you put 15 percent of the land into required forest conservation, you can get to the minimum 20 percent really quickly without any quality open space at all," he said. Commission members agreed that 20 percent be the minimum, and although they can raise that number, they might expect a fight from developers when the time comes.

Cluster development, which groups buildings together allowing more open space in a developed area, was recommended for the floating zone. This allows environmentally sensitive areas to be preserved under the 'open space'

title while utilizing non-sensitive areas for the buildings.

All members of the Commission agreed that applicants and owners must comply with the requirements of a floating zone if they apply for the development of their land under it; the Commission has the discretion to remove the entire 'floating zone' chapter in the Town's Comprehensive Plan if it is no longer needed.

The draft language for "floating zones" was approved by a unanimous vote and will now be sent to the Town Council for their review and approval.

Funding concerns put a hold on new streetlights

At its August 21 meeting, the Town Council tabled a decision to award a bid for downtown streetlighting.

The proposed project would replace 103 outdated Old Boston style streetlights including poles, fixtures, and lenses. The majority of the lights, 97, are located on Main St., and 6 are located on South Seton Ave.

Along with the age of the street-

lights, a driving force for the project was addressing concerns that not only the lights were not bright enough to adequately illuminate the streets, but also light was escaping upwards into the night sky, or into residents' bedroom windows, according to Commissioner Frank Davis.

The total cost of the proposed project was estimated to be \$257,876. The town approved

matching funds totaling \$71,590 for its portion of the project, which is in the FY 2024 budget already, Commissioner Davis said. The remainder of the cost will be covered by various grant funding.

Town staff recommended that Catocin Lighting Services of Thurmont be awarded the contract even though they were the highest of nine bidders at \$266,140. Their bid included fixtures that are similar to

the Town's current lighting, come highly recommended and are a local company. The Catocin Lighting bid, however, did not include installation of the lights, which would be an additional cost, Willets said.

While the lights in the Catocin Lighting bid will not address light escaping directly into the sky, they will be dimmable, allowing the Town to adjust the brightness of individual lights. When necessary,

the brightness level can be increased in darker portions of the street and decreased if too much radiant light is escaping into residents' bedrooms.

Commissioner Amy Pollitt pointed out that if the Town did choose to go with Catocin Lighting, the Town would have to come up with an additional \$38,000. Town Manager Cathy Willets said there is money available in other town accounts that could be moved to cover the shortfall.

Even though the costs of going with the Catocin Lighting was higher than anyone else, the Town Council was deposed to approving the bid due to the fact that the new lights would be nearly identical to the existing lights. "I like the idea of staying local, I just wish there was a way to do that within our budget," Commissioner Frank Davis said.

The Council opted not to vote on the bid until the town staff could identify where the additional funds to cover the shortfall would be coming from.



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TOWN ELECTIONS: SEPTEMBER 26

Tuesday, September 26 - 7 a.m. to 8 p.m.

22 East Main Street, Emmitsburg

Mayor Donald N. Briggs and Commissioner Ritz III seats are up for election. To vote you must register with Frederick County by August 25. Anyone wanting to run for election must file their application candidacy and financial disclosure with the Town Clerk no later than 4 p.m. on August 25.

*Unable to vote in-person on election day? Contact the Town Office to get an absentee ballot request form.

FAIRFIELD/CARROLL VALLEY NEWS

Sewer rate increase in the works for Carroll Valley

Carroll Valley residents who use the public sewer system will likely experience rate increases in the near future.

Borough Manager Dave Hazlett told the council during August's meeting that rates could increase 30 to 40 percent. The additional funds will be used to pay for the borough's new sewage treatment plant, which will cost \$5.315 million. The borough acquired a 1.743 percent, 20-year, loan through Pennsylvania Infrastructure Investment Authority for the

project, Hazlett said.

Hazlett said the current treatment plant, which was built in the 1960s, is "woefully out of date."

"The plant does not have any additional capacity at all. We have no ability to serve another home," Hazlett said. "At times when businesses are really busy, we take in more sewage than we are allowed. We have to expand."

The current plant serves more than 500 residences, several businesses, and nearly 100 holding tank customers, according to the borough's website.

The council unanimously awarded a construction contract to Hickes Associates of Alexandria, Pa. for the plant. Council President Richard Mathews noted Hickes Associates' bid was \$1.3 million less than the second lowest bidder.

Hazlett said a variety of factors could reduce the anticipated rate hike.

Several residents have holding tanks on their property. Those residents spend "three or four times" more for care of the tanks than those who are connected to the public system, Hazlett said.

If those residents connect to the system, they will save money and lessen the construction cost burden on current users.

"The more users, the less cost per user," Hazlett said.

The borough may also extend its sewer lines to Country Club Trail, Hazlett said. The cost of doing so would be relatively minor, Hazlett said, since the road is close to the plant. If those residents connect to the system, they will also lessen the burden on current users.

If a proposed housing development comes to fruition, the owners of those new homes could also lessen the cost per user.

"The trade off, of course, is those people will get a lot more neighbors," Hazlett said.

Hazlett said borough staff will continue to attempt to minimize the rate increase before presenting a formal proposal to council.

"This is a big project. It will have a negative effect on some folks but I assure you it is absolutely necessary," he said.

Health & safety issues dominate Liberty meeting

Liberty Township's Board of Supervisors focused on health and safety during its August meeting.

At the recommendation of Supervisor Chair Bobby Keiholtz, the board agreed to conduct a traffic study at the intersection of Pecher, Crum, Topper, and Steelman-Marker roads. Keiholtz said he believes the intersection needs a four-way stop sign. Currently, there is a two-way stop sign at the intersection of Pecher and Topper roads.

Township Solicitor John Lisko said the township must conduct a PennDOT-certified traffic study at the intersection before it adds a stop sign. Supervisors instructed

the township's police department to conduct the necessary study before September's meeting. If the results match PennDOT's requirements, supervisors will advertise an ordinance proposal for the additional stop signs.

The officers conducting the survey will be members of the Liberty Township Police Department, but that could soon change.

Supervisor Chair Walter "Mickey" Barlow said he recently signed a letter of intent with Freedom and Highland townships to explore the formation of a regional police force. Highland and Freedom currently purchase patrol hours from Liberty

Township. If the plan moves forward, Barlow said he hopes other nearby municipalities join the effort. Carroll Valley currently has its own police department and provides service to Fairfield Borough. Hamiltonban Township relies solely on the Pennsylvania State Police.

Barlow also hopes a benefits plan for township employees will entice people to join the staff and stay employed. The township currently does not offer its employees any benefits. Township Administrative Assistant Hannah Beckett said neighboring Franklin Township pays for 94 percent of its employees' health insur-

ance. Huntington Township, on the northern tier of Adams County, funds 100 percent of its employees' health insurance costs, Beckett said.

Dental and health insurance would each cost the township about \$300 per employee annually, Beckett said.

Barlow encouraged his fellow supervisors to consider adding benefits as they discuss the 2024 township budget.

"This is not something we have to do," Barlow said. "As we are trying to find help in the township, this helps us."

Barlow, who has been a supervisor since 2015, also serves as the township's roadmaster. The

61-year-old Liberty native wishes to relinquish his roadmaster role later this year.

Barlow also hopes the supervisors will authorize the purchase of an automated external defibrillator for the township office. According to the American Red Cross, using an AED on a cardiac arrest patient greatly increases his or her chance of survival. An AED would cost the township \$1295, Barlow said. For an additional \$500, the township can mount the device onto a wall. American Rescue Plan funds can be used for the purchase, Barlow said.

"I don't think it is that much money to save a life," he added.

Carroll Valley meeting ends with chickens as victors

The Carroll Valley Borough Council prevented a resident from leaving August's meeting in a foul mood. Katlyn Weimer and Adam Colson can keep their four chickens and other residents may soon be able to add fowl to their property.

Weimer and Colson approached the council in July after learning their chickens were illegal. The law of the land in Carroll Valley states chickens must reside in the backyard of a property. That's not possible for Weimer and Colson, whose house at 8 Fawn Trail aligns with the rear of their half-acre lot.

Just as they had in July, Weimer and Colson's neighbors pleaded with the council to not force the chickens to fly the borough. Weimer also presented her case on behalf of she and her husband, who was unable to attend.

"Please let the hens remain, they and their owners are a benefit to our neighborhood," Sharon Jankowski said.

Council agreed the chickens should stay. For now, the borough in southwestern Adams County is a sanctuary city for the Weimer and Colson's birds - they are illegal, but no one plans on doing anything about it.

Council must now alter its laws so the chickens are law-abid-

ing residents of the borough. The governing body cannot just say chickens can live in the front yard of 8 Fawn Trail.

"If you are going to change the rules for these lovely people, then you should change the rules for everybody," Mark Ounan of 25 Valley View Trail noted.

Ounan said he previously desired to have four chickens, but officials responded with a hard "no."

Borough Solicitor Zachary Rice advised the council to

rewrite the ordinance. Borough Manager Dave Hazlett agreed, even though he once aimed to avoid chicken-related conversations.

A previous law stated the animals were only allowed on properties zoned for agricultural use. Citizens protested and the council held numerous meetings that included countless hours of discussion on the matter. The hens exited the legislative process as victors, as long as they remained in the backyard.

"I'm still sitting here, and I swore I wouldn't be sitting here with a chicken conversation going on," Hazlett said in July.

This time, council wants to avoid a long, drawnout process. They directed Councilmember Michael Wight to discuss the

topic with the planning commission, which he chairs. The commission will have one meeting to make a recommendation. If it cannot accomplish that goal, Hazlett will draft and ordinance revision and present it to council in September.



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THURMONT NEWS

Burns & Lookingbill to run for Town Council

Marty Burns and Bob Lookingbill announced their plan to return to public office in the upcoming Town of Thurmont Election on Oct. 31. There will be two seats open for election as Commissioner Bill Buhner's and Commissioner Wes Hamrick's terms come to an end.

Both potential candidates made the announcement during public comment at the August 1 town meeting.

Burns and Lookingbill have both served on the Board of Commissioners previously, in addition to other active roles in the Town of Thurmont Government. Lookingbill currently

serves on the Board of Supervisors of Elections until September 2027 but will step down before the end of his term to be able to run for the Board of Commissioners this fall. "I don't like stopping midstream but in the same note, I do want to try to get elected to be able to help people on this board here again," Lookingbill said before thanking the current board for their service. He also served as town commissioner from 2007 to 2011 and has also served on Thurmont's Board of Appeals and Police Commission.

Burns served as mayor and town

commissioner for 22 years before stepping down in 2021. Since then, he has been active at town meetings, frequently expressing his opinion on discussions and votes. "I never imagined just two years ago that I would ever seek public office again," Burns said. "But I was asked by a number of residents to run, many of them are here tonight, so run I will."

He went on to describe his platform that includes "sweeping" change, going above and beyond in engaging citizens before decisions are made and demanding budget accountability in the Town Council.

According to the potential candidates, Lookingbill and Burns have already discussed their plan for change should they be elected to office, despite disagreeing on some issues. "If [Lookingbill and I are] fortunate enough to get elected, and we can work with [those currently on the Board], we can make these changes that I believe all the residents have been screaming for in the last few months," Burns said.

Residents showed their support through cheers but also voiced their support for Burns and Lookingbill during public comment. "I personally

support change. I support change for the commissioners," Thurmont Resident Ashley Minso said, also noting that younger residents don't feel heard or seen by the current board.

Burns and Lookingbill must wait for the Thurmont Nominating Convention on Sept. 26 to be officially nominated to run for the upcoming election by town residents. If they are nominated during the Convention, Burns and Lookingbill can continue with their campaigning as official candidates.

It's unclear whether or not Buhner or Hamrick will seek reelection.

New parkland named Mountain Gate Park

The town named the newly acquired parkland Mountain Gate Park at the town meeting on August 15.

Mayor John Kinnaird proposed the new name at the August 1 meeting for "many" reasons. The town bought the land from the McCleaf family, who owns Mountain Gate Family Restaurant. He also noted the connection to the Thurmont motto "Gateway to the Mountains."

Commissioner Wes Hamrick presented comments from the Parks and

Recreation Department, who had met prior to the town meeting. The talking points gathered from the Parks and Rec meeting discussed plans and noted that the name "Mountain Gate Park" accurately described the parkland's view of the mountains. "If you're down there and you're looking west, they're right there in front of you," Commissioner Wes Hamrick said.

There was concern regarding the over use of mountain-themed and gateway-themed business and facility names in Thurmont. According

to Hamrick, even Thurmont itself is a derivative of "through the mountains."

The Parks and Rec department also noted the contributions that the McCleaf family has provided to Thurmont through several different entities. However, this was a potential concern to Thurmont Resident Marty Burns.

During public comment, Burns asked the commissioners and mayor to double check the town code to ensure there are no rules against naming things after people or families. "I'm not opposed to it, I think it's a great name," he said before again urging the town to review their policies.

Hamrick pointed out that the connection to the McCleaf family would not be immediately obvious to all since their name is not used. "For me personally, I just know how much they have benefitted so many individuals and community organizations over the years," Hamrick said.

Burns continued his concerns about the issues that the town could be open too upon naming the park after the McCleaf family. "What about the family that's done the same amount of stuff [as the McCleafs] that we've said no to in the past?" Burns said. "I would just ask you to be cautious about it."

Kinnaird mentioned that the Eyler Road Park is named after the Eyler family, although Thurmont Resident Bob Lookingbill reminded the council at the next meeting that it's not. Lookingbill said that Eyler Road Park is technically named after the road it's on, not the family.

The park will be located near what will be Thurmont Blvd. There are plans for a footpath to connect the Library Trail and the Trolley Trail. According to Kinnaird, the Town will come up with a plan for the wetlands portion of the plot of land in the future. Town Manager Jim Humerick said the plans would be environmentally-friendly.

**TOWN OF THURMONT
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Electrical substation upgrade

Representatives from Preston Waller & Associates, Inc. presented recommendations to the Town Council on August 15 for repairs and replacement at the electric substation on Moser Road. No vote was taken to implement any project on the substation.

According to Jay Waller, one of the representatives, the Moser Road substation is the primary substation in town. The substation was installed in 1996, with materials that were only expected to last for about 25 years.

For the most expensive parts, or parts that have a long lead time, he suggested repairs, such as the two transformers in the Moser Road Substation. Commissioner Bill Buehrer was concerned about refurbishing the transformers, given their being at the end of their expected lifetime. Waller

explained that they would only leave the parts of the transformer that are still in good enough shape despite the age. "For the town of Thurmont, we operate the equipment diligently and we're, I don't want to say gentle, but we're not operating at its maximum 24 hours a day, and that's on purpose," Waller said.

Waller's total quote for the project came to \$2,425,000. This includes labor, engineering, all parts and materials, contingencies, etc. Broken down, the substation breaker and controls scope came to \$1,247,000 and the transformer remediation scope came to \$1,178,000. According to Waller, the cost comes from every piece of the substation being either replaced or repaired. They will also add a computer system to operate the equipment.

There is not yet a set timeline but Waller presented a conceptual mile-

stone schedule to the Council to give a framework should they start the project today. He used a start in the third quarter of 2023, when they would initiate contracts and an estimated completion date in the third quarter of 2025. They estimate to refurbish the transformers around the fourth quarter of 2024 and to install new breakers and switches around the second quarter of 2025.

Each transformer will take about 6-8 weeks to repair, according to Waller's rough estimate. The crew will be able to work on one transformer at a time and Waller suggested doing the repairs outside of peak hours to reduce disruption further. If something should happen to the transformers during the repairs, Waller expects the Main Street Substation to be able to take over.

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TANEYTOWN NEWS

Consultant hired to aid police department

At the August City Council meeting, members were surprised to learn that Major David Stem of the Carroll County Sheriff's Office had joined the Taneytown Police Department on August 7 as a consultant to enhance the administrative efficiency of the department.

Following the announcement, City Attorney Jack Gallo expressed concern that a Memorandum of Understanding (MOU) had not been filed in regards to Major Stem joining the Taneytown Police. This is essentially a letter of intent allowing the Carroll County Sheriff's Office to work within Taneytown's City limits. As of now

Taneytown is the only City in Carroll County that does not have an existing MOU with the sheriff's office. Without an MOU if the Sheriff's office were to assist during a call within city limits there could be legal repercussions, said Gallo.

Councilman Christopher Tillman wondered why a MOU did not exist already, to which Gallo replied: "to our detriment, cooperation between the Sheriff's office and our Police Department was non-existent with one of our previous Police Chiefs. One of Major Stem's duties is to help repair and bridge that gap."

Councilman James McCarron pointed out that with the addi-

tion of Major Stem, it seemed as if the City now had two acting Chiefs as they already have Major Mitchell. Gallo agreed, stating, "the chain of command is very important, Stem should be reporting to Mitchell."

Tillman also questioned who would be responsible for worker's compensation if Major Stem was hurt while working for the Taneytown Police Department. He also wanted to see limitations of authority by defining Stem's roles and responsibilities so it is understood that he is not running the Taneytown Police Department.

Councilwoman Elizabeth Chaney questioned when the decision to 'hire' Major Stem was

even made, as she is the Police Liaison, and she didn't know anything about it. Mayor Miller replied that he told all Council members about the meeting, but it was decided that only he, the City Manager, and the City attorney needed to attend it.

Miller was adamant that the Council was responsible for the lengthy hiring process of the police chief, as they wanted certain requirements for the chief that seemed hard to find. As of the August meeting, only four applicants have applied in a two-and-a-half-month period. One requirement is the applicant must be a qualified police officer. Gallo pointed out that by law,

you do not need to be a police officer to be a police chief. Councilwoman Diane Foster suggested the Council review the Police Chief job description and lower the requirements to widen the candidate pool.

After much debate, the Council decided that the best plan of action was to utilize Major Stem and directed the staff to draw up a MOU to address the concerns voiced by the Council as quickly as possible.

Stem's term was set for six months at which point a decision will be made to extend or terminate his consultant status. The Taneytown Police Department will be his full time responsibility and his appointment comes at no extra cost to the city.

Mountain Brook Development plans introduced

The concept plan for the Mountain Brook development was finally unveiled at the July Planning Commission meeting. The development plans go back as far as 30 years, when Mountain Brook Farm was originally annexed into City limits. Preliminary plans for the development have been approved in the past however the project was put on hold for unknown reasons and it fell to the wayside.

The 160-acre property is bordered on the eastern side by Memorial Park, existing businesses to the south, and to the north it is zoned industrial. Wetlands, Piney Creek and a substantial floodplain split the property in half making a lot of the land unbuildable. The proposed development will

include 30 acres of environmental open space, 12 acres of common open space, and five acres dedicated for the expansion of Memorial Park. Five acres will be dedicated for the expansion of Antrim Boulevard, with the remainder of the property used for homes.

Antrim Boulevard will run through the center of the property serving as the main road for the development as well as a bypass around town, hopefully relieving downtown from traffic congestion. Expansion of the road will be done at the developer's expense.

Councilman Dan Myers expressed concern over the width of Antrim Boulevard, as many of the other villages such as Meade's Crossing and Carol Vista are too narrow

in his opinion. Development planner Rick Hayne replied, "we want the road to be as narrow as possible to address environmental concerns but also wide enough for fire access, but this early in the planning process nothing is set in stone yet."

Mountain Brook will be built in a 'cluster style,' which groups buildings together allowing more open space in a developed area. The ratio of single-family homes to townhomes will be 65:35. Townhomes will front face Antrim Boulevard with a 50-foot setback off of Antrim allowing a "linear park" of bike trails, a walking path and sidewalks.

Parking for the homes will be accessed via alleys and a sub road that

will run parallel to Antrim. They will also be placed against the northern industrial zone and southern business zone to create a buffer between those areas and the single-family homes. Single-family homes will back parkland, open space or each other.

Amenities within the proposed development include an informal amphitheater, a trail system connecting the neighborhoods, picnic pavilions with parking, a playground and a big community park as well as an existing farm pond on the property that will be preserved.

The project will be built in four phases and overall will take approximately 15 years from approval to finish. Phase '1A Southern' will

hopefully begin in December 2026 and last 27 months. It includes building half of the Antrim Boulevard expansion from the Francis Scott Key highway to the floodplain as well as 141 units. Phase '1B Southern' will finish Antrim Blvd and also add 141 units over the same 27 month period. Phase '2A Northern' adds 100 units over two years and phase '2B Northern' finishes the plan with 64 units in about a year. The total number of units is 454 with 281 in the southern portion and 173 in the northern.

Councilman Tillman asked if the developer was open to shortening the phase timings to which Hayne replied, "based on the market, yes".

Draft ordinance created for chickens in town

After multiple attempts over many years to create an ordinance for chickens in town, one was introduced at the August Town Council workshop. Council members agreed that the issue wasn't that chickens are living in town but that, per code they aren't allowed, and it's not being enforced. At previous meetings the choice was made to allow backyard chickens and begin the process of creating the ordinance.

City Manager Jim Wieprecht was able to provide the Council with a basic process, utilizing sample ordinances from other municipalities, provided by Councilwoman Judith Fuller. As written, the proposed ordinance closely parallels those recently passed in both Thurmont and Woodsboro.

These include requiring an educational seminar on backyard flocks so applicants can understand what they are getting into with regard to chicken care and life cycles. The seminar will cover topics such as how long chickens bear eggs and what to do when they stop. Participants will receive a certificate at the end of the seminar.

Residents will need to apply for a City Zoning Certificate as chicken coops and runs are considered

structures, and will have specific building requirements. This application must be signed by the property owner and not a tenant.

Applicants will be required to review and sign a 'Taneytown Backyard Chicken Agreement' that pertains to chicken welfare. If at any time they are found to be negligent, their permits will be revoked per this agreement.

They must submit the Certification of Completion for the educational seminar, the Backyard Chicken Agreement and City Zoning Certificate Application with the required fee to the City.

Once their flock is established they will need to register it with the Maryland Department of Agriculture (MDA) to receive an official registration card. Once the MDA sends back their registration card, the applicant must bring it to the

City Zoning office within 30-90 days (dependent on MDAs processing times).

Other items discussed at the workshop included coop and run rules. Coops may only be in a rear yard and a minimum of ten square feet per chicken is required. A run or enclosed area is also required to allow the chickens time outside. The coop/run may not be closer than ten feet to a side or rear property boundary and at least ten feet from a house. There is a max of six chickens per household.

Despite the creation of this ordinance, Councilman James McCarron was still not convinced this is the route the City should take. "We will be subjecting the City to extra cost and effort to monitor these chicken yards, but who is going to enforce these rules?" he asked his fellow council mem-

bers. Resident Ron Shelton agreed with McCarron, wondering what would happen to all of the chicken waste and how diseases such as Salmonella would be prevented. Mayor Christopher Miller replied, "With a proper ordinance in place we will be able to have better enforcement of the chickens, because right now we can't do much about them."

Wieprecht also reminded the

Council that at the May meeting the consensus was to move forward and develop an ordinance to permit backyard chickens, and that's exactly what was done.

Still to be determined is the amount for the registration fee and additions to zoning regulations. Wieprecht was adamant that the agreement was the most important aspect and would also take the most time to create. He hopes to have everything ironed out by next month.

FROM THE DESK OF...

Congressman David Trone

For my entire life, I've been someone who gets things done. Throughout the challenges I've faced — seeing the bank take my parent's farm and our family home, growing my small business and disrupting the industry, and standing up for what's right in Congress — I've found that I'm not one to sit on the sidelines. I find hope in action. That's why, when my nephew Ian called me years ago and told me he was struggling with opioid addiction, I was sure that I could help.

I worked with him to find him the best treatment options. Multiple 28-day inpatient detox and recovery. Top-tier mental health care. Lawyers to work through five arrests. I thought that Ian's illness could be overcome, just as I'd beaten the odds of other seemingly insurmountable challenges throughout my life.

I was wrong. Ian died of a fentanyl overdose on New Year's Eve

2016. Losing him was like losing a son. After receiving that dreaded call, I rolled up my sleeves and went to work to make sure that no other family had to feel that pain.

Ian's story is proof that, even with the best treatment available, the disease of addiction can be deadly. As we celebrate National Recovery Month this September, I join countless Marylanders in celebrating those who overcame the immense challenge of substance use disorder.

Ian's story showed me just how difficult it can be to stay clean, and I'm inspired by the stories of those who continue to do that day by day. But in honor of National Recovery Month, I'm also recommitting myself to doing whatever I can to ensure that more folks across the country can celebrate those milestones and can live fulfilling lives free from the grip of addiction. As much

as anything, I again make this commitment so fewer families receive a phone call like mine did.

Ian was one of over 60,000 Americans who died of a drug overdose in 2016. Now, that number has increased to over 100,000 each year. That's enough people to fill Camden Yards more than twice over. More than 1 million lives have been lost since 1999. That is simply unacceptable to me.

There is no one-size-fits-all solution to this problem. Locking up offenders won't solve the problem. Ian was arrested 5 times, and like most people in jail or prison, there was no treatment during his incarceration. Residential inpatient treatment produces success less than half the time. Mental health treatment doesn't always get to the root of the problem. Success requires all of these and then some. But the first step is to break the

stigma that surrounds addiction.

The simple truth is that addiction is a disease. Just like cancer, diabetes, or heart disease, it is a medical affliction — not a choice. The reason that I spend so much time telling Ian's story, no matter how tired some may get of hearing it, is because I know that it makes a difference. If one teenager hears me talking about Ian and is empowered to talk about their struggles and seek help, then it's worth it. All of us, as friends, neighbors, and Americans, should encourage and empower those around us to feel comfortable raising their hand and admitting that they're not okay.

Last year, I helped to launch the Bipartisan Mental Health and Substance Use Disorder Task Force, dedicated to making a difference in this crisis. In one year alone, we passed 26 bills into law, funding billions of dollars in treatment and harm reduction efforts, expanding mental health care in schools, prisons, and communities,

and giving our law enforcement officers the tools they need to curb the flow of opioids, especially synthetic opioids like fentanyl, in our communities.

We've also made progress to stop fentanyl on an international level, giving federal law enforcement expanded power to stop synthetic opioids coming from China, Mexico, and through our mail system. I've found that this issue is one that impacts all of us — Republican or Democrat, white or Black, rich or poor. We've tackled it on a bipartisan basis in Congress, and the same should be done across the country.

I'm in this fight because it's personal. And I know it is personal to so many Americans, too. Oftentimes when it comes to policy issues and legislative changes, our leaders can get lost in the weeds of data and statistics. But behind each of those numbers is a real life lost to this deadly disease. A life just like Ian's. For him, and for all of them, I'm not backing down.

Thurmont Mayor John Kinnaird

The school year has started and we all need to be extra careful while driving on our local and county roads, and state highways. First and foremost, we must be aware of the kids crossing our streets. There are crosswalks at all intersections in Thurmont,

although they not be marked. State law requires you to stop at any marked street crossing if people are in the crosswalk or stepping into the crosswalk. This rule should also apply to every intersection if children are crossing or entering the crossing area. As

often as kids are told to look both ways before crossing, we all know they sometimes do not.

Please keep in mind that kids will also cross streets at any point and can walk out from between parked cars. Be aware of speed zones near schools and slow down to the speed limit posted for traffic during school hours. We also need to be aware of kids getting on and off of school buses. You are required to stop for all school buses headed in either direction when the red lights are flashing. School buses will flash their yellow lights as a warning that they are preparing to stop. Be sure to stop with plenty of room between you and the bus. Please keep an eye out for our children and make sure they get to and from school safely.

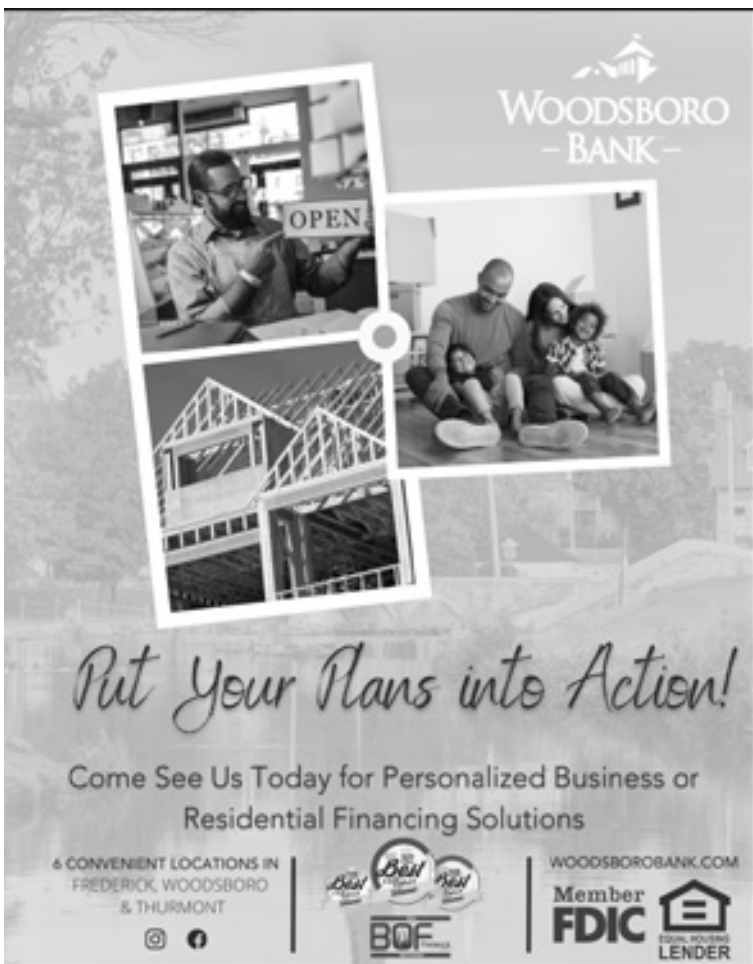
The Town of Thurmont will be holding an election to fill two Board of Commissioner seats on Tuesday, October 31st. There are some important dates to keep in mind leading up to the election. The Nominating Convention will be held on September 26th, this is when candidates will be nominated and begin their campaign. The last day you register to vote is on October 3rd. If you are already registered for state and national elections you are registered locally as well. You can register to vote at the Thurmont Town Office during regular business hours. Absentee Ballots will be available starting on October 18th. Contact the Thurmont Town Office for Absentee Ballots. The last day to apply for an Absentee Ballot is October 24th.

The Town is working to orga-

nize the upcoming construction project on North Church Street. This will entail the replacement of water and wastewater mains on North Church from the railway bridge to out past Sheetz. Residents and businesses on North Church Street have received notification about the project and what they should expect as the work progresses. During the majority of the construction, one lane of North Church will be open with flaggers guiding traffic through the work area.

The contractors will be notified regarding the times when school buses and vehicles will be coming from CHS, they will attempt to accommodate the traffic patterns whenever possible. I encourage you to find alternate routes to your destinations during this construction. All businesses will be open during the construction of the North Church Street improvements. Once the infrastructure work is completed the entire roadway will be repaved. This project will get underway in late October and should continue for six months.

Lastly Colorfest is fast approaching and now is the time to get permits and secure a spot if you are setting up to sell items that weekend. This year Colorfest will be held on Saturday, October 14th,



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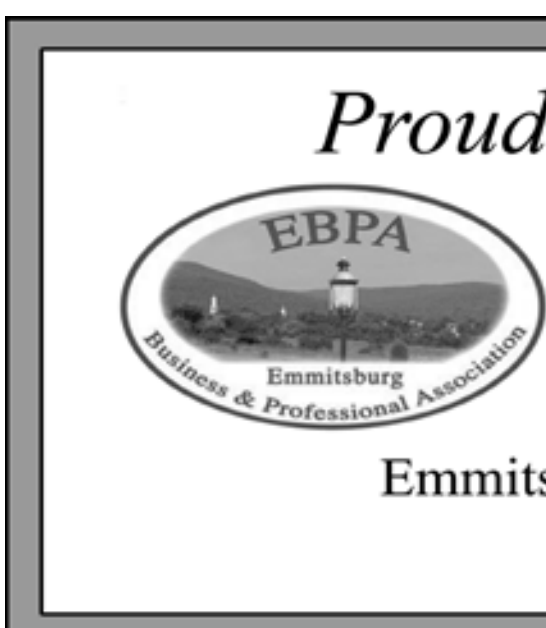
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GOVERNMENT—SOUTH OF THE BORDER

County Executive Jessica Fitzwater

Students are back in class. Temperatures are cooling off. Community shows and the Great Frederick Fair are right around the corner. It must be September! This September, for the first time, we will celebrate Deaf Awareness Month at Winchester Hall. Frederick County is home to a thriving community of people who are deaf or hard of hearing. We're partnering with the nonprofit Maryland Deaf Community Center to hold a proclamation ceremony on Wednesday, September 6th at 2 p.m. Maryland School for the Deaf Superintendent John Serrano will be on hand, as well. I hope you can join us!

Crisis Care Center

This month, Frederick County's first walk-in crisis care center opens for people experiencing mental health or substance use emergencies. Behavioral health issues account for about 1 out of every 5 visits to Frederick Health Hospital's emergency department. By opening a 24/7 walk-in crisis care center, people can get the help they need when they need it, without going to a hospital.

Frederick County is the first county

in Maryland to open this kind of center for behavioral health emergencies, officially known as a crisis stabilization center. When someone comes to the center, they will receive care for their immediate crisis, speak with peer support counselors, and be connected to resources for ongoing care in our community.

The Mental Health Association will operate the center, located at 340 Montevue Lane in Frederick, under the direction of the Frederick County Health Department. MHA's existing walk-in clinic will move to the new center and begin offering services around the clock.

People can walk in to receive care, or they can be referred to the center by a long list of community partners: local crisis hotlines (211 and 988), first responders, law enforcement, mobile crisis response teams, community providers, and families of those who are in crisis.

We are able to bring this important service to our community thanks in part to our State and Federal partners, who together contributed over \$2.5 million. A portion of the county's American Rescue Plan funds also

are dedicated to the walk-in crisis care center. Legal settlement money that Frederick County receives from opioid manufacturers and distributors will also go toward the center's operation. Frederick County's share of the settlements is \$11.2 million paid out over 18 years.

Rural Historic Preservation Grants

Our Rural Historic Preservation Grant Program helps to protect Frederick County's rich history. We've made some changes to the program this year to improve the process for property owners. People can begin applying now for one of these competitive grants, which are used to restore historic structures in our unincorporated areas.

Applications will be accepted through November, with awards made next spring. Previously, the grant cycle started later in the year. That meant that by the time applications were reviewed and ranked, and agreements signed, money wasn't distributed until late in the summer. The timing made it difficult for projects to be completed before winter weather sets in.

Grants can total up to \$50,000. To be eligible, a property must be either designated on the County Register of Historic Places or as a contributing resource in a County-designated historic district. If the property or district is not yet listed, a letter of determination by the Historic Preservation Commission will need to be included with the application.

Several workshops are scheduled to provide information about the program and how to apply. The next workshop is planned for September 14th at 5:30 p.m. at the C. Burr Artz Library. A virtual session is planned for October 9th. You can register for one of the workshops online at FrederickCountyMD.gov/RuralHPGrant. If you have any questions, contact Historic Preservation Planner Amanda Whitmore at AWhitmore@FrederickCountyMD.gov.

Agritourism

I am excited to see the progress being made by the Agritourism Workgroup that began meeting this summer. I appointed the group to examine the laws, regulations and programs in place today that affect this growing industry. At their August 24th meet-

ing, farmers brought their ideas for ways the County can support them. You can follow the workgroup's efforts online at FrederickCountyMD.gov/Agritourism.

Farming has changed substantially over the years. Our laws and regulations need to catch up. By modernizing our system, we can lay a foundation to support innovation in the years to come so our farms, and our farmers, can continue to thrive.

Data Centers (for Brunswick editions)

While the Agritourism Workgroup is helping to modernize one of Frederick County's oldest industries, another workgroup is examining one of our emerging industries – data centers. Residents had an opportunity to weigh in at a recent community meeting in Adamstown. The meeting took place after the News-Journal went to press, but the video should be online to watch now at www.FrederickCountyMD.gov/DataCenters.

Upcoming meetings are scheduled for September 27, October 18, and November 15. A final report will be submitted by January 5, 2024. You can stay abreast of the workgroup's progress at the same website.

County Councilwoman Renee Knapp

Another summer is coming to an end in Frederick County. A new school year has begun, and the Great Frederick Fair is just around the corner. It's a beautiful time of year and I always look forward to seeing the show of vibrant fall foliage across the Catocin Mountains. School buses are back on the road along with farm equipment during harvest time. It's a good time to keep rural road safety in mind as we look forward to all of the activities that we enjoy during the fall season. Over the summer, the County Council passed legislation, confirmed appointments, and considered several water and sewerage plan amendments.

One bill recently passed by the Frederick County Council establishes expanded zoning guidelines for woodworking operations, and it would define and allow woodworking as a permitted use in the Agricultural District. Currently, woodworking is only permitted through a home-based business operation, and woodworking has not been identified specifically. It would be considered to be like other home-based businesses that produce items like artisan crafts to sell. This bill expands the capacity for woodworking to be treated similar to a limited landscape contracting business, as the equipment and materials used must be screened from view with evergreens. With expanded operations, woodworking businesses would be permitted to create items such as furniture, sculptures, and cabinetry.

At the first annual Frederick County Forestry Forum held earlier this year, regulatory updates to the County Code regarding woodworking and the timber industry were discussed as a way to help these types of small businesses to expand. I was

happy to vote in favor of this bill.

Another bill recently passed would allow public schools to operate within ORI (Office, Research, and Industrial) zones. This bill was introduced by Council President Brad Young on behalf of a public charter Montessori school. Currently, a school must periodically apply for a special exemption to operate in that zoning area. With the passage of this bill, a charter school can purchase space and establish a permanent location, pending site plan approval by the Frederick County Planning Commission.

I supported this bill also. To address the continuing anticipated increases in student enrollment, we should look for opportunities to be flexible

with our use of space, when possible, as the county continues to grow.

Earlier this year, the County Council passed a bill to establish a Board of Health. Without this bill, under Maryland state code, the Frederick County Council and the County Executive functioned as the Board of Health. Under the new county established guidelines, the Frederick County Health Officer became a voting member, and six non-voting liaison members are now included on the Board. The liaisons include an epidemiologist, a nurse, a mental health professional, a veterinarian, a member of the Frederick County Chamber of Commerce, and one person with a

science related background.


I opposed this bill because I believe decisions with regulatory implications should be made by elected representatives who can be held accountable by the voters in election years. The bill did pass, and the Board of Health, which includes the County Council, recently had a chance to meet the candidates selected to become the liaisons. Each of them is extremely qualified in their respective fields related to public health. In fact, they each hold a doctoral degree, and are eager to contribute their knowledge and experience to public service. The candidates were confirmed unanimously by the Board of Health and I'm confident they will be a valuable

resource in their advisory role.

Beginning September 1, Frederick County will begin accepting applications for the Rural Historic Preservation Grant Program. To qualify, historic properties must be located in unincorporated areas of the county and meet other additional criteria. Frederick County has scheduled several workshops to provide information about the program and how to apply. The next workshop will be held on September 14 at 5:30 p.m. at the C. Burr Artz Library Programming Room.


If you would like additional information about this program or something else, feel free to contact me at rknapp@frederickcountymd.gov.

Hope to see you at the Great Frederick Fair!




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FROM THE DESK OF...

Carroll Valley Mayor Ron Harris

September brings a time to honor the American worker on Labor Day, September 4. On a sad note, September 11 is a time to reflect on the lives lost during a terrorist attack on our homeland on the morning of September 11, 2001. Nineteen militants hijacked four planes. Two planes hit the north and south towers of the World Trade Center in New York (2,606 victims). One plane hit the Pentagon in Washington, D.C. (125 victims). And the fourth plane crashed in Shanksville, Pennsylvania (40 victims) because of the heroic efforts of the passengers. It was thought that the fourth plane's target was the Capitol Building in Washington, D.C. I encourage you to take a moment on September 11 to reflect on this horrible event and pray for the victims who died and their families, especially the children. Let us not forget!

The school term has started, which means school buses are on the road again. Let us partner with the parents, teachers, administrators, and transportation personnel to keep our young residents safe when they

are transported to and from school. How do we do that? Follow the law. According to Pennsylvania's School Bus Stopping Law, when you meet or overtake a stopped school bus with red signal lights flashing and stop arm extended, you must stop. You must stop when you approach an intersection where a school bus is stopped with red signal lights flashing and stop arm extended. You must stop at least 10 feet away from the school bus. You must wait until the red lights have stopped flashing and the stop arm has been withdrawn before moving. And most important, do not move until the children have reached a place of safety.

The Central Pennsylvania Blood Bank will hold a Blood Drive on Wednesday, September 27, from 1 to 6 p.m. in the Carroll Valley Borough Council meeting room. There are two ways to schedule your donation appointment. You can go to 717GiveBlood.org and click on DONATE NOW or call 800-771-0059. A form of ID is required to donate. You are strongly advised to

schedule an appointment to donate blood. Appointments help the Blood Bank to improve your donation experience. Walk-ins are welcome; however, donors with appointments will be taken first, which may result in a significant wait time.

Child Passenger Safety Awareness Week runs from September 17 thru 23. Under Pennsylvania's primary child passenger safety law, children under four must be properly restrained in an approved child safety seat anywhere in the vehicle. Children under two must be secured in a rear-facing car seat until the child outgrows the maximum weight and height limits designated by the car seat manufacturer. Children aged four to eight must be restrained in an appropriate booster seat. Children aged eight to 18 must be in a seat belt. Please note that even when a child is out of a booster seat, they cannot legally sit in the front seat in Pennsylvania until they are 13.

Children will generally transition from a booster seat between ages 8 and 12. Before sitting in a booster seat,

the child should be in an approved care seat. The State Police perform free inspections. Call 717.334.8111 for an appointment. If you have any questions, call the Carroll Valley Police Department for information. You should be aware that any person peddling, selling, soliciting, or taking orders for any goods, wares, or merchandise in the Borough must have a permit issued by the Borough. So, the next time a person knocks on your door and wants to sell you something, ask them to show you their permit.

Free admission! Join fellow residents on Friday, September 15, for a great time at Carroll Valley's Movie Night in the Park! Remember to bring your blanket and chairs. The movie starts at 7:30.

Get ready for Fairfield's annual Pippinfest! Head to Fairfield on September 23 and 24, 9 am to 4 pm, to enjoy arts and crafts exhibitors, music, and food. There are inflatable rides and activities for the kids. On Sunday, there is the Cruise-In Car Show. Be sure to see the Quilt Show in the town hall. There is plenty to do! For more information, go to www.pippinfest.com.

Fairfield Neighbors Helping Neighbors (FNHN) will have their clothing giveaway for Fall Clothing at Liberty Worship Center on October 21. We will be collecting and giving away Fall/Winter clothing only. Also collecting shoes to recycle and new this year; we are collecting to donate nursery items, high chairs, swings, etc. No car seats or recalled items, please. FNHN thanks you for your continued support to help our neighbors! If you have any questions, call Robin at 717.642-6578.

Covered Device Recycling will be held on October 14 from 8 to 11 a.m. at 39 Topper Road. More information on recycling computers, TVs, monitors will appear in the October issue.

Carroll Valley Borough meetings to be held in September are Planning Commission (September 5), Borough Council (September 12), and Public Sewer Advisory Committee (September 25). All meetings start at 7 pm. If you have any questions, call me at 301-606-2021 or MayorRonHarris@comcast.net. Please watch your speed on the trails.

Liberty Township Supervisor Walter Barlow

Happy Labor Day! As you are driving through Liberty Township, you may notice all the recently completed road projects. Russell Standard has completed the tar and chipping on Pecher Rd. and Wenschhof Rd. AAA Paving completed work on the Old Waynesboro Road Bridge, Sanders Rd., and Boyle Rd., and the Liberty Township Road Crew completed repairs on Crum Road and ditching on Liberty Hall Road.

Liberty Township has been working with Comcast for over a decade to find an affordable solution to bring service to all areas of the township. We

were pleased when Comcast recently notified us that they intend to submit an application to Pennsylvania's COVID-19 ARPA Capital Projects Fund Broadband Infrastructure Program to extend broadband service to unserved locations in Liberty Township. We are hopeful that the grant will be awarded, and broadband service will finally be available to the entire township to enhance economic development, education, health care, and emergency services.

There are plenty of local events happening this month, and we encourage you to take advantage of these great

opportunities to support your community. On September 9th, Fairfield Amvets Post 172 is hosting a car show starting at 11 a.m. at 3600 Fairfield Road. Join the Greenmount Community Fire Department for all you can eat steamed crabs and fried chicken on Saturday, September 16th from 6 to 9 p.m. You must purchase your tickets by September 9th, and the cost is \$50.

This is a great fundraising event for first responders. Free Admission and parking are available for the Adams County Heritage Festival at the Gettysburg Area Rec-

reation Park on September 17th from noon to 4. This family-oriented festival is a celebration of ethnic music, food, and crafts that reflects the multicultural atmosphere of Adams County featuring musical performances, storytelling, a dance/drum group, a bicycle parade for children, and a special Children's Activities area.

The Adams County Farmers Market operates every Saturday from 8 a.m. to 1 p.m. at the Gettysburg Area Recreation Park. At these markets, there are a wide variety of vendors that sell fresh fruits, vegetables, meats, eggs, and plenty of other things to keep your fridges and pantries full. These farmers markets are a great way to eat healthily and promote local businesses.

School taxes were mailed out in July, make sure you received your

bill. Please note that ALL school taxes that are collected in Liberty Township are disbursed to the Fairfield Area School District. As of August, Municipal/County taxes are now in penalty phase collection until December 31. Remember to submit your payments if you have not already. Feel free to make your payments via mail or via the drop box at the Municipal Building.

On August 23rd, the Fairfield Area School District welcomed back its students for their first day of school for the 2023-2024 academic year. Good luck to the first-time students within the district! As the year gets started, please remember to support all the home athletic matches, including football, soccer, cross country, volleyball, and other Fall sports. I hope all students within Liberty Township and neighboring municipalities have a great, safe, and fun school year!

5580 Fairfield Rd., Fairfield
717-642-5844
mountainviewrealty@gmail.com
www.mountainviewrealty.com

<p>***PENDING***</p> <p>68 Toms Creek Tr., Fairfield, PA 4 BR, 3 BA, 1,850 SqFt, 3.25 Ac., Toms Creek at base of property. Wooded, deck, wraparound porch in front, 2 woodstoves, new flooring, new appliances, sandmound septic. \$355,000</p>	<p>***ACTIVE***</p> <p>390 Old Waynesboro Rd., Fairfield, PA 3 BR, 2 BA Cape Cod style home on 1 ac., needs some TLC & personal touches. Well & septic, oil heat, CAC. BEING SOLD AS IS. \$249,000</p>	<p>***ACTIVE*** Beautiful Setting!</p> <p>250 Waynesboro Pk., Fairfield, PA 4 BR, 3.5 BA home on 88 ac. could be an enduring estate, vineyard, wedding venue. 70 open ac., 18 ac. woods, 2 unit rambler, outbuildings, well & septic. FANTASTIC OPPORTUNITY! \$2,500,000</p>			
<p>580 Car Hill Rd., Gettysburg, PA 4 BR, 2 BA, 10 wooded ac., Approx. 1,000 ft. of stone walls, 2 beautiful fireplaces, personal sauna in 2nd flr. BR, wood flrs. \$682,000</p>	<p>UNDER CONTRACT IN 2 DAYS!</p> <p>3 Blue Gill Tr., Fairfield, PA 3 BR, 2 BA charming rancher. One level living, bonus room, new roof shingles, new flooring, public sewer. Short notice showings. \$279,000</p>	<p>***ACTIVE LOTS***</p> <table style="width: 100%; text-align: left;"> <tr> <td style="width: 33%; padding: 2px;"> <p>4 Fernwood Tr., Carroll Valley, PA 0.86 ac., perc appr. lot for drip irrigation septic. Heavily wooded lot with mature trees. Close to skiing, golf, 12 mi. from Gettysburg. \$27,900</p> </td> <td style="width: 33%; padding: 2px;"> <p>16 Pinto Tr., Carroll Valley, PA Beautiful secluded property in area of Fairfield. Property not perced. Owner willing to complete perc with right offer.....\$10,000</p> </td> <td style="width: 33%; padding: 2px;"> <p>8 Possum Tr., Carroll Valley, PA Beautifully wooded lot with perc. approval. Close to historic Gettysburg, close to Ski Liberty & golf. Perfect location....\$45,000</p> </td> </tr> </table>	<p>4 Fernwood Tr., Carroll Valley, PA 0.86 ac., perc appr. lot for drip irrigation septic. Heavily wooded lot with mature trees. Close to skiing, golf, 12 mi. from Gettysburg. \$27,900</p>	<p>16 Pinto Tr., Carroll Valley, PA Beautiful secluded property in area of Fairfield. Property not perced. Owner willing to complete perc with right offer.....\$10,000</p>	<p>8 Possum Tr., Carroll Valley, PA Beautifully wooded lot with perc. approval. Close to historic Gettysburg, close to Ski Liberty & golf. Perfect location....\$45,000</p>
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<p>***SOLD***</p> <p>21 Snow Bird Tr., Carroll Valley, PA Rare public sewer lot, .52 ac., 12 miles from Gettysburg, near to Ski Liberty.... \$35,000</p>	<p>***SOLD***</p> <p>5 Spur Tr., Carroll Valley, PA Rare peaceful building lot in Carroll Valley. Public sewer..... \$48,900</p>	<p>***PENDING***</p> <p>4 Tiger Tr., Carroll Valley, PA Perc Appr., 2.02 ac., wooded & sloped, great views..... \$25,000</p>			

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GOVERNMENT—NORTH OF THE BORDER

County Commissioner Marty Qually

During the first term of the present board of commissioners we were frustrated with the county's cost for staff and director health insurance premiums. Through basic analysis we learned there could be substantial savings to the county by converting to self-insured. The conversion has done just that, providing budgetary savings. We developed a strong program by engaging the services of health insurance specialists, and they have been worth the fees for their services.

We just completed one of our program's regular quarterly review meetings that includes a detailed analysis of the internal financials. This review examines cost containment, pharmaceuticals, stop loss insurance, trends that need to be addressed, and more. After this review we can again report that our program remains financially healthy.

I believe our quarterly reviews and top-shelf advisors are the major factors that have given us a stable program. We have also tried to create a program that is attractive to staff and potential employees. Our goal is to have an insurance program that will promote cost savings to our workers

while encouraging them to use the program to maintain good health. We, as employers, understand that healthy employees are more productive and contribute to healthier families and communities.

Speaking of communities, the Adams County Library System seeks to serve our communities well. However, they are struggling financially and seeking strategies to stay afloat. One indicator is their request to Adams County Commissioners for \$500,000. I would suggest that the state legislators take action to increase financial help to our library system that has been missing for years. Some of the increased millions of dollars that the Governor proposes for education should be transferred to our local library systems. The benefit of those monies will be far more reaching and lasting by investing in our libraries. Just so you know, I have passed this recommendation on to State Representative Dan Moul.

Speaking of the use of tax dollars, we are full speed ahead developing the county's 2024 budget. It is always a challenge due to our stagnant tax base that does not keep pace with expenses. Real tax base growth needs to come

from commercial and industrial development to add significant property value to our tax base. Anecdotally, I sense an above average trend for commercial and industrial growth. What has recently been unfolding is impressive and noteworthy.

Beginning along the eastern edge of Adams County there will be new construction. Utz Snack Foods will be expanding their High St. operations along the York/Adams county line. Along the same county line and slightly north is a new tire dealership business. Moving north along Carlisle Road a Volkswagen dealership has established a new business combining a repurposed quarry building with new construction. Another new car dealership nearby is expected to replace the long-standing go-kart track nearby.

Going farther north on the Carlisle Pike, near Cross Keys, there is a newly constructed plumbing operation business. A short distance from there along Brickyard Road is a reclaimed industrial site (formerly the Alwine Bickyard) now known as Berlin Junction. It is the home for future manufacturing enterprises. A woods product enterprise relocating from

York County has already established itself in Berlin Junction with new production and storage buildings.

There are three other industrial grade facilities coming to the eastern side of Adams County. Within McSherrystown along Blettner Avenue there is to be a new facility that will house the expansion of G&S Snack Foods. A short distance from there along Ram Drive will be the expansion of a metal fabrication work known as Precision Cut Industries, relocating operations from northern Maryland. The third industrial grade facility is expanding in Abbottstown. This operation is a specialty pet foods product distributor needing a new facility constructed to serve the growing business.

Added to the Gettysburg List of commercial activity is the new Gettysburg Tour Center construction replacing the old center with substantially more square footage. Also a professional services building has been constructed in Gettysburg at the corner of Water and Stratton streets.

Going east of Gettysburg on US Route 30 near the US 15 interchange will be a newly constructed Royal Farms Fuel Plaza

and associated retail stores. Moving slightly east of this location and turning on to Cavalry Field Road you will find the newly constructed Weavers Body Shop. Just west of New Oxford along US Route 30 is a new Dollar General that can be added to the growing family of Dollar General Stores in Adams County.

The list that I have accumulated above comes from the knowledge gained from sitting on the Adams County Planning Commission and reviewing the county growth with members of the Office of Planning and Development. Also, a frequent reminder of activity comes from accepting invitations to Ribbon Cuttings.

The growth that has been described is likely related to the fact Adams County is located in one of the fastest growing regions in Pennsylvania. Planners, engineers, and municipalities must come together in a cooperative effort before new growth can be initiated. This can often be a slow process impeded by permits, regulations, and inspections. Keep in mind, all of this must be done while balancing our rural character with the need for growth.

Please enjoy our county's natural beauty and bounty as summer winds down to fall.

State and County Notes

PA Treasury Boasts Record Returns of Unclaimed Property in 2022-23

More than \$273 million in unclaimed property was returned to taxpayers in the 2022-23 fiscal year, the highest return ever. However, more than \$4.5 billion remains, so if you haven't checked for your name on Treasury's Unclaimed Property database, click here now. Remember, if you find property that is yours, you do not need to pay anyone to claim it. You may go directly through the Office of the Treasury or contact my office for free assistance.

One in 10 Pennsylvanians is owed unclaimed property, and the average claim is worth about \$1,600. Unclaimed property can include dormant bank accounts, abandoned stocks, uncashed checks and more. Property is always available for the rightful owner to claim. Tangible property – often the contents of forgotten safe deposit boxes – may be auctioned after three years, but proceeds remain available to claim in perpetuity. Military decorations and memorabilia – often turned over to Treasury from abandoned or forgotten safe deposit boxes – are never auctioned and remain in the vault for safekeeping until a veteran or their family is found.

Measure to Boost Playground Accessibility

The House recently approved legislation that would improve playground accessibility for children with disabilities. House Bill 1173 would require the state Department of Conservation and Natural Resources (DCNR) to prioritize

grant funding to park and recreation construction projects that establish or upgrade playgrounds for the inclusion of children with disabilities. Research shows play is crucial to a child's physical, social, cognitive and emotional development; however, children with disabilities tend to be excluded from some forms of play because of structural barriers in typical playgrounds. The bill aims

to address those barriers. It now goes to the state Senate for consideration.

Property Tax/Rent Rebate Eligibility Update

More Pennsylvania seniors and people with disabilities will be eligible for increased property tax or rent relief next year under a new law approved by the General Assembly in July.

Act 7 of 2023 increases income limits for the Property Tax/Rent Rebate Program for homeowners and renters to \$45,000 annually. The law also raises the maximum rebate each homeowner or renter can receive from \$650 to \$1,000.

Thanks to the new law, more than 150,000 additional individuals will be eligible for assistance, which is more important than ever due to rising costs driven by inflation. The expansion will be in effect next year when

residents apply for assistance based on rent and property taxes paid in 2023. Those claims will be paid in 2024.

There is still time to apply for the current year's program, which is based on rent and property taxes paid in 2022. Apply online at mypath.pa.gov or contact my office for free assistance.

The Property Tax/Rent Rebate Program benefits eligible residents 65 years and older; widows and widowers 50 years and older; and people with disabilities 18 years and older.

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COMMENTARY

Words From Winterbilt

Distrust of government?

Shannon Bohrer

The distrust of the American government by its own citizens has a long history. A valid assumption would be that it started when we were a colony ruled by the King of England. That distrust eventually resulted in our democracy. Distrust of your government is not necessarily a bad thing, with free speech and a free press we as citizens, at least theoretically have some influence on our government.

While freedom of speech allows us to complain about the government there is a line between what is protected speech and speech that can have consequences. The adage that one cannot yell fire in a theater is commonly used as an example of prohibited speech. The reality is that yelling fire in a theater that is on fire, is allowed. Lately we have heard political arguments supporting free speech, even when the speech involves suspected crimes. Some people apparently think the country is on fire.

The distrust and free speech that we have is also reflected in the often-heard jokes about our ineffective government. Many of the disparaging remarks are from politicians, who are theoretically running the show. President Reagan said that “the most terrifying words

in the English language are; I’m from the government and I’m here to help.” He also said that “*government is not the solution to our problem, government is the problem.*” Strange, for someone that was elected president, did he really have such a distrust in Government?

Yet, while we make jokes about how bad our government is, if someone does not stand for the national anthem they are labeled as unpatriotic. We complain about our government, then defend it. We want everyone to stand for the national anthem, say the pledge of allegiance, respect the military, the police, and firefighters, then we turn around and complain about the same government. It is like a love-hate relationship.

While we complain about the government, we also tout American exceptionalism, as if we are different than other free societies. It can seem incongruous that we think of ourselves as exceptional and simultaneously find fault with the country that is exceptional, if that makes sense. Many believe that American is great, not because of the government, but because of capitalism. A common belief, at least with the complainers, is the idea that private industry is efficient and government is bloated and inefficient. There is a continuing idea that to promote capitalism

we need to get government out of the way. Many believe that capitalism made this country a leader in the world, making us exceptional.

Capitalism is touted as being more effective than government, because of competition. The idea is that competing businesses need to be efficient to be competitive, which should benefit society. However, at the turn of the 20th century, there was a lack of competition, because the so-called robber barons created monopolies. Unbridled capitalism at the turn of the 20th century created problems. There was a middle class, that was small and a smaller wealthy class, called the robber barons. Most of the population was poor. In that sense capitalism at that time was good for a few, but not for the masses.

Responding to the robber barons’ monopolies, the government stepped in with anti-trust laws, and broke up the companies that had no or little competition. This created real competition that helped capitalism flourish. After which, private industry flourished. It seemed that capitalism works well with competition. So, is American exceptional because of capitalism, or because the government broke up the monopolies?

Capitalism has made other mistakes. The great depression, the one in the 1930s, was caused by fiscal mismanagement in private industry. It was the government and

government programs that got the country through the hard times, by creating laws, like the “*Glass Steagall Act*” that limited speculative risk-taking investments by main street banks. It was also the government that instituted Social Security, a protection for retired citizens. President Roosevelt was often criticized for creating social programs that benefited the poor. The complaints from capitalists in the 1930’s was that the government was overregulating private industry and was creating a socialist society.

The same complaints about socialism still existed years later. President Harry Truman once addressed the issue, “*All of you, I am sure, have heard many cries about Government interference with business and about ‘creeping socialism.’ I should like to remind the gentleman who make these complaints that if events had been allowed to continue as they were going prior to March 4, 1933, most of them would have no businesses left for the Government or anyone else to interfere with – and almost surely, we would have socialism in this country, real socialism.*” Of course, we continue to hear the same arguments today.

Early in the 1970s, prior to the clean air and clean water act, our air and waters were heavily polluted by private industry. A list of over 17,000 hazardous waste sites was created. Remember the love canal, the infamous site in New York, polluted because of toxic

chemicals being dumped by private industry. It took 21 years to clean the site. Today, we have over 40,000 super fund sites, all created by private industries. What would the country look like without the Environmental Protection Agency? Private capitalism can and does work for the benefit of the country, when regulated. Unregulated it can harm and even kill the citizens.

The dislike of our government goes beyond the labeling of being bloated and ineffective. The public’s trust has been eroding for years. In a 1964 poll, 64 percent “*said that the government was run for the benefit of all*”. In a 2022 poll, only 20 percent of the respondents “*say they trust the government in Washington to do the right thing, just about always or most of the time...*” What happened during those sixty years?

The love-hate relationship we have with our government can be confusing. Without the government, would we still have monopolies and robber barons. Social Security and Medicare would not exist, and our air and water would still be polluted.

“The care of human life and happiness, and not their destruction, is the first and only object of good government.”

—Thomas Jefferson

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

The Bulwark

The end of magical thinking

Charlie Sykes

The GOP has been telling itself stories for years now. Like this classic:

“What is the downside for humoring him for this little bit of time? No one seriously thinks the results will change,” the official said. “He went golfing this weekend. It’s not like he’s plotting how to prevent Joe Biden from taking power on Jan. 20. He’s tweeting about filing some lawsuits, those lawsuits will fail, then he’ll tweet some more about how the election was stolen, and then he’ll leave.”

We know how that worked out. But the soothing self-talk continued. After January 7, there was a brief moment when the GOP worthies thought that Trump had essentially handled himself. There was, explained Mitch McConnell, no reason for the Senate to convict him because surely Something Else would take care of it.

This has been the essence of GOP Deep Thoughts on how to deal with Trump. Waiting for a Unicorn. An indictment. An asteroid. Maybe an aneurysm. Any damn thing. A deus ex machina that would not require them to anger the base by telling them the truth.

McKay Coppins captured the mindset back in January. Repub-

licans, he reported, “are quietly rooting for something to happen that will make him go away. And they would strongly prefer not to make it happen themselves.”

In his recent book Thank You for Your Servitude, my colleague Mark Leibovich quoted a former Republican representative who bluntly summarized his party’s plan for dealing with Trump: “We’re just waiting for him to die.” As it turns out, this is not an uncommon sentiment. In my conversations with Republicans, I heard repeatedly that the least disruptive path to getting rid of Trump, grim as it sounds, might be to wait for his expiration.

So Ron Desantis raged against Disney, picked fights with the LGBTQ community, crusaded against wokism, and waited for Trump to eat a deadly Big Mac or be indicted. What, after all, was the downside of defending him against the deep state and a “weaponized” criminal justice?

Why not suggest he’d even help Trump defy extradition? Why not humor him and amplify his claims of victimization?

When Trump actually got stronger with every felony charge, DeSantis World privately whispered that maybe everything would change after the Georgia indictments came down, because

they would be so . . . something, something, something.

Well, here we are. Let’s review, shall we?

But in the new Quinnipiac poll, Trump still leads DeSantis by (deep breath) 39 points.

Trump gets support from 57% of Republican registered voters, DeSantis gets 18%, businessman Vivek Ramaswamy gets 5% and former Vice President Mike Pence gets 4%. No other Republican candidate gets more than 3% in the national Quinnipiac poll.

The AP/NORC poll shows pretty much the same thing: an overwhelming majority of GOP voters — 63 percent — still want Trump to run again. “That’s up slightly from the 55% who said the same in April when Trump began facing a series of criminal charges.” The Fox News poll gives Trump a 37-point lead over his nearest rival.

To sum up - there are no unicorns on the horizon.

But who’s up for a reality check?

Apparently not the GOP, which seems addicted to that sweet, sweet Orange meth. Even so, this should be sobering.

The AP/NORC poll finds that nearly two thirds of Americans — 64 percent — would definitely or probably not support Trump in a general election.

There’s more.

As the Washington Post’s

Aaron Blake notes, the same poll found that “1 in 5 or fewer Americans said they believed Trump did ‘nothing wrong’ in each of his four legal cases.”

Of his role in the January 6 insurrection, 21 percent said he did “nothing wrong.” In both the classified documents case and the Georgia case (the poll was conducted before this week’s indictment there), it was 15 percent. And just 14 percent said Trump did “nothing wrong” in the Manhattan case involving an alleged coverup of hush money payments.

When Blake asked the pollsters to dive into the data to find how many voters thought that Trump did “nothing wrong” in all four cases, they found that the “truest of the true believers in Trump’s denials,” constituted only 7 percent of Americans overall and just 16 percent of Republicans.

“What that suggests,” Blake concludes, is “despite the GOP standing by Trump, there is a significant and growing universe of right-leaning voters who object to his actions in these cases. They might continue to stick with Trump out of partisan loyalty or even a belief that he’s being persecuted — only about 1 in 10 Republicans in these polls generally believe he broke the law — but that doesn’t mean they approve.”

And via Semafor: “A new poll shared exclusively with Sema-

for finds that Donald Trump’s legal troubles could prove fatal in a general election. . . . “It finds that 24% of Republicans say the charges make them less likely to vote for Trump against President Joe Biden — “more than enough to swing a close general election,” according to a memo accompanying the results.

“He is in a much weakened position than he was even compared to 2020, which is the election he lost,” Benenson told Semafor’s Jordan Weissmann.”

As if you needed it, here’s more evidence that the GOP base has become a cult. In a lengthy story about the DeSantis Slump, the New Yorker’s Benjamin Wallace-Wells includes this nugget:

Even attaching Trump’s name to an otherwise effective message had a tendency to invert the results, this source said. If a moderator said that the COVID lockdowns destroyed small businesses and facilitated the largest upward wealth transfer in modern American history, seventy per cent of the Republicans surveyed would agree. But, if the moderator said that Trump’s COVID lockdowns destroyed small businesses and facilitated the largest upward wealth transfer in modern American history, the source said, seventy per cent would disagree.

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

The Liberal Patriot

A not-so-cruel summer

Peter Juul

Americans have good cause for optimism about their nation and its future as the summer of 2023 draws to a close.

The doom and gloom that's been omnipresent in our national life—see virtually any statement former president Donald Trump has made since 2015 or those supposedly progressive voices who can't admit America ever has made any progress—slowly but surely seems to be giving way to a renewed sense of optimism. This more positive outlook remains exceedingly fragile and somewhat subterranean, and it can be hard to discern in the wider miasma of national dependency.

But many of us have simply grown tired of the unending pessimism of the past few years, exhausted with the relentless cynicism and casual cruelty that have pervaded and corroded our public life. A number of Americans seem hungry for a more hopeful outlook, and the country does feel as though it's turned something of a corner.

This past summer has seen its fair share of positive news, from some incipient signs of real progress in our national economy to Trump himself finally being held to account for his crimes against democracy. As the summer of 2023 comes to a close, we have good, justified reasons—however

tenuous—for optimism about the nation and its immediate future.

Consider

America's economy seems to be heading for a post-pandemic "soft landing" as inflation steadily recedes without the sort of massive unemployment many mainstream economists expected. Indeed, inflation cooled to a reasonable 3.2 percent in July while unemployment remained at 3.5 percent that same month. At the same time, the Atlanta branch of the Federal Reserve projects that America's gross domestic product may grow by an astounding 5.8 percent in the third quarter of this fiscal year.

As inflation comes down without an increase in unemployment, real wages are finally starting to tick up and outpace inflation—the Bureau of Labor Statistics estimated that real wages for "production and nonsupervisory employees" increased by 1.3 percent over the year ending in July 2023. That's the second straight month of real wages have increased, and it comes after over two years of declines.

Big investments in industrial policy and infrastructure are slowly but surely starting to come online and crowd in private investment. According to the Financial Times, since the passage of the Inflation Reduction Act and CHIPS and Science Act last year, clean energy and semiconductor companies have announced investments in 110 "large-scale" manufacturing projects worth some \$224 billion and with the potential to create over 100,000 jobs.

COVID-19 now seems to be firmly

in our collective rearview mirror, despite a slight summer spike in cases and the emergence of yet another new variant. The number of Americans dying every day from any cause, New York Times reporter David Leonhardt notes, "is no longer historically abnormal"—meaning COVID almost certainly isn't killing as many Americans as it had even six months ago.

Former President Trump is finally being held accountable for his crimes against democracy, most notably the attempt to nullify his loss in the 2020 presidential election that culminated in the January 6, 2021 assault on the Capitol. He's also been indicted for his brazen refusal to return some of the nation's highest secrets to the government despite multiple requests.

Ukraine has finally received NATO-standard tanks and looks set to get F-16 fighter jets sometime this winter. It's also launched a counteroffensive against Russian occupation forces that's made some gains over the summer, though these have proven slower and harder-going than many had hoped.

Long-time U.S. allies—and bitter historical antagonists—Japan and South Korea have drawn closer and closer together in a number of ways, with President Biden hosting a summit with the Japanese prime minister and South Korean president at Camp David this past Friday. This meeting produced a commitment to solidify strategic among the three nations via plans for annual joint military exercises and annual summits of their leaders.

There have also been a number of reasons for excitement on the frontiers of science, technology, and engi-

neering this summer: the James Webb Space Telescope continues to beam back spectacular images of the early universe, the first new commercial nuclear reactor to be built in the United States in decades has come online, and scientists at Lawrence Livermore National Laboratory repeated their earlier experiment to ignite a fusion reaction that produces more energy than it takes to start it.

It takes time for a nation's mood to lift, of course, and some of the most important causes for optimism—namely solid inflation, unemployment, economic growth, and real wage data—remain the newest and most fragile. Many (if not most) Americans have yet to fully feel the effects of this good economic news, and it'll probably take several months at least for them to do so. In general, more progress needs to be made across the board to convert these recent advances into lasting gains.

Nonetheless, the events of this past summer make a solid, justified—if tentative—case for national confidence. It's still frail and delicate at the moment, and no one should go around declaring that it's morning in America just yet. After all, we're only now beginning to feel the sense of optimism that so many of us have longed for during our recent national trials and tribulations.

And there are still undercurrents that can knock the nation off course or drag it down—a lot of them:

Trump remains the frontrunner for the GOP nomination despite four criminal indictments, and therefore stands a chance of returning to the presidency in 2024.

America flirted seriously with default this past spring, and to avoid that disastrous outcome Congress and the Biden administration put the nation in a fiscal straitjacket for the next two years. That was the right move considering political reality, but it does come with negative consequences for a number of federal agencies and programs.

Big bets made on renewable energy and electric vehicles by the Inflation Reduction Act may not pan out, or they may take significantly longer to come online and cost more than the Biden administration and its supporters hope and expect.

The international scene remains unstable: Vladimir Putin keeps on fighting in Ukraine, inflicting suffering on ordinary Ukrainians and the world at large in the hope that he can outlast the United States and its allies. Israel faces a democratic meltdown and Britain an economic one. Meanwhile, the United States and China continue to feel their way unsteadily toward new patterns of behavior.

Still, there's good cause for optimism about the country and its immediate future. They're fragile and vulnerable, so we need to nurture and sustain these trends—not deny or minimize them. It'll be hard work moving forward, of course, but we could well look back on 2023 as the year America finally took a turn for the better.

That's more than enough of a reason to feel good about the country as the sun sets on this hopeful summer.

To read past editions of *The Liberal Patriot* visit the Authors section of Emmitsburg.net.

Good Day, Neighbor

School's in!

Dorothea Mordan

The first day of school everything is possible, everything is new. Or hopefully hand-me-downs that are in really great shape. We have a time tested tradition of shopping for school supplies and clothes. Support organizations and socially conscious individuals do their best to get low income families prepared. One and all we send our kids back to school to learn the structure of our society—reading, writing, arithmetic. And to find common ground—a space where we learn why manners matter.

Public school in America was begun as the place to learn common understanding of concepts and cultural norms. In 200+ years it has evolved alongside our understanding of science and the needs of individuals in our society. Special education has a special importance for individuals in our household. Inclusive PreK, and for one year Unified PreK (the program was not funded this year), are programs that bring children into the classroom not only for an advance on the structured learning of kindergarten, but also a beginning of knowing the individuals who make up their

community. Gifted and trained teachers give our kids the foundation of practical learning and start them out with understanding that manners matter. We are not educating children to fit into your house or mine, we raise them to fit our society. That means everyone in society, to the best of our ability. Right now in 2023 our society is made of the entire spectrum of God's Children. The black the brown the white the lesbian the bisexual the gay the straight the transgender the questioning the certain the bleeding hearts the self centered. This author won't even separate us with commas in a list.

That the pandemic rattled our educated brains, is old news. The lesson that it is still teaching us is that when we grownups abdicate our connection to the public school, we lose a lot of our connection to a changing world. We grown ups responded to virtual learning in different ways. Some found new ways to embrace connections with their kids. Some lashed out at teachers and books. With a truly new year before us, we have an opportunity to renew our commitment to our schools. Getting involved with school activities directly, and with our neighbors at community events are great options.

Business owners small and large, get requests for donations all the time. One day several years ago, I received such a call, asking me if I would donate to the football team at a high school in a nearby county. Asking for more information on the purpose of the requested funds, the caller identified themselves as an employee of an advertising and marketing firm in a western state, 2000 miles from Maryland, that was hired to print promotional material and fundraise for an east coast high school team (and many others, no doubt). I am all for commerce, economic growth, and savin' a buck, however I saw this as a lost opportunity of having the same high school's art and graphics students learn their trade alongside the football team. Obviously, art and graphics study produces trades that support big businesses that reach across our vast economy. Our public schools are part of our community and as such, parents and local business should be equally welcome to give our kids life experience.

Here in Woodsboro and Walkersville there are business groups and agencies to be aware of. The Walkersville Economic Development Commission and the Walkersville Business and professional (WBPA), support business development and our community. Many of our local business own-

ers have long histories of school support at the Walkersville feeder schools, elementary through Walkersville High School.

Do you know about the Walkersville Economic Development Commission (EDC)? This department of the Walkersville Town Council "...will work to retain existing businesses, attract desirable new businesses, and improve economic activities benefiting local businesses and residents." The EDC supports community events such as the Glade Valley Community Show, coming up September 26th - 28th? This is the 78th year for "...the opportunity for all residents of the Walkersville High School district to display their best home grown produce and finest selection of handiwork."

The show opens to the public on Wednesday 9/27 at 3pm, and Thursday 9/28 at 4pm at Walkersville Overlook. There will be entries of food, crafts, photography, artwork. Food trucks on site.

Upcoming on October 22, 12pm - 6pm, is Woodsboro Days. This is becoming wide ranging community venue for a great autumn day in our park. At the bandstand there will be live music, three bands this year. A variety of vendors and food trucks will be on site. I have met local business owners such as farmers from Moon Valley Farm, a Community Sup-

ported Agriculture (CSA) farm right here in Woodsboro. Contact Woodsboro Burgess Heath Barnes for event information.

Each of these community opportunities supports our families and schools, directly or indirectly. Come out and participate with your local businesses and schools to get a fresh perspective on our fabulous community—your home—all without the expense of a vacation.

The principle of the school I mentioned agreed with me. All students should get the opportunity to advance their understanding of a future career. Administrative forces dictated otherwise. We as community members can make a difference.

- Town of Woodsboro - www.woodsboro.org/
- Walkersville Economic Development Commission - www.walkersvillemd.gov/economic-development-commission
- Glade Valley Community Show - www.gladevalleycommunityshow.com/
- The Walkersville Business and Professional Association - www.walkersvillebusinesses.com/about/
- Walkersville Overlook - www.theoverlooks.com/

To learn more about Woodsboro's own Dorothea, visit her site at <https://channeldesignslimited.com>.

THE PASTOR'S DESK

Clothed with Christ

Pastor Beth Firme
Apple's Church

Did you ever stop to think about what physical appearances really mean? Crimes worth millions have been committed by those wearing the "right" clothes, while some of the richest persons in the world choose to dress well under the standard of societal acceptance. Some people would say that the clothing makes the man, and others would be of the exact opposite opinion. The well-heeled person has a better chance of making a good impression, my instructors always said. But what if none of that matters and the clothing that is of the most importance is clothing we can't really see, but must instead don daily as part of who we are?

What kind of clothes do have in your closet? If we're anything alike, your clothing, like mine, covers a myriad of uses - shorts, t-shirts, work-out clothes, dress pants and shirts, skirts and ties, jackets and belts and blouses. Don't forget socks and underclothes, and certainly don't forget the shoes (Imelda Marcos, eat your heart out!). And don't forget the outer wear - Jack-

ets, scarves, hats, mittens - you name it, we've got it. We have clothes to cover every contingency, from hot to cold, dress up to dress down, sneakers, 3" stilettoes, boots, cycling shoes and everything else in between. But have you ever seen clothing like that which Paul describes in Colossians 3, 12-17?

"As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts, sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him."

What color compassion? What texture kindness? What shade patience? What pattern love? What weave for meekness and humility?

These are clothes that our poor, human eyes cannot see, but can only be perceived by the Spirit. The must be fabricated within the heart and worn in the soul, and practiced by those who are the hands and feet of Christ. These clothes are shown in our physical actions - reach out to others in compassion, love, and kindness, show patience and be meek and humble by not putting yourself above others in destructive pride.

Paul says, that in order to wear the "new clothing of Christ" we must get rid of all such things - meaning that we must remove from our thoughts the blackness of hatred, the violent reds of anger, the sickly-green poison of slander, and the purple of bruises left by abusive language that comes from our mouths. We must listen to Paul's admonishment and set our minds on the things that are above, not things that are of this earth; we must build each other up, not tear each other down. We must also put to death within ourselves those earthly impurities that would keep us from God - passion, evil, impurity - the things that are not of God's heaven.

We are no strangers to things we shouldn't do. All we have to do is look around - repeated politicians in "compromising" positions and numerous robberies, shootings, and attacks that leave us wondering why? Even the little things - the doubts we express about a boss, the criticism leveled at a colleague, a lie told to keep up appearances, a truth omitted out of fear, a snarky comment made about some-



one who is different - perhaps gay, lesbian, eccentric. The gossip, slander, and judgmental comments we make every day without thinking.

We all know these things exist - they touch our lives every day, in some format or another. And at times, we despair. We forget that there is more to life than this - that we are but temporary fixtures here and that we are really citizens of heaven.

And these aren't even only about us as individuals, but also as a church community. The part of the lesson that reads -

"Bear with one another and if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body." - is really about how the church should behave, about how the body of the church should be clothed in love, and harmony, and forgiveness.

And yet, there is hope!!! The birth of the baby in the manger led to the

teaching of the man who died on the Cross out of love for us and to remove the stain of sin from us that we might know His love. The birth of Jesus leads not only to His death, but also to His resurrection, and in the resurrected Son of God lies our ultimate hope.

In addition to the message of birth, death, and resurrection of Christ comes the message of redemption and purification of the people of God. For now, with Jesus birth and ultimate resurrection, we can approach God once again, through Christ, and become the People of God.

This season is about repentance, rebirth, renewal, change, hope and love. Paul reminds us in Colossians 3: 9-11 that we should not lie to one another seeing that you have stripped off the old self with its practices and have clothed yourselves with the new self which is being renewed in knowledge according to the images of its creator. In that renewal, there is no Greek, Jew, circumcised, uncircumcised, barbarian, Scythian, slave or free, but Christ is in all and in all. We are all equal and fully participant in God's kingdom. We are renewed, and reborn, just as Jesus is born. Hope and Love have changed us into the people of God. We have stripped away the old, and have become clothed in love of Jesus and the power of the Holy Spirit. Jesus the Son of God has claimed us for His own and clothed us in the fabric of His love.

The fruits of the spirit adorn those who love Jesus the Savior. As Christians we are called to wear the clothes of our redemption and to practice those elements of Jesus's teaching that would mark us as those who are zealous for good deeds. Hope, love, mercy, kindness, forgiveness, compassion, patience, peace. These all adorn those who would call themselves by His name - Christians.

Does your daily ensemble include a scarf of peace? Shoes of humility? A jacket of compassion? A belt of love, to tie it all together?

Are you wearing the dazzling raiment of hope, love, and renewal that Jesus gives?

Or are you clothed in the finery of the world, the things valued by people that have no bearing in heaven?

These clothes, which are invisible to human eyes, will become more fully visible in the eyes of God, because once you allow Jesus Christ, the change agent, into your life, your outerwear will never be the same.

Maybe it's time to change our wardrobe. Amen.

To learn more about Apple's Church, visit them on-line at applesucc.org or better yet, join them for Sunday service.

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THE BOOK OF DAYS

Jam and Jelly making



Sept 26

In Galt's Annals of the Parish, in which the Rev. Micah Balwhidder quaintly chronicles the occurrences of his district from 1760 downwards, the following entry occurs relative to an important epoch in the parochial history:

"I should not, in my notations, forget to mark a new luxury that got in among the commonalty at this time. By the opening of new roads, and the traffic thereon with carts and carriers, and by our young men that were sailors going to the Clyde, and sailing to Jamaica and the West Indies, heaps of sugar and coffee-beans were brought home, while many, among the hail-stocks and cabbages in their yards, had planted groset and berry bushes; which two things happening together, the fashion to make jam and jelly, which hitherto had been only known in the kitchens and confectionaries of the gentry, came to be introduced into the village. All this, however, was not without a plausible pretext; for it was found that jelly was an excellent medicine for a sore throat, and jam a remedy as good as London candy for a cough or a cold, or a shortness of breath. I could not, however, say that this gave me so much concern as the smuggling trade; only it occasioned a great fasherie to Mrs. Balwhidder; for in the berry-time, there was no end to the borrowing of her brass-pan to make jelly and jam, till Mrs. Toddy of the Cross-Keys bought one, which in its turn came into request, and saved ours."

This manufacture of jam and jelly may now be said to form an undertaking of some importance in every Scottish household, occupying a position in the social scale above the humblest. In South Britain, the process is also extensively carried on, but not with the universality or earnestness of purpose observable in the north. To purchase their preserves at the confectioner's, or to present

to their guests sweetmeats, stored in those mendacious pots, which belie so egregiously the expectations entertained of them at first sight, in regard to cubic contents, would in the eyes of the generality of Scottish lathes (those of the old school at least), be held to indicate a sad lack of good housewifeship. Even when the household store was exhausted, as very frequently happens about the months of May or June, we have seen the proposal to remedy the deficiency by purchasing a supply from a shop rejected with scorn.

The jelly-making season may be said to extend over three months—from the beginning of July to the end of September, beginning with strawberries and going out with apples and plums. Great care is exercised in the selection of a dry day for the operation, to insure the proper thickening of the boiled juice. As is well known, this last circumstance constitutes the most critical part of the process; and the obstinate syrup, resolutely refusing to coalesce, not unfrequently tries sadly the patience and temper. In such cases, there is no remedy but to boil the mixture over again with an additional supply of sugar, the grudging of which, by the way, is a fertile cause of the difficulties in getting the juice thoroughly inspissated.

Like washing-day, the manufacture of jam and jelly, whilst it lasts, entails a total disregard of the lords of the creation and their requirements, unless, indeed, as not frequently happens, the 'men-folk' of the family are pressed into the service as assistants.

A huge pan of fruit and sugar is sometimes a difficult matter to convey to, and place properly on, the fire, and we have seen a great stalwart fellow, now an officer in her Majesty's army, summoned from the parlour to the kitchen, to give his aid in accomplishing this domestic operation.

Should a student be spending the recess in the country, during the summer, he is very likely to be

pounced on by the ladies of the family to assist them in gathering and sorting the fruit, or snipping, off its noses and stalks with a pair of scissors. Of course, in general, the young man is only too happy to avail himself of so favourable an opportunity for flirtation, where the companions of his toils are young, good-looking, and blessed with a fair share of juvenile spirits.

The Boole of Days is not a cookery-book, and, therefore, any directions or recipes in connection with jelly-making, would here be wholly out of place. Yet in connection with so familiar a custom of Scottish domestic life, we may allude to the difference of opinion prevalent among those versed in jam-lore, as to the proper time which should be allowed for the syrup remaining on the fire, after having reached the point of ebullition.

Some recommend the space of twenty minutes, others half-an-hour, whilst a few, determined that the preserves shall be thoroughly subjected to the action of Vulcan, keep the pan bubbling away for three-quarters or even an entire hour. An esteemed relative of our own always insisted on this last period being allowed, with the result, it must be stated, sometimes of the jam becoming a veritable decoction, in which the original shape of the fruit could scarcely be recognised, whilst the substance itself became, after having cooled, so indurated as to be almost impracticable for any other use than as a lollipop.

In country places, besides the ordinary fruits of the garden, many of the wild products of the woods and fields are made use of in the manufacture of preserves. The bilberry or blaeberry, the barberry, and above all the bramble, are largely employed for this purpose; while in the High-lands and moorland districts, the cranberry, the whortleberry, and even the harsh and unsavoury berries of the rowan or mountain-ash are made into jam.

On the shores of the Argyleshire lochs, where, from their sheltered position, the fuchsia grows with remarkable luxuriance, its berries are sometimes made into a very palatable compote. Bramble-gathering forms a favourite ploy amid the juvenile members of a Scottish family, and we have a very distinct recollection in connection therewith, of wild brakes where the purple fruit grew luxuriantly, amid ferns, hazel-nuts, and wild-raspberry bushes, with the invigorating brightness of a September sun overhead, and the brilliant varieties of a September foliage. Faces stained with livid hues, hands scratched with thorns and briers, and shoes and stockings drenched with ditch-water, are among the reminiscences of, the joyous days of bramble-gathering.

The inconvenient number of applications recorded by Mr. Balwhidder, as having been made to his wife for the use of her brass jelly-pan, is quite consonant with the

actual state of matters in a country town in Scotland in former times. These culinary conveniences being rare, the fortunate possessor of one was beset on all sides by her neighbours with requests for it, and if she were good-natured and unselfish, she ran a considerable risk of being entirely excluded herself from participation in its use. Now, however, that these utensils have become an appendage to every kitchen of the least pretension to gentility, such a state of matters has come to be ranked fairly among the legendary reminiscences of the past.

The institution of jelly and jam, as already observed, has experienced a much more extended development in North than South Britain. In the former division of the island, the condiments in question are regarded as an indispensable appendage to every social tea-drinking, and are also invariably brought out on the occasion of any friend dropping in during the afternoon and remaining to partake of tea. To refrain from producing them, and allow the guest to make his evening repast on bread and butter, would be regarded as in the highest degree niggardly and inhospitable.

When no stranger is present, these luxuries are rarely indulged in by the family—that is to say, during the week—but an exception always holds in the case of Sunday evening. On that occasion the children of a Scottish household expect to be regaled *ad libitum* with sweets, and the quantities of jelly then consumed

in comparison with the rest of the week might form a curious question for statist.

The Sunday-tea, too, is enjoyed with all the more relish that the previous dinner has been generally rather meagre, to avoid as much as possible the necessity of cooking on the Sabbath, and also somewhat hurried, being partaken of 'between sermons,' as the very short interval between the morning and afternoon services is termed in Scotland.

Whatever may be said of the rigour of Sunday observance in the north, our recollections of the evening of that day are of the most pleasant description, and will doubtless be corroborated by the memories of many of our Scottish readers.

In England, where the great meal of the day is dinner, tea is, for the most part, but a secondary consideration, and neither jams and jellies, nor condiments of any kind, beyond simple bread and butter, are in general to be seen. A young Englishman, studying at the university of Edinburgh, on one occasion rather astonished the lady of the house where he was drinking tea. He had been pressed to help himself to jelly, and having been only accustomed to its use as an accompaniment of the dessert, he very quietly emptied out on his plate the whole dish, causing considerable wonderment to the other guests at this unaccountable proceeding.

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

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ECOLOGY

The rebellious beauty of American Beech

Anne Gageby
Strawberry Hill Nature Preserve

There's a wild, rebellious beauty to the American beech tree. It does what it wants, grows in soil too poor for many trees, and quite literally stands out amongst the crowd. It's simply a cool tree.

American beech, *Fagus grandifolia*, is also known as 'elephant bark tree' or 'elephant skin tree' for the way its bark grows a particular shade of gray with a grainy-like texture unique amongst a forest of deeply grooved oaks and plated pines. Take a walk through Strawberry Hill's campus and you'll easily spot these magnificent trees every couple of feet. They stand out for their interesting color and bark but also for their rebellious, rule-breaking nature. Beech is a deciduous tree, meaning its leaves are supposed to change color in autumn and fall like the rest of its deciduous brethren. Instead, beech leaves fade to gold then turn brown as they die but continue clinging to branches through winter. It's an interesting twist on the rules.

Scientists call the process of holding onto dead plant matter marcescence and it's more common in young trees. Of course, beeches don't care about the rules so you'll find beeches of all ages retaining leaves. But why do beech trees hold onto their leaves? There are a couple of theories. One theory suggests that beech marcescence is an adaptation to growing in poor, dry soil. Holding onto leaves until spring slows the decomposition of said leaves and allows the beech to deliver nutrients to itself right when it needs it most. Another theory states the shade produced by a beech canopy allows snow to linger longer than if it were in direct sunlight, thereby allowing the tree to control the moisture content of the soil. Another suggests that old dead leaves create a protective barrier for fresh buds in spring. Dead leaves are ignored while fresh buds make tasty treats for passing deer.

The American beech is a foundational tree species native to eastern North American forests. Its range stretches from southern Ontario and

Nova Scotia to eastern Texas and northern Florida. This vital hardwood plays an important role in forest ecology, supporting nesting sites and providing an essential food source for a variety of vertebrates from black bears to squirrels and birds. Beech leaves create a dense canopy which moderates the amount of light reaching the forest floor. As the leaves fall, they create a thick carpet of leaf litter, contributing to nutrient cycling and providing shelter for understory insects and fauna.

A slow-growing tree, beech can reach heights between 60–80 feet with a canopy spread of up to 40 feet. Unlike rough bark trees such as black walnut or spruce, beech's heartwood grows at the same rate as its periderm, or outer bark. This equal rate produces an outer bark that's thin, smooth, and relatively soft. This smooth bark protects the tree from insects and climbing plants like ivy and Virginia creeper. Unfortunately, it also makes an attractive canvas for anyone determined to leave their mark. Beech has solidified its place in American culture as a popular tree for carving initials, hearts, dates, and so on. It's not uncommon to find carvings decades old. After all, a healthy beech can live to be 400 years old.

Whether you appreciate American beech trees for their important role in forest ecology or simply because they're beautiful trees, it's important to note that beech trees are facing a major challenge: beech leaf disease. This disease is new and could drastically change forests here on the East Coast, especially in areas where another threat – beech bark disease – hasn't yet been found. In a doubly sad twist, beech leaf disease will compound the crisis for areas already hit with beech bark disease. Tree dieback and mortality could likely skyrocket.

Beech leaf disease was first discovered in 2012 in Lake County, Ohio, and is characterized by dark interveinal banding of leaves. To get the best view of this banding, stand under a beech and look up. Sunlight filtering through the leaves highlights these dark bands. Leaves affected look green

but dry and have the appearance of wrinkled paper. Damaged leaves fall and the stricken tree is forced to grow new ones. The cost to regrow leaves is high. More energy is spent on this process than the tree is able to produce and eventually the tree's fate is sealed. Small trees die within 3–5 years. It's currently unknown how beech leaf disease will affect mature beech trees, but it's been reported that larger trees are dying within six or seven years.

American beech isn't the only species affected. Non-native European and oriental beech (*F. sylvatica*, and *F. orientalis*) are also susceptible to this new threat. It's also unclear what role climate change could be playing in the spread of this scourge. So, what can be done? There is currently no known treatment or cure, putting large swaths of trees or even entire forests in jeopardy. Monitoring plots have been set up around the East Coast over the last couple of years with funding from the USDA Forest Service. Here in Pennsylvania, researchers with Penn State's College of Agricultural Sciences are collaborating with U.S. Forest Service to tackle the problem and studies are being conducted as I type.

As of this writing we know that beech leaf disease is spread via nematodes but what role they play exactly is uncertain. For now, we'll just have to be patient. As for me, I'll monitor our trees at Strawberry Hill and hope for the best. I use beech as a teaching tool when going out on guided hikes. American beech trees make excellent examples when teaching identification skills as they're easily identified and visually striking no matter the season. Not to mention their foundational nature makes them critical to a healthy forest and can tell us a lot about the local ecosystem. Plus, there's just something decidedly cool about them. They're kingly in their own way and don't bother with rules. Sometimes the forest likes to show a little sass. And after all, who doesn't love a rebel?

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



The American beech is a foundational tree species native to eastern North American forests.

My Brother's Keeper

Judy Young

As I type this on the deck at our rustic property in Georgian Bay, Ontario, climate change is not my problem. It isn't our problem in Gettysburg either. When it gets too warm here, that means it is 88 degrees and we go for a swim. When it gets too warm in Gettysburg it is hotter still, and we retreat into an air-conditioned home. But as this summer moves into a heat range that will make it the warmest in human history, we have reason to worry about people in Death Valley, in parts of Pakistan, Africa, Haiti, Florida, and in many other hot spots on Earth, where air conditioning isn't usually available. We worry about wildfires, and we worry about floods.

An irony about Cain's protest in the book of Genesis, "Am I my brother's keeper?" is that he was in fact responsible for his brother's death, having murdered Abel in a fit of jealousy. God asks him where Abel is, and Cain knows all too well. Today in the cooler and wealthier Western World, it is tempting to dismiss the problems of those sweltering in the third world—are we our brothers' keep-

ers? But like Cain, we have some responsibility for causing the problem. Among the worst ironies of climate disruption is that the poor countries that suffer the most from the heat and flooding are also those least responsible for the climate change caused by burning fossil fuels. As other countries develop, they also burn more and more fossil fuels. But we in the West have burned these fuels for so long that poorer nations won't catch up for decades. We hope sustainable fuels will become the norm everywhere long before they do. But even for those of us with the means, it is hard to form the habits needed to make this change happen.

Christiana Figueres of the UN led the creation of the Paris Climate Change Agreement—an agreement no one originally thought possible. But 195 nations have now joined, and Figueres and Tom Rivett-Carnac recently published *The Future We Choose—The Stubborn Optimist's Guide to the Climate Crisis*. They call for a change in our mindset, as we recognize our choices. No matter how lucky we are as we retreat to the cool north or our cool houses, it is time to change. For me it is time to move from "off the grid" propane gas, which is not sustainable, to electricity, which in Ontario is 94% emissions-free. At home in Gettysburg, we face bigger choices.

All of us face a time when our move to sustainable energy can make a life-or-death difference to following generations. A mindset of Radical Regeneration is needed, says Figueres, because "The time for doing what we can has passed. Each of us must now do what is necessary." I had to read that again to understand the concept. Doing "what I can" is about me. But the question now isn't about me, it is about the need to stop burning fossil fuels. Even if the worst consequences of climate pollution haven't yet hit our part of the world, it is time to forgo some pleasures, in order to move to the sustainable energy that will help other parts of the world—and those who come after us.

Judy Young is a member of the Green Gettysburg Book Club.

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IN THE COUNTRY

Butterfly blitz

Tim Iverson
Naturalist

When you conjure up images of a butterfly you may think of one listlessly flapping its wings and gently gliding through the air, or perhaps it's resting elegantly on a surface nearby. Chances are though the archetype you imagine is one with orange wings and black stripes. That butterfly would be the Monarch Butterfly. This proverbial king of the butterflies once reigned supreme, but troubled times rest at the throne for this regal insect. The Monarch Butterfly has an incredible life cycle and journey every year, and has proven its chops to the natural world through and through.

Monarchs will begin their annual life cycle in their overwintering sites in central Mexico. They spend their winters hibernating in fir forests. In February they'll awaken and shake off that groggy feeling and immediately begin to seek out a suitable mate. Shortly thereafter they'll begin their wayward journey to points north. Some will fly as far north as Canada and the adjacent border states. This will be the first of four generations in a calendar year. Sometime in March or April these butterflies will lay their eggs on milkweed plants in the northern latitudes they've journeyed towards. It will only take a few days for these eggs to hatch and this will begin the second generation.

This newly hatched caterpillar will spend approximately the next two weeks doing nothing but eating milkweed plants and seeking out more milkweeds to eat. Over the course of this time the toxins from the milkweeds will accumulate in the caterpillar causing them to taste foul to would be predators. After this 14 day gluttony binge the corpulent caterpillar will be ready to enter its next stage of development – the chrysalis stage! The caterpillar will attach itself to the plant leaf or stem using silk and transform into a chrysalis. From the outside things seem pretty lackluster, dull, or even stagnant. On the inside, however, there is a whole lot of change going on. Over the next 10 days rapid growth and development is underway! At the end a newly changed insect will emerge as a beautiful butterfly.

This second generation, born in May or June, will begin the process anew and will live its short life over a period of about two to six weeks. The third generation will be born in July or August and will go through the same life cycle and stages as the previous generation, while the fourth will be born in September or October. The fourth generation of the year is unique compared to the previous generations. This final generation will live considerably longer than the second and third generations. While the second and third live only a few short weeks, this last generation will become the first generation for the next year. Unlike the previous generations that die off after

about two months this one can live for six to eight months. This generation is responsible for retracing the route south that their great-great grandparents followed north. They instinctively know to begin moving south when the weather begins to cool, and many even find the very same forests and trees that were used by their very own progenitors. The migratory instinct is poorly understood at the moment. There are a few theories about how it most likely works though.

Scientists believe that Monarch Butterflies, like turtles and birds, possess an inherited geomagnetic compass. This compass relies on the magnetic field generated by the earth which works like a built in GPS to tell them where to go. It is also reported that within their antennae there is a special protein that reacts with UV light emitted from the sun. When the sunlight reaches a certain wavelength it sets off an internal alarm clock that tells them it's time to move south. It's at this point that their internal GPS, aided by the earth's magnetic field, guides them to the overwintering sites that have been used by generations of ancestors before them.

There is some trouble in the kingdom though. All indicators point to steep population decline. Monarchs historically covered approximately 50 acres worth of fir forests at wintering sites in Mexico. Based on recent research conducted during 2011-2012 winter by the WWF-Telcel Alliance and the Mexican National Commission of Protected Areas it appears a total of nine colonies occupied about seven acres of total forest. A similar study conducted over the 2012-2013 winter showed a sharp decrease of Monarchs occupying just less than 3 acres of total forest. These are drastic decreases, and there are several factors contributing to these heavy losses.

Habitat loss is the leading contributing factor in the sharp drop in population. Milkweed is exclusively what the Monarch caterpillar feeds on. Increased use of pesticides at farms, along roadsides, and at home has taken its toll. Milkweed tends to grow on roadsides, fields, and prairies. Development over decades has destroyed much of this valuable land. The use of new genetically modified crops allows farmers to use new pesticides that have destroyed millions of acres of milkweed.

Another issue causing problems is a plant known as the Black Swallow-Wort. The introduction of this non-native European plant is taking its toll. This plant is a relative of the milkweed, and has similar features which attract Monarchs to lay their eggs on this plant. However, even though it is in the same family it is actually toxic for monarch caterpillars and poison these newly hatched larvae. They say that imitation is the sincerest form of flattery, but this imposter is wreaking havoc on an already unstable population. These two compounding factors, along with some natural disas-



When we first moved to our farm 33 years ago, my wife's gardens were swarmed with so many Monarchs that it was impossible to count them. But this year, we've only seen two; last year, we saw four. It is impossible to deny that we are witnessing, in real time, the extinction of beautiful pollinator species as a result of the actions of mankind.

ters along migratory routes have attributed to the spiraling population size for this royal butterfly.

The alarming rate that this butterfly is disappearing has raised some to action, and you too can rally to the cause. Monarch Watch, based out of the University of Kansas, is a nonprofit education, conservation, and research program that focuses on the monarch butterfly, its habitat, and its spectacular fall migration. They host a citizen scientist project that allows interested people to sign up for population monitoring. They also provide tiny little stickers that are placed on the wings of the butterfly (when done correctly will not cause any harm or detriment to the bug). These stickers allow researchers in

Mexico to see where these butterflies are migrating from, and they will update a website so you can see if your butterflies made it all the way there!


Milkweeds are the host plant for the Monarch butterfly and occur naturally throughout the continent. Planting more of these in our area and yards will greatly increase the likelihood of regional success. By planting areas of milkweeds you can create "way stations" that will provide necessary resources for their long term survival. These habitats can be planted in home gardens, schools, along roadways, and any where there is open and available land. The greater number of way stations that are created and maintained the greater the

chance of survival Monarch Butterflies will have.

For most people the quintessential image when we conjure up a butterfly in our heads is the Monarch. With a little help from us it may be able to continue to flutter and fly through the sky, but that will require some leg work from us. Seek out opportunities at state and local parks to get involved and learn about projects that can have a positive impact on our natural world. This king of the butterflies needs some help to restore the throne, and with some small tangible gestures we just may be able to do so.

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

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SCIENCE MATTERS

Female scientists you should know about

Boyce Rensberger

Ordinarily, I am quite proud of the scientific enterprise. It is a genuine quest for accurate knowledge about how the world works, from the subatomic realm to the conscious brain to the cosmos, past, present, and future. But—shocker!—science is practiced by human beings, and some of them do not always separate their work from their prejudices.

One of the worst manifestations of this is the way male scientists have viewed female scientists. It is a problem today, and it was a gross injustice in years past.

I know a bit about this because I had a hand in bringing the work of Dr. Nancy Hopkins at MIT to public attention. She was a prominent molecular biologist who identified many genes that control embryonic development. In the 1990s she organized a small group of women on the faculty to study how much pay and how much lab space women were given at MIT compared with what men had. They found that female faculty members were treated way worse than men with equivalent credentials and experience—especially receiving lower pay and less lab space. She presented the hard numbers to MIT's then-president, Charles Vest, and he, an engineer by trade and a respecter of hard data, agreed. He set in motion a series of reforms.

When Hopkins told me about that, I saw a good story that the rest of the world should know. I tipped off reporters at the *The Boston Globe* and *The New York Times*. Their stories and her willingness to speak out triggered a serious movement in academia.

So, in the space I have here, let me make a small contribution to the visibility of some of the most important women in science anywhere who, sadly, remain largely unknown. Most of us have heard of

Marie Curie, Jane Goodall, Rachel Carson and maybe even Ada Lovelace, who in the 1880s developed the idea for a computing machine and how to program it.

But here are a few more whom you should know. There are many more, but these are at the top of my list.

Cecelia Payne (1900-1979) discovered what the universe is made of. Based on her observations of stars and galaxies, she asserted in the early 20th century that the known universe was made almost entirely of hydrogen and helium. That contradicted the leading theory of the day, which held that the Earth's composition was typical of all the universe. We know today that Payne was right. Only 1 percent of normal matter consists of heavier elements such as carbon, oxygen, iron, silicon and all the other elements that we know and love. Earth is, of course, made mostly of such heavier elements, but planets amount to only a tiny fraction of what exists in the universe.

Payne was born in Britain and went to Cambridge University, but the school refused to give her a degree because she was a woman. So, she moved to the U.S. and earned a doctorate from Radcliffe College, then the women-only branch of Harvard. The editor of a prestigious astrophysics journal, a man of course, said Payne wrote "the most brilliant Ph.D. thesis ever written in astronomy."

Payne was, eventually, the first woman promoted to a full professorship at Harvard. She continued research on the nature of stars, including our sun. She died in 1979, never having received a major award.

Eunice Foote (1819-1888) discovered what we know today as the greenhouse effect, and she did it in the 1850s. She filled glass cylinders with various gases and measured temperature changes as sunlight shined through them. She found that the greatest warm-



Cecelia Payne



Eunice Foote



Lise Meitner



Rosalind Franklin



Grace Hopper

These are some of the most important women in science who, sadly, remain largely unknown. Most of us have heard of Marie Curie, Jane Goodall, Rachel Carson and maybe even Ada Lovelace, who in the 1880's developed the idea for a computing machine and how to program it. But here are a few more whom you should know. There are many more, but these are at the top of my list.

ing effect came from water vapor and carbon dioxide. She speculated that if those gases increased in the atmosphere, they could affect the climate. Today both gases are known to be the main drivers of global warming.

Foote was an amateur scientist or what today we call an independent scientist, working in her home laboratory. Still, her scientific papers on this and other discoveries were published in serious academic journals and read at major scientific meetings, read by male scientists. In later years, men performed similar experiments and one of them, John Tyndall, gets most of the credit today for what Foote discovered and published.

Foote and her husband were also inventors. Among other things, she patented a thermostatically controlled cooking stove and a paper-making machine.

Lise Meitner (1878-1968) developed the world's first method of producing nuclear fission, the

phenomenon responsible for nuclear energy and, of course, atomic bombs. Born in Austria, she studied physics at the University of Vienna and, when the Nazis took over Austria, moved to Sweden. Meitner went on to develop a theoretical understanding of how nuclear fission works. When others, notably Otto Hahn, used her method of splitting the uranium atom, it proved successful. When the Nobel Prize was awarded for this, it went to Hahn and another man. Meitner was not even mentioned.

In later years, this omission would be seen as one of the Nobel committee's greatest mistakes.

Rosalind Franklin (1920-1958) was another woman denied a Nobel. She was a British chemist and expert in a technique called x-ray crystallography. Her analysis of her x-ray results showed that the structure of DNA was a helix. That evidence tipped off the famous team of James Watson and Francis Crick who published the

well-known "double helix." The men got the Nobels.

Grace Hopper (1906-1992) was an American computer scientist, mathematician, and a rear admiral in the Navy. She did pioneering work to develop computer programming languages and invented the first compiler, an essential type of software that converts programming language that a trained human can write and read into machine language that the computer can follow. She also created the widely used programming language COBOL.

There are more women I could mention. Perhaps in a future column I will tell you about them.

Boyce Rensberger retired to New Midway after more than 40 years as a science writer and editor, mostly for The New York Times and The Washington Post. Write him at boycerensberger@gmail.com.

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

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THE VILLAGE IDIOT

Next year...

Jack Deatherage

The gardening season is months from being over and I'm leaping ahead to spring. The mad beginnings of the 2023 Cedar Ave Community Garden have proven a number of interesting things.

Foremost, I have no clue as to what I'm doing. Consequently, I failed to consider how much water the rubble, shale and nearly hardened clay under one end of the flowerbed would require just to keep things alive. Not good.

The towering sunflowers are the eye-catchers I hoped they'd be. Unfortunately, the large leafed titans also block the sight lines and the morning sun for the rest of the garden. Sowing the giants deeper into the garden next year would still allow them to attract passing eyes—their main purpose besides attracting pollinators (native bees in particular) and providing seeds for birds.

I'm less sure what to do about the rest of the flowerbed. I'd like to purchase three long, narrow metal raised beds (currently \$510), but the DW would rather not. She thinks hauling in more garden soil would be less expensive. However, raised beds would reduce the amount of water going to that area of the garden and the amended soil we'd fill the beds with would stay put as would whatever fertilizers we use, unlike any amendments we work into the open ground.

Brian wants to add another thousand square feet to the garden. I suspect having had his brain rattled by the rototiller this spring he's now thinking "straw bale gardening". We'll need daily watering to prep the bales for planting, but considerably less water once they are planted, so I'm looking to add at least three more rain barrels to the three we have now. Town manager Ms. Willets, tells me the town can probably find rain barrels at a discount price I can afford. Of course "donated" rain barrels would be better, provided they are in good condition. The garden doesn't

need anymore "donations" fit only for trash pickup.

Water is a serious issue. I've already been accosted by irritated town water customers. "Where are you getting water for the garden? I see you watering every day. You do know there is a water ban in place!"

My explanation that a ban is not yet in place and the fire department has delivered about 400 gallons to-date, and we've brought well over 1,000 gallons of clean waste and collected rain water from home doesn't seem to placate. That the DW and I are drawing around 7,000 gallons on our primary water tap and less than 3,000 on the second one and are still able to haul water to the community garden seems incomprehensible to some people. Should the fire department stop bringing water to the garden we could still increase the water we use in the garden by rearranging our household's usage without increasing our quarterly water bill! Plus, I'm researching ways to efficiently water the garden next year with less water than we're using now!

Mulch, mulch, mulch! Is the refrain of every YouTube gardener I follow. And what haven't we done this year? Mulch, mulch, mulch!

However! I have noticed something I'm sure I read about twenty or forty years ago. Living mulch. Also known as ground cover. Duh. (In my defense—people have spent their lives studying the needs of specific types of plants: roses, corn, potatoes, etc. and have died still not knowing everything that can be known about their individual cultures. I'm a generalist "wannabe" gardener, sort of.)

One of the metal raised beds is planted with peppers, dill, a tomato, a Soviet melon and cultivars of burr gherkin—West Indian and Ethiopian. The melon and gherkins have rampaged across the bed, overflowed the container and seemingly intend to take over the rest of the garden! All with considerably less water than the other raised beds have been receiving! Given all the raised beds have rotted straw bales as

their base and the same mix of top and 'shroom soil as the growing medium, I suspect it's the rampant growth and late afternoon shade that allow that one bed to go wild with less water.

The in-ground Three Sisters plantings. Once the corn seedlings were knee high and the beans and squash were well sprouted we stopped watering those plants all together. Some of the corn stalks are most of twelve feet tall and many of them have multiple ears that are filling out nicely—in a drought! Why? The soil is better in that area than where the flowerbed is and the corn cultivars are heirlooms from the 1800s, bred to grow in exactly the conditions they're in now. However, the Italian pole beans twining their way up the corn stalks are also doing well in the drought.

Eh-hem. The squash/pumpkins ain't nothing to brag on. I planted the corn too densely and the vines aren't getting enough sunlight, though I do see a fruit here and there among the cornstalks. The vines are providing ground cover which aids in reducing the water demand.

Without straining what little brain matter still rattles betwixt me ears, I have three ways to reduce water at the garden: mulch (living and dead), container beds and drought tolerant plants. Toss in ollas, a thing I've read about but hadn't seriously considered before this year's drought and water rate increases, and I'm sure we can keep next year's expanding garden looking good and producing well with only slightly more water than we've used this year. Which brings me to my biggest concern.

I'm no longer physically able to do some of the garden chores and have to rely on others to get tasks accomplished—a thing I'm not happy about.



Jack and Wanda's spectacular sunflowers at the community garden made all their water hauling this summer worthwhile.

Redesigning the garden to accommodate people of my physical/mental infirmities is possible, though unlikely without spending money I don't have. In spite of town staff and various commissioners telling me the town has money to fund this garden, I'm hesitant to seek their help when only 1/1000th of the town's population is actively involved with the project.

Brian wants to expand the garden by at least another thousand square feet. He plans to build a place one can visit for a few minutes or hours; to sit and contemplate, to watch the birds, the rabbits, the butterflies, the bees—a momentary escape? I can see a need for that. I've already spoken to a young couple that recently moved to this place and quickly discovered their infant kidlet is fascinated by the gar-

den's flowers. They visit the garden almost daily.

The librarians tell me the handful of odd vegetables I left at the librarian's kiosk has drawn quite a bit of attention, at least among the kidlets. If I was better organized I'd have markers in the garden identifying the various plants for the kids the librarians bring to the garden. If I had more disposable income. If I weren't physically/mentally degrading. If more people were involved. "If wishes were fishes, we'd all be swimming in riches."

Check out the Facebook group—"Emmitsburg Youth/Community Garden"

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



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THE MASTER GARDENER

Yellow colors in the garden

Mary Ann Ryan
Adams County Master Gardener

As the summer progresses and fall is just around the corner, our gardens become wild with color and fluttering life, that is if you have black-eyed susans and coreopsis in your garden.

A summer perennial favorite, the black-eyed susan, or the Genus: Rudbeckia, is a colorful group of plants that can play a large role in your summer garden. Not only does the golden color of the flower petals shine, but the activity of birds, butterflies and bees it brings to the garden is well worth a second look. There are many species of rudbeckia that are native to this part of the United States, and therefore, are very hardy and easy to grow.

Rudbeckia fulgida 'Goldsturm' was selected as the 1999 perennial plant of the year by the Perennial Plant Association. 'Goldsturm' is recognized by its ease of growth, adaptability to soils and heavy blooming. This rudbeckia does well in average to dryer soil con-

ditions, full sun for best blooming, but will tolerate a little shade. It's a great cut flower and can be used almost as a ground cover and as a mass planting, due to its ability to reseed.

Rudbeckia hirta is considered a biennial but appears to be a perennial because it often will keep coming back—but from seed. This black-eyed susan may also be called a gloriosa daisy. The daisy-like flower is larger than that of the fulgida species, and the flower itself is probably a bit showier due to the size of the flower. But as a mass planting, Rudbeckia fulgida outshines R. hirta. My experience with R. hirta has not been incredibly positive, as it typically doesn't reseed in my garden. However, I have other gardener friends that have had success.

Rudbeckia maxima, or great coneflower, is an unusual rudbeckia. The foliage is at the base of the plant, reaching about 18 inches. Each leaf can be as long as 12-18 inches and they are grey-green in color. The flower stems shoot up to 6 feet in height; and on top of the

spike is a yellow flower with a brown center. The petals droop from the center cone, resembling that of a coneflower (Echinacea), but as the flower matures, the center cone elongates as much as five inches. This is a very striking plant when in bloom.

Rudbeckia triloba sports a small daisy flower, about one inch across, on top of a plant that reaches 2-3 feet tall. This black-eyed susan is also a biennial, growing a cluster of leaves the first year, flowering the second year, going to seed, and starting all over again. It reseeds very easily and is good for a naturalized area or a meadow as opposed to an area that is more manicured. The seedlings will grow everywhere, making it difficult to contain if you wish to do so. Place this biennial in a location where it can move around.

Another black-eyed susan worth mentioning is Rudbeckia laciniata. Native to the Midwest, not particularly easy to find in the northeast, but a perennial worth searching out. R. laciniata, unlike most rudbeckias, likes moist soils and does particularly well in part sun. Often called Green-headed Coneflower, it is naturally found in moist meadows along wooded areas and floodplain forests in the Midwest, so plant it where there is lots of moisture. It reaches 5-7 feet in height and the flowers have the typical yellow rays but they surround a green center. Its leaves are large, about 12" long, and the flowers are about 2-3 inches across. It does well in clay soils and blooms late July through early September.

Rough coneflower, Rudbeckia grandiflora, is another tall one, reaching



A summer perennial favorite, the black-eyed susan, is a colorful group of plants that can play a large role in your summer garden. Not only does the golden color of the flower petals shine, but the activity of birds, butterflies and bees it brings to the garden is well worth a second look.

6'. Native from Ohio to Kansas and south to Texas, this plant grows just fine in our region. It is native to dry, open areas and likes full sun. Although not found natively in PA or MD, this plant can easily adapt to our environment and flourish in our gardens.

An interesting species is Rudbeckia subtomentosa 'Henry Eilers'. Sometimes blooming as early as June, this is one of the earlier black-eyed susans. It is unique in that the ray flowers are quilled, not flat like others in the genus. Easy to grow, it tolerates most garden soils and enjoys full sun. This one is a true perennial, having rhizomes that allows it to spread. Try this plant in the garden for an extra bit of texture and interest.

Another genus that is popular in the garden is Coreopsis, sometimes called tickseed. There are as many species of this genus as there is of Rudbeckia. Competing for the golden yellow color of the summer, coreopsis is another staple for every garden.

One of the most common plants is Coreopsis verticillata. This plant has almost a feathery foliage, very fine in texture, giving a soft look in the garden. Covered in small yellow flowers, it blooms from June through August one of the longest blooming perennials of the summer. Site this plant in the foreground, as it is on the shorter side—no more than 24 inches. It likes full sun and most garden soils, except wet sites. C. verticillata is parent to many cultivars and varieties, like 'Moonbeam' (lemon yellow), 'Zagreb' (golden yellow), 'Crème Brulee' (peach). Unlike 'Moonbeam' and 'Zagreb', my experience with Crème Brulee is that this cultivar is not a particularly reliable perennial. Although quite pretty and unique, I would not bank on this one to continue to come back year after year.

Large-flowered tickseed, Coreopsis grandiflora, is also a very common perennial. Many cultivars have been derived from this species. The foliage may get 12-18 inches, then the flowers grow above the foliage another 8 inches on thin stems. Golden yellow, this one blooms for two-three weeks in the summer and is a full sun plant. Coreopsis grandiflora is commonly found in nurseries and garden centers. Native to prairies and open woods, this plant likes it dry. Good for borders in sunny areas. Little problems exist with this tough coreopsis.

One of the tallest of the coreopsis, Coreopsis triperis is a plant on my "to get" list. Yellow daisy-like flowers with brown centers at the top of an eight-foot plant is good for large gardens. This plant does re-seed abundantly, so also great for a meadow planting. It tolerates dry sites and is a pollinator magnet.

Coreopsis auriculata spreads by rhizomes and gets 2-3' tall and full sun. Common cultivars of this species are 'Jethro Tull' and 'Zamphir', with tubular ray flowers, and 'Nana', a compact variety. This genus is quite reliable as a perennial, unlike some of the other species. Adding great summer color, this species is a great addition to the garden.

For me, black-eyed susans and coreopsis are a necessity in the perennial garden. The summer color they contribute is difficult to find in any other native plant. When planning for this yellow-gold color, be prepared for the abundance of plants that will be produced as well as the added bird, bee and butterfly life it will attract.

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THE MASTER GARDENER

Adams County Master Gardener Hotline

Pam Haze
Adams County Master Gardener

As a Penn State Master Gardener I fulfill an annual requirement for volunteer hours. I can earn my hours by taking part in many enjoyable and fulfilling activities. My favorite is working on the Adams County hotline. The hotline answers the questions posed by homeowners and others about gardening and related topics. The hotline operates during the months of April through September on Mondays, Wednesdays and Fridays, from 10 a.m. to 2 p.m. On Mondays and Fridays, master gardeners are available to talk with people about their gardening issues in person at the Penn State Extension office located at 670 Old Harrisburg Road in Gettysburg. On Wednesdays a master gardener answers questions by email and telephone.

As hotline volunteers, master gardeners talk with many clients about all garden-related matters, including plant and insect identification, pests and diseases, landscaping and garden planning, plant selection, and many other topics. If clients have a concern about a tree, shrub or any other plant or want the plant identified, they can bring a sample to the Extension Office on Mondays and Fridays. Clients can also bring insects in for identification. Alternatively, clients can send pictures to the hotline email address.

Samples and pictures are very helpful in the identification of plants and insects as well as in diagnosing plant diseases and problems. Based on the sample or picture, master gardeners working on the hotline will identify the problem and offer recommendations for treatment if needed. In most cases the client will be sent via email links to websites hosted by universities, government agencies, and other organizations that post science-based information. All of this is intended to equip

the client with information that is useful in pursuing their garden-related activities.

Since April 3, 2023, master gardeners working on the hotline have answered nearly 100 questions that came in via email, telephone calls, and in-person visits to the Extension Office. Not surprisingly, the questions that come into the hotline are related to the challenges that people are experiencing in their gardens. Early in the season, during April and May, most of the questions that came in were about planning gardens, planting vegetables, and soil health.

We are finding that our clients are, with greater frequency, asking for help with plant selection and garden planning in order to achieve a more sustainable, easy-care garden. We always recommend "right plant, right place" which means selecting plants that are suited to the conditions in your garden, including soil pH and moisture, sun and wind exposure, and other factors.

We suggest you complete a soil test or tests to learn about the soil in your garden and the use of plants that are suited to our local climate, soils, and growing conditions. In most cases that means planting native plants, plants that originated here and adapted over time to make the most of local growing conditions.

You'll find that these plants are also best suited to feed and provide shelter for our native insects, which are an important component of your garden. The Penn State Master Gardeners of Adams County frequently turn to our University for help answering gardening questions. Penn State maintains an array of websites with information that can help with all types of gardening including lists of native plants that are recommended for our climate and soils in Adams County.

Have a question – call the Adams County Master Gardener at 717-334-6271.

Small Town Gardener

Live with your space

Marianne Willburn

As the autumn planting season is about to pummel our wallets – and particularly tempt those who, against all odds, have moved house this summer – I thought I'd share a few thoughts about having patience in your garden building.

Back in the very first days of planting my last garden – a garden I would live with for the next ten years – I wanted thick growth, fast. There was an oasis to be created and patience was in short-supply. Consequently, choices were made that every gardener has made before me, and that each has lived to regret.

Not too many years later, the reversal of these decisions made for hours of hard work, made harder by the fact that I was solely responsible for my back-breaking misery.

However, at the time I couldn't be told. I couldn't be told by the books, by the websites, by gardener friends who had committed the same crimes in the past. I was sure that not one of them understood my particular garden and my particular needs.

Well, it turns out, they did. Some truths are universal; but, just like learning not to date the impossibly gorgeous guy with a vintage Land Rover, can only be learned with age.

Years have gone by (and so have gar-

dens), and I in turn have tried to counsel others toward smarter planting patterns when asked what I thought of a new plan.

Predictably perhaps, I have met with the same resistance. We all have our road to walk, and knowing that the hardest learned lessons are perhaps the most valuable, I no longer push the issue.

Instead I ask them to consider waiting a year.

A year is not a long time in the life of a garden. Sure, it's an age-an-a-half when you are trying to potty-train your two-year old, or recovering from a horseback accident, or waiting for your hair to grow back after an unfortunate shearing; but on a planet that counts its birthdays in billions, it is laughably short.

Take your time, live with your space. Invest in a garden bench instead of those ten Leyland cypresses, and watch the patterns of the sun on the house, on the back yard...on the deck. Figure out where your wet spots are and where it's dry more often than not. You may need some privacy on the west side, but not the entire west side. You may want a wind break on the east side, and a break from neighbors on the north.

And then there are the plants that are already in situ – plants you're ready to take a shovel or chainsaw to. Sheath that sword, and think about it for a year. Trees you might think terrible, may just be doing a bit of good.

Sure we want change. We want to put our stamp on a new home. But moving into a house and immediately cutting down a fully laden fig tree because you "needed a lawn" will only tick off your neighbors who wanted to beg a few figs in September. If you live with that fig for a year you might end up praising the last owner who brought a bit of Italy to the mediocrity of the American suburbs.

Marianne Willburn is the author of Tropical Plants and How to Love Them, and Big Dreams, Small Garden. She writes from her home in Lovettsville, Virginia. Read more at GardenRant.com.

Frederick County Master Gardeners September Seminars

September 9

"Mindfulness in the Garden" Experience the healing power of the garden and plants. We will start with a discussion of the benefits of plants to your wellbeing and then take a walk in the demonstration garden for mindfulness activities.

September 16

"Advanced Gardening Techniques" Comfortable growing standard vegetables? Ready to grow the more difficult and demanding options? Learn tips and techniques to expand your options and growing seasons.

September 23

"Pawpaws, a Little Known Treasure" Discover a native gem you

can grow right in your own backyard! Find out how and why to grow this large, tasty fruit—and how native plants can help your entire garden thrive. Tour the paw-paw patch in our Demo Garden.

September 30

"Fall Cleanup & Winterizing the Garden" What's the best way to start the spring season? Fall clean-up! Learn about final harvesting, plant overwintering, soil preparation for next year, and planting onions and garlic for harvest in the spring.

All seminars are free unless otherwise stated. Seminars are held at the University of Maryland Extension office at 330 Montevue Lane, (off Rosemont Avenue) in Frederick, from 10 to noon.

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PETS

The Rescuer's Rainbow Bridge

Jennifer Vanderau
Cumberland Valley Animal Shelter

No one picked her up. She'd been on the road for days.

I remember the first day that I was driving by and I saw here there, a little cat, hit by a car, lying on the berm, looking for all intents and purposes like she was just sleeping.

I knew she wasn't just sleeping. It hurt my heart to see her. She had pretty white fur and an orange spot or two, and for a minute, I thought about what I would do if it were one of my cats along the road like that.

I couldn't stand it. Luckily, none of my babies ever leaves the house – no matter how intently they like to look out the windows. I tell them, no way. I can't take the chance that something could happen to you.

Something like what happened to this little cat.

I remember thinking on that first day how hard it would be for her owners to find her there, but I know sometimes the closure is what you really need. I've talked to so many people who told me how awful it was when they lost a cat and never found out what happened to him.

Was he hurt? Was he injured? Did someone else take him in?

Never getting that answer can sometimes be more painful than knowing.

That's what I thought about for this little girl. Someone would know soon

and they would have to say goodbye. I remember sending a thought into the universe of understanding and hope that the people could work through their grief. I wanted them to know that I knew what it was like to have to say goodbye.

Days later, she was still there along the side of the road.

No one picked her up.

And now the questions were in my mind. Did no one care? Didn't they miss her? Weren't they upset that she was gone?

She was on a relatively well-traveled road. Surely her people would have found her by now, right?

If they did, they didn't move her. She was still lying where she had died.

The next time I drove by, she was gone. By that point, I can only assume it was probably a road crew or cleanup person from the township who took her. I had lost faith that her people had come for her.

She looked too clean that first day to not have had someone caring for her. Were they really not upset that she was gone? Didn't it mean something that she was here, on this earth, for however short a time? Wasn't she special to someone? Anyone?

It's then that I realized she was special to me.

I remembered the place in heaven, adjacent to the Rainbow Bridge. Many of us know the Rainbow Bridge is the spot where animals

wait for their owners to crossover so they can all be reunited in heaven together. The animals there are no longer hurt or ill or sick. They're happy in the meadow until the day when they see their human. Then it is joy all around.

Well there's another place, close to the Rainbow Bridge, for the rescuers of the world. This is the spot where the animals who didn't have people they shared a connection with on earth wait for the humans who helped animals while they were here.

It's the Rescuer's Rainbow Bridge and I thought to myself, maybe this little girl I saw along the side of the road will be there. I told her I wouldn't forget her on my way through. I'd see her and take her with me into heaven.

I hoped it was enough to give her soul a little bit of peace and let her know she was seen. Even for a little while. Even though it had been too late.

I saw her. She meant something.

And I went home that night and snuggled my cats extra hard, even though I could tell they wondered what had come over me. I simply told them I needed to hear them purr. They seemed okay with providing that.

For all the other rescuers out there, I may not speak to you or know you personally, but there is a connection we form that transcends words and we know that we will have a whole lot of souls crossing over with us into heaven. Even the ones we couldn't save.

Thank you, all of you, for seeing them, for helping those you can and for loving all the planet's creatures.

Even the ones who no one picks up.

Jennifer Vanderau is the Publications and Promotions Consultant for the Cumberland Valley Animal Shelter in Chambersburg, Pa., and can be reached at cvascomm@cvas-pets.org. The shelter accepts both monetary and pet supply donations. For more information, call the shelter at 717-263-5791 or visit the website www.cvas-pets.org. CVAS also operates a thrift store in Chambersburg. Help support the animals at the shelter by donating to or shopping at the store.



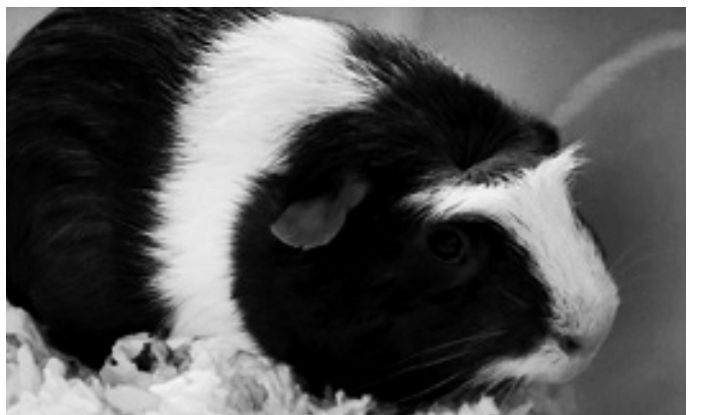
Pop Socket is 6-month-old gray-and-white girl who loves attention. She came into the shelter as a stray and is one curious cat! She enjoys playing and exploring new things. Pop Socket is going to make someone a really fun companion. Could that someone be you?



Jinx is a playful, happy 2-year-old German Shepherd who can be a little anxious if she is unsure, and will need someone that knows and understands the Shepherd breed. She does mouth when excited and will need someone that can continue to work with her on this. She can be dog selective. Do you have the right spot for Jinx?



Quail came into the shelter as a stray in June and is currently at Petsmart in Chambersburg. He's a 4-year-old orange boy who is super sweet and super cute. Could Quail be your new four-legged friend?



Big Poppa was abandoned in a crate in front of the shelter with eight other guinea pigs. He is a big boy who loves to eat his veggies! Big Poppa is currently housed on his own, but may do well with another guinea his size. Do you have the right place for this big Poppa?

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

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

To a poor and lonely stray I'd give:

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


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


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

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

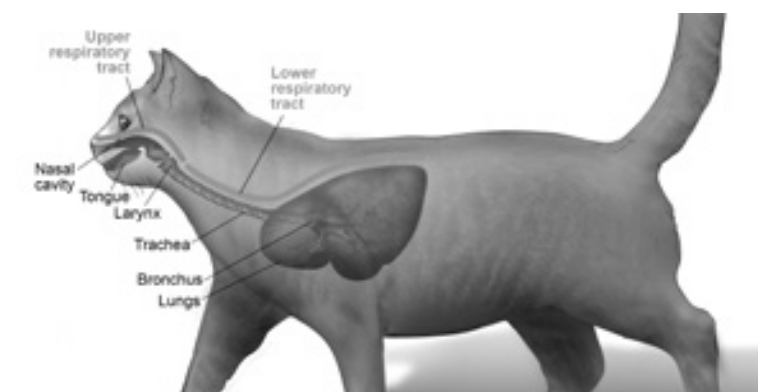
This is the only thing I can give...
The love I left behind.

-- Author Unknown





Ahcchoo!



Bethany Davidson
Humane Educator, Frederick County Animal Shelter

Have you ever walked through FCAC's cat adoption floor and wondered why some of the animals have green dots on their cage cards and others don't? Well, those green dots are a simple way for us to identify which of our felines have had upper respiratory infections (URIs) and which haven't. For some the thought of adopting a cat who has been sick is concerning, but the truth is respiratory infections among cats are very common especially in

high-density populations like animal shelters.

As with humans these infections can be caused by a variety of viruses and bacteria and can be highly contagious. To prevent the spread of these infections and keep our residents healthy, Frederick County Animal Control encourages all staff, volunteers, and visitors to sanitize their hands between feline interactions. It's also why our cat floor is divided into non-green dot and green dot sections and visitors are directed to interact with cats who have not had URIs first.

Upper respiratory tract infec-

tion symptoms include sneezing, discharge from the eyes and/or nose, coughing, conjunctivitis, ulcers in the mouth, lethargy, anorexia and in some case difficulty breathing. Treatment begins for FCAC cats with the onset of symptoms and treatment varies depending on the severity of the infection.

Some felines are treated on the adoption floor while those experiencing more severe symptoms are transferred to FCAC's sick room. All receive appropriate medical care which can include nasal decongestants, antivirals and antibiotics while also maintaining adequate nutrition and hydration.

The most common upper respiratory infection at FCAC is the feline herpes virus or feline viral rhinotracheitis (FVR). According to the Cornell Feline Health Center "up to 97% of cats are exposed to feline herpes virus in their lifetime, and the virus causes a lifelong infection in up to 80% of exposed cats." Because cats carry the infection for life, they may experience periodic flare-ups especially in times of stress. The Center states that these flare-ups are often mild and clear up on their own.

FCAC's cat population is relatively low at present, but several of our feline residents are currently being treated for URIs both on and off the adoption floor. Once such cat is 7-year-old Oreo. While he's been taking a few more cat naps than usual during his treatment, Oreo is still his normal attention-seeking self. He happily greets those who enter the kitty kabana. He enjoys both petting sessions and playtime and is totally comfortable sneezing in your face during both. Right now, Oreo lives alone in kabana one but as he completes his treatment, a new roommate will be moving in.

If you're interested in adopting a cat from Frederick County Animal Control and Pet Adoption Center, but have questions or concerns about adopting an animal who has been treated for an upper respiratory infection please mention it to the staff. We can arrange for you to speak with a member of our medical team regarding your concerns.



Sibby is a sweet lady who loves a good ear scratching. She arrived at the shelter after she was trapped by a property owner. Sibby's friendly personality indicates she must have been someone's pet; however, no one came to the shelter to reclaim her. Quick movements, loud noises and suddenly being picked up startles Sibby, so she would do best with a family that understands her boundaries.



At 9 months old, Dixie is not a crazy puppy but rather a well manner adolescent dog. She walks nicely on a leash, keeps her paws on the ground and knows a few basic commands. Dixie loves to play outside and is an active girl; she would make an excellent hiking or walking companion. Dixie has a lot to offer her next family, however, she prefers a home without cats or small animals.



Big cat lovers meet Oreo. At fifteen pounds, he's not overweight, just a big guy. Oreo resides in one of the shelter's kitty kabanans and shares the space with two other cats. He is a nice, mature cat and is calm, friendly as well as playful. Oreo will make a great addition to almost any family since he has lived with other cats, a dog and is recommended for kids of any age.



At six months old, Sunny is a work in progress. She needs a family that is willing to provide her consistent rules, training and daily exercise. Sunny has a friendly disposition and of course she is also energetic and playful. She shared her previous home with another dog and is recommended for families with older children because of her exuberant nature.

For more information about Sibby, Dixie, Oreo, and Sunny call the Frederick County Animal Shelter at 301-600-1319 or visit them online at www.frederickcountymd.gov/fcac.

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PETS

Kit – the hard luck horse

Mike Hillman

Contrary to the title, Kit may in fact be the luckiest of horses. I'll let you decide.

Kit, like most thoroughbreds, was bred to run. Unlike all my other event horses, Kit is fine boned – a byproduct of the racing industry's focus on breeding for speed, not endurance.

Kit, like most racehorses, started his career at two. Unfortunately for him, he wasn't a half bad racehorse, which meant that he spent four years on the track, which took its toll.

When he was 6, he was purchased by an advanced level event rider. He wasn't going to be an advanced horse, but she saw a compliant nature in him, and purchased Kit hoping for a fast resale and profit.

As with all resale horses, two considerations are paramount – time, i.e., the cost of keeping the horse until it's sold, versus the skills the horse develops under the rider. Obviously, the longer one keeps a horse, the more he learns, and the more you can charge for him. But the longer you keep them, the more money you spend on them. Speed of learning is also a deciding factor. In Kit's case, he was a quick learner, so his rider pushed him hard and fast up the ranks. Within a year, he was being marketed as 'ready to move up to preliminary,' which is where our lives intersected.

My preliminary horse had recently broken down, for good I was told, and my younger horse, his replacement, got injured competing; at the time Kit came to my attention, I wasn't even sure if the younger horse would survive his injury. For the first time in over 40 years, I had nothing to ride. So I was primed for a new horse.

I watched with interest as Kit's current owner – who called him "Twig", put him through his paces. He was a beautiful mover and jumped everything she put in front of him. By the time it was my chance to ride him, she had jumped everything in her field with the exception of a big table. I made up my mind that if he jumped it, I would buy him.

I approached the fence tentatively; I wanted to see if he would take it on his own, or if he needed encouragement. One of the things I have learned over the years is advanced riders tend to 'hold' horses together; as such, the horse then depends upon their rider to safely navigate courses.

While that's great for an advanced rider, I was not an advanced rider. I needed a horse that could think for itself and take care of both of us.

So I gave Kit time to figure out how to jump the fence. As I approached the fence, I could feel him begin to question my lack of direction. His ears were turned back as if waiting for instruction from me. He didn't get it.

Kit jumped the fence, but it wasn't pretty. On our second go, his ears were pointed at the fence and I could feel him move forward towards the table. It was a better jump. But it was the third jump, a breathtaking bascule that sealed the deal. I handed him back to the owner and simply said, "Yes."

Unfortunately, Kit flunked his pre-purchase exam (similar to a grueling physical). An old 'chip' on the outside of the right ankle was the 'official' reason, but the vet, who knew all my prior horses, took me aside and told me that he frankly didn't think Kit could stand up – "he's just too fine boned for Eventing."

So with reluctance, I opted not to purchase him, and the next day Kit left for Florida with his owner.

That evening, I sent the x-rays to my regular vet, a fellow event rider, who gave me some sanguine advice: "the chip is on the outside of the ankle, and that should not cause him an issue—but the question you need to answer is: 'how lucky do you feel?'"

Two weeks later Kit's owner called me and offered to cut his price by 1/3rd, to \$16,500.

Try as I might, I was unable to shake the feeling of Kit over the table on that third go at it, and figured, 'what the hell, why not.' He was going to be my last horse, and if he could give me a few years of those jumps, I was willing to risk it.

On December 2, 2014, I agreed to buy him. Kit spent the next month in Florida, on my nickel, with his old owner continuing to school him.

In January of 2015, Kit was shipped to Aiken, South Carolina, where my coach, Katie Wherley, took possession of him and continued to compete him. A phenomenally talented rider, with a great feel, Katie began to retrain Kit to think for himself, something that would be critical to he and I successfully working together.

As the winter went on, Katie began to notice that as she asked Kit to hold himself together, as opposed to her holding him together—something she knew I could not do—Kit stepped down a level and began showing with her. He successfully competed at Novice and Training throughout 2015.

The following winter he headed back to Aiken, SC with Katie. As she continued his training and competing he began to show inconsistencies and weakness that led to him losing his confidence over fences.

And so began what I called the 'Winter & Spring of injections,' where we systematically injected all of Kit's major joints to root out the issue. Hock injections, led to stifle injections, which led who knows what... each helped, but none was the cure we all hoped for.

When Kit returned with Katie from Aiken, the plan was to let her compete him through the summer, move him up to Preliminary, and I would then take him out in the Fall for a few runs at novice and finish the season at Training, and if all worked out, try my third run at Preliminary in the Spring.

That was the plan at least.

My first and what would turn out, my only time to watch Kit compete ended before it really began. Kit put in a lack luster dressage test at the 2016 Spring Morven Park Horse trials, which had Katie worried. Show jumping warmup went downhill quickly. His first few fences were spot on. But a refusal at the oxer, was followed by a refusal at the vertical warm up fence (which he had already jumped three times). When he refused the X, we knew he was trying to tell us something.

Katie's suggestion of another round of injections conflicted with my old school philosophy. In the old days, when a horse came off the track, they would be given a year off to let their bodies recover from the pounding of the race world. As I watched Kit stop at the X for the umpteenth time, it occurred to me that he hadn't been given that time off. Instead, he had been yanked out of the racehorse world and thrown immediately into, in many ways, the more grueling Eventing world. Injections were not going to fix what ailed Kit; he needed time off to just have fun and remember what being a horse was all about.



Kit warming up for the Dressage phase of an event by his former owner. It was his remarkable correctness, talent, and willingness to his work that won me over and resulted in me buying him.

Having gone from one barn to another, from Maryland to Florida, to South Carolina, back to Maryland, all in a matter of months, Kit, was physically shaking as Katie untacked him. He looked like he was having a nervous breakdown. And only time could heal that. So he got it.

I brought him home, introduced him to my other two horses, and told him he had a year off. As I watched him walk away, his old name 'Twig' accurately described him. A year later, he was fat and happy and ready to once again have a rider on his back.

Alas, my career took an unexpected turn, and I was given an opportunity of a life time – so instead of retiring and enjoying riding as planned, I spent the next three years on an airplane, tele-commuting to the west coast. When I was home, and had time to ride, Kit was always my third option, so he never got ridden, and a saddle on his back became a distant memory.

By the time my work assignment was completed, 'Twig' would be the last term one would use to describe a now thoroughly plump Kit. To say he was a happy horse would be an understatement. He didn't have a care in the world.

When I finally did get on him in the Fall of 2019, he was everything I had hoped he would be. Once again I was sitting on the horse that had wowed me over the table fence five years ago.

I spent the Fall working with Kit, cleaning out the cobwebs in his brain, working with Katie tuning up his jumping skills. As winter approached, Katie and I planned out my Spring season and Kit was given the Winter off.

Everything went south from there.

When the Spring thaw came, and I hopped on him, he was decidedly off. My hopes that I was just dealing with an abscess hit a stone wall when my vet diagnosed the issue was 'ring bone,' a career ending bone disease.

I was devastated. I had yet to compete him, and now I would never have that chance.

While some owners would have passed him on to parts and fates unknown, Kit still had a job: to be a companion horse, the horse that keeps another horse company when its buddy is gone. With two other horses, I needed a companion horse when one was taken away. So that was now Kit's job.

On the positive side, the ringbone Kit had was called 'high ringbone,' which meant it affected the upper part of the pastern joint. Typically horses with this type of ringbone, once the bone 'changes' are finished, the horse would be rideable again—maybe not sound enough to show, but rideable. Until that occurred, I could still get on Kit and 'ride him sound', which allowed me to exercise all my skill sets—which my other two horses didn't need.

By the Fall of 2022, his ringbone had entered a critical phase. Kit was so uncomfortable that riding him was out of the question. It was about this time that I crossed paths again with the vet who flunked him during the pre-purchase and we got to talking. He suggested a treatment called 'Shock Wave Therapy'. Shock Wave Therapy works by blasting the bone, tissue & nerves in the affected area, and in the case of the nerves, 'numbs' them, so Kit would no longer feel the pain of the bone changes. With nothing to lose, I had the procedure performed the week of Thanksgiving.

Continued next month

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Frederick Health's Dr. David Maish, Orthopedic Surgeon

Joshua Faust
Frederick Memorial Hospital

For over 120 years, Frederick Health, the largest healthcare network in Frederick County, has been expanding its access to award-winning care to communities throughout the area. Whether these improvements mean the opening a new Primary Care office or developing a new type of treatment option or specialty practice, the healthcare system is constantly adding to its list of available services and locations.

Recently, Frederick Health has also been prioritizing one of the most common ailments impacting the population – orthopedics.

But what exactly is orthopedics?

Orthopedics is the field of medicine that focuses on treating issues and symptoms impacting the musculoskeletal system. This system comprises muscles, bones, joints, ligaments, and tendons. A person specializing in orthopedics is an orthopedist or an orthopedic surgeon. The Centers for Disease Control says that nearly 7 million orthopedic procedures are performed in the United States each year, making it one of the most accessible surgeries practiced by surgeons, and around 25% of the population will need orthopedic surgery at some point in their lifetimes.

To meet the community's needs, Frederick Health is pleased to have a dedicated team of orthopedic surgeons ready to treat various issues. One of those providers is Dr. David Maish.

With 20 years of experience and having conducted over 5,000 surgeries, specifically hip and knee replacements, Dr. Maish still has a true passion for treating patients. He arrived as a member of the Frederick Health team in 2021 as a board-certified, fellowship-trained orthopedic surgeon. Coming from a larger healthcare system, Dr. Maish saw much potential in Frederick Health for growth in orthopedics and a patient-centered approach. That is part of the reason he took this job.

"There is so much potential at Frederick Health and in the Frederick community. As part of that, I have the experience to make these kinds of surgeries as patient friendly as possible," said Dr. Maish.

Before arriving at Frederick Health, Dr. Maish began a fellowship at the Geisinger Commonwealth School of Medicine in Scranton, Pennsylvania. Dr. Maish started a fellowship at the Geisinger School focused on complex orthopedic problems.

"In orthopedics, if we can evaluate your painful hips and knees or other joints, we can proactively work to determine what we can do. As with all things, being honest and aware of what your

body tells you can make a difference in diagnosis and recovery," he added.

Dr. Maish has spent the last two decades working in orthopedics and still enjoys his work. He enjoys treating patients for who they are, not as just another number in a system.

"No two patients are the same, regardless of if their experiences are similar. Finding out what makes that patient better or to live a better life is why I come to work each day," he continued. His hands-on approach and dedication to personalized medicine is something that residents of the area can count on, especially as they age, and their bodies may experience certain orthopedic issues.

Census data shows that while Frederick County continues to grow, it does have an aging popu-

lation. While Dr. Maish has performed orthopedic procedures on patients of all ages, most of his patients are over the age of 50. Dr. Maish is also available to perform repair surgeries that other surgeons initially performed.

Dr. Maish has performed hundreds of surgeries on patients who may have had work done at another hospital or surgical center. Sometimes, those patients have driven hours away, not realizing they could have received surgery closer to home at Frederick Health.

"No matter kind of surgery, whether it is your first surgery, follow-up procedure, or another treatment option that you're looking for, we are here to listen and respond to your concerns. I am part of a team of experts here to care for this community," added Maish.

One area of particular interest for Dr. Maish is kinematic alignment, a specific method of orthopedic treatment that involves reviewing a patient's unique bodily structure and factoring that into a knee replacement. Dr. Maish has used this philosophy while treating patients and has seen great results. This approach factors in things like a patient's bone structure, walking gait, and other factors to develop a surgical option that is tailor-made to the patient.

Frederick Health also offers a robust network of physical therapy and consultation follow-up procedures to ensure patients get back to doing what they love sooner.


"If you're having knee or hip pain and want to know what can be done – either with or with-

out surgery – I am happy to discuss that. I also like to discuss non-surgical options with patients who see me. Being honest and listening to the patient is an important part of treatment and recovery," Maish explained.

Surgeries of any kind can be challenging, both physically and emotionally. Recoveries can vary, but in the hands of Dr. Maish, patients can trust that they are getting experienced, personalized care.

"It's important to me to be friendly, convenient, get you in the door, and get you back on the road to recovery," Dr. Maish concluded. "We are going to care for you like you're family."

To learn more about the orthopedic specialty services being offered by Frederick Health, please visit www.frederickhealth.org/ortho.




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“In Congress, I’m working to give hope to millions of families who have loved ones struggling with addiction. I find hope in action.”

CONGRESSMAN **DAVID TRONE**



Congressman David Trone works with Brooke's House in Washington County to help women overcome substance abuse.

Families Are Suffering

Opioid and other addictions are hurting American families, including mine. Last year, 100,000 people died of a drug overdose. That’s enough people to fill Camden Yards more than twice over. More than 1 million lives have been lost since 1999. In 2016, we had a tragedy in our family. My nephew Ian died from his battle with opioid addiction. That is simply unacceptable to me.

September Is National Recovery Month

As we celebrate National Recovery Month this September, I join countless Marylanders in celebrating those who overcame the immense challenge of substance use disorder. Ian’s story showed me just how difficult it can be to stay clean — and I’m inspired by the stories of those who continue to do that day by day. But in honor of National Recovery Month, I’m also recommitting myself to doing whatever I can to ensure that more folks across the country can celebrate those milestones, so more children can live a fulfilling life free from the grip of addiction and fewer families receive a call like mine did.

I Find Hope In Action

Last year, I helped launch the Bipartisan Mental Health and Substance Use Disorder Task Force, dedicated to making a difference. In one year alone, we passed 26 bills into law, funding billions of dollars in treatment and harm reduction efforts, expanding mental health care in schools, prisons, and communities, and giving our law enforcement officers the tools they need to curb the flow of opioids, especially synthetic opioids like fentanyl, in our communities. We’ve also made progress to stop fentanyl on an international level, giving federal law enforcement expanded power to stop synthetic opioids coming from China and Mexico. And I’ll continue to work with both Republicans and Democrats to find solutions to help families in need.

DAVID TRONE

U.S. SENATE

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On the importance of English

McKenna Snow
MSMU Class of 2023

A 10th grade English teacher at Sherwood High, Montgomery County, Maryland, for 34 years, Kathy Megyeri has spent much of her life steeped in the world of literature, teaching, and writing. She retired from teaching 15 years ago, and is currently sending many of her books away by donating them to the Gettysburg Library's annual book sale. An article about this book sale published in June's News-Journal, written by Devin Owen, on the importance of old books struck Kathy as she was reading, and gave her hope about sending some of her books away. She was encouraged by Devin's words, which said that "the life of a book never ends, for it lives on in the heart and soul of all those who have read it." And how much more-so can be said not only of novels and long books, but just of our words in general? In speaking with Kathy, it was clear that both the writers at the News-Journals and Kathy share similar sentiments on the importance of English—and the great need our culture has to return to appreciating it.

Current trends of "tweeting" one's thoughts, posting short captions on Instagram and Facebook, and seven-second videos on Tik Tok have all contributed to the loss of patience for longer thoughts and words. We have become accustomed to abbreviating so much. Instead of trying to convey our emotions and reactions, we resort to quick emojis that do the work for us, we tend towards contractions to cut corners in speech, and my generation especially relies ever more on a whole new language of made-up terms. But this final point is hardly new—no doubt generations above me have their own set of terms and phrases that were used in high school, college, and the like. Every generation has its language—and perhaps I feel the ache caused by mine so much more acutely because its effects seem to cut deeper than the normal generational trend. Rather than simply evolving with the times, our use and appreciation of English seems to just continually be on the decline—patience for reading in high schools has plummeted; artful movies which take their time in each scene are replaced by action-packed scenes with cheap humor; pop music is a mass-produced algorithm in which talented artists struggle to rise because they are up against something of a mechanical monster that is the modern music industry.

Social media in its many forms contributes to all of these problems—our attention spans have waned, and too often we waste the hours away scrolling for a short burst of entertainment, scroll after scroll. Whatever could the remedy be?

In Kathy's understanding, a major help to this problem is found in the lost art of journaling. Kathy noted that there are countless studies and research papers which show how therapeutic it is, and how journaling can improve one's outlook on life, and one's gratefulness for it. Certainly, journaling makes one reflect on the day, challenges one to handwrite each word—which means that each

word must be chosen with intentionality. On the other hand, the open page allows the space to simply think, with no expectations, and to carry on and muse. It is a wholly intellectual activity, as it engages man's reason and draws one into following trains of thought in accordance with his reason. "People my age are saying, 'I should've kept up my journaling and shared them with my grandkids,'" Kathy said. Buying a journal and sharing your story with your family is a beautiful gift and is certainly worth the time.

Though Kathy couldn't assign her students to journal extensively throughout a semester as homework, she did assign what she called "the best thing I probably ever did" for her students: an autobiography. She said that the assignment had nothing to do with the usual literature such as "To Kill a Mockingbird" or any other readings—it was simply an assignment to write about the first 16 years of the student's life. She gave them a structure: the first chapter could be their early life, they could write about their elementary school days, and later chapters could talk about their personalities, family, beliefs, and what is important to them. Kathy added that for everything they claimed about themselves, they needed to include an anecdote about it; some kind of story illustrating what they meant, or a story to give a visual to the broader things they were writing about. These autobiographies, Kathy explained, were the most successful assignments she ever had her students write. "Some of these actually turned out to be 500 pages," Kathy explained when she mused on how enthusiastic some students became about it. The students thrived on this assignment because it got them to engage with their own story, interview family members and friends and share it with others.

Autobiographies and journaling have lost their place in recent days, and the great and malicious substitute seems to be Facebook and Instagram profiles. "There's no narration," Kathy said. "It needs to be put together—they think, 'that's my autobiography right there on Facebook,' but there's no narration. It's just a bunch of pictures, and there's no reflection attached to it." There is little or nothing written about what the person has learned or how they have grown. People who view the profiles "want to relate to the experience" shared online, but they cannot know the impact it had on the individual who posted. "It's not put together," Kathy said, comparing it to an autobiography which takes quite a lot of thought. "It doesn't have any contemplation." Indeed, the stress of what to write to fit the standard short post is the strange "new normal" that has removed the freedom to contemplate and celebrate from the open, honest pages of one's journal or autobiographical manuscripts.

However, not all short stories are bad—some twenty years ago, Kathy went overseas to teach English in Malaysia. Upon arrival, she learned that the children were learning stories in English from the "Chicken Soup for the Soul" series: short, upbeat stories that, Kathy

explained, taught the children about American people's upbeat attitudes and likes. The children benefitted considerably from reading the books, and this made a significant impact upon Kathy. When she returned to teaching in the states, she decided to make her students write essays and submit them to the book, "Chicken Soup for the Teenage Soul" volume. These more anecdotal stories written by her students were also a major success in the classroom, so much so that some of her students' work even was published in the Chicken Soup for the Teenage Soul stories. Those short stories, crafted meaningfully and with personal sentiment, made all the difference in her students' enjoyment of writing. "Working with those silly little chicken soup books," Kathy said, laughing, "changed my teaching." Kathy still has some of the published Chicken Soup for Teenagers stories and will open them up to see her former students' writing.

Her students were also assigned to help students in younger grades write stories, some of which were printed, illustrated by art students, and displayed in the school libraries. "Alumni will return and revisit their books which were 'published' in the libraries long after they've graduated," Kathy explained. As a teacher, Kathy saw to it that her students had an engaging encounter with literature, on a level that made it personal to them. These many ways, and their great success, show that young peo-



Kathy Megyeri

ple do love English, and sometimes all they need is an encouraging role model to help them get started.

Since retiring from teaching, Kathy has kept up her own talents in writing, through writing book reviews that get published online in a Florida magazine called Lifestyles After 50. They have to be between 300 and 500 words, which she said is a challenge since she always has more she'd like to say. This experience as a writer has also impacted her desire to send positive feedback to editors when she reads something that she enjoys—as she did when she read Devin's article. "The only time you ever get feedback is when you make people angry—very rarely do you get a com-

pliment—that's why I try to reach out," Kathy said. Most readers "never get back to the author unless they're mad."

The world of English can be a beautifully interactive one if you let it—Kathy's example shows the importance of reaching out, encouraging people to try "new things" (which are often old things that should be brought back to popularity), and cultivating a love of one's own story. Every human life has a profound amount of wonder behind it—and is worth much more than we often give credit for as we cut corners in captions and short pictures. Perhaps an Instagram picture is worth a thousand words. But for Kathy and me, we'll take the words.

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HISTORY

Reminiscing with Bill Meredith

Morgan Rooney and McKenna Snow
MSMU Class of 2020 and 2023

Part One

Catching up with Emmitsburg's very own Bill Meredith has been a gift to the Emmitsburg News-Journal and for the whole community. His local roots run deep for the town of Emmitsburg, especially for the Mount students who have been fortunate enough to meet him. Bill taught at the Mount in the science department for over forty years before retiring, and has a plethora of memories that the News-Journal wants to celebrate and share with the community. He also is known as 'the retired ecologist' who wrote for the News-Journal in the ecology section for 18 years! His articles and writings are all available on Emmitsburg.net under the authors section. This article is only part one of many to come that will reminisce with Bill on his time living in Emmitsburg.

Though he has lived here the majority of his life, Bill was originally from West Virginia, near Fairmont. He spent much of his time growing up on his grandfather's farm, then his father's farm once he turned 10 years old. Fortunately for the family, Bill's father held a fairly steady job through the depression in an aluminum factory, which is more than many could say during that time.

Bill recalled, "My dad and I were cleaning out the barn sometime during the spring of 1949 or 50 and he says, 'You're going to graduate this spring. What are you going to do then?'"

Due to lack of funds, Bill planned to get a job once he fin-

ished high school so he could make some money of his own. However, he wanted to attend college to receive a higher education. At his father's suggestion, he spent the next four years living at home and working part-time at a small mine company store using the money he earned to pay his way through college. His time at working at the store was invaluable:

"This was an important thing to me because it taught me to meet a group of people that I have never met before – a completely different society," Bill elaborated. "That was educational to me, to get to know them. They were good people. Many of them had similar values in terms of honesty and how you treat people as the farmers did, but they had a much different social life. Besides what I learned when I was in college, I was learning about society. That was quite a life changing experience."

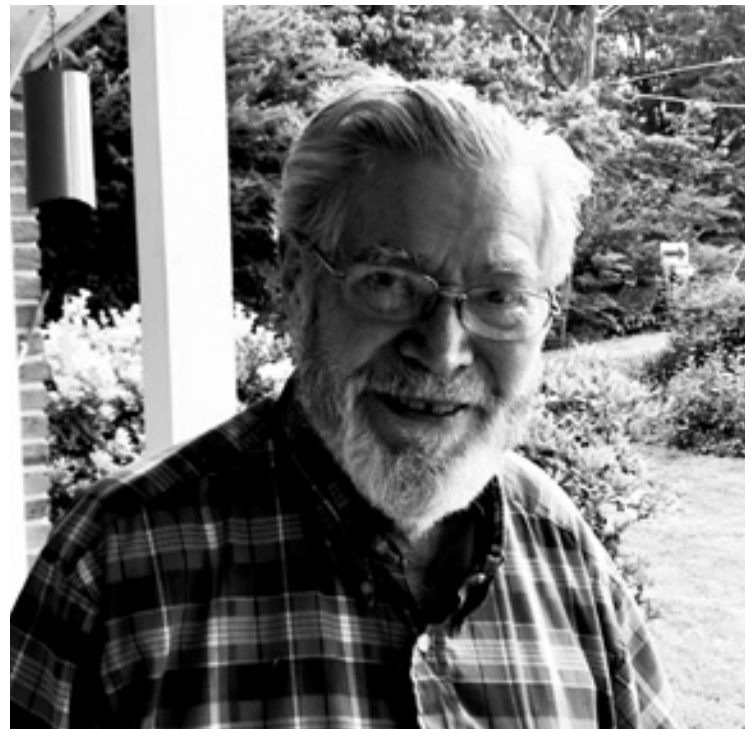
He was accepted into Fairmont State College and graduated in 1955 with a bachelor's in Science Education and soon after married his wife, Betty Jean. He smiled, remembering how they first met: "She invited me to her 14th birthday party. I was a senior and she was a freshman in high school. She invited me to her birthday party, and we started dating, and that was that." Coming out of college, Bill believed that he would become a high school teacher but was encouraged to apply to the University of West Virginia and received a scholarship to attend. Within two years, he had received his master's in Zoology.

By then, Bill started looking for a job, as Betty Jean had had their first child. "So I needed a job, I couldn't stay in college," Bill said.

"So I started to look for openings." His Master's thesis director told him, "I have a friend at a college in Maryland. And he likes it there, but he's going to resign and go into publishing. You might apply there. And so I came to the Mount, and applied, and that was crazy. We got my dad's car that morning at four or five o'clock—and there weren't any double roads. Everything was single roads from here to there, from West Virginia over about two hundred miles then. And you couldn't go over 45 miles an hour on those roads because they were so crooked and up and down."

Recalling the drive to the Mount for his interview, Bill smiled and thought of his wife, Betty Jean, sitting in the passenger's side with their baby girl in her lap for the whole drive. Nursing the baby occasionally, Betty Jean got carsick, which delayed their arrival time at the Mount. Bill's interview for the position was originally supposed to be at nine a.m., but they did not arrive at the Mount until 11 a.m.

His interviewer, a Catholic priest, did not mind in the least. "Down on the porch of the old dormitory where the chapel is, down there is a spring, a fountain. He was sitting on a bench by that fountain, with a couple of students talking to him. He had been there all morning waiting for me, but it didn't bother him a bit. And he was in his late sixties then, almost blind—he had two pairs of glasses, a regular pair and he wore a pair of sunglasses over that. And I had never met a priest before, and I didn't know whether to salute, or bow, or what," Bill said, laughing.



But the priest wasn't bothered at all that Bill, his wife and their baby girl arrived late—he took them down to the office, and the president was there, who was also a Catholic priest. "Priests wore gowns then, and his was grubby, and had buttons all over," Bill described. "And the vice president was there too, and he was neat as a pin. He looked like he was out of a picture or something. The vice president said, 'how are you? Who's this little girl here?' And I said, 'That's Melinda,' and he said, 'well let's see her.' Picked her up, and held her in his arms—and she was about three months old at the time—and she spit up on his jacket. And that didn't bother him a bit. He reached in his pocket and got a handkerchief and wiped it off and put it back in his pocket." It was a joyful memory that made Bill laugh as he recalled it.

Bill then described how the vice president then said, "you're from West Virginia? Ever been to that big brewery down in Charleston?" And

I said no, I haven't been down there. So he talked a while, and the dean was there and he talked a while, and they said, we'll show you around and you can take a look at it, and if you want to sign up today..."

Bill said his response was, "Well I've got one other appointment to go to before I make the decision, but it sure looks nice here." After going to his other appointment, an interview with West Virginia State, Bill said, "they liked me very much and I think I could've signed on there if I wanted to, but my wife didn't like it there, so we came to the Mount. And that was it, I started that fall. We moved down a week before school started." That was just the beginning of Bill's 41-year long career at the Mount, which began when Bill and Betty Jean moved to Emmitsburg in 1957. Stay tuned for the next part of Bill's story!

To read other articles related to Emmitsburg's history, visit the History section of Emmitsburg.net.



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“Willow Rill”

Editor's note: For those who never had the pleasure of reading one of Bill Meredith's articles, I thought I would share with you one of my favorites... This one was first published in 1999.

Bill Meredith

It was some 3,000 years ago that a man who identified himself as “The Preacher” wrote, “All of the rivers run into the sea; and yet the sea is not full; unto the place from whence the rivers come, thither they return again.” He was expressing mysteries and eternal verities to show how insignificant mankind is in comparison to the universe around him. After three millennia the verity is still there, but enough of the mystery has been removed to allow me to teach the principal facts about the water cycle to successive ecology classes over the past 41 years. But while the broad picture is known, there is still some of the mystery left when you get down to local details.

When we moved into town in 1968, one of the first things we did was to plow up a rather large section of our lot on Lincoln Avenue and start a garden. To our considerable annoyance, we found one end of the plowed area was unsuitable for gardening because water came out of the ground whenever it rained. I was surprised at this; the garden was close to the highest point at the west end of Emmitsburg, and it seemed to me that water should be going into the ground instead of coming out there. It threw into question the dictum of Mr. Rudy, my high school physics teacher, who had drilled into my memory that water always seeks its own level.

Some research into the science of hydrology eventually informed me that quirks of the underlying rock strata produce fissures that could bring water from higher places, perhaps miles away, to feed the wet-weather springs in my lot, and I was reassured that Mr. Rudy had been

right after all. However, knowing whence the water came didn't solve the garden problem. When it rained, the plowed soil took on a consistency that rivaled the Great Grimpen Mire; and when it dried out, it got hard as brick. Trying to grow vegetables in such a place was a futile exercise, so after that first year we stopped plowing there and extended the garden in the other direction.

The process of Ecological Succession began immediately. A predictable variety of seeds blew in on the wind and were carried in by birds, and the abandoned end of the garden soon was covered by a tangle of weeds, briars and would-be trees. Among them was a willow sapling. Because of childhood memories, I let it grow; but it turned out to be a black willow instead of the graceful weeping willow that had shaded my grandmother's yard. Years passed, the kids grew up and moved out, and eventually we built a new house in the middle of the old garden, most of which became our lawn. The willow tree is still there; it dominates the west end of the yard, standing some 40 feet high and blithely showering leaves, dead twigs and strips of bark on the struggling grass below. And every year when the April showers come, water flows out of the ground to remind us how the willow came to be there.

The water from my yard flows off toward the south, picking up reinforcement from numerous other springs as it goes down through my lot and into the cornfield beyond. There it turns eastward, emerging as a stream between the new school building and the old one. Decades ago, when only the old school building was there, the children who played in the stream at recess called it “the sewage ditch,” a literal and not too subtle title in those days of laissez-faire plumbing.

Beyond the school it resumed anonymity, passing through a culvert under Route 15, proceeding through a field toward Creamery Road and eventually joining Flat Run. Thence it

flows to Toms Creek, the Monocacy, the Potomac, the Chesapeake Bay, and finally, as the Preacher foretold, to the sea. Thus does Emmitsburg make its contribution to the cosmic cycle.

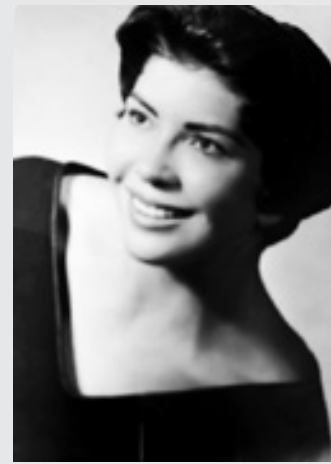
As the water cycle has rolled on through the years, our little stream has flowed steadily through the town each spring, reducing gradually as summer approaches; it may dry up completely in some years, and conversely it may fill its banks and flood the road when rain is excessive. It would have been content to go about its business undisturbed; but when Progress, as we questionably define it, came to Emmitsburg some years ago, it was deemed unseemly to have an unnamed stream passing the Post Office and skirting the town's park and ball fields. So the stream was christened Willow Rill and provided with an official signpost in the style approved by the state.

“Willow Rill” may have been a suitable name at the time, for there was a big black willow tree a few yards downstream from the Post Office. Unfortunately, that species grows fast and dies young; as trees go it was past its prime. When the stream was named, and before long the town fathers, or the town groundskeepers, or whoever rules on such things, decided that the old tree was a hazard and might fall on someone; so it was cut down. There are now a half-dozen bedraggled sprouts growing from the old stump, competing for the remnants of the old root system. But as the stump continues to decay, they too will have to be cut, leaving the town in the awkward position of having a Willow Rill without a willow in sight.

I was pondering this dilemma last spring when one of my bird watching walks took me into the little island of trees that line the stream. What ecologists do when faced with such a problem is to start counting things, and old habits die hard. So I found myself counting the trees along the stream. In the space between Route 15 and Creamery Road I found a textbook example of biodiversity. There were 65 ash trees, 19 hackberries, 16 honey locusts, 14 box elders, 12 Tree of Heaven, 9 silver maples, 8 black locusts, 5 walnuts, 4 pin oaks, 4 elms, 3 black oaks, 2 wild cherries, 2 sycamores, one hickory, one mulberry ... and one willow, tucked in behind all the others and not visible from the town's side of the stream.

The democratic solution to this crisis would be to rename the stream, but I'm not sure that would be a good idea. “Ash Run” doesn't compare to

Patricia Druliner



Patricia A. Druliner, 83, of Frederick, died August 5, at Citizens Care and Rehab Center in Frederick after a lengthy illness.

Born January 25, 1940 in Klamath Falls, Oregon, she was the daughter of the late Max Donald and Frances A. (Mahoney) Druliner.

Miss Druliner studied music

from an early age into and through her Masters degree from Washington State University. After years of training and performing she began teaching piano to a new generation of young musicians which she continued to do for the next 40 years. Patricia is survived by her sisters, Vicki Davies, of Warfordsburg, PA, Pamela Russell, of Silverton, OR, and her brothers, Gerald J. Druliner, of Bend, OR, Donald S. Druliner, of Salem, OR, and Daniel Y. Druliner, of Seattle, WA. She was preceded in death by her sisters, Virginia R. Druliner who passed in 2021 and Dawn B. Druliner who passed in 2008.

Services were held August 26 at St. Mary's Catholic Church in Fairfield. Father Peter DiTomasso will served as celebrant for the services.

the euphonious ring of Willow Rill; “Hackberry Creek” sounds unsophisticated. All of the other abundant species have similar drawbacks. And besides, I recently heard that the name, “Willow Rill,” has been included officially on the maps of the U. S. Geological Service, so changing the name would probably cost millions of dollars. The only other thing I can think of is for the town to put funds in its budget for a new willow

tree, to be planted in a conspicuous place with appropriate ceremonies. Maybe I'll mention that to the Town Council when I get around to it. But for now there are other things to do.

In the mean while, this is Bill Meredith, writing from the headwaters of Willow Rill.

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100 YEARS AGO THIS MONTH

September 7

School Enrollment Breaks All Records

From all over Frederick County come reports of record-breaking enrollment in high and public schools. It is believed that enrollment will exceed 13,000.

Thurmont High School reports enrollment of 391, of which 231 belong to the grades, and 100 in the high school proper. Between 30 and 40 pupils of the school are said to be employed in the canning factory for the present and are expected to enroll next week.

Only fragmentary reports have been received from Emmitsburg High School but it is understood that the school also had the largest enrollment in its history. The Junior High School, those having grammar grades and two high school grades, had a similar report to make.

Workman's Arm Torn Off

Caught in a belt at whorled around a shaft, Brook Shryock, had his left arm torn off at the elbow while working at the Shriver Canning factory last Thursday night.

Shryock, who has been employed as a machinist at the Shriver factory for the past two years, was engaged to making some repairs at the time of the accident. It appears he had been having trouble with one of the heavy belts and was standing on a step ladder making adjustments when his arm was pulled into the belt and whorled about the pulleys several times, tearing the member entirely off, and leaving the unfortunate man fallen on the moving corn drag several feet below.

Fellow workman witnessed the accident and pulled the unfortunate man from the drag, he being in an unconscious condition. He was rushed to Gettysburg Hospital where what was left of the arm was amputated. He is in critical condition. Shryock is about 50 years of age.

Woman Commit Suicide

Margarita Klein, age 23, wife of Earl Klein of Ladiesburg, committed suicide on Friday afternoon by shooting herself in the head with a 22-caliber rifle. Two weeks before, Mrs. Klein attempted suicide by cutting an artery

in her left wrist, said to have been due to despondency.

Klein shot herself in the forehead at the home of her husband's parents while her husband was working on a well in the yard, about 50 feet away. When he heard the shot of the rifle, he headed into the house. As he entered the kitchen he found the unconscious form of his wife lying on the floor with a bullet wound in her forehead. She died a few minutes later.

Sometime ago, Mrs. Klein suffered a nervous breakdown and made an attempt on her life by cutting a blood vessel on the back of her hand. About a week ago her husband brought her to the house of his parents at the advice of a physician, thinking the change might improve her health.

Friday morning she seemed fine and after putting out a small wash, went to the yard, where her husband and the his father were at work. After leaving her husband in the yard, Mrs. Klein went directly to the kitchen where she selected the rifle, which was kept loaded in a corner with two other guns to shoot Chicken Hawks.

With a weapon in hand she seated herself on a chair, press the muscle against her forehead and pulled the trigger. The ball made a clean round powder burn, and lodged in the back of her head. There were no fractures where the bullet entered. Besides her husband, the woman is survived by an infant about two weeks old.

Harney School Opens

The Harney Public School opened on Tuesday with 34 pupils. The small number is caused by an epidemic of whooping cough in this community. Mr. Thomas now is principal and Miss Mary Rohr assistant. Miss Rohr comes to our town well recommended and we hope that she will be successful in her laborers among the smaller children, and that the time spent in our town may be pleasant and profitable.

Harney is well represented at the Shriver cannery and all seem to like the work; but we are afraid that they will not be able to stand the long hours that they are compelled to work. They work from 7 a.m. until 10 o'clock at night, then drive home arriving around 11 o'clock and getting up in the morning again at 5 o'clock in order to get to

work again at 7 o'clock. This amount of work is a little more than can be expected of young people. We have always thought that 10 hours was about long enough for good health.

September 14

Former Emmitsburg Bankers Arrested

Edgar Annan, now living in Baltimore, and Annan Horner, Emmitsburg, were arrested on Thursday, on warrants charging them with embezzlement and false representation connected with the failure of the banking firm of Annan - Horner & Co.. The arrests were made in Frederick, following indictments found by the grand jury.

Robert Annan pledge bail of \$1,000 for his brother, and Thomas Baumgardner became surety for Horner, his brother-in-law, in the sum of \$2,000.

The indictments are the outgrowth of the failure of the bank more than two years ago. Some months ago a number of creditors sued the bank for deposit and interest and the firm went into bankruptcy. Soon afterwards bankruptcy proceedings were instituted in the District Court in Frederick.

Creditors have been looking for assets with which to make a settlement. About 25 people from Emmitsburg are expected to testify in the case, which is the subject of just about every conversation in that town these days.

Test Of Auto Operators

Representatives of 13 Midwest states have been invited to attend the conference of Motor Vehicle Administrators, representing state automobile licensing bureaus, to be held in Chicago, at which time plans will be made for working out safety first laws for automobilist and pedestrians.

There is a real need, according to the officials sponsoring the conference, for uniform laws of driving to lessen the death rate. One suggestion is to prevent a man who never has handled a car before from buying a machine and properly setting forth as if he were an experienced driver. This prevalent custom could be prevented,



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they say, by forcing the dealer by law to see that everyone to whom he sells a car is thoroughly instructed before he is permitted to operate it on the public highways.

The conference will make plans for uniform laws to govern the licensing of an automobile operator to see if they are sufficiently competent mentally to handle a motor driven vehicle. Some form of intelligence test is likely to be devised.

Veteran Grocer Moves To Fairfield

The day after he celebrated his 83rd birthday, George Wortz, a retired Adams County merchant, closed his home in Hanover and went to Fairfield to take up residence with his daughter, Mrs. Arthur Springer, who formally conducted a general store in Fairfield.

Interesting events in connection with affairs in Adams County more than half a century ago were recalled by the venerable Mr. Wortz. He recalls when he was a boy of 17, he was paid \$2.50 a month, or \$30 a year and board for clerking in a grocery store.

In 1865, Mr. Wortz moved to Fairfield, opening a general store a year later. For three years he also ran a sawmill in that town. On one occasion, he narrowly escaping death when hit in the face by a board. He moved to

Hanover in 1894.

Deerfield Plant Insolvent

Dr. Morris Birely of Thurmont has been appointed by the court as the receiver of the Greenstone Products Company, of Deerfield.

The appointment follows the filing of a bill by Dr. Birely asking for an injunction to prevent the sale of property by the company and for a receiver. Dr. Birely claims that the concern owns him between \$9,000 and \$10,000. The company employed about 50 men and has not been an operation for several weeks.

The bill alleges that the company is unable to meet its obligations. On September 10, 1921, the company executed a deed of trust for \$100,000 as security for mortgage bonds. The bill also alleges that the concern, which suspended operations in July, still owes for labor. It is understood that quite a number of Frederick County persons have money invested in the concern.

In their response, the officers of the corporation deny some of the allegations made but admit that the company is in default in performance of required payments under its deeds of trust and that the bondholders are entitled to demand a sale of the property by foreclosure.

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September 21

Woman Has No Word Of Missing Husband

Not a word has been heard from James Kackley, who are Monday evening left his wife and six month old child at the Western Maryland Railroad station while he went to look for his automobile truck, which he said had broken down near Thurmont. In the meantime the woman and her child are at Montevue Hospital. It was stated that the woman is without means and in all likelihood will be compelled to remain at the County institution until something is learned of the whereabouts of her husband or until provisions can be made for them somewhere else.

Mrs. Kackley said she had no idea where her husband is or why he left his family in such a mysterious manner. She added that she does not expect him to return and that she is willing to work for the support of herself and child if she could find a house. The couple was married about three years ago and since that time they have lived in Philadelphia, Winchester, Martinsburg, Harrisonburg and recently in Emmitsburg.

Mrs. Kackley said that her mother died sometime ago and that her father since remarried. She said that she could not return to the home of her father since his remarriage and for this reason held onto her husband as long as she could.

They came to Thurmont from Emmitsburg Monday afternoon and she expected to return in the evening and went with her husband to the railroad station. When he left and did not return she and her child spent the night at a local boarding house and were taken to Montevue the next day until her husband could be located. She is only 18 years old and her case is pathetic.

On Sunday afternoon the Kackley vehicle was found by the sheriff near Mount Saint Mary's College. The truck is a 1917 model and said to be in fair condition except for the

burned bearing, which force Kackley to abandon it.

As soon as the fact a Mrs. Kackley desertion became known, a number of people called Mountain View and expressed a willingness to aid the young woman. Mrs. Kackley is only 18 years old and has been married since she was 15.

Backlog At Corn Cannery

The Taneytown cannery had a blockade on Tuesday, there being as many as 120 wagons of corn waiting to be unloaded at one time. The situation is said to have been partially caused by the cutting machinery not working properly, and also because the early and late plantings are coming in at one time. The congestion has continued all week to some extent.

Car Hits Train

On Friday night as Jesse Clingan was driving his car down Baltimore Street in Taneytown on the way home from the cannery, a freight train happened to be standing on the track at the street crossing. Although the street is well lit, the train was not seen in time to stop the car; result - the train was not hurt, nor the occupants in the car, but the car itself looks like junk as were all the bottles of hooch in the car.

Auto Accident

Last Saturday afternoon a collision occurred on the Emmitsburg Road between a Maxwell car driven by a man coming from Taneytown and a Ford driven by a man going towards Emmitsburg, with the result that the latter was badly wrecked.

According to the evidence given, apparently each driver gave the other one plenty of room - or so they thought they did. Somebody was evidently mistaken. The Maxwell driver drew the fine, but the question of damages to the cars is another matter.

September 28

Commit Suicide By Slashing Throat

Evers Wilhide, about 35 years old, of Thurmont, cut his throat from ear-to-ear with a razor, gashed his left wrist and swallowed a quantity muriatic acid Sunday afternoon, between 4 and 5 o'clock. He was taken to the City Hospi-

tal and died at 1 o'clock the following morning.

The blade of the razor partially severed the victim's windpipe. His wrist was badly cut and his mouth and tongue very much burnt by the acid. The razor and a bottle which contain the acid were found near the body. It is not known how much of the poison he swallowed.

No cause can be attributed for his act. While undergoing treatment at the hospital, he said he had "no statement to make at this time".

Sunday morning he attended the Methodist Episcopal Sunday school at Thurmont and played the coronet as usual in the orchestra. In the afternoon between 3 and 4 o'clock, when his wife went to the stable to feed the chickens, she heard moans coming from the hayloft. She found her husband in a partially unconscious condition covered with blood. A doctor was summoned and an examination revealed that his throat had been terribly slashed, his wrist cut and his mouth badly burned and blistered.

He was an active official member of the Thurmont Methodist Episcopal Church and was most involved in every part of the church work, especially in the Sunday school, choir and young peoples organization. He was also a member of the Masonic fraternity, and the Old Fellows Knights. In every way he was one of Thurmont highly esteem citizens. Besides his wife, he is survived by two children, Paul and Medellin.

Emmitsburg Banker Freed

"Not guilty," was the verdict of the Frederick Court, Friday afternoon in the case of Andrew Horner, cashier and a member of the bankrupt banking firm of Annan-Horner & Co., indicted for embezzlement and false pretenses.

Reviewing the case, the judge said, while disobedience of orders had brought about irregularities, there was no evidence to show fraudulent intent on the part of the accused. It was pointed out that the transactions upon which the indictment was base resulted in an actual loss of \$1,100 to Horner.

The State rested its case about noon and Horner was called to the stand. He emphatically denied any wrongdoing and added that he suffered financial loss with other creditors when the Annan-Horner bank



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collapsed. He denied that he benefited a single dollar in the transaction involving his indictment.

He said that the Annan-Horner bank discounted two notes, one for \$900 for Francis Matthews and another for \$200 from Albert Wetzel, which, with other assets, was sent to the Baltimore Commercial Bank as collateral for a loan. When the notes became due they were sent to the Farmers' Bank in Emmitsburg for collection.

As cashier of that bank, he receives all incoming notes and turned them all over to the Farmers' Bank, with the exception of the Matthews and Wetzel notes. He then notified Matthews and later borrowed \$900 on a note from the Farmers' Bank to pay the Annan-Horner note.

Instead of turning this amount over to the Commercial Bank, he credited the amount to the Annan-Horner account, and it was paid out of the

process of that bank's liquidation. He explained that the Baltimore Commercial Bank held 20% more collateral security than the amount of the Annan-Horner loan, and for this reason he applied the proceeds of the Matthew and Wetzel notes to the insolvent bank.

Acting upon instructions from the State Bank Examiner, Horner said he kept separate accounts for the Farmers' Bank and the Annan-Horner Bank.

Horner was giving a severe cross-examination by the State's Attorney, but the latter was unable to prove fraudulent intent or misappropriation. Two other indictments on similar charges, and a joint indictment with Edgar Annan, another member of the banking firm, are set for trial on October 10.

To read other articles related to 100 Years Ago this Month, visit the History section of Emmitsburg.net.

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ALL OUR YESTERDAYS - FREDERICK COUNTY HISTORY

Submitted by John Ashbury

September 7

The jury in a traffic accident suit for civil damages had just returned its verdict when the plaintiff, Nancy Suddith, of Lynchburg, VA, pulled a .22 caliber pistol from her purse and shot herself in the face.

Apparently no one was looking directly at Ms. Suddith when the shot was fired, but pandemonium broke out in the courtroom.

Mrs. Nadine Morgan, a member of the jury who lived at 338 East Church Street, Frederick, collapsed in shock. Deputy Sheriff Audie Hahn rushed to Ms. Suddith and lifted her onto the plaintiff's table. Some jurors, lawyers, and the defendant removed their coats to cover the now unconscious Ms. Suddith and emergency first aid was administered.

Stenographer Elizabeth Hale rushed from the courtroom to call for help. Both the United and Junior's ambulances responded immediately.

Charles Deater and Terry Shankle, from Uniteds, took Ms. Suddith down an elevator and transported her to Frederick Memorial where the State Police helicopter later flew her to The Maryland Institute for Emergency Medicine at University Hospital in Baltimore. The Junior's ambulance crew took Mrs. Morgan to the hospital where she was treated for shock and later released.

The civil damage suit had been filed by Ms. Suddith against John Frank, of Frederick County, as a result of an accident on August 6, 1973, at the intersection of U. S. 15 South and Md. Rt. 464.

Ms. Suddith contended in her action that because of the injuries she sustained she was unable to return to her job and perform in the same manner as before the crash. She was employed at the time as a quality control worker for the U. S. Defense Department at a plant near Lynchburg.

Ms. Suddith had sought \$75,000, but when the juror returned after deliberating only 40 minutes, their verdict reduced what Ms. Suddith had sought to only \$2,000. Immediately after Judge Samuel Barwick reiterated the verdict from the bench, Ms. Suddith shot herself. She died September 13 without regaining consciousness.

A Frederick county tradition got a permanent home on September 7, 1876, when the Agricultural Society established the Frederick Fairgrounds on East Patrick Street.

On May 23, 1822, the first Frederick County Cattle Show was held at George Creager's Tavern near The Jug Bridge over the Monocacy. It was only the second such event ever held in Maryland.

In the 1850s the Agricultural Society of Frederick County established an annual fair, usually being held on the grounds of the Hessian Barracks. President Ulysses S. Grant, accompa-

nied by numerous government officials, paid an unexpected visit October 13, 1870.

On September 7, 1876, the society designated a tract of land on East Patrick Street as the site for future fairs. Unless interrupted by war, the Frederick County Fair has been held here every year since.

Interestingly enough, in August and September 1876, little mention was made of the land purchase in the local press. The primary topic of conversation reported was a raging battle between the press and the Agricultural Society.

It seems that the society decided to have the fair tickets printed in Baltimore and the local print shops, which also published local newspapers, were outraged. One local article began: "The Agricultural Society of Frederick County have (sic) a few officious, narrow-minded men belonging to it whose hearts and souls are so small that it requires the aid of a magnifying glass to discover that there is a heart or soul in them."

It was estimated that the profit on the ticket-printing job would have been between \$10 and \$15.

September 14

On September 14, 1814, Francis Scott Key wrote "The Defense of Ft. McHenry" while watching the bombardment of that fort. The poem would, in 1931, become our national anthem.

The name of Francis Scott Key rings in the hearts of Americans each time we sing "The Star-Spangled Banner." His strength of character and devotion to nation and God led him to pen an awe inspiring poem.

The story of how Francis Scott Key came to write our national anthem is well-known. America was fighting its second war of independence. Washington has been sacked and burned. The British had turned their attention to Baltimore. And Key, a 35-year-old Georgetown lawyer, was seeking the release of a physician friend being held prisoner by the British.

After standing on the deck of a

small ship and watching as the British fleet bombarded Fort McHenry through the night of September 13-14, 1814, he saw Mary Pickersgill's mammoth flag still flying high above the ramparts of the fort. He scribbled a rough outline of a poem on the back of an envelope he had in his pocket.

That afternoon and evening, Key penned the final text of his anthem of patriotism. The next day he showed his poem to his brother-in-law, Joseph Nicholson, who thought it would inspire Americans to greater fervor.

Nicholson took the poem to the offices of the Baltimore American, where he found only an apprentice boy, for all the printers were still with the local militia.

Thus 14-year-old Samuel Sands became the first to set our National Anthem into type. From this, handbills were quickly printed and distributed throughout the Baltimore area.

On September 20, The Baltimore Patriot became the first newspaper to print it.

One hundred thirteen years later Congress accepted "The Defence of Fort McHenry" as our national anthem.

September 21

On September 21, 1832, a cholera epidemic raged throughout Frederick City and county.

Frederick has been visited by disease in epidemic proportions at various times in its history. In early 1832 cholera ravaged Montreal, Canada, and began its spread southward.

In late Summer that year it reached Frederick. Cholera, a deadly pestilence, had visited Frederick before. But in the late Summer and early Fall of 1832, it struck again, attacking residents young and old.

In July men working on the C&O Canal began to die from the disease. It wasn't until the first of September that a city resident died of the disease. Some victims were only sick for a few hours. Others lingered for three or four days.

Many residents were superstitious and believed that this plague was brought by Haley's Comet which made an appearance that year. Many others ignored the cautions issued by the newly formed Board of Health. In a single house on West South Street 11 people died within a few weeks.

Jacob Steiner, a judge of The Orphans Court and a well-known and loved citizen, worked his full day and returned home September 10. He was stricken early in the evening and died of cholera before dawn the next day.

It was his death which alarmed the citizens and brought about additional cautions in the use of water and disposal of waste.

Before the disease had run its course more than 57 Frederick citizens died. At the same time, scarlet fever also claimed the lives of numerous children, at times causing confusion among relatives as to which disease was the cause of a loved-one's death.

Diarist Jacob Englebrecht's daughter Ann Rebecca was one of these victims.

September 28

From the very beginnings of this country, women were not allowed to participate in the election process, or to be candidates for public office. That all changed when a constitutional amendment was finally passed giving women the power of the ballot.

In Frederick County the first day set aside for women to register to vote was September 28, 1920. The turnout was greater than expected as registration posts were established all over the county.

Nearly 4,000 women qualified to vote. Men were also allowed to register, but women were the focus of recruitment drives in every election district.

Surprisingly, in relation to the population percentages, more colored women registered than white women.

It was no surprise, however, that Frederick City registered the most women. Returns that first day showed that 1,337 women signed up in the city. That was a full third of those registered on this opening day.

Although this was the first day of the registration drive, it continued on successive Tuesday until October 12, when registration was closed for the upcoming election.

One old-time party official had predicted in his district that 20 to 25 women would register. He expressed astonishment when more than 100 turned out.

Republicans gained 84 more registrants than did the Democrats. This wasn't considered a surprise because many were dissatisfied after eight years of Democratic rule in Washington, including the World War I years.

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TANEYTOWN HISTORY

Colonel Joseph Goulden's inspirational journey

David Buie

Enriched with a multitude of remarkable figures who have indelibly shaped both the local and national scene, Taneytown carries a profound historical legacy intertwined with captivating tales. Visionary trailblazers, creative luminaries, and accomplished professionals have all graced Taneytown, bestowing upon it a roster of renowned personalities that have not only enriched its own history but also left an enduring impact beyond its borders. Within the enchanting streets of this town, the imprints of these celebrated individuals converge, forming a mosaic of accomplishments and inspiration that continues to fascinate both its residents and those who come to visit. Within the confines of this article, we will delve into the life of one such visionary, Colonel Joseph Aloysius Goulden.

Joseph Aloysius Goulden was born on August 1, 1844, in Littlestown, Pennsylvania. His educational journey led him to schools in Gettysburg, Pennsylvania, and Taneytown, Maryland. He eventually graduated from the Eagleton Institute in Taneytown, obtaining his teaching certification at 18. Goulden had the unique privilege of being present at the historical moment when Abraham Lincoln delivered the Gettysburg Address, personally hearing the impactful speech.

In 1864, Goulden joined the United States Marine Corps and swiftly became a non-commissioned officer. He served in various regions, including the North Atlantic, Potomac, and James River. In a skirmish at Drewry's Bluff in Virginia, his vessel came under fire from land-based batteries situated along the southern shore of the Potomac, resulting in Goulden sustaining injuries. As the war neared its conclusion, Goulden was invited to become a Second Lieutenant in the regular army, which he chose to turn down.

Following the war, Goulden transitioned into an educator and principal role at public and parochial schools in Emmitsburg, Maryland, and Martinsburg, West Virginia. He further demonstrated his dedication by becoming a board member of Pennsylvania's state reformatory in Morganza, Pennsylvania. In 1870, he relocated to Pittsburgh, Pennsylvania, where he established himself in the insurance sector as a manager for Penn Mutual Life Insurance. His commitment extended beyond this, as he served on the military staff of Pennsylvania Governor Robert E. Pattison with the title of Colonel from 1882 to 1886.

In 1889, Goulden made a significant move to New York City, where he engaged in business investments and maintained an active role in the insurance industry. Among his entrepreneurial ventures was his presidency at the Chelan Consolidated Copper Company. Additionally, he took on a vital part in the insurance agency known as J. A. Goulden & Son.

In 1902, he secured a seat in Congress as a member of the Democratic Party, representing the eighteenth Congressional District of New York. At that time, this district boasted a population of 450,000, making it the most populous Congressional District in the nation. He went on to win re-election in subsequent years – 1904, 1906, 1908, 1912, and 1914 – during the last two terms, representing the twenty-third district.

Throughout his life, Goulden exhibited unwavering dedication to various causes involving veterans and civic matters. He actively engaged with the Atlantic Deeper Waterways Association, made significant contributions to state and city school systems, and played a role in the College of the City of New York affairs. His affiliation with the Grand Army of the Republic and his position on the board of trustees for the Bath, New York soldiers' home clearly demonstrated his commitment to fellow

veterans. Additionally, he held the esteemed role of secretary within the commission responsible for constructing the Soldiers' and Sailors' Monument on Riverside Drive on the upper west side of Manhattan.

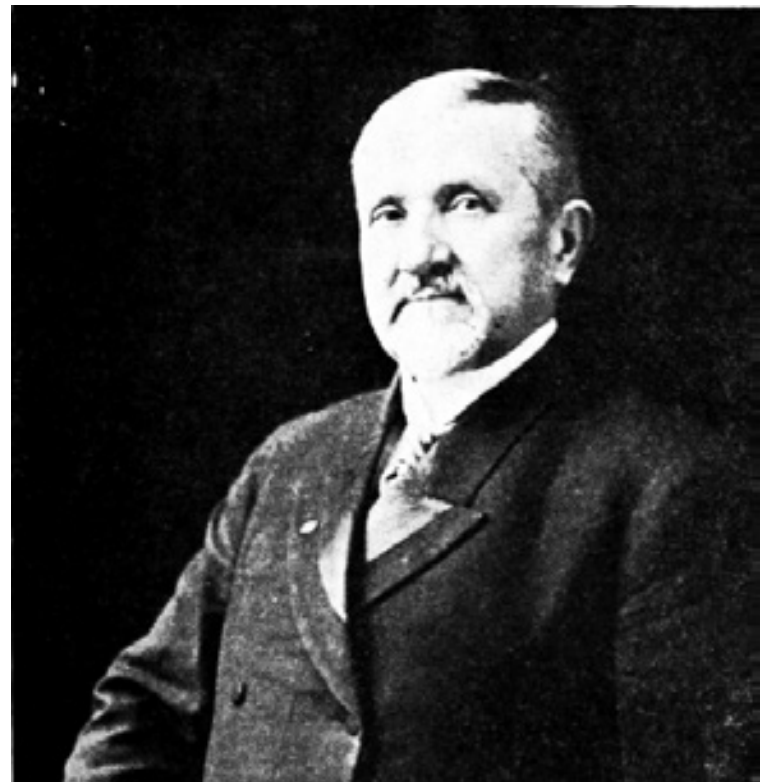
Even amid his bustling schedule, Goulden was fond of his family's rural retreat in Taneytown, known as Glenburn. He devoted his summers and holidays to this cherished haven, establishing a meaningful link to his ancestral legacy spanning multiple generations. He never missed a Tri-State Fair in Taneytown, even if it meant leaving a busy schedule in New York or Washington, D.C.

On May 3, 1915, as he was preparing to board a train at Pennsylvania's Broad Street Station, Goulden suffered a heart attack. Although a nearby doctor promptly assisted, Goulden had already passed away.

On May 7, 1915, the mortal remains of Goulden were transferred from the Church of Our Lady of Mercy to the Pennsylvania Railroad Station. Following this, a delegation of New York legislators joined the family on their journey back to Taneytown. There, Goulden was laid to rest in St. Joseph's Cemetery alongside several generations of the Goulden family.

On December 6, 1915, the House of Representatives conducted special speeches to pay tribute to the memory of Goulden. Among those who spoke, George Murray Hulbert (1881-1950) revealed in his speech that a poem had been discovered in Goulden's pocket after his passing. This poem had been composed by Goulden for an upcoming dinner event hosted by the Grand Army of the Republic, scheduled for the following Saturday.

To read past editions of *Taneytown History*, visit the Authors section of *Emmitsburg.net*.



Joseph Goulden (1844 - 1915) was an American educator, businessperson, Civil War veteran, and politician who served five terms as a U.S. Representative from New York.



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COOKING

School daze



Sonya Verlaque

The beginning of school is always a whirlwind of activity, with meeting the teacher, getting supplies and finishing up end of summer fun activities. I feel like August just flies by, but also every day is jam packed with checklist items to do. Planning for the morning meal and getting ready time table along with daily lunches brings not a small amount of dread as September approaches, because I have a picky eater. I swear he may be part fern, because some days I feel like he lives on air and a spritz of water. This month's article is a little different; because I want to share some ways we have reduced the mental burden of feeding kids when school starts again.

Making breakfasts with enough calories and a good mix of carbohydrates, protein and fat to make it to lunch time is hard to do. Not every morning can be a Denny's grand slam breakfast. For this I take a note from Kendra Adachi, author of "The Lazy Genius" who talks about making a meal matrix to make decision-making less painful. For the mornings, Mondays can be egg sandwiches - egg, toast and they can pick cheese or ham or spinach (yeah, right).

The kids get to pick the fruit. Tuesdays is smoothies - some greek yogurt, a frozen fruit and a liquid and blend. Wednesdays is overnight oats (a.k.a.: breakfast pudding) which you can prep while making smoothies for the next day because you will have most of the ingredi-

ents out already. Maybe Thursday is toaster waffles because, it's already Thursday. But you'll pair it with some yogurt. And Friday can be bagels, because you have made it to Friday and should celebrate with a bagel.

Breakfast Pudding

Ok, this is actually overnight oats but if you "powderize" the oats by blending them dry in a blender, it makes it more pudding like once it sets overnight with the liquids, which my kids enjoy, and then will eat more readily. Truthfully, actual oatmeal is called 'hot cereal' in our house also. With the basic ratio it is easy to increase in amount and can be made in a variety of flavors. They provide a lot of protein to get kids and adults to snack or lunchtime.

The overnight oats ratio is: 1 cup rolled oats (powderize) + 1 cup milk + 2/3 cup yogurt (plain) + 1 tbsp sweetener (honey, maple syrup, brown sugar, coconut sugar, half a banana mashed) + pinch of salt. As a note, if you use vanilla yogurt and not plain, reduced the sweetener or omit completely.

Preparation: First, mix all the base ingredients together in a bowl. These are the rolled oats, milk, yogurt, sweetener and pinch of salt. Add in any flavor additions. Pour the oat mixture into an airtight container, my favorite option is a mason jar, but any airtight container is fine as long as you seal it with a lid or cover it with plastic wrap. Place the overnight oats in the fridge overnight to let the oats fully absorb all the

Star Michelin French Chef Joins Hospitality, Culinary & Tourism Institute

The Hospitality, Culinary & Tourism Institute (HCTI) at Frederick Community College (FCC) will welcome 2-Star Michelin French Chef Gérard Pangaud to its adjunct faculty for Fall 2023.

Chef Pangaud is the youngest 2-star Michelin chef ever and the first in America. He has created and operated top-rated restaurants in Paris, New York

City, and Washington DC, earning a steady stream of prestigious and highly sought-after awards.

"We are thrilled to have Gérard Pangaud, a world-class chef who reached the pinnacle of our industry, with his depth of knowledge and experience, working with our students and advising our program," said HCTI Manager Elizabeth DeRose.

liquid. In the morning before you serve, give the oats a quick stir. Next, add any favorite toppings including, berries, sliced banana, shredded coconut, dried cranberries, raisins, apple slices, dark chocolate chips, nut butter, cinnamon. Whether it's hot or cold oats, kids like to make it feel like their own.

Varieties

- Chocolate: make your base like above, and add 2 tbsp of chocolate chips and 1 tbsp cocoa powder
- Apple Pie: ½ cup chopped apple (small dice), 2 tsp cinnamon and be sure to mix evenly all together.
- Carrot Cake: ¼ cup shredded carrots (about one medium carrot), ¼ cup raisins, 1 tsp cinnamon, ¼ tsp ginger powder.
- Strawberry Cheesecake: ½ cup chopped fresh strawberries, ¼ cup crushed graham crackers, 1 Tbsp softened cream cheese (room temperature) – or softened mascarpone cheese, 1 tsp vanilla extract.
- Vanilla: If I just make vanilla (by adding 1 tsp of vanilla extract), I like to top it with peanut butter caramel. Which the family dies for because it's "caramel" but not really. It is made by just 1/2 cup of maple syrup, 1/4 cup creamy peanut butter, 1/2 tsp vanilla extract and 1/8 tsp salt if your nut butter has none. Warm it up and mix. I then put it on top of the overnight oats and chill it all together. In this way you might run the risk of the kids just eating the topping - so you may want to give it a stir before serving.

For my selective eater, lunch at school is very trying. A lot of the problem was the decision making. Asking him "what do you want for lunch?" Was too big of a question. After a lot of work (a lot of work) - I decided two things. One: he eats well at breakfast and dinner, lunch does not have to be a "Big Deal." And we were making it a big deal, so I decided that I don't care what he eats at lunch. And two: he has total control because school is stressful enough, lunch with your friends should be easy.

We made a menu together, listing the things he could choose from each day and he had to pick at least one from each category. This took so much pressure off of the situation. Did he choose chicken and rice (microwave chicken tikka masala) and a side of strawberries for two weeks for lunch? Yes. Was this super repetitive? Yes. Did I feel like it was ok since his other meals had variety so it was ok? Also yes.

These are the categories for our lunch menu that we made. It is a laminated menu and if there was something that I can't offer after grocery shopping I cross it off with a dry erase marker. He had to pick at least one of each. And these were all "safe foods," he knows he likes them and because he could choose so there was no surprise in the middle of the day at school.

Protein: ham sandwich, turkey sandwich, cheese sandwich, pepperoni sandwich, black beans and rice, cheese and crackers, pasta and meatball, chicken and rice, soup (black bean soup, Italian wedding soup), hard boiled eggs, cheesy eggs.

Fruit or Veggie: apple slices, grapes, broccoli and dip, cucumber and dip, strawberries, apple sauce or fruit pouch, pickles (yes we count this as a lunch vegetable), carrots and dip, ants on a log (celery and raisins), salad (literally lettuce mix), tomatoes

A snack food: goldfish, pretzels, cereal, granola bar, graham cracker

Overall, I hope that you and your family can find something here that may help your school days run smoother. And here's to a great school year for everyone.

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

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MOMS' TIME OUT

Look at the bright side

Mary Angel

What an interesting phrase, look at the bright side! At first glance this is an uplifting, supportive phrase. It is a glass is half full mentality or is it. How many of us have been in a situation where someone felt it appropriate to encourage us with this phrase and it did quite the opposite. Let's face it, when you are in the midst of a rough time, someone telling you to look at the bright side is probably the last thing you want to hear. It is possibly the exact thing you need to do to change your perspective on your situation, but definitely not what you are in the mood to be told. It is probably only second to being told to calm down when you are frustrated. That one usually has the opposite effect.

However, looking at the bright side can completely change your outlook on life and your current situation. When it comes to our kids this phrase is no different. When they are mad, frustrated, sad, or simply blah telling them to look at the bright side will usually cause them to be even more irritated. That doesn't mean that we can't show them instead of telling them. Often children learn better from examples and experiences than from us telling them something outright. My youngest is an anomaly, as she thinks I am amazing and loves to spend time with me. She even listens to me like I know what I am talking about, which can be very rare between the ages of twelve and 112. Still, there have been times when she is going through a rough patch and the last thing I should do is tell her to look at the bright side of things. Showing her and coming along side of her instead of preaching to her is a completely different story.

She recently when on a mission's trip, with her youth group, to work in a city cleaning up parks, helping with children's camps, etc. She did this for the

first-time last year, and although she is very introverted and not a city girl, she ended up loving it. This year when they went on one of their site visits their vans were broken into, windows smashed, and personal belongings stolen. For a bunch of country girls, it was quite a scary experience. There were a lot of tears, confusion, fear and anxiety. Their leaders were wonderful as they assessed the situation and calmed the girls, while contacting the police and the mission's oversight organization. Everyone involved jumped into high gear. While the leaders waited for the police, other churches on the same trip sent transportation to bring the girls back to campus, other leaders volunteered to stay with our group while their leaders were handling details with the police and the van rental company. Our pastors drove to the campus to assess the situation and talk to the girls. All in all it was handled beautifully, considering the situation.

No one, however, said "look at the bright side", because when you are in the thick of it who wants to or is capable of looking at the bright side. The bright side of course was that everyone was okay, everything that was taken could be replaced, and in the scheme of life this was a little bump in the road. When I first spoke to my daughter, she was in tears standing next to two vans with the windows smashed in, her friends belongings missing (she had only brought what she could carry with her that day), and everyone around her crying hysterically. They all just wanted to come home. After a few hours she called me again to tell me they all decided they weren't going to let something like this stop them from doing what they were there to do!

Did this mean that they were all "looking at the bright side", absolutely not. They had simply made a decision

that this one occurrence was not going to deter them from what they set out to do. So, they stuck it out, through a few more bumps in the road and made some lifelong memories. Memories that would not have been possible if they hadn't stuck with it. Luckily, I knew better than to use the phrase "look at the bright side" when the tearful teenager called me in the heat of the moment.

Now that they have all been home for a couple months, and things have settled down, my daughter still has anxiety attacks when we go to a city of any kind. She is convinced if we leave the car someone will smash the windows. The more we take her places, leave the car, and come out to find it in one piece the less anxiety she has.

We often go for drives because she wants to talk, and I take any opportunity I can to remind her that there is always someone worse off than her and things could certainly be worse. We discuss good and bad situations and how to handle them. We discuss mistakes each of us have made in the handling of turmoil. I want her to "look at the bright side" out of habit, not because someone told her too, but also want her to be as prepared as she can be for the unexpected. I think this is a life skill that can be invaluable to anyone, but especially teenagers in the world we are living in today. When times get rough and rocky, and they will, being able to count their blessings could go a long way in helping them cope with these bad situations. However, that isn't always enough.

Sometimes, no matter how hard we try, we are suck into our own personal black hole of sadness and melancholy. This is when it can be helpful to have someone to talk to, someone to help you through. This may come in the form of a friend, a coworker, a mentor, or a professional. There may be times in life when our kids need to talk to someone who knows more about how the mind works than we



do. After the trip, many of the girls had horrible nightmares. When that happens and they just can't seem to move past a traumatizing experience, it is super important that they realize it is okay to ask for help.

It is just as important for us to advocate or them and the help they may need. After all, as mom's we should be our kid's biggest cheerleader and biggest advocate. When they know that we

support their need to get professional help it will make it seem that much more normal to them. My hope is that I am doing my best to raise her to be an adult who can handle the curve balls life will throw at her, but will also know when to ask for help when the curve ball smacked her right in the face!

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

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FOUR YEARS AT THE MOUNT

This month we asked our students to write about why it's important to recognize people who go above and beyond to help their communities.

Sophomore

The importance of kindness in the community

Devin Owen
MSMU Class of 2026

Kindness and doing good are both concepts that are often overlooked in our society today—concepts that people know are right but still stray from for whatever reason. Over my first year at the Mount, though, I learned that Emmitsburg is a small town that thrives off doing good and spreading kindness throughout the community. Quite frankly, it is an incredibly refreshing sight to see. Doing good and spreading kindness is even something I have seen quite frequently on campus at the Mount; many students and professors put a great deal of effort into being kind, and they emphasize the importance of doing good.

When I first started writing for the News-Journal, I had no clue what I was doing—it was one of those moments where I was thrown in the deep end and told to swim when I didn't know how. Most people would think that some-

thing such as that is unfair or unethical, but in the long run it helped me learn more quickly; I adapted to different writing styles and situations. A memory that pops up while I think of my first few times writing for the Emmitsburg News-Journal is when I was asked to conduct an interview with Kadeem Brim for a feature article on the local farmers market in town. Not only was Brim welcoming, friendly, and honest, but he was also willing to overlook that I had never done an interview before and showed me kindness. This showing of kindness only emphasized Brim's excitement to do good for his community. When we spoke about what changes were being made to the market this year, he had said that new specialties, such as activities for children and different breweries/wineries, were being added in a rotation each week to not only entice families to come out, but also give everyone something fun to look forward to. Brim had said that he made it his goal to have the market grow, thrive, and “have the life breathed back into it,” not just for sake of the local businesses, but for the sake of everyone in the town because it's something good to do as a part of and for the community.

Acknowledging the good that those around us do is not only important for the purpose of making them feel good about what they did, but also about showing appreciation for the actions that were carried out.

Another interview comes to mind when I speak of appreciating actions ad effort: the Blue Ridge Summit Library held a vintage book sale back on a dreary morning in March this year, and multiple members of the community came out to support it. The members of the Library Association spoke of how excited they were to put together this event and give the community something to do; something to look forward to. As a bookworm myself, the thought of any kind of book sale immediately piques my interest; it also warmed my heart to think that the library is trying to not only bring the community together for something fun, but also attempting to breathe new life into old books that seemed not to have gotten a lot of attention in recent years. I'll admit I was also incredibly excited when I saw a first edition Winnie the Pooh songbook—Pooh is a big thing in my family, has been for generations, but my niece recently became obsessed with anything pooh bear related—and

I wish I could've been the one to buy it, but maybe my excitement was similar to another's over the same book. It makes me think of the connections we can make to those around us just by something simple like that. Although that might not have been the intention of holding the event, it was still a good outcome, a welcome surprise.

Reflecting back on my own experiences, I remember holding a bake sale every year for our local SPCA center—I am a huge dog lover—and held it in the gazebo in my mom's neighborhood at the time. I absolutely loved planning, baking, and organizing the whole event but, getting to see everyone come out to support a cause that I loved so much was uplifting, heart-warming. The third year I did the sale, a local elementary school received the flyer that was posted on social media by the principal of my middle school; they had a class that volunteered to bake and donate goods for the bake sale that year. Not only did they save me a great deal of time in the kitchen the night prior, but they also reminded me that I wasn't alone in this: people wanted to help just as much as I did. The best part of all of it, though, was getting to

bring the money to the shelter each time; getting to see the way the face of the volunteers working lit up with joy and appreciation, not to mention that I got to go back to the kennels and play and bond with all of the dogs that they had at the time. That moment replays over in my head and reminds me why it's so good to do good, to be kind and giving.

In a way, this article is a form of recognition itself, honoring those who I have noticed do good and spread kindness in the community. That being said, thank you to everyone who does good and spreads kindness, even when you yourself may be going through a difficult time. You never know just how wonderful the outcome can be when good is done, for others and yourself. Again, recognizing those who do good in the community is important for a plethora of reasons, but the best of them all is to remind others that doing good—for selfless reasons—is something that everyone should strive to do, and by recognizing those who already do good we are also spreading kindness.

To read other articles by Devin Owen, visit the Author's section of Emmitsburg.net.

Senior

My feature article journey

Claire Doll
MSMU Class of 2024

When I first joined the staff of the Emmitsburg News-Journal, I was a sophomore at the Mount. I remember getting an email with the subject line: “Writers Needed for Local Paper!” As a student who only had experience writing creatively, I decided that this might be an opportunity to expand my skills and commit to a monthly writing assignment. It felt transactional, almost. At the beginning of every month, I'd respond to a prompt. Then I'd edit. Then I'd do it all over again. One article a month was all it was supposed to be.

I recall in November getting an email from my Managing Editor at the time, Harry Scherer. “Gig—Let me know if interested!” was the subject line. Harry was wondering—on behalf of our Editor, Michael Hillman—if anyone was interested in writing a feature article. The Fairfield Fire Company was celebrating its 100th anniversary, and the Emmitsburg News-Journal wanted a long form piece about the historical milestone. It would be double the number of words my usual monthly articles were, and it would require me to do some hefty research and even interviews some community members.

I had to do it. While I loved responding to prompts from my own perspective, I craved to go out in the community and learn about the people and places around me. I also pictured my name and article in the news-journal, belonging to its own page. So, naturally, I said yes.

On a crisp Saturday morning, I

drove up to the Fairfield Fire Company for an interview with Charles Deardorff and Edward Hartzell, two longtime members of the company, and spoke with them for hours about the history of their fire department. I listened to personal stories and experiences from the members, looked through vintage photos of the fire company, and even took a tour of the firehouse. When I left, I drove past the arching mountains of Fairfield and wondered how I had never been up here before, a small town just fifteen minutes from Mount St. Mary's. My feature article was published in the December 2021 edition of the Emmitsburg News-Journal, and I hung the full-page article on my fridge at home.

And then I got more feature articles assigned to me. The Fountaindale Fire Department's 75th anniversary. A celebration at Blue Ridge Summit Free Library for 100 years. The Gettysburg Choral Society, and local authors in the Woodsboro and Walkersville areas. Even a 4,000-word piece on the history of Union Bridge, where I had to attend a town meeting and type out words on an airplane to meet my deadline. My writing has covered stories miles and miles away from my college, in nearby towns, and have made impacts on those people. I would get as many as three or four feature articles assigned in a month, along with my usual Four Years at the Mount column, and I'd love it. I still do.

Meeting with members in the community and hearing their stories, while also giving them the gift of exposure and a voice in their town, is a rich and amazing experience. Plus, I can learn about their community. But the most beautiful part about these articles is being personable and learning about other people—people I would never

have crossed paths with, if it weren't for the news-journal.

One of the most memorable assignments, however, has been writing about memorial and candlelight service of Nick Hani, a beloved Walkersville community member. In June of 2022, I published an article about the cat that lived in the Walkersville Feed Store with Nick Hani, the store's owner. I interviewed Nick and recorded our conversation, as I do with all articles. I met his cat and published the story—that was all. In September, however, I learned of the death of Nick Hani.

It was heartbreaking and shocking, to learn that someone I had interviewed and crossed paths with, had died. I didn't even know Nick—just the surface-level details that related to my article—but this news struck me in a way I couldn't comprehend. My editor wanted me to go to his candlelight service and write about his life, his impact as a person on the town of Walkersville. At first, I was so nervous. I didn't know who Nick was, and I was about to go to his memorial service to write an article about his life.

But upon arriving to the service, I met Nick Hani's family and shared the audio recording of our interview from June. I hugged his wife, talked to his sisters, and listened intently during the service. The speakers were beautiful, and the prayers were intimate. Unlike any other feature article I've worked on, I didn't write down any notes. I soaked everything in—the setting sun, the conversation, the gathering of a family I didn't know. And it was beautiful.

Writing this feature article, I found myself coming up with words to describe such an experience, found myself painting an image of Nick Hani and portraying him within his

community. This has been the most impactful and emotional article I've written, and it taught me how important it is to recognize those within the community. Communities are intimate, a portrayal of how humans blend to represent values. They are more than council meetings and town halls (though those are super important); communities are togetherness,

but also individuality.

It has been a privilege writing feature articles for the Emmitsburg News-Journal and the Woodsboro-Walkersville News-Journal, and I am so excited to continue doing so for one more year.

To read other articles by Claire Doll, visit the Author's section of Emmitsburg.net.



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RECOGNIZING THOSE WHO GO ABOVE AND BEYOND

Meet Claire Doll, our new Managing Editor

McKenna Snow
MSMU Class of 2023

I would like to introduce you to Claire Doll who has assumed the role as Managing Editor of Emmitsburg News-Journal. I have had the honor of working with her through this past year and a half, and have utmost confidence that she will do incredible things as the next Managing Editor. Claire has already done so much for the News-Journals that I could hardly fit it all into one article. But she, who constantly highlights the best of others in her work, is certainly deserving of her own spotlight here.

Claire will be entering her senior year at Mount Saint Mary's University this Fall, which means she is one step closer to beginning the next major phase of her life: teaching full-time after graduation. While she is still determining which grade she wants to teach, it is clear from the love she has for teaching English that she will serve her students well. I have no doubt that the enthusiasm, patience and hard work that she brings to the News-Journals will also be brought to her next workplace.

For now, Claire will be continuing her studies as an English major, and taking on the role as Managing Editor. The team of student writ-

ers is excited to have her as a leader, but in some ways, she has already been just that throughout this past year. Claire has been the Assistant Managing Editor for the past year, which means that during some months out of the semester, all of the articles would go to her first before they went to the Managing Editor. She gave them a careful read-through and edited where it was needed, and then she would send the articles on their way. Even at the beginning of her time as the Assistant Managing Editor, I could see Claire's skills as an editor already that showcased her commitment to accuracy in the punctuation, grammar and flow of every sentence. I also knew immediately that I could send my own articles to her and could count on her to help me improve my writing.

Claire did not just happen upon this new position as Managing Editor, either; the Four Years at the Mount section is structured in such a way that each year, the writers receive a new level of responsibility. As a freshman writer, one's only job, really, is to write and edit as needed. As the sophomore, the junior trains the sophomore on what to expect as the Assistant Managing Editor, which is the position assigned to the junior writer. The junior writer gives the sophomore instruction on what the new expectations are when the second year is completed, and up the writer

goes. The Assistant Managing Editor finds himself or herself quite busy, working closely with the senior writer. Once a writer has finished junior year, they become the Managing Editor of the paper—a role that the graduating writer should be preparing them for throughout the spring semester. As the graduate writer, I have tried to prepare Claire as much as possible for this position, and have sent her tips, reminders, and short lists of expectations and instructions.

As has been the case for me and a graduate writer, Emmy, above me, graduating early made our tracks a little out of the ordinary. Similarly, Claire hasn't necessarily "followed" the usual four-year structure. Her original position on the team was the Arts writer, and she became a writer for FYATM as various writers shifted around their graduation timelines. Claire's eye for beauty and poetry made her a great candidate for the Arts column, but her excellence in journalism and creative writing made it apparent to us that she would thrive in the FYATM position. And she has not only met but exceeded expectations in her roles at the News-Journal.

As the Assistant Managing Editor, Claire was always punctual—with everything. It was her responsibility to schedule our monthly meetings as a team; the monthly meetings have a very narrow window in which they

need to happen at the beginning of each month. Despite the wildly different schedules of seven college students, Claire found a time that worked for everyone, and made the meetings well in advance. At the meetings, Claire was the one who had her computer out, taking notes on what the leaders had to say, and on what we could improve on as a team. She wrote down every prompt idea, every follow-up question she and I would have for Mike or particular writers, and had the budget email ready to go right after the meeting. That way, the writers could receive their prompts as soon as possible, so they had plenty of time to get their articles done before the deadline.

I could also always count on her to be the first to submit her articles to me—sometimes within a day of the prompts going out. Her skills at time managing never cease to amaze me, even when I'm just thinking back on them. During this past school year, I would mosey into the café at the Mount to get my morning coffee at an "early" 8:30 a.m., and would see Claire at a booth with her computer, notebook, and coffee all around her. At that point in the morning, she would have been up for at least two hours already, have gone for her sunrise walk with a friend, and have finished much of her homework. She and I would have a brief chat about News-Journal updates and where we were with writing, and

then she would go right to work. It would be no surprise for me to receive an email from her with at least two completed articles before noon. And each one would be thoughtfully written, as if she had been musing on the topic for the past several weeks and finally sat down to write it.

And that is one of my favorite things about Claire, an aspect I am sure you as readers have also noticed: Claire puts so much care into the person in front of her, and so much care into every sentence she writes. Her love of poetry echoes through her prose, as each sentence has an air of story behind it. I love the enthusiasm she brings to each prompt, to each feature article, and to each interview she hosts for an article. I am sure she will continue to bring the wonder she has for the world everywhere she goes—and for now, she is going into this role as the new Managing Editor.

Claire has not only been a fantastic and dependable coworker for me, on whom I could always count—she has also been a wonderful friend. I am grateful for the opportunity I had this past year to work with her, and am so glad that she is the one who I am handing on this beloved role to. Trust me when I say it, the EmmitsburgNews-Journal is in good hands with Claire Doll!

The Graduate

A good neighbor

McKenna Snow
MSMU Class of 2023

Why write a feature story on those who do good in our local communities? This question shows that it is all too easy to take someone's good efforts for granted. "It's what is to be expected," we often tell ourselves. "They should work hard or be virtuous. It's part of the basics of being a good human being."

These are all true statements, but they often discount the efforts, goodwill, and care that someone has put into what they do. Being grateful is an afterthought, since your neighbor being a good person seems like a silly thing to be thankful for.

It'd be like being thankful for water, shelter, food... see what I mean?

Being a good neighbor is something of a basic necessity in one's local community. This not only applies in one's personal life, but in public life through one's job, as well. How well we choose to do our jobs—not necessarily with skill but with care and attention—impacts those around us, even if we don't see it. We should be a good neighbor to those around us in how we live our family life and our occupations. The question of 'who is my neighbor?' famously asked about by a scholar of the law to Jesus in the gospels draws this point out. Jesus responds with the story about the Good Samaritan, who saves the man he meets on the side of the road, who had been a victim to robbers and left

for dead. To be a good neighbor is to treat those we encounter on our daily road—as the Good Samaritan did—with mercy.

As social and rational creatures, we interact with each other on a daily basis, even if it's in passive interactions like getting our mail and never saying hello to the mailman. In this case, we are 'cared for' by our neighbor, the mailman. This is a brief encounter with another person's actions, even if we don't see the mailman drop off the letter. The mailman dropping off the right letter to the right house makes quite a big difference in one's experience of getting the mail. When the mailman chooses to be a 'good neighbor' by being thorough, most of the time the proper letters are delivered. And when there is a mix-up, rarely does it have to do with the ill will of a mailman; usually it is just inevitable human error, which is also a part of life. We give each other grace for that mix-up, get it sorted out, and move on.

We shouldn't take our neighbors' good actions for granted, even if they're something of a basic necessity in order for societies to thrive. These actions are an encounter with virtue—a conscious, deliberate choice or habit to do the right thing, whether it be in one's job or in caring for one's family. It is easy to be impatient, to give up and go an easier route, to cut corners, or to simply complete one's job begrudgingly. It is an inspiring thing to do what is more arduous for the sake of something greater—serving one's community with joy, patience, and love.

That is why members of our com-

munity who do good are worthy of all the feature articles we can write. I think it is incredibly important to highlight those in our communities who do good—oftentimes, who I interview for feature articles have been doing many small tasks over the course of a year or even 35 years, and I am writing about that. Often, it isn't that they did one major feat that must go on the front page, but that they have lived well in their corner of the world, and have loved those they meet on their own roads well. They haven't helped every person around the globe as they walk down their road; they've simply loved those on their road well, in their everyday life choices. Most of us won't know what they've done for others until we ask them about it. I bet most of your decisions to be patient with a coworker, to go the extra mile in volunteering on your Saturday off, to play one more round of that board game your child loves, go unnoticed. That is alright. God noticed, and your neighbor noticed. It is still worth it.

Feature articles are some of my favorite articles to write because I get to hear the stories, memories, and cares of members of the community. No two people are the same, so each time I am tasked with interviewing someone new, I am excited and interested in what I might learn about the new person and what their road is like. I think it's important to highlight those who do good because it shows that 'ordinary people' like you and me really do make an impact on our communities. Feature articles are also a way to express gratitude for the people in our communities who do good, so that there is some recogni-

tion we can give back to them for all that they've given us.

As a newspaper, we have the platform to recognize the people in our community who spend years doing good without being spotlighted, and offer them a chance to share their story with others. Everyone has different gifts, talents, and interests, and feature articles allow for a chance to celebrate that. It is important to recognize these members in our community who do good because, like shelter or water, our communities need them. We need them and we need to express our gratitude where we can—whether it be through a feature article or through a Christmas card left out

by your mailbox for your mailman.

"And who is my neighbor?" The question hangs in the air as Jesus looks at the scholar of the law with love. A story is then told to show him the answer. We know the answer now, too.

Perhaps our own stories won't all be in feature articles, but we know there is still great value both in being a good neighbor, and appreciating our neighbors. May we all be 'good Samaritans' to those we encounter on the road ahead of us.

To read other articles by McKenna Snow, visit the Author's section of Emmitsburg.net.

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LIBRARY NEWS

Blue Ridge Summit Free Library
 Mondays – Children’s Story Time 4-5 p.m., Children and parents can join us for a weekly story, craft or coloring sheet, or play time. We will be running two identical 30 - minute sessions in an attempt to accommodate busy schedules.

Wednesdays – Coffee Club from 3 - 4 p.m. Mingle with the gang for coffee, tea, puzzles, board games, coloring books, &c.

Thursdays – Teen’s Night. The community room is reserved for teen use from 4:30 - 6 p.m.. just hang out or play Wii, play board games, do puzzles, eat snacks, watch movies, make movies, etc!

Saturdays - Join us at 10:30 a.m., for an hour of Story Time and all of its festivities! What could be better than a great book and a fun craft?

Scherenschnitte Night at the Library – September 12 at 6:30 p.m.. Learn the German art of paper cutting design. The artwork often has rotational symmetry within the design, and common forms include silhouettes, valentines, and love letters. The art tradition was

founded in Switzerland and Germany in the 16th century and was brought to Colonial America in the 18th century by Swiss and German immigrants who settled primarily in Pennsylvania.

The Summit Stitches Quilt Club meets at 5:30 p.m. on September 19. New members and new projects are always welcome! Any skill level may attend. If you have always wanted to learn how to quilt, now is the perfect time to start! The group is currently working on this year’s gorgeous raffle quilt.

The BRS Book Club will meet September 19 at 5 p.m.

For more information on the Blue Ridge Summit Free Library visit www.fcpsa.org or call 717-792-2240

Frederick County Libraries

Excitement and nervous energy are filling the school hallways as the new school year begins across the nation. While new students prepare for the year ahead, here at our libraries we are celebrating our annual Library Card sign-up month. This is the perfect opportunity for students of all ages

to visit our libraries to see what’s new. From borrowing books and ebooks, to getting homework help, discovering a new language, exploring comics online, or attending an interesting program, library cards not only spark excitement and creativity they are also essential to a student’s toolkit.

In addition to Library Card Sign up Month, September 2023 marks Frederick County Public Libraries 60th anniversary, and we will be celebrating with parties at all our branches throughout the county. You’re invited to the Thurmont Library party on Sunday, September 10 from 2 to 3 p.m. and to the Emmitsburg Library party on Saturday, September 23 from 11 a.m. to Noon. Both libraries will have games and activities for all ages and there’s a rumor that the Emmitsburg Library will be serving cake!

Explore new, exciting programs at Emmitsburg Library in September, including a new afterschool “STEAM Discovery” program for elementary students, while teens can discover the “Power of Knots” through the art of Macramé. For those adults curious about making sourdough bread, come to the library on Saturday September 16th and learn the secrets of a great Sourdough Starter.

At our Thurmont Regional Library, check out the new “School Skills for Preschoolers” on Monday mornings, and a special program “Beyond Earth: Exploring the Human Body in Outer Space” for elementary ages set for later in the month.

On Saturday, September 16, join Cindy Stockton Moore, the Cunningham Falls State Park Artist in Residence, as she explores our trail while presenting her program “Drawing with Nature”. In this hands-on workshop, participants can experiment with locally foraged inks and charcoal - learning more about the relationship of natural color and the forest ecosystem. Elementary, Teens and Adults are all invited to participate in this special presentation.

North county libraries have a full calendar of programs set for September, so please drop by to celebrate this special month with us.

Visit the library website at Month Calendar | Frederick County Public Libraries (librarycalendar.com) to discover so much more.

Emmitsburg Branch Library:

Mondays: Family Storytime (Birth to 5), 10:30 - 11 a.m.

Thursdays: STEAM Discovery (Elementary), 3:30 – 4:30 p.m.

Sept. 11, 18, 25: Little Adventurers (Birth to 5), 11:15 – 11:45 a.m.

Sept. 12: Storytime at the Manor Playground (Birth to 5), 10:30 – 11:00 a.m.

Sept. 14: Read to a Therapy Dog with Wags for Hope (Birth to 5, Elementary), 6-7 p.m.

Sept. 23: Frederick County 275th, Happy 60th Birthday FCPL Party! (All Ages), 11 a.m. to Noon.

Sept. 16: Macramé: The Power of Knots (Teens), 1:00 – 3 p.m.

Sept. 16: The Learning Café: Sourdough Starter (Adults), 10:30 – 11:30 a.m.

Thurmont Regional Library

Tuesdays: Baby Storytime (Birth-18 months), 10:30-11:30 a.m.

Tuesdays: Elementary Explorers (Elementary), 4 -4:45 p.m.

Wednesdays: Toddler Storytime (18 months-3), 10:30-11 a.m.

Thursdays: Musical Storytime (Birth-5), 10:30-11 a.m.

Sept. 5: (Off-site) Trivia at 10Tavern (Adults, All Ages), 7-8 p.m.

Sept. 6: How do I buy a home in this market with Elle Smith (Adults), 6-7 p.m.

Sept. 10: Frederick County 275th, Happy 60th Birthday FCPL Party! (All Ages), 2 -3 p.m.

Sept. 11, 18, 25: Preschool Storytime (3-5), 10:30-11 a.m.

Sept. 11, 18, 25: School Skills for Preschoolers (3-5), 11-11:45 a.m.

Sept. 11: Fiber Art Fun (Elementary), 4-4:45 p.m.

Sept. 14: Teen Scratch Art (Teens), 6-7 p.m.

Sept. 14: (Off-site) Digital Learning at the Senior Center (Adults), 10-Noon.

Sept. 16: Drawing with Nature: Cindy Stockton Moore, Catocin Mtn Artist in Residence (Elementary, Teens, Adults), 11 a.m. – Noon.

Sept. 19: The Secrets of Site “R” (Adults), 7-8 p.m.

Sept. 20: Invasive Japanese Not Weed with Master Gardener, Cindy Poole (Adults), 7-8 p.m.

Sept. 25: DinoRawr! (Birth-5, Elementary), 2-3:30 p.m.

Sept. 26: Frederick County 275th: Braided Lives - Catocin Furnace’s Enslaved through Poetry, Song & Narrative (Adults, All Ages), 6:30-8 p.m.

Sept. 29: Beyond Earth: Exploring the Human Body in Outer Space (Elementary), 1-2 p.m.

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SCHOOL NEWS

Fairfield to alter policy focused on unstable students

Fairfield Area School Districts Board of Directors is closer to making it easier for students who face hardships to graduate from high school.

At their work session in August, Superintendent Thomas Haupt presented an updated policy on how to care for those pupils. Pennsylvania General Assembly's Act 1 of 2022 necessitated Fairfield's changes.

The biggest change, Haupt said, is broadening the policy to include students who face "instability." Act 1

defines a student facing instability as one who is experiencing homelessness; an adjudication of dependency, delinquency, or court-ordered services under a voluntary placement or custody agreement.

Previously, Fairfield Area School District was required to enroll such students within five days of their request. The waiting period, Haupt explained, gave the district time to acquire a student's records from his or her previous school.

The new policy, which the board

will vote on in September, also relaxes other district rules for students who experience instability.

Technology

The district is changing the process for students to receive their own electronic device. Nicole Zepp, coordinator of instructional technology, told the board every student will receive a Google Chromebook this school year.

The district replaces Chromebooks every five years, so students will receive a

new device in first, fifth, and ninth grade. Kindergarten students will receive used Chromebooks, Zepp said.

All students are responsible for the care of their Chromebook, Zepp said. Parents can purchase insurance to help reduce replacement or repair costs.

Zepp said the district offers mobile hotspots to students who do not have reliable internet at their home. Last year, one student borrowed a hotspot.

The district is also working on enhancing WIFI capabilities on the

outdoor areas of the district campus on Fairfield Road. When that project is complete, Zepp said, district residents will be able to access the internet from parking lots and sports fields.

The district is also working on enhancing wifi capabilities on the outdoor areas of the district campus on Fairfield Road. When that project is complete, Zepp said, district residents will be able to access the internet from parking lots and sports fields.

Frederick County Public Schools

Karen Yoho
Frederick County
Board of Education

Frederick County Public Schools students started their academic year on August 23. Of course, many students had already attended band camps, pre-season sports training, and other summer programs. And the school-based staff had returned the week before to join the 12-month folks. Being one of the first school systems in the state to start, FCPS was on many morning news programs. Dr. Dyson, members of her cabinet, and Board members spread out and made visits to all the school buildings over the first few days of instruction. From our observations, students and teachers were already getting into their routines and were well on their way with instruction and learning.

Brooke Lieberman, the newest Student Member of the Board, was one of those who appeared on television incredibly early in the morning on the first day. Brooke is a junior at Urbana High School and wants to be the voice of the students, so be sure to contact her at studentmemberboe@fcps.org or through her Instagram account, [fcps_smob](https://www.instagram.com/fcps_smob). FCPS has been blessed by the caliber of our student members and Brooke is already proving that she will be a valued member of our Board.

At the August 30th meeting, the BOE heard from PCG, the independent company hired to audit FCPS special education programs. You can access the 146-page report on the FCPS website. There is also an executive summary provided. The school system and the Board will take these recommendations into consideration as we look at our budget and programs. The idea of an independent audit came from the Special Education Blue Ribbon Task force which included parents, community members, and FCPS staff. We are always seeking to do the best for all our students.

FCPS added more than 400 new teachers to our classrooms. There was a great deal of energy and enthusiasm during the new teacher training. If you have looked at the staffing reports on Board Docs, you might have noticed that FCPS is the recipient of more and more experienced teachers who are choosing to come to the fastest growing county in Maryland. We thank our Human Resources Department for their concerted efforts, as well as the personnel who provide the early training and support for our newest employees. The students are the bene-

ficiaries of everyone working together.

From the FCPS website, "Frederick County Public Schools, Food and Nutrition Services announces participation in the School Breakfast Program and National School Lunch Program for school year 2023-2024. Free and reduced-price meal benefits are available at all Frederick County Public Schools. Online applications for the 2023-2024 school year are available at <https://linqconnect.com>."

Congratulations to students from the Frederick County Public Schools Career and Technology Center (CTC), ten of whom recently placed in the top ten at the 59th Annual SkillsUSA National Leadership and Skills Championships

in Atlanta. To read the rest of the article, look at the FCPS website on the homepage. We love our CTC and all the other career and technology programs throughout the system. The Board is always looking for ways to expand and hone our CTC course offerings.

Our Public Affairs department reports that the FCPS Financial Reporting Department has once again been honored for excellence by both the U.S. Government Finance Officers Association (14th year in a row) and the Association of School Business Officials (15th consecutive year). FCPS earned the Certificate of Achievement of Excellence for the annual FCPS comprehensive

financial report for the fiscal year that ended June 30, 2022.

An impartial panel said the report demonstrates a constructive "spirit of full disclosure" to clearly communicate its financial story and motivate potential users to read the document. The Certificate of Achievement is the highest form of recognition in the area of governmental accounting and financial reporting, and its attainment represents a significant accomplishment by a government and its management.

We appreciate how knowledgeable

our Finance Department personnel are and how hard they work to present a transparent budget for the citizens of Frederick County. Congratulations on these well-deserved honors.

The Great Frederick Fair will once again happen later this month. Best of luck to the many students who will have entries in the Fair. Be sure to look for FCPS personnel and Board members, meeting and greeting students and their families.

For all FCPS families, we hope your students had a successful start to the 2023-24 school year. And enjoy your Labor Day weekend.

ARTS

GCCA announces 80th concert season

As the summer season winds down, now is a great time to look ahead to fall and add the Gettysburg Community Concert Association's 80th Concert Season's programs to your datebook. Plan to join the Gettysburg Community Concert Association for the 2023-2024 season. A GCCA membership offers four concerts in Gettysburg with the extra value of a reciprocal agreement with the Hagerstown, MD and Waynesboro, PA concert associations adding ten more shows for free.

GCCA fulfills its mission of bringing great classical performers to the area by opening the 80th concert season with Taiwanese American pianist Ching-Yun on Tuesday, September 19, performing masterworks by Chopin, Liszt and Rachmaninoff.

Ching-Yun has been praised by audiences and critics across the globe for her dazzling virtuosity, captivating musicianship, and magnetic stage presence. At the heart of Ching-Yun's success is a story of strength, dedication, and resilience that has powered her dream of becoming a world-class artist. Moving to the United States from Taiwan at age 14 without her parents to begin studies at The Juilliard School was the first of many

challenges Ching-Yun has overcome in building her illustrious career — one that's included winning top prizes at the 12th Arthur Rubinstein International Piano Competition and the Concert Artists Guild Competition, performing on classical music's biggest stages including Carnegie Hall, the Kennedy Center, Wigmore Hall, and Taipei National Concert Hall, and fostering the next generation of musicians as an educator and through entrepreneurial and philanthropic initiatives.

But for Ching-Yun, being a musician in the 21st century isn't just about playing the piano well — it's about making classical music more accessible through captivating programs that tell human stories inclusive of gender and race. By juxtaposing audience favorites with underperformed treasures Ching-Yun's recitals consistently cover musical and narrative contrasts that encourage people to listen deeply and discover anew the work of even the most well-known composers. A concert of Chopin, Liszt and Rachmaninoff, in celebration of his 150th birthday, is planned.

On Tuesday, November 14, Frisson Ensemble will feature some of the best and brightest of classical music's stars. Frisson performs

engaging programs for winds, piano trio and piano quartet, and features oboist, Thomas Gallant.

After a winter hiatus, GCCA presents ensemble132, a roster-based chamber music collective with innovative programming centered around new arrangements of existing masterworks and classic repertoire. Enjoy this concert on Tuesday, April 9.

The concert season concludes on Tuesday, May 7, with the Hyperion String Quartet, an exciting talent emerging within the field of chamber music since their formation in 1999 at the Eastman School of Music.

Both of the regional partners in Hagerstown and Waynesboro appeal to a variety musical tastes with programming ranging from country to rock and roll to classical. A Garth Brooks tribute, some country swing, a throwback tribute to the 70's folk scene, a female trio tribute to doo wop, Motown and R & B, and a mini-Trans Siberian Orchestra experience then wrapping it all up with the popular Dallas Brass, to name a few, make for a season of nostalgia and fun.

An adult membership is \$50. Children to age 18 and college students with ID are free. The concert venue



GCCA fulfills its mission of bringing great classical performers to the area by opening the 80th concert season with Taiwanese American pianist Ching-Yun on Tuesday, September 19, performing masterworks by Chopin, Liszt and Rachmaninoff.

for GCCA concerts is the St. James Lutheran Church, 109 York Street, in downtown Gettysburg, at 7:30 p.m.

The Gettysburg Community Concert Association (a non-profit membership organization) 2023-2024 Season is supported in part by a grant from PA Council for the Arts, a state agency funded by the Com-

monwealth of PA and the NEA, a federal agency; the Adams County Arts Council's STAR Grant Program which is funded by the Adams County Commissioners and the Borough of Gettysburg.

For more information call 717-339-9610; e-mail info@gettysburgcca.org, or visit www.gettysburgcca.org

Frederick Speaker series 2024 lineup announced

Entering its eleventh year, The Frederick Speaker Series has developed a reputation for bringing world-class speakers to the Frederick community. The 2024 line-up includes social activist, producer, and contributing editor to Vanity Fair Monica Lewinsky, host of Fox News Sunday, chief legal correspondent for Fox News Channel and bestselling author, Shannon Bream, former director of the FBI and #1 New York Times best-selling author, James Comey, Public Enemy frontman and Rock & Roll Hall of famer, Chuck D, and #1 New York Times best-selling author of Wild and Tiny Beautiful Things, Cheryl Strayed. All Series events are held at the Weinberg Center for the Arts.

A separately ticketed Meet-and-Greet reception will take place immediately following each presentation. These exclusive events provide a chance for fans to meet

the speakers, take pictures, and obtain autographs. All proceeds from the Meet-and-Greet receptions will benefit children's programs at Frederick County Public Libraries.

Monica Lewinsky, January 18 - Monica Lewinsky is a producer, social activist, global public speaker, and a contributing editor to Vanity Fair. Her focus is on storytelling that moves the conversation forward — around shame, reclaiming identities, and justice for women. As an activist, Lewinsky advocates for a safer social media environment and addresses such topics as digital resilience, privacy, and cultivating compassion online. She was a speaker at the 2015 TED Conference in Vancouver. Her speech, "The Price of Shame," has been viewed over 21 million times.

Shannon Bream, February 15 - Shannon Bream is the anchor of FOX News Sunday and chief

legal correspondent for FOX News Channel. She has covered numerous political campaigns, landmark Supreme Court decisions, and Washington scandals. Before entering the world of media, she was a labor and employment attorney who specialized in race discrimination and sexual harassment cases. Bream's accomplishments also include three faith-based New York Times bestsellers.

James Comey, March 21 - James Comey led the FBI from 2013 to 2017, appointed to the post by President Barack Obama. His tenure was tested by new forces within and outside America's borders: foreign intelligence operations, mass shootings, questionable police responses, ISIS's surge, cyber threats, and more. Related to his dealings with these explosive issues, Comey shares behind-the-scenes insight and intriguing accounts, along with his personal

take on "truth, lies and leadership" and how his moral compass guided his decision-making, issuing a call for ethical leadership no matter the circumstance.

Chuck D, April 18 - Chuck D is the leader and co-founder of the legendary rap group Public Enemy, the author of two critically acclaimed books, and a political activist, publisher, radio host, and producer. He has been featured on and/or interviewed in over fifty documentaries on music, technology, politics, and race; and has appeared in numerous public service announcements for national peace and the Partnership for a Drug Free America. Chuck D has been a national spokesperson for Rock the Vote, the National Urban League, Americans for the Arts Council, and the National Alliance for African American Athletes.

Cheryl Strayed, May 2 - Cheryl Strayed's #1 New York

Times bestseller Wild, about her hike on the Pacific Crest Trail, was an international hit that was later released as an Academy Award-nominated motion picture starring Reese Witherspoon. Tiny Beautiful Things, her beloved bestselling collection of Dear Sugar advice columns, was adapted into a Hulu television series starring Kathryn Hahn and adapted for the stage by Nia Vardalos. A warm, candid, funny, and engaging speaker, Cheryl Strayed talks about love, loss, adventure, courage, empathy, and the power we possess to blaze our own wild trails.

Tickets may be purchased online at weinbergcenter.org, by calling the Weinberg Center Box Office at 301-600-2828, or in person at 20 W. Patrick Street in Frederick, Maryland.

The Weinberg Center for the Arts is one of the region's premier performing arts presenters, offering film, music, dance, theater, and family-focused programming. Located in the historic Tivoli Movie Theater in downtown Frederick, MD, the Weinberg Center strives to ensure that the arts remain accessible and affordable to local and regional audiences alike. Weinberg Center events are made possible this season with major support from the City of Frederick, the Maryland State Arts Council, Plamondon Hospitality Partners, the Maryland Heritage Area Authority, and other corporate and individual donors.

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ART & ARCHITECTURE

Classical music month at the Mount

Ashley Walczyk
MSMU Class of 2024

The summer is slowly ending, and as the students return for the fall semester, we hope everyone has settled comfortably into their dorms. Campus begins to have a beautiful buzz, full of new students. We encourage everyone at the Mount, whether they be first years, transfers, or upper-class students, to join the Fine Arts Program on campus.

The Mount is full of opportunities for many to be involved, especially in opportunities at the Fine Arts department. Every year, we host an event called “A Night at the Delaplaine,” where all of the Fine Artists on campus come together to perform and showcase what the department is made of. This includes small performances from Chorale, Band, and Lab Band. As well as the music department, the theatre department will be showcasing some fun games. Last year, these included games of improvisation and mirroring a partner.

The Lab-Band consists of students on electric guitar, bass, and drums, to name a few instruments. The songs performed in this band are some of the classic rock n’ roll music and heavy metal, though it should be noted that the screamo genre is normally not a part of this group. While the songs in this band are important, especially to the students performing these pieces, there is another genre of music that deserves recognition: classical music.

September is actually the month of classical music. When we think of classical music, we might think of the big names, like Mozart, Beethoven, and Bach, the classical composers. However, classical music is much more than that of the music from the times between the sixteenth and eighteenth centuries. These big three composers, who we have all heard at least one piece from, are believed to be the most significant, according to scholars. However, while these three rightfully deserve their recognition, there are many others in the classical world who deserve applause.

Johannes Brahms used influence of folk music in many of his compositions and is widely known for *Symphony No. 3 in F Major*. Richard Wagner was a composer who extended the opera tradition with some of his major works including *The Flying Dutchman*. Claude Debussy is regarded as the father of modern classical music, which includes works *Clair de lune* (which translates to ‘Moonlight’ from French), *La Mer* (or ‘the Sea’ in French), and an Opera *Pelléas et Mélisande*.

Pyotr Ilyich Tchaikovsky is most known for having compositions in many ballets, including that of *Swan Lake*, one of the most respected and performed ballets in the world, and the wonderful Christmas ballet, *The Nutcracker*, Op. 71. Frederic Chopin, known

for devoting himself only to the piano, composed *Nocturne, Op. 9 No. 2 in E-flat Major*, *Nocturne in C-sharp Minor, B. 49*, and *Heroic Polonaise*. Joseph Haydn, the most influential figure in the development in classical music in the eighteenth century, composing that of *Symphony No. 92 in G Major* and *Cello Concerto No. 2 in D Major*.

The last of the ten most notable figures in the history of classical music is Antonio Vivaldi, who is celebrated for his brilliant concertos. In his lifetime, he has written about 500 concertos, but his most memorable is one heard in many regency-themed movies and tv shows: *The Four Seasons*. The songs in this concerto follow the pattern of the seasons, starting with spring and ending with winter. The consensus shared about *The Four Seasons* is that this piece has been the favorite of many for decades, especially in the 1960s.

Too often, we reflect on classical music moreso as a “thing of the past” instead of what it can offer us now. Classical music is typically used, for some students, as background noise for studying. However, the many layers of classical music allow for much more intricacy in how we feel about the composed piece we are listening to. The crescendo of an orchestra, which is used to increase in volume gradually, can make listeners feel a sort of tension and excitement. A decrescendo, which, opposite to crescendo, is the decrease in volume, could allow for the audience to feel like they have sighed a breath of relief, or are finally at the end of a long journey.

When we think of classical music, we do not generally think of a full band. String instruments such as the violin or the cello might come to mind, or even the universal instrument, the piano. However, classical instruments can



also range from strings to brass, to woodwinds, percussion, and key, which is a fortepiano. Grand orchestras can consist of percussion instruments such as the timpani, the xylophone, cymbals, triangle, snare drum, bass drum, tambourine, maracas, gongs, chimes, celesta, and the piano.

Classical music is a topic that seems easy to understand on a surface level, but the truth is, it is an intricate area of study. Each stroke of the strings, each key on the piano, each chime of the triangle, is all intentional, like writing is for an author. These composers each have accomplished a lot in their lifetime and through their music, we are able to view and listen to, and even celebrate them. Each instrument that is used in these pieces, like singers in a choir, are selected to provide beautiful music to listeners. Classical music, in its uniquely moving and complex composition, has been an encounter with true beauty throughout the ages, and listeners of any age can enjoy it.

Now, it remains to be seen—and heard—of what music will all be performed by the Fine Arts department this semester, but one thing is for certain. Whether it is contemporary or classical pieces performed, music will always hold

influence over society. So this month, it is encouraged to listen to one of these composers mentioned above, and as you listen to them, enjoy the beauty found within the piece, the individual instruments forming the sound of music, and the brilliant composers who created these works.

We look forward to the upcoming semester and to hearing the music that will be brought by the Fine Arts department for all the new and returning students to enjoy!

Upcoming events on Campus:

During the month of August, the Fine Arts Department hosted “A Night at the Delaplaine,” which was on the 30th. If you missed this event, be sure to attend it next year if you want to learn more about the department!

As of right now, September has two events finalized and one event

planned, though the whole semester is not yet completely set. There will be an Art Show at Delaplaine, in the Williams Gallery, in the first week in September. Stay tuned for more art events on campus, especially Art Shows. During Family Fest, we will be having performances from the Band and the Lab Band. Please go and enjoy the talents of these students as they perform their craft for the public.

As well as Fine Arts, the Ducharme Lecture for the Fall Semester will be on September 27th in the Knott Auditorium. There, Dr. Lovridge will be presenting a lecture on what medieval rhetoric can teach us about ecological advocacy. Stay tuned for more events on campus in the upcoming months!

To read past Mount Arts articles, visit the Author's section of Emmitsburg.net.

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CATOCTIN SPORTS

On being a high school sports writer

Gina Lin
CHS Class of 2024

When I first accepted my position as a sports writer back in the summer of 2022, I was essentially walking in blind. To say the least, writing and reporting were completely new to me. Fresh out of my sophomore year and with the stretch of summer ahead, I took a chance on something that has altered my perspective on sports, journalism, and the world around me. Little did I know that this endeavor would lead me down a path of self-discovery and a newfound appreciation for journalism.

Prior to writing about sports, I had only ever written essays in English class. I prefer to write informational writing pieces—thankfully I was not tasked with producing commentary. The previous sports writer, Mia Ferraro helped me greatly by providing insightful feedback on drafts of my articles, and by giving me pointers on journalism norms.

In all honesty, sports had never been at the forefront of my interests. Growing up, I was mostly occupied with academics. Yet, over the past several months I discovered that sports were more than just the game. Sports help to build bonds and trust between team members, and I was able to vicariously experience the thrill of sports through my role. I also picked up on sport terminology, which could be helpful for me in the future.

I have developed many critical skills, aside from writing, from my time

spent as a sports writer, one of the most important being organization. I have learned to organize information, sources, interviews, etc. Not only has this skill been beneficial for writing, but I have applied it to managing school, work, and extracurriculars.

Prioritizing time management has also come in handy, as I have to work within a deadline to submit my article. Typically, I choose a topic to write about at the beginning. Sometimes, I have to scrap the original topic halfway through the writing process because of insufficient information and a multitude of other reasons. Choosing a topic is particularly important, as I have to consider what would peak audience interests and if it's practical for me to write about. In the following weeks, I conduct interviews and gather information from various sources and platforms; including social media and other news outlets. I reach out to my sources first, so I can give them ample time to respond if they do respond.

I won't spend too much time explaining the logistics of writing, but I will provide a brief overview. After most of the data and testimonies have been compiled, I proceed by sifting through information that could help with drafting my prompt. This part is a little more time consuming, as it shapes the outcome of my article. Moving onto the actual writing portion, I typically create a rudimentary outline before fleshing it out by adding specific statistics and testimony. Outlines are helpful, as they help to

organize my thoughts and what the essence of the article is. After that, I will edit the article. The editing process consists of refining terminology which may be too general or extreme, correcting grammatical errors, and ensuring a smooth flow throughout the article.

Navigating sports writing was not without its challenges. As a high school student juggling classes, extracurricular activities, and a social life, I often found myself working with time constraints. But, this pressure has honed my time management skills and I have learned to make practical sacrifices that would be more beneficial for me in the long run. Another problem that I encounter is obtaining statistics. This is further aggravated considering that Catocctin is such a small school. I spend most of my time just trying to find information or waiting for responses from potential interviewees. As I have mentioned, I was not particularly immersed in athletics prior to my role. As a result, sometimes I would have a crash course on certain sports before I feel confident enough to report on it. Moreover, I run into writer's block occasionally especially since I experience burnouts from school and the many other activities I'm involved in. But, when that occurs I like to take a break in an attempt to rejuvenate myself.

Now, there are innumerable positives of being a sports writer, which have explained my commitment to this role. One of the most transformative aspects of my journey was the realization that sports extend beyond the scores on the scoreboard. Behind each victory or defeat was a story of dedication and growth. I learned to look beyond the statistics and delve into the lives of the athletes, understanding their



Sports writing has taught me that athletics is about more than just statistics. It's also about the connections made among players, coaches, and teams.

struggles, triumphs, and dreams. In a way, being a high school sports writer became a lesson in empathy.

One of my proudest moments so far is my work in expanding the scope of my reporting to academic and other non-athletic extracurricular activities, as they do not always receive the same attention as athletics. I have many friends that participate in non-athletic extracurriculars, and I can confidently say that they work just as hard. I am glad that I was given the opportunity to tell the stories of more students at Catocctin.

Perhaps the most rewarding part of the journey was witnessing the impact of my words. As I shared the stories of these young athletes, I saw how my articles resonated with the community. Parents, friends, and athletes found a sense of pride in seeing their efforts celebrated in print. One time, an athlete happily recalled her parents framing an article on their wall that I had written about the volleyball team. This really goes on to demonstrate an individual's dedication and perseverance to their chosen extracurricular activity. I am constantly inspired by individuals involved in orga-

nized athletics, as I have observed the power of sports to unite, inspire, and teach.

Inevitably, my appreciation for journalism has deepened. Journalism's capacity to illuminate, question, and provoke thought has become even more evident to me through my time as a sportswriter. It has also cultivated an immense respect for journalists, as they have to be so careful in their writing in addition to working very hard. One of the reasons explaining my admiration for journalism is its interdisciplinary nature. For me, I had to use an objective writing style to convey sports. While the challenges of writing about sports may sometimes feel demanding, in the end it has proved to be rewarding.

With a new school year just beginning, I am excited to continue reporting on sports and celebrating the athletic accomplishments of my peers, not only in athletics but in academic extracurriculars. Since I am entering my senior year, this school year is sure to be a memory-filled one for me also.

To read past Catocctin Sports articles, visit the Current Events section of Emmitsburg.net.



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MOUNT SPORTS

Brad Davis named new Mount Athletic Director

Steve Morano
MSMU Class of 2024

On June 12th, Mount St. Mary's University named Brad Davis as the school's new Athletic Director. This comes as the longtime Athletic Director of the Mount; Lynne Robinson announced her retirement at the end of the 2023 academic year. Davis is well-versed in college athletics and the NCAA, serving as the Athletic Director and Assistant Vice President for Athletics at Mercyhurst University for six years. While being on campus for only a little under a month, Davis has already shown his eagerness to pick back up where Robinson left off and lead the Mount in another season of MAAC sports.

Hailing originally from San Francisco, California, Davis is a product of Boston University, studying Broadcast Journalism as an undergrad. He then got his Masters in Sports Management from Southern New Hampshire University. He stayed in New England where, in 2006, he worked as Assistant Director of Sports Communication with former Northeastern Conference rival, Bryant University. Davis left there a year later and spent 11 years at Merrimack College, another NEC school, where he served as both the Assistant and Associate Athletic Director.

After 2018, he landed at Mercyhurst, where his story would continue until he was hired as the Athletic Director of the Mount in June of this year. He is not the only former Mercyhurst worker to come to the Mount this summer; Chris Ryan was hired as the Mount's new head coach of lacrosse in July after the departure of former head coach, Tom Gravante. New hires are likely to follow this year as Davis and the rest of the Athletic department may want to freshen up for the upcoming MAAC season.

While at Merrimack, as Associate Athletic Director, Davis helped transition the school from Division II to Division I; while the move to the MAAC went smoothly for the Mount, there is still a lot of work to do for the Mount to update both facilities and technology to match the more established schools in the conference—and they already have. For instance, the sports information and media department have undertaken new technology and methods to perform media days for athletic teams. Baseball specifically has obtained trackman technology to better record data and analytics from practices and games and a flurry of new equipment and gear has reached teams at Mount.

While at Mercyhurst, Davis and the rest of the Athletic Department had to rebuild to be competitive in the PSAC, which is one of the best conferences in Division II. "I walked into a capital

campaign for athletics—we raised about \$15 million in about two years, and we redid every competition facility on campus," Davis said. Twenty-five varsity teams, including a football program and a Division I hockey, and all facilities were updated including a new softball facility and a complete redevelopment of their basketball arena. He also helped add to the population of the athletic student body, with the number of athletes at the school jumping from 550 athletes to above 700.

Those updates to the school's athletic department and facilities transferred over to success. Mercyhurst won a Division II national championship in rowing and made five appearances for both the men's basketball team and men's lacrosse team in Division II national tournaments during his tenure. "I'm used to coming to an area with championship culture and supporting the student athletes' experience through that, and I think much of that translates to what we are going to do here," Davis added.

But when did Davis hear about an opening at the Mount, and what did that process look like? Well, it starts with a search firm hired by the Mount specifically to look through a new athletic director. Davis has already had history with that certain firm interviewing for past jobs. "They reached out to me when this all started. It was on my birthday in April, coming back from hockey meet-

ings in Florida." Getting of an airplane, Davis got a call from the search firm, explaining to him how awesome it could be and the opportunities the Mount could be in. Given a week to think about, Davis spent time digesting the idea and learning about it. But Davis had some experience with the Mount, playing against them in water polo and bowling while at Mercyhurst, so he did not have to dive as deeply into the Mount.

Davis added, "There were some similarities and people familiar with here [the Mount], Dan, the men's basketball coach and I have a mutual friend in the head men's basketball coach at Merrimack who I hired." Davis emphasized the ambition of the Mount to move up to the MAAC and perform at a higher level as well. "It's an investment, and they don't want to invest just to get by, but they want to invest at an above average level in the conference—that was really attractive to me." Davis went on to meet coaches and staff at the Mount, eventually working his way up to meeting with President Trainor and his cabinet before he was officially hired.

"This place is in a really good spot. Lynne did phenomenal job for four decades, so this isn't something I have to come in and rebuild," Davis said. But there are some spots that the Mount must improve to not only perform at a high level, but also bring in profit for athletics. "It starts with reve-



Brad Davis was named as Athletic Director for Mount Saint Mary's University on June 12th.

nue generation. We want to sell more tickets, we want to have more sponsorships, we want to raise more money from donors. And those things will allow us to improve our facilities, provide more resources for our student athletes, and just be more successful at the end of the day. College athletics is rapidly changing and while some of the realignment doesn't affect the Mount, the resource game is real, and we need to keep up to be successful," Davis added.

The Mount is entering a new era, with both school and athletics. With the hiring of Davis and the final year of President Trainor's tenure as president of the Mount coming this year, a new, even more prosperous era is coming to the school. And with that, the school is trending even more in the right direction for its success and future.

To read past Mount Sports articles, visit the Current Events section of Emmitsburg.net.



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COMPLEMENTARY CORNER

Personal energy audit

Jefferson Breland

On September 23 at approximately 2:49 a.m. the 2023 Autumnal Equinox will occur.

Equinoxes are generally described as when there is as much daytime as nighttime. Astrologically, the Spring and Autumnal equinoxes occur when the Sun crosses what some people call the “celestial equator”—an imaginary extension of Earth’s equator line into space. And by Astrologically, I mean the equinox occurs at the visible, observable moment the Sun passes through the invisible, imaginary line someone says extends out to meet the Sun. I am guessing there is math involved.

This is all well and good, but what, might you ask, does this have to do with my health?

If we look at time and the seasons as something that just goes by, then we are missing many wonderful opportunities to help our health and therefore ourselves.

Autumn or Fall is an essential time of the year.

Agriculturally, it is the end of the growing season. Farmers must harvest their crops. They must make repairs of equipment and fencing before Winter begins in earnest. Farmers must prepare the fields for any Winter crops. They must make sure livestock have sufficient shelter and food for the coming months.

Trees begin to prepare for the colder months by sending vital nutrients to their roots and dropping their leaves. (The nutrients in the leaves enter the soil and become a source of food for the tree in about two years time.)

Mammals begin to store food sources in the form of body fat or by caching food they later retrieve in the Winter months.

Humans prepare for Winter by consuming large quantities of pumpkin-spiced products, counting the days until Christmas, and devising ways to avoid least favorite relatives at Thanksgiving.

In short, humans prepare by doing the opposite of what Nature does. We are really good at being very busy during the winter months when the rest of nature is really good at being as quiet and still as possible.

In ancient times, it was easier to understand how important and critical Fall was.

It is the season before the coldest time of year. No one knew how long it would be. One had to prepare for the worst case scenarios. Was there enough wood, sod, manure, or coal for heating and cooking? Was there enough food stored? Do we have enough food for the livestock? Do we have easy access to water supplies that won’t freeze? Do we have enough warm clothing?

Are our homes weather tight and safe? Does the roof leak? Is it strong enough to support heavy snowfall. Does wind whistle through any openings in the walls and around the doors. Is there adequate and safe ventilation for the fires inside the structure?

In these modern times, we still do some of this stuff. We make sure our structures are sound. We make sure the flues in our chimneys are working. We make sure the furnaces are ready to go. In general, at least with our homes, we make sure to conserve our energy usage and we plug any energy leaks.

In the English language, the oldest

name for the season which includes the months of September, October, November, and parts of December is Harvest. Apparently the season was called Harvest because that is what humans did during this time of year.

Then in the 1300s, the word for the transitional season between Summer and Winter became Autumn, from the Latin word Autumnus for this season. Curiously, there is no consensus as to the origin of this word. Go figure.

At some point in the 1600s, the word Fall began to be used to describe this transitional season. Some speculate the name has something to do with what the leaves do. I believe Fall, was introduced so that hundreds of years later we could describe the transition from daylight savings time to standard time and vice versa as “Fall back, Spring ahead.” Scholars strongly disagree over this conjecture, but I am sticking to my story.

Fall and Autumn duked it out for primary usage in the English language over the next couple of centuries. Both terms were used in the United States for a while. Eventually, our American ancestors came down on the side of Fall while our stodgy British counterparts held true to Autumn.

Somehow this brings me to our upcoming Autumnal Equinox when the energies of the day and night are balanced for a few moments. It is a time when all the energies, gravitational, inertial, the weak force, the strong nuclear force, and electromagnetic force, conspire to create a moment of balance on all levels- cosmic as well as the subatomic.

What if we could benefit from this balance in our solar system? According to modern science, we CAN benefit.

We have learned from the lat-

est modern sciences, namely quantum physics, that everything is energy. Everything. What seems solid to us is actually fluctuating energy that only appears to be solid. Sounds crazy right?

So if everything in the Universe is energy, all we have to do is make ourselves available to the energy in nature. How do we do this?

First, it helps to shift our beliefs to include the idea that nature’s energy is available to us. I bet dollars to donuts you already have an embodied experience of this.

Do you have a favorite season? Why do you think it is your favorite season?

“I like the cold.” “I prefer the heat of Summer.” “My favorite season is Spring because everything is coming to life.” “I love the Fall because the leaves are so beautiful.” We might look at these statements as personal preferences. We can also examine these statements in relationship to how we feel in our body.

Why do we have these preferences? Why do we feel better in one season and not another.

The answer is “frequency.” If everything is energy, the energy in nature in the different seasons has a different effect on our body. It is all a matter of relationship. We may feel more balanced because we naturally connect to the vibration or frequency of a season. We usually don’t think about it this way. We forget that we are nature too.

Why do some of us have allergies in different seasons? It is the relationship between our body and the season’s energy.

We call them seasonal allergies. Pollen usually gets the blame. We anticipate the coming season with dread because the pollen is going to get us. Aren’t the trees and other plants simply producing pollen in accordance to

the season and it’s energy? One might say pollen is an expression of the seasonal energy.

It stands to reason if we are not aligned with the seasonal energy, our bodies will demonstrate the difference as some sort of event, such as a cough or runny nose, as means to tell us it is time to make a change. These symptoms are akin to an interference pattern when two energy waves interact showing us they are not in alignment. Our bodies are telling us it is time to balance ourselves and realign ourselves with nature.

The Autumnal Equinox is offering us an opportunity to “balance” for free.

To take advantage of this free energy courtesy of our solar system, do a “Personal Energy Audit.”

Take a quick inventory of your life. Where are your energy leaks? Where might you increase your energy?

Do you get enough sleep? What if you ate just a little bit less? Do you drink iced beverages? Do you wear enough clothing to stay warm? Do you take breaks when working, even at home? Do you give, and give, and give to your family and friends? Where might you slow down a bit?

If you can begin to give yourself just a bit more rest and do a bit less, you will be surprised at how much better you may begin to feel.

Give it a try before (and after) September 23rd. Let nature help you to feel better. You might be pleasantly surprised.

Jefferson is a board-certified, licensed acupuncturist who has been studying philosophies of healing for the past 15 years. If you want to learn more about how to help yourself, contact him at 410-336-5876 or jeffersonacupuncture@gmail.com



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Life doesn't wait for anyone, even if we would like to keep things the same. As we get older our body and mind change in ways we never imagined when we were younger. Keeping active and healthy is a goal most of us don't think about in our 20's or 30's because we are busy figuring out what career we want and what direction our life is going. We are working, taking care of our family and having fun with friends. There is precious, little time for anything else. Although time for ourselves is hard to find, we should consider carving out a little time to work on our mental and physical health. Today's world consists of computers, cell phones, screen time and being sedentary more than years ago. Movement is not as big a part of our everyday lives as it use to be.

Our kids today do not get the physical activity as kids did years ago. I hardly ever see kids riding their bikes or pitching a ball around in the back yard. Of course, many children today participate in school sports and that is a great thing. It is important for kids to learn at an early age that moving and being active is the way to stay happy, healthy and well adjusted in today's complex world. When children start at an early age to eat well, be active and communicate with friends and family they will incorporate this activity as they grow through life.

Change is inevitable and we all have to learn how to accept and work through all the changes that come our way. Some will be good, happy changes and we welcome those new adventures. Some changes will be harder to accept. As our children grow and become more independent sometimes parents and family members feel the loss of routine and traditions. Holidays can be especially difficult when family and friends grow up and become involved in their own busy lives. It's always good to stay in touch with family and continue what we can to keep sharing family times going but things do change as we grow older.

This may be the time in our lives to think about what we enjoy and what we would like to do for ourselves. Family life may be changing if the kids are now driving themselves to sports practice or they might have a job now that

keeps them busy. After school activities may have been a big part of your life for years and now you may find you have some time for yourself. It may be hard to get use to but once you do, it's great. Now you can think of activities that will keep your mind and body active. Think of what you enjoy and how you can exercise to keep yourself moving and in the best health. Taking time for ourselves may be a new concept for some parents who have been so busy with the kids. You may find yourself lost for a bit. Now is your time!

Time passes by so fast in life. I am celebrating 25 years as a personal trainer. I don't know where the years have gone but I do know I have met some wonderful people along the way. Meeting new people and helping them with their exercise and health goals has been rewarding and humbling. I hope I have helped my clients achieve some of their exercise, weight loss and health goals. Each person has been a challenge and a blessing for me. Everyone had what they wanted to accomplish from their exercise program and I hope I have been helpful in getting them to where they feel good about themselves and their accomplishments. Learning doesn't stop as we grow and I have learned so much from my clients over the years. Sharing stories, problems and a variety of issues has enriched my life and I hope theirs as well, I'm sure they will tell you we get on all kinds of subjects and conversations go from happy, sad, life altering, bizarre and everything in between. Clients become friends and people meet others they would never have met. Exercise has brought people together and improved mind, body and soul.

If things are changing in your life think about exploring something new. Exercise, clubs, volunteering or whatever you enjoy could be the answer for you. Whatever life brings or changes for you, think about what you like to do and go for it. Change can be good and always take care of your health and yourself. Remember to Keep Moving!! It will take you through life at your best.

I'm looking forward to more years of working with people to achieve their health goals.

Thank You to all my clients past and present!



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For more information:
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joshkell@comcast.net • 301-748-1588

Zumbathon instructor Kellie Bavard and several of her Zumba colleagues will lead the Zumbathon.

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ASTRONOMY

The night sky of September

Professor Wayne Wooten

For September 2023, the rare Blue Moon, is on August 30th; it is the second full moon in the month of August 2023. The moon lies to the lower left of Saturn, which reached opposition on August 26th. The waning gibbous moon sits just to the right of brighter Jupiter on September 5th. The last quarter moon is September 6th. The waning crescent moon lies to the upper left of bright Venus in the dawn on September 11th.

The new moon is on September 14, exactly a month before the annular eclipse in October. More on it next month! The first quarter moon is on September 22nd. The next day, fall begins with the Autumnal Equinox at 12:50 a.m. on September 26th. The waxing gibbous moon passes below Saturn in the SE dusk on September 26th. The Full Moon, the Harvest Moon, will be on September 29th.

Mercury lies too close to the Sun for visibility from Earth this month, but will emerge at dusk in October. But Venus is back, now west of the rising sun in the dawn, and dominating the morning skies. She is 28% sunlit and at her brightest on the morning of September 19th. Mars is lost on the far side of the Sun this month.

Jupiter reaches opposition in early November, and rises about 10 PM in the northeast in Taurus at midmonth. But Saturn is at its best this month, reaching opposition on August 26th, rising in the SE at sunset. It rings are now tilted about six degrees to our line of sight, and closing become edge on at its equinox in May 2025, almost invisible from earth for weeks. Note two of Saturn's moons, Dione and



M-6, the beautiful Butterfly nebula. Note it appears to be fluttering down and to the left among the stars of the Milky Way.

Rhea, to the lower right.

To the northwest, we find the familiar Big Dipper getting lower each evening. Most know how to use the two pointers at the lower part of the bowl to find Polaris, our Pole Star, sitting about 30 degrees high all night in the northern sky.

From the Dipper's handle, we "arc" SE to bright orange Arcturus, the brightest star of Spring, and still well up in the western twilight. Spike south to Spica, the hot blue star in Virgo. Note that Spica is now low in the SW, and by September's end, will be lost in the Sun's glare due to our annual revolution of the Sun making it appear to move one degree per day eastward. To the Greeks, Spica and Virgo were associated with Persephone, the daughter of Ceres, goddess of the harvest.

In their version of "Judge Judy", the beautiful young daughter falls for the gruff, dark god of the underworld, Pluto. He elopes with her, much to the

disapproval of mother Ceres, and they marry in his underworld kingdom of Hades...a honeymoon in hell...really, he does love her as well, and the marriage itself works well. But it is the reaction of Ceres that creates alarm.

Very despondent over the loss of her young daughter to a fate as bad as death, Ceres abandons the crops, which wither. Soon famine sets in, and humanity appeals to Jupiter to save us all. Calling all together, Jupiter hears that Ceres wants the marriage annulled, Persephone loves them both, and Pluto wants his mother-in-law to stop meddling. Solomon style, Jupiter decides to split her up, not literally, but in terms of time. In the compromise (aren't all marriages so?), when you can see Spica rising in the east in March, it means to plant your peas. For the next six months, she visits upstairs with as very happy mama, and the crops will prosper. But now, as Spica heads west (to the kingdom of death, in most ancient legends) for six

months of conjugal bliss with Pluto, it is time to get your corn in the crib. This simple story, told in some form for as long as Noah's flood, was one of the ways our ancestors 7,000 years ago knew the solar calendar and when to plant and harvest. As you watch Spica fade, thank this star for agriculture, and even our own civilization.

To the south, Antares marks the heart of Scorpius. It appears reddish (its Greek name means rival of Ares or Mars to the Romans) because it is half as hot as our yellow Sun; it is bright because it is a bloated red supergiant, big enough to swallow up our solar system all the way out to Saturn's orbit! Near the tail of the Scorpion are two fine open clusters, faintly visible to the naked eye, and spectacular in binoculars. The clusters lie to the upper left of the bright double star that marks the stinger in the Scorpion's tail.

The brighter, M-7, is also known as Ptolemy's Cluster, since he included it in his star catalog about 200 AD. Here is the fainter but more beautiful Butterfly, M-6. (Note he appears to be fluttering down and to the left among the stars of the Milky Way here.)

East of the Scorpion's tail is the teapot shape of Sagittarius, which marks the heart of our Milky Way galaxy. Looking like a cloud of steam coming out of the teapot's spout is the fine Lagoon Nebula, M-8, easily visible with the naked eye.

The brightest star of the northern hemisphere, Vega dominates the NE sky. Binoculars reveal the small star just to the NE of Vega, epsilon Lyrae, as a nice double. Larger telescopes at 150X reveal each of this pair is another close double, hence its nickname, "The Double Double". This is fine sight under steady seeing conditions over 150X with scopes 4" or larger. Between the

two bottom stars; the Ring Nebula, marked "M-57" on the Skymap, is a ring of gas and dust expelled by a dying red giant star while its core collapsed to a white dwarf. A similar fate is expected for our own sun in perhaps five billion more years.

To the northeast of Vega is Deneb, the brightest star of Cygnus the Swan. It was just NW of it that I discovered the brightest nova of my lifetime, Nova Cygni, on August 27, 1975. Here a shell of hydrogen around a white dwarf exploded suddenly, becoming a record (for a nova, at least) 20 million times brighter in a matter of hours. It went from not visible in any telescope to the sixth brightest star in the summer sky in less than a day, and I was looking at the right place and time to catch it still on the rise. But the total amount of expelled gases was much less than in the Ring Nebula, and it faded below naked eye visibility in only two weeks. Fun while it lasted! Typically several nova outbursts are found every year in our Galaxy, and they do often recur, for neither star in the close binary system was destroyed, and the mass transfer can resume soon.

At the other end of the "northern Cross" that makes up the body of Cygnus is Albireo, the finest and most colorful double star in the sky. Its orange and blue members (I call them the "Gator Stars") are well resolved at 20X by any small scope. To the south is Altair, the brightest star of Aquila the Eagle, the third member of the three bright stars that make the Summer Triangle so obvious in the NE these clear September evenings. To the east, the Square of Pegasus rises. The long axis of the square points to the SE to Saturn in Aquarius. Jupiter will join the evening planet parade in October.

Farmers' Almanac

"Labor Day is a glorious holiday because your child will be going back to school the next day. It would have been called Independence Day, but that name was already taken."
—Bill Dodds (1952 -)

Mid-Atlantic Weather Watch: Seasonably warm and humid with isolated late afternoon showers and thunderstorms west (1, 2, 3); seasonably warm with PM thunderstorms central and east (4, 5, 6); dry and quite warm with late afternoon showers, then turning less humid (7, 8, 9); mainly dry and comfortable (11, 12, 13, 14, 15); warm and humid with late afternoon isolated showers at first, then dry and cooler (16, 17, 18, 19, 20); few afternoon showers at first, then turning unseasonably cool (21, 22, 23, 24, 25); pleasant at first, then warm and humid with afternoon showers and thunderstorms followed by cooler, less humid conditions (26, 27, 28, 29, 30).

Severe Weather Watch: The Town and Country Almanack sees severe thunderstorms, heavy rain (4) with more severe thunderstorms (28, 29).

Full Moon: September's Full Moon is most famously known as the Harvest Moon. It is the Full Moon that falls closest to the Autumnal Equinox. During this time, the moon would rise very soon after the sun would set on several successive days, giving the farmer a few extra hours of 'light' and a little more time to finish up their daily chores. This year, the Autumnal Equinox will occur on Saturday, September 23rd and signals the beginning of Autumn. The Full Moon closest to that date will occur on Friday, September 29th and is therefore, the Harvest Moon of 2023.

Special Notes: We must never forget that on September 11th, 2001, America was attacked like never before and that it has never been the same since. Today, we honor those who perished then on that day and we must never forget the brave first-responders, many who also perished, trying to minimize the loss of life.

Holidays: Labor Day falls on the first Monday of the month, which falls on September 4th in 2023. Citizenship Day is observed on Sunday, September 17th and Rosh Hashana begins on Friday, September 15th at sunset.

The Garden: Fall is a great time to plant and divide perennials and shrubs for next year's garden. By planting in the fall, your plants do not endure the stressful summer heat during establishment and have time to form sufficient root systems before the onset of winter dormancy. Start taking cuttings of your annual plants to bring indoors and carry through the winter. Geranium, coleus, fuschia, and other plants do best when stem cuttings are rooted and kept in pots indoors through the winter.

The Farm: Best days for planting root crops (4, 5); weeding and stirring the soil (11, 12); planting above-ground crops (18, 19, 20); harvesting all crops (29, 30); best days for setting hens and incubators (1, 2, 3, 4, 5, 6, 7, 23, 24, 25, 26, 27, 28, 29, 30); the slaughtering and butchering of meat (14, 15, 16, 17, 18, 19, 20, 21); transplanting (14, 15, 16, 17, 18, 19, 20, 21); the weaning of all small animals and livestock (1, 21, 22, 23, 24, 25, 26, 27, 28); the harvesting and storing of grains (6, 7, 8, 9, 10, 11, 12, 13).

J. Gruber's Thought For Today's Living

"No one is more tired than one who does nothing"



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COMPUTER Q&A

Maintenance for your PC

Ayse Stenabaugh
Jester's Computer Services

Every 3,000 miles or so you know that it's important to change your car oil otherwise the lack of lubrication in your engine will cause the machinery to begin to degrade. While, your computer doesn't run on fluids and there's no "magical number" to tell you how often to maintain your PC it should be regularly maintained. Much like a car, computers generally run great when you first get them and before you begin loading all of the software you would like to use. Over time however, you may find that your system begins to bog down and the performance you once enjoyed from using your computer turns into headaches!

Never fear Jester's Computers is here and twice a year we offer a \$20 discount to help offset the cost of maintaining your computers. Read on below about some of the maintenance tasks we perform and some tips on what to do and what not to do if you perform maintenance yourself.

Software

Each time you install software you are presented with a variety of options some which are checked by default. Some of these options include instructions that tell your programs to run automatically when you turn on your computer, other options might be prompting you to install additional software on your computer that you may not want or need. Sometimes programs just don't work the way that we expect them to and with a little TLC they can be resolved!

Over time your software builds up and more and more programs fight to be the center of attention. Uninstalling software can cause registry keys to be left behind that can cause interference with other software and can ultimately lead to more serious system issues. This can cause your computer to become extremely slow especially when you first turn the computer on. We can disable startup programs, uninstall ones you don't use, and maximize your system performance. Browsing the internet will increase the amount of temporary internet files that are being stored on your device, we remove these files many of which are hidden to free up valuable storage space on your hard drive.

Tips: When installing software be sure to check for any checkboxes that might be asking you to install extra software or options you don't need. We do not recommend using many of the commercial registry cleaners that are available as many of them do more harm than good.

Hardware

Standard PC hard drives contain moving mechanical parts that over time can fail, leaving you with no data and no way to retrieve the pictures, documents and other information you have stored on your device. Your computer is made up of various components which are susceptible to failure especially in high heat environments. During our clean-up we blow out your devices with com-

pressed air and we perform diagnostic testing on your computer system that increases the chances of revealing failing hardware before it becomes a major issue. We perform a variety of maintenance tasks including driver updates, disk error checking and disk defragmentation.

Tips: Never use a vacuum to clean a computer as it generates static electricity and can cause components to fail. Regular hard drive defragmentation is overkill and will wear your hard drive out faster, defragging should only be done once or twice a year for maintenance because your system will do a pretty good job at maintaining itself.

Viruses / Malware

Having a good working antivirus is your first line of defense against viruses, malware and other potentially unwanted programs (PUPS). During our clean-up service we ensure that your antivirus is properly installed and updated. If you don't have antivirus installed we will recommend AVG antivirus for which we are a gold reseller for, with our service we are your FREE AVG tech support and we will even transfer your Antivirus to a new PC if you replace your exist-

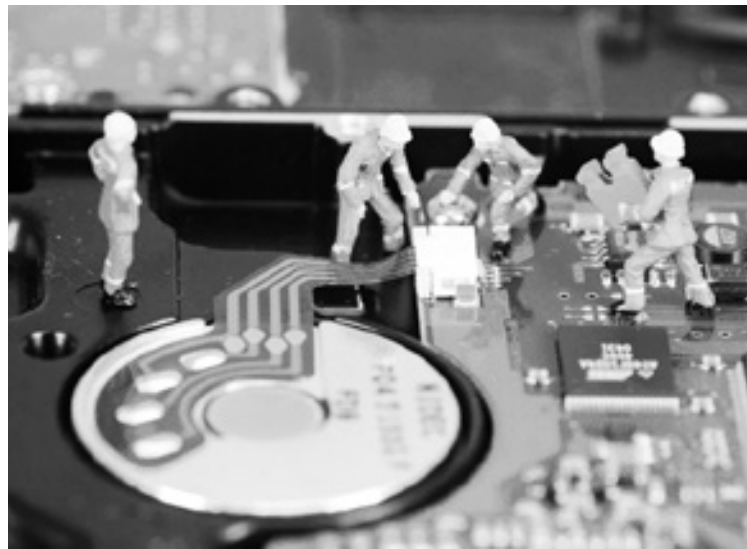
ing one at no additional cost to you! You can even add additional computers for only \$25 extra per computer.

Tips: Never install two antivirus programs at the same time they will conflict with one another leaving them both ineffective. Microsoft Security Essentials is not good protection even Microsoft suggests a third-party antivirus.

Advice & Learning

At Jester's Computers our advice is always free and we have lots of it! You can visit our website at www.jesterscomputers.com to see news, tips and tricks that many of our customers enjoy reading. We strongly believe that having a computer doesn't do you much good if you are not confident in using your device which is why we offer many resources including one-on-one technology classes! You can also find us on Facebook where those who have liked our page enjoy scam alerts, news and special offers!

Why not maintain my own computer? Technology is constantly changing and keeping up is no easy task. It has taken us decades of knowledge and exper-



ience to be able to confidently provide our services. Having someone you trust to maintain your computer can save you hours if not days or weeks of frustration. This is why during the month of September you can experience a clean-up from Jester's Computers and experience the difference yourself!

If you or someone you know is looking for affordable and reliable computer service please contact Jester's Computer services located at 5135 Fairfield Road Fairfield, by phone at 717-642-6611 or visit us on the web at www.jesterscomputers.com or on Facebook. In addition to computer repair services we provide on-site service, one-on-one technology training and more!

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COUNTY NOTES

Local Lions Donate to Assist Maui Fire Survivors

Dianne Walbrecker

Lion Garrett Ogawa has been a friend of the Emmitsburg and Thurmont Lions Clubs for many years. He frequently attends classes at the Emergency Management Institute (EMI) in Emmitsburg, MD in his training to prepare for, mitigate against, respond to, and recover from disasters. Every time he comes to EMI, he always reaches out to the two local clubs for visits and information sharing. Lion Garrett's years of training, and taking those lessons back to the communities in Hawaii, came in handy after the terrifying wildfires in Maui obliterated the town designated as the Capitol of the Hawaiian Islands in 1802 by King Kamehameha.

On Friday, August 25th, members of the local Lions Club met at Tuscany's Pizzeria for dinner and fellowship. Lion Garrett, who has served as Past District Governor of his District 50 Lions Club, and so deserves the title PDG, talked about the horrors of the wildfire and the impact it has had on the citizens of Maui, especially those in Lahaina. "The flames were traveling faster than one mile per minute (100 miles an hour) and they were impossible to outrun. Cars were exploding as the fire swept



Emmitsburg Lion President Dianne Walbrecker with Hawaii Past District Governor Garrett Ogawa holding donations for the Maui fire survivors and Thurmont Lions Club President Susan Favorite.

through the area. In fact, 25 police officers lost their own homes while they were responding to the fires."

Due to PDG Garrett's knowledge of emergency management and the specific needs of the survivors in Maui, he suggested that the clubs donate to the Hawaii Lions Foundation where local Lions can determine the best use of the funds. "Hawaii is receiving lots of donations, but it is important that people realize donations

require a lot of effort to sort and use. Following any disaster, providing funds directly to non-profit organizations is the most useful for survivors' recovery," he said.

Emmitsburg Lions Club members Dale Shields and Jim Hahn, who initiated the donation, said, "It looks like an atomic bomb was dropped. They are devastated. I hope our area never has to go through a disaster like these people are going through."

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COMMUNITY NOTES

67th Annual Thurmont & Emmitsburg Community Show

The 67th annual Thurmont & Emmitsburg Community Show will be held at Catoctin High School, on September 8, 9 and 10. The entry of exhibits will take place on Thursday evening, September 7, from 5:30 to 8:30 p.m. and on Friday, from 8:30 to 11:30 am in the new gymnasium and in the agriculture department area. Judging will begin at 12:30 pm.

The show will open to the public on September 8th at 5:30 p.m. and the program will begin at 6:30 p.m. with the 45th annual community organization flag ceremony. Music will be performed by the Catoctin High School Band and the 2024 Catoctin FFA Chapter Ambassador will be announced.

The baked goods auction will begin immediately following the program and the grand champion and reserve champion cake, pie and bread and junior and youth department champions and will be sold at 8 pm. In addition, the Friends of the Thurmont Library will be holding a used book sale; there will be a display of quilts and afghans. There will be a display of historical photographs in the auxiliary gym in addition to the many commercial displays and exhibits located throughout the school.

On September 9, the show opens at 9 am to 10 pm. Activities include a Market Goat, Beef, Sheep and Swine Fitting & Show beginning at 9 am in the Ag Center at the school. The Thurmont Guardian Hose Company #10 and the Emmitsburg

Vigilant Hose Company #6 will be conducting fire safety demonstrations from 9:30 to 10:30 am in front of the school, before the pet show. Topics include stop, drop and roll and cooking safety. Fire department members will also have the fire apparatus on display and safety literature available.

The Pet Show will be held at 10:30 am. outside the front of the school. The petting zoo, farm animals, sow and litter of piglets, pony rides and face painting will also be held on Saturday and Sunday near the ag center area.

A Roast Turkey and Baked Ham buffet will be held in the school cafeteria from 3 to 6:30 p.m. on Saturday night, benefiting the Thurmont Grange #409. The Gospel Ridge Bluegrass Band will perform in the school auditorium at 6:30 p.m.

The beef, sheep & swine and Market Goat sale will begin at 7 p.m. in the Ag Center area on Saturday night.

Activities begin on September 10th at 9 am with the Goat Show, followed by the Dairy Show which will begin at approximately 9:30 am. In the ag center area there will be a petting zoo, sow and litter of piglets, pony rides and face painting.

The decorated animal contest will begin at 11 am in the Ag Center area and prize money will be awarded.

Beginning at 11 am – 2 pm, a fried chicken and pulled pork BBQ buffet dinner will be held in the school cafeteria, which will benefit the Catoctin FFA Alumni & Supporters.

A pedal tractor contest for kids will be held on Sunday afternoon at 12 p.m. in the Ag Center and the Log Sawing Contest will begin at 1 p.m. with categories consisting of women's team, men's team, men and women's team, and a children's division. Prize money will be awarded to winners in each division. The 42nd annual Robert Kaas horse-

shoe pitching contest will begin at 1 p.m. on the softball field.

The community show booklets can be found in local surrounding area businesses in early August. New residents of the community are urged to enter and be a part of the Community Show, the largest in the State of Maryland. Departments include: Fresh Fruits, Fresh Vegetables, Home Products Display, Canned Fruits, Canned Vegetables, Jellies & Preserves, Pickles, Meats, Baked Products,

Sewing & Needlework, Flowers and Plants, Arts, Paintings & Drawings, Crafts, Photography, Corn, Small Grains and Seeds, Eggs, Nuts, Poultry & Livestock, Dairy, Goats, Hay, Junior Department and Youth Department. There is no entry fee.

The Community Show is sponsored by the Thurmont Grange, Catoctin FFA Chapter, Catoctin FFA Alumni & Supporters, the Maryland State Grange and the Maryland Agricultural Fair Board.

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- I will actively work to engage all the citizens on the town's path forward
- I will work closely with the residents and the business community to address unnecessary regulations & codes



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Election Day
September 26**

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