

The Emmitsburg Regional
DISPATCH

Vol. III, No. 10

Gaining Strength Through Each Other

October 1995

Emmitsburg Joins Chesapeake Bay Project

Commissioner of Parks and Recreation Christopher Weaver and the advisory committee responded enthusiastically when the Chesapeake Bay Foundation announced their Save the Bay project. They proposed a two-pronged local program: (1) to prevent continuing erosion of Willow Rill's banks by planting more trees along the rill; and (2) to initiate the marking of storm drains as a reminder to keep our waterways clean. The Emmitsburg Town Council approved the suggestions.

With the assistance of John

L. Harris and the Frederick County Baywatchers volunteers, the Emmitsburg volunteers will stencil warning signs on the storm drains around the square. The signs will remind residents and business people that the water that runs along our streets goes through the drainage systems into Willow Rill, Flat Run, and Toms Creek, then the Monocacy, and eventually reaching the Chesapeake Bay by way of the Potomac.

With the stenciling of the words "Don't Dump — Chesapeake Drainage" on the

storm drains of our streets, we all will be reminded of our role in "Saving the Bay." Signs will be posted around the town with the latest information concerning the stenciling which will take place on October 14. Volunteer "stencilers" are needed.

Contact any of the Parks and Recreation Committee members to volunteer. The members are Gene Myers, Ann Gingell, Patrick Boyle, Tim Clark, Jamie Eyler, Sharon Topper, Roy Wivell, Hope Mahoney, Ellie Staub, Tammy Wivell, and Lori Rubeling.



Stenciling of a storm drain as it appears on a downtown street in Frederick.

Foot Health Medical Care Arrives in Emmitsburg

As of August 15, 1995, in a small tan-yellow building just off 106 East Main Street, the residents of this historic town may receive quality medical care for any of the common foot problems ranging from corns or calluses to broken bones.

Dr. Myron Z. Bernstein and Dr. Christine M. Chambers render a complete range of Podiatric services from the treatment of children's foot problems, sports medicine, geriatric care, diabetic care, general family foot health, and surgery when needed. "Many of the problems we are challenged with are bunions, diabetic ulcers, ingrown nails, fungus infections, arch disorders, warts, and fractured bones, to name a few," said Dr. Myron Bernstein.

Dr. Bernstein, a graduate of the Pennsylvania College of Po-

diatric Medicine, practiced in Lancaster, PA, for a number of years and then in the Washington metropolitan area. Upon receiving his degree as a Doctor of Podiatric Medicine (D.P.M.) in 1971, Dr. Bernstein served with a special surgical program at a Detroit hospital specializing in podiatric surgery. While in practice he has served as the chairman of the podiatry section for nine years at the community hospital in Lancaster County.

Dr. Christine M. Chambers is looking forward to working with the people here in Emmitsburg: "I really like the flavor of a smaller community. The atmosphere is much warmer and friendlier and people are more caring about their neighbors."

Dr. Chambers is a graduate of the Barry University School

of Podiatric Medicine. After completing her D.P.M. degree in 1989, she joined the staff of a Veterans Administration medical center in Newington, CT. She completed her medical/surgical residency and has had extensive specialty training in ulcer and wound management in diabetic and vascular patients. With the joining of her practice with Dr. Bernstein's she now offers her patients a full range of diverse podiatric medical and surgical health care services.

The doctors of podiatric medicine have officially opened their doors to the people of the Emmitsburg area. "We try to see all patients on an appointment basis. Please call in advance so that we may reserve a time for you," says Drs. Bernstein and Chambers. The office number is (301) 447-2807.

Restoring the Chesapeake

Here are some helpful hints to aid in the Chesapeake Bay Project.

(Remember every one of us pollutes, but everyone of us can also help save it.)

Control Drainage

When rain falls on hard surfaces such as walkways, patios, streets, and driveways it can go into a storm drain and be carried to the Bay. This water deposits sediments and nutrients which overload the Bay. Slow down run-off by reducing the amount of hard surfaces around your home. Wood decks with space between the boards allows water to drain. Brick or interlocking stone walkways also permit drainage.

Contain chemical spills

Do not wash down spills such as pesticides or oil. This will cause further contamination and may carry the mate-

rial to storm drains or other water sources. Surround a contaminated area with dirt, or sprinkle sawdust, kitty litter, or other absorbent material over the spill. Place the material in a strong plastic bag and put in the trash.

Use Car Care Products Wisely

Motor oil, anti-freeze, and battery acid harm the Bay if they flow a waterway. Contain these fluids when you change them. To dispose of these materials, check with your local service station or call the Maryland Environmental Service, 1-800-492-9188. If you cannot dispose of these products, put them in a strong plastic bag with newspaper or other absorbent material. Wash your car on the grass so that water and detergent is filtered through the grass before entering the Bay.

A COMMUNITY NEWSPAPER

Town Notes

Mayor Carr announced at the Sept. 11 town meeting that the town of Emmitsburg has received a grant of \$100,000 from the Board of Public Works and the Maryland Department of the Environment. It is to be applied to meeting the Storm Water Management Mandates with little or no cost to the town.

The commissioners approved final plans for Pembroke and Brookfield subdivisions. Pembroke plans call for 48 homes and Brookfield plans to construct 45 homes. Water and utility availability for these subdivisions still need to be worked out.

Commissioner Tom Gingell asked that the residents connected to the town water system go on a voluntary water restriction until the current drought was broken and the reservoir regained its normal level. Commissioner Gingell reported that the reservoir was down 1½ feet and that the flow rate from the wells had been re-

duced. The voluntary water ban was lifted Sept. 25.

A moment of silence was observed by Mayor Carr and members of the town council in memory of Robert L. Koontz, the town's code enforcer, who died Sunday, September 3rd. "We will certainly miss him," said Chris Weaver, president of the council. "He was a good citizen." The mayor asked the commissioners to think of an appropriate way for the town to honor Mr. Koontz.

In other business the town:

- voted to purchase a pickup truck for \$9,400 from Fitzgerald's Auto Mall in Frederick;

- appointed Carolyn Ainsworth to the Parks and Recreation Committee;

- introduced Deputy First Class Geoffrey Bartlett as the new resident deputy. He replaces Deputy First Class Jerry Horner, who was transferred to the Drug Abuse Resistance Education (DARE) program of Frederick County.

Planning and Zoning Committee seeks input

Members of the planning and zoning committee encourage the residents of Emmitsburg to participate in their meetings held on the last Monday of each month at 7:00 p.m. They will be looking at the 20-Year Comprehensive Plan for Emmitsburg and want to give all citizens an opportunity to make suggestions.

Notices...

The town of Emmitsburg is accepting applications for a part-time Code Enforcer. The Code Enforcer is responsible for enforcing the Town's Code and subsequent ordinances as well as serving as the lead for issuance of parking tickets. Work hours are flexible and assigned during the times the parking meters are active.

Applications and a detailed job description are available at the Town Office, 22 East Main Street, P.O. Box 380, Emmitsburg, Maryland, 21727. Phone (301)447-2313. Applications will be accepted until Friday,

Public hearing

There will be a public hearing Nov. 6 to review the "Condemnation Ordinance" (Town Ordinance 95-11).

Those affected by or interested in the enforcement of this ordinance are encouraged to attend the meeting which will be held at Emmitsburg's Town Hall, 22 West Main Street, Emmitsburg, MD, at 7:00 p.m.

This ordinance may be seen at the Town Hall Mon. - Fri. 8 a.m. to 4:30 p.m.

Bob Koontz - Remembered

Dear Anna Marie, Lee, Mary Margaret, and Peanut;

It is with a very heavy heart and the deepest sadness that I have ever felt, to learn about the passing of Bob. I know words can never express the pain and loss your family shares. Bob was a true friend to everyone. In all the years that I have known Bob, not once did I ever hear him speak badly about anyone—Bob was a people person to the fullest extent. He was always in a job that dealt with the human factor. Such a God-given talent is extremely rare, and he was certainly blessed with it. Bob was not only a father and grandfather to his family, but also to many of the children of the Emmitsburg community. I can remember the time I picked Bob up at the fire hall to help me on a routine call with Nadine Sanders. Bob said, "No problem," but he had to be back in time to do the school crossing. Anytime Tom or I was in a jam, Bob always pulled us through, never once thinking of himself.

Even before Bob joined the ambulance company he always made certain that we could get through the square. After Bob joined the company he never missed any Monday night bingo. It was a joy for him to help.

Bob was always worried that he would mess up on the money. He told me many, many times that if the count did not come out right, he would take it out of his own pocket. I know that Bob would indeed do just that. I told Bob do not ever worry about that. He was very proud that he could be a part of the organization.

Bob is going to be missed by all of us. The smiling face, the gentle voice, and the walk that Bob was known for. The Emmitsburg community was surely blessed for having Bob during the time God gave him to us. I know that Bob is up in heaven helping others as he did here, and will be a guardian angel for all of us. I know I speak on behalf of the entire company: we offer our strength and prayers to you and the entire Koontz and Boyle families. If at any time we can be of any assistance, please do not hesitate to contact any of our membership. God bless you and keep you in his care always.

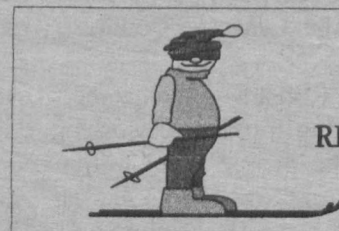
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Jack Hoke President,
Emmitsburg Ambulance Company
and all Company #26 members.

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What's Going On!??

By Dianne L. Walbrecker

The transformation is astonishing. As people drive past the 130-acre property on the corner of Lincoln Avenue and Annandale Road, they slow down to stare at the view of the Frailey mansion with its huge fields and mountains as a backdrop. Scrubby, unkept trees used to argue with trailing vines about which would take up the most space, but three full days of work with a backhoe and bulldozers have exposed a sweeping view of the Frailey mansion.

While the stone house shows her age, cleaning up the overgrowth that had shrouded her brought forth a steady stream of comments by people who remember the house from their childhoods with delight. "I always loved that house," said one local citizen as she walked past. Others looking at the recent changes stare at the house as if seeing a ghost. "It's amazing what a difference clearing the old trees away makes," said another.



Clean-up in progress at the Frailey property. Photo courtesy of Dianne Walbrecker

Becky Frailey, daughter of the owner of the home, exudes enthusiasm as she says, "It's amazing to me how favorable the response has been since we have shown an interest in cleaning up the property. The house has a charm and an attraction to most of the people I have talked with in town, just as it attracts me."

"I've always loved the house. We used to come up to Emmitsburg in the summers and on holidays, staying in the house where Tom Humerick lives now, she reminisces.

Several months ago, Becky called to talk to Mrs. Toni Wetzel at the archives at Mount Saint Mary's, trying to discover more about the history of the property. Mrs. Wetzel gave her the name of Louie O'Donoghue, who

lived in the Frailey house before Becky's father, grandfather, and uncle purchased the house in 1940. Becky called Mr. O'Donoghue, who lives near her home in Bethesda. He was more than happy to share the pictures and memories he had of the house.

In another pleasant surprise, Becky found that the architect who had been recommended to her as a specialist in restoring old stone houses was Gary Baker, whom she knew from her visits to Emmitsburg as a child. "I think the last time I saw Gary we were both 11," she notes. He recommended that the family hire Andrew and Sons to clear the brush and do the landscaping work necessary. One resident said, "I'm so glad they hired a local contractor and made sure it was done right."

We would love to hear your memories of the Frailey property. We hope to write another article within the next few months about the property and its relationship to the community. Please send any comments to *The Emmitsburg Regional Dispatch*, 10635 Harney Road, Emmitsburg, MD 21727.

New Dorm at National Fire Academy Opens

The addition to building "C" at the National Fire Academy in Emmitsburg nears completion and will be open to house students this fall. The addition is part of the on-going renovations at the academy. Dorm "C" addition will add 135 single-occupancy rooms at a cost of 4.5 million dollars. "When all renovations are complete the total lodging capacity will be 500 students, an increase of 80," said Ron Face, Asst. Administrator of Management, Operations, and Student Support. "Rooms will be changed from the previous collegiate dorm arrangements to single occupancy with a private bath."

All renovations are in full compliance with fire and safety codes, the Uniform Federal Accessibility Standards and the American Disabilities Act. "The design was approved by the Maryland Historical Trust to be compatible with the architecture of the existing buildings," said Bob Frank, Chief, Site Administrator Branch.

Mount Makes MONEY

Mount Saint Mary's College is featured in a select list in the 1996 issue of *Money Magazine's* "Money Guide: Your Best College Buys Now."

The Mount is included among the 25 "Top Academic Religious Schools," a group that is topped by St. Olaf College of Minnesota and also includes Villanova, the University of Scranton, and about 10 other Catholic institutions.

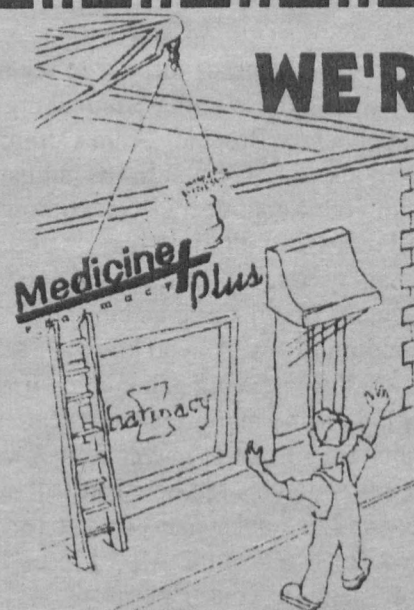
Money excludes from its "Top 100 Value Rankings" schools that "place a premium on religion in their curriculum or campus life." The list that includes the Mount represents the top institutions in that "religious" category.

Money's college guide is available at area bookstores.

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100 Years Ago "In This Place"
from the *Emmitsburg Chronicle*

Just Like Winter

Oct. 4, 1895 - This section of the country had its first taste of wintery weather this week. On Monday morning the mercury stood at 44 degrees. Felt hats were substituted for straw ones and overcoats were in demand. The doors of the public houses that have stood wide open for several months past, were tightly closed. Stoves were brought out of their hiding places and put to work. A few flakes of snow were seen flying in the air on Monday evening.

Put its Head In a Salmon Can

Oct. 11, 1895 - On Monday a cat belonging to Mr. Charles F. Rowe, put its head in a salmon can for the purpose of eating the fish that had been left in the can. The cat had no trouble in getting its head in the can, but when it endeavored to free itself from the can, then the trouble began. The can had fastened itself securely around the cat's head, and all the cat's endeavors to release itself were fruitless. Finally (Please see 100 Years on page 5)



MRS. EMMITS APPEARS
SADDENED TO LEAVE
THE SUMMERS WORK
AND WARMTH BEHIND...

... WHILE MR. BURG IS
THRILLED WITH THE PROSPECT
OF A RESTFUL AUTUMN!

RENA CARR
1995

Letters to the editors

Dear Editors,

It was a pleasant surprise to see myself among those in the Emmitsburg Shoe Factory Baseball Team picture taken about 1947, which was published in your September, 1995, edition. I still remember all those players and the many baseball games we played together in Emmitsburg and the surrounding towns. As you know, baseball was the big game in town way back then and many spectators came to watch their favorite players. I just want the other players to know I'm still out here and to thank Jason Sanders for providing the picture. Also, I recently saw a letter in your paper from Pershing Mondorff. His baseball days go back a long way but I still remember him. He was like the Babe Ruth of Emmitsburg. I recently saw an old baseball player from the past in town, Dick Harner. Glad to see these guys still out there, too.

Donald V. Joy
724 David Avenue
Westminister, MD 21157

Dear Editors,

I grew up in the Emmitsburg area, and still consider it my home.

Now, thanks to my parents' gift subscription I can enjoy the latest news all year long.

Wherever my Navy career takes me I will always carry a piece of Emmitsburg in my heart and mind.

Thanks for your publication and the chance to stay abreast of local current events.

ETI Patrick Dillon
NCTAMS WESTPAC (Guam)

Dear Editors,

A while ago at one of the Emmitsburg town meetings, I brought up the issue of a much-needed sidewalk to extend from Silo Hill Rd. into town to connect with the existing sidewalks. I felt the sidewalk was mandatory for the safety of pedestrians going from

Silo Hill Rd. into town and back, especially with all the new development at that end of town.

Unfortunately, I was unable to attend more town meetings to push the issue and I feared that all my efforts had been wasted. Praise God, we have a town manager and council who truly care about the needs of the town's people. Town Manager Yvette Semeler wasted no time in picking up the ball in getting a sidewalk constructed at the corner of Silo Hill Rd. and Main St. This is being made possible through the cooperative efforts and financial support of merchants like Jubilee.

Now a days it's a rare treat to have the government work so hard without being pressured to please the people, and I consider it a great privilege to live in Emmitsburg where our town office listens to, serves, and cares for its people.

Thanks for a job well done.
Mrs. Patty Ortnor
Silo Hill

The Emmitsburg Regional Dispatch

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Neither the publisher nor the editor will be liable for misinformation, misprinting, or typographical errors. The publishers reserve the right to edit any submitted material.

The Emmitsburg Regional Dispatch
10635 Harney Road
Emmitsburg, MD 21727
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(100 YEARS from page 4)

some gentlemen saw the predicament the cat was in, and went to its aid. They tried every way imaginable to separate cat and can, but all their efforts were of no avail, and as a last resort the cat and can were taken to the tinning establishment of Messrs. Jas. T. Hays & Son, where the can was cut in pieces and the feline once more released from imprisonment.

Free Opening for one Week

Oct. 25, 1895 -I have reopened my saloon in the building on the north-east corner of the public square, in Emmitsburg. Everything will be free for the next several days. Choice wines, liquors, etc., always on hand. Give me a call.

W.F. SPALDING

Emmitsburg Arts League ... "Paint Emmitsburg and Around"

The first "Paint Emmitsburg and Around" art show was held at Her Studio Gallery September 2nd. Knots of people circulated—scanning paintings, chatting, inspecting closely or standing back and taking it all in—some who enjoy painting; others, artists who had entered and had come hopefully. They came to share with other artists the intrinsic joy of having their work displayed, having it admired, and the nervousness of having it judged.

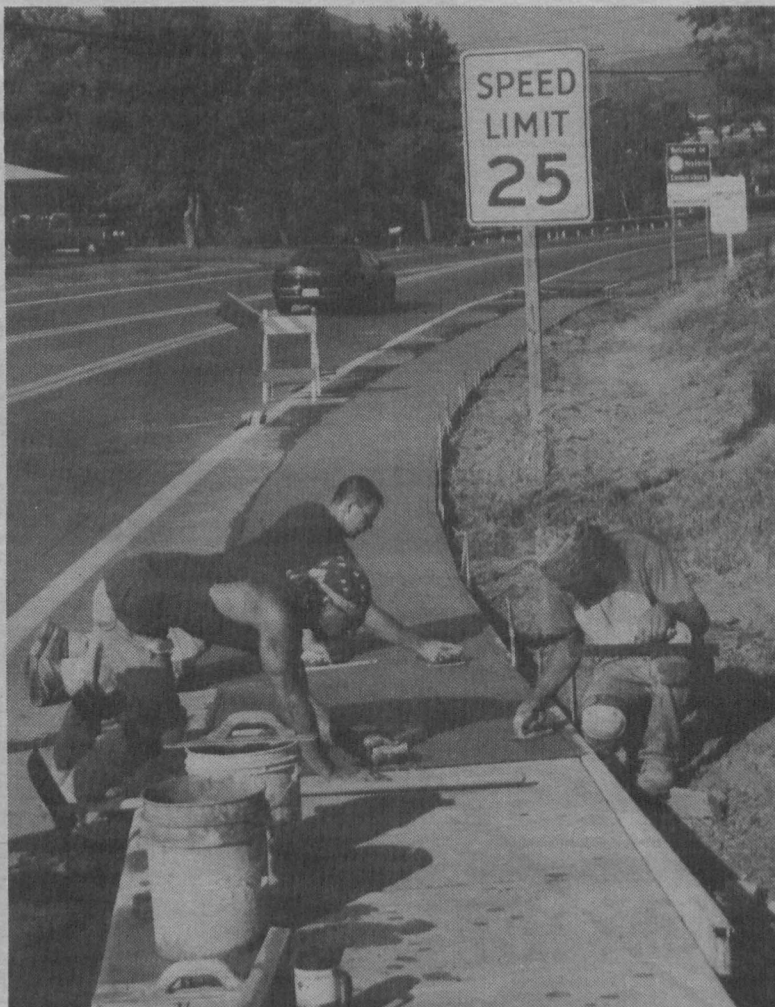
"I like small shows. They are intimate, comfortable, and easy to enter. They are a way of getting people together, sharing a little bit of culture," said Jan McIntyre, one of the entrants.

Frederick artist Abi Chidambaran remarked, "Small shows give amateurs a chance to have their work displayed."



Bettie Roby (above) won the award sponsored by the *Emmitsburg Regional Dispatch* for the painting that most typifies Emmitsburg. The winning painting was of the old red brick school house on West Main Street.
A Dispatch Photo

Thank you Jubilee...



A new sidewalk curves its way into town beginning at the intersection of Silo Hill Road and extending the length of the Jubilee property. CAD Enterprise, Inc., of Emmitsburg, were the contractors. Bill Sites (on left), Brian Gregg (behind Sites), and Roland Sanders (on right) add finishing touches to the walkway.

A Dispatch Photo

"I'm impressed by the number of entries and the talent you find in small shows—the level of sophistication is very high," commented Charles Miller.

"I was so delighted I was still up at 2:00 a.m. this morning looking at all of this," exclaimed Linda Postelle, who was in charge of displaying the many entries.

And the winners were:

Best In Show

Scott Road, a watercolor by Bob Hasle

Watercolor:

1. *St. Joseph's Provincial House*, Lonnie Jenkins
2. *Emmitsburg-Around the Corner*, Bettie Roby
3. *Wicker Nostalgia*, Connie Woo-

lard

Honorable Mention: *Emmitsburg Montage*, Rebecca Pearl, and *Emmitsburg Summer*, Elsie Bralove

Oils & Acrylics:

1. *Seton House #1*, Regina Kaiktsian
2. *Cabbage*, Jan McIntyre-Lamb
3. *Catoctin View*, Regina Kaiktsian

Honorable Mention: *Wildflowers*, Barbara Johnson and *Burlando Hall*, Mike Donahue

Other:

1. *Screen-Civil War Series*, Virginia McLaughlin
2. *Grey Barn*, Kim Beckett
3. *Farmscape Near Emmitsburg*, Abi Chidambaram



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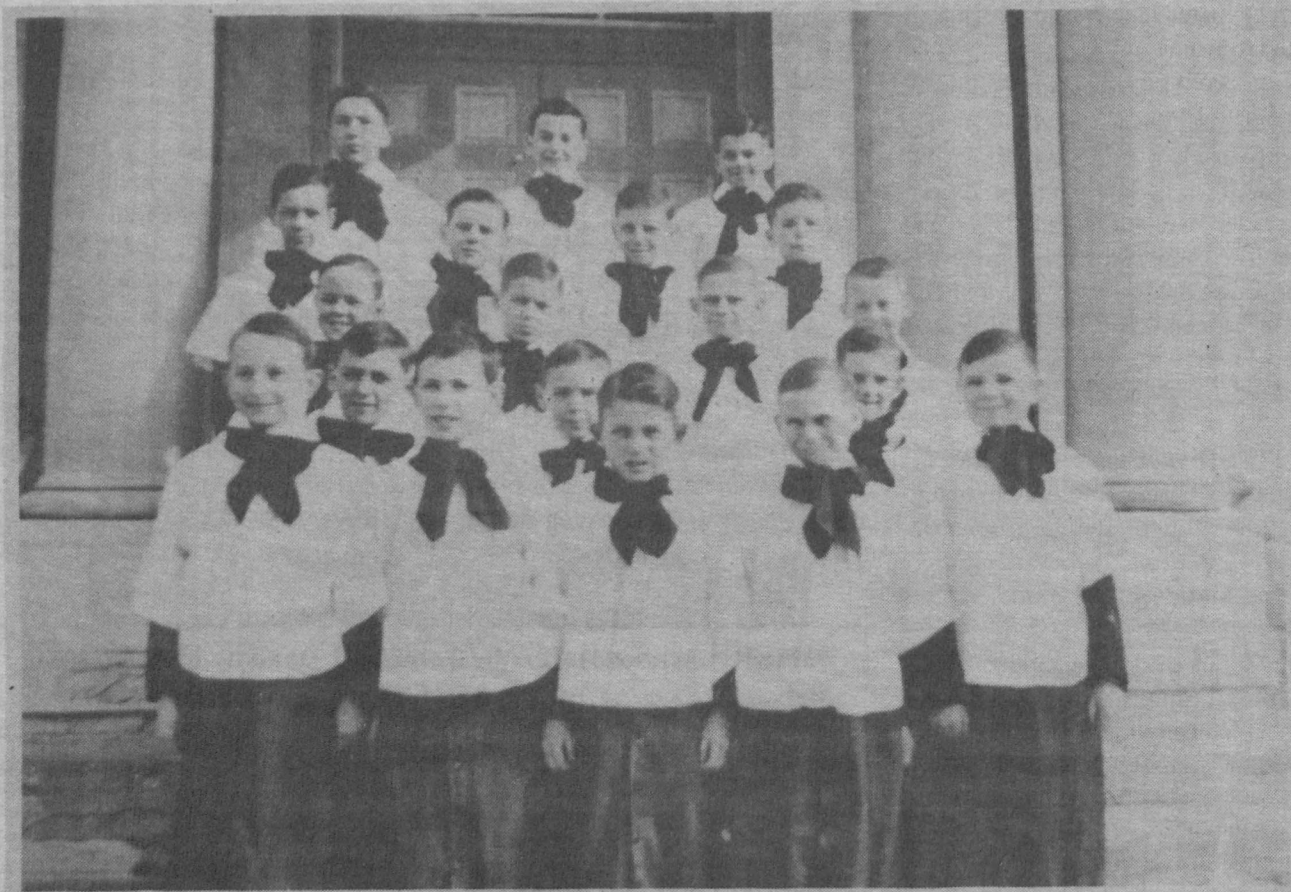
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Remember when...



St. Joseph's Church altar boys posed for this picture in the 1940's.

1st row (left to right): Donald Rodgers, John Walter, Charles Hartdagen, Michael Boyle, Will Sterbinsky. 2nd row: Robert Jordan, Paul Sanders, David Adams. Third row: Richard Sprankle, David McGlaughlin, Patrick Boyle, Alan Stoner. Fourth row: James Kelly, Guy Baker, Jr., Charles Rosensteel, George Greco. Fifth row: George Warthen, George Eugene Rosensteel, Richard Topper.

Photo courtesy of Lois Hartdagen

SENIOR CITIZEN NEWS

By Anna Margaret Martin

October is here! The month for black cats, witches on broomsticks, pumpkins, and tricks or treats. The children love it and we, the young at heart who never dressed up and said "Boo" to our elders, do envy the youngsters. But it's not too late for us. Be on the look-out. We might surprise you yet.

October will be quite busy here at the center with activities as follows:

Tuesday, Oct. 3 - Board Meeting, 9 a.m.

Thursday, Oct. 5 & 19 - Bingo 1 p.m.

Tuesday, Oct. 10 - Frederick Shopping 1:30 p.m.

Wednesday, Oct 11 - Travelogue, "Yellowstone Park," 1 p.m.

Thursday, Oct 12 & 26 - Card party, 1 p.m.

Tuesday, Oct 17 - Meeting day, blind bingo

Monday, Oct. 23 - Flu Shots, 9 a.m. to 12 noon (call the center 447-6253 for information)

Tuesday, Oct. 24 - Nutrition with Rachel Ford, 12:45 p.m.

Tuesday, Oct 31 - Dianne from Commission on Aging, 1 p.m.

Wednesday, Oct 25 - Night card party, a fundraiser. Doors open at 5:30 p.m., card party at 6:30 p.m., price \$2.00. We play "500" and pinochle. Everyone is a winner. Every one is welcome. Come and bring your friends.

Remember our "Food 'n Friends" program each day at noon. If you are 60 years old you're eligible for the service. Also home-delivered meals are available on approval. Transportation is available if needed. Call Anna Margaret (447-6253) 10 a.m. - 2 p.m. 24 hours in advance. Reservations are

a must. Come enjoy food, friends, and fellowship. We welcome you.

P.S. Don't forget our Fall Bazaar on Saturday, Nov. 11th, 10 a.m. - 3 p.m. There will be baked goods, fancy table, clothing, country store, flowers, bingo, and lunch will be available. Our quilt will be chanced off that day at 3 p.m. Bingo will be played. Come early, spend the day.



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Community Chorus Notes

By Sue Allen

The Emmitsburg Community Chorus has ended a very successful 31st spring and summer concert series. We had good weather and a nice crowd for our open-air performance at Gettysburg Recreation Park in August.

On Sunday, September 17, the chorus provided musical entertainment at a reception at St. Joseph's Provincial House. The reception followed a special Mass celebrating the 20th anniversary of the canonization of Mother Elizabeth Ann Seton. In 1975 the

Community Chorus, then under the direction of Sister Jane Marie Perrot, traveled to Rome and sang for the canonization ceremony. It was a continuing honor to be part of the anniversary observance.

Now we are ready to begin our 32nd year with rehearsals in preparation for our annual Christmas concert. We invite experienced choral singers to join us for this new season. There are openings in all sections of the choir, especially in the alto, tenor, and bass voice parts. Our members hail from Emmitsburg, Thurmont, and other towns in Frederick County,

Carroll County, and nearby Pennsylvania as well.

We are a volunteer arts organization whose tradition is to serve the community in song. We give public concerts in Emmitsburg in December and June. We sing for the community's sunrise service on Easter morning at the Grotto. We also participate in special services in area churches, take our concerts to nursing homes, to Gettysburg as part of the summer series of outdoor concerts, and perform for other events upon request. Our director is Mrs. Sandy Soffe of Emmitsburg; Mrs. Patricia McElroy of

Taneytown is returning as our accompanist.

Rehearsals are held every Tuesday evening in the large assembly room at St. Joseph's Provincial House, beginning at 7:15 p.m. Practices usually end at 9:00 p.m., although they can run until 9:15 p.m. on evenings close to our concert dates. If you would like to become a new member, or return to the Emmitsburg Community Chorus, please call Sandy Soffe at 447-6450. Watch the *Dispatch* for news of our concert schedule: our Christmas concert will be held on the afternoon of December 3, 1995, in the basilica at the Provincial House.

Emmitsburg Public Library

By Katie Warthen

Lots of interesting things are happening in the library. We are to go online with internet in the near future. That will be really exciting. It will mean a great deal to students and families alike. I am waiting to see a change in everything we do.

Now that all our card catalog is on computer, lots of our patrons are feeling more at ease using it. There are many ways to search the files: by author, by title, by subject, and by word or sometime two words. This is called a Boolean search and can be quite challenging. Drop in on Tuesday morning especially if you would like to have more detailed instruction on how to use the new card catalog. We have a special person who has volunteered to show our patrons how to use the new system.

Story Hour time for three to five year-olds will be held Thursdays through Oct. 19, at 10:30 a.m. Each session lasts 30 - 40 minutes and includes activities as well as stories. The stories scheduled are *Visiting the Farm*, Oct. 5; *Colors Galore*, Oct 12; and *Monsters*, Oct. 19. Don't forget to register for these programs. We need to know how many are coming.

New books have been added to the Emmitsburg branch, including the following:

Everything You Need to Know About Medical Tests. What happens during and after every test? What are the normal results? What do abnormal

results mean? Also included is self-help advice and straight answers to medical questions written by over 70 leading doctors and medical experts.

Another new acquisition is *50 Essential Things To Do When the Doctor Says It's Cancer*, By Greg Anderson. If you or a loved one have recently received a diagnosis of cancer, have had a recurrence of cancer, or are a well cancer patient with a lingering fear that the disease may strike again, this book is for you. It is designed to be used hand in hand with your own medical treatment.

Guide to Home Ownership by the American Bar Association. is a complete and easy guide to all the law every home owner should know. If you are debating refinancing your mortgage, discover asbestos around your home's pipes, pay someone to fix your roof and it still leaks, what are your legal rights and options? This book can help.

Ecology For All Ages, by Jorie Hunken, helps children and adults to discover nature through family and group activities. For all ages, it explores the fascinating relationships that protect the delicate balance of the earth habitats. Lessons are designed to produce an understanding of ecology that encourages a commitment to preserve the earth's natural systems.

A BIG BOO! On October 26, the library will sponsor a Halloween Haunted House. Come to the library for spooky fun. All ages are welcome.

Brazilian Film *Quilombo* Opens Foreign Film Series at Mount

Quilombo, an historical saga of runaway slaves in the jungles of 17th century Brazil, will open the Mount Saint Mary's Foreign Film Series on Sunday, Oct. 1, and Monday, October.

The free public film series will be shown at 6 p.m. on Sunday and 7 p.m. Monday in the Mount's new Marion Burk Knott Auditorium.

Quilombo has been describe as "a stirring fusion of folklore, political impact and dynamic story-telling, realized in vibrant tropical colors and set to the pulsing beat of Gilberto Gil's musical score."

The film tells the story of groups of runaway black slaves who escaped to the Brazilian mountain jungles after the slave revolt of 1641. There they formed self-governing communities. *Quilombo* chronicles the most famous of these "black Eldorados," which flourished for several decades under the reign of the legendary chieftain Gana Zumba. The Mount's 1995-96 Foreign Film Series

will include six films, evenly divided between European and non-Western productions. Three films will be shown each semester, all at 6 p.m. on Sunday (the early time avoids conflict with the Mount's 8 p.m. Sunday Mass) and 7 p.m. Monday.

Ample free parking is available behind nearby Memorial Gymnasium. The Knott Auditorium is handicapped-accessible; advance arrangements should be made to ensure optimal seating for individuals using wheel chairs.

For more information about this or other films in the series, contact Dr. Marty Malone in the Sociology Department, (301) 447-5373 or Dr. Diana Rodriguez-Lozano in the Foreign Languages Department at 447-5322.

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Family matters ...

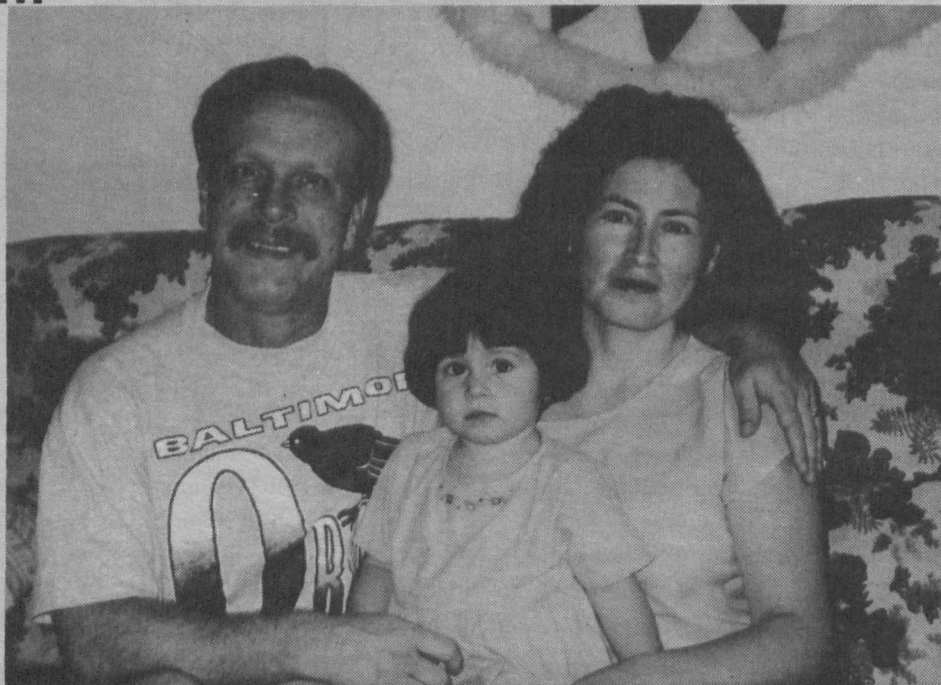
El Centro Familiar Up-County está patrocinando un grupo de apoyo para mujeres que hablan Español y que tiene niños menores de 4 años de edad. Lucía Hemingway, quien es originaria del Perú dirigirá el grupo.

La primera reunión será el 5 de Octubre de 1995 a las 12:30 p.m. en el Centro Up-County.

El Centro está localizado en la Avenida South Seton de Emmitsburg. Para mas información llame al (301) 447-2810 de Up-County.

Up-County Family Center is offering a monthly Spanish-speaking group for women with children under four years of age. The focus of this group is to provide support, information, and caring in a friendly, relaxed atmosphere. The participants will have an opportunity to share experiences which are unique to them as they try to raise a family in a new country.

The facilitator, Lucia Hemingway, along with a staff member from Up-County, will provide topics to be discussed during the group meetings.



Facilitator for Up-County program for Spanish-speaking women Lucia Hemingway, with her husband John and daughter Avelina.

Lucia is originally from Lima, Peru, and graduated with a degree of language from Pedagogic Institute, Monterrico, Peru. After leaving Peru for Grenoble, France, in 1991, she moved to the Washington, D.C., area to learn a new culture and meet new people.

It was in Creagerstown, Maryland, that she met her husband, John, relocating to the Emmitsburg area in June of

1992. She gave birth to her daughter, Avelina, in 1994 and currently stays home to raise her. Lucia's rich background in language along with her personal experiences make her uniquely qualified to lead this support group.

The first meeting will be October 5, 1995, at 12:30 p.m. Call the Up-County Family Center at 447-2810 for more details or to sign up for the group.

Rosensteel Reunion

The descendants of Joseph C. and Annie (Pedicord) Rosensteel recently held their first annual reunion at The Memorial Park, Emmitsburg. Those in attendance were Mrs. Lillian Rosenberg, Paul and Betty Bilge, Mrs. Catherine Higgins and son Tim, Mrs. Martha Jacobs and family, Bob and Patty Doyle and family, Peggy and Jimmy Cox and family, Mrs. Helen Hoke and son Mike and family, and Marion Hall all of Baltimore. Also attending were Mary Snyder and son, of Fairfield; Genevieve and Clair Hess, Frederick; Bill and Pat Rogers, New Oxford; Joe and Ruth Tapper, Abbotstown; Jim and Lorraine Wivell and family, Joe and Kathleen Wivell and family; Charles and Mary Wivell; Fred and Janie Hoff; Paul and Mary Wivell; Ed and Helen Reaver and family; Betty Wivell; Phil and Theresa Topper and family; Jenny and Ron Little; Richard Wivell; Samuel and Sandy Wivell. (We regret any names omitted.)

The afternoon was spent reminiscing as it had been many, many years since we had seen each other. Catherine Higgins remembers playing on this spot as a young girl in the meadows. The Rosensteel family are former residents of Emmitsburg.

BABIES AND YOU

"Babies and You" is a March of Dimes program aimed at educating potential mothers and fathers with information on how to have healthy pregnancies.

This program will provide knowledge about the steps necessary to ensure the health and well-being of an unborn baby.

These free classes will be given by Up-County Family Center on the second and fourth Tuesdays of every month, from 1 p.m. to 2 p.m. Class begins October 10. For more information, or to register, call Up-County Family Center at (301) 447-2810.

Don't forget to support our community ambulance service - fund drive now in progress.

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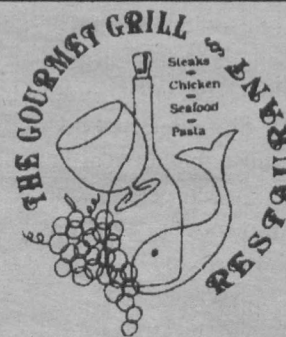
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SAYLER REUNION

By Sue Allen

The 50th annual Sayler reunion was held on Sunday, August 27 at Mt. Tabor Park in Rocky Ridge. More than 125 descendants of Marshall Fillmore and Ellen (Linn) Sayler from Maryland, Pennsylvania, Virginia, West Virginia, North Carolina, Georgia, Alabama, Texas, and Indiana joined to celebrate the golden anniversary of their family reunion. The first reunion was held in the park in Rocky Ridge in 1946, to celebrate the safe return of all the family members who had served in World War II. It was organized by the late "Uncle Oscar" Sayler.

This year the family and their guests met for lunch, laughter, and good fellowship in the new park pavilion. Following lunch, the group gathered in the tabernacle building for a family meeting, devotions, and entertainment. President Linda Sayler Myers led in singing "The Old Rugged Cross." The Martin Family Singers—Anna Margaret Martin, Sue Martin Allen, Edie Martin Long, Jim Martin, and John Martin—followed with several religious and patriotic selections. Guest entertainers Tom and Mary Ruth Marcum performed a variety of traditional songs on the organ, banjo, autoharp, and mandolin. Special music was also provided by Chrissy Kehl and Danny Larsen.



Four generations of the family of the late J. Richard ("Dee") Sayler are represented by (front row, left to right) Kyle Knowles, Tracee Hess Knowles, Pearl Sayler, Donna Sayler Barone, Merri Sayler; second row—John King, Tina Sayler King, Jim Sayler, Linda Sayler Myers, Vickie Sayler Novak; third row—Chris Barone and Bob Novak.

Photo courtesy of Bernard Fink, Jr.

Four family members were recognized for attending every reunion: Gladys Sayler Frymyer of Thurmont, Bob and Blanche Sayler of Motters Station, and Helen Sayler Eaves of Walkersville. The family congratulated Bernard and Mary Ellen (Sayler) Fink of Thurmont for celebrating their 50th wedding anniversary in 1995. Raymond Sayler celebrated his 80th birthday this year as well.

Area residents who attended the reunion were: Pearl Sayler, John and Tina Sayler King, Jim and Merri Sayler, Matt Sayler, Erin Sayler, Bob and Vickie Sayler Novak, Tracee

Knowles, Kyle Knowles, Linda Sayler Myers, Mary Ellen Fink, Emil and Sharon Fink Bennett, Paul and Nancy Fink Baumgardner, Bernie and Dorothy Fink, Sam and Sandy Sayler Wivell, Stephanie Wivell, Shane Wivell, Margaret Sayler, Karen and Jeff McAfee, Frances Sayler Angleberger, Bobby and Mary Jayne Sayler Moser, Robert and Blanche Sayler, David and Ruth Sayler, Kathryn Sayler Beall, Gladys Sayler Frymyer, Dick and Mary Frymyer, Dave and Ruth Sayler, Jim Martin, Edith L. Long, Anna Margaret Martin, Jay and Susan Allen, Rebecca Allen, David Allen, Angie Long, Victoria Farmer-Long, John and Imogene Martin, Christopher Martin, Calvin and Ruth Sayler, and John and Sheila Chatlos.



Robert ("Bob") Sayler and his "twin", flanked by niece Donna Sayler Barone of Atlanta, GA, and nephew Bernard Fink, Jr., of Baltimore, MD
Photo courtesy of Bernard Fink, Jr.

Remember deadline for personal and community information is October 23.



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Thurmont Library To Host Camp David Author

W. Dale Nelson, author of the new book, *The President at Camp David* will be the featured guest at a book signing sponsored by the Thurmont Branch of the Frederick County Public Libraries on October 19, 1995. This event will be held in the meeting room of the Cozy Restaurant in Thurmont at 7 p.m. Many artifacts pertaining to Camp David are on display at the Cozy, the center of press activity during all presidential stays at the retreat.

Mr. Nelson, a reporter with the Associated Press for 40 years, will highlight the half century of Camp David,

located just west of Thurmont and share how various presidential families have found refuge in the Catoctin Mountains. Selected by President Franklin D. Roosevelt and named Shangri-La during World War II, the retreat has become an important setting of the modern presidency. It was renamed "Camp David" in honor of President Dwight D. Eisenhower's grandson, David.

Contact Erin Dingle, Thurmont Branch Manager at 271-7721 for more information.

Five minutes with...

Debbie (Wivell) Swiderski,

CASS Coordinator

Debbie grew up in Emmitsburg, attending Emmitsburg Elementary School and Catocin High School. Many of the members of her extended family were in a helping or service professions which influenced Debbie to prepare for a career in nursing. She began her schooling at Frederick Community College. Somewhere along the line her focus shifted to social work and psychology and Debbie transferred to the University of Maryland Baltimore Campus (UMBC.) Upon graduation she worked with a youth program at Fort Detrick in Frederick where she met her husband Bill. She completed her masters degree at the University of Maryland at Baltimore (UMAB) School of Social Work and Community Planning.

She is now the coordinator of the Catocin Area CASS program, one of five in the county.

In Emmitsburg there are several social programs: the Catocin Pregnancy Center, Up-County, CASS. Does this mean that our town has more problems than other towns throughout the county?

Debbie: The problems in Emmitsburg are not out of proportion to those of other areas. There are many intact families here—there are no fingers to be pointed. The families in Emmitsburg are affected by the same economic situations, social pressures, and employment problems as are people everywhere. The community is fortunate to have the coverage of programs it has. Family connections get fragmented by outside forces, people can lose a sense of identity. People here are lucky because there is still small-town connectedness.

Always working with other people's problems can be difficult. What do you like about your role in CASS?

Debbie: The role and the perception of a social worker is changing. In my job I see that there are many different ways to get things done. There is a chance to break new ground and create

new approaches to the solution of problems. Once I get a referral from a school principal and the family makes the decision to work on the problem, I have a lot of flexibility to find a creative solution.

How much does all of this cost?

Debbie: I am a salaried employee of the school board. My operating budget is very small and mostly pays for transportation and office expenses. My job is to use the services already available through other agencies.

What would you like to see for Emmitsburg five years from now?

Debbie: Emmitsburg is facing inevitable growth. I hope it maintains its charm and sense of community with people living and working together in harmony. We need to continue welcoming people from other communities and making them feel a part of ours.

What do you do to "get away from it all?"

Debbie: I enjoy reading—I read several books at a time. Right now I'm working on about five. I'm enjoying *Mutant Messengers*, about the aboriginal society in Australia. Bill and I are outdoors people; we love camping, back packing, and cycling. We're planning a trip now.

Readers should not be surprised to learn that Debbie will soon be taking an outdoor leadership course so she can conduct trips for groups such as the Youth Hostel.

Dear Ambulance Supporter,

Once again we are at that time of the year when we ask for your monetary support for your community ambulance. The Emmitsburg Ambulance Co. has provided free service to the community since 1948. It continues to respond to an increasing number of calls; a total of 878 ambulance calls were answered, 2,177 man-hours volunteered, and 30,533 miles were traveled in 1994.

Your ambulance company continues to provide free routine ambulance service to residents as manpower and ambulances are available, when other companies are being forced to curtail their routine transports. We feel very fortunate to be able to continue this service along with providing for your daily emergency needs.

A building mortgage in excess of \$54,000 still remains our largest financial problem. To compound this, the mileage on our '87 Chevrolet special unit forced us to replace it with a '95 Chevrolet Suburban at a cost in excess of \$45,000.

Your continue support--moral and financial-- is essential if we are to continue providing first class ambulance service. Be assured of our gratitude for your ongoing assistance to this critical and essential service to all segments of our community.

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Fund Drive Chairman
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Why don't you come, too?

By Sr. Mary Jerome

(An interview with a student at the Marguerite Naseau Literacy Center, St. Joseph's Provincial House)

What do you hope to accomplish by coming here?"

I want to be able to write on my own—not a novelist—but be able to write notes and letters. There are a couple of people I would like to write to, old friends I haven't seen in a long time.

I would *love* to write notes. I would stick them everywhere, mainly for my kids. Sometimes I need to write on my job, and I have to ask my boss to write for me. It's kind of embarrassing.

Why did you wait so long?

Well, first the kids came along and I didn't have time and then you lose your self-esteem and then you don't care. Then you realize that somewhere you'll need to read and write to get by. It's very embarrassing to go for a job interview or to a doctor, and you have to ask someone to help you fill out the form.

How did you hide your inability to read and write from others?

You make excuses for yourself. I came from another country and though I can speak English, I cannot read or write it. I thought I could get away with it because I wasn't born here. You can't always do that. If you live here you should be like everyone else. Some people don't want to learn but I want it bad.

When my children were little I wanted to be able to read to them and help them with their homework. One of the hardest things for me was writing a note to the teacher. I had to have someone write a note for me and then I copied it. It was so hard!

I went to several English classes, but I didn't like them. They were too far or too late or I was too tired. It is so easy to put off things. Now that I'm here, I won't have those excuse anymore.

What message do you have for others who need help with reading and writing?

Don't put it off—learn to read!

You got to want it. Don't put it off. Make the time. No one else will do it for you. You got to want it. I was terrified of teachers all my life but I put aside my pride and overcome that

fear. If I could do it, so can you. Don't give up hope.

What do you think of the Marguerite Naseau Center?

It's great! I like it. I like my teacher.

If I meet anyone who needs help like I do, I will surely tell them about it.

For more information on volunteering or helping a non-reader you know get connected contact Sister Mary Jerome at St. Joseph's Provincial House at 447-3121 any time before 8:30 p.m. You can leave a message on the phone mail system or ask the operator to have Sister call you. Just leave your phone number. All conversations are private.

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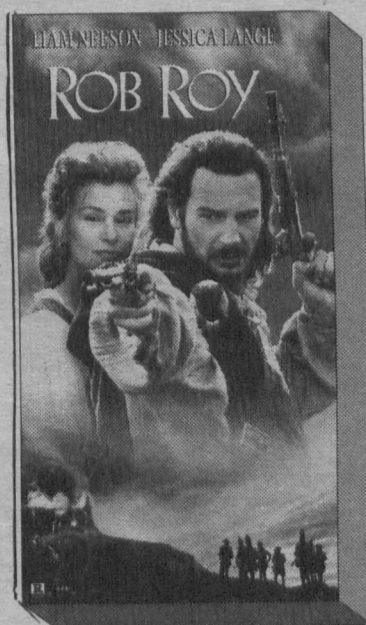
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Teazers hair salon expands services

For today's persons' grooming and personal health care are critical—especially for those in a profession. "When meeting people the eye sweeps the eyes, the hair, and the hands," said Rhonda Fisher, nail technician of the newly decorated and revamped Teazers hair salon. "We are more than hair stylists here," said Rita Hahn, the new owner/manager of Teazers. "We are the only full-service salon in the area and are here to help people feel good while looking good; our salon reflects this belief. Today people are very aware of their health and appearance. We provide both styling and grooming maintenance in a relaxing environment," said Rita.

Rhonda explains that a manicure is much more than just doing the nails. As a nail technician Rhonda's work ranges from the basic manicure

or pedicure to designing a full set of acrylic nails complete with nail art—air brushing, free hand, gems, and piercing. There is a style for professional people—men as well as women—who work with others. The hands are noticed first and an impression is set.

"I design and apply a set of nails that will suit anyone; from those who work in the garden regularly to the more high-fashion styles. A very popular style is the one for women who work on computers. Nails are designed to fit the occupation and damaged nails are repaired. We do it all," said Rhonda.

Teazers is located at 760 Waynesboro Pike (Route 116) in Zora.



Rhonda Fisher, nail technician at Teazers, designs and applies a set of nails for all occasions.
A Dispatch Photo

Looking Ahead

Piano recital...

Pianist Noel Lester, chair of the music department at Hood College, will present the first recital in the Mount's new Marion Burk Knott Auditorium on Tuesday, October 3. The free public event will begin at 7:30 p.m.

For more information call 447-5308 or 447-5366.

Food & flower sale ...

The Emmitsburg Incarnation Church of Christ is holding a Food & Flower Sale on Saturday, October 7th, at the Church from 10 a.m. to 2 p.m. Everyone is welcome.

Alumni reunion...

St. Joseph's High School class of 1970 will hold their alumni reunion October 7, 8:00 to 12:00 p.m. in St. Joseph's Parish Hall. The music will be provided by DJ Don Weaver. \$5.00 per person. BYOB.

Church dinner...

A Turkey, Ham, & Oyster Dinner sponsored by the Grace United Church of Christ will be held on October 7 at the Tancytown Activities Building

from noon until sold out. Prices: Adults-\$9.00, Children-\$4.50. For information call 410-756-2302.

Orndorff family reunion...

The descendants of Frank and Cora Orndorff will hold their annual Family Reunion on Sunday, October 8, 1995, at Mt. Tabor Park in Rocky Ridge, starting at approximately 12:00 noon.

A picnic-style lunch will be shared with families: bring meat, a covered dish, and/or dessert.

Children's games, the Big Slide, conversation, and door prizes are the order of the day. Make your plans to reserve that day.

Community fair...

The Northwestern Frederick County Civic Association will host their annual Community Fair at the Sabillasville Elementary School October 14th and 15th. The fair features the display and sale of crafts, antiques, baked goods, and agricultural produce. Chicken corn soup and other country favorites will be featured. There will be dog obedience demonstrations by the Blue Ridge K-9 Center. Christine and Bruce Maccabee will provide musical

entertainment. There will be an exhibit by the Department of Natural Resources/Fisheries Division. Free! Relax in the Catocin Mountain splendor!

EBPA Business meeting ...

The Emmitsburg Business and Professional Association's next meeting will be Tuesday, October 17, at 7:30 p.m. at the Carriage House. We welcome new members.

Plans are under way for the Lamplight and Holly Festival and the Community Christmas Fare.



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IN PRAISE OF WEEDS

by Dr. William Meredith

Having spent my adult life learning to be an ecologist, I sometimes think of my drive to work as a field trip, because there is a field I watch as I go by each day. This time of year, the field looks tired; it has produced another crop of corn or wheat or soybeans, and has been compacted once again by harvesting machines that seem to get bigger each year.

But in the corner nearest to the road, where it is too wet to plow in the spring and too tight a space for the big machines to maneuver in the fall, it looks alive. There are weeds there, and they are what I watch. Through the end of August they are undistinguished shades of green and brown; but one morning in the first week of September they are transformed into a mass of yellow flowers so bright it seems a piece of the sun must have fallen into the field and splintered into a million fragments. It happens every year, and it is worth looking forward to. They are *Bidens bipinnata*, the Spanish needle, and when I see them time stops, reverses, and goes back 60 years.

The image that comes into focus then is my Great-Uncle Enoch; I remember him from when I was 3 or 4. He would come to visit my grandmother once or twice a year, walking all the way from Catawba, a distance of five or six miles. I guess he felt a responsibility as her older brother to look in and see if there were any "men's jobs" that needed doing. He would always sharpen her knives, sickle, and hoe on the old grindstone under the grape arbor.

He was a big man, or at least seemed so to me, and led an active outdoor life; he kept a pack of hounds and hunted foxes, coon, and possums at night, and always told me stories about hunting. He wore bib overalls in the summer, but when he came in the fall he would wear riding breeches with

leather leggings, and the breeches would be covered with Spanish needles. I can still see him sitting in the living room, eating apple pie and telling stories while I picked the Spanish needles out of his pantslegs and arranged them neatly in the piepan.

Those were the days of the Great Depression, and there was no money to squander on toys; but I was not deprived. I could spend hours playing with the Spanish needles, making designs and pictures by sticking them into an old dishcloth. When the barbs finally wore out, Grandma was always watching to be sure I threw them into the stove; she didn't want them thrown out where they might get into the garden. At first that made sense, since they were weeds; but then one day I made a wondrous discovery that they came from the yellow flowers that looked just like the cosmos in the flower bed. I begged again to plant some, but Grandma was adamant. Weeds, she said, were reminders of evil. In the beginning, she said, there were no weeds in the Garden of Eden; they were put here to remind us of our sinful nature, and they were not going to be found in *her* garden.

Years later my ecology professor explained that weeds play an essential role in the process of succession, stabilizing the soil in disturbed areas until a more permanent plant community such as a forest can grow there; and I passed that version of the story on to my own students for nearly 40 years. But each year in the first week of September I am prompted to wonder if either Grandma or the ecology professor has grasped all of the truth. Weeds, I have decided, may have other purposes on earth. For a few weeks each fall, they can lift our spirits at the beginning of the day. And they can make us remember.

Dr. Meredith Meredith is a professor of biology and Dean of Undergraduate Studies at Mount Saint Mary's College.

Piano recital ...

Pianist Noel Lester, chair of the music department at Hood College, will present the first recital in the Mount's new Marion Burk Knott Auditorium on Tuesday, Oct. 3. The free public event will begin at 7:30 p.m.

Well known as a recitalist, Lester has appeared at New York's Carnegie Recital Hall, and at the Kennedy Center in Washington, as well as, in Germany, the Netherlands, Switzerland, and France.

Lester has also appeared extensively as a soloist with orchestras and as a chamber musician. As a member of the Lester/Roldan Duo, a two-piano ensemble, he has performed to critical acclaim throughout the United States. The duo's first CD, titled *Music of the Americas*, was released last year.

The program for the Mount Saint Mary's recital will feature selections by Schubert, Debussy, Scarlatti, and a variety of 19th century American composers including Stephen Foster, Louis

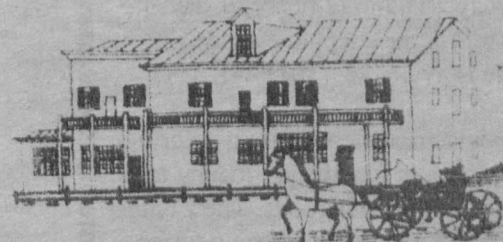
Moreau Gottschalk, and Edward McDowell, among others.

Lester will perform on the Mount's Leo J. Rocca Sr. Concert Grand, which has been moved to the Knott Auditorium to take advantage of the more comfortable facilities there.

Ample free parking is available behind the Knott Auditorium in the Memorial Gymnasium parking lot; a paved walkway leads to the auditorium. The Knott Auditorium is handicapped-accessible; advance arrangements should be made to ensure optimal seating for individuals using wheelchairs.

For more information about the Noel Lester recital, call the sponsoring Department of Visual & Performing Arts at (301) 447-5308 or the Mount's Public Relations Office at 447-5366.

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Name Change for Center

Maureen Kidwell, Director of The Catocin Pregnancy Center, located at 2 Main Street on the Square in Emmitsburg, announced that the Center is changing its name. Henceforth, it will be known as the Catocin Pregnancy and Family Center (CPFC). The Center has been ministering to the Emmitsburg community and the Thurmont/Frederick area for 2 years.

The CPFC is a non-profit organization which offers confidential support to any woman experiencing an untimely or distressful pregnancy. We assist her and her unborn child by attempting to meet their needs—medical, legal, financial or material, as long as our help is needed. All efforts are directed towards providing services necessary to produce healthy babies and happy parents. We also give aid to local families who find themselves temporarily in need of our assistance.

The Center is staffed by volunteers and is open the following hours: Monday, 1 - 3 p.m., Tuesday, 7 - 9 p.m.; Wednesday, 10:30 a.m. - 12:30 p.m.; Thursday 10 a.m.-12 noon; Friday, 1-3 p.m. A 24-hour telephone answering service is available: (301) 447-3391.

Clients are welcome to visit during business hours for free pregnancy tests or to select material goods. The Center stocks used children's clothing (sizes Infant to 6), formula, diapers, car seats, cribs and linens, and other baby furnishings. There is also a limited supply of maternity clothes. Mothers of newborns are gifted with a layette.

The Center can always use donations of the above items. They can be delivered to the CPFC during the hours listed. If that is not convenient, please call 447-3391 and we will be happy to pick up any goods.

We would be especially grateful to have more volunteers. If you can give any amount of time, weekly or monthly, please call Tammy Wivell, Coordinator of Volunteers, at 447-2752.

Thank you for considering helping us as we continue to help others in our community.

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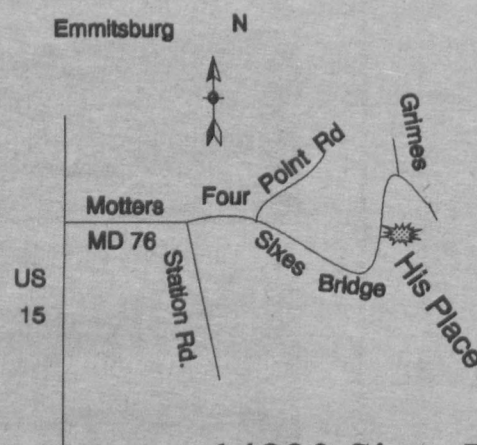
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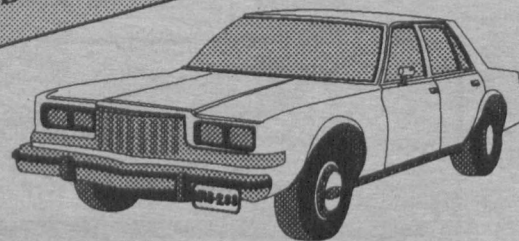
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Rocky Ridge news...

By Emma Keeney

A surprise birthday party was given on July 27th for Mary Shriner by her children at the home of her son David at Carroll Valley, PA. Those present were Mary, Barbara, and Crystal Shriner; Mr. and Mrs. Lamar Wagerman, and grandchildren Lamar III and Nicholas Wagerman; David Shriner and Sheri Stull; Howard Shriner; Linda Dove; Mr. and Mrs. James Glass; Dorothy Lockner; Carmen and Debbie Thompson; Mary Louise Tracey; Mr. and Mrs. Donald Brown; Brenda Shriner; George Bowles; and Jo Adams; Brian, Michelle, Brian, Jr., and Samantha Hahn. Delicious refreshments were served and nice gifts were given.

Seventy-four babies entered in Baby Show-1995—and the winners were the following:

Youngest, Bryan Troxell, 3½ weeks, son of Eugene and Elizabeth Troxell, Thurmont; Farthest, Carly Elizabeth Damuth, New Freedom, PA, daughter of Kevin and Wendy Damuth; Twins (10 months old), Alison and Melissa Dryman, daughters of Stephanie and Mike Dryman, Walkersville; Twins (22 months), Stephanie and Tiffany Bushman, daughters of John and Loretta Bushman, Emmitsburg; Prettiest girl, Julie Novak, 2-month-old daughter of Roy and Kelly Novak, Keymar; Cutest Boy, Brendan Snurr, 3-week-old son of Rob and Marjorie Snurr, Thurmont; Chubbiest baby, Garrett Millison, 3-month-old son of Phil and Sherri Millison, Rocky Ridge.

Winners in the 4 - 6-month age group were: Prettiest girl, Kierstin Baumgardner, daughter of Keith and Shannon Baumgardner; Cutest boy, Cary Davis, son of Terry and Misty Davis, Thurmont; Chubbiest baby, Kayla Jo Neff, daughter of Joe and Kelly Neff, Sabillasville.

Winners in the 7 - 12 month age group were: Prettiest girl, Nicole Young, daughter of Brenda Young, Taneytown; Cutest boy, Ryan Eaves, son of Richard and Tammy Eaves, New Midway; Chubbiest baby, Crystal Howard, son of Gary and Tina Howard, Waynesboro.

Winners in the 13 - 18 month age group were: Prettiest girl, Brittany Bollinger, daughter of Craig and Tina Bollinger, Waynesboro; Chubbiest baby, Ashley Springer, daughter of Kathy Adelsberger, Thurmont.

A Labor Day cook out was held Sunday, September 3, at the home of Cora and Carl Setherly. Attending were John Cavell, Middletown; Chris Cavell and friend, Frederick; Frank, Larue Thomas, Anthony Zumbran, Littlestown; Gary Setherley, Alice Posi, Falling Waters; Judy and Jimmy Ryan, Delaware; Stephanie Carmody, Columbia; Chris, Tonya, and Stephen Day, Hagerstown; Dennis, Regina, Patrick, and Eric Cavell; Sonny, Vonnice, and Daryl Long, Walkersville; Barry, Barbara and Tammy Mahaney, Thurmont; David, Terri, Jennifer and J.R. Wilson, Taneytown; Bobby, Sharon, and Lindsey Wilson, New Windsor; Hilda, Butch, Jeff Wilson and friend Beth, Taneytown; Ronnie, Diana, and Lee Hahn, Louie, Dotty, Jeff, Paula Smith, Guy Pittinger, Rocky Ridge.

A wonderful trip—Isabel Mathias had a wonderful trip to Alaska in July. She flew from Dulles to Seattle and sailed to Anchorage on the *McKinley Explorer*. The mountains and glaciers were very beautiful. There were 19 hours and 40 minutes of daylight each day. She traveled from Denali National Park to Fairbanks, then sailed on a steamboat along the Chena River, going ashore to visit an old Chen Indian Village. Her party took the *Yukon Queen* for a cruise on the Yukon River to Dawson City. They went to see the Klondike Gold Fields then enjoyed a vaudeville review, the *Gaslight Follies*. She traveled on the White Pass and Yukon Railroad to Skagway and Juneau. The last four days she sailed on the *Statendam*, viewing many beautiful waterfalls, glaciers, and mountains along the coastline. The cruise ended in lovely Vancouver.

Correction: Chris Wiles is a member of the Mt. Tabor Lutheran Church, not the U.C.C. as reported.

Deepest sympathy is extended to the family and friends of Ira Warner.

Birthdays: Kenneth Frushour, Chad Wolfe, Becky Eiker, Kimberly Dinterman, Kathy Frushour, Franklin Stanbaugh, Teresa Kaas, Cody Wolfe.

Reminder—Colorfest activities at the Mt. Tabor Park will be held on Oct 14 and 15 and include apple butter boiling on Saturday only. Apple butter will be for sale. Call 271-2880. There will be good food, flea markets, free set-ups, country store, and crafts. The event is sponsored by Willing Workers of Mt. Tabor Lutheran Church.

The winners at the Rocky Ridge Fireman's Carnival were Guy Snook, 13-inch doll with hand-crocheted outfit; Charles Brauer, bike; Mrs. Lee Eyler, \$200; Doug and Pat Orner, \$100; Raymond Bentz, \$50; Sherry Shindlecker, \$50.

The Rocky Ridge Fire Company will have their famous fried ham sandwiches for sale at Mount Tabor Park during Colorfest, Oct. 14 and 15.

Bingo The Rocky Ridge Volunteer Fire Company will start bingo Saturday, October 7.

Doors open at 6 p.m. Early bird games start at 7 p.m.

Congratulations to the Mt. Tabor Sunday School for winning a first-prize trophy for their float in the Rocky Ridge Fireman's Parade.

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Mt. Tabor Quilters

By Inspector 13

Now that fall has officially arrived, we begin to think of colder weather and ways to keep warm. Mt. Tabor Quilters have had this in mind all summer and have completed several quilts to sell Oct. 21st at the Church Activity Building on Long's Mill Road, Rocky Ridge.

The quilters have also been busy making other items including quilt tops, wall hangings, tote bags, table runners and Yo-Yo items. Rev. Rosemary Maxey, Isabel Mathias, Bea Keilholtz, and Inspector 13 even took blocks with them on vacation trips so the work would not be interrupted. Pauline Duple sits in Roy Rogers restaurant and works on hand stitching while waiting for her husband.

According to Marie Stambaugh, she and the other quilters work on quilt items at home while they rest.

After November 7, the Quilters will resume customer quilting. We have proclaimed 1996 to be the Year of the Log Cabin Quilt and will concentrate on this pattern in quilts, wall hangings, and accessories. If you are interested in having something made in this design, you may obtain an order blank at the Quilt Show and Sale on Oct. 21st.

The fabric of our lives depends on how we put the pieces together. See you at the Quilt Show.



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St. Anthony's/OLMC †

By Ann Marshall

St. Anthony's has commissioned a "sill sitter" representation of the church. This beautifully designed decoration costs \$15 and can be ordered in time for Christmas giving. It is a gift of warm memories for parishioners and for anyone who grew up in the parish but now lives elsewhere. The "sill sitter" is part of a year-long Centennial Celebration, marking the dedication of the church in 1897. To order the "sill sitter" call the parish office, 447-2367.

OLMC's annual Labor Day Picnic served over 800 dinners and turned a profit of just over \$8,000. Raffle winners were: oak mantel clock, Brittany Kerns; five-piece patio set, Gertrude Roberts; \$100, Henry Hilton.

The parish communities urge people to contribute time and talent as well as treasure. **VOLUNTEERS ARE NEEDED** to serve as ushers in both parishes (call John Dowling 447-4439); to teach CCD classes on Sunday morning (call Kathy Cashiola 447-2367); and to assist with bingo at Our Lady of Mount Carmel Parish Center on the second Saturday of each

month (call Christine Joyner 271-4708 or Gene Whitney 271-4911).

Baptisms: Our Lady of Mount Carmel Parish welcomes into the Catholic faith Ryan Thomas Kreun, son of Thomas and Melissa Kreun, who was baptized on September 3, and Colin Joseph Viti, son of Robert and Irene Viti, who was baptized on September 17.

St. Anthony's Shrine Parish welcomes into the Catholic faith Tiffany Ashton Theresa White, daughter of Robert and Lisa White, who was baptized on September 3.

St. Anthony's 1995-96 Parish Council. Sincere congratulations to the following persons who will be serving on our Parish Council this new Council Year: Members-At-Large: Peggy Offutt, Ed Reaver, Debbie Wivell, Diane Wivell. Standing Committee Chairpersons: Education, Sue Soisson; Finance, John Offutt; Fundraising, to be filled; Human Services, Mary Ann Shields; Liturgy, Daniel Durski; Maintenance, Ralph Snyder. Ex-Officio (non-voting): Rev. Leo R. Tittler, Pastor; Sr. Carol Czyzewski, Pastoral Associate; Sr. Mary Jan Nasiadka, Pastoral Minister; Kathy Cashiola, Coordinator of Religious Education; Yvette Leith, Coordinator of Youth Ministry; Ann Marshall, Corporator; Joe Scott, Corporator.



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Pastors' Column...

By R. Ben Jones
Pastor of United Presbyterian Church,
Emmitsburg

Autumn for me has always been a reflective time. A lot of it has to do, I suppose, with school starting; play is over, it's time to read and think and learn. Fall is a quieter time, a mellower time, and a moving inside as the warm leaves and cold comes kind of time. Maybe the falling leaves are like the passing years—look at them, think about them, feel about them.

In any case, it is life that I think about mostly. More and more I am struck by the given-ness of life, by the amazing grace of the thing. In table grace with family and friends as I hold the hands of people I love and who love me, I can't get away from the words, "Thank you for this precious gift of life." The late Lewis Thomas wrote, "Statistically, the probability of any of us being here is so small that you'd think the mere fact of existing would keep us all in a contented dazzlement of surprise."

I am learning, very slowly, to listen to what is happening in my world and learn more about this life which is mine for I know not how long. In this growing awareness I have been helped by the writings of people who are more advanced than I in the art of reflection. Of many, two of my favorites are Anne Morrow Lindbergh's *A Gift from the Sea*, and the less well-known (but Pulitzer prize-winning) *Pilgrim at Tinker Creek*, by Annie Dillard.

In addition to these famous thinkers in best-selling print, let me share something of a local sort with you. My friend Dr. William Meredith, professor of biology at Mt. St. Mary's College, is a gentle man who is able to stop, look, and listen to the world about him better than most people I know. Bill writes his reflections from time to time and shares them with me. Here is one of his poems from five years ago this month that I would like to share with you.

Today, on this last weekend in September,
as ordained by the great god, Villa,
I took a gallon of Mr. Thompson's elixir,
which the man on TV says makes wood last forever,

but the small print on the can says,
for best results apply once each year,
and went to paint the porch...
but I left one place undone.

There, in the middle of a web that still retained the pattern of a perfectly spoked wheel, sat a large brown lady spider with black and yellow bands on her legs,
holding a round brown bag.

Last spring she came on a silken thread
and spent a few days climbing up my water spout
but then got down to serious business
and built her web,
and every morning fixed the places
where her breakfast tore it,
until today. Tomorrow it will rain,
and then turn cold, and she will die.

So today she sits in the sun and waits,
with unmended holes in her web.

She does not know death is coming,
and it does not matter;
for what could she do differently?

When she faces the Maker and Judge of All Spiders
and He says, "What good have you done?"

she will show Him the round brown bag
and say, "I made this."
And the Maker and Judge of All Spiders will say,
"Well done, good and faithful servant."

What more will I have
when that September comes
when I will not paint the porch again?

So as I worked, we communed together
and we listened to some Mozart on the radio
and to some swifts chirping over us
and to some guys yelling in the ballfield,
and then I sat for a while
and waited with her.

Obituaries...

Robert Koontz Sr.

Mr. Robert Lee Koontz Sr., 65, of North Seton Avenue, Emmitsburg, died Sunday, September 3, at Gettysburg Hospital, Gettysburg, Pa.

He was the husband of Anna Marie Boyle Koontz.

Born March 15, 1930, in Carroll County, he was a son of the late Edgar W. and Reta Mae Hyde Koontz.

He was a member of St. Joseph's Roman Catholic Church, the Knights of Columbus Bruté Council 1860, the Emmitsburg Ambulance Co., the Vigilant Hose Co., VFW Post 6658, and the American Legion Francis X. Elder Post 121. He also was a member of the Adams County Fire Police Association, the Frederick County Fire Police Association, and was a retired correctional officer for the state of Maryland. He had served as a police office in Emmitsburg for five years and in Taneytown for five years. He worked at the Victor Cullen Center for 15 years. At the time of his death he was the code enforcer for the Town of Emmitsburg.

Surviving in addition to his wife are three children, Robert Lee Koontz Jr. and wife Peggy of Thurmont, Mary Margaret Pittinger and husband Mike of Walkersville, and Bernard William Koontz and wife Denean of Hampstead; six grandchildren; two great grandchildren; a sister, Reba Leister of Hampstead; three brothers, Kenneth Grimes of New Windsor, John Koontz of Westminster, and Paul Koontz of Barkley, Va.

He was preceded in death by sister, Margaret Murray.

Funeral services were held September 6, with the family meeting at the Skiles Funeral Home, Emmitsburg, at 9:30 a.m. to go to St. Joseph's Roman Catholic Church for a Mass of Christian Burial at 10 a.m. Interment was in the Emmitsburg Memorial Cemetery.

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Samuel McNair, Sr.

Mr. Samuel Scott McNair Sr., 70, of Emmitsburg Road, Fairfield, Pa., died Friday, Sept. 22, at Gettysburg Hospital, Gettysburg, PA.

He was the husband of Jean C. Tate McNair.

Born Dec. 19, 1924, in Adams County, Pa., he was a son of the late Robert J. and Eva Stoops McNair.

Mr. McNair was a member of Elias Evangelical Lutheran Church of Emmitsburg, the Pennsylvania Farmers Association, the American Legion Francis X. Elder Post 121, and VFW Post 6658. He was a social member of the Vigilant Hose Co. and was a cattle dealer for many years.

Surviving in addition to his wife are three children, Deborah Zimmerman of Fairfield, Patricia Mellors of Fairfield, Samuel S. McNair, Jr., of Wilmington, N.C., and seven grandchildren.

Funeral services were held at the Skiles Funeral Home, Emmitsburg, Mr. McNair's pastor, the Rev. W. Ronald Fearer, assisted by Rev. Joseph Stahura, officiated. Interment was in the Presbyterian Cemetery, Emmitsburg.

A word about pre-arrangements and pre-financing



The funeral serves a wide range of purposes, with religious, psychological and physical significances. There are many aspects and details to the meaningful funeral that are arranged with the assistance of the professional funeral director, usually at the time of need. However, some people prefer counseling prior to need.

We offer complete information on pre-arrangements and pre-financing, available without cost or obligation of any kind. Feel free to contact us at your convenience.

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Garden ramblings ...

By Christine Maccabee

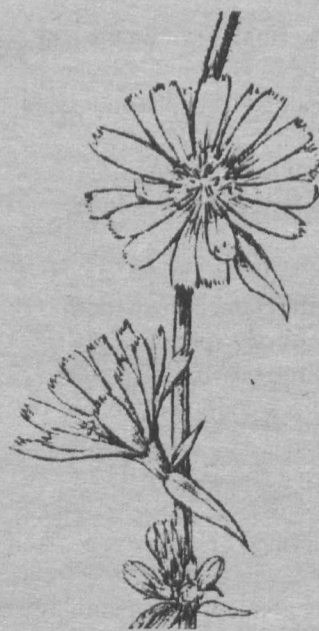
Misunderstood, but Beautiful

In a very real way, flowers are a lot like people. Fragile, they are born vulnerable, and if fortunate to receive the proper care, will thrive and bear much beauty. Also, many people, like flowers, are misunderstood. Some of us are late bloomers and get cut down while we are struggling to grow, while others of us may express ourselves in the wrong way, or the wrong place, and are criticized. True, it is the world of flowers and plants that I write about, but the connection between humans and the natural world being what it is—ever constant and essential—it is oftentimes impossible to separate the two. Many of our greatest writers and teachers refer to nature, recognizing the truth and wisdom that is to be gained if we but open our hearts and minds to it. Many of these teachers have been misunderstood as well.

Two of my favorite wildflowers are the indigenous goldenrods (of which there are about 18 varieties) and the wonderful purple and white asters. Both of these are quite misunderstood and frequently cut down before they have a chance to bear their flowers. They spend the entire spring and sum-

mer growing slowly into large, gangly plants, and unless they are growing in a place neglected by human mowers, they are usually weeded out or mowed down. I see them as elegant and important. I allow my asters to grow throughout the summer in my various gardens. The reward for my patience and tolerance is a glorious, end-of-the-summer profusion of tiny daisy-like flowers, a final burst of white and purple beauty which goes well into the fall, a most welcome source of inspiration before the long, cold days of winter. Similar to the goldenrods, these wild asters serve as essential nectar for the wild honey bee, whose habitat is diminishing by leaps and bounds. Also, for your information it is ragweed, not goldenrod, which is the foremost cause of hay fever (according to the *Audubon Field Guide to N. American Wildflowers*). The pollen of goldenrod is too large to affect most people, though some few are unfortunately allergic to it. Ragweed pollen, on the other hand, is very tiny and quickly creates discomfort. However, even ragweed serves a purpose in the wild, as its seeds are numerous and rich in oil and are an important winter food for song and game birds.

Another one of my favorite though little appreciated wildflowers is the persistent little chicory, shy blue beauties that tend to grow right up against



Chicory (*Cichorium intybus*)

the country roads people drive down in their early morning rush to work or school, gracing our journeys with their joyful blue, brightening our moods if we but see them. Even when they are mowed, they grow right back, undeterred, and where permitted will bloom right through the summer, into fall. They usually close their blue petals during the heat of the day, and so are seen as ugly by some people. They are mostly stem with tiny leaves, and when the flowers are closed, they do look spindly. But oh, when the day is cooler and the flowers open, behold the powdery blue profusion!

The wild white and yellow sweet clovers (which look nothing like clover) bloom spring into summer and are also guilty of gangliness, frequently growing very tall. This year they too grew along the very edge of my road, as if defying me to cut them down. Indeed, I went out one day, fully armed and determined to do just that, only to lose my resolve when I saw them. Yes, they were growing embarrassingly close to the road; but what is more important, the flowers or the road? As I'd observed very few of these particular flowers being permitted to grow anywhere, and as I recognize them to be an essential source of nectar for wild honey bees, I put down my various cutting devices and joined the ranks of the Misunderstood.

I love the late bloomers and the misunderstood ones, be they human or flower. Perhaps our biggest challenge in life is to embrace these ones, to develop compassionate understanding so as not to stand in judgment of them. Much of the beauty and goodness of the natural world will be missed, and lost, if it is constantly condemned as unimportant and destroyed.

I leave you with an ancient Indian quotation which may give you some food for thought..."Flowers are the footprints of the dancing steps of God." Enjoy the autumn beauty!



In Loving Memory of

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Student of the Month Elsie Hawkins and Mr. Patrick Kronk of the Fort Detrick Library staff.

Mother Seton School

By Val Mentzer

Student of the Month

My name is Elise Hawkins. I am six and three quarters years old. I am a Mother Seton School student in second grade. I have a horse and fish. One of my favorite hobbies is reading.

In July and August I read 82 books for the Fort Detrick Read Olympics, and I won a gold medal. One of my favorite books was *Mrs. Brice's Mice* by Syd Hoff. I remember that when Mrs. Brice was asleep, twelve mice slept on one side of the covers and twelve slept on the other. One tiny mouse slept on the alarm clock in case he wanted to know what time it was.

This was a good experience because I learned a lot from these books. I learned about how to get along and be a friend.

One Edible Cell, Please

By Laura Phillips, Abby Whitney, and Chase Winpiger

On Wednesday, September 13, Sr. Charles Legg's seventh grade science class at Mother Seton School made edible cells.

Each cell (plant cell or animal cell) was unique and in some cases delicious.

Each student had different ideas. Materials such as cookie dough, Jell-o, bread, twizzlers, sprinkles, icing, marshmallows, yogurt, squash, pick-

les, hot dogs, and much, much more were used.

Many students think it was a fun project and it helped make learning about the cell much easier to understand.

Mother Seton School Back-to-School Picnic

The Back-to-School Picnic was a huge success. Nearly 200 people celebrated the opening of the school year by eating fried chicken, potato salad, fruit salad, baked beans, and fruit punch courtesy of the PTA and Development Office. Several competitions were held for the students and their families. Tricycle races, dizzy bat races, and three-legged races were among the most popular events. Families brought chairs or picnic blankets and enjoyed the day meeting the teachers and other school families.

Fall Fund-raiser

Mother Seton School families will be selling many gift items and Christmas wrapping paper from Innisbrook™. Please contact the school if you are interested in early Christmas shopping!

Aluminum Can Recycling Drive

The Third Annual Can Drive will begin the end of September. Mother Seton School students have collected cans to benefit the Vigilant Hose Com-

pany in Emmitsburg. Please contact the school if you are interested in contributing to this community service project.

Mother Seton School offers Girl Scouting


Mother Seton School will begin a Daisy Girl Scout Troop for Kindergartners and a Brownie after school group for 1st, 2nd, and 3rd grade girls. There will be a \$6.00 registration fee. Please contact the school office if you are interested. 447-3165.



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Round 'n About

Request-A-Thon Oct. 20, 21, and 22, will benefit Frederick County Mental Health Association. WAFY Key 103.1 FM will play musical requests and dedications phoned in by listeners who donate a tax-deductible contribution to MHA. Call 698-5893.

Depression Screening Day sponsored by the Mental Health Association in cooperation with Frederick Memorial Hospital and Frederick Community College will be held Thursday, Oct. 5 at Frederick Memorial Hospital. This screening will have both an education and a clinical component. Facts about depression and its signs, symptoms, and treatment options will be discussed. Walk-ins are accepted but pre-registration is preferred. Call the Frederick County Hotline, 662-2255, for more information and to register (first names only).

The **Catoctin Mountain Zoological Park** in Thurmont is looking for volunteers to fill the positions of gift shop sales clerk and petting zoo attendant. For more information or to volunteer, call N. Carole Brown at 662-2579.

Free Wild Birds Seminars: Oct. 4, "How to Attract Owls"-Ornithologist John Haley will show you which of five species you might find in your neighborhood, how to find them, and what you can do to encourage them to nest nearby. Oct. 18, "Winter Bird Feeding" - John Haley discusses the nuances of attracting birds in winter—what birds to expect, their feeding preferences, and how to provide a safe environment for their winter survival. He will discuss the importance of a constant water supply and how to attract rarities such as bluebirds, pileated woodpeckers, and siskins. Meet at the Wild Bird Company, 45 Waverly Drive, Frederick. Call 698-2545 for information.

Diabetes Management Program for outpatients will be conducted by the Gettysburg Hospital beginning in October. The five-week program is scheduled to begin on Oct. 18 and will continue each Wednesday through Nov. 15. Classes run from 12 noon until 3:30 p.m. and will be held in the hospital's Community Room B. Pre-registration is required. Deadline for registration is October 6. The cost of the program is \$120. There is no charge for family members or friends. Call (717) 337-418.

First Annual Classic Car Show to benefit Hospice of Frederick County, Urbana Fire Hall grounds, Saturday, October 7, from 9 a.m. to 5 p.m. There will be antique cars, street rods, race cars, games, door prizes, music, food, and kids' activities. Admission free.

National Depression Screening Day will be held October 5, 1995, at 6

p.m., in The Gettysburg Hospital's community rooms. This year's program will benefit those individuals who feel they may be suffering from depression or may have family members with symptoms of depression. The program is free. For more information on the forum and screening, contact The Gettysburg Hospital's Health Information Line, (717) 334-4646 or toll free in Maryland 1-800-423-0215.



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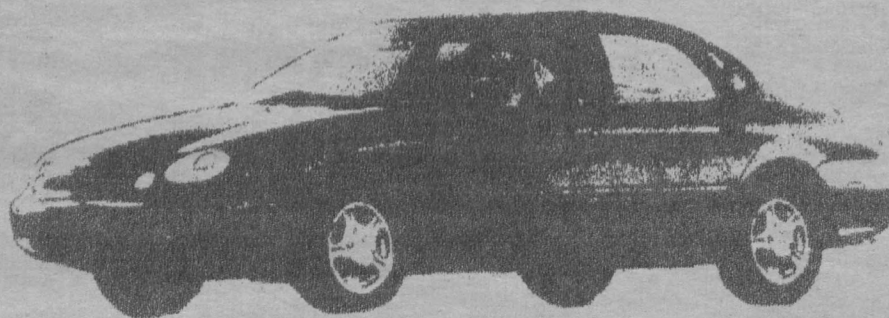
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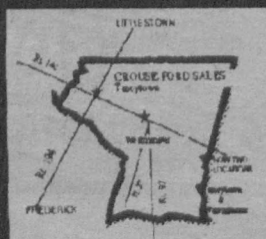
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FOOD FOR THOUGHT ...

By George Geralis

We were off the shores of Poplar Island and could see Tilghman Island just to the south, when two of our trolling rods bent and quivered and the reels began whirring, announcing that fish had been attracted to the lures on our fishing lines.

My two sons, who for days had been anticipating this moment, responded by taking each of their rods from its fixed holder and eagerly proceeded to "wind them in."

The oldest, a seasoned saltwater fisherman, brought in his **Spanish mackerel** like a pro, but our youngest son, an avid freshwater enthusiast, had difficulty using a right-handed reel, causing enough slack in the line to cost him his first fish. Later, I overheard mumbling and lamentations about the lack of consideration for southpaws and the dearth of appropriate equipment aboard for them.

After an active session with **Spanish mackerel** and **bluefish** we opted for a change of pace and moved to other nearby waters to "bottom fish" for **spot**.

Our grandson, by bringing them up two at a time, showed determined dedication in attempting to master the art of saltwater angling on his first fishing expedition to the Chesapeake Bay.

It was a splendid day being with the boys and I did my very best to keep them from realizing that I was beginning to suffer the effects of motion. After all, as the organizer of this trip, I wanted to prevail as the "old salt." However, I can't help but feel the boys understood and politely went along with the act.

Informed by telephone of our catch, the ladies at home prepared for the process of freezing the fish which we had arranged to have filleted and skinned while enjoying crab cake sandwiches at the Rod 'n Reel Restaurant.

When we returned home from Chesapeake Beach, our daughter, together with the boys, rinsed the fillets in salted ice water before placing them in freezer bags, which in turn were frozen flat upon cookie sheets and

later "filed away" in plastic baskets in the freezer.

Meanwhile, "Mom" sautéed the **spot** and we sat down to a meal fit for a king, as we toasted the day with a glass of our favorite dry white wine.

SAUTÉED SPOT

Dip the fillets in milk and roll in flour. Melt plenty of butter in a sauté pan until it is hot but not burned. Sauté the fillets until nicely browned. Turn and brown the other side. Remove to a warm plate until ready to serve.

Melt additional butter in the pan and pour it over the fillets.

Serve with parsleyed new potatoes and fresh green beans, anointed with *ladolemono*, a Greek version of *vinagrette* (see recipe).

LADOLEMONO (olive oil and lemon dressing)

2 parts extra-virgin olive oil
1 part fresh lemon juice
Salt and freshly ground pepper to taste

Optional: *dried oregano*,
chopped scallions, *chopped fresh dill*.

To prepare dressing: Combine all the ingredients and, if you wish, you may add any of the optional suggestions, and whisk until the oil and lemon juice are emulsified. Alternatively, place the ingredients in a sealed container and shake well. Pour just enough dressing over the warm green beans to coat them.

Journalism is the ability to
meet the challenge of filling space.

Rebecca West

Deputy Horner congratulates winners of the Emmitsburg Youth Activities Fishing Expedition held at Rainbow Lake



First prize—Dicky Cool



Second prize—Joe Gentile



Third prize—Tammy Cool



Fourth prize—Kenny Gentile

Photos courtesy of Denise Maddox

Self-Defense: Different methods available

By Jeff Roth

Every two seconds a crime is committed in this country.

There is a property crime every three seconds, a theft every four seconds, a violent crime committed every 16 seconds. These 1993 statistics, from "Crime in the U.S." published by the U.S. Department of Justice, Federal Bureau of Investigation, is one reason many people are looking for ways to defend themselves.

For the average person, not every method of self-defense would be desirable or appropriate, explained Louis N. Whittington, owner of Law Enforcement Enterprises as well as being a Cumberland Township police officer. Many have turned to guns and others to martial arts. A gun is not always the best choice depending on the individual.

"It is definitely a case of look before you leap," Whittington said. "Number one, you have to decide how much you want to spend and how much time you have to spend learning to use what you purchase. If you buy a handgun, you have to learn how to use it. You have to go to a range to learn how to handle it and accurately use it. It can be expensive and a handgun can also be turned against you."

People often ask Whittington about purchasing a firearm, but he won't sell to everyone who asks. Instead, he evaluates the person's needs and then recommends the most appropriate self-defense system. There are several types of less expensive, non-lethal self-defense methods available.

The simplest and one of the least expensive items is the body alarm. A deterrent as well as a device that alerts others of trouble, the alarm is about the size of a pager. It can be clipped on clothing.

"If someone approaches or attempts to attack, all the person has to do is pull a lanyard and a 100-plus decibel siren goes off. It tends to scare away an aggressor. It takes no training to learn how to use," Whittington said. "Many people are choosing pepper spray as an inexpensive, effective, non-lethal self-defense weapon. Oleoresin capsicum (pepper spray) which is used by many police officers, is a derivative of cayenne

pepper. It acts as an inflammatory agent." When sprayed into the face of an attacker, the first reaction is the involuntary closing of the eyes. Breathing is impaired and the symptoms last up to 45 minutes. The spray is targeted to the eyes, nose, mouth, and face of the attacker. There are no long-term harmful effects to a person sprayed with pepper spray. It is also effective on most animals, including dogs, cats, snakes, and even camels.

As a police officer, Whittington has been trained in the use of pepper spray. He said that any member of the public purchasing pepper spray should learn how to use it prior to an actual emergency situation. As part of his business, Whittington offers talks on self-defense and demonstrations to the public on how to choose the best method. He also presents a demonstration on the use of pepper spray, using a non-inflammatory substitute.

Whittington is available to present a program and demonstration to groups and organizations on the proper use of pepper spray. Each program includes a discussion about the effectiveness of pepper spray in self-defense, the proper spraying methods and a discussion of costs. Pepper spray is cheap and comes in various sizes, from key-chain to larger containers. Each can be refilled. With "BodyGuard," a popular brand of pepper spray, the company will provide a free refill canister if the pepper spray was used in a self-defense situation and is verified by a police report.

Another non-lethal self-defense item is the stun gun. An electronic device, it emits electric pulses that immobilize an attacker. The problem with the stun gun is that it must actually touch the person in order to work.

A similar device, a TASER, ejects electrodes to a distance of about 15 feet. The electrodes must strike the attacker to receive the electric shock. There is also a new device on the market that is both a TASER and a stun gun, but again the target must be close and the user must be trained.

To arrange for a free demonstration contact Whittington at Law Enforcement Enterprises, Fairfield, PA. 642-9799.

(Reprinted with permission from *Adam's Law*, August, 1995.)

Thurmont & Emmitsburg Community Show A Success

The 39th annual Thurmont and Emmitsburg Community Show was held Sept. 8 -10th at Catocin High School in Thurmont. President Rodman Myers reports that the weather was perfect and the enthusiasm and attendance at the show were great. According to Myers, 632 exhibitors submitted 2,620 entries. Commercial exhibits totaled 70, including farm machinery.

Friday evening's program opened with a flag ceremony by 25 civic organizations from the Catocin school area. Jerry Lillich, manager of Thurmont Cooperative, Inc., gave the invocation. Jerry Free sang several songs accompanied on the piano by Patricia Hunt.

The premier Exhibitor Award for the 1994 show was presented to Cheryl Myers Lenhart in honor of the C. Rodman Myers Family by the Catocin FFA Advisor, Robert Bevan.

Erma Black was honored for her many years of exhibiting in the baked products division of the Community Show. Her entries from 1969 through 1995 included many champions and blue ribbon winners.

Frederick County Fire and Rescue president Edie Rinehart announced that Mark Valentine was selected as

the Catocin FFA Ambassador for the 1995-96 year.

Each year the Thurmont and Emmitsburg Community Show honors an organization in the community. The Thurmont Ambulance Service was recognized for its 25 years of service in the community. Dave Harman recognized 10 individuals with the ambulance service. Honorees were John E. Firor, Terry Shook, Patrick Cuffe, Gregory Woelfel, Wayne Stackhouse, James Rice, Robert Black, Robert Follin, Randolph Waesche, and Kevin Fox.

President Rodman Myers stated the Community Show was indeed a total community effort by a large number of individuals who volunteered many hours to make the show one that the Catocin school area can be proud of. These efforts are appreciated by the show sponsors: The Thurmont and Emmitsburg Granges, Catocin FFA, Catocin FFA Alumni, and the Maryland Agriculture Fair Board.

Dates for the 1996 Community Show at Catocin High School are September 6, 7, and 8, 1996.

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Fresh Water Fish, The Pet

By Jack Deatherage, Jr.

"Hello," I say into the phone, thinking a nastier word. It 11:30 p.m., and I'd been asleep an hour and a half. I don't sleep well, so I get irritated when I'm awakened unexpectedly.

"Hey." The voice belongs to a friend who sometimes forgets what day of the week it is, not to mention what time of the day or night it might be. He has a disability I wouldn't wish on my enemies, so I normally tolerate his occasional odd-hour calls.

"What's up?" I don't really care; I just want to get back to bed.

"My goldfish are acting weird. I think they might be dying."

"Oh, man," I moan, switching gears. Time to wake up!

I ask if the fish are sucking air at the surface. "No." He had that problem earlier in the summer when his house hit a permanent 90°F. Oxygen isn't present in large quantities when temperatures rise in a tank, so extra aeration is sometimes needed.

"The fish are *near* the surface sucking like mad. They won't eat and seem really stressed. I've lowered the water level so the filter is causing more aeration. Nothing is helping."

"I changed 2 gallons of water a couple of hours ago," he offers, hoping that will give me a clue. "It was two days old." Meaning it had sat that long to allow the chlorine to evaporate. "I can't lose these fish, Jack!"

"Are they losing slime? Are their eyes hazed over?? I'm thinking about why these fish can't die."

My friend wasn't allowed to see his son and daughter for about a year. The next year he got to see them in his in-law's home and this year he has had them in his own house maybe five, six times. The kids caught the fish at a pool party in '94 and couldn't take them home because Mom didn't want fish and Dad was involved in getting them for the kids. Dad promised to keep the fish and the kids could feed them, *if* they got to visit at Dad's house.

"Look, they aren't dying right now, and I don't think they'll die before morning. I'll call from work to see how they're doing and look at them tomorrow afternoon. We'll get 'em right. Now stop watching them and go to sleep!" *Fat chance of either of us doing that.*

The pH is above neutral, the temperature is over 85°F, no ammonia, no chlorine. No signs of fungus. The fish aren't scraping their heads on anything so I doubt gill flukes are involved. I add aquarium salt anyhow, just in case there are parasites.

I drink a soda and talk a bit. The fish suddenly start digging in the gravel the way healthy, hungry goldfish do. They haven't done that in days. Now I know—electrolytes!

I present my bill, \$115 for a house call, the testing and the curing of his priceless fish (The editor won't print the response. Let's say he pays me the \$5 he had borrowed previously and tells me to get out.)



Aquarium salt is goldfish tonic. It adds electrolytes to the water and discourages parasites. (I left him a pound of it. I've seen his kids when they feed *their* fish. Children are the tonic that relieves stress when life has us "sucking near the surface."

Homeless Shelter Open House

Visit Frederick County's largest homeless shelter by attending the Frederick Rescue Mission's annual Open House on Monday, October 9th. The Beacon House men's shelter, located at 419 West South Street in Frederick, will be open from 10:00 a.m. - 4:00 p.m. to welcome visitors.

The Mission has provided over 20,000 bednights and 52,000 meals since January 1995. Words of welcome are scheduled for 10:00 a.m. but feel free to drop by anytime during the day to tour the shelter, meet the residents and staff, and hear about the Mission's programs. This is an excellent opportunity to see firsthand how the Frederick Rescue Mission is meeting the increasing needs of the hungry and homeless in the Frederick community. Call 695-6633 with questions or for directions.

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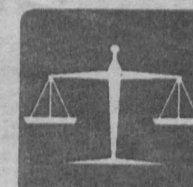
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