#### Covering the Emmitsburg Region



Vol.VI, No. 2

Gaining Strength from One Another

February 1999



The final check from the ladies auxiliary that pays off VHC's \$1.2 million loan for new equipment and renovations. Shown from left are Dot Davis, auxiliary president; Art Damuth, past president; and Tim Clarke, president.

A Dispatch photo

115th Anniversary

#### VHC loan paid in full

Vigilant Hose Company treasurer Steve Hollinger announced at the annual VHC banquet held January 9 that the \$1.2 million loan for the purchase of an aerial ladder truck and renovation of the fire station is now paid in full.

The announcement came following the presentation of a check for \$50,000 to Art Damuth, past president, and Tim Clarke, president, by VHC auxiliary president, Dot Davis.

Mr. Hollinger told the gathering that the company had planned to pay off the loan from the Farmers & Mechanics Bank in 10 years, but with the help from the auxiliary and tip jars placed in local taverns the debt to F&M bank was paid in full in four years. He expressed VHC's appreciation to fire company member for their pledges and for the

Please see VHC on page 5

## A call for help!

By Ann Messner, Chief Emmitsburg Ambulance Company

With the beginning of a new year, and the change of millennium fast approaching, I would like to ask the readers of this publication to consider the following: What would happen if you called 911, and no one came?

There is a very long and proud tradition of volunteerism in the emergency services. Even today, in a world of two-income families with little free time, volunteers are the primary providers of emergency services in this area. Both the **Emmitsburg Ambulance Company** and the Vigilant Hose Company are very proud of the fact that all staffing is provided by a volunteer force. From all walks of life, these men and women come together with one common goal: to help the members of their community in times of crisis.

Now the volunteers are in crisis. As our community grows, so does the need for emergency service, especially medical services. The Holloway development planned for

the Harney Road area will be in our first due area, and will have a significant impact on our ability to continue to provide emergency medical service. Call volumes are increasing, and will continue to do so, yet the pool of available volunteers remains unchanged (or dwindles). This is a challenge facing many volunteer departments, both in Frederick County and the surrounding areas. Recent articles in the local newspapers reflect this: companies throughout the area are merging or requesting career personnel (and the tax districts to pay for them), trying to staff more units on more calls with fewer people.

The Emmitsburg Ambulance Company is facing the same challenges; we too are trying to do more with less. However, our Company feels very strongly that with the assistance of the community we serve, we can avoid tax districts and maintain our independence as an organization separate from the fire department. Although fairly ambitious, some of the ways in which we are facing our challenges are innovative and unique enough, and begin-See SERVICES on page 8

#### Catoctin High groundbreaking

Frederick County Public School Board celebrated additions and renovations scheduled to begin at Catoctin High this year in a groundbreaking ceremony at the school's gymnasium on Thursday, Jan. 28.

The school's capacity will increase by 367 seats to accomodate a total of 1,200 students. Included in plans are a new gymnasium and renovation of the old gym, 18 additional classrooms, a new performing arts space, renovation of the media center, addition and renovation of science and art areas, and upgraded technology wiring throughout the building. Additions will add 51,630

gross square feet to the high school. Another 51, 480 gross square feet will be renovated.

Completion of additions is expected in May 2000, with renovations slated for competition by September 2000. Principal Marlene Tarr, employed with Frederick County Public Schools since 1978, eagerly awaits increased capacity and improved facilities at the high school.

Proffitt and Pryor Architects PC designed the Catoctin High additions and renovations, and the project will be managed by Reynolds Construction Management, Inc.

#### Icy curtain at Kumps Dam



## Letters to the Editor

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

A dispatch from friends of Willowby - "the dog for all seasons"

We are Nick, Natalie, and Norton, two dogs and cat, who live at 101 East Main Street. Our pal that you called "the dog for all seasons" in the last isssue of the *Dispatch* has asked us to let you know that his name is Willowby.

He has also asked us to take this opportunity to thank all the kind people who have given him, among other things, a thank-you note from folks who traveled through Emmitsburg every week to see their son at the academy in Mercersburg, Christmas cookies, and a hat and sweat band. He frequently has visitors who want to know what kind of dog he is and where he came from.

He has also told us that the same people come by to see him, sometimes daily, and he enjoys seeing them.

He wears the dark-glasses because he is the coolest dog on the street, the sun is always shining in his eyes, and he likes rock music. He's a cool dude.

There have been times when he wonders why someone needed his straw hat and sunglasses in the middle of the night, but they were found and returned by a kind woman all the way from the west side of town. Or why someone needed three of his 12 Easter eggs, but he is sure it was important to the person. We are sure a pair of bunny ears blew away. He was mad when someone took his Halloween

wig before the parade and Trick or Treating that night. Thurston, his little buddy

that once sat

next to him.



apparently ran away. Willowby hopes he found a good home because of his hurt front paw. Although a cold, refreshing beer in the hot summer time is great, the empty cans are not. He also says that he is not wild about cigarette butts being put in his mouth.

Willowby also loves to have his picture taken with the young and the old and is happy that he can bring a smile to the faces of people all year long. This Christmas morning at 7:50 a.m. a very, very young boy had his mom take a Christmas picture of him with Willowby. Willowby is hoping that, in the years to come, more folks will get to enjoy "the dog for all seasons."

Although Norton is new to our household, we all want to tell you how much we enjoy living in Emmitsburg, and if you are walking by or around the house and the barking is annoying, remember that we are only trying to say "Hello" and asking you to come by again.

Emmitsburg, where you can still see the stars.
Thanks,
Nick, Natalie, and Norton
Ed. note - It's arrf-fully nice of you to write and give us another perspective

## From the desk of the town manager....

1. 1 would like to thank everyone for their efforts in. clearing the sidewalks during our recent snow and ice storms.

2. Our after school program at the Community Center appears to be alive and doing very well. As of last week we have over forty (40) children taking part in the program. This is a great program at a great fee -\$2.00 per week.

3. As you know we have been having trouble with our street lights. Allegheny Power has recently agreed to replace the heads of all of their lights to correct the situation.

4. The Town has recently started the process of rewriting our subdivision regulations.

David Haller

### Town News...

#### Woonshi

Action taken by the town council at the Jan.4th meeting was aimed at streamlining processes of government.

Town officials are mandated to follow procedures spelled out in the town charter and codes. However, many ordinances contain cumbersome time and advertising requirement as well as constrictions that may not be relevant.

To make governmental processes more flexible and "user friendly" some of the cumbersome portions of ordinances will be moved from the code level to a policy level that can be more easily and quickly applied to a request or situation.

Benefits from these new tools include developing and clarifying check lists and agreements of compliance to modify the permit procedures. According to town manager David Haller this move toward simplifying and clarifying policies "will streamline our local government and enable the commissioners to better serve the people."

#### Growth

Hess Enterprises of Aberdeen, Md., and town officials are discussing a conceptual plan for developing the approximately 20 acres of undeveloped land lying between the Silo Hill development and McDonald' restaurant and US 15. The land is zoned B-2 and could be the site of a Sleep Inn motel and other related businesses. According to Mayor Carr the town is studying ways to interconnect existing and proposed water sources which can provide adequate water to future development.

#### Thank you

I wish to thank everyone for their many acts of kindness, visits, and flowers during my recent illness.

Appreciatively, Dan Kaas

#### Mm Mm Good!

It was with great pleasure to have read your January food column contributed by renowned Chef John Hovde. His talented literary contributions complement the abilities of this innovative master of the kitchen. Let's have more!

George Geralis Carroll Valley

#### A thank you from CASS to residents of Northern Frederick County

Now that the holiday season is over and the children are back in school and the adults are back to their normal schedule, it is time to remember those who were helpful to us during the holiday season.

As the CASS worker in the Catoctin Region I was profoundly surprised and pleased with the number of individuals and work places that contributed to helping others during the holiday season.

I personally want to thank several groups for their assistance during Thanksgiving as well as Christmas. This list is not all inclusive and forgive me if I missed someone, but the message that I wish to truly convey

is that the real spirit of the holidays is about giving and northern Frederick County is a true example of this.

I wish to thank the following groups of people: The students and staff of Thurmont Middle School, Catoctin High School, Thurmont Elementary School, Sabillasville Elementary School, Emmitsburg Elementary School, and Lewistown Elementary School; Amvets #7 Ladies Auxiliary of Thurmont, the Sisters of Seton Center, the Emmitsburg and Thurmont Lions Clubs, Morningstar Ministries of Thurmont, the Walkersville, Thurmont, and Emmitsburg Food

Banks, Financial Management and Resources of Frederick, the Salvation Army, Northern Frederick County Jaycees, the *Dispatch* and *Banner* newspapers, K-Mart Store, the employees of Thurmont and Emmitsburg Volunteer Fire departments, Up-County Family Center, all of the churches in this region, private citizens, and many, many, more.

Again, forgive me if your group was not mentioned, but you know who you are and you must believe you are appreciated for your spirit of giving.

Bill Derbyshire

Catoctin CASS Coordinator

## Messner family expresses appreciation to Vigilant Hose Company

At the annual Vigilant Hose Company banquet held January 9, Ann Messner, on behalf of her family, presented a plaque to the company in appreciation for the outstanding emergency rescue efforts performed by members of VHC for her sister Kathy Messner.

Kathy, a 1998 graduate of Catoctin High School and recipient of a full athletic scholarship (she holds the national title for girl's high school high jump), was pinned in her automobile when it was struck from behind and thrown into the path of a tractor trailor at the intersection of Route 140 and Tract Road on June 26, 1998.

Ann, who is chief of the Emmitsburg Ambulance Company, also answered the call to the scene of the accident, and when making the presentation to the Vigilant Hose Company, had this to say:

"On that Friday in June, I arrived on the scene and saw my sister in the car. At that point, I informed everyone on the scene that it was my sister in the car, and to "Get her out!".

"In addition to the heat on that day, there was a gas leak from my sister's car. The position of the car, a combination of on its side and on its roof, made things more difficult. Finally, a thunderstorm occurred over the scene, and the firefighters held a tarp over my sister, to keep her from getting wet.

"The major injury she sustained was a fracture of the neck at the C-4 and 5 level. There was 50% displacement, and 70% impingement on the cord. The covering of the cord was torn, and there was a fluid leak.

"The accident, extrication, and her injuries were not survivable.

"The NeuroTrauma Surgical Attendant at Shock Trauma told me that he has seen twelve similar injuries: no one has ever walked, and 75% have died.

"Thanks to the volunteers on the scene, and the Vigilant Hose Company in particular, my sister began classes at Penn State January 6, 1999, on a full athletic scholarship.

"At one point, during the rescue, the firefighters were not sure what to do because nothing was working. They decided to roll her car, to cut from the other side. When this was mentioned, one firefighter volunteered to remain in the car and roll with



Recipients of awards for outstanding emergency scene operations surround Kathy Messner at the recent VHC banquet. Listed in alphabetical oreder: Carl Angleberger, Hugh Boyle, Mike Boyle, Vince Boyle, Chris Byard, Jim Click, Sam Cool, Neil Ecker, Andy Eiker, Larry Glass, Bob Harman, Tony Kelly, Randy Myers, Terry Myers, Steve Orndorff, Bob Rosensteel, Jr., Bob Rosensteel, Sr., Raymond Sanders, Cliff Shriner, Kenny Smith, Chris Stahley, Scott Stonesifer, Glenn Swain, Dave Vaughn, Tom Vaughn, Carl White, Hub White, Mike Working, and Scott Maly.

**Photo courtesy Rosensteel Studio** 

her. You can't beat that.

"You can't beat the level of professionalism exhibited on the scene by these men.

"Every time my family tried to thank some of these men, we were told, 'We just did our job.' It was a hell of a job.

"I have never seen anything like it, and I hope to God I never see it again, but, if I am ever involved in an accident, I hope it's in Emmitsburg.

"Without saying anything else, and on behalf of my family, I would like to present this plaque to the VHC. It says "Presented to the Vigilant Hose Company. For Performing your duties on June 26, 1998. You made a difference. Thank you for saving Kathy's life." The Messner family, January 9, 1999.

#### Library burglarized

Between Friday evening on Jan. 22 and Saturday morning, Jan. 23, someone broke into the Emmitsburg Branch Library located on the first floor of the Emmitsburg Community Center. Narrow strips of wire reenforced glass panels in two doors were smashed allowing entrance into the main room of the library.

The burglary was discovered by librarian Carolyn Magura when she reported to work on Sat. Jan. 23, at 9:30 a.m. Officer Ratliff of the Frederick County Sheriffs Dept. processed the crime scene and the

library was open for business by 11:30 a.m.

A survey of the library revealed that a portable radio/tape/cd player was missing. It was a Sony, Model #14-501 recently purchased for use by librarian Kathy Link for use in the children's programs.

It is uncertain if the theft is covered by insurance. Anyone with information should call the Frederick County Sheriff's Department and refer to case #99-7005.



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Love is what happens to a man and a woman who don't know each other.

W. Somerset Maugham



#### 100 Years Ago "In this place"

from the Emmitsburg Chronicle

February 3, 1889 - Now for the ground hog weather; The icemen were happy this week. The thermometer registered 8 degrees above zero yesterday morning. It's evident that the ground hog got a cold nose yesterday morning.

Several weeks ago Dr. R. L. Annan purchased one of Messrs. J.T. Hays & Sons Sunlight Automatic Gas Machines, and his entire house is now lighted by acetylene gas. The machine has been subjected to a thorough test and has proved satisfactory in every way.

#### A Hale Old Age,

Mr. John F. Eyler was eightyfive years old Monday. He was born and raised on the farm in Eyler's Valley where he resides at present with his brother, Charles A. Eyler, never having married himself.

Charles A. Eyler was eighty years old last August. The land on which they reside originally belonged to a tract of about six hundred acres taken up by their great-grandfather and has always belonged to members of the Eyler family.

The friends and relatives gathered at the old homestead to the number of thirty-four to celebrate the anniversary. Among these was a sister, Mrs. Rebecca Favorite, who will be seventy-eight next April and who enjoys splendid health.

Three other old neighbors were also present whose ages range from seventy-seven to seventy-nine, viz, Lewis E. Williard, Mrs. Julia Diffendal, Mrs. Rebecca Williard, from Iowa, also Mrs. Celia Ann Eyler, widow of John C. Eyler, who is a few years younger.

The five children of Charles A. Eyler, including Postmaster Thos. F. Eyler, of Sabillasville, were present with their families and all sat down to an old-fashioned sumptuous repast. The event was an occasion of rare enjoyment by all present, old and young alike.

Eyler's Valley is about three miles long and one mile wide and is snugly ensconced between a spur of the Blue Ridge, which separates it from Harbaugh Valley on the northwest and Eagle mountain on the south and east, so called from its fancied resemblance to a spread eagle. The pure air, pure water and salubrious climate of these mountainous regions, to say nothing of the picturesque and inspiring scenery, accounts for the longevity of many of the residents.

#### Sleigh Ride

February 17, 1899 - Through the kind consideration of Messrs. H. M. Rowe and J. A. Single, the Chronicle office force was given an enjoyable and appreciative sleigh ride. The weather was bitter cold, but what matter that, when four prancing steeds were hitched to a fine large sleigh. The temptation was too great to say no, and under the circumstances the weather was merely a minor factor and unworthy of consideration. And then, to ride behind fourin-hand is a pleasure seldom enjoyed by members of a country type fraternity. The ribbons were held by that careful and experienced jebu, Mr. Rowe, which was a double assurance that the ride would be safe, and free from upset and rolling in the snow. The entire party was under the guidance of Mr. Clarence Rider, who acted his part in a very acceptable manner. Mr. Slagle was also in the party, but unfortunately he had no ginger cakes in his pockets. The ride was thoroughly enjoyed and appreciated. Many thanks to the gentlemen for their kindness.

#### The Emmitsburg Regional Dispatch

Publisher/Editors: Bo and Jean Cadle
Copy Editor: Pat Howes Bell
Production: Lori Rubeling
Contributors
Emma Keeney, Ann Marshall,
Therese Bennett, Val Mentzer,
Inspector 13, David Haller, Mike
Hillman, Lolly Polvinale, Rubeling-Kain
Studio, Jack Deatherage, Jr., Paul Harner,
Ruth Richards, Karen Adelsberger, A.P.
Robinson, Pat Smith, Marlene Tarr,
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Minoglio, Betty Brownley, Ann Messner,
Rayda Hughes

# Advertising and copy deadline Feb. 20

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 (301) 447-6275 - Fax (301)447-2290 e-mail bojean@erols.com Commentary

#### Voices over the dinner table

What's news?

To most of us news is stories of tragedy, laughter, politics, gossip, sport, health, history, conflict, religion, human interest, people, etc.

Reporting on these stories is the job of a newspaper. Selecting of news stories is always done with a bias and is an inexact science. In the parlance of some people, "making a choice or a decision is a crapshoot."

What does one put into a newspaper—especially a community monthly newspaper?

The Dispatch's bias is that we are a small community newspaper. News for us is the stuff you (readers) talk about over the dinner table. What is news comes from conversation. The Dispatch focuses on the voices of the people in the region—it is a place where people can share what they know, what they've learned, what they care about.

If you have a story about family,

history, friends, school, church we have space for your voice.

This makes us a bit different. We've never run a global story, a national story, or for that matter a state story. Our news doesn't come from professional newshounds or newsgathering organizations. Most of it comes from readers who have a story to share or volunteer contributors from all around our region. Our news is the reader's voice.

We have had some good stories that had to be coaxed out of people because they were shy, or were afraid of writing because they might make a mistake. Not to worry. We can take care of the cosmetics (dot the i's cross the t's, and adjust commas). You just give us the story.

This is what you can tell us when you send a story. What happened? Where did it happen? When did it happen? Who did it happen to? Why did it happen? How did it happen?

Community news is your news.

#### VHC from page 1

efforts of the community.

The news was received with cheers and a standing ovation from the crowd of over 250 attendees at the 115th anniversary company banquet.

From all over the town of Emmitsburg and from homes scattered throughout the region firemen, family, and friends gathered to celebrate.

Pastor Susan Yatta of Elias Lutheran Church, in her invocation, reminded them of the spiritual dimension of their service and duty in times of chaos and emergency. Master of ceremony Guy A. Baker, Jr. kept the events of the evening moving at a brisk and entertaining pace.

The banquet celebrated members' achievements of this year as well as honored the performance and service of members over a 50-year span. In his opening remarks, newly elected president Tim Clarke cautioned the company "not to lose sight of how we became the organization we are today." He noted that the majority of the current members of the company are descendents of the founding fathers and past members. "History tends to repeat itself," he said. "We need to listen to the advice of those from the past and blend the old with the new."

Among the special events of the evening was the presentation of an Honorary Life Membership to Bruce Reeder for his long service to fire and rescue services in Frederick County during his tenure as county commissioner. Edie Rinehart of the Wolfsville VFC and Edward Johnson of the Carroll Manor VFC also See VHC on page 17



Officers and Board of Directors of the Vigilant Hose Company

Seated from left are Timothy Clarke, president; Guy A. Baker III, vice -president; Steven M. Hollinger, treasurer; Michael A. Working, asst. treasurer; Stephen W. Valentine, sect; Glenn R. Swain, asst sect; Standing from left are Board of Director members Jimmy A. Glass, John A. Glass, John S. Hollinger, Terry L. Myers, David A. Vaughn. (Thomas E. Vaughn not shown)

A Dispatch photo

## Ladies Auxiliary donation gets VHC over the top

Remarks made by auxiliary president Dot Davis at the VHC Banquet

Each year we are asked to give an award to an outstanding auxiliary member. We have declined to do this because it takes more than one individual to accomplish our goal. We feel that we are a team. In October of 1993 we made a campaign kick-off pledge of \$100,000. In Jan. '94 we donated \$30,000, in Jan. '95, \$35,000, in Jan. '96, \$25,000, in Jan. '97 \$25,000, in Jan. '98, \$30,000 and this year, Jan. '99, \$50,000. The grand total of our donations is \$195,000. In order to be able to do this, our fundraisers were a team effort.

I have a short poem to sum up our events of the past year.

The VHC Auxiliary should always have a goal. Last year the ladies worked real hard; we were really on a roll.

We saw our mission very clearly... the perfect opportunity To help the local firefighters serve our fine community.

We knew, of course from the start, just where we wanted to go; We wanted to all be here tonight to give the guys some dough.

In '98 1 guess you'd say the auxiliary had a great year, Don't worry guys, the check won't bounce, you really need not fear.

Super bowl, bake sales and breakfasts; lots of hustle and bustle You guys were always there when we needed some extra muscle.

One Thursday night of every month we always worked real hard; One month the crowd was so darned good, we bought extra bingo cards,

Sportsman nights and golf tournaments usually put us in the kitchen, But we always tried to lend a hand, so you never heard us ... (complainin')

Of course we had a little help from one of our neighborhood bars Who opted to help us raise some funds with proceeds from ticket jars.

The activities I've mentioned are what helped us make our money; Sometimes we got so weary and tired, it wasn't even funny.

But now we know just why we worked and went to all the bother 'Cause here's our check, we proudly give, for fifty thousand dollars.



Line officers and fire police if the Vigilant Hose Company
Seated from left are Frank Davis, chief; James Click, 1st asst. chief; Carl
White, 2nd asst. chief; Clifton Shriner, capt.; Carl Angleberger, Lt.; John
Damskey, Lt.; Robert Rosensteel, Jr. Lt.; Standing from left Christopher
Stahley, Lt.; Chad Umbel, Lt.; Vincent Boyle, safety officer; Glenn Swain, safety officer; StevenValentine, safety officer; Stephen Orndorff, fire police capt.;
Paul Krietz, fire police 1st. Lt.. (Roland Sanders, 2nd Lt. not shown.)

A Dispatch photo



Vigilant Hose Company Auxiliary

From the left are Dot Davis, president; Peggy Rauschenber, vice pres.; Jo Ann Boyd, treasurer; Joyce Glass, secretary; Tiffany Stahley, financial secretary; and Wanda Myers, historian.

A Dispatch photo

#### Friends of the Library

Representatives of libraries from across Frederick County met as a steering committee to undertake the steps of formally organizing one county-wide Friends of the Library group. The concept is that this one single Friends entity will be composed of representatives from local chapters.

According to FCPL Director
Darrell Batson such a group would
strengthen local libraries and give
greater equity in representation
throughout the county. "Friends
would be working together to better
libraries of the whole county," said
Batson. A united Friends group is
also seen as an advocate for growth
and improvement of the FCPL system

Mr. Robert Finch, of Walkersville, was appointed ad hoc chairman of the steering group and Natilie Williams of Emmitsburg to serve as the secretary. Mr. David Higbee of Miles and Stockbridge will serve as legal council in the organization.

Chairman Finch will review bylaws of existing Friends groups and will extract items that seem appropriate to the local group. By-laws, necessary committees, and banking were discussed and will be the focal points for the next meeting.

Anyone who is interested in the growth and development of a strong library system may call 301-694-1613 for information.

#### Book Review

By Rayda Hughes

We Are Our Mothers Daughters. By Cokie Roberts. (New York: William Morrow & Co., 1998, 197 pp. \$19.95)

In this meaningful book, renowned news correspondent Cokie Roberts discusses significant issues facing women today.

Roberts take us on a personal and political journey exploring the diverse roles women have played throughout American history and the connections and distinction among different generations of women. Mrs. Roberts examines the nature of women's roles from mother to

14 East Main St. hitsburg, MD 21727 301-447-3116 mechanic, sister to soldier, through the illuminating lens of her personal experience.

She talks about how women receive sustenance and courage from each other and wisdom from earlier generations. Cokie Roberts sees the nurturing instinct as a thread of continuity among all women—not just mothers— through the ages.

This lovely little book encouraged me to take out the album of my own life and search for the women and places I have loved and learned from and for those moments in my past—many of them half forgotten—through which I have glimpsed the sacredness of my own journey.

The

Main

Grill

Street

#### Wide Area Network online

An important step toward the new millennium and the 21st Century was taken recently when the Frederick County Library unveiled its new Wide Area Network [WAN] data system.

WAN is a system of computers tied together through telephone lines which will allow users at any branch in the county to tap into a number of databases. Each local library will have a computer dedicated to the network...

"This new system will more than ever bring information into Frederick County," said Ted Haas, president of the FCPL Board of Trustees. The high-quality CD Rom databases currently on line include Encyclopedia Americana, NoveList, a reader's guide, and SIRS Researcher, a service for students from fifth grade through Junior college. More databases will be added in the coming months.

"Libraries are for the people of our community and are the most democratic of all organizations," said Library Director Darrell Batson. "Systems such as this will equalize the access to information throughout the county."

The local library staff—is standing by to instruct the curious and the studious on the workings of the system.

## TAX RETURNS

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#### Mount Saint Mary's College names new theology chair

Mount Saint Mary's College Provost Dr. Carol L. Hinds recently announced the appointment of Sister Patricia McDonald as chair of the theology department.

Sister Patricia succeeds Dr. William Portier, who directed the department for nine years and remains as a professor.

"I thank Sister Patricia for her willingness to serve the college and the department in this way," said Dr. Hinds. "We thank Bill Portier for his yeoman service for nearly 10 years."

Sister Patricia, who assumed the chair Jan. 1, joined the Mount faculty in 1990. A native of Yorkshire, England, she earned her Ph.D. from Catholic University of America and also holds degrees from Cambridge, the University of London, England, and Pontifical Biblical Institute in Rome. She is a noted scholar on New Testament scripture.

"I am taking over at a good time in the department, especially convenient with Bill (Portier) here and able to help," said Sister Patricia, who lives on campus. "The main reason the department is so healthy is because of the years Bill, and (Dr.) Bill Collinge, have put in."

Sister Patricia co-chaired the committee that conducted a self-study of the Mount athletics program for NCAA Division I certification.

#### After school adventures!



By Katie Sherman

After School Adventures is a new program run by the Frederick County Bureau of Parks and Recreation. It is sponsored by the Emmitsburg community and CASS; Community Agency School Services.

The program should not necessarily be classified as child care, but more as a time of recreation to provide fun activities and entertainment for children between grades three to eight.

Erma Tressler is the supervisor, the program director is Megan

Russel, and assistant director is Catherine Hilseberg both, Mount students. The program runs five days a week, Monday through Friday from 3:30 pm to 6:00 pm, \$2.00 per week.

Activities include sport- like games in the gym or outside, snack time, arts and crafts, homework time (tutoring provided by Mount volunteers), and it is hoped there soon will be scheduled trips to the Mount for swimming. The program focuses much of its attention on instilling "character counts" in the children. These include things such as caring, repect, and helping others.

Enlisted now are thirty-one students, eight middle school and the rest are elementary students. "Every time I go down there, the children are always having fun, laughing and enjoying themselves," said Bill Derbyshire the director of CASS. The program just began on January 11th, and has been moving along nicely with the help of Mount volun-

Photo courtesy Katie Sherman

teers. The program is working out wonderfully, and with all the great help offered its sure to continue.

For information or registration tips please call or write to:

Frederick County Bureau of Parks and Recreation, 118 North Market Street, Frederick, MD 21701.

Katie is a student intern from Mount Saint Mary's College.

#### ogram director is integan repect, and neighing others.

THE EMMITSBURG COUNCIL OF CHURCHES IN 1998

By Paul Harner 1998 was a good year for the Council of Churches. In addition to the Lenten services, the Thanksgiving service, and the Easter Sunrise Service, the Council again combined its efforts with the Thurmont Ministerium in conducting a Baccalaureate service for the 1998 Senior Class of Catoctin High School at the Grotto of Lourdes Chapel. The Council disbursed over \$3200 helping those within the community make ends meet (rent, heat, electricity, etc.) and sponsoring the Vacation Church School.

Our annual CROP Walk raised \$1336; 25% going to our local Food Bank and the remainder to the Church World Service, aiding its efforts in fighting world hunger. The SHARE program, which provides quality food packages for \$14 and two hours of community volunteer work, is still a favorite within the community.

Undoubtedly, being honored by the Lions Club and our Christmas Candlelight Tour of the Churches were our two highlights of the year. On July 4th of this year, the Lions Club made the Council the Grand Marshal of the parade and presented a plaque honoring our organization for "outstanding and devoted service to the Emmitsburg community.". This is an honor they, themselves, should receive and we so noted such in our thanks to them.

Eight churches took part in the four-hour Candlelight tour, with each church beautifully decorated and presenting a half-hour program. Highlights of the tour included soloists, choir and organ music, a children's Christmas pageant, a children's hand bell choir, puppeteers and refreshments. The tour was enthusiastically received with an average of 100 visitors to the churches.

#### Baseball

Emmitsburg Little League Registration at the Trinity United Methodist Church, 313-315 West Main Street, Emmitsburg, Md.

February 13 & 14 -2:00 to 4:00 p.m.

February 20 & 21 - 2:00 to 4:00 p.m.

You need to bring a copy of your child's birth certificate.

**Registration Fee** 

5 - 12-year olds \$25 per family; \$50 maximum per family 13-18-year-olds \$40 per family; \$80 maximum per family

There will be no Fund Raisers - The registration increase is to cover the fundraisers formerly held.

We are currently looking for volunteers to help run the concession stand two days a week from 5 p.m. until games are over. We also need volunteers to help manage and coach. If you are interested please call Sharon Kernlage at (301) 447-6660

#### WINTER WOES?

## SNOW REMOVAL

Bulk Salt - \$95/TON 60 Lb. Bucket - \$4.50

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> 1159 Mt. Hope Road Fairfield PA 17320 (717) 642-5234

#### Services from page 1

ning to work well enough, that the eyes of the county are upon us (so to speak).

One of our strongest supporters, as usual, is the local fire department. The officers and members of the Vigilant Hose Company recognized our struggles, and commendably volunteered to step in to assist. These men and women offered to procure and staff their own ambulance, for a period of six months, to insure emergency medical services were provided to those in need. Never before in the history of the Emmitsburg emergency services, or Frederick County for that matter, has such an offer of assistance been extended or accepted. This arrangement has in no way relieved the Emmitsburg Ambulance Company of our responsibility to provide the same service; however, it has provided us with the "breathing room" necessary to recognize and manage the challenges being faced by our Company.

Additionally, the Emmitsburg Ambulance Company has signed a "Mutual Aid Agreement" with the National Emergency Training Center. Although some "fine tuning" remains, this agreement will allow trained Emergency Medical Technicians and/or drivers to respond from work to staff our units on emergency calls. To the best of my knowledge, this is the only formal agreement of its type within Frederick County. It is our hope that once this agreement is fully operational, it can be used as a prototype to negotiate the same with other business within our Community.

With the assistance of Mr. Wayne Powell, our Company has begun a process to improve the business aspects of our organization. This process of strategic planning will lead us to the new millenium and beyond. Another first for our Company is the initiation of a quality assurance/improvement plan, so we can be sure the services we are providing are adequate at least, with a goal of excellence.

In an effort to conserve our resources and manpower for emergency calls, we have reduced our response on "routine" calls. We will continue to provide routine transports to and from hospitals and homes; however, it will be on a case-by-case basis, and only if there is a crew (and unit) standing by to handle emergency calls. Please bear

with us during this time of service reduction; we believe it is only temporary. For this same reason, we have also put on hold indefinitely all plans for building expansion.

Finally, we have begun a massive campaign to recruit new members, retain the ones currently serving, and persuade former members to return. This is being accomplished through the media, letters, surveys, and personal contacts. You may have already noticed some of the flyers around town. Believe it when you read "You are needed, and you will make a difference!"

In the past, you have supported us financially. During our mourning periods, your emotional support kept us together. Now we need something even more valuable: your time.

In the past two years, I have spoken to many people in the area, in an effort to recruit more volunteers. I understand that, in this day and age, free time is at a premium. My own schedule is booked solid months in advance. However, most people, myself included, can manage to volunteer for two hours per week. You may wonder, at only two hours a week, what good can that do?

I submit to you that two hours a week can save a life.

Two hours may not seem like much; however, if each of us gave two hours, no one would be overwhelmed, and everyone would be served. And those two hours may be the only thing standing between someone you know and permanent injury or death.

We need the assistance of the citizens of Emmitsburg in all aspects of our organization. Although respon-

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447-2294

By Appointment
Hours:

Hours:
Monday 9 - 3 Tuesday 9 - 7
Wed. Thurs. - Closed
Friday 9 - 7 Saturday 9 - 12
212 DePaul St. Emmitsburg, MD

ders, especially Emergency Medical Technicians, are needed the most, any and all offers of assistance will be gratefully accepted. Leaders of the business community who would like to serve on our advisory board are most welcome. If you want to help, but are not sure how, come meet with us. If you need the training, we will provide it. If you need a little more incentive, here it is: in my experience, there is no greater pleasure in life than knowing you have assisted another human being in their time of crisis, and that your role, however minor or insignificant it may seem, truly made a difference.

The need for emergency services is readily apparent. Losing any part of emergency services would be catastrophic to any community. The only question remaining is: who will provide this service?

If you would like more information on how you can help your community in this vital capacity, please contact me, or any other member, at Station 26, 300 South Seton Avenue, or at 301-447-6626.

Thank you for your support in the past, present, and future.

#### **Outreach Services**

The Frederick County
Department of Social Services
announces service programs
coming to the Catoctin area.
Area resident may enroll in the
services at the CASS office
located in the Emmitsburg
Community Center on the second and fourth Wednesdays of
each month from 9:00 a.m.
until 12:00 noon. (Time may
change after February.)

Starting in February, the new services coming to the area are Housing Services, Energy Assistance, Food Stamps, Medical Assistance, TEMHA (Transitional Emergency Medical and Housing Assistance) and Pharmacy Assistance Applications.

During inclement weather or when schools are closed or delayed, programs for that day will be canceled. For information call the Department of Social Services at (301)-694-2450.

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\$147,000 — 17601E Sunshine Trail.
Unique, charming cedar and stone cottage on large mountain lot near the top of the trail.
During bad weather (remember snow?) a four wheel drive vehicle will probably be needed.
Older 3 bedroom home, renovated from the inside out; practical, comfortable and cozy.

#### GARAGE, WORKSHOP, GREAT VALUE!



REDUCED! \$119,500 — 16A Elm Street, Thurmont. Four bedrooms, split foyer, reasonably priced, with new carpet & fresh paint throughout the house. French doors from the kitchen/dining area to the large back deck, lower level family room with woodstove and brick hearth, lovely back yard, one car garage, and nice shed used as art studio/workshop. FR2617033.

#### **NEW LISTING!**



\$138,500 — 105 Colliery Dr., Thurmont.
Light and Bright! Four bedrooms and finished lower
level with terrific family room featuring a fireplace, builtin bookcases and sliding glass door to the backyard.
Many extras: vaulted cellings, bay windows, ceiling fans,
separate laundry room, sliding glass doors, walk-in
closet, large back deck and garden shed. FR2661775

#### SPACIOUS FLOOR PLAN



\$149,000 — 121 Sunny Way, Thurmont.
Inside this four bedroom cape cod find the convenience of one level living plus the advantage of separate upstairs bedrooms and additional entertainment space in the downstairs family room! Move in this winter and be ready to enjoy outside living when the weather turns nice; back deck, brick patio, lovely landscaped yar and garden area. FR2555192

2 & B Real Estate Inc. 301-271-3487



#### Health Confidential

Do you have questions about one or more sexually transmitted diseases? Would you like information about HIV testing? Do you have other health questions you would like information about?

If you have any questions or would like to talk to someone in a confidential setting then come to the Emmitsburg Community Center on the second Wednesday of the month from 1 -4pm in the health department room across from the CASS office. A registered nurse from the Frederick County Health Department will be available to talk with you about these or other health concerns. You can call (301) 631-3242 to make an appointment or you can just drop in between I and 4pm. Anything discussed will be

#### Frederick County Health Department

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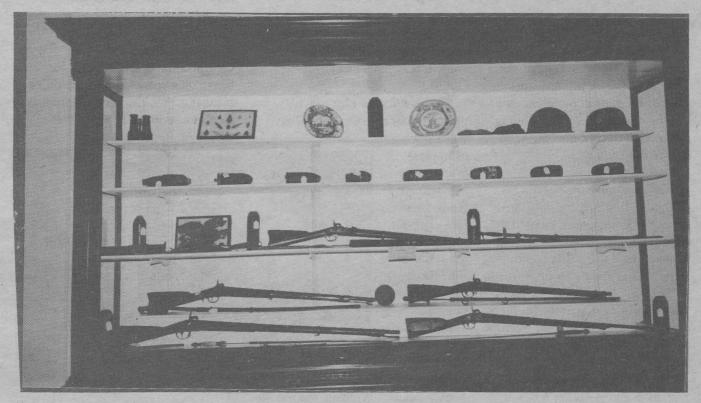
Feb. 9, 1999 - 1:30 - 3:30p.m. Emmitsburg Community Center CASS Office

For more information call 301-631-3315

Deadline for March Issue Feb. 22

Get your information in early there is a growing demand for

#### THE ENCAMPMENT -- CIVIL WAR ANTIQUES



Offer valid: Feb. 1-27, 1999

Appointment only.

Historic artifacts on display at The Encampment

Photo courtesy Jack Deatherage, III

By Jack Deatherage, Jr.

Steve Kelly (28), a Civil War artifact collector, has spent 15 years of his life digging in local backyards, cornfields and cow pastures. If you're curious about who marched through the Emmitsburg area or where they camped, Steve knows. He can also show you the articles they left behind!

His passion for collecting has led him to open THE ENCAMPMENT at 29 East Main Street. While he admits "Emmitsburg is probably the wrong town" to

support such a venture, Emmitsburg is still home!

He hasn't made any serious money, but the experience in dealing with the various business-related bureaucracies has been educational. The people who stop by are teaching him about customers' wants. Despite a slow start, he has yet to have his "be your own boss" spirit dimmed.

His winter hours are Wednesday - Friday 4 pm to 7 pm. Saturday and Sunday 10 am to 3 pm. Serious collectors or buyers can reach him at (410)756-2763

### Congratulations to these new parents:

Melanie and Doug Finneyfrock, Rocky Ridge, a daughter, Dec. 28.

Michelle and Joseph Rinaldi, Emmitsburg, a daughter, Dec. 29.

Mr. and Mrs. Robert (Carolyn Mummaugh) Ott, Emmitsburg, a son, Jan. 17.

Tina and Gregory Reaver, Emmitsburg, twins - a daughter and son, Jan. 3.

#### **Emmitsburg Family Barbershop and Salon**

19 East Main Street (across from town office)

Emmitsburg, MD 21727 Phone (301) 447-3660

#### PERM SALE!

\$5.00 OFF

Present coupon at time of service Call for your appointment today.

## Midwinter Dinner Dance

Sat. March 20, 1999 St. Joseph's Parish Hall Benefit Vigilant Hose Co. #6

Sponsored by: Elaine & Denny Ebaugh of *Classic Affairs Catering Service*Music by: "Mr. D" Professional D.J. Service

Time 6:00 p.m.- 12 midnight - BYOB, Setups provided...Must be 21

\$15 per person or \$25 per couple Contact Elaine or Denny @ 301-447-6440 Or any member of the Vigilant Hose Co.

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#### A very personal history Myth -- Fact

By Ruth Richards

I went to the library last week hoping to fill gaps in my memory about the ownership of the building on the northeast corner of the square. Alas I found nothing.

This is an imposing building, as buildings in Emmitsburg go. When we came to Emmitsburg in 1940 it had been painted pinkish beige, and remained that color until recently when it was given a coat of gray.

This building is two stories high with a black iron handrail up each side of the stairs to the second floor. On either side of the ground floor are two separate rooms, one now a liquor store and the other a beauty shop.

I have but a wee bit of memory about this building, and that bit may well be folk history.. Therefore I may as well begin,

"Once upon a time ...Actually this might turn out to be more fun anyway, for me at least.

So again, Once upon a time there were two men, brothers. Their family name was Annan. They may have been born in Emmitsburg or maybe even in Taneytown. At one time there were Annans in both towns. These men were doctors. Because we don't normally call doctors by their first names, I won't give these men first names.

They were married and had families and needed a place to live and to see their patients. They chose the Emmitsburg square to build this large house, which no doubt caused many comments from the other residents.

These han dsome doctors were kept very busy treating the citizens of both the town and the surrounding areas. The patients' complaints were pretty much the complaints that doctors hear today; Croup, pleurisy, rheumatism, colds, earaches, broken bones, burns, and many others.

Because each ailment requires a different treatment, these doctors no doubt had a little book of formulas of medicines to treat these various ailments. (I have such a book that we bought at a sale in Emmitsburg many

years ago.) Modern medicine as we know it was years away.

To give you an idea of what those potions consisted of I'll give

you a few examples: arsenic, kerosene, live toads, mustard, camphor, turpentine, and yes, no kidding, urine. (In fact, when my daughter Kathy was a baby, 1944, 1 was told that for thrush in a

baby's mouth, "Wipe out the mouth with a wet diaper." I did not buy that advice.)

This book has testimonials as to the effectiveness of the various concoctions, so you can be sure that the doctors administered them with confidence.

This medical practice flourished until the families grew up and left home and the doctors died. Then it becamenecessary to dispose of this very elegant building. Which is of course what happened.

Back to reality.

There may have been several owners of this building before 1940, when John and I came to Emmitsburg, but this I know, that building had two businesses on the ground floor at that time.

The Maryland Restaurant was on the corner of the west side of the stairway, and Houck's clothing store was on the east side. The restaurant was also a bus station where a bus from Gettysburg, and maybe even further north, stopped to pick up passengers who were going to Washington. (Wouldn't that be a treat now?) The bus driver would get out, stretch, and eat a meal before going on.

There were actually two separate stores, a men's store and a Women's store. My memory is that the Women's store was in the side where the beauty shop is, and the Men's store where Radio Shack now is. (It

may have been the other way around)

When efforts for the Canonization of Elizabeth Seton began, that space became the office for that cause. The Men's store was then moved to the space of the Maryland Restaurant.



These were well stocked clothing stores. It made no difference what you had in mind, you could find it ... Sunday go to meeting clothes? Oh Yes. Winter coats? Of course. Mittens for cold hands? Indeed. work shoes, dress shoes, shirts, handkerchiefs, ties... Yes-yes-yes.

Both of my girls remember shopping at the Women's store and there finding just what they wanted.

Marge got a pair of canvas cloth shoes, navy blue sandals with white stars on the toes. They are still her favorite shoes of all time.

Kathy had gone Christmas shopping to buy something for me, and she bought a beautiful silver and black decorative pin. She has it now, and got it out to be able to describe it to me as I talked with her on the phone recently.

Both stores were pleasant places

to shop. Mr Houck and a man whose name, I believe was Rhoderick worked in the Men's department, and then later Ernie Rosensteel worked there. I remember that frequently the men would be standing around discussing horse racing.

I'm a little vague about the clerks in the Women's department, but I do remember Mamie Kelly working there, but that was long after 1940. Mrs. Houck might also have clerked there.

The Houcks had three children, Eddie, Theresa and Margaret. I was only in the upstairs once and that was after the children were grown, and the parents had died. I remember the apartment to have been spacious, and beautifully furnished.

I have no idea when the store was sold. I am rather certain that Eddie ran the store for a while, and later had a job with the Boy Scouts in Frederick. Theresa married a Mount professor who has since moved. Margaret married a Mount Alumnus. The Houck children were all younger than I, so they probably are still alive, somewhere.

I do not know who owns that building now. (I wish that it hadn't been painted gray.) I know that there are no clothing stores there. No more quick fixes for a pair of hose with a runner, or a pair of overshoes to get through the snow, or a place perhaps to buy a length of cloth for a Halloween costume. And you know, many, many times in succeeding years and more so recently, I've wished for that store. There's a lot of things that could have saved me a trip to Wal-Mart.



## Carriage House Cupboard

#### Treasures from the sea

By Chef A.P. Robinson, C.C.

Seafood...ahh! Those wonderful creatures that walk, crawl, and swim through our vast oceans. They are, to me at least, just as pleasing to the eye as they are to the palate.

But, just how much do you know about the fish that you are eating? Just how fresh is that fish that you brought home with you from the market?

Well, as it happens, before I decided to become a chef, I lived in the quaint, rural town of Boothbay Harbor, Maine. And, as anyone could probably guess, I happened to be quite the fisherman. Not the "Come on, son, grab your pole and let's go to the fishin' hole," kind of fisherman. I mean the fourteen days at sea, freezing cold, and smells a little too much like bait most of the time kind of fisherman. When I wasn't doin' it, I was thinkin' bout it. Ayeh.

I worked on the fishing vessel *Bad Penny*, aptly named by the captain's wife, because she claimed that a bad penny always returned, and that was just the way that she liked it.

For six long years I would rise before the sun and go out and get all that beautiful seafood that most each and everyone of us enjoys day in and day out. So I have a pretty good idea of what that little fishy has been doing since he had the misfortune of zigging when he should have zagged, and ending up in my fishing net.

When our little friend comes aboard the boat, he is quickly cleaned, sorted, and packed away in ice chips in the fish hold, along with about 10-20 thousands of his brothers, sisters, and cousins. (The average fishing boat hold about 100,000 lbs. of fish, with some being able to stow much more than that.) Then he makes the trip back to the dock. Depending

where you caught him, this trip takes from a few hours in the summer, when the fish are abundant near the shore, to several days in the winter, when you many need to travel way off-shore to find them.

At the dock the fish are unloaded into a waiting truck and driven to the fish broker, who weighs the catch and sells it to dealers for distribution, all of which happens almost overnight. The fish are then processed into filets and steaks, canned, frozen, or wrapped fresh, and sent to the local fish markets, restaurants, and supermarkets. This whole process can take from three days to a week. "A whole week!" the crowd screams. Do not worry; the fish is kept at near freezing temperature during the entire time. Think about it—have you ever stepped into a warm fish market or cozy supermarket in your life? Usually they run the darned AC day and night, year 'round. Not exactly cozy now, is it?

Now, I'm not saying this is the only way that it is done. I worked with a small local fishing fleet, made up of about fifteen to twenty 40 to 60-foot boats that fished the same fishing grounds, mostly because there is safety in numbers. Many big corporations have large fishing fleets that often have a processing boat that travels with the fleet and prepares the fish at sea.

Fish labeled "fresh frozen" are usually caught this way. Some fish, such as tuna, has to be, and is lying on the processing table within hours. All shelllfish, from lobster and crabs, to clams, mussels, and oysters, must be prepared while they are still alive. They are usually sold to the consumer the next or same day that they were caught. (Never cook any clams or mussels that are already open when

you get them and don't eat any of them that don't open after you cook them.) Yes, there are almost as many ways to catch fish as there are to cook them, and those, my friends, are two things that I do thoroughly love to do.

### Lobster Bisque (Serves 4)

The procedure for making bisques is the same, no matter what your seafood is.

1 - 1½ pound lobster, tail and claws removed and cooked in lightly salted water

1 cup white wine

2 tablespoons brandy

½ cup each onions, celery, and carrots, diced

1 quart fish stock or bottle clam juice

1 cup heavy cream

½ cup flour

½ cup butter

2 tablespoons corn starch salt and pepper to taste (A little bit of Old Bay if you like.)

With a large knife, chop the cooked lobster (head, tail, and claws) crosswise into 1" pieces

In a heavy stock pot, heat the butter until it starts to brown lightly (use high heat)

Add the lobster and shell pieces (remove the meat from the tail and claws, and keep separate, then add the shells to the pot).

Cook until the shells turn a bright red; reduce the heat to medi-

Add onions, carrots, celery, and flour. Continue to cook for 10-15 minutes

Take the pot off the burner and add the white wine and brandy. (You don't want to ignite yourself.)

Return to the heat and cook 5 minutes more, stirring well to incorporate the flour.

Add the fish stock or juice, heavy cream, and seasonings.

Bring the pot to a boil, then turn the heat low, and let simmer for 30 minutes.

Dissolve the cornstarch in a little water and add to the bisque, cook 3-4 minutes, stirring well to thicken.

Remove from heat and strain the bisque through a fine sieve or china cap. Press down on the solids to extract as much liquid as possible.

Return to the heat and add the cooked pieces from the tail and claws, chopped. Heat 2-3 minutes more. Enjoy!



Don Butt Jr., CPA·Butt, Smith & Co. CPA's

306 W. Main St. Emmitsburg, MD 301-447-3792 133 E. Main St. Thurmont, MD 301-271-2190

Tax Preparation and Accounting Services
Call Melissa for further assistance.

Frederick Offices 301-662-7310

This page is sponsored by Carriage House Inn -- a community-involved advertiser.

## Looking Ahead

Monday, February 8
Women's Aglow Meeting at
Mountain Gate Restaurant in
Thurmont, MD. Time: 6:15 p.m. for
buffet. General meeting, 7:15 p.m.
Cost for buffet \$7.00 Speaker: Bill
Lookingbill. Men are invited to
come to this special meeting. Call
for reservations by Feb. 5th - 301447-2283 or 301-271-4346.

Tuesday, February 9
Free Childhood Immunization,
1:30 to 3:30 p.m at the Emmistburg
Community Center CASS Office.
Sponsored by the Frederick County
Health Department. For more information call (301) 631-3315.

Tuesday, February 9
Look Good...Feel Better Program,
7:00 - 9:00 p.m., at the American
Cancer Society Office, 1011 East
Patrick Street, Frederick, MD. This
is a free program open to female
cancer patients learning to cope with
appearance-related side effects of
cancer treatment. Makeup techniques, hair care, wig styles and
accessories will be demonstrated.
For more information call 301-6622357. Registration deadline one
week prior to session.

Tuesday, February 16 EBPA Meeting at the Carriage House Inn - 12:30 p.m., complimentary luncheon, 1:15 p.m. program, guest speaker Frederick County Commissioner Terre Rhoderick, Reservations by Feb. 10, 1999. Call 301-447-2222

Wednesday, February 17
Saint Francis: Troubadour of
God's Peace - a one-man drama by
actor Leonardo Defilippis will be
presented at Mount Saint Mary's
College, Knott Auditorium at 7:30
p.m. The performance is sponsored
by the De Marillac Center of
Emmitsburg, a non-profit outreach
ministry to mothers. Admission:
\$6/students and children under 12;
\$8/adults. Call (301) 447-1811 to
purchase or reserve tickets.

Saturday, February 20
Rocky Ridge Volunteer Fire
Company Country Butchering to
be held at the Rocky Ridge Fire
Station. To place a meat order call
Bob Ogle at (301) 271-2880. The
ladies Auxiliary will be serving a
Country Style Buffet Breakfast that

morning from 6:00 a.m- 10:00 a.m.

Sunday, February 21
Good Old Country Breakfast
at the Taneytown Rod and Gun
Club, 12380 Shoemaker Rd., 7 a.m.
- 11 a.m. Menu is pancakes, buck
wheat cakes, sausage, eggs, toast,
sausage gravy, chipped-beef gravy,
pudding & hominy, fried potatoes,
hot cheese, and hot apples. Fruit
cocktail, orange juice, coffee. Adults
\$4.50 Children 8-12 \$3.00. Snow
date Sun. Feb. 28.

Wednesday, February 24 Green Thumb 1999 Spring Garden Series - "It's All in the Soil: Maximize Your Efforts," from 7:00 to 9:00 p.m., at the Adams County Extension Office, 1135 Chambersburg Road, Gettysburg, PA. Without good soil you cannot have good results. This session will demonstrate the truth of that axiom and show you how to improve your ground with soil tests, the use of various amendments, ground covers and more. It is an in-depth look at gardening fundamentals. Presented by Master Gardeners Roy Thomas and Frank Williams. \$5 per class. To register call (717) 334-6271.

Wednesday, March 3
Green Thumb 1999 Spring
Garden Series - "Entertaining in
Your Garden/Constructing a new
Perennial Garden." (See above for
information to register) This is a
hands-on workshop in planning to
use your garden for tours & entertaining. It will include not only the
preparations necessary but a sampling of some special foods & herbal
delights. Presented by Master
Gardeners Carol Morton and Pat
Simpson.

Friday, March 5
World Day of Prayer services at
Incarnation United Church of Christ,
Emmitsburg, at 2:00 p.m. All
churches are invited to participate.
Refreshments will follow the program.

Saturday, March 6
Annual Spring Supper and Bazaar at Elias Lutheran Church starting at 1:00 p.m. Beef, turkey & ham with apple fritters, filling, mashed potatoes, stewed tomatoes, green beans, cole slaw, applesauce and cake will be served. Adults: \$7.50; children: \$3; carry outs: \$8.50.

#### Lincoln Program at Antietam

Dr. James Cullen of Harvard University will present "The Big Government of Abraham Lincoln" at the Antietam National Battlefield Visitor Center Theater at 1:00 p.m. on Sunday, February 7, 1999. Whatever one's beliefs and ideological orientation, there is one thing virtually everyone can agree on: Lincoln was a passionate believer in the efficacy of the American government. In this talk, Dr. Cullen will explore some of the significance of Lincoln's convictions, their effect on our society, and will address implications in movies like Mr. Smith Goes to Washington and L.A. Confidential.

Dr. Cullen is the author of a number of books including the highly acclaimed study, *The Civil War in Popular Culture: A Reusable Past*,

which was a selection of the History Book Club. He currently teaches in the Expository Writing Program at Harvard University.

Visitors to Antietam on Sunday afternoon will also have a chance to view a temporary exhibit. Lincoln memorabilia will be on display, courtesy of the Civil War Library and Museum of Philadelphia. Items in this exhibit include a life mask of the 16th president that was made in 1860 prior to his swearing-in ceremony, sheet music with Lincoln themes and mourning memorabilia produced in the wake of Lincoln's assassination.

There is no charge for the talk and exhibit beyond the normal park entrance fee of \$2.00 per adult or \$4.00 per family. For more information call the park at (301) 432 -5124.

#### **Daffodil Days - March 18**

First Flower of Spring,.. Every March, the American Cancer Society celebrates spring by delivering beautiful Daffodils. The Daffodil is not only the first flower of spring; it's also the symbol of hope... hope that cancer can be cured in our lifetime.

Give Daffodils to your friends, neighbors, customers, employees or treat yourself. There are two beautiful ways to spread cheer: Fresh-cut Blooms or Potted Mini Daffodils. Make a \$6.00 donation for each bouquet of 10 freshly cut Daffodils, or an \$8.50 donation for each pot of Mini Daffodils (3-4 bulbs per pot).

Orders must be received at the American Cancer Society Office, 1011 E. Patrick Street, Frederick, MD 21701 by *February 19th* You may phone the office at 301-662-2357 to place your order. A pre-paid order of 3 bunches or more will be delivered by volunteers on March 18th.

Interested persons who would be willing to coordinate the sale of Daffodils for their company, school, neighborhood, church or organization are also urged to phone the ACS office in Frederick to request a "Coordinator Kit." Say it with Daffodils and help fight cancer too!

## **Basket Bingo**

To benefit Emmitsburg Ambulance Company

Sunday April 11
Emmitsburg Ambulance Company
South Seton Ave., Emmitsburg, MD
(Doors open 12:30 p.m.)
The games begin at 1:30

\$15 ticket includes 25 games w/6 cards each Light Fare Menu will be available.

All Baskets have protectors!

Specials: 2 Easterbaskets, 1 Lots of Luck basket, 1 Candle basket, and 1 Crawford Barnraising basket are included in the price of admission.

To be raffled off: Large Hamper w/liner and Protector Hope Chest w/ liner and Protector

For more information call Mary Lou (301) 447-2073 or (301)447-6626



29Fillian

#### The Wetzel-Munshower Murder -1879 (Continued from last Month)

By Mike Hillman
THE SECOND TRIAL

On December 28, 1879, Felix Munshouer's second trial for the murder of James Wetzel began. With winter now firmly established in the area, and with the prospects that the case would be long, the judge made the unusual decision that the case would not only be heard during regular day hours, but at night as well.

This unusual decision was made to spare any added expense to witnesses from Emmitsburg, who, because of the treacherous 25-mile drive in the dead of winter, had to procure rooms at local boarding houses for the duration of the trial.

As he had done in the first trial, Motter quickly got down to weaving the masses of circumstantial evidence into a preponderance of proof. The cross examination of state witnesses by Capt. James McSherry, Felix's attorney, uncovered several inaccuracies, yet the inaccuracies did not fall into a pattern of overt deception, and so to many, the cross examinations seemed to be futile at best.

Upon the resting of the state's case, McSherry outlined Felix's defense. "No one," he noted, "had seen Felix kill his cousin," thus the outcome of the case would be decided upon the strength of circumstantial evidence—evidence into which he intended to throw a shadow of a doubt.

Since much had been made of Felix's lack of means, and then sudden acquisition of money, McSherry called

\_\_\_\_ Grimes to the stand. Grimes testified that Felix had recently brandished a wad of money "thick as my wrist." In cross examination, Motter successfully called into question the time of this event, suggesting that it had taken place several months earlier, after the sale of Felix's parents' farm, and not recently, as claimed by Grimes.

McSherry then called Josephine Shorb, who also testified that she had seen Munshouer with "a wad of money." Motter successfully impugned Shorb's integrity when he questioned her about statements she had made to several witnesses after the first trial that if Felix had come to her, she would have willingly washed the clothes he had worn after killing Wetzel, so that the state would not have them as evidence against him.

McSherry noted that the boot print which matched Felix's boot had not been found till Thursday, two days after the discovery of the body.

McSherry pointed out that there had

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been many people around the grave between the day of the discovery of the body and the discovery of the boot print, and thus, there was a good chance it had been made by someone else.

Unable to shake the time line established by Motter, McSherry called Felix to the stand. McSherry walked Felix through the time line and at each pivotal point, asked Felix if "he had done so." "No sir, I did not go into the woods with him, I left him at Moser's gate and returned to home." "No sir, I didn't kill him." "No sir, I didn't take the pick from Rentzel's shed." "No sir, I didn't take the shovel from Jim's barn." "No sir, I didn't stuff the papers under the tree." On and on it went. McSherry read each point of the state's evidence against Felix, and in each case, Felix denied it.

On Wednesday, January 28, final arguments were heard. Motter walked the jury through the testimony that had been presented. Step by step Motter established that Wetzel had last been seen heading into Myers' Woods with Felix, that Felix had been brandishing a shotgun, shortly thereafter, a shotgun blast was heard originating from the woods, that Felix was shortly thereafter seen coming out of the woods alone, and that Felix had recently been existing as a vagabond, and immediately after Wetzel's disappearance, Felix was awash in cash.

McSherry, in his closing comments, attacked the circumstantial nature of the case. He pointed out that no one had seen the murder, that Felix had been seen in town on the night the body had supposedly been buried, and that his boot had to be forced into the boot print left by the killer.

At the close of McSherry's comments, the court gave the jury final instructions and at 9:19 p.m., the jury retired to consider the evidence presented it. All night long the jury debated the merits of the case, but like many of the residents of Emmitsburg, the final decision was a foregone conclusion. At 11:00 the next morning, the jury notified the judge that they had reached a decision.

#### THE VERDICT

The word that a decision had been made quickly spread, and those who had been waiting in bars and rooming houses made haste to procure a front row seat. At 11:10 a.m. the jury entered the room. Silence descended

upon the court as the judge turned to the jury and asked: "Has the jury reached a verdict?" "Yes, your honor, we have. We find the defendant guilty as charged." An uproar immediately erupted from the audience. Felix, who had expressed satisfaction only hours before that he would be found innocent, sat motionless, staring directly ahead, making eye contact with no one.

The defense immediately filed a motion for a new trial based upon improper instructions to the jury. Specifically, that the judge's instruction to the jury that one of two verdicts only could be found, namely, "murder in the first degree or not guilty," was wrong, inasmuch as the jury had the right to bring in a verdict of guilty of murder in the first degree, murder in the second degree, manslaughter, or not guilty. The court took the motion under advisement, and for the remainder of the year, the fate of Felix Munshouer was held in abeyance.

#### JUSTICE!

Felix's appeal for a new trial was eventually denied by the Court of Appeals, and at 9:00 a.m., on January 4, 1881, almost 16 months to the day after the killing of James Wetzel, Felix Munshouer was brought before Judge John Lynch for sentencing. The judge

quickly dispensed with the preliminaries, and speaking directly to Felix said "Felix Munshouer, you have been tried and convicted by a jury of your country, of murder in the first degree. Have you any reason to assign why the court should not now pronounce the sentence of the law upon you?" to which Felix replied, "None, sir; except that I am an innocent man."

The judge was unmoved by Felix's final protestation of his innocence. "Nevertheless," stated the judge, "I deem it unnecessary to say anything to you upon the nature of the offense as you are possessed of sufficient intelligence to understand the character of the crime of which you have been convicted. The sentence of the Court is that you be taken in charge by the Sheriff of Frederick County, and conveyed to the jail of Frederick County until such time as the Governor of Maryland shall appoint for your execution, and there and then be hanged by your neck until you are dead, and may God have mercy on your soul."

During the delivery of the sentence, Felix exhibited no visible emotion whatever; not even a quivering of a muscle on his face was noticeable. He was neatly attired in a dark suit, the coat

See MURDER on page 16



#### **Obituaries**

#### Earl M. Glass

Earl M. Glass, 71, Durham Road, Freeport, Maine, died Saturday Dec. 26, 1998, at his home.

He was the son of Milburn and Mary Glass of Emmitsburg, Md.

He was born in Rose Hill, Va.

Mr. Glass was a Navy veteran, serving for 12 years. He served with the Seabees in the South Pacific. He also was a machinist's mate. He was discharged in 1956 and worked at the South Portland Coast Guard Base until his retirement in 1985.

He was predeceased by his parents, his wife Eleanor, daughter Linda, and a brother Herbert, Gettysburg, Pa.

He is survived by two sons, Eric Glass of Brunswick, Maine, and Mitchell Glass, Freeport, Maine, a sister, Ruby Sheely, Emmitsburg, Md., and four grandchildren, Brunswick, Maine.

A memorial service was held on Wed., Dec. 30, at St. Matthew's Episcopal Church in Lisbon Falls, Maine.

#### Mrs. Judy Ott.

Judy Ann Topper Ott, 54, of Kelbaugh Road, Thurmont, died Monday, Jan. 4, at her residence.

She was the wife of William Joseph Ott Jr.

Born Jan. 27, 1944, in Gettysburg, Pa., she was a daughter of Gladys Kelly Topper, Emmitsburg, and the late Carroll C. Topper.

Mrs. Ott was a member of St. Joseph's Roman Catholic Church, Emmitsburg.

In addition to her husband and mother, she is survived by four daughters, Tracy Ickes of Emmitsburg, Victoria Phelps of Gettysburg, Pa., Kimberly Dicks of Bamberg Army Base, Germany, and Stephanie Rines of Carroll Valley, Pa.; seven grandchildren, Zachariah Ickes, Ian Fleming, Samantha Phelps, Thomas Phelps, Alexander Dicks, William A. Ott and Embrosia Rines; and five brothers and sisters, Francis Topper of Knoxville, Tenn., Thomas Topper of Emmitsburg, Wilbur Topper of Westminster, Betty Jean Arentz of Gettysburg, and Linda Metz of Thurmont.

A Mass of Christian Burial was held Friday, Jan. 8,. with her pastor, the Rev. Michael J. Kennedy, as celebrant.

Interment was in New St.

Joseph's Cemetery, Emmitsburg.

Memorial contributions may be made to the American Heart Association, 322-324 E. Antietam St., Hagerstown, Md. 21740

#### Mr. James Gray, Jr.

Mr. James Edward Gray Jr., 48, of 51 DePaul St., Emmitsburg, died Saturday, Jan. 2, at home.

Born Aug. 10, 1950, in Frederick County, he was the son of Edward Gray Sr. of Frederick and the late Nellie Betty Lee Brice Burns.

Surviving in addition to his father are stepmother, Mildred L. Gray; eight brothers and sisters, Constance Wolfe and husband Jeffrey of Smithsburg, Ruby Snurr of Emmitsburg, Jessie Shoemaker and husband Wallace of Frederick, Edward L. Gray of Fairfield, Pa., Anita Barry and husband Chris of Thurmont, Darren Gray and wife Stephanie of Middletown, and Rhonda Fisher and husband Dave, and Donald Gray and wife Lisa, all of Fairfield; and numerous aunts, uncles, nieces and nephews.

Mr Gray will also be remembered by special friends, Mike Hunt. and Paul Wagner, both of Emmitsburg, and Jack Undergraph and his fiancée, Sherry.

Mr. Gray was preceded in death by his stepfather, Richard Rudy Bums.

Memorial services were held Wednesday, Jan. 6, at Stauffer Funeral Home, 104 E. Main St., Thurmont.

Memorial contributions may be made to Beacon House, 419, W. South St., Frederick Md. 21701.

#### Mrs. Freda Meyerhoffer

Mrs. Freda V. Meyerhoffer, 71, of 802 Montclaire Court, Cape Coral, Fla., formerly of Taneytown, died Thursday, Jan. 7 at her home.

She was the wife of Clue A. Meyerhoffer, who died in 1986.

She was born May 8, 1927 in Reynolds Store, Va.

She graduated from Eastern High School and the University of Baltimore.

She managed her own private accounting firm in Taneytown for many years.

She was a 4-H leader and board member, active in the local garden club and homemakers, and a charter member of the Baltimore Chapter of the American Society of Women Accountants.

She is survived by one daughter,

the Rev. Anne Marie Meyerhoffer of LeRaysville, Pa.; three brothers, Sam Hovermale of Martinsville, W. Va., Lloyd Hovermale of Westminster, and Thomas Hovermale of Frederick; two sisters, Marguerite Henn of Circleville, Ohio, and Jean Hettenhausen of Hagerstown; and one grandson.

Memorial services were held. Saturday, Jan. 16, at Gettysburg Presbyterian Church. The Rev. Dr. Daniel T. Hans officiated.

Private interment was in Evergreen Cemetery, Gettysburg, Pa.

Memorial contributions may be made to Gettysburg Presbyterian Church, 208 Baltimore St., Gettysburg, Pa. 17325.

Funeral arrangements were handled by Monahan Funeral Home, Gettysburg, Pa.

#### Mrs. Grace Albaugh

Mrs. Grace V Albaugh, 90, of 10026 Longs Mill Road, Rocky Ridge, died Wednesday, Jan. 20, at College View Nursing Home, Frederick

She was the wife of Harvey M. Albaugh who died in 1986.

She was born Aug. 9,1908, in Baltimore.

Mrs. Albaugh was a longtime member of Haughs' Mount Zion Lutheran Church, Ladiesburg.

She was a homemaker, her life to her family and home.

Surviving are three sons, Robert Albaugh and wife Nancy of Rocky Ridge, Donald Albaugh and wife Mary Louise of Frederick and Carroll Albaugh of Rocky Ridge; five grandchildren, Linda Northrup and husband Ed, Bonny Hurley and husband Alan, Pam Crone and husband Mike, Kevin Albaugh and wife Vicky, and Todd Albaugh and wife Brenda; and five great-grandchildren, Christina Hurley, Michele and Tyler Crone, and Jamie and Cory Albaugh.

#### Mrs. Mary Welch

Mrs. Mary Manzella Wetzel Welch, 61, of Waynesboro Pike, Emmitsburg, died Thursday, Jan. 21, at Gettysburg Hospital, Gettysburg, Pa.

She was the wife of Harry E. Welch Sr.

Born Sept. 9, 1937, in Emmitsburg, she was a daughter of the late Irvin and Rita Manning Wetzel.

Mrs. Welch was a member of St. Joseph's Roman Catholic Church, Emmitsburg.

She was a life member of Blue

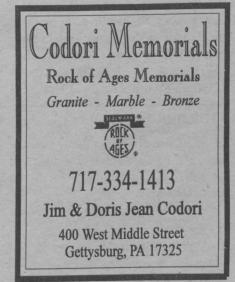
Ridge Sportsman's Association, and a member of the auxiliary of AMVETS Post 7, Thurmont.

Shoe Co., Freeman Shoe Co., Emmitsburg; and Thurmont Shoe Co.

Surviving in addition to her husband are four children, Harry E. Welch Jr. of Fairfield, Pa., and Charlotte Falconer, Michael J. Welch and Kimberly A. Usilton, all of Emmitsburg; eight grandchildren, William R., Melissa, Cynthia, Nicole, Matthew and Michael Welch, Daniel Rogers and Nathaniel Usilton; one great-grandson, Larry Devon Glass; and six sisters, Mildred Vaughn of Thurmont, Josephine McKelvy of Arendtsville, Pa., Charlotte Livsey of Cleveland, Ga., Margaret and Patricia Andrew, both of Emmitsburg, and Doris Turner of Friends Creek

Funeral services were held Monday, Jan. 25, at St. Joseph's Catholic Church. Mrs. Welch's pastor, the Rev. Joseph R. Wright was the celebrant.

Interment was in Resthaven Memorial Gardens, Frederick.





The funeral serves a wide range of purposes, with religious, psychological, and physical significance. 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 prearrangements and pre-financing, available without cost or obligation of any kind.

#### Skiles Funeral Home

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#### More horsing around in the Emmitsburg area

By Pat Smith

Several area enthusiasts of the Tennessee Walking Horse and Racking Horse breeds have been doing their best to promote the smooth-gaited rides of their beautiful animals. These local "plain-shod" horses and their owners enjoy showing how much fun it is to "ride and glide."

Margie and Lynn Smith of Emmitsburg recently bought a weanling colt, Great EX-Speck-tations ("Gaitor"), out of 7-times World Speed Racking Champion, Speck. They hope to compete in the versatility program of the Racking Horse Breeder's Association of America, in Country Pleasure, Western Pleasure, Trail Pleasure, and Speed Racking divisions. Margie also hopes to compete locally in Barrels, Pole Bending, and Racking classes. "Gaitor's" sire has been clocked at 43 mph at the rack, and is official f lag horse of the RHBAA. When Speck racks off, his 14' long tail and the American flag stand straight out behind him, sending chills down the

Margie's other Racking Horse,

Topper, earned Superior Versatility championship with the RHBAA, placing in 7 categories of those available; Water Glass, Western Pleasure, Trail Pleasure, Driving, Country Pleasure, Model and Pole Bending, Barrel Racing, Trail Obstacle, Competitive Trail, Judged Obstacle Ride, Promotion and Music Free-style (a chance to dance individually to music in the spotlight). The only horse to surpass 200 versatility points, which he completed in 1997, Topper had only to garner two national points. In 1998 to complete the program. He has tried his "hoof" at team penning, placing fourth on his first attempt. Topper has also competed in Juvenile classes of the Plantation Walking Horses of Maryland circuit with the Raab girls, Erin and Lynn, placing in Juvenile, Beginner's Trail, and Trail Obstacle classes.

Margie is the unofficial area regional director of RHBAA, and the coordinator for the Rack Across America program. Information can be obtained by contacting her at 301-447—6119 or E-mail at Margies Gateway, net.

Candy Bennett and her

#### **MURDER from page 14**

of which was buttoned closely near the top. His face was cleanly shaven and he still wore his large and handsome dark moustache.

On February 11, Felix was read the governor's warrant for his execution on the 25<sup>th</sup> of March, 1881. At the conclusion of the reading, Felix, who had been listening with the same apparent attitude of indifference that had characterized his demeanor from the first hour he was charged with the crime, broke out into language violently abusive and condemnatory of his counsel.

The confident hope and expectation that Felix had so long indulged, of securing a new trial, which would possibly change the awful judgment into imprisonment, seemed at last to have deserted him. Fortunately for Felix, the writ of error that had been filed by his counsel after his sentencing had been overlooked, and the governor's warrant for execution was annulled the following week.

Like his previous appeal, however, the writ of error filed on Felix's behalf was also denied, and a new warrant for his execution was issued.

On November 11, 1881, Felix Munshouer was hanged at the Frederick County jail. His place of burial is unknown.

#### **Epilogue**

Lest you have any doubt about the correctness of the jury's decision, on April 7, 1884, sthe new owner was cleaning out William Rentzel's former house, where Felix Munshouer had been staying at the time of the murder. The owner's terrier brought out from under the shop an old calfskin pocketbook. When opened, it was found to contain a piece of paper with James Wetzel's signature on it. The purse which Felix had removed from Rentzel after his death, the purse that he had gone through while sitting under the tree in Myers' Woods, the purse that had remained missing for so long, had finally been found. With it, any doubt about the guilt of Felix Munshouer in the death of Wetzel that fateful summer day, 115 years ago, was laid to rest for-

If you liked this story and would like to hear more, please join us Feb. 8, 7 p.m. at the Emmitsburg Public Library. Bring your stories, or just come to listen. Everyone is welcome. Tennessee Walking Horse, Pride's A-Break'N ("Leroy") had quite a successful year of showing. On the MD/PA Horse Show Circuit, consisting of 14 shows throughout the summer, "Leroy" was named Champion 2-Gait Plantation Walking Horse and Reserve Champion Western Walking Horse. He also received the High Point Award for the MPHSC Walking Horse Division.

In addition, Candy and "Leroy" did quite well with the Plantation Walking Horses of Maryland circuit. After competing in 9 PWHMC shows, he was named Champion 2-Gait Plantation Walking Horse, Champion 3-Gait Plantation Walking Horse and received the award for overall High Point Walking Horse.

Candy is a resident of Waynesboro, Pa., and an active member of the Thurmont Riding Club, serving as Secretary. She also serves as Treasurer for the MPHSC. Candy and "Leroy" have been asked to participate in the parade of breeds at the Horse Expo to be held at the Timonium Fairgrounds in January, 1999.

#### **Cougar News**

By Marlene Tarr, Principal Catoctin High School

At Catoctin High School, rsegistration for classes for the next school year will begin the week of Feb. 8. The guidance department will host evening hours (3:30 p.m. - 7:00 p.m. on Feb. 16 and 17) to meet with parents of students in grades 9, 10, and 11. On Feb. 18 at 7:00 p.m., in the

Another member of the Thurmont Riding Club, Rachel Smith of Fairfield, Pa., completed her 6th year of showing in very good standing. Twelve-year-old Rachel and her Tennessee Walking Horse, Generator's Ebony Mist ("Gena"), competed on two show circuits, the MPHSC and the PWHMC, as well as at two nationally pointed shows.

Rachel and "Gena" received Champion trophies in Juvenile Plantation Walking Horse and Western Walking Horse divisions of the MPHSC, as well as third place rosette in 2-gate Plantation Walking Horse.

In their first year of showing on the PWHM circuit, this young team garnered a Reserve Champion in the Youth division for 1996. The highlight of the season for Rachel was placing first of 23 entries in Open All-Day Pleasure 2-Gait, and first of 12 entries in the open Western Command Championship at the Prince George's County Equestrian Center show in November. A division trophy and tricolor rosette were added to Rachel and Gena's growing number of awards.

Catoctin High School auditorium, a meeting will be held for parents of students currently in grade 8 who will be entering grade 9 in September, 1999. Class and registration information will be shared at this meeting.

Spirit Week will be held during the week of Feb. 15. National FFA week will be observed during the week of Feb. 22.

#### Celebrating additions and renovations



Catoctin High School Principal Marlene Tarr, surrounded by class officers and representatives from middle and elementary schools, take part in the official groundbreaking ceremony held Jan. 28.

A Dispatch Photo

#### VHC from page 5

received Honorary Life Memberships "for their extraordinary support to the VHC assisting with funerals of fallen conrades."

Another special event of the evening was the presentation of a Plaque of Appreciation to the Vigilant Hose Company by Kathy and Ann Messner. Twenty-nine members of the company were cited for their immediate and skillful extraction of Kathy from her mangled automobile following a serious accident on June 26, 1998. "These people saved my sister's life," said Ann Messner. "I've never seen anything like it." (See story on page 3). Kathy presented each of the men with an award for their Outstanding Emergency Scene Operation.

Service awards were presented to the following: Raymond Sanders, Doug Wivell, Dave Wilt (5 years); Timothy Clarke, Tony Kelly, Steve Valentine (10); "Gabe" Baker, Karl Kuykendall, Cecil Ridenour (15); Jerry Orndorff (25); Sam Cool (30); Austin Umbel (35); Dan Kaas (40); Guy Baker, Jr. (45); and "Mac" McGlaughlin (50). Twenty-five- year service awards were presented posthumously to the families of Greg Hollinger and Tom Topper.

Top responders were James Click (1st); Vince Boyle (2nd); Glenn Swain (3rd); Robert Rosensteel, Jr. (4th); Chris Stahley (5th); Chad Umbel (6th); Randy Myers (7th); Guy Baker III (8th); Chris Byard (9th); and Cliff Shriner (10th).

Top fire-police responders were Mike Boyle (1st); Sam Cool (2nd); and Steve Orndorff (3rd).

The President's Award was presented to Steve Valentine, Steve Hollinger, Paul Krietz, and Mike Orndorff; the Chief's Award to Robert Rosensteel, Jr.; Gerald Orndorff was made a Life Member.

Inductees into the VHC "Hall of Fame," the company's highest honor, were John S. Hollinger, Paul A. Keepers, Guy McGlaughlin, Sterling White, and Thomas White. Family members received plaques in recognition of deceased inductees:

Bernard H. Boyle, Allen F. Davis, Harry Green, and Richard Sprankle.

The company's second highest honor, Outstanding Member of the Year (formerly, Firefighter of the Year), was presented to Wayne Powell.

The program ended with the showing of "1998- The Year In Review," a video presentation by the Rosensteel Studio.

#### NOTICE

Have you heard about the recent "Battle of Gettysburg"? The petition below has been circulated by Gettysburg environmentalist Andrea Theisson.

PETITION TO AL GORE, VICE-PRESIDENT OF THE UNITED STATES AND TO BRUCE BABBITT, SECRETARY OF THE INTERIOR.

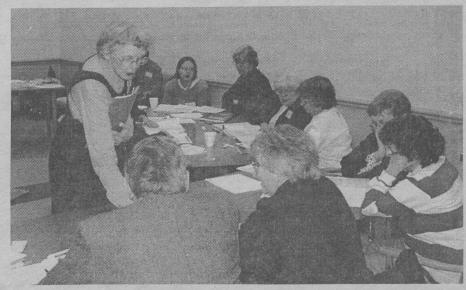
We, the undersigned citizens and taxpayers, appeal to you to do whatever is in your power to review and supersede the National Park Service Plan to clear-cut 600-1,000 acres of woodland at the Gettysburg National Military Park, costing an estimated \$2.7 million.

We maintain

- 1.) This is an unacceptable and irrevocable loss to the environment as well as to public funds.
- 2.) The historic purity of the landscape has long been compromised by many permanent factors.
- 3.) The "Park Mandate" is insensitive to the reality of park use, and that the natural woods, are, in fact, a valid memorial to the lives lost here.

If you oppose cutting the trees on the battlefield, send a post-card to Bruce Babbitt, Secretary of the Interior, Washington, D.C. 20502.

#### Literacy workshop held in Emmitsburg



Representatives from the Frederick Literacy Council, Inc., gave a fascinating and informative workshop for prospective literacy tutors from Emmitsburg and environs on January 16 and 23, 1999. The workshop was held at St. Joseph's Provincial House.

The representatives enabled the tutors to become familiar with the Laubach Reading Series for Adults. They also shared methods and materials for teaching dyslexic adults.

Present at the workshop were Jean Cadle, Chata Carr, Ed Levandowski, Vince McAvoy, Bea Keilholtz, Audrey Glass, Sr. Mary Louise Brown, Rev. Margaret Dodds, Rev. Richard Dodds, Lyla Franklin, Rayda Hughes, and Sr. Carol Durkin. Gwen Topper, and Barbara Hefner attended the workshop in Frederick in the previous October/November, 1998 workshop.

For information on tutoring call Sr. Mary Jerome at 301-447-3121.

#### Consider joining

The
Emmitsburg
Business &
Professional
Association

is organized to support the local business community through an organized effort to promote and improve the marketability of commercial interests in the Emmitsburg region.

Promotion will focus on developing and maintaining a sustainable community for economic, civic and historic interests of the area.



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Fax\_

#### **Healing From The De Marillac Center**

By Jessica Loehr

Great things are happening in the town of Emmitsburg, and great people are the reason. One such individual who is doing everything she can to help the healing of others is Mary Lynne Ziegler. Mary Lynne is the director and foundress of the De Marillac Center, a support group and counseling center for women suffering from post-abortion, and pregnancy loss trauma.

The theme of the De Marillac is, "Embracing the Family with One Heart," a sentiment which only begins to say all of the good that stems from this organization which operates out of a small building on Main Street. Besides counseling the center offers educational outreach to churches and schools, and artistic events to promote the Christian message of "charity and service," as well as pro-life values. Part of this artistic display is the Blanket of Love, which is a project that remembers the unborn children. Two large, quilted blankets bear the names and sentiments of unborn children as a process of healing and inspiration. The blankets are part of the traveling ministry of the De Marillac Center and were made by volunteer Cindy Wivell of Emmitsburg.

The name De Marillac stems from Louise de Marillac, who along with Saint Vincent DePaul began the Daughters of Charity Mission, which is deemed the first social work organization. Mary Lynne, a social worker herself, doesn't get paid for her time and effort working at the center. It is her personal mission to help women deal with the trauma stemming from an unborn child. Whether from an abortion, stillbirth or miscarriage, Mary Lynne believes that the effects are felt long after. "Many women don't come to terms with abortion until seven to ten years later. Once they reach that point they need to finish grieving and mourning that child, just like any other pregnancy loss."

Statistically, one in three Christians knows someone who has had an abortion, and by the year 2000 it is estimated that 43% of women will have had an abortion. With numbers that high, you can be sure there will be many women who

need emotional support. You can also be sure that Mary Lynne Ziegler will be there to help ease their pain.

Some new support groups starting the week of February 7<sup>S</sup> are: Hope and Healing for women suffering from the guilt abortion, Exploring the Possibilities dedicated to women struggling with their role

in society today, and Remembering the Child for women grieving the loss of pregnancy from stillbirth or miscarriage. For more information on these support groups or on how you can volunteer, contact Mary Lynne Ziegler at (301) 447-1811.

Jessica is an intern from Mount Saint Mary's College.

"Since you speak of peace, all the more must you have it in your hearts. Let none be provoked to anger or scandal by you, but rather may they be drawn to peace and good will, through your gentleness. We have been called to heal wounds, to unite what has fallen apart, and to bring home those who have lost their -St. Francis of Assisi

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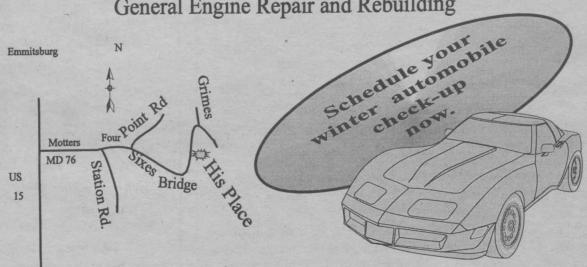
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#### St. Anthony/OLMC News

By Ann Marshall

A Regional Lenten Mission will be held in area Catholic churches February 21-24. A mission is

a special opportunity to reflect on one's relationship with God. A team of lay people from Good

News International will conduct the mission, and which will emphasize the spiritual dimension of daily life. The mission services will progress through four sites in northern Frederick Count as follows:

Sunday, Feb. 21, 7:30 p.m., St. Joseph Church, Emmitsburg;

Monday, Feb. 22, 10 a.m. & 7:30 p.m., St. Anthony Shrine, Emmitsburg;

Tuesday, Feb. 23, 10 a.m. & 7:30 p.m., St. Timothy, Walkersville;

Wednesday, Feb. 24, 7:30 p.m.

Basilica of St. Elizabeth Ann Seton.

All are invited to join in this time of personal renewal. Child care and refreshments will be available. For further details, please call 301-447-2367.

All Married Couples are invited to participate in a special Mass on Sunday, February 14, at 3:00 p.m. at

the Cathedral of Mary our Queen in Baltimore. Couples married 25 or 50 years will be specifically honored. The Mass will be celebrated by Cardinal Keeler who will also host a reception afterwards. Couples eligible to receive special recognition from the Archdiocese should contact: Charlie and Joanne Haitmanek at 410-683-0288.

Marriages of One Year or more are invited to experience a Marriage Encounter Weekend. —a private weekend aimed at enhancing the relationship and improving communication within marriage. The next two Encounters are February 19-21 and March 19-21. For information call 410-309-5877 or 1-800-795-LOVE. A very fine way to celebrate St. Valentine's Day!

Christmas was Bountiful for Seven Families "adopted" by the joint parishes. Project chairpersons Theresa Whipp and Mary Anne Shields thank everyone who helped the Human Services Committee with time and contributions.

Knights of Columbus
Scholarships are now available for members and for Catholic students in general. Applications (please specify high school or college) are available from Maryland State Council Knights of Columbus, P.O.Box 21150, Catonsville, MD 21228. All applications must be received by March 1, 1999.

Basket Bingo will be held at OLMC Parish Center on Saturday, February 20, 1999. Lots of retired baskets, all with protectors, some with liners, will be available. Doors open at 4:30 p.m. and Bingo begins at 6:00 p.m. Twenty-four games will be played and extra cards are available. Tickets are \$15 in advance, \$20 at the door. For ticket reservations call: Judy 301-271-4303 or Mary 301-898-0876

Contribution Statements for 1998 for tax purposes will be issued upon request by calling 301-447-2367.

St. Anthony Shrine Parish Community welcomes into the Catholic faith Meredith O'Hara Hane, daughter of Michael and Joan Hane. Meredith was baptized January 17, 1999.

## CROUSE FORD SALES



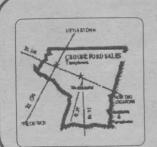
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#### **Rocky Ridge News**

By Emma Keeney

January Birthdays – A belated Happy Birthday to Anthony Harris, Chris Angleberger, Wilson Baker, Chris Day, Tonya Day, Barry Eiker, Robbie Eyler, Josephine Dinterman, William (Bill) Dinterman, Pauline Sharrer, Jeanie Angleberger, Elmer (Pete) Lambert, Penny Eyler, Christine Hurley, Chad McNair, Brian Hahn Jr., Brenda Shriner, Dave Wiles, and Jennifer Dinterman.

Belated anniversary wishes to Louie and Vicky Powell.

February Birthdays – Happy
Birthday to Emma Lou Harris, Greta
Lambert, Jonathan Moser, Jeanette
Miller, Bradley Greene, Philip
Dinterman, David Dinterman, Bruce
Beall, Lacy Wolf, Scott Moser,
Michael Sponsellor, Albert
Stambaugh, Chris Roser, Gregg
Moser, Lamar Wagerman, and
Lamar Wagerman III.

Happy (Feb.) Anniversary to Chris and Tonya Day and Donald and Betty Brown.

The Rocky Ridge Volunteer Fire

Company/ Ladies Auxiliary Christmas Banquet was held at the Fire Hall to thank everyone for their help during the past year.

The program began with a prayer by Lib Myers; then a delicious dinner was served by the Vounteer firemen. The entertainment was by "Two Nuts and a Bolt." Everyone took part in a Candy Cane Stroll. Prizes were awarded and we ended the evening by singing "We Wish You a Merry Christmas." The entertainment committee was Betty Ann Mumma, Lib Myers, Tammy Smith, and Nancy Summers. Many thanks to the men for serving a delicious dinner.

Dedication of a Communion
Sevice in memory of Kathleen
Miller, a faithful member of Mt.
Tabor United Church of Christ given
by daughter Barbara Fitzgerald and
Family and son Waldon Miller and
Family was held on Dec. 6. Words
of Remembrance were given by Rev.
Rosemary McCombs Maxey, with a
response from Barbara Fitzgerald.
Pastor James Russell of Mt. Tabor
Lutheran church accepted the communion set for the chruch.

A Time of Farewell was given by the departing Rev. Rosemary, thanking everyone for our twelve wonderful years together and for the love, kindness, and support we have given her. She promises to keep in touch with us, to come back and visit. Pastor Jim read the Vows of Release to members and friends, releasing Rosemary from her duties at Mt. Tabor, and in turn to Rosemary releasing our obligations of her, with a request for her encouragement for the church's continued ministry. All those gathered were encouraged to hold one another in prayer and sup-

In appreciation Rosemary gave everyone a token of different candies for all of those she had baptized, performed weddings, held funerals or confirmation, shared times of illness, home visits, quilting, or studied the Bible—even those who fell asleep during her sermons. Her sermon was entitled "Expect the Unexpected."

port. We closed the Vows of Release

with the Prayer of St. Francis.

Rosemary and her husband Paul will soon be moving to Oklahoma to

be close to their mothers.

Rosemary's mother, in her nineties, is still farming and in need of "a few good farm hands." They will be living on and helping with the farm while their log house is being built.

On Jan. 17 - Rev. Jo Siders, Interim Conference Ministeries, Chesapeake and Catoctin Association installed UCC Council, Parks and Cemetery Board members.

During her time with the children, Rev. Siders brought with her water from the Jordan River which she used to rededicate the children's baptism. Following the service Rev. Siders offered to rededicate the baptisms of other members of the congreation.

The Rocky Ridge Volunteer Fire Company will be sponsoring a Country Butchering at the Rocky Ridge Fire Hall on Feb. 20. To place a meat order call Bob Ogle at 301-271-2880. The Ladies Auxillary will be serving a Country Style Buffet Breakfast that morning from 6:00 a.m. - 10:30 a.m.

#### Mt Tabor Quilters

By Inspector 13

The quilters have had to skip night sessions because of bad weather and other obligations. Hopefully, we can soon return to our regular routine We would like to correct a statement in last month's article. It should have read, Rev. Rosemary Maxey of the United Church of Christ is leaving the area to reside in Oklahoma. Mt. Tabor Quilters gave her a set of quilt frames as a going-away gift. She promises to quilt every Tuesday to be with us in thought and spirit.

The middle of winter is a great time to empty drawers and closets; rearrange them and throw (or give) away items that haven't been see since your last "fit." However, it's snowy and icy, so be sure you have a place to stash the stuff—or back into the closet it goes!

If you are a quilter, you will probably find fabric you don't remember buying. Of course, you must now sort through patterns, magazines, and many clippings and

decide what to do with the fabric. Once that decision is made, you must make at least one block or two.

While working on the block(s) you look toward the open closet and see a box tucked "way back" behind the pillow cases. A sudden wave of emergency overcomes you; so down go the blocks and fabric you are working on. "Eureka," you say, "I wondered where that quilt had gone."

You don't remember how the pieces fit together so, it's back to the patterns and books. You finally find the pattern and remember you needed one yard of a special blue to finish cutting the pieces.

You put on your coat, grab your purse, and weave your way through all the "stuff" you're sorting, and head for the door. A shock of realization hits you when you look outside.

Everything is white and glossy with snow and ice. Even the porch is icy. You can't get to the car! That's why you decided to do the cleaning job in the first place.

#### Never Say...

By Ann Marshall

If you want to keep old friends and maybe make new ones, <u>never</u> say:

You know what you oughtta do?

Even when you are asked for advice, reply

Have you thought about ... Perhaps you need more information.

This is what worked for me. When my husband was building our home, friends dropped by with

unasked-for advice: "You know what you oughtta do Bob?" Bob's goal was to get us under-roof before school opened in the fall and he was sweating. He didn't want to hear about planting the lower field in corn or building a circular drive. "I'm going to get a yawtta hammer," he said, "and the next person who comes by with a free bright idea will get banged on the head... hard." (Words he welcomed: Can / give you a hand?)

Another **Never Say** will appear next month.





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#### **Emmitsburg Elementary School News**

The following students achieved perfect attendance at Emmitsburg Elementary School during the first term (fall, 1998).

Kindergarten: Alicia Rhodes, Carrie Little, Courtney Bomberger, Jacob Ridenour, Jessica Potts, Juliann Youngblood, Katherine Metz, Lindsay McCauslin, Natasha Seltzer, Nicholas Heaton, Nicole Hollinger,

Shaleigh Saylor, Stephanie Bushman, Tiffany Bushman, Traysie White, Trey Watts, Tyler Bodnar.

1st Grade: Amanda Rand-Campbell, Ashley Bushman, Candice Brooks, Cody Lowe, Dakota Sickle, Danielle Pozzouli, Hollie Hoke, Jessica Boller, Jessica Clarke, Jessica Little, Justin Kerns, Justine Study,

Kaitlin Stouter, Kolby Maly, Misti Bradshaw, Nicole Medve, Shelby Workman.

2nd Grade: Amanda Delphey, Ashley Delphey, Ashley Hansbrough, Brooke Sickle, Cody Albright, Colleen Heaton, Daniel Hobbs, David Northrup, Ian Ridenour, Jeffery Kreitz, John Javor, Jonathon Kubala, Jordan Martin, Katelyn Keilholtz, Keith Renner,

Kyle Vaughn, Matthew Bradshaw, Miriah Stone, Robert Myers, Shawn Little, Victoria Farmer-Long.

3rd Grade: Amber Bentz, Darrel Marcelle, Ethan Miller, John Bushman Jr., Justin Loube, Matthew Ohler, Jr, Matthew Wolfe, Randy Cool, Ryan Ledger, Ryan Wilt, Zachariah Ickles.

4th Grade: Andrew Gray, Ashley Miller, Brandon Northrup, Brittany Dewees, Chad Sweeny, Corey Stouter, David Cockerill, Elizabeth Hoover, Eric Fisher, Georgia Cuseo-White, Hayley Schnibbe, Kris Bradshaw, Megan Wood, Michael Wetzel, Michaela Gelwicks, Nicholas Wagerman, Robert Bianco, Ronald Stonesifer, Samantha Monroe, Savannah Crummitt, Shane Saylor, Timothy Swartz, Zachery Bennett.

5th Grade: Bradley Greene, Christopher Kelly, Christopher Kubala, Cory Sites, David Waugh, Derek Shelton-Shepherd, Jack Deatherage III, Jessica Schmidt, Joseph Lamendola, Joseph Vitale, Kimberly Smith, Kimberly Smith, Kyle Potts, Megan Adelsberger, Meghan Gray, Michael Compton, Ryan Eiker, Ryan Green, Shaun Huff.

At the 3rd grade German festival students (I to r.) Matthew O'Donnell, Jury Rubeling-Kain, and Randy Cool make pretzels.

Photo courtesy Karen Adelsberger

By Karen Adelsberger and Stacey Minoglio

Our third graders have been studying Germany. They completed a German homestead project at home. Some students made posters and some made 3-D homesteads. The homesteads represent the many farms that were built in Frederick County by the early German Settlers.

On Jan. 22, they concluded their unit with a German Celebration. Parents sent in many different

German foods. Students made scissor cuttings, a coat of arms to represent their families, homemade pretzels, fine china reproduction plates, and sample clothing articles of German children-dirndls and lederhosen. What a great way to connect with Frederick County Heritage! These children are learning under the direction of Stacey Minoglio and Karen Adams, their classroom teach-

#### Borderline 4 X 4 Club donates bikes

By Betty Brownley

Recently, the Emmitsburg Borderline 4 x 4 Club donated two ten- speed bikes and certificates for bike helmets to Emmitsburg Elementary school in an effort to boost attendance for the month of January. Children who come to school every day in the month of January have an opportunity to win the bikes if their names are drawn.

This is a perfect example of how the Emmitsburg community can become involved in helping children. We appreciate their support very much. The school welcomes sponsorship from individuals and organizations who want to make a positive difference in the lives of our chil-

For more information, please contact Betty Brownley, Emmitsburg Elementary, 301 447 -6160.

#### Objects de Kid'art



This illustration of President Abraham Lincoln was drawn last year by Noah Rubeling-Kain for his 5th grade Civil War project at Emmitsburg Elementary school.



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#### **Mother Seton Elementary School News**



Courtney Smith, Caitlin Ott, and Amanda Zier show their pride for their Catholic heritage by dressing up as saints.

Welcome, Catholic Schools
Week! Each year, the nation's
Catholic Schools celebrate their heritage with many activities, appreciation days and school events. This year Catholic Schools Week is celebrated from January 31 -February 5.
This year's theme, "Faith For A Brighter Future..." will spark many creative and fun activities for our parents, students and staff. Here is the agenda for this special week at Mother Seton School:

#### Saturday, January 30 Mall Performance

MSS Chorus and Band will perform at the FSK Mall from 10:00 a.m. -11:00 a.m

#### Sunday, January 31 Parish Day

MSS students will demonstrate their school spirit by wearing their school uniforms to Sunday Liturgies and school families will bring up the offertory gifts.

#### Monday, February 1 Prayer Day

Pastors and other priests and ministers are invited to join the MSS Community for Archdiocesan Catholic Schools Prayer at 10: 00 a.m. Students will also make thankyou cards for clergy.

#### Tuesday, February 2 Staff Appreciation Day

It's a surprise! The MSS Staff will be celebrated on this day.

Photo courtesy Val Mentzer Student Spelling Bee at 9:00 a.m.

#### Wednesday, February 3 National Appreciation Day

Volunteers and Benefactors celebrate with us at the 10 a.m. Liturgy with Bishop Francis Murphy. Many benefactors and volunteers will be invited to celebrate this Liturgy together in recognition of their support and dedication to our Catholic education ministry at MSS. An appreciation reception will follow the Liturgy.

#### Thursday, February 4 D.E.A.R. Day

Drop Everything And Read from 9-00 a.m -9-30 a.m. Drop Everything And Relax with a Prayer Partner. Bring your sleeping bag (blanket), wear your flannel shirt (with regular uniform), and play Campfire Bingo with your Prayer Partner from

#### 1: 15 p.m.-2:15 p.m.

#### Friday, February 5 Student Day

Students will display their many talents in the MSS Talent Show featuring students in Grades 4-8, from 1:15p.m -2:15p.m. Students will be in full uniform.

#### Sunday, February 7

Friends of Catholic Education,
Inc. sponsoring dinner for Frederick
County Catholic Schools Staff

#### Monday, February 8

Staff Retreat Day. Student holiday.

Enjoy!

Fine Dining at the Carriage House Inn Emmitsburg, MD

#### Mother Seton honor roll

#### First Trimester - "A" Honor Roll

Binder, Adam; Buller, Megan; Clontz, Sarah; Crum, Sarah; Dorsch, Lauren; Forrence, Christopher;

Furnia, Justin; Gamble, Caroline; Krauss, Cortney; Krauss, Samantha; Maze, Morgan; Robinson, James;

Scheider, Brenda ;Scheider, Sarah; Turner, Laurita Ware, Katherine.

#### First Trimester - "A-B" Honor Roll

Arrington, Maria; Beck, Andrew; Binder, Alison; Bowman, Kevin; Cieslak, Mary Beth; Craig, Zane; Crough, Casey; Demuth, Alexis; Durski, Amanda; Durski, Anthony; Evans, Tracey; Ferrare, Sean Fitzgerald, Tara; Gaffhey, Kyla; Georgoff, Nicole; Gossweiler, Gregory; Hallinan, Rachael; Hanning, Ben; Hansbrough, Joseph; Hathaway, Patrick; Hawkins, Elise; Heiderman, Grace; Heiderman, Sarah; Herring, Emily; Herring, Kathleen; Howard, Lindsey; Howes, Katlyn; Jones, Garrett; Kelley, Patrick; Knox, Robert; Koons, Meagan; Krauss, Nina; Krebs, Jennifer; Lechowicz, Andrew;

## County matches growing recycling collections with recycled materials purchases

Citizens committed to recycling their paper, boxes and drink bottles at home can be glad their efforts are succeeding on the opposite end of the recycling spectrum as Frederick County Government spending on products made with recyclables grew 23% last year.

County agencies spent \$45,793 on purchasing products containing some percentage of materials that residents set out for recycling at the curbside or take to dropoff centers. These range from paper products, such as copy paper, paper towels and toilet paper to other more unusual uses, such as plastic trash can liners, pencils, plastic lumber picnic tables and bathroom stalls.

"The variety of things you can buy

Liposchak, Cole; Matijevic, Alexandria; Maurer, John; McCarron, Barbara; McCarron, Samantha; Mentzer, Tyler; Monacelli, Nick; Monacelli, Patrick; Myers, Lauren; O'Donnell, Shea; Oster, Erin; Patarini, Jesse; Plucinski, Anna; Reese, David; Reuling, Adelina; Rippeon, Ashton; Robinson, Kate: Ruppel, David; Russell, Lindsay; Scheider, Teresa; Schwaner, Tory; Smith, Courtney; Smith, Donna; Smith, Nathan; Smith, Nick; Smith, Randy; Smith, Rebecca; Snyder, Neil; Strehle, Logan; Swomley, Drew; Testa, Vince; Tippett, Tessa; Vigliotti, Joe; Whalen, Fred; Whitney, Ben; Williams, Stacy; Williard, Morgan; Willis, Heather; Winston, Liam; Wivell, Allison; Zier,

#### First Trimester - "B" Honor Roll

Bates, Virginia; Lingg, Mark; Willis, Jessica; Fitzgerald, Erin; See, Anna.

#### Recognition for Hard Work and Achievement

Hettich Samuel; Wiggins, Tara.

with recycled material is getting larger every day," said Linda Norris, Recycling Program Manager. "Their quality and price is getting better too."

Frederick County has been striving to purchase recycled materials since shortly after collection of recyclables began in 1992. The driving philosophy behind the program has been to look for items that are equal or lower in cost to comparable products that do not contain recycled material, or to test items that have potential for cost savings through more durability such as recycled plastic lumber. New products are suggested by the Task Force each year and tested for feasibility.

"We can all be taking every bit of acceptable material to the Dropoff Centers and bins as possible, but if we don't make an effort to 'buy back' the things we're putting out, the system is flawed," Ms. Norris said.



## Baby Shower gift certificate.

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#### Stress? Not Me!!!

by Lolly Polvinale, CMT

Haven't we heard that word enough to want to banish it from our vocabulary? So, exactly what is *stress*? Stress is defined as "our response to any demand on the mind/body to respond, adapt or alter;" also, "a state of readiness to survive." It is our emotional reaction to every situation or action, and is the difference between positive action or destructive breakdown.

The initial response to stress is exhilaration...adrenalin gets pumping [endocrine system goes into high gear, working very closely with the nervous system] producing the hormones the body needs to respond to whatever challenging situation that is presented; competitive sports, a "big" project to finish, a fight or confrontation, any unexpected life circumstance. The hormones [adrenalin and cortisol] which are produced during intensely stressful situations are potent inhibitors of our body's natural immune system that helps us ward off disease and illness. If the body stays in a constant state of stress and is not allowed to relax, our immune system becomes compromised and unable to meet the challenge of fighting off disease producing organisms.

It's not the stress itself that is harmful, it is our reaction to the stressful situation that causes health hazards...let me repeat that! It is not stress that is harmful, it is *always* our reaction to the stressful situation presented that causes the health hazard.

It is our reaction that determines "good" stress or "bad" stress! Stress is a normal part of life, and can be constructive. It can allow us to react quickly enough to save our life, or the life of someone we love. An example would be reacting quickly if someone were to run through a stop sign and you need to swerve to avoid getting hit. Stress keeps muscles toned and the mind in readiness if a "fight or flight" response is needed...it's a survival mechanism.

We have just had an argument with our boss, our first instinct may be *fear*—we are afraid we may lose our job! We react with *anger*, we unconsciously hold our breath!

Holding our breath upsets the normal chemistry of the body because every system of the body [circulatory, digestive, muscular, cardiovascular, etc.] needs oxygen to function optimally. When we hold our breath it disrupts the normal pattern of the respiratory system to handle the stress reaction, which in turn develops a negative pattern in the nervous system, which affects the digestive system....and on and on! Get the picture? Every function of the body is affected and degraded by the single action of withholding breath....and sometimes, the first [almost unconscious] response to stressful situations is to hold our breath and tense our muscles. Ouch!

Next time you sense a stressful situation coming on, tune in to your body's response. Is your breathing shallow and fast, do your palms become sweaty, mouth dry, heart pounding, muscles tensed up, skin covered with goose bumps? These may be signs that your body is going into overload....What can I do to stop it?

Remember, it is your reaction to the situation that produces the "good" stress or "bad" stress response. It is your reaction—or response—that needs to change! Learning the balance of when to hold on and when to let go, developing flexibility and self-awareness, looking at your life style and overall health patterns. Focus on your breathing. When you feel like shouting—take a breath! Breath is life! Listen to your body! You can learn to regulate your heart rate, blood pressure, circulation, and digestion, simply by the rhythm of your breath. Becoming mindful of your breathing can change your whole way of relating in your body, and in your world. Taking a few minutes throughout the day to pause, and sense your breathing pattern, can go a long way toward minimizing the negative affects of challenging situations.

Breathing exercise: [takes 5-10 min]. Sit comfortably, eyes closed, focus your attention on your breath without influencing it....merely follow it as it goes in and out...in and out...see if you can detect the change in the inhalation and exhalation phase of the breath...observe it for a few moments. Your goal is simply to

follow your breath, observe it, be with it. Try reversing the process. When you move air out you bring more oxygen in; deepen respiration, relax muscles, lower blood pressure, and generally cleanse every cell of the body. Everyone will have a different response to this exercise: all are okay, as your body endeavors to re-train itself.

Ancient Yogic teachings say that if you can control your breath, you can control your life! Breathe in and out, breathe in and out! Remember: Don't Sweat the Small Stuff—-It's All Small Stuff!

Continued good health in mind, body and spirit; with peace and blessings.

Lolly Polvinale is a certified massage therapist, teacher, and educator. She maintains a private massage practice in Fairfiled, Pa.; teaches massage, and journaling workshops. For more information about bodywork appointments, classes, and workshops, she can be reached at (717) 642-5234



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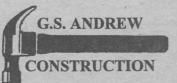
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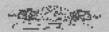


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