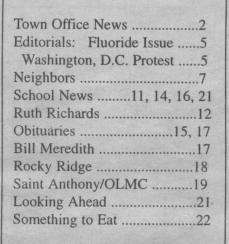
Covering the Emmitsburg Region

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Vol.VII, No. 5

New skateboard park opens



Inside

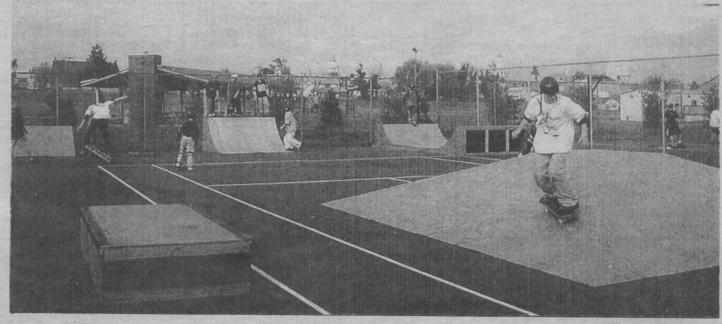
E'burg set for kids' day

BY BILL DERBYSHIRE

On Monday, April 17, Mayor Bill Carr and Town Commissioner Phil Postelle proclaimed that May 1-5 is "Emmitsburg Cares About Kids" Day. The proclamation reads "that Emmitsburg town government and other citizens are dedicated to the idea that kids are our most treasured commodity and our future leaders and we must nurture their growth through love, respect, and appreciation."

A program about developing self esteem for children will take place on Friday, May 5, at the Emmitsburg Community Center Gymnasium. Blue Sky Puppet Theater will perform for students from Emmitsburg Elementary School and from Mother Seton School. Each class will create a paper chain to be linked with all of the other class chains to create one chain representing most of the children in the Emmitsburg area.

This program is sponsored by many private and public businesses and agencies including civic organizations, town government, Emmitsburg Elementary and Mother Seton Schools, Emmitsburg Council of Churches and Catoctin CASS. It is through collaboration with several agencies, businesses and government that creates a community that cares about their kids. The Emmitsburg community is a wonderful example of working together in order to support their children.



A Dispatch photo

The new Emmitsburg skateboard park in Community Park, which opened April 9, includes a pyramid and fun box (in foreground), four-foot quarter pipes (center background), three-foot half pipes (upper right corner), and two bank ramps (upper left corner). The ramps were constructed by a crew of parents and friends and the town contributed \$4,000 for the material.

Community teams up to give skateboarders a place of their own

BY SARAH WASSNER Dispatch Correspondent

"Skate or die, dude!" The popular catch phrase from the 1980's has reemerged as a buzz word with today's youth, referring to the passion kids shared for skate boarding. And now with the increasing popularity of "extreme sports" and competitions, arrived to the former tennis court skateboarding is back with a

vengeance. Even Emmitsburg has caught on to the trend, evident in the opening of the Emmitsburg Skate Park on April 9.

After almost three years of negotiating with such details as insurance coverage and location, the Skate Park finally opened with a ribbon cutting ceremony on the 9th. Nearly 50 skaters behind the Emmitsburg community

center to test out the apparatus, which includes the "fun box," the "pyramid," two "four-foot quarter pipes," and two "three-foot half pipes." These were built from blueprints from Funtastik, a Gettysburg company which also provided employees to assist with the construction. Since the opening, the Skate Park has become a center of activity for

(See SKATE on Page 3)

New commissioner sworn in at town meeting

Christopher Stahley, the newly elected commissioner who unseated incumbent Phil Postelle in the election held April 18, was sworn in Monday night at the town meeting.

In a contest with only 106 out of approximately 950 registered voters casting a ballot, Stahley collected 61 votes, Postelle, 34, and Frank Henry, 11. Campaigning was minimal and it expected Postelle would be was returned to his seat as president of the council. According to Mayor Carr,



CHRISTOPHER STAHLEY

"The results were a surprise to me. I had assumed that things would go along pretty much as they were."

Mr. Stahley is a native of Emmitsburg. He has been associated with the Vigilant Hose Company "all of his life" and joined as soon as he could at age 18. He filled several positions in the company and is now a lieutenant serving as a line officer on the fire scene. He was also employed by the town serving in the water and sewer department. Currently he works for

(See STAHLEY on Page 2)

Letters to the Editor

The *Dispatch* encourages its readers to express their thoughts about issues that appear in this paper or affect the community. Letters must be exclusive to the Dispatch. They should be brief and must be signed and include the writer's address and daytime phone number to be used for verification. Deadline for letters is the 3rd Thursday of each month.

Ambulance company appreciates help

Company, Inc, would like to take this opportunity to thank everyone who helped to make our recent basket bingo and our chicken BBQ a huge success. Thank you to the following for your continued support; it is very much appreciated:

The Bingo Players, The Bingo Helpers, BBQ Helpers, BBQ Patrons, the Local Businesses Who Donated, Village Liquors, Paul's Pit Stop, The Carriage House, The Palms, Piggy Duke's, EZ Fill Getty, Catoctin Mt.

The Emmitsburg Ambulance Orchards, Emmitsburg Veterinary Hospital, Ace Hardware Home Center, Rocky's Pizza, O'Leary's Emporium, Dave & Janes, Emmitsburg Glass Co., Flowers for You, CPI Printing, Shear Joy, Mountain Liquors, Harrington & Sons, Subway, Main Street Grill, Mason-Dixon Oil, Pizza Hut, One More Tavern, 140 West Mini Mart, Silo Hill Exxon, Zurgable Brothers Hardware, Quality Tire, The Ott House, Medicine Plus Pharmacy, Ski Liberty.

Mary Lou Little, Treasurer

Remember Mac's bowling team?

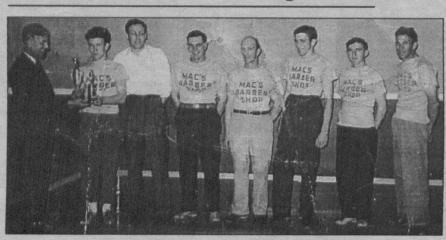


Photo Courtesy Herb Rohrbaugh

In my Easter bonnet...

Mac's Bowling team rolled over them all back in the 40s. Shown from the left: unidentified, Frankie Wastler, Mac McGlaughlin, Dan Kaas, Lester Wastler, Gene Myers, Herb Rohrbaugh, and Dee Sayler.

VHC Fund Drive

The Vigilant Hose Coampny is conducting its annual Fund Drive. Proceeds of the drive will be used to replace a three-year-old piece of equipment with a new Engine/Tanker, to be placed in service May 1

Rosensteel Studios, of Emmitsburg, will provide at no charge a sitting at their studio and one 8 x 10 print to any donor of \$35.00 or more during the drive.

For information contact the VHC at 301-447-2728. Your support will enable the company to continue its exemplary service and protection to the Emmitsburg Community.



A Dispatch Photo "I'll be the grandest dog in the Easter Parade," sings Willowby.

Stahley -

(Continued from Page 1)

Frederick County as a 911 Dispatcher. He begins his three-year term on the board at the May 1 town meeting.

According to Stahley he decided to run because of his belief that younger people have new ideas to contribute to their community. He favors managed growth for the community. "No doubt we're going to grow but we have to keep our small town atmosphere," said Stahley. "My main interest is to keep developing programs for the youth of the town," said Stahley

Stahley said he will take time to become acclimated and become familiar with the problems, issues, and needs presently facing the town.

Town News...

The first order of business at the May 1st town meeting was the Mayor's presentation of a Proclamation of Appreciation to outgoing council president Phil Postelle for all his services during his threeyear term as commissioner.

"I thank you for what you've done 100 times," Mayor Carr said. "You've been instrumental in helping Emmitsburg become better known in Frederick County by your faithful attendance of meetings in Frederick. All Emmitsburg residents have benefited from your service, especially the youth," he said.

Mr. Postelle said it had been great working with the council and the Mayor and that Emmitsburg has a great future.

In the reorganization of the Council, Commissioner Boyle was named president and will be the liaison to the Board of Appeals. . Commissioner Stahley was appointed water commissioner. All other positions remained the same.

In other business the commissioners:



A Dispatch Photo **Phil Postelle and Mayor Carr**

- raised water and sewer delinquency fees from \$50 to \$100;

- appointed Gene Myers to the Parks Committee;

- voted to enforce present safety regulations for the skateboard park and to uphold the use of the park by non-residents; and

- donated \$200 to the Heartley House in Frederick City.



A Dispatch photo

Kids' Day committee receive proclamation from town officials. Shown from the left are Mayor William Carr; Bill Derbyshire, Catoctin CASS Coordinator, Phil Postelle, commissioner, Rev. Donnie Cardwell, pastor of Toms Creek Church; Sister Ann Adelle Kelly, Provincial House; Rev. Margaret Dodds, pastor of UCC, and Paul Harner, Council of Churches.

Skate

(Continued from Page 1)

the youth not only of Emmitsburg, but of surrounding communities such as Fairfield, Gettysburg and Thurmont as well.

Pat Wivell, who along with Leo Hobbs headed the planning, design and construction, said he and his team spent "at least 150 man hours" for the \$3000 town funded project. The momentum behind the Skate Park was to give the kids a local place to skate freely without hassle-namely, off private property.

"My son would have to go to Mount Airy to skate before and he got on me to go to town meetings and suggest we put a park right here in Emmitsburg. It took a while, but we finally got the okay," said Wivell.

The response from the skaters themselves has been extremely positive. Kids show up by the droves, donning knee and elbow pads as well as helmets (a park policy). A chaperone, who must be present at all times, checks to make sure the skater has the required equipment before he or she is allowed in.

That's the tough part right now, making sure we have someone here at all times. But people have been pretty good so far with it, and we hope to keep that up,"

said Wivell.

The trend with the patrons at the Emmitsburg Skate Park thus far appears to be practicing and inventing tricks off the ramps. Said Shawn Dorsey, 13, of Emmitsburg, "We like to come here and try new things every day, like tricks and stunts."

Agreed Cory Welch, 12, of Emmitsburg "We all try different tricks. I like everything here, but I especially like the vert ramp," he said, referring to the quarter pipe.

In fact, the skaters have become so inclined to stunts that Wivell and Hobbs are thinking about having a competition where the kids can really show off their stuff

Although, according to Wivell, the Emmitsburg Skate Park could still stand some minor improvements, all in all, he speaks for his entire team when he states how well things have turned out with the park thus far.

"It needs a little touch-up, but I think it's great. [The kids] wanted it, they deserved it. I'm glad to be of help," commented Wivell.



A Dispatch Photo

Leo Hobbs, left, and Pat Wivell were instrumental in building the ramps for the skateboard park.

Environmental planning key to community's future



Ed McMahon (2nd from left) challenged local businesses and planners to "have a vison for the community." Shown are: Mayor Bill Carr, Ed McMahon, speaker, Paul Gilligan of the Chesapeake Kidney Foundation, and Tim Blaser and Jim Gugel of the Frederick County Planning Department.

'Money does grow on trees...and in properly designed streets... and developments and neighborhoods ... when environmental planning principles are applied to a community's vision of itself." That was the message delivered by noted community planner and conservationist Edward T. McMahon at the April meeting of the Emmitsburg Business and Professional Association.

of the American Greenways Program at the Conservation Fund, warned that we are losing our sense of place when we degrade our physical surroundings by too much commercialism. Too many towns are beginning to look the same with fast food restaurants and commercial sites, he said. According to McMahon, progress does not need to degrade the environment. The real question McMahon, director lies in how we plan.

How do we envision a healthy environment, a vigorous economy, sustainable development and avoid being polarized by issues?

McMahon pointed out that Emmitsburg is the front door to Maryland and people will spend dollars on what a community looks like. "There is a dollar value on a view; it pays to enhance distinctiveness and charm and it all starts with a vision," said McMahon.

Seniors' Yard and Bake Sale & Library Flower Mart Saturday, May 6 **Emmitsburg Community Center**

New Arrival In Town

"Engine/Tanker 64" the new VHC fire apparatus arrived in Emmitsburg, Saturday, April 29. Twelve Vigilant Hose Company members traveled to the Pierce Manufacturing Company of Appleton, Wisconsin, for two days of training on "Engine/Tanker 64." The training consisted of orientation and a full day of training on the advanced "Compressed Air Foam System" which improves fire suppression knockdown and reduces the amount of water needed to extinguish fires.

Participating in the training were Frank Davis, Austin Umbel, Carl Angleberger, Charles Hartigan, John Hollinger, Steve Hollinger, Chris Stahley, Glen Swain, Bob Rosensteel, Jr., Carl White, Tom White, and Chad Umbel.

The unit features an enclosed cab capable of delivering six fully equipped firefighters to the scene of emergencies more safely than in the

The unit costs \$350,000, "very much inline with today's fire apparatus prices," according to Wayne Powell. While this is costly, Powell recalled the 1.1 million dollar loan in the mid nineties that was paid in full just this past year-an amazing six years early.

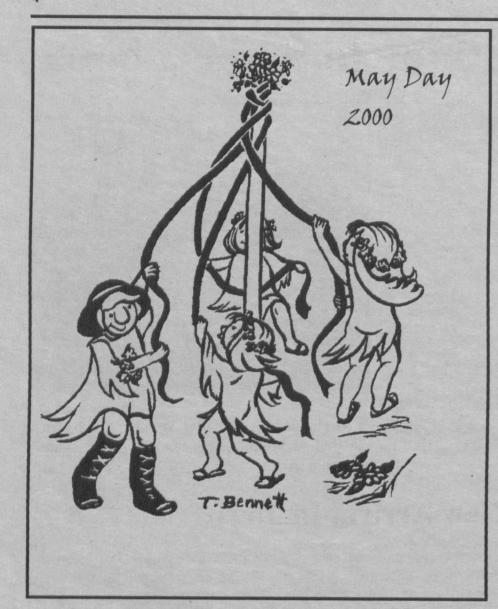
"When it gets here members of the community and even families can come take a ride," said Powell.

Pierce and West Potomac Fire Equipment Company have teamed up with VHC to provide the community with a state-of-the-art vehicle.



HOURS MON - FRI 7:00 A.M - 6:00 P.M SAT. 8:00 A.M - 5:00 P.M

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The Emmitsburg Regional Dispatch

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More Gala Thank Yous. Ommissions:

Is our face red! We ommitted from the list published in last month's issue the names of these donors of auction items to the recent *Dispatch* Gala:

Tom Wolfe

The Brown Pelican.

Additional donations to the Gala have been received from the following. Thank you

Harold Craig

Emmitsburg Child Care Center Staff

Mr. and Mrs. Gene Foster Euclid and Susanne Jones Ed and Marion Levandowski.

Residential Household Hazardous Waste and Latex Paint Recycling Day

Frederick County Landfill 9031 Reichs Ford Road Saturday, May 6, 2000 7 a.m. - 3 p.m. Open to Frederick County Residents - no businesses. For information call 301-694-1848.

The Emmitsburg Regional Dispatch

Bootstrapping emmitsburg.net

BY MIKE HILLMAN Webmaster

Since its rollout last month, the average number of visitors to the emmitsburg.net site has steadily increased. If you haven't logged in to emmitsburg.net recently, there was never a better time than now with the addition to the fold of the Vigilant Hose Company.

Within its pages one can read about the rich history of our neighbor-heroes. Read about recent fire calls, view some spectacular photos, or find useful information on how to prevent fires. The addition of the Vigilant Hose Company will greatly boost the ability of Emmitsburg.net to provide real time information on current events in Emmitsburg to our viewers nation wide.

Like all sites, the Vigilant Hose Company pages are integrated into emmitsburg.net, meaning that you may go directly to their section or you can access current Fire Company news while perusing the on-line addition of the Emmitsburg *Dispatch*, or explore its history from the Historical Society section of the site, or find out about upcoming fire company events via the upcoming events section of the site. The fire company may be accessed directly at www.emmitsburg.net/vhc.

As we note over and over again, the goal of emmitsburg.net is to provide to Internet users a coherent, integrated view of what Emmitsburg is all about. A key element in accomplishing this task is the establishment of an editorial board which will be responsible for establishing guidelines and setting the overall direction of the site. Currently, the following individuals have volunteered to sit on this board: Mike Hillman, representing emmitsburg.net; Bo Cadle, representing the Dispatch; Bart Hogan representing the Emmitsburg Historical Society; Bruce Hollinger representing the Vigilant Hose Company; Gary Kabula representing the Emmitsburg Veterinary Hospital; and Don Briggs representing the EBPA.

If you are interested in joining the board and helping to drive emmitsburg.net to new heights, please contact Mike at michael@emmitsburg.net

Our effort to get the word out about emmitsburg.net is working. Last month both the *Gazette* and the *Frederick News Post* ran some very positive stories on our vision, goals, and future plans for this community project. One of the key goals of emmitsburg.net is to provide a one-stop site for people wanting to know about events and business in Emmitsburg. As a key market we have our eyes on students at the National Fire Academy and Mount St. Mary's. Management at both these important Emmitsburg institutions have warmly received the idea of providing priority access to emmitsburg.net to students over their internal Intranets. Soon visiting students at the Fire Academy will have easy access to Mount events, as do our current users. The more the visitors know about the goings on in Emmitsburg, the richer their stay will be.

In addition to getting the word out about emmitsburg.net within Emmitsburg itself, we're working around the clock to get emmitsburg.net registered with all the major Internet search engines, as well as linking to specialty sites like other historical societies and associations. As a result of these efforts, the Emmitsburg Historical Society section of emmitsburg.net has been the biggest draw. Since its debut on emmitsburg.net, it has been the most visited site, averaging well over 50 hits a day. The Society's bulletin board has become a goldmine of information for anyone interested in Emmitsburg history- so much so that the Historical Society had to hold a special meeting to give out assignment to answer requests for information posted to the site.

As the Society hoped, visitors are not only requesting information, but leaving their stories, as did Don Rodgers, son of a former mayor. Others are revealing valuable information that for years has eluded local history buffs. If you haven't taken the time, come visit this section of the site and see what folks from around the country are saying about Emmitsburg's rich history. Again, we would like to thank everyone who has taken the time to share stories of Emmitsburg of old. You can access the Historical Society directly at www.emmitsburg.net/history

Finally, our volunteer staff is currently working hard at building the following sites:

a.. Zurgable Brothers Hardware - Emmitsburg's great old-time style hardware store

b.. Emmitsburg Equestrians - A site about the burgeoning Emmitsburg equestrian community

c.. The Master Gardener - A site for and about gardening in the Emmitsburg area, which will include a bulletin board for residents to "Ask the Master Gardener"

If you have an idea for a site you think could enhance the image of Emmitsburg, let us know. We're always looking for good ideas.

Fluoridated Water: Nothing to Smile About

BY ROBERT STREETER

In the near future Emmitsburg faces the choice of fluoride or no fluoride being added to the town's water supply. The Dispatch continues to publish information on both sides of the issue. We hope you will make your views known to the town commissioners.

Back in January, a guest columnist for the Dispatch wrote favorably of fluoride, wanting "what's best for my kids." I could not help but wonder if he and other thoughtful, loving parents had read the fine print on their tubes of fluoride toothpaste. Since April of 1997, the Food and Drug Administration has required a warning (not unlike those required of cigarette companies) which urges parents to keep the toothpaste "out of the reach of children under six years of age. If you accidentally swallow more than used for brushing, seek professional assistance or contact a Poison Control Center immediately." What's going on here? Aren't we just talking about toothpaste? No, we are talking about fluoride.

There is enough fluoride in a family-sized tube of fluoridated toothpaste to kill a 25-pound child, and thus the warning. Fluoride is a poison, second only to arsenic in toxicity, more poisonous than lead. It is a cumulative poison that accumulates in bone as the years go by. The article describes fluoride as the most bone-seeking element known to mankind. In 1989, the ability of fluoride to transform normal cells into cancer cells was confirmed by Argonne National Laboratories, and further studies by the New Jersey Department of Health have found that the incidence of osteosarcoma, a bone cancer, was far higher in young men exposed to fluoridated water as compared to those who were not.

But before all of this, in 1981, Dr. Dean Burk, Chief Chemist at the U.S. National Cancer Institute, testified at Congressional hearings that at least 40,000 cancer deaths in 1981 were attributable to fluoride. Burk stated that fluoride causes more cancer, and causes it faster, than any other chemical.

Ten years later, Dr. William Marcus, Chief Toxicologist for the EPA's Office of Drinking Water, lost his job in 1991 after he insisted on an unbiased evaluation of fluoride's potential to cause cancer. Marcus fought his dismissal in court, proved it was politically motivated, and was re-instated. He says, "I was right about fluoride's carcinogenicity, and now we know that."

The more enlightened governments of Germany, France, Sweden and Holland know that, too. They prohibit fluoride on public health grounds. A 1997 report by Joel Griffiths and Chris Bryson seems to reveal a very compelling reason why it is only in the United States that fluoride is championed by the government. Massive quantities of fluoride - millions of tons - were essential for the manufacture of bombgrade uranium and plutonium for nuclear weapons throughout the Cold War, say the authors. According to their report, fluoride, one of the most toxic chemicals known, rapidly emerged as the leading chemical health hazard of the U.S. atomic bomb program.

Prior to 1945, fluoride was properly regarded as an environmental pollutant. It was responsible for several lawsuits against industries, such as the aluminum industry and phosphate fertilizer industry, whose waste products contain large quantities of fluoride. It is not hard for me to imagine the marriage of a few multi-national corporations to our federal government, all of whom shared an abundance of toxic fluoride waste. Then, using some poor science and flawless public relations, put together a solution that many Americans would be forced to swallow.

And what about those claims we've been hearing for almost 50 years now, claims like those published in the January *Dispatch*, which said "Communities with optimal levels of fluoride in their public water supplies regularly experience a significant reduction in the amount of dental cavities as compared to cities without adequate fluoride levels"? That broad statement was made without citing a single scientific study to back it up. On the other hand, in

the largest U.S. study of fluoridation and tooth decay, United States Public Health Service records of over 35,000 school children, ages 5-17, from 84 areas around the U.S. showed that the number of decayed, missing, and filled teeth per child was virtually the same in the fluoridated and non-fluoridated areas. In 1990, Dr. John Colquhoun, Chief Dental Officer of the Department of Health for Auckland, New Zealand, investigated tooth decay statistics from approximately 60,000 12-13-year-old children and found no difference in tooth decay between fluoridated and non-fluoridate areas.

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What should Emmitsburg do? I would urge you to follow the lead of Brattleboro, Vermont, a community held in high regard throughout New England for its enlightened, thoughtful populace. In recent years they have voted twice to reject fluoridation of their city water, sending the fluoride peddlers packing to less thoughtful towns unable or unwilling to get the whole story behind fluoride. So do your homework, Emmitsburg. Proponents of fluoride are hoping you won't.

Robert Streeter self-syndicated a newspaper column from 1984 to 1995, writing about environmental issues, and the joys and struggles of rural life. He drinks fluoride-free water and still sports a healthy smile in Tamworth, New Hampshire.

Anarchy, cell phones and the World Bank

BY JOHN GEHRING

So young people today have lost their moral and political passionduring these heady days of stock market excess and dot.com delirium? If the popular image of college students and twentysomethings is that of a selfabsorbed, apolitical techno-head whose idea of social justice is buying Ben and Jerry's ice cream, the protesters who came to Washington, D.C., last month to rally against the World Bamk and the International Monetary Fund should reaffirm our faith that the fire of idealism still burns in these ironic and cynical times.

Sure, it was easy to smirk at many of these green-haired anarchists who bashed in a few police car windows during their stay. They carried signs like "Spank the Bank," pounded on drums and merrily chanted songs against the evils of capitalism and global financial systems that crush poor countries under mountains of debt. Who were these Starbuckscoffee-drinking, Sega-playing, Nikewearing, cell phone-chatting creatures of capitalism to sound off against the sins of the establishment, anyway? Like, isn't that a bit hypocritical, dude? As expected, some talking heads gave the young protesters a grown up style lecture about oversimplifying complicated issues. Stick to things you know about, kids; you will understand how these things work when you are older, they seemed to be saying.

But what we saw last month in Washington, D.C., expressed a genuine hunger many young people have today to be swept up in a movement larger than themselves. While their parents rolled up their collective sleeves (and a few joints) as they took to the streets and urged America to "make love, not war", young people now live in a time where subtle shades of gray have replaced the stark dramas of previous decades played out in the civil rights movement and the social unrest unleashed by Vietnam.

Every generation aches to embrace its causes, its chance to stand up and be heard as the parade of history marches by. The April protests here in Washington, aimed at the IMF and the World Bank, became in part a chance for those seeking something bigger than a fat paycheck and a nice car to feast at a smorgasboard of issues. There were graying leftists hawking books about socialism, tiedyed-wearing environmentalists, barebreasted feminists. Here was talk of police brutality. A political system corrupted by big money. The racial and class discrimination of the death penalty. Ralph Nader spoke eloquently about a two-party system with one head that offers voters no real choices. And of course there was Elian.

A comment about the media.

While the newspapers and magazines did a decent job putting the protests in context by explaing heavy issues like global trade and debt forgiveness, viewers of local television news received only shallow coverage of sporadical confrontations between the demonstrators and police. Because the media, particularly television, plays a powerful role in shaping the images that become reality for so many, this type of lazy journalism reduces a significant story to whether the police or protesters are winning or losing. Those munching on Doritos at home saw a few kids rushing heavily-armored police, yawned, and continued channel surfing.

After the helicopters that hovered over the city for the weekend landed and the rain-soaked protesters packed up their anarchy signs and headed home, the great question remained:

Lions fireworks fund drive begins May 11

578

Community Day 2000 Fireworks Fund Drive Begins May 11

The Emmitsburg Lions are again contacting organizations, businesses, and individuals who have supported the cost of our annual fireworks display during past July 1st Community Day celebrations. This popular event is enjoyed by thousands of residents from around the Emmitsburg region.

Below is a listing of last year's donors, and we wish to thank each and every one! We will begin our 2000 campaign on May 11. Anyone may send their donations to Emmitsburg Community Fireworks Fund, c/o Emmitsburg Lions Club, PO Box 1182, Emmitsburg, MD 21727-1182.

BUSINESS

Antique Mall Baumgardner's Hay & Straw Bollinger Construction Inc. Timothy B. Bringardner, D.D.S. CAD Enterprises Inc. Callie's Collectibles Carriage House Inn Restaurant Drs. Carroll, Portier & Staff China Wok CJ's Trade & Sports Apparel Classic Affairs Catering (Ebaugh's) Classic Karaoke Entertainment & D J The Corner Pub Country Elegance Crouse's Crystal Valley Realty The Dispatch East End Garage Emmitsburg Car Wash Emmitsburg.com Emmitsburg Exxon Emmitsburg Family Barber Shop & Salon **Emmitsburg** Jubilee Emmitsburg Glass Company Emmitsburg Veterinary Hospital **Ewing Oil Company**

Farmers and Mechanics Bank Fashion N' Hair (Joan Smith) Fine Art by Elizabeth Prongas Fingertips

Senior Citizen News BY LINDA UMBEL

Spring Fever has put a sting on the Center. The Seniors have been buzzing around making Easter favors for our friends at St. Catherine's Nursing Center and for our members who are no longer able to attend the Center's activities.

We are in the process of putting another quilt in the frame and welcome anyone wanting to help.

Please mark your calendars for our upcoming Yard and Bake Sale, Saturday, May 6 from 8 a.m. - 2 p.m. at the Center; and our Card Party on May

Flowers For You Getty EZ-Fill, Food Mart Gettysburg Burial Vault Co. Harrington & Sons His Place Inc. J & B Real Estate Inc. Liberty Manufacturing Co. Main Street Grill Marshall V. Sharrer Jr., Builder Mason-Dixon Auction Service Mays Auto Repair McDonalds of Emmitsburg Mountain Liquors M. R. Glaziers, Inc. Mount St. Mary's College Mt. View Construction Myers Radio & TV Mystic Tan My Father's Footsteps Nevin Eiker, Masonry Contractor Nusbaum & Ott Painting Contractor O'Leary's Emporium at NETC One More Tavern 140 West Mini Mart Ott House Pub and Restaurant Pauls Pit Stop Piggy Dukes Saloon & Nookery Pizza Hut Poplar Fields Tuxedo Rental Reaver's Woodworking Quality Tire Service **Reckley Plumbing & Heating** R. E. Hobbs Cycle Service **Richard Fisher Construction** Robert F. Gauss Land Surveyors Robert F.Gauss Jr. Master Electrician Rodman, Jean & Bobby Myers Seed Corn

Rosensteel Photography Studio Rutters Farm Store St. Philomena Books & Gifts Samuel K. Wivell, Builder ShearJoy Shriver Meats Skiles Funeral Home Small & Son Auto Parts Smitty's Gun Gallery & Archery Supplies South Seton Auto Repair Inc. Stavros Pizza The Palms Restaurant The Studio Gallery

31: doors open at 5:30 p.m. Cost is \$2.00 per person and soup and sand-wiches will be for sale.

Toms Creek Electric

Special thanks to everyone who helped to make our second Volunteer Dinner and Appreciation Night a success.

Schedule:

Monday: Bowling, Taneytown Lanes, 1 p.m.

Tues. & Thurs. Strength training Weds.: Bingo and "500" alternating Weds.

Friday: Canasta

The pool table is in use from the time the Center opens till it closes.

The Total Look Village Liquors Wivell & Company W. S. Drywall Zurgable Brothers Hardware

INDIVIDUALS AND GROUPS Josi, Melissa & Leann Adams Roger & Ann Adams Ed & Karen Adelsberger American Legion Post 121 American Legion Auxiliary Post 121 Sons of the American Legion Borderline 4 Wheel Drive Club Joan Boyle Mike & Alice Boyle Brute' Council #1860 K. of C. Ladies of Bruté Dave & Cheryl Bushman Bill & Chata Carr Dr. & Mrs. Alan Carroll Paul & Claire Carter Mrs. Allen D. Cool Emmitsburg Bus. & Profess. Assn. Town of Emmitsburg **Connie Fisher** Tom & Milissa Fogic and Boys Eric & Audrey Glass Mr. & Mrs. Martin T. Golibart Jim & Connie Hahn Dave & Mary Haller Jim & Diana Hoover

Roland & Jane Hubbard Indian Lookout Conservation Club Ralph F. Irelan Memory of Valerie "Petie" Shorb Jones Tom & Ruth Joy Dan Kaas Jim Kemp Allen & Florence Knott Phil & Lisa Krom Diana L. Lewis Mr. & Mrs. W. Larry Little Dick & Catherine Marsden Pershing L. Mondorff Lou O'Brien J. David & Ann Marie Ohler Lynn M. Ott Priests of St. Vincent's House John & Betty Reaves George & Sylvia Rosensteel St. Catherine's Nursing Center St. Joseph's Church St. Joseph's Provincial House Jim & Jean Sanders Pearl Alice Sayler Dorothy E. Sciss Senior Citizens Center Dale & Linda Shields Villa St. Michael VFW Post 6658 Ladies Auxiliary to VFW Post 6658 Irene C. Zurgable

The Senior Experience



Above, Seniors participate in strength training, guided by personal trainer Kathy Arizia. Workout sessions are held at the Senior Center at 1:00 p.m. on Tuesdays and Thursdays. Below, bowling proves to be an enjoyable form of exercise for (from left) George Baker, Tish Enright, Ermel Reed, Beverly Reed, Kathleen Cheeks and Pat Warthen.



Photo, courtesy of Patricia Warthen

Church council signs refugee sponsorhip agreement

Bosnia Family to Make Emmitsburg "Home"

Their names are Esmir and Nahida Mrkanovic. They have two daughters: Irma, who is seven years old and Ines, who will turn four years old in August. They have been refugees nearly five years, forced from their native homeland by war. Now, come July, Emmitsburg will become their home.

There is a lot to be done to welcome them. Fortunately, a generous spirit is common among the people in Emmitsburg. Volunteers throughout the town are rallying to assist in the commitment to resettle a family in the community. Officially sponsored by the Emmitsburg Council of Churches, committee members are working to structure safe entry for the Mrkanovics.

A home to begin in, employment to keep it, school for the children, interpreters and language tutoring for all, food, transportation, and any medical necessary care are all critical in getting this family on their feet. Anyone who wishes to contribute either financially or materially is

urged to contact Paul Harner, 717-642-6202. A bank account has been established for monetary donations and arrangements can be made for donations of furniture and other household goods. Fundraisers will be announced as planning evolves.

As important as all these elements are, the greatest need lies in welcoming this family with open hearts and minds. Most of us know war only by newspaper or television. Most of us know our home and country will be intact at the end of the day. Most of us are secure in the safety of where we live. We understand hard times and inadequate conditions, but we also know help exists. We have the opportunity to share the wealth.

Many communities around us -Gettysburg, Thurmont - have done so and have found the experience moving and rewarding beyond measure. Emmitsburg has much to offer as a community and everyone's participation is wanted. If you haven't got a dime or a minute to spare, "Zdravo" is Bonsaki for "hello." "Prijatelj "means friend. A smile will say the same.

Thurmont Seniors invite community to travel with them on day trips

invites anyone (any age) to travel with them on day trips or extended tours. Pickup locations are: Frederick (behind Ames 7th street), Thurmont Senior Center, and Emmitsburg (at Jubilee) For information call Coordinator Sarah Dare at 301-271-7911.

Schedule:

Sun. June 11: Day trip - Baltimore, Md., Meyerhoff Symphony Hall, "Star Spangled Spectacular.'

Sat. June 24 - July 1: Showboat Branson Belle Dinner Cruise, approx. 7 shows.

Sat., July 15: Day trip - Dutch Apple Dinner Theater, Fiddler on the Roof.

Fri., Aug. 25 - Aug. 29: Vermont and New Hampshire, 2 nights in Killington, Vt., guided tour including Von Trapp family lodge, Stowe Village, and Quecheee Gorge, 2 nights New Hampshire; Golden Pond Boat Tour, Annabel's Doll Museum and din- Fruitcakes. the Musical.

The Thurmont Senior Center ner on board the Lake Winnipesauke Railroad.

> Sat., Aug. 12: Day trip -Georgetown/Washington D.C., Tudor Pt., Filomena Ristorante and barge ride down the C&O Canal.

Sat. Sept. 19-Sun., Sept. 24: Louisville, Ky., National Quartet Convention, Southern Gospel music and sightseeing in Kentucky.

Wed., Sept. 27: Day trip - College Park, Md., Aviation Museum, 94th Aero Squadron Restaurant and Goddard Space Flight Center.

Wed., Oct 18: Day trip - King of Prussia, Pa., Lilly Langtry's "Glitz on Ice" Restaurant and Showplace.

Fri. Nov. 17: Day trip - Berkley Springs, W.V., The Country Inn, Tom Netherton, veteran of the Lawrence Welk Show.

Sun., Dec 3 - Dec. 6: One Hundred Miles of Lights (Virginia)

Sat., Dec 9: Day trip - York, Pa, Wisenhaven Dinner Theater,

A Dispatch Photo

A Refugee Sponsorship Agreement between the Church World Services and the Emmitsburg Council of Churches was recently signed, from left, by Paul Harner, president of the Council of Churches, William Carr, Alex Kirculescu of Church World Services, and Dick Dodds. Mr. Carr and Mr. Dodds are co-chairmen of the resettlement committee to bring a refugee family from Bosnia to Emmitsburg.

Neighbors

BY KATE WARTHEN Dispatch Correspondent

Nancy Bowerman has returned from a vacation in Palm Beach, Florida.

Erin Dingle, Thurmont Librarian, has just returned from a trip to Ireland. She also visited her son who was in Scotland at the time of her visit.

Tish Enright recently attended her first baseball game at Camden Yards.

Mr. and Mrs. Richard Jones and family held their Easter family gathering at Ocean City, where their son recently bought a condominium.

Mr. and Mrs. William Meredith have returned from a vacation in Florida.

Sharon Goetz Meredith and her husband Jim and family visited in town recently with friends and family.

Joan Fisher, Branch Librarian at Emmitsburg Library, has returned from a holiday in Hawaii.

Mr. and Mrs. Robert Preston have returned from a trip to Switzerland. Mr. Preston was on a work-related visit.

Laura Mary and Sarah Warthen of West Main Street spent the Easter holiday week with their Aunt Lori in Philadelphia.

Natalie Williams has just returned from Michigan, where she visited her sister and brother-in-law.

Mr. and Mrs. Dave Haller have sold their home on West Main St. (the former Cooley Combs property). The Hallers are relocating to Frederick, Md.

Mrs. Birdie Zimmerman is in a Care Home in Fairfield. Her house on Main

Street is for sale.

The April 8th yard sale and luncheon at St. Joseph's Parish Hall was very successful.

St. Joseph's Sodality hosted the Council of Churches Lenten Services recently. The reception in the Parish Hall was especially lovely and well attended

Leah Adelsberger and Deide and Shivawn McCarthy provided string music for the CASS celebration of community spirit held at the new Dutch's Daughter Restaurant on April 4th.

Freddie Genau, son of Kimberly Baker and Fred Genau played a lead role as "Riff" in a recent production of West Side Story at Frederick High School, Karen and Ed Adelsberger, Laurie Barnes, and Jerrie Daugherty attended.

The Mount production of the play A Funny Thing Happened on the Way to the Forum was so funny. If you didn't get there, you missed a good one!

Mrs. Elizabeth Kengla hosted the Bridge Club recently. Mrs. Meredith won first prize. On April 14th, Betty also beautifully entertained the Book Club, which discussed To Kill a Mockingbird.

Patricia Gaffney, of Blue Ridge Summit, spoke about her books at the Horning Hospitality Room at Mt. St. Mary's College. The program, sponsored by the Thurmont and Emmitsburg Libraries, was well attended. She is the author of a number of historical

Please see Neighbors on p. 11

Library welcomes Cindy Blank

A STAFF REPORT

Cindy Blank is the new children's library associate at the Emmitsburg Branch of Frederick County Public Library. She brings a wide variety of experiences to this position. Most recently, she was a graduate student in science education at the University of Idaho. While there she was a NASA Idaho Space Grant Fellow in Education. In this position, she implemented a science and engineering program for children throughout the state of Idaho.

Cindy has a Bachelor of Science degree from Frostburg State University and a Master of Science degree from the University of Tennessee. Before working in education, she was a research associate in plant pathology at Washington State University. Cindy is originally from Mt. Savage, Maryland. She is married and has one child. Her husband is a middle school science teacher in Washington County.



CINDY BLANK

Emmitsburg Business Professional Association

"Working for You"

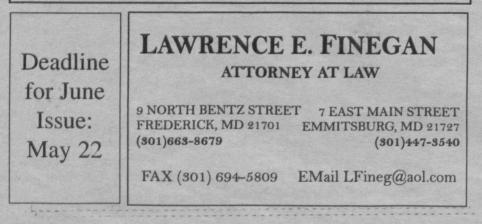
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PROUD SPONSOR OF EMMITSBURG MASON-DIXON FALL FESTIVAL

information



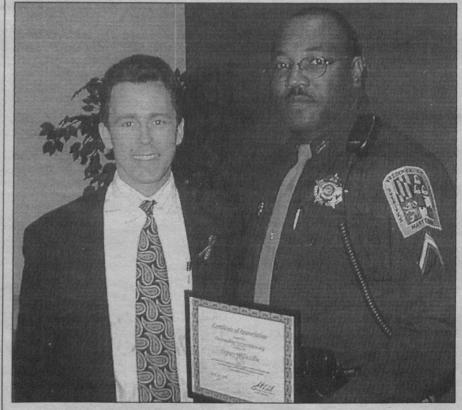
Emmitsburg deputy honored for service to crime victim

A STAFF REPORT

Emmitsburg's resident deputy, Deputy Willie Ollie of the Frederick County Sheriff's Office, was recently recognized at the fourth annual Victim Services Awards ceremony hosted by the State's Attorney. Office.

Deputy Ollie was among fourteen people, including civilians, law enfocement advocates, as well as police officers, who were honored for their positive impact on crime victims and their families. State's Attorney Scott Rolle presented to Deputy Ollie the Victim Services Award for recently assisting the state's attorney office investigating a sexual assault case, spending "numerous hours helping to alleviate the victim's fears and anxieties by answering all of her questions regarding the criminal justice system. His kindness and willingness to become involved made the difference between the victim's continuing the case or giving up."

Emmitsburg's town manager Dave Haller and Commissioner Jim Hoover were among the more than 100 people who attended the ceremony held April 14 at the Frederick County Court House.



State's Attorney Scott Rolle, left, presents Emmitsburg's resident deputy, Deputy Willie Ollie, with a Victim Services Award for Ollie's assistance with a sexual assault case.



Honduras: Raising house and conscience, Part II

BY ANGIE BRADLEY AND JANET SPRINGER

Last month the Dispatch ran the first part of an article by Angie Bradley and Janet Springer regarding their experience rebuilding a house for hurricane victims in Finca Ocho, Honduras. This month they write of their experiences with the people of the town.

In Finca Ocho we stayed with two young women named Glenda and Carin. Glenda is 20 years old and Carin is 14. The two of them live in a house by themselves and are incredibly responsible and mature young women. Glenda's mother owns the home; however, she moved to the States when she lost her job on the banana plantation. She now lives with her daughter in the Bronx and cares for her grandchildren. After a difficult childhood, Carin was adopted by Glenda's family. The house was much more modern than we ever expected. It had electricity, television, a telephone, a kitchen and indoor plumbing The only modern conveniences that the home did not have was a hot shower, a washer, and a microwave.

The two women, especially Carin, cared for us as if we were royalty. Each day Carin would awake at 5:45 a.m., sweep the floor, scrub the sidewalks around the house, care for the dog and have our breakfast prepared by 6:15 am. We would then eat while she continued her chores. At 6:30 am she would walk us to the church to meet our group. After returning home, Carin would empty the trash, do the wash by hand, eat breakfast and then go to school at 8:00 am.

Upon our return from the work site, Carin and or Glenda would greet us with smiling faces and say cansada (which means rest). As we sat on the porch, Carin would bring us drinks and fresh fruit, usually melons or pineapples to die for! While she was getting our drinks we would take off our shoes. After delivering our snacks, Carin would scrub and clean our shoes. Honestly, it was very awkward not to be "allowed" to do anything for ourselves; but as Daniel, the Honduran minister said, "When they care for and give to us, they feel joy and we must allow them to feel joy.'

As we rested, Carin would do her homework and prepare dinner. At times her neighbor would even help in preparing some of the more complicated meals. After dinner they would clean up and Carin would iron her clothes, pack her school bag and be prepared for the next day. All this

Jackie is the most beautiful person I have ever met. It isn't her long brown hair or her light brown skin, her radiant smile or dark brown eyes or her long lean athletic body that make her so beautiful. It is her spirit, her attitude of selflessness, her will and determination, the respect she has from her peers and siblings, her leadership abilities, and her willingness to survive that make her so beautiful.

any parental supervision. They are truly warm, caring, giving and disciplined young women.

While building the house many of the children came to the worksite to watch and/or help. As the days passed we spent more time with these children and came to learn many of their stories. One 11-year-old child by the name of Jackie particularly touched all of our hearts. The group that Gerry took in August built a house for her family. Jackie's father was murdered, he was said to be a "bad tax collector." Her mother works in town during the week and returns home on Saturday and Sunday. Jackie's grandmother is ill and can no longer live in the village. Her grandfather used to look in on the children but now needs to spend most of his time with his wife. So it is up to Jackie to care for her 9-year-old sister, and three brothers (7, 5 and 3 years old). Jackie is the most beautiful person I have ever met. It isn't her long brown hair or her light brown skin, her radiant smile or dark brown eyes or her long lean athletic body that make her so beautiful. It is her spirit, her attitude of selflessness, her will and determination, the respect she has from her peers and siblings, her leadership abilities, and her willingness to survive that make her so beautiful.

When we first met Jackie and learned of her struggle, thinking like the Americans we are, we thought, "How can we save this kid and give her a better home and the love she deserves?" But as the days passed and our relationship grew we recognized that we were selfish to feel that we could give her something "better" in the States.

We were defining "better" as having material possessions. We soon realized that although Jackie has many adult responsibilities, she doesn't see them as hardships. She is still a very happy and playful 11-year-old. In fact would be done by 8:00 p.m. without - more so than most American children. Despite what we thought as Americans, she has not been stripped of her youth. It is her attitude and perception that keeps her youthful. To Jackie her responsibilities are not good or bad, they just are what you do to survive. She may not have shoes on her feet, a bathroom, kitchen, running water or electricity, but she does have two of the things that most of us search a lifetime for- a higher purpose and happiness. We recognize how wrong we were to place judgment on her based on what we know as Americans. What a wonderful life lesson! You will find that most of the children of Finca Ocho have stories similar to Jackie's.

The best thing we can do for the children of Finca Ocho is to provide the financial resources for them to continue their education beyond sixth grade. This will provide the opportunity for them to return to their village and make changes for themselves and their families. Inglesia Bethel Church, in conjunction with the Catoctin Association, began a scholarship program last year. For 400 dollars a year a child can be sent to school. Last year the church raised enough money to send ten kids from Finca Ocho to continue their education through grade 12. We had the opportunity to meet a few of the scholarship recipients and experience their enthusiasm, pride, and excitement

Protest .

(Continued from page 5) what now? Will the insiders who are the power brokers inside the World Bank pay much attention to these young idealists? Hard to say. But what those who came to our nation's seat of power have done is forced us all to think about why so many Third World countries spend more on paying back massive loans than feeding their people or developing medical systems. Not a bad start for a bunch of greenabout continuing their education. They were scheduled to begin school the day after we left Honduras. We can not put into words the appreciation and love that the children shared with us. We hope we will be able to better last year's fundraising efforts.

9

NOTE: Although we completed our project, there is still much work that needs to be done in Finca Ocho. Many houses need to be built (costing about 1200 dollars per house), children need school (books and maps in Spanish) and medical supplies (band-aids and neosporin) or scholarships for continuing education. If you can't be involved personally, please send money and supplies so our project can continue. If you would like to send donations or supplies to help support the people of Finca Ocho please send to: Inglesia Bethel, Honduras Partnership. Glade United Church of Christ, Honduras Partnership PO Box 236 Walkersville, MD 21793. 301-845-6775. Thank you for sharing our experience.

haired, nose-pierced protesters hungry for a cause.

If you are quick to criticize their looks or methods, give the demonstrators a break. Like generations before, they're just trying to find their place in the parade.

John Gehring, a recent Mount graduate and a contributor to the Dispatch, writes from Washington D.C.

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Of Water, and Willows, and the Winds of Change

BY BILL MEREDITH Dispatch Correspondent

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 annovance, 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.

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TRACES STORESS FRE

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.

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

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Emmitsburg, MD. 21727 Since 1965 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 ballfields. 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 halfdozen 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 birdwatching 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 hackberrys, 16 honeylocusts, 14 box elders, 12 Trees of Heaven, 9 silver maples, 8 black locusts, 5 walnuts, 4 pin oaks, 4 elms, 3 black oaks, 2 wild cherrys, 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 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.

April is here again, and once again water is flowing from the ground around the willow tree in my yard. My tree is over 30 years old now, and after last summer's drought I found three of its five main branches were dead. The other two will go before long. The yellow warblers that have nested in it for the past 20 years will need a new home; so this spring, for them and my grandmother's memory, I hope to plant a new weeping willow nearby. In the meanwhile, this is Bill Meredith, writing from the headwaters of Willow Rill.



Preschoolers tour Catoctin High School's greenhouse

BY PENNY EYLER CHS Reporter

Who says that only big people are capable of planting a plant? Well, certainly not this group of high-spirited children. On Wednesday, March 22, Mrs. Janet Warren's lab pre-school students at Catoctin High School were invited to tour Catoctin's agricultural department greenhouse.

The greenhouse is run by the Ag teacher. Mr. Robert Beavan, and assisted by all of his students. While the children visited the greenhouse, volunteer horticultural students Kelly Shoemaker and Todd Sparkman told the students what goes on in the greenhouse. They also showed them several types of plants such as the snake plant, Norfolk Island Pine, Christmas Cactus, and the Weeping Benjamin Fig, to name only a few. Kelly and Todd passed around a part of each plant for the students to feel and smell. The children were very attentive to what was being said and "I really thought they had a thrilling experience," Todd said.

After the tour of the greenhouse the students were brought into the Ag Shop and shown how to transplant marigold seedlings. Lauren Holt, another volunteer horticultural student, demonstrated the planting procedure as the children watched and listened carefully. "Working with the children was a great learning experience for me as well as the children," Lauren said. "The children are very special and need a lot of TLC. Just knowing that I put a smile on a child's face is overwhelming. It is experiences like these that prepare me



A Dispatch Photo CHS student Penny Eyler and Mrs. Dot Damuth help Kyle Knott plant his marigold seedlings. Kyle is the grandson of Betty Martinez of **Emmitsburg.**

for my future in a field of child development."

The children were given the supplies needed: a peat moss flat filled with soil and six marigold seedlings. They then paired up with the student teachers from Mrs. Warren's Child Development class to begin transplanting. Wednesday's student teaching group consisted of Penny Eyler, Stacey Sink, Heather Welty, Erin Hobbs, Sherry Sites and Dorothy Sias. These six student teachers escorted and assisted the children throughout their entire tour of the greenhouse and as they planted their marigolds.

I love working with the children. It's a wonderful learning experience for future plans and this group of three- and four-year-olds was wonderful to work with. The only downside to it is when you have to say no to their pretty eyes and sweet little faces when they want to

is a great group of kids," Stacey Sink said. "They are very energetic and all of the preschoolers had a blast. I hope to sists of 12 students: Kierstin do something related to this type of work.

Mrs. Dot Damuth, a member of the vocational students support team at Catoctin High School, also helped the students and pre-school children. Mrs. Damuth assists both Mr. Beavan and Mrs. Warren during classes. "This was a great experience for our student teachers and the pre-schoolers," she said, "and the teachers did a super job introducing this project to the preschoolers. It was a job well done."

Other students who volunteered to help out with the preschoolers were Mike Bradshaw, who was filling flats with soil, and David Stonesifer, who was attending the event to take pictures of the activities. "The kids were great to work with and they were a good group to teach how to plant flowers. They will

do something that's not allowed. "This all be a landscaper some day," he laughed.

> This year's '99-00 pre-school con-Baumgardner, Jared Cobb, Matthew and Megan Demarais, Tyler Davis, Melissa Glancey, Kevin Hoffman, Kayla and Kyle Knott, Ashley Ridenour, Courtney Scott, and Emma Skekel. Pre-school goes four days a week, Tuesday - Friday from 8:15 -11:00 a.m. During the time spent at the pre-school the preschoolers are taught from every academic curricular area as well as athletic. The children are taught to be independent and creative as well as social and respectful.

> Registration to attend Catoctin High Preschool in the Fall of 2000 will begin May 17. Call Janet Warren at 301-271-7406. Call early to reserve a space.

> > **FFA Spring Bedding Plant** Sale - May 6 & 13, 9 a.m. - 11:30 a.m. **Catoctin High School**



Neighbors.

(Continued from page 7)

romances and a recent best-selling novel, The Amazing Graces, which will be discussed by the Book Club this month. The club meets the second Friday of each month, usually at the library meeting room: all are welcome.

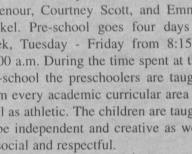
The annual Library Week Tea, held by the Emmitsburg Branch on April 13, was very well attended. Natalie

Williams was in charge of the arrangements, and wonderful treats were contributed by the Friends of the Library. Bo Cadle made delicious scones which we ate with clotted cream and lemon curd. Civil-la-Tea in Gettysburg provided the tea. Thanks to all who contributed time and goodies and to the patrons who came to tea.

A Dispatch Photo Students in the child development class Dorothy Sias (left) and Erin Hobbs assist on the tour of the school's greenhouse for preschool students at Catoctin High School. From left are pre-schoolers Courtney Scott, Kayla Knott, Kierstin Baumgardner, Kevin Hoffman, Kyle Knott, Megan Demarais and Emma Skekel.







'That's the Way Things Were'

BY RUTH RICHARDS Dispatch Correspondent

This is a story about Barbara. Well, not exactly about Barbara. It's a story about Emmitsburg, but not exactly about Emmitsburg, either. It's really about all of us, everybody. But before I can tell this story I must go back long years ago, so many years that I scarcely know just where to begin..

In about the 15th Century the Portuguese explorers discovered that there was money to be made in the trafficking of black people of Africa. Other countries followed suit and soon most of the countries of Western Europe were transporting these people to the New Word to be sold as slaves.

Barbara's paternal great, great grandfather was descended from a Dutch Baron from Holland. When the Baron died, his widow and sons came to America and settled in Connecticut. One of these sons left Connecticut for Santa Cruz (St. Croix) in the Dutch West Indies. This son married a black woman, and a child of this interracial marriage was Barbara's grandfather. Just how and when her grandfather got to Emmitsburg is unknown. He did get here and this is where Barbara's story begins.

After the Civil War when it became legal for blacks to be educated, Maryland and nineteen other Southern states established segregated schools for black children. Frederick had schools for the blacks; Emmitsburg had only one public school, for whites only. "I have no regrets about my early school experiences. The sisters, Veronica and Josephine, were very kind to their charges. In spite of the segregation, the Sisters instilled in my heart a deep love for my faith and the Church, qualities that have helped me all through my life."

St. Euphemia's parochial school of St. Joseph's Church, run by the Daughters of Charity, set aside one room in this school for the teaching of black children.

In 1940 circumstances made it necessary for Barbara to come from her home in Washington to live with her paternal grandmother in Emmitsburg. Her grandmother enrolled her in St. Euphemia's School where one sister was assigned to teach the black children, all of whom were taught in this one room.

All of the children of Barbara's grandmother had attended this school. Sister Beata, the teacher, was beloved by these 20 or so children. When Barbara was in school she was one of only three students, herself and cousins Kenny and Joe. These three were taught writing, reading, arithmetic and religion. Father Rogers was the priest at St. Joseph's. Sister Josephine was the principal of the school and Sister Veronica was the teacher for the black children.

There were no privileges for the black children with the exception of

being schooled. They were not allowed to play either in the school or on the playground with the white children. There was not an indoor bathroom for them either. Their "bathroom" was an outhouse in the back of the school. Neither were they allowed to use the drinking fountain. The black children had a separate playground and a separate entrance to the school. (We all can surely remember seeing pictures during the 60s where drinking fountains and restrooms were clearly marked "Whites only." The black children were Catholic, and were instructed in the Catholic faith, and when they went to church they were limited to the back pews of the church.

There were other restrictions for the black children in Emmitsburg. Barbara remembers that on August 5, 1945, the day Word War II ended, bells were rung all over Emmitsburg in celebration of victory. The old movie house, the Gem, was close to the fire hall and the white children on their way to the movies lined up for a turn at ringing the Fire Hall bell. Barbara and her cousins stood by hoping against hope that they, too, might have a tug in celebrating this victory. No one offered them the rope even though four members of her family were serving in the Armed Forces. Sad.

Barbara had completed 8 grades in four years at St. Euphemia's, but when at the age of 10 she returned to D.C. she was placed back in the 5th grade, the appropriate grade for her age.

When after high school, she wanted to enter the convent of the Daughters of

Charity she was refused. The convent was open to white women only. After several other attempts she was accepted by the Franciscan Sisters of Atonement at Graymoor, Harrison, New York. She was with the Franciscans for 15 years, six of which she spent in Utah and four in Brazil.

Some years after leaving the Franciscans, she returned to Emmitsburg and was secretary to Presidents Wickenheiser and Houston. She is now involved in volunteer work with the Daughters of Charity at the Seton Center Outreach Program.

Barbara is a friend of mine and I have spoken with her several times about her experiences in Emmitsburg when she was young and at St. Euphemia's School. I asked her how she felt about the treatment she and the other black children had received. Her answer was "That's the way things were."

I end here with a recent quote from Barbara: "I have no regrets about my early school experiences. The sisters, Veronica and Josephine, were very kind to their charges. In spite of the segregation the Sisters instilled in my heart a deep love for my faith and the Church, qualities that have helped me all through my life."

Please note: In the 40's when Sister Veronica died the Daughters of Charity made the decision to integrate the black students rather than assigning another Sister for them.

Frederick County CASS recognizes community members

By BILL DERBYSHIRE

On Tuesday, April 4, all Frederick County CASS Programs hosted a Community Appreciation Reception for over 200 members of the Frederick County community. The nine CASS Coordinators and Board Members dedicated this reception to recognizing the public and private agencies, businesses, local governments, school personnel, and private citizens for their efforts over the last eight years since the inception of the first CASS program in Brunswick.

This event was a celebration of the spirit of generosity and collaboration that exists among community partners throughout all of the CASS programs. The reception was held at the new Dutch's Daughter restaurant in Frederick City.

After light refreshments Mr. Michael Stovall, Director of Frederick County Citizen's Services and longterm board member of CASS, began the ceremony by describing the purpose of the reception as a demonstration of thanks and appreciation for all of the agencies and individuals who have worked in a collaborative fashion with CASS. He pointed out that without these collaborations with agencies, civic groups, local governments and private citizens CASS could not have impacted families and students in Frederick the way it has done in the last eight years.

John Kendall, Chair of the CASS Board and long term board member, introduced the CASS coordinators and members of the Board, An eightminute videotape about CASS was viewed and favorably received. The reception was enlightening to many

(See CASS on Page 16)



A Dispatch Photo

Attending the CASS Appreciation Reception for members of Frederick County who support the CASS program were front row: (1) Debbie Swiderski, Wanda Severance, Terri Zeigler, Chata Carr, Phil Postelle. Back row: (1) Bill Carr, Bill Derbyshire, Vickie Marick, and Jim Hoover.

Emmitsburg Child Care Center 301-447-6100

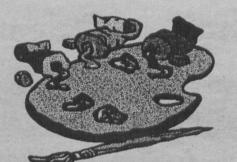
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13

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おおおおおおお

Thurmont Middle School celebrates Eco-Fair 2000 On Friday, April 28, Thurmont Garden Art, Origami (endangered

Middle School held its third annual environmental fair from 3:15 - 5:30. The fair, coordinated by Renzulli teacher Candace Desonier of Orrtanna, Pa, was designed to provide students with opportunities to learn about the environment and participate in service projects.

After receiving the honor of being selected as a "Maryland Governor's Green School" in 1990, Thurmont Middle School is continuing the tradition of extending learning about the environment into the school and local community. This year, many of the activities blended an environmental focus with an appreciation of the arts. that brought together teachers, students, and community volunteers, was made possible by a grant from the Gifts for Education committee which supports creative school projects.

Highlights of this year's fair included: Landscape Design in Gardening, Water Gardens using Solar Power, Building Arbors, Digital Nature Photography, Shakespearean

species), Building Birdhouses, Drama, Bike Repair, Native American Jewelry, Rock Painting, Wildlife Rehabilitation, and Birds of Prey.

Naturalist Christine Maccabee and Wildlife Rehabilitation specialist Kathy Woods were among the leaders of 24 different activities, five of which were service learning activities. The Dept. of Natural Resources presented its Scales and Tales program entitled "The Good the Bad and the Ugly," sharing an assortment of birds, reptiles and snakes with interested students.

Students had the opportunity to The fair, an Earth Day celebration compete for prizes in three contests: Nature Writing, Recycled Art, and Focus On Your World - a photography contest. Students also played games organized by Renzulli students, Catoctin High School and Mount St. Mary's students, enjoyed music provided by Tom John of Orrtanna, and signed pledges to do their part in making environmentally sound decisions in their everyday lives.

The Emmitsburg Regional Dispatch



A DISPATCH PHOTO

Students from Emmitsburg Elementary School celebrate Arbor Day by planting trees in Silo Hill Park. From left are Brittany Dewees, Samantha Monroe, Wanda Severance, principal, Jacob Fisher, Amanda Hadel, and Laken Grossnickle.

U.S. Daughters of Charity celebrate 150th anniversary of union with French order

On March 25, 2000, the Daughters of Charity of the United States Provinces celebrated the 150th anniversary of their union with the French Daughters of Charity of St. Vincent de Paul. Community roots are traced to the Sisters of Charity of St. Joseph's which was the first native community of religious women in the United States.

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Elizabeth Ann Bayley Seton established her community at Emmitsburg, Maryland, July 31, 1809. In 1850, twenty-nine years after her death, Mother Seton's Emmitsburg community, rooted in the rule of Louise de Marillac and Vincent de Paul, formally affiliated with the Daughters of Charity of St. Vincent de Paul based in Paris, France. In the decade before her death January 4, 182 1, the community had expanded its apostolates to New York and Philadelphia. Later the Sisters of Charity went from Emmitsburg to Cincinnati where they opened a mission to serve poor children. New York and Cincinnati sisters formed independent communities in 1846 and 1852 respectively.

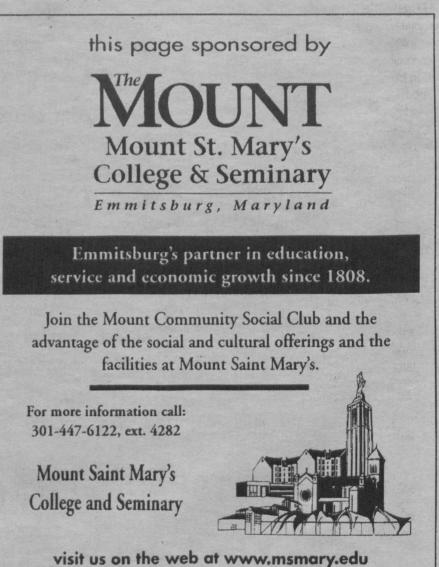
Growth continued, and today there are five provinces of the American Daughters of Charity, whose charism is service of the poor, and who carry on the work of their foundress in the United States, Canada, and in foreign missions. All of Mother Seton's spiritual Daughters -/

and others rooted in the rule of Louise and Vincent collaborate in the Sisters of Charity Federation in the Vincentian and Setonian tradition.

Pope Paul VI bestowed the highest honor of the Catholic Church when he canonized Elizabeth Bayley Seton, September 14, 1975. She is the first native of the country to be elevated to sainthood.

Members of the General Council from Paris, France, and Provincial Superiors from the five United States Provinces and Canada arrived at St. Joseph's Provincial House, Emmitsburg, on March 21 for the week-long celebration. During their stay, they traced the path of St. Elizabeth Ann Seton on the grounds of her national shrine in Emmitsburg, Mother Seton House on Paca Street in Baltimore, and sites associated with St. Elizabeth Ann Seton in New York

Mayor William H. Carr and officials of the Town of Emmitsburg issued a proclamation to the Daughters of Charity in honor of the 150th anniversary celebration. Sister Elyse Staab, Provincial Superior, read the proclamation at a special program in the Basilica of the National Shrine of St. Elizabeth Ann on Saturday, March 25.



Obituaries

Mrs. Ada Davis

Mrs. Ada Mae Davis, 81, of Emmitsburg, formerly of Gettysburg, Pa., died Monday, March 27, at Gettysburg Hospital.

She was the wife of the Roland F. Davis, who died Nov.14, 1993.

Born May 6, 1918, in Wytheville, Va., she was a daughter of the late Thomas and Mary Jane Fitts Lefler.

She worked at Musselman's in Biglerville, Pa., for 24 years.

She is survived by two daughters, Rose Mary May of Emmitsburg and Ada C. Spahr of Orrtanna, Pa.; one son, Cecil K Lefler of Littlestown, Pa.; seven grandchildren; nine great-grandchildren; and one brother, Sherman Lefler of Wytheville.

She was preceded in death by 12 brothers and sisters.

Services were held Friday, March 31, at Peters Funeral Home, 321 Carlisle St., Gettysburg, with the Rev. E. Edward Keyser officiating.

Interment was in Oak Lawn Memorial Gardens, Gettysburg.

Mr. John Wetzel

Mr. John B. Wetzel, 74, a lifelong resident of the Emmitsburg and Thurmont area, died Thursday, March 30, at Gettysburg Hospital.

Born June 9, 1925, he was the son of the late Bernard and Nellie Topper Wetzel.

He retired in 1995 from St. Joseph's Provincial House in Emmitsburg, where he was employed for more than 35 years. He most recently worked part-time at Jubilee Foods in Emmitsburg.

Surviving are four daughters, Beverly Wells of Franklin, N.C., Mary Ellen Rouan of Cape Coral, Fla., Sharon Cox of Kansas, and Joyce Godfrey of Florida; one son, Dennis Wetzel of Wilmington, Del.; 11 grandchildren; three great-grandchildren; five sisters, Rita Cool, Pat Miller and Doris Glass, all of Emmitsburg, Regina Dillman of Abbottstown, Pa., and Louise Shriner of Fairfield, Pa.; and numerous nieces and nephews.

He was preceded in death by two sisters, Mary Margaret Miller and Mary Lillian Cool

A memorial service was held at 10 a.m. Friday, April 14, at St. Anthony's Parish, Emmitsburg.

Memorial contributions may be made

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119 N. Miller St. Fairfield, PA 17320

9am-7pm

Tue & Sat 9am-1pm

M-W-F

Thu

Foundation, P.O. Box 3995, Gettysburg, Pa. Mr. John Roddy Jr.

Mr. John Mark Roddy Jr., 87, of Winchester, Va., formerly of Emmitsburg, died Friday, March 31, at Evergreen Health & Rehabilitation Center, Winchester.

He was the husband of the late Helena Pitlanic Roddy.

Born Jan. 29, 1913, in Emmitsburg, he was a son of the late Mark Sr. and Laura G. Orndorff Roddy.

Mr. Roddy was a member of St. Leo's Roman Catholic Church, Winchester. He was a graduate of Mount St. Mary's College where he served as an educator and was registrar from 1935 to 1955.

In later years, he was a district manager for Nationwide Insurance.

Surviving are two sons, John M. Roddy III of Fairfax, Va., and Michael A. Roddy of Winchester; one daughter, Patricia J. Duval of Beaconsfield, Quebec, Canada; three sisters, Dorothy Lynch of Oakland, Calif., Aileen Groover of Lakewood, Calif., and Sister Ruth Roddy, the Daughters of Charity, Cumberland; eight grandchildren; and five great-grandchildren.

A Mass of Christian Burial was held Monday, April 3, at St. Anthony's Shrine Parish, Emmitsburg, with the Rev Leo R. Tittler as the celebrant.

Interment was in St. Anthony's Shrine Cemetery.

Theresa Steo

Theresa Steo went to her eternal home April 4, 2000, without pain, and after receiving Holy Communion and the Sacrament of the Sick. She would have been 99 years old on July 15.

Theresa was the mother of William Steo of Emmitsburg, her only child. No other members of her immediate family survive. On the last day of her earthly life, her son and other members of her extended family were able to visit her at St. Catherine's Nursing Center.

Theresa Steo was born on July 9, 1901, in Brooklyn, NY. She worked as a seamstress before marrying Sebastian John Steo in 1924. He died in 1972. In the Great Depression she worked in a dress shop, and later in life as a clerk in a bank.

Theresa arranged to have her remains donated to the Maryland Anatomy Board. There was a memorial Mass for her at St.

to TCC Unit, Gettysburg Hospital Joseph's Catholic Church at 11 a.m. on the Monday after Easter, April 24.

Mr. Albert Tabler

Mr. Albert Sydney Tabler Jr., 82, of Gwen-Al Farm in Rocky Ridge, died Wednesday, April 5, at Copper Ride, Sykesville.

He was the husband of Gwen L. DuVall Tabler, who died in 1960.

Born June 9, 1917, in Mount Airy Junction, he was a son of the late Albert Sidney Sr. and Eva Elizabeth Care Tabler.

He was an auctioneer. For many years he handled numerous 4-H sales in Frederick and Montgomery counties as well as auctions for charitable organizations, fire companies and churches throughout Carroll and Montgomery counties.

He was also a farmer. He was a 50-year member of the Registered Angus Association. He raised and sold registered steers to 4-H over the years.

He was a member of Rocky Ridge Volunteer Fire Department.

He is survived by two brothers, Ralph L. Tabler of Frederick, and Harvey W Tabler of Mount Airy; three sisters, Virginia E. Dayhoff of Dickerson, Eva E. Derr of Frederick, and Vivian E. Howes of Damascus; and numerous nieces and nephews.

He was preceded in death by three brothers, William L. Tabler, Arthur W Tabler and Howard L. Tabler; and two sisters, Edith Irene Tabler and Hazel N. Tabler, who died in infancy.

Funeral services were held Monday, April 10.

Interment was in Damascus Methodist Cemetery.

Expressions of sympathy may be in the form of contributions to 4-H Club, Damascus Cemetery Fund, or the Rocky Ridge Fire Department.

Mrs. Mary Fink

Mrs. Mary Ellen Fink, 72, of Thurmont, died Wednesday, April 12, at her home.

She was the wife of Bernard J. Fink her husband of 54 years.

Born March 7, 1928, at Motters Station, she was a daughter of the late James and Grace Riffle Sayler.

Mrs. Fink was a homemaker. She was a member of Our Lady of Mount Carmel Roman Catholic Church, Thurmont,

Surviving in addition to her husband are four children, Bernard J. Fink Jr. and wife

Brian Glass

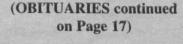
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Dorothy of Baltimore, Sharon Bennett and husband Emil of Thurmont, Nancy Fink Hill and husband Jason R. of Wilkesboro, N.C., and T. Michael Fink of Thurmont; 11 grandchildren; four great-grandchildren; and one sister, Margaret Martin of Emmitsburg.

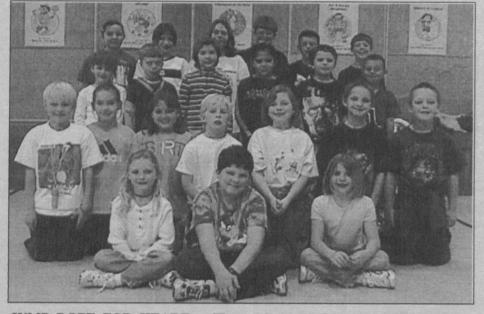
Mrs. Fink was preceded in death by three brothers, Robert Sayler, Dee Sayler and Tom Sayler.

A Mass of Christian Burial was held Saturday, April 15, at Our Lady of Mount Carmel Catholic Church, North Church Street, Thurmont, with the Rev. David Shaum and the Rev. Leo R. Titler as co-celebrants. Interment was in the church ceme-

Memorial contributions may be made to Hospice of Frederick County, PO. Box 1799, Frederick Md., 21701, or to Our Lady of Mount Carmel Catholic Church, 16150 St. Anthony Road, Emmitsburg.







JUMP ROPE FOR HEART -- The students of Emmitsburg Elementary School participated in the Jump Rope for Heart in March to help fight heart disease and stroke-our nation's #1 killer. The children raised \$7200 to help support cardiovascular research and educational programs. Jump Rope for Heart teaches participants about the importance of a healthy lifestyle that includes regular physical activity, proper nutrition, and living tobacco-free. The event empowers children as they provide vital community service and discover that they can make a difference. At the same time, students enjoy group dynamics while jumping into the spirit of this fun-filled event. The children pictured each raised over \$ 100 for the American Heart Association participants, the Emmitsburg community, and every volunteer should be congratulated for a successful event! Also a special thanks to Catoctin Orchards for providing a healthful snack for all the young jumpers! The students who participated are: first row, from left, Kaitlin Stouter, Mike Wetzel (highest fund raiser!), Nicole Medve; second row: Sean Mayer, Katelyn Keilholtz, Amber Weikert, Terry McNair, Megan Wood, Justin Buchholtz, Jonathan Kubala; third row: Justine Study, Kolby Maly, Jessica Boller, Jenny Busbey, Wade Droneburg, Brandon Bloom; fourth row: Morgan Shoemaker, Elyssa Cool, Haley Schnibbe, Shane Saylor, Corey Stouter, Travis Herr. Not pictured : Becca Fink and Josh Roman.

Cass -

(Continued from Page 12)

attendees in that people who know one another outside of CASS had no idea they were affiliated with CASS in their own communities. Also many people left the reception with new ideas on how to improve their own CASS programs.

CASS is based on the philosophy that working together strengthens families. The overwhelming number of people who attended demonstrates commitment and dedication to the strengthening of Frederick County families.

Several individuals and businesses contributed to make the reception a well received affair: Dutch's Daughter Restaurant, FCPS Community Services Division, MAMSI, HouseMaster, Dwight C. Reynolds, Owner, The Plamondon Companies, Cecil P.E. Pottieger, Elaine Klein, and Ronal Smith.

A wonderful string ensemble performed. The players were three local high school students: Leah Adelsberger, Deidre McCarthy and Shivawn McCarthy. (If interested in reserving this ensemble, eall 301-898- Coordinator.

3156.)

Several community leaders and service providers from the Catoctin area attended the reception. Everyone enjoyed seeing Debbie Wivell-Swiderski, the previous Catoctin CASS Coordinator who created the wellrespected and effective CASS program in the Catoctin region.

At present the Catoctin CASS program is host to several social service and mental health agencies which include Frederick County Mental Health, Behavioral Health Partners, Heartly House, Department of Social Services, Frederick County Health Department, the Institute for Family Centered Services. Catoctin CASS is also in partnership with the Town of Emmitsburg, Frederick County Parks and Recreation, Mount Saint Mary's, YMCA, Task Force for Healthy Families, Thurmont Feasibility Study, Catholic Charities, and Catoctin Community Schools.

For more information about your local CASS program call Bill Derbyshire, LCSW-C, Catoctin CASS Coordinator

Emmitsburg Elementary News

Miss Van Pelt's 1st grade Good Workers: Courtney Bomberger, Charles Fisher, Milton Frech III, Chelsea Gelwicks, Kayla Lenhart, Carrie Little, Katherine Metz, Lucas Miller, Jessica Potts, Alicia Rhodes, ShaLeigh Saylor, Kayla Springer, Trey Watts.

Mrs. Miller's 1st grade Good Workers: Tyler Bodnar, Jacob Droneburg, Laken Grossnickle, Trei Jackson, Cody Hagan, Danielle Hoke, Gary Hughes, Jr., Ryan Pittinger, Heather Pozzouli.

Miss Corl's 1st grade Good Workers: Daniel Baer, Cody Baugher, Angela Dunning'Tressier, Nicholas Heaton, Nicole Hollinger, Joan James, Ben Meyers, Travis Rohrbaugh, Zeth Smith, Brandon Stouter, Ashley Trout, Joseph Wolfe, Juli Youngblood.

Mrs. Baumgardner's 2nd grade Good Workers: Dylan Baadte, Jessica Boller, Candice Brooks, Jessica Clarke, Carrie Gelwicks, Jessica Little, Kolby Maly, Erin Nell, Cody Oft, Danielle Pozzouli, Kaitlin Stouter.

Miss Wilfong's 2nd grade Good Workers: Brandon Bloom, Misti Bradshaw, Katherine Douglas, Rebecca Fields, Donald Giannini, Ashlee Hanvey, Hollie Hoke, Patrick Loube, Robert Lowery, Terry McNair, Jr., Nicole Medve, Dakota Sickle.

EAGLE CLUB

3rd GRADE: Chris Bodnar, Justin Buchholz, Amanda Delphey, Ashley Delphey, Myra Derbyshire, Victoria Farmer-Long, Colleen Heaton, Mariah Hill, Katelyn Keilholtz, Shawn Little, Katelynn Meyers, Robert Myers, IV., Kevin Putman, Jessica Reckley, Kourtney Roman, Miriah Stone, Tonya Tester, Maranda Weddle, Bradley Wilt.

EAGLE CLUB

4th GRADE: Randy Cool, Richard Cool, Becca Fink, Olivia Frech, Zach Ickes, Justin Loube, Amanda Miller, Ethan Miller, Cody Milter, Emily Mitchell, Brandon Northrup, Matthew Ohler, Matthew O'Donnell, Tasha Ray, Jury Rubeling-Kain, Deborah Sloane, Kasssondra Topper, CoreyWeddle, AmberWeikert, Ryan Wilt, Matthew Wolfe.

5th GRADE: Kristyn Bradshaw, Meagan Bradshaw, Jessica Chaney, Georgia Cuseo-White, Abigail Dawson, Samantha Fink, Travas Herr, Danielle Hoover, Heather Jones, Natasha Metz, Danielle Miller, Hayley Schnibbe, April Smith, Amber Snurr, Mark Snurr, Corey Stouter, April Tuggle, Michael Wetzel.

CHARACTER COUNTS!! AWARD RECIPIENTS FOR

TERM 3

Richard Cool, Georgia Cuseo-White, Myra Derbyshire, Ashley Delphey, Victoria Farmer-Long, Ashley Glass, Katie Keilholtz, Danielle Miller, Emily Mitchell, Samantha Monroe, Hayley Schnibbe, Ronnie Stonesifer, Kassondra Topper, Michael Wetzel.

Emmitsburg Elementary School would also like to say congratulations to two 5th-grade students from Mr. Satterlee's class, Hayley Schnibbe and Shane Saylor, for their participation in the 2nd annual History Bee. These were the first two students from our school to participate in the History Bee. GOOD JOB!!!





Obituaries

(Continued from Page 15)

Mrs. M. Shirley Hyde

Mrs. Mildred Shirley Hyde, 74, of 16008 Sixes Road, Taneytown, died Thursday, April 13, at the Brethren Home Community, New Oxford, Pa., following a long illness.

She was the wife of Raymond W. Hyde, her husband of 56 years.

Born July 5, 1925, in Libertyown, she was a daughter of the late George E. St. and Lettie 0. Strawsburg Dinterman.

Mrs. Hyde was a member of Mount Tabor Lutheran, Church, Rocky Ridge, and the Ladies Auxiliary of Rocky Ridge Volunteer Fire Co.

She was formerly employed with Castle.Farms Dairy, Detour, and later worked as a baker for Busy Bee Bakery, Thurmont..

Mrs. Hyde loved gardening, flowers, duckpin bowling, and playing bingo.

Surviving in addition to her husband are four daughters, Patricia D. Shorb and husband Donald of Emmitsburg, Sonya B. Hyde of Fairfield, Pa., Ty Wana R. Hyde of Emmitsburg, and Deena D. Hyde of Cascade; one son, Larry W. Hyde of Thurmont; two sisters, Evelyn Warrenfeltz of Keymar, and Dorothy Heffner of Westminster; seven grand children; six great-grandchildren; ands several nieces and nephews.

Mrs. Hyde will also be remembered by her friends Michael Neiderer, Carl A. Tawney and Charles Gladhill.

Mrs. Hyde was preceded in death by an infant son, Frederick Hyde, in 1951; and one brother, George E. Dinterman Jr.

Funeral services were held at the Hartzler Funeral Home, Union Bridge, with Mrs. Hyde's pastor, the Rev. James Russell, officiating. Interment was in Pipe Creek Cemetery, near Linwood.

The family request memorial donations be made to Ladies Auxiliary of Rocky Ridge Volunteer Fire Co. 13527 Motters Station Road, Rocky Ridge, Md. 21778, or to Mount Tabor Lutheran church c/o Harold Late, 507 Gateway Drive W., Thurmont, Md. 21788.

Mr. Robert Albaugh

Mr. Robert Lee Albaugh, 68, of Rocky Ridge, died Sunday, April 16, at his home after a short illness.

He was the husband of Nancy Lee Smith Albaugh. They were married for 45 years.

Born June 14, 1931, in Frederick County, he was the son of the late Harvey Michael and Grace, Viola Gamber Albaugh.

He worked as a truck driver and later as a foreman for the Frederick County Highway Department for 28 years. He retired in 1983.

He was an active member of Rocky Ridge Volunteer Fire Co. for 50 years.

Free event focuses on kids' health and safety

The Fourth Annual Health and Safety Day for Kids, a free and fun event which provides kids and parents with information on health and safety issues, will be held on Sunday, May 7, from 1:00 - 4:00 p.m. at Allstar Family Fun and Sports Complex in Gettysburg. The Gettysburg Hospital, 1320 WGET, the Gettysburg Times, and Allstar Family Fun co-sponsor the yearly event which lost year drew nearly 1,200 attendees.

The event features non-profit organizations and area businesses that provide booth displays and hands-on activities for kids of all ages. There are also opportunities to meet uniformed police officers, health care professionals, emergency service personnel, and local radio and television personalities at the event. Other attractions include the KIDCARD identification program, Hanover Fire Company Smokehouse, Wheaties Breakfast of Champions photo booth, and much more.

Miss Pennsylvania, Susan Spafford, a talented violinist whose platform is music education, will also be on hand to sign autographs as well as entertain the audience.

Guest appearances will be made by the Philly Phanatic. Vince and Larry, the crash dummies; McGruff the Crime Dog; Hershey Chocolate characters and other costumed characters.

The event will also provide live entertainment throughout the day including tours of the Life Lion helicopter from 3 -4 p.m. Other shows include: Deputy Phil Respecting Human Differences at 1 p.m.; Kids Against Crime at 1:45 p.m.; Miss Pennsylvania, Susan Spafford, at 2:30 p.m.; and Dubbs Karate at 3.15 p.m. Tiffany Myers, a local award-winning baton twirler will entertain between shows.

Throughout the day there will be prizes awarded from the WGET prize wheel"and attendees will have the chance to win a two-day family trip for four to Williamsburg, Virginia, courtesy of Central Pennsylvania AAA,

For more information or to exhibit at the event, call The Gettysburg Hospital, Community Relations Department at 717-337-4272.

He was. a member of Haugh's Mount Zion Lutheran Church, Ladiesburg.

In addition to his wife, he is survived by two daughters, Linda Northrup and husband Ed and Bonny Hurley and husband Alan, all of Rocky Ridge; one son, Kevin Albaugh and wife Vicky of Thurmont; one granddaughter, Christina Hurley; and two brothers, Donald Albaugh of Frederick, and Carroll Albaugh of Libertytown.

He will also be remembered by his granddaughter's friend, Michael Cornea.

He was preceded in death by one brother, Martin Luther Albaugh.

Funeral services were held Thursday, April 20, at Rocky Ridge Volunteer Fire Co. Activities Building, Rocky Ridge. The Rev. Richard P Rutkauskas, of Haugh's Mount Zion Lutheran Church, officiated.

Interment was in Resthaven Memorial Gardens, Frederick

In lieu of flowers, memorial contributions may be made to Rocky Ridge Volunteer Fire Co., PO Box 117, Rocky Ridge, Md. 21778; Haugh's Mount Zion Lutheran Church, 12223 Woodsboro Pike, Keymar, Md. 21757; or to Hospice of Frederick County, PO Box 1799, Frederick Md. 217012.

Sister Kathleen Hemelt

Sister Kathleen Hemelt, 90, a Daughter of Charity for 73 years and a resident of Villa St. Michael, Emmitsburg, since 1994, died Friday, April 14, at the retirement residence.

The former Kathleen Mary Hemelt was born in Baltimore, a daughter of the late Charles Francis Sr. and Marjory Mantz Hemelt.

Sister Kathleen entered the Daughters of Charity in 1926 at the age of 16. She received her bachelor's degree in 1951 from St. Joseph College, Emmitsburg..

She began her career teaching at the

Home for Catholic Children in Boston, Mass., followed by thirteen years, 1928-1941, at Cathedral Elementary and High School, Syracuse, N.Y. She spent five years, 1945-1949, in Baltimore as a teacher at Lady of Lourdes and St. Martin's schools. She also taught kindergarten at St. Catherine's Infant Home, Albany, N.Y.

In between teaching, she served several years as a group worker at Sarah Fisher Home, Farmington, Mich.

The next phase of Sister Kathleen's career was as hospital record room administrator. She served 17 years in that capacity at St. Mary's Hospital, Troy, N.Y., 1953 to 1956; Sacred Heart Hospital, Pensacola, Fla., 1960 to 1971; and Providence Hospital, Washington, D.C., 1971 to 1974. She was then stationed at St. Joseph's Provincial House, Emmitsburg, headquarters for the province. Her duties during her years at the provincial house included 15 years as transportation coordinator, four years as cassette library coordinator, and a brief assignment to the archives.

Surviving are one sister, Regina Hemelt of Baltimore; one brother, Charles Hemelt Jr. and wife Virginia of Baltimore; three nephews, Charles Hemelt III, Jim Hemelt and William Hemelt, all of Arizona; and one niece, Virginia Hemelt Heckmueller of Charlotte, N.C.

A Mass of Christian Burial was celebrated Tuesday, April 18, in the Basilica of the National Shrine of St. Elizabeth Ann Seton, Emmitsburg. Interment was in Sacred Heart Cemetery, Emmitsburg.

Memorial contributions may be made to the Support Fund for the Elderly and Infirm Sisters, 333 S. Seton Ave., Emmitsburg, Md. 21727.



Rocky Ridge News ———

BY EMMA KEENEY Dispatch Correspondent

Happy Birthday wishes for May: Pauline Duble, Dale Sharrer, Dale Shields, Eleanor Ohler, Jerry Martin, Rosie Stambaugh, Charles Keeney, George Moser, Amy Burrier, Robert Peomroy, Joseph Ballew, Ben Sanders, Wesley Burrier, and Patsy Wetzel.

Happy Anniversary wishes to Ronald and Diana Hahn, David and Michelle Dinterman, Bill and Regina Dinterman, Charles and Emma Keeney.

The Party of Parties will be held at Mt. Tabor Activities Building on Saturday, May 13, from 9 a.m. til 4 p.m. These companies and crafters will be represented: Crafters - Virginia Althoff, Diane Carty, Marie Stambaugh, Nancy Rice and Karen Stultz. Party companies- Avon, Cookin' the American Way, Creative Memories, Discovery Toys, Home and Gardens, Home Interior, Home Sensations, Longaberger Baskets, Mary Kay, Pampered Chef, Princess House, Stampin' Up, Tupperware, Osborne Books, and Shadows. Come and enjoy hassle-free, one-stop shopping that is close and convenient. The Mt. Tabor United Church of Christ will have food for sale. For More information call 301-447-3596 and ask for Melissa.

Willing Workers Family Night this year will be held Wed., May 10, 6 p.m. at Rocky Ridge Fire Hall. Bring a covered dish. Place settings, meat, rolls, and drinks will be provided. Tickets are \$2/person, under 5 years old free. Tickets are available from Pauline Duble, Rosie Stambaugh, Kathy Sixx, Nancy Summers, Linda Shields, Burneda Russell and Emma Lou Harris. A program will follow.

Church of the Brethren News

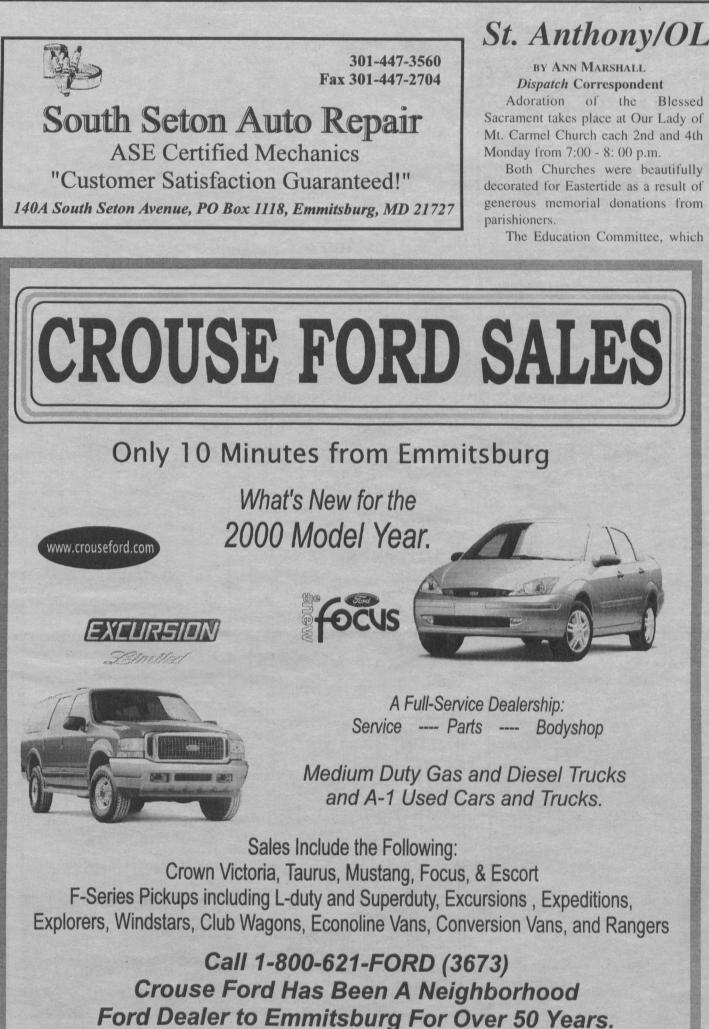
Happy birthday to Loren Eichelberger, Alice Eyler, Nancy Anders, Pauline Duble, and Erin Hobbs.

Forrest and Jean Knipple are celebrating their anniversary.

Deepest sympathy is extended to the family and friends of Robert Albaugh, who was a dedicated fireman, family man and a friend to everyone. The whole community of Rocky Ridge is very sad and he will be missed by everyone.







CROUSE FORD SALES

NOW 2 Locations - Taneytown & Westminster

Antrim Blvd., Tanevtown, MD

U.S. Rt. 140 East, Westminster, MD

857-2800

756-6655 775-7655 876-2058

876-1811

PA

MD

Littlestown, PA

140

194)

Westminster

rouse Ford

11 Antrim Blvd.

Taneytown, MD

St. Anthony/OLMC News-

BY ANN MARSHALL Dispatch Correspondent

Sacrament takes place at Our Lady of Mt. Carmel Church each 2nd and 4th Monday from 7:00 - 8: 00 p.m.

Both Churches were beautifully decorated for Eastertide as a result of generous memorial donations from

Full Tank of

Gas in All New

Vehicles

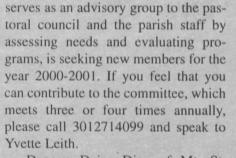
Monday-Friday 9AM-9PM

Saturday

9AM-4PM

HOURS:

The Education Committee, which



Deacon Dairo Diaz of Mt. St. Mary's Seminary who has assisted in our parishes during the past year will soon complete his seminary studies and return to the Archdiocese of Hartford, Conn. where he will be ordained in 2001. He was given warm good wishes, many prayers and a purse as thanks for his service to our parishes.

The Confirmation Class of 2000 extends an invitation to all parishioners to be present at Confirmation Ceremonies, Friday, May 26, at 7:30 p.m., at St. Anthony Shrine Church

Converts to the Catholic Faith Community were received into the Church on Holy Saturday, April 22. The following are welcome to our fellowship: JoAnn Cole, Tom Luhn, Kim Luhn, Don Stine, Laura Day-Puvel, Shelley Young, Brian Gregg, and Heather Monaghan. A reception in the upper hall followed the Mass.

Congratulations. St Anthony Shrine Parish welcomes into the Catholic Faith Community the following:

Joshua Thomas Rose, son of Daryl and Meghan Rose, who was baptized March 25, 2000.

Anthony Rayburn Newman, son of Charles and Mary Newman, baptized April 2, 2000.

Brian and Logan Gregg. Logan is the son of Brian and Mary Fran Gregg. The boys were baptized April 2, 2000,

Noah Andrew Wivell, son of Andrew and Tara Wivell, who was baptized April 9, 2000.

Robert James Monaghan, son of Robert and Heather Monaghan, who was baptized April 9, 2000.

Come with the family to the

Flower Mart

To benefit the Emmitsburg Library May 6, 9 a.m. - 3 p.m. Emmitsburg Community Center

PLANTS, GARDEN ITEMS, MOTHER'S DAY GIFTS. KIDS' CORNER, GARDENING SEMINARS THROUGHOUT THE DAY



Looking Ahead

CHS Reunion

CHS Class of '92 is having a meeting to discuss fundraising issues for their 10th reunion. If you are a member of the class and would like to attend the meeting, please call Patty at 301-271-1852 or Jennifer at 301-447-3288 for time and location.

Senior Citizen Yard and Bake Sale May 6

Emmitsburg Senior Citizens will be holding a Yard and Bake Sale Saturday, May 6, at the Senior Center in the Community Building.

Refreshments will be available as well as baked goods, flowers and plants, rummage, and white elephant goodies Doors open 8:00 a.m. Close 2:00 p.m There is something for everyone. Come and enjoy the day with us.

Library Flower Mart, May 6. Bring the family!

Flower Mart

To benefit the Emmitsburg Library May 6, 9 a.m. - 3 p.m. Emmitsburg Community Center

PLANTS, GARDEN ITEMS, MOTHER'S DAY GIFTS, KIDS' CORNER, GARDENING SEMINARS THROUGHOUT THE DAY

Parents of ADHD kids urged to share strategies

On Monday, May 8, from 7:00 p.m. to 8:30 p.m. at Thurmont Elementary School, the Catoctin CASS program will facilitate a parent support session for parents of ADHD children with concerns and strategies on how to deal with their children. Parents are the experts in dealing with ADHD children because they live with them and have to deal with them at all times. This can be a very trying relationship so it is important for parents to share their successful techniques with other parents. If you have an ADHD child and you feel as if you are at the end of your rope, you could benefit from this session. By the same token, if you have an ADHD child and have used techniques in the past that have worked, you will be a great asset to this session. The best help parents can get is that of parents in their same situation.

Please call Bill Derbyshire, Catoctin CASS Coordinator, at 301-447-3611, to register for the session.

or if you have any questions.

Sandy Soffe proudly presents "A MOTHER'S DAY CONCERT"

Looking for somewhere really special to take Mom and the family for Mother's Day and it's free, too? Make your plans now to enjoy a concert presented by Sandy Soffe on Mother's Day, Sunday, May 14, at 2:30 p.m. in the auditorium of Mother Seton School, Emmitsburg.

You will have the pleasure of hearing some of the finest local talent sing their hearts out. Featured artists (Sandy Soffe's private vocal students) include: Callie Bright, Allison Jean, Amber Hammond, Emily Hemler, Myfanwy Rosenfield-Jacob, Alex McDonald, Betty Redding, Dale Thomas, Morgan Thomas, Joel Warthen, and Laura Warthen.

They will sing a variety of traditional and popular music in solos, duets, and groups. Sound system engineering will be provided by Joe Redding of B & J DJ's. Come and enjoy a pleasant Sunday afternoon and let Mom hear a special song written by Sandy and performed by the ensemble just for the mothers in the audience. The show is free to the public. We hope to see you there.

Free Medical Care Mission of Mercy

Mission of Mercy provides free medical care to anyone who is poor, homeless, uninsured, or under insured. Patients can make an appointment to see a medical doctor by calling one of the following numbers:

Taneytown

Clinic location: St. Joseph Catholic Church, 44 Frederick Street Appointment: 410-857-2999 Clinic Hours: Thurs., May 4, 8:30 a.m. - 12:00 p.m. Thurs., May 18, 8:30 a.m. - 12:00 p.m. Thurmont

Clinic location: Our Lady of Mount Carmel Catholic Church, Parish Hall, 103 N. Church St. Appointment: 301- 694-3733 Clinic Hours: Thurs., May 4, 1:00 p.m. - 4:00 p.m. Thurs., May 18, 1:00 p.m. - 4:00 p.m.

Gettysburg

Clinic Location: Gettysburg College- Musselman Stadium, West Lincoln Ave. Appointment: 717-337-6469

Clinic Hours: Thurs., May 11, 9 a.m. -4:00 p.m. Thurs., May 25, 9:00 a.m. -4:00 p.m.

PALS make ice cream a learning experience

A STAFF REPORT

Every other Friday during this past school year, members of PALS (Partners in Active Learning Services) from Catoctin High School, have come to the Emmitsburg Elementary School to provide a learning experience for children in the first grade. Recently they made ice cream together.

When asked where ice cream comes from, the young students loudly exclaimed, COWS! "That's right," said one of the PALS, and with that an animated video was shown to the first graders explaining how milk came from cows.

After viewing the video each child was given 2 zip-lock bags. The smaller one - a pint-size bag - was filled with 1/2 cup of milk, 1/4 teaspoon of vanilla, and 4 teaspoons of sugar. A larger bag - a gallon-size bag - was filled with 6 to 8 ice cubes and two tablespoons of salt. The smaller bag was placed inside the larger one and the students were told to shake the bags until the milk turned into ice cream.

With a great deal of vigor, the students shook their bags for five to ten minutes, and sure enough, the milk turned into ice cream. Members of.



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Trei Jackson and Ryan Pittinger making ice cream in a bag.

PALS brought several kinds of toppings with them, so that after scooping the ice cream out of the little bag into bowls, delicious ice cream sundaes were created by each student. When asked how they liked what they had made, one little girl exclaimed, "Oh, it's good! It's better than the ice cream you get out of the store."

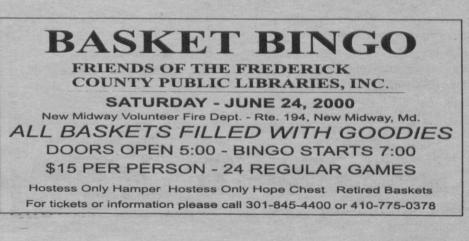


A Dispatch Photo

Joan James, Chelsea Gelwicks, and Shaleigh Saylor enjoy their ice cream sundaes made with the help of students from Catoctin High School.

Food Bank Hours Extended

The Emmitsburg Food Bank, located in the Community-Center, will now be open on Saturdays from 10 - 11 a.m. in addition to their regular hours.



Quilters

BY MARY ELLEN CUMMINGS Dispatch Correspondent

In the Fall '98 issue of *Quilt* magazine, Jean Ann Eitels stresses the importance of color in your quilts. She says, "A good quilt, one that is pleasing to look at, is often judged...by the effective use of each color chosen."

Each individual has favorite colors, and usually chooses these colors to make quilts. Substituting your favorite color(s) for those used in designing the original pattern can be disastrous, especially if the "value" or intensity of the colors is changed. A block pattern designed for high contrast will become less distinct, or even "blah" when all colors, chosen are of the same intensity. Choose your colors from light, medium, and/or dark, depending on the effect you desire.

Quilters generally use their own favorite colors when selecting fabric for a quilt—and these choices are usually based on eye appeal. However, colorologists fine tune their work to agree with their birth colors.

The use of color to convey specific meanings is evident in everyday life. For example, a red traffic light for STOP - dangerous intersection. Red also means aggressiveness. But it also means love (hearts, roses.) Red is the color of vitality; it is life's blood; the color of energy. Red is not a good color for a bedroom (unless cooled with blue or white) because it is energetic and stimulating.

Next month I'll give you the formula for finding your birth color and explore the meaning of other colors.

Dislike for wine may just be a case of sour grapes BY MARY ELL Dispatch C

BY JACK DEATHERAGE JR. Dispatch Correspondent

Something to Eat

WINE!

Or what I think of as "rotted fruit juice containing alcohol." I can't help but wonder about the fans of wine. I vividly recall my first and only taste of champagne. "Rotten grapes" were the words that popped into my head as the liquid squirted through my lips into a kitchen sink. I thought of the movies where a man would drink champagne from a woman's slipper, so enthralled by her beauty was he. He drank from her slipper to improve the taste of the "rotted" grape!

Even when my daily goal was to become drunk, wine was seldom my agent of choice. Wine made me more foolish than normal and produced a throbbing headache the next day. It also left my stomach so disordered as to make eating unpleasant, a condition that would have caused me to quit drinking if beer hadn't been available!

I haven't been drunk since Jack III was born. I haven't drunk a beer in

of daylight each day. Call a friend or

turn on the tunes and enjoy the time

alone. Walking is one of the best exer-

cises for a person to start with. You can

start slowly at first and work your way

up to a calorie-burning pace in no time.

routine. Some people prefer to stretch

before they begin walking, while others

like to warm up their muscles first.

Whatever your preference, stretching

helps prevent injury and soreness. Just

like first-time walkers, you should start

with easy stretches. Never bounce

when stretching. Bouncing can tear or

Stretching should be part of your

Fitness

years and only recently thought to try wine because I might have changed my mind about its taste. Jerry Brandon, owner of "the green store," suggested a wine he thought drinkable.

I bought a bottle, uncorked it, sniffed and sipped the liquid. It was horrible. I used it to de-glaze my frying pans. To my surprise it wasn't bad once it had been cooked into a thick sauce! I was on to something and used the undrinkable stuff in my sauces and marinades. But I still hoped to find some bottle that was drinkable. Just a couple of ounces before a meal to aid the digestion.

I went through enough brands and types to get a working knowledge of wine. If the bottle is corked, soak a chicken in the wine or use it to flavor sauces. If the bottle has a screw cap, it's probably fit to drink. And less expensive too. What a deal!

A roasting chicken (giblets removed), 2 cups of Chardonnay (vineyard doesn't matter as long as the bottle was corked), a chopped clove or 2 of garlic, a teaspoon or so of marjoram, salt and pepper to taste, 3 stalks of celery cut into 1 inch pieces, 2 medium onions- peeled and cut in half, and about 12 ounces of sliced button mushrooms.

Place the chicken in a bowl that fits it snugly. Mix the wine, garlic and marjoram and pour over the bird making sure it gets into the cavity. Let the bird soak for a couple of hours turning it over a few times. After removing from the wine, salt and pepper the bird and place it in a roasting pan.

Preheat the oven to 350 F. Add the celery and mushrooms to the wine mix and let soak until the oven is ready, about 15 minutes. Remove the shrooms and celery from the wine and stuff them in the bird. Add the onions and any extra shrooms and celery to the wine while the bird is roasted under cover for 1 hour. Place the extra shrooms, celery and onions in the pan at the end of the hour. Cover again and roast about another hour. Remove cover and turn the heat up to 400 F. Let the bird brown for about 15 minutes.

Remove the bird and veggies from the pan and pour off any liquid to make a sauce or gravy. Carve or tear the beast as you like when it has cooled enough to handle. Now would be the time to unscrew the cap from a bottle of good drinkable wine.

Put that spring back in your step drinkable wine. **BY LINDA STULTZ** injure muscles. Start with a slow short **Certified Fitness Trainer** stretch and eventually you will be able to go a little further each time. Summer is just around the comer. Conditioning and strength training Are you ready for shorts and swimhelp increase lean muscles for more suits? If not, get busy. Start a routine of energy and mobility. A combination of going for a walk before dinner. strength training and aerobic exercise, Exercise will help to curb your appetite such as walking, gives your body the and help you adjust that portion size so workout it needs to build energy, lose you lose weight. The days are getting weight and make you feel good about longer and we get a few extra minutes

yourself. Leaner muscles burn more calories. Of course, in order to lose weight, you need to watch your portion size and calorie intake along with exercise. Once you have reached your goal, you will be amazed how easy it will be to maintain your weight. Continuing your exercise program will enable you to eat the foods you like without regaining weight.

Remember, keep moving; you'll be glad you did.

If you have any questions or would like more information, please call 717-334-6009.

Thurmont Aglow will hold their monthly meeting Monday, May 8, at the Mountain Gate Restaurant. The buffet begins at 6:15 p.m. and costs \$7. The meeting begins at 7:05 p.m. This month's speaker is Bill Yount. Gents are welcome! For reservations call 301-271-4346 or 301-447-2283.





A Dispatch Photo On North Seton Avenue, about 100 feet up the hill next to St. Joseph's Church yard, stands this old house soon to be torn down in compliance with town ordinances. For a long time it stood in our midst and was the home of several families.

If you have any stories about this house or know some of its history, please let us know. Better still, if you or a friend have access to the Internet you can visit Emmitsbug.net, locate the link for the historical society and e-mail your story directly to the web site.



Fridays - Party to the sounds of Al Nova

Open Daily 11:30 a.m. to 2:00 a.m.



Steaks - Seafood - Chicken - Pasta - Deli Sandwiches Everyone enjoys GOOD FOOD, GOOD TIMES and GOOD CHEER! DISCOVER OUR delightful

Seafood Caesar Salad

Entertainment for May - In the Lounge Fri., May 5 - "BC" Sat., May 6 - Al Nova DJ Fri., May 12 - Karaoke Sat., May 13 - Insiders Fri., May 19 - "AJ" Sat., May 20 - |TBA Fri., May 26 - Karaoke Sat. May 27 - TBA FREE DELIVERY CALL FOR INFORMATION

Adjacent to the Studio Gallery – displaying local works of art.

304 East Main St. Emmitsburg, MD 21727 301-447-3116

