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Gaining strength from one another.

March 2002

Commissioners vote on salary increase

By Jennifer Buchheister Dispatch Writer

During February's monthly town meeting, commissioners reviewed a salary study and voted to increase the salaries of the mayor and commissioners. Town Manager Dave Haller presented the results of a salary study which reviewed present salaries for officials of Emmitsburg, Brunswick, Middletown, Taneytown, Thurmont, and Walkersville.

Emmitsburg had the lowest, with a salary of \$4600 per year for mayor.

Walkersville had the highest salary of year. Commissioner Jim Hoover abstained. When asked by the *Dispatch*

Commissioner salaries ranged from a low of \$1200 per year for Brunswick to a high of \$4000 per year for Thurmont. Current Emmitsburg commissioners earn \$3150 per year.

The council took an immediate vote on this issue in order for the incoming administration to receive the salary increase. The council voted 4-0 in favor of adopting the current salary of Thurmont's council with the mayor being paid \$8000 per year and the commissioners being paid \$4000 per

year. Commissioner Jim Hoover abstained. When asked by the *Dispatch* why he abstained, Commissioner Hoover said he felt that as a candidate for mayor it would be a conflict of interest for him to vote.

Commissioner Boyle, who is also running for mayor, told the *Dispatch* that no matter who the mayor is, the job itself is very time-consuming and that most people don't realize how many meetings there are and how much time is required. That is why he voted in favor of the increase.

What if spring brings no showers?

Commissioners alert residents about water regulation

A staff report

At the February 14th town workshop the commissioners agreed on a proactive water strategy consisting of two parts: conservation and management of existing water resource as well as searching for new sources.

"We have to pay attention to the drought situation here in the East," said Emmitsburg Mayor William Carr. "Right now the town water plant is processing 260,000 gallons per day. This is below the plant's ability to produce 300,000 gallons per day, but we have to be careful and conserve our water. We need the cooperation of the residents."

"At the moment our water supply seems to be holding up," said town manager David Haller, "but because the wells in Thurmont are delivering only 60% of their former capacity, we are monitoring and reviewing our water situation daily."

Although there is no official water conservation plan in effect as of this date, the commissioners are calling upon all residents tied into the town water system to apply commonsense conservation practices in their own households. For example, use water restricting devices in faucets and showers, take shorter showers, flush toilets

"It is best that we consider the steps to be taken now and not be caught in an emergency."

David Haller Town Manager

less often, limit car washing, use water dams in toilets, conserve water by turning off the water while brushing teeth.

"It is best that we consider the steps to be taken now and not be caught in an emergency," said Mr. Haller.

The town reservoir, Rainbow Lake, is losing capacity and in order to offset this loss an older smaller well nearby is being reactivated and its flow diverted into the lake. A second well, whose output will be considered as surface water, will be reactivated and its output will be diverted to the new treatment plant. In addition new drilling sites have been identified as potential sources of high capacity wells. These sites are in the proximity and located in the same fault lines as the 40 gallon/minute well that supplies the Mount. The process of planning to drill these new wells has begun, and if they meet expectations would allow the town to meet its water needs easily.

Mount, Manor seek annexation of town properties

The desire by Mount Saint Mary's College and Mountain Manor to expand, grow, and develop raises the possibility of annexation of properties contiguous to the present town limits.

The College and Mountain Manor (Emmitsburg Limited Partnership) have contracted with the firm of Miles and Stockbridge to draft a proposal for the annexation of 10 properties into the corporate limits of the town. The annexation of these parcels would make possible the installation of town water and sewer lines necessary for development. The applicants for this annexation would construct the lines at their expense.

The proposed annexation would follow South Seton Avenue and US 15 south. Parcels to be included in the annexation are: The Jensen property, Getty Petroleum Company, undeveloped land of the Daughters of Charity, Corney's Corner, Potomac Edison Company, Mountain Manor and Mount Saint Mary's College. The total acreage is 271.1 acres. Zoning

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BAG SALE
APRIL 2 - 6
10 A.M. UNTIL 4 P.M.
SETON CENTER THRIFT
SHOP
16840 S. SETON AVE.
EMMITSBURG, MD.
301-447-6102

Letters to the editor

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

A thank you from Willowby

I would like to thank the folks who have given me some things to wear and such nice notes. I will try and continue to be "spiffy looking" for all my friends in Emmitsburg.

Saint Patrick's Day is soon to be here and so is Easter and I hope to be decked out for them.

I have had only one pair of sunglasses taken so far since last month's letter in the paper. All things considered, "That ain't bad."

Thank you again, Willowby



WILLOWBY

Baby Royce

Emily Elizabeth Royce will celebrate her first birthday on March 2, 2002. Emily lives with her parents Mike and Mary Royce on Heritage Lane in Emmitsburg. She is a grand-

daughter of Marie Long, Emmitsburg. She is also the granddaughter of Ralph Royce, Hagerstown and Donna Royce, Funkstown.

Hoover for Mayor

Next month (April 16, 2002) the residents of Emmitsburg will be casting their votes to elect a Mayor. I am asking you to consider voting for me. I appreciate your support and would be honored to serve as your Mayor.

I have been involved in the Emmitsburg Town Government for the past six years. In February 1996 I was appointed to a two-year term on the Emmitsburg Streets & Transportation Committee. After my term on the Streets & Transportation Committee expired I was appointed to the Emmitsburg Planning & Zoning Commission. In August of 1998 I was appointed to the Emmitsburg Town Council. Since that time I have been serving as the Town Council's liaison to the Emmitsburg Planning & Zoning Commission.

Over the past three years as a Commissioner I have seen a steady decline in the way Town Government informs the residents of changes in Town policies and ordinances which effect the residents. Over the same three-year prior I have seen a steady increase in the Town Government's attitude to not provide any additional means of information to the residents than what is legally required.

Frankly, I believe it is time for a change and time to have a Town Government that understands we are here to serve the people.

Being Mayor of Emmitsburg requires the ability to effectively manage Town matters. This includes the duty of implementing decisions made by the town council and being sure that they are carried out to the best of the Town's ability. For 15 years I have held a manager's position with the past 10 years being served with the State of Maryland Supervising the Operations of the MARC Commuter Trains. For five of those-years I also have overseen the customer service employees. I believe that this qualifies me for the position of Mayor and that it gives me an advantage to effectively supervise our Town Government. With my knowledge and experience I believe I can accomplish your expectations of how the Mayor should manage our

Please feel free to call me with any Town matters or concerns you may have. I can be reached at 301-447-2140

A paid political announcement, authority Diana Hoover

Town News

Frederick County Commissioner Rick Weldon attended the monthly town meeting. Weldon said he was going to visit each of the municipalities in the county in order to stay connected and promote communication between the county commissioners and local town government.

Mayor Carr spoke briefly about the Summer Youth Program that Emmitsburg will sponsor from June through August. Although details are still being worked out, the program will be 5 days a week. Plans are to include field trips, nature walks and other various activities. The entire council was very supportive of the program. (See Summer Camp article on Page 5)

In regards to the town sewage pump station Mayor Carr said "Failure to plan is planning to fail." A sewage pump study will be conducted in order to determine the capacity of the station. He encouraged the study and also suggested purchasing a new motor for the existing pump. Town Manager Haller will

obtain bids on a new pump and present them at the March meeting.

After the last snowfall, 5-10 residents did not meet the requirement of snow removal in front of their homes. Notices were issued and then within 24 hours a citation of \$25 was given to those whose snow was still not removed. After discussion, it was determined that if residents have a legitimate hardship and are unable to remove the snow, they should contact the Town Office for assistance.

In other business....

Larry Pavek was reappointed for another 3-year term on the Board of Appeals.

Commissioners voted to accept Wantz Chevrolet's low bid of \$41,700 for a new dump truck.

Speed limits on side streets were questioned. Town Manager Haller will investigate what is the lowest legally enforceable speed limit.

Several old ordinances were reviewed and updated.

Police Report

Monthly Summary for January
Investigations included the follow-

42 Traffic Stops (26 by Resident Deputies)

Alcohol Complaint-1
Assault-1
Assist Fire Dept.- 1
Burglary-2
Commercial Alarm-3
Destruction of Property-4
Disorderly Conduct-2
DUI- 1
Harassment-3
Juvenile Complaint-3
Noise Complaint-1
Request Officer-9
Suspicious Person/Vehicle-3
Theft-3
911 Hang Up-4

Traffic Complaint-3

- * It was reported that the park behind the Community Center needs to be chained and locked in order to keep out trespassers from four wheeling in the snow.
- * Deputy First Class White will be out for the next three months due to health reasons. Emmitsburg will have a temporary officer assigned during this period.
- * DFC Ratliff reported that Emmitsburg is having a problem with a gasoline bandit. Someone is removing gas from local vehicles. After several complaints, it has been determined that this crime is being committed both day and night. Anyone with any information or having a problem should call 911.

The 19th annual Emmitsburg Lions Club Health Fair will be held on Saturday, March 16, 2002, from 7:30 - 11:00 a.m.

Boyle for Mayor

Please Vote on April 16, 2002, Town Election Day Support

Pat Boyle for

Mayor of Emmitsburg

He's proud of our community. He knows our citizens.

He will give our town his full-time attention.

He is committed to the betterment of Emmitsburg.

A paid political announcement.

Members Honored at Ambulance Company Banquet

By Raymond Buchheister Dispatch Writer

On February 9, 2002, the Emmitsburg Ambulance Company held its 13th Annual Banquet and Award Ceremony at which time new officers were installed and company members were recognized for their service. Utilizing the motto "Professionals without Paychecks," much of the evening's focus was on volunteerism. For the year 2001 company members volunteered 3,225 hours running emergency and non-emergency calls. The company members also put in 13,898 hours of their time in meetings and fundraising activities. The company has provided the Emmitsburg community and surrounding area with emergency medical service (EMS) for over 53 years and the company continues to serve with all volunteers. The company unveiled a new patch which incorporates the word "volunteer" in their company name.

Joe Pelkey, president of the organization, referring to the administrative and operational changes that had taken place in their company and the events of September 11th called it an "interesting year." Having only been the president for the past six months he reflected on the events of September 11th saying, "I was so proud how members of this company stopped and put their lives and loved ones on hold to provide service to our community and the surrounding area." The company responded with 13 emergency medical technicians (EMT) and 5 first responders. Both ambulances were manned from September 11th through the 18th. Pelkey said, "In the past six months I can see this company has blossomed into a great company both by its officers and the support of the entire membership."

Briefly addressing those present Mayor Carr said, "I hope everybody here realizes how proud we should be of Company 26. We really don't realize what they've overcome in the last three or four years to be as successful as they are. They take more calls per capita than any other company in Frederick County. If you think about that, that's a tremendous accomplishment. I think they deserve a tremendous amount of credit." The company responded to 915 calls last year.

Guest speaker for the evening, former County Commissioner Bruce Reeder, also commented on the number of calls, comparing Emmitsburg with two other companies that also utilize volunteers; Jefferson responded to 348

calls and Urbana to 440 calls. Emmitsburg ran more calls than both companies combined. Reeder said, "The only thing I'm saying to Emmitsburg Ambulance Co. is you've got one hell of a record for 2001." The former commissioner said, "What does that say about volunteerism?" Answering his own question he answered, "It's still alive and well."

Reeder explained that as long as a company has a good record they will have community support from their elected officials. He also said sometimes things go wrong, and a company can lose community support. He exclaimed, "Thank God it hasn't happened here in Emmitsburg."

Addressing the issue of volunteerism, Reeder said that due to regulations on fire and rescue, Frederick County began moving away from volunteerism to paid personnel. He acknowledged that the fire and tax districts were appropriate and part of the way to go but that the county really needs to think about keeping volunteers. Reeder, directing comments to Commissioner John Thomson said, "I'm saying to you today that the county commissioners have to step up to the plate and give something back to the volunteers." Commenting that volunteerism is the easiest and least costly way to provide professional fire and rescue service Reeder said, "If the county commissioners want to keep volunteerism in this county, and I think they do... they should think about giving them something back on their property tax bill."

Reeder encouraged the Emmitsburg Ambulance personnel to continue to keep working, to continue to bring in volunteers, and to keep responding, ensuring that the elected county officials would support them.

In closing, the former commissioner singled out the companies of Lewistown, Thurmont Ambulance Co., Guardian Hose Company, Graceham, Rocky Ridge, Vigilant Hose Co., and Emmitsburg Ambulance Co. and said, "For some reason or another, people in this area are extremely supportive of their companies and make every possible effort to keep them volunteer as much as they can. I think that says a lot for the people that live in the northern end of Frederick County."

The evening awards ceremony commenced by honoring individuals for their service for the past year. Past Chief Ann Messner was honored for her commitment and personal sacrifice to the organization. As a personal gesture, Chief Steve King presented Ann



Newly installed Administrative Officers: President Joseph Pelkey, Vice President Jamie Eyler, Secretary Eric Stackhouse, Assistant Secretary Penny Kine, Treasurer Tom Humerick Sr., Assistant Treasurer Josh Wiles



Newly installed Operational Officers: Chief Steve King, Deputy Chief Rick Sharer Jr., Assistant Chief Brian Koenig, Lieutenant Jeanette McGuire, Lieutenant Eric Stackhouse



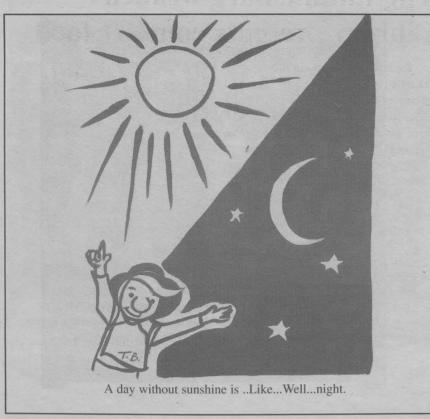
Newly installed Board of Directors: Loretta Sprankle, John Compton, Robert Dinterman, Larry Bolin Darlene Sharer, Ron Cool Jr.

Photos by Raymond Buchheister

with her chief's helmet.

A new award established in 2001, Rookie of the Year, was presented to Dave Naugle.

The top responders for 2001 were Jamie Eyler 311, Steve King 302, Joe Pelkey 217, Eric Stackhouse 175, (See Banquet on page 4)



Banquet from page 3 -

John Compton 164, Brian Koenig 132,

Length of Service Awards Bob Dinterman 118, Pat Sullivan Jr. (LOSAP) were presented to Bob 90, Penny King 65, and Josh Wiles 64. Dinterman 1314, John Compton 1277,

Jamie Eyler 1200, Brian Koenig 1123, Joe Pelkey 883, Steve King 757, Eric Stackhouse 664, Thomas Humerick 642, Loretta Sprankle 551, and Pat Sullivan Jr. 497.

Driver of the year was presented to Jamie Eyler and EMS Provider of the Year was Brian Koenig.

Years of service awards were presented to Pat Sullivan Jr. for five years and Jamie Eyler received a life membership award.

The Chief's award was presented to Jeanette McGuire and Brian Koenig received the president's award.

Honorary member awards were presented to the office of Mayor and Keith Havens.

Special awards were given to honor CPI Printing for banquet printing, Kesner's Ceramic Gallery and Gifts for banquet gifts, Myer's Electric for ambulance repairs, Sonny Sites for ambulance repairs, Gene Coulby for plumbing services, Ann Marie Koontz, Mary Topper, and Mary Diehl for Bingo food, Eva Miller for painting and selling bingo cards, and Marain Pelkey for fixing the meal for fallen fire fighter day and the 24 course meal.

The Humanitarian Award was the final award presented. In giving the award Joe Pelkey said, "I have chosen not just one person, but the entire membership who show what volunteerism is all about. This membership has had a rough year...but this membership has shown each other what teamwork is all about, what friendship is all about, and what true dedication can conquer."

Receiving the award were Larry Bolin, John Compton, Bob Dinterman, James Eyler, Thomas Humerick, Penny King, Steve King, Brian Koenig, RJ Matava, Jeanette McGuire, Ann Messner, Brian Morrison, Dave Naugle, Joe Pelkey, Darlene Sharer, Rick Sharer, Loretta Sprankle, Eric Stackhouse, Pat Sullivan Jr., Tina Sullivan, Jeff Thoelen, Josh Wiles, Doc Baldacchino, Sarah Baldacchino, Rick Kendall, Ann Marie Koontz, Ronald Sheeley, Charles Stouter, Jason Lowman, Jennifer Lucas, Karen Markowski and Jaimee Thoelen.

The evening's meal was provided by Sunny Way Restaurant and music was provided by Flashback DJ and Karaoke Service.

The Emmitsburg Regional Dispatch

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Advertising and copy deadline March 20

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

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Annex -

(Continued from Page 1)

would be in accordance with the town's zoning requirement except for Mount Saint Mary's which will have to be zoned in accordance with the Frederick County zoning scheme.

The conditions of the proposal are as follows:

- costs will be paid by Mount Saint Mary's College and Mountain
- property will be added to the town, and people living on the annexed property will be citizens of the town;
- no town taxes will be paid until water and sewer are hooked-up;
- the town will own the new pumping station and will provide easements into properties and the town will provide water taps. The town will have to reserve 100,000 gallons of water per day for the Mount Saint Mary's parcel and 20,000 gallons per day for Mountain Manor. [It is hoped that existing wells on these properties can be diverted into the municipal system to offset this demand.]; and
- the zoning will have to be consistent with the Frederick County master plan and the town will not consider any other changes without going through zoning procedures.

Mount Saint Mary's College is reactivating its search for beneficial use of some of its land. The Mount has shown interest in developing a Bio-

Park and has worked with the Frederick County Office of Economic Development in the past to locate a laboratory or manufacturing company

compatible with the Mount's academic atmosphere. Mountain Manor is considering expansion of its facilities.

Be Aware of the 'Ides of April' Political Forum to be held April 10

Every three years the citizens of Emmitsburg have an opportunity to vote for more than one candidate. On April 16 voters will choose a new mayor and two commissioners. As of this date commissioners Jim Hoover and Pat Boyle have filed to run for the office of mayor. Mr. Frank Henry and Mr. Ted Brennan have filed to run for the commissioners' seats.

Participation in elections, voting and running, have not been the "long suit" in the political election game of the town. Too often candidates don't file until the last moment and far too often registered voters do not exercise their opportunity to choose how or by whom the town will be governed.

Perhaps information is part of the problem. Candidates are not pushed to hone and refine their goals, and voters are not aware of the platforms of the

On April 10 at 7 o'clock in the auditorium of Emmitsburg Elementary School there will be a Community Forum sponsored by the Dispatch to

give candidates an opportunity to meet the voters and state their platform and goals. Each candidate will be asked to make a prepared statement.

Following the statements, questions will be read by a moderator and candidates will have an opportunity to respond. The questions asked will be chosen from a list of questions submitted by voters in various sections of the town. And, for the first time, some of the questions will come from people who live outside of the town limits but whose lives are tied intimately to the

The program will end with an opportunity for the citizens to ask the candidates questions about their con-

This program has nothing to do with political parties. It is as close as it can be fashioned to a "Town Meeting" where neighbors and friends explore the varying ideas about the needs and problems of our community and how they might be addressed.

We encourage you to attend!

Summer camp set for June

Emmitsburg will have a summer recreation camp program this coming summer. The eight (8) week program will be from June 20 through August 10 at the Emmitsburg Elementary School.

The Summer Camp will be staffed by Frederick County Recreation personnel under the auspices of Frederick County, the Community Agency School Services (C.A.S.S.) and the Town of Emmitsburg.

The Camp will offer activities appropriate to each camper's age, level of ability, maturity, and creativity. Daily activities may include, but are not limited to: crafts, sports, games, and nature-related activities. Weekly activities may include field trips and

special events. A major goal of the Camp is to expose the participants to a multitude of recreational activities and to encourage constructive social habits, attitudes and confidence while increasing each camper's self esteem.

The typical daily schedule will start at 9 a.m. and continue to 4 p.m. Extended day campers will have supervised free time from 7 a.m. to 9 a.m. and from 4 to 6 p.m.

Funding sources for the Camp program will come from the Town of Emmitsburg, local businesses and citizen donations and possibly assistance agencies

Further information will become available at the Town office, the C.A.S.S. Agency and County offices.

Girl Scouts seek meeting room

BY SHIRLEY GREENE
Troop organizer and consultant

The Girl Scouts in Emmitsburg are currently meeting in the Community Center and have been there for quite some time. I know they have been there for the last 13 years because that is how long my daughter has been a Girl Scout. Currently we are facing a dilemma. The building is scheduled for reconstruction this summer. That means we will have no place to meet next year.

We are hoping someone will step up and offer a place. We have 4 troops in need of a meeting room. We each meet on a different night—Monday through Thursday. We have over 35 girls in the four different troops who would be displaced if we cannot find another place to meet. The troops in some of the other towns meet in the schools, churches, public buildings. Thurmont has a scout house shared with the Boy Scouts. If any one has any suggestions or can offer a room, please

contact Shirley Greene 301-447-6316.

I would like to take this opportunity to thank the people of the Emmitsburg community for their support. The fall nut and calendar sales and the cookie sales are always a great success because of the people of our community. If the sales are a success that means our troops are a success because they then have the means to give back to the community through service projects.

Each year certain Girl Scout leaders are presented with Outstanding Leader pins. If you are a parent of a Girl Scout and you feel that your leader deserves this recognition please get in touch with me and I can help you with that nomination.

We can offer Girl Scouting to the girls of this community only with community support. Please don't let down the girls by not offering a place for them to meet. Let's keep Girl Scouting alive in Emmitsburg. Thank you in advance.

Library News

Following is a list of programs and activities to entertain, educate, and enthrall you during the month of March, which, as we know, is often the very coldest. So come and visit your local warm library and discover what awaits you.

We continue with preschool story-time on Wednesdays at 7:00 p.m. and Thursday mornings at 10:30, with the exception of March 6 and 7. This month Babies with Books, which is held the third Thursday of each month, will be March 10 at 10:30. We ask that you register for all programs, which may be done in person or by phone. In order to be held, programs need at least five par-

ticipants.

Our family storytime for the month will be Eggs-cellent, which will be held on Monday, March 25. This is a program for all ages and will include stories and egg art in celebration of spring. Registration is requested so please call to sign up.

The Tuesday night Book Club, which meets on the 12th, will discuss God of Small Things. The Friday afternoon Book Club, which meets on March 8, will discuss the The Chronicles of Narnia.

Our family program for the month is An Evening of Traditional Irish

(See LIBRARY on Page 6)

1 VO 1700

The Emmitsburg Branch Library presents comfort food

Traditionally we view libraries as places to get books, read books, and return books. Frederick County Public Libraries are showing themselves to be more. And "reading" takes on different meanings.

On Tuesday Feb. Feb. 5, patrons gathered in the Media Room to "read" Comfort Valentine Food by local Chef John Hovde. Not really read as in read a page but read as in gain information in many different ways such as watching and listening to Chef Hovde present a laid-back, informative, and tasty program centered on easily prepared foods. In this case a chicken filet dinner followed by a chocolate fondue for dipping strawberries.

Chef John, now at the Carriage House Inn, has many years of experience, including several at his own former "Mother Carey's Chickens" in Emmitsburg. He was assisted by his daughter Sarah—the fondue master. Carolyn Keilholtz said, "Even though I've done a lot of cooking, I always learn something new." (And we are talking Bea's daughter here, folks.) Kim Mixon from Thurmont observed that she always gets helpful information and these programs are great because they are local things with local talent.

Conventionally in cook books the recipe is given by listing measured quantities of selected ingredients and steps. John admits to owning "a few" such books, but uses them more as guides and information about the preparation of a dish. This evening his meal evolved from a little mixing, a little stirring, a little patter, a little how-to-do-it (make a rose from a tomato peel), a little adjusting, little hints, a little mess and a finished dish with much flavor

You had to be there, but this is what the sixteen participants "read."

A tomato rose: A slice across the bottom of a tomato with a length of peel, about 4 inches, still attached to a piece of a fresh tomato - "sort of tie in into a loose granny knot, fold the bottom flap over and set it on the plate." Another length of tomato peel - sort of roll it and then set it upright in the other piece. "Play with it and it looks



CHEF JOHN HOVDE

like a rose. There!"

Sautéed Chicken Breast: "clarified butter in a hot pan, not too much otherwise you boil the chicken instead of sautéeing it, boiling toughens the chicken;" chicken is flattened to an even thickness, lightly floured to seal and absorb some of the moisture; don't crowd the pan. Seasoning; "I use kosher salt so I can pinch it between my fingers and get the consistency I like. Ground black pepper. Period.

Herbs: Chopped - fresh chives, rosemary, and thyme

Veggies: Young steamed asparagus tied in little packets with a length of chives. "Make a little bow."

Kiwi: peeled and sliced. "Always peel."

Sauce: pour off excess oil; deglaze pan with wine, add chicken stock; add herbs and reduce; pour over golden chicken that is arranged on plate and sprinkle with red pepper trimmed and chopped "for color."

"See. I have enough here for everybody to taste."

Don't forget the chocolate-dipped strawberries.

Fondue: melted chocolate, add half and half, stir gently until blended, add Kahlua to taste.

We agreed that we were all looking forward to the next opportunity to "read" about the nice things that Chef John has under his Toque.

Countywide litter clean-up to raise money for 30 nonprofit organizations

Citizens, families, and civic, business or church groups are invited to participate in The BIG Sweep, a countywide clean-up of roadsides and illegal dumpsites that will "turn trash into cash for Frederick nonprofits." The March 23rd event, coordinated by Volunteer Frederick with key support, is a collaborative fundraiser for 30 partnering nonprofit organizations.

Emmitsburg Elementary receives Emmitsburg web site grant from local Exxon station

Emmitsburg Elementary School has helped me build my business." has received a \$500 grant from the ExxonMobil Educational Alliance program to support two enrichment activities for students. The funds will be used to provide some of the funding for student transportation to the Weinberg Center in Frederick and for the development of an outdoor classroom at the school. Ken Kacmarski of the Silo Hill Exxon in Emmitsburg worked with the school to secure the grant, which is one of 4,000 available to schools across the country, served by Exxon or Mobil stations. The grants were made possible by funding from the ExxonMobil Foundation.

"We are proud to be part of the efforts of Emmitsburg Elementary to continue to provide outstanding educational opportunities to the young people of Emmitsburg," said Mr. Kacmarski. "As an Exxon retailer, I am committed to giving back to the community that

The ExxonMobil Educational Alliance program is designed to provide retailers with an opportunity to invest in the future of their communities through educational grants to neighborhood schools. ExxonMobil believes that, as members of the community, local retailers are best qualified to work with local educators to help identify schools and programs most in need of support.

Silo Hill Exxon of Emmitsburg met stringent eligibility criteria before applying for and being awarded this grant including having a recognized commitment to provide quality service to the Emmitsburg community.

The Emmitsburg School students and staff appreciate the efforts of Mr. Kacmarski and the ExxonMobil Foundation for their efforts to support educational opportunities at our

linked nationwide

According to Mike Hillman, who spoke at the EBPA meeting in February, Emmitsburg website, www. Emmitsburg.net, has grown from 5 to 25 associate members in its two-year history. Modeled on the National Public Radio, the site offers sections on upcoming events, humor pages, thoughtful articles, and over 1,500 history articles. "The site is linked to 216 different websites across the country," said Hillman.

Hillman, designer and webmaster, described the site as "a single entry point to the news, history, and culture of the Emmitsburg community." "It's the one place you can go to connect to Emmitsburg's business, government, and rich history," he explained.

The local site is designed according to the tenets of knowledge management and is an effort to get the right information to the right person in the simplest manner. "For instance," said Hillman.

"if you read an article about history on the website the article would contain hyperlinks to other related materials, sites, or people. A member of the local Smith family who lives in Oklahoma discovered his connections to the local community. Now when people read about the local Smith family they can click on a hyperlink and be taken directly to information about relatives in Oklahoma.

As the site grows our goal is to present Emmitsburg as a small college town with a rich history that includes people beyond our town limits."

Bob Rosensteel, local photographer, suggests, "Businesses should get on board with this site. If not, they are missing something good. It is a win-win situation for local businesses.

For more information you are invited to peruse the site at www.emmitsburg.net or call Mike Hillman at 301-447-2220.

Senior Solutions

"Experience Works" offers services to working seniors

Formerly called "Green Thumb," Experience Works operates in Baltimore City and in eleven surrounding counties throughout Maryland, meeting the needs of seniors in the workforce. "We believe our new name

best describes the wide range of services we offer to the mature worker." said Mary Lou Kidwiler. Now an ecommerce web site is offeredwww.geiser.com. Many local services are offered and a national year-long event, "Prime Time" Awards recognizes the contributions of older indi-

Experience Works! Senior Workforce Solutions, Mary Lou Kidwiler at 67 Thomas Johnson Drive, Frederick, Maryland 21702 or call 301-694-2180.

Library

(Continued from Page 5)

Music. This year "Fire in the Glen" shares the magic of the Celts in the Hospitality Room of the Knott athletic complex of Mt. St. Mary's College. This annual event will be Monday, March 11 at 7 p.m., and the snow date is March 25.

Also in March the New Forest Society will host Operation TreeStart, horticulturist featuring Milbocker. He will discuss propagating trees from seeds, nuts, cuttings, and grafts. This program is Saturday, March 16 from 10 a.m. until noon. further information or to register please call 301-271-4459.

For information or to register for library programs call 301-447-2682. We look forward to seeing you.

In loving memory of Gene Krietz

BY CINDY OTT

What can I say about Gene? My mind is full and yet numb with shock. As I watched people express their sympathies to Gloria, Larry, Tom and Jeanie, I realized that we all loved Gene, and we all loved him in our own For more information contact: special ways. We all feel a deep, deep sense of loss.

> He was a loving and devoted husband. He was a kind and gentle father. He was a tender and adoring grandfather. He was a brother, an uncle, a brother in law, a son-in-law, a father-inlaw, a nephew, a neighbor, a co-worker and a friend. Gene played all these roles in his life and played them to the fullest. He was always willing to help, with whatever and whenever you needed him, no matter how big or how small the task. And you knew that in doing anything with Gene, you always had fun, because he made it that way.

> When Gene was doing a job, it had to be done right, before he would be finished with it. Gene loved archery, a

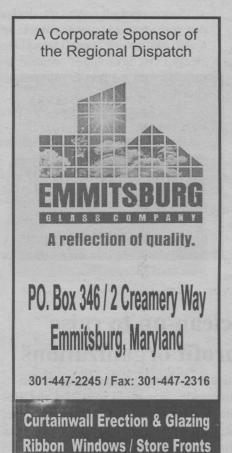
hobby that he turned into a business with his brother, Bob. His door was always open to people coming in for help with their bows and arrows, or just to take target practice, whether it was Friday night or Sunday afternoon. Many a Sunday afternoon, I would see Gene out in his backyard with a number of men, shooting their bows. Gene had respect for others and people respected

Gene enjoyed the simple pleasures in life, from helping his family, friends and neighbors, shooting his bow with his friends, spending a quiet evening at home with his family, playing with his grandchildren, Taylor and Matthew, going to church or just sitting around talking and laughing. For all these things and much, much more, we will miss Gene very much. Let us remember him in the way he lived his life and in the way life loved him. Thank God he touched our lives in some small way. Thanks for the Memories, Gene. Peace.

Gene Krietz died January 24, 2002

Gettysburg Hospital installs new Space is limited, so sign up soon. For computer-aided breast cancer screening

Recently, Gettysburg Hospital acquired the new ImageChecker Computer-Aided Detection (CAD) system for use in breast cancer screening to assist radiologists in minimizing false negative readings during mammograms. It is expected that with the new equipment, 20% more cancers can be detected early, when it is easiest to treat.



How Firm a Foundation

The house numbered 101-103-105 West Main Street is one of the oldest in Emmitsburg. Its title is easy to trace because there have been so few owners. By purchase from the Indians and grant from the King of England, the Calverts, Lords Baltimore, and Proprietaries of Maryland obtained title to virtually the whole state. The then Lord Baltimore granted Charles Carroll of Annapolis 10,000 acres in the northern part of Frederick County.

Carroll's heirs sold over 2,000 acres of this tract to Samuel Emmitt. His son, William Emmitt, sold Lot 23 to James Agnew in 1785. Agnew sold it in 1796 to Jacob von Huber, who then sold it to Lewis Motter. His son, Lewis Martin Motter inherited the property, which his heirs sold to George Gillelan, ca. 1910. The property remained in that family until sold by the Estate of Ruth Gillellan to Harold C. Craig, Jr. in 1967.

So far as it is known, neither the Indians, the Calverts, the Carrolls, nor the Emmitts did anything to improve the property. The deed to James Agnew, however, required that he build within one year or forfeit the property. This provision and the Georgian woodwork suggest that James Agnew built by 1786 the first framed section of the house, which is next to School Lane. This section is three bays wide, having a side hall, living room, kitchen, and three bedrooms. The front door is in this section.

The Federal woodwork in the adjacent four rooms suggests that this section, also framed and three bays wide, was built by Lewis Motter, who came to Emmitsburg from York, Pa. in 1797. Behind this section is a brick addition, originally of six rooms, and a two-story

cookware, dishes.

side porch. The transitional and Greek Revival woodwork in this section suggest that it was built ca. 1830 by Lewis Motter. This section also has a kitchen.

Next to the first six bays on Main Street, Lewis Martin Motter built a framed addition in 1858, which is two bays wide. It has a front door, living room, kitchen, two bedrooms, and a two-story back porch.

Over the years there have been many alterations, mainly on the outside. The Town raised the grade, covering the steps to the basement at 101 and 103, as well as the stone foundation. The Gillelans covered the beaded weatherboards with now removed cement shingles, replaced most of the windows at 101 and 103, and enclosed the side porches. They or the Motters replaced the wood-shingle roof with a Standing seam metal roof.

As the present owner, I am having the stone foundation raised, the sagging walls jacked up, the beaded weatherboards repaired or replaced, the cornice repaired, and the original style of window reinstalled in front. Because none of the three front doors was original or in good repair, the owner has had the door inserted by the Gillelans at 101 replaced with a window; the Motters' Victorian doorway at 103 replaced by one from the Wormans Mill House, ca. 1828; and the doorway at 105 replaced with a Colonial Revival doorway. The doorway to the side porch is in the Greek Revival style, signed by David L. Markey and dated 1838, and came from a house near Walkersville.

After the repairs are completed the house should last another 200 years. When my time comes, I may, like Isaac Motter, Carrie Gillelan, and others. now deceased, decide to stay!



Historic house on Main Street begins to show its mettle. Because none of the three front doors was original or in good repair, the owner has had the door inserted by the Gillelans at 101 replaced with a window; the Motters' Victorian doorway at 103 replaced by one from the Wormans Mill House, ca. 1828; and the doorway at 105 replaced with a Colonial Revival doorway. A Dispatch Photo

Catoctin Track & Field registration set

CYA Spring Track and Field Registration Outdoor track and field registration for ages 7 - 16 will be held on Monday, March 25th, from 5:30 -6:30 and Tuesday, March 26th, 5:30 -6:30 at Catoctin H. S. track (football field). The registration fee is \$15.00 per athlete. Please bring a copy of your birth certificate with you.

Bobbi Jo Barber, 17347 N. Seton Ave., Emmitsburg, Md. 21727. Make check payable to CYA Track and Field Club. Please include athlete's name, phone number, address. You will then be contacted with practice dates, etc. Mail registrations must be received on or before March 26th. For further information, please email Coach Bobbi Jo To register by mail, send the fee to Barber at CatoctinTrack@aol.com

Pray don't burn my House to roast your Eggs.

—Benjamin Franklin



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Bishop Malooly celebrates Rite of Election at Basilica



BY RAYMOND BUCHHEISTER **Dispatch Writer**

On Sunday, February 17th, 51 catechumens and 113 candidates from 13 local parishes attended a ceremony at the Basilica of St. Elizabeth Ann Seton which marked final steps in their journey into the Catholic Church. The ceremony called the "Rite of Election" is a ritual whereby the Bishop "elects," that is, calls these individuals to final preparation leading to the reception of the sacraments of initiation: Baptism, Confirmation and Eucharist. The catechumens (men and women who have never been baptized) and candidates (those who have been baptized into the Christian faith but have not received the sacraments of Confirmation and Eucharist) will become full members of the Catholic Church at the Easter Vigil.

One of the candidates, George Heiderman, will be received into the Church in the parish of St. Joseph's, Emmitsburg. George, 57 years old, was

baptized Methodist as an infant. He attended a local Lutheran church as a teen and then went into the military. George said, "I wasn't a church goer. I was a Christian that believed in God but had no knowledge." George married a cradle Catholic and agreed to raise his children in the faith. As his two girls grew and were received into the Church George also had a desire to join. "I never belonged to a church...I wanted to belong."

George started taking Rite of Christian Initiation for Adults (RCIA) classes to learn about the Catholic faith. He began searching in an effort to learn what is custom, ritual, and what is real. George said, "I'm talking about the Eucharist-- is it a custom, ritual, or real?" He said, "It's truly Him (Jesus). Either I have faith or I don't have faith. If I don't believe, where is my faith?" George said by going to RCIA he has learned that it's more than just about belonging to a church. "It's a community; I should be a disciple of Christ.'

enten Services

Following is the schedule of the Ecumenical Lenten Services arranged by the Emmitsburg Council of Churches.

March 10 - At United Presbyterian Church, Sr. Carol Czyzewski, FSFSJ

March 17 - At Incarnation UCC, with Rev. Bill Warehime of Tom's Creek United Methodist Church.

March 24, Palm Sunday - At Elias Evangelical Church, with Rev. Wade Martin of Trinity United Methodist

March 31, Easter Sunday (6:30 a.m.) - At Grotto of Lourdes Chapel, Rev. Benjamin Jones of the United Presbyterian Church.

All Lenten services will begin at 7:30 p.m., with light refreshments after

the service. St. Joseph's Catholic Church invites all to attend its regular Stations of the Cross service each Friday during Lent at 7:30 p.m..

The speakers at the Lenten services will be bringing to the congregation Lenten messages of their own personal journeys of faith. You are urged to attend all of the ecumenical Lenten services and participate in the fellowship of believers.

Emmitsburg Council of Churches' officers for 2002 are: President, Audrey Glass; Vice-president, Rev. Bill Warehime; Secretary, Ms. Kathy Shirbach; Treasurer, Mrs. Helen

The candidates and catechumens were welcomed by Bishop W. Francis Malooly, western vicar. In his homily, speaking to both members and the newly elect he said, "Each of you is or will become a member of the Church, and for that I am thankful. But the Lord wants us to be more than members. What he wants us to be is disciples and witnesses." He said, "The most important part of any of our celebrations of liturgy is when we walk out the doors. It's what we do with our lives. It's how we witness and how we are disciples."

Individual parishes celebrate a rite of "Sending Forth" of its catechumens and candidates to the election by the Bishop. Speaking about the celebration George said, "My whole church has accepted me as a candidate and

they are informing the bishop that I want to be a Catholic. I felt like they were sending the good news from St. Joseph's about me and my fellow catechumens and candidates that we want to be part of the church, part of God, and part of the community."

During the Rite of Election catechumens gathered with their godparents in the sanctuary to affirm to the bishop that they have listened and responded to God's word. Candidates with their sponsors were also called to the sanctuary to affirm the candidates call to continuing conversion. All catechumens and candidates throughout the diocese participate in this rite celebrated by the Bishop.

> Joining 173 catechumens and 393 can-

(See Rite on page 9)

Emmitsburg Area

Incarnation United Church of Christ

Founded in 1758 as a German Reformed Congregation. In 1860's the church moved into town. The current brick building was rebuilt after a fire in 1950. The current congregation is now UCC.

124 West Main St. Sunday service: 10 a.m. Interim Pastor: Rev.Ted Haas 301-447-2270

Saint Joseph's Roman Catholic Church

St. Joseph's Parish dates its beginning to 1786. Rev. Matthew Ryan was the first resident Pastor. The Parish has been administered by the Vincentian Community since 1852. The present church was completed in 1842.

100 N. Seton Avenue

Weekly services: Monday - 7:30

Novena); Tuesday through Saturday -8:30 a.m; Saturday Evening - 4:30 p.m.; Sundays- 8:00, 10:15, 12:00 noon.

Pastor: Reverend James O. Kiernan,

301-447-2326

St. Anthony Shrine

St. Anthony's roots intertwine with the old St. Mary's on the Hill and date back to the 1700s. Our present church, St. Anthony Shrine, opened its doors on October 26, 1897.

16150 St. Anthony's Road

Mass schedule: Saturday, 4:00 p.m., Sunday, 7:00 a.m. & 9:30 a.m.

Pastor: Reverend James W. Hannon

Trinity United Methodist Church

Trinity United Methodist Church was founded in 1833. The present sanctuary was built in 1807. Trinity has been a relip.m.(with the Miraculous Medal gious presence in Emmitsburg for 168

313 West Main St.

Services 9:00 a.m. Sunday School,

Pastor: Reverend Wade A. Martin **Emmitsburg Presbyterian Church**

Emmitsburg Presbyterian Church has been a part of the Emmitsburg Community since before the American Revolution. The original meeting house stood about a mile north of Emmitsburg along the Gettysburg Rd. The grave of Samuel Emmitt, founder of Emmitsburg, is located in the old cemetery.

415 West Main St.

Service 11:00 a.m.

Pastor: Reverend R. Benjamin Jones Tom's Creek United Methodist

10926 Simmons Road Sunday Services at 8:15 and 10:30 Pastor: Rev. Bill Warehime

Elias Evangelical Lutheran

In 1797 the Lutheran and Reformed congregations built a sanctuary in Emmitsburg after they outgrew their shared church at Tom's Creek. The Reformed congregation constructed a new church in 1869 on West Main Street while the Lutherans remained in the stone church where they continue to wor-

100 West North Avenue

Service of the Word, 8 a.m.; Sunday School, 9 a.m. Worship Service (Holy Communion) 10:30 a.m.

Interim Pastor: David. S. Knodel 301-447-6239

Area churches are invited to include their information in this column.)

What are you worth?

BY PASTOR WADE MARTIN Trinity United Methodist Church

"For you are a people holy to the LORD your God. The LORD your God has chosen you out of all the peoples on the face of the earth to be his people, his treasured possession." Deuteronomy 7:6 (NIV)

The other day, as I was surfing the Web, I came across a site with one of those flashing banners. To me most flashing banners are very distracting, so I often try to ignore them. This time, however, I saw a banner that caught my eye. It was advertising a service that provides salary ranges for various careers. The hook for the ad was a very simple sentence: "How much are you worth?"

I find it interesting that many people are concerned with how much they're worth from an economic perspective, but not overly interested in what they're worth from a spiritual perspective. They pursue better jobs, better wages, better cars, better houses, and better bodies. But ironically, many become less and less satisfied with their lives as they begin to attain more and more of these things they covet.

Today we turn to psychologists, personal coaches, and self-help books to try to grab hold of the ever-elusive feeling of peace and joy. Not realizing that the joy and peace we covet comes from contentment through our faith in God. Human beings can't help but yearn for a return to Eden, yet the path we choose to get there is what contributes to our not getting there.

What do you think you're worth? In the eyes of our Lord, you're worth the price of the Savior's blood, which was shed upon the cross for you. As Jesus said to Thomas, "Feel the holes where the nails were — and believe." When the Creator of the universe tells you that you are worth a lot to Him, His words ring true. And all the "stuff" of this world can't equal this truth.

Council of Churches to hold **Seder Meal March 24**

The Emmitsburg Council of Churches is sponsoring a Seder Meal on Palm Sunday (March 24) at 6 p.m. The evening will be hosted by the Elias Lutheran Church in the fellowship hall. All are welcome.

The regular scheduled Lenten Worship Service will follow at 7:30 p.m. There will be a small gratuity to cover the cost. For more information call Audrey Glass at 301-447-



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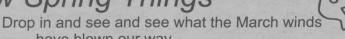
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Our popular Easter Baskets are back! Orders must be placed by March 16

(Remember Easter comes early this year.) Gift Certificates Available 24 West Main Street, Emmitsburg, MD

Closed Mondays 301-447-6700

Lions announce Annual **Health Fair**

The 19th annual Emmitsburg Lions Club health fair will be held on Saturday, March 16, 2002 from 7:30 -11:00 a.m. at the Mother Seton Elementary School in Emmitsburg, Maryland. The health fair features several important screening services, many of which are recommended to be done on an annual basis. The Gettysburg Hospital is offering a multiphasic blood screening (MBS) which focuses on early detection of potential health problems. The program consists of a series of blood tests which are used to monitor the functioning of the major body organs including the high density lipoprotein (HDL) test, valuable in predicting the risk of coronary heart disease; and a complete blood count (CBC), used in the diagnosis of infection and anemia. Other tests include glucose; cholesterol and triglycerides; uric acid; and electrolytes, including potassium, which can determine dehydration. A fast of 10-12 hours is required before a MBS blood sample can be taken. The MBS is being offered to health fair participants for \$27. In addition to the MBS, the Hospital is offering four optional blood tests. The prostate specific anti-

gen (PSA) blood test is recommended for men over the age of 50 as a preventive measure against prostate cancer. The cost of the PSA blood test is \$15. The second is the sensitive thyroid stimulating hormone (TSH) blood test. This test is used in the early detection of thyroid disease. The cost of the TSH blood test is \$10. Other optional blood tests include the Vitamin B12 deficiency test at \$10 and the glycohemoglobin (HbA1c) test available for diabetics only for an additional \$15. All blood tests can be ordered in whole or in part of any combination. In continuing with their tradition of a comprehensive health screening, the Emmitsburg Lions Club will also offer the following free screenings: blood pressure, vision, glaucoma, height and weight measurement, oxygen saturation, foot exam, oral cancer screening, massage therapy, and general health and health care information. No pre-registration is necessary. All are welcome. For more information on the 19th annual Emmitsburg Lions health fair, contact Joe Ritz at 301-447-2939 (evenings) or visit the Emmitsburg Lions' web page at www.emmitsburg.net.

Operation TreeStart

Horticulturist Daniel Millbocker will present a program on growing trees and shrubs from seeds, nuts, cuttings, and grafts. The presentation wil be held at the Emmitsburg Branch Library on March 16 from 10 a.m. until 12 noon.

Mr. Milbocker holds a Masters Degree from Michigan State and a Doctors Degree Penn State in Horticulture at Michigan State University and has served on the faculty of the University of Kentucky, and the Virginia Tech.. He resides with his wife at this come on Boyle Road where he operates a tree nursery.

This program is sponsored by the New Forest Society, in a non-profit organization dedicated to the re-estab lishing stream buffers and reforestation effort to halt erosion. For information about this program or the New Forest Society call 301-271-4459 any time after 8 a.m.

Rite from page 8

didates across the Archdiocese of Baltimore locally were catechumens Lisa Bell and Katy Ochs and candidates Waribo Adasi, Kenneth Droneburg, Jr., Joretha Gary, Stephanie Gray, George Heiderman, Sue Lindsay, Shawn Rittenour and Michele Ritter from the RCIA program of St. Anthony, Emmitsburg; St. Joseph's, Emmitsburg;

and Our Lady of Mt. Carmel, Thurmont. From St. Joseph's Taneytown are catechumens Dana Schug and Doug Shifflett and candidates Brandon Angel, Betty Ball, Gregory Galford, Paul Galford, Mark Golliday, Chelsea Poole and Brittani Schifflett.

INDIA ACTIONAL COL

Meet the candidates for mayor and commissioner at the Community Forum Wednesday April 10, at the Emmitsburg Elementary School from 7 p.m. till 9 p.m.

Obituaries

Ms. Helen Frost

Ms. Helen June Frost, 70, of DePaul Street, Emmitsburg, died Thursday, Jan. 24, at Beverly Health Care, Frederick.

She was born Feb. 17, 1931, in Canada.

Surviving are her daughter-in-law, Patty Foster of Piedmont, S.C.; and two grandchildren.

Ms. Frost was preceded in death by one son, Frederic J. Foster, March 16, 2001.

Sister Margaret Hughes, DC

A Mass of Christian burial for Sister Margaret Hughes, DC, educator, was offered at 11:00 a.m., Tuesday, February 5, at the Basilica of the National Shrine of St. Elizabeth Ann Seton, Emmitsburg. Sister Margaret, who was 85, died Saturday, February 2, of. pneumonia at Villa St. Michael, the province's retirement residence in Emmitsburg where she had been a resident since 1995.

Born and raised in Baltimore, the former Margaret Anabel Hughes graduated from Seton High School in 1934. She entered the Daughters of Charity in 1936 and pronounced her vows in 1941. Sister Margaret earned a bachelor's degree in 1944 from St. Joseph College in Emmitsburg, and a masters degree in education from The Catholic University of America in 1955. She was a member of the National Catholic Education Association.

In 1937, Sister Margaret began a long career in education as a teacher at St. James Elementary School in Johnson City, N.Y., where she taught until 1944. Sister then spent four years [1944-1949] teaching at St, Patrick's School, Richmond, Va.; three years [1949-1952] as principal at Holy Cross Academy, Lynchburg, Va..; four years [1952-1956] as principal at St. Mary School, Troy, N.Y. In 1956 Sister Margaret was recalled to Emmitsburg where she served as second directress of St. Joseph's Seminary. In 1957 she was appointed local superior of the young sisters in formation until 1962 when she was missioned to St. Joseph College. She was Academic Dean at the college until it closed in 1973.

For the next eight years [1973-1981] Sister served as principal and local superior at St. Patrick School in Fayetteville, N.C.; three years [1981-1985] as assistant principal and local superior at Mother Seton School in

Emmitsburg. From 1985-1990 Sister Margaret served as a docent at the National Shrine of St. Elizabeth Arm Seton in Emmitsburg. Her last school assignment [1990-1994] was at Our Lady Queen of Peace School in Washington, D.C. as a teacher aide.

In 1994, after serving 57 years in education, Sister was assigned to the pastoral care department at DePaul Medical Center in Norfolk ,Va. When the Daughters withdrew from DePaul five months later, Sister Margaret retired to Villa St. Michael.

Daughter of the late James Edward and Marie Daniels Hughes, Sister Margaret is survived by two sisters, Marie Alexander of Modesto, Calif., and Pita Emma Cole of Homosassa, Fla., and twenty-nine nieces and nephews.

Memorial contributions may be made to the Daughters of Charity Support Fund for the Elderly and Infirm Sisters, 333 S. Seton Avenue, Emmitsburg, MD 21727.

Miss Agnes Keating

Miss Agnes Marie Keating, 86, a resident of St. Catherine's Nursing Center, Emmitsburg, died Saturday, Jan. 19, at St. Catherine's.

Born Feb. 8, 1915, in Washington; she was a daughter of the late Michael J. and Agnes Coffey Keating.

Miss Keating was a retired registered nurse and had worked in the cancer ward at National Institutes of Health, Bethesda.

She had been a Benedictine sister, having taken her vows in the late 1930s. She later left the order to pursue her career in nursing.

Miss Keating was a communicant at St. Joseph's Roman Catholic Church, Emmitsburg.

Surviving are one brother, Jerry D. Keating and wife Pat of Emmitsburg; and 16 nieces and nephews.

Miss Keating was preceded in death by two brothers, Joseph and James Keating; and her twin sister, Mary McCabe.

A Mass of Christian Burial was celebrated at 11 a.m. Wednesday, Jan. 23, at St. Joseph's Catholic Church, Emmitsburg, with Miss Keating's pastor, the Rev. James 0. Kiernan, as celebrant.

Interment was in Arlington National Cemetery.

In lieu of flowers, memorial contributions may be made to American Cancer Society, 1393 Progress Way, Suite 908, Eldersburg, Md. 21784.

Mr. Weldon Shank Sr.

Mr. Weldon B. "Pappy" Shank Sr., 88, of Waynesboro Pike, Fairfield, Pa., died Wednesday, Feb. 6, at his home.

He was the husband of Pauline Baumgardner Shank, his wife of 66 years.

Born Dec. 7, 1913, in Hinton, Va., he was a son of the late Wilmer O. and Edna Baxter Shank.

Mr. Shank was a member of Elias Evangelical Lutheran Church, Emmitsburg, where he taught Sunday school for many years.

He was a 1932 graduate of Emmitsburg High School, and attended Gettysburg College, Gettysburg, Pa., where he joined the Reserve Officers Training Corps.

Mr. Shank worked for his father at Shank's Flour and Feed Mill, which he purchased from his father in 1938 and continued to operate.

He loved to make music and could play many instruments. He played bass horn in the Emmitsburg Community Band and the Shank Family Band, and sang in the Emmit-Wayne Quartet.

Mr. Shank was an airplane pilot and avid hunter most of his life.

He was a member of Tyrian Masonic Lodge 205, A.F&A. Masons, for 50 years.

Surviving in addition to his wife are nine children, Weldon B. Shank Jr. of Everett, Pa., Nina Dolly of Gettysburg, Wendell Shank, Wilmer Shank, William Shank, Nora Whitney and Nita Shank, all of Fairfield, Wallace Shank of Black Hawk, Colo., and N. Victoria Smith of Frederick; 22 grandchildren; 23 great-grandchildren; and two greatgreat-grandchildren; and one brother, Leo Shank of Frederick.

Mr. Shank was preceded in death by three brothers, Odell, Roscoe and C.B. Shank; and two grandsons, Rodney and Ronald Shank.

Funeral services were held at 2 p.m.



Sunday, Feb. 10, at Elias Evangelical Lutheran Church, Emmitsburg, with the Rev. W Ronald Fearer officiating.

Interment was in Emmitsburg Memorial Cemetery, Emmitsburg. The family received friends at Elias Lutheran Church parish hall immediately following interment services.

In lieu of flowers, the family requests memorial contributions be made to Elias Lutheran Church, 100 North Avenue, PO Box 465, Emmitsburg, MD 21727.

Mr. George Starner

Mr. George Arthur Starner, 81, of North Seton Avenue, Emmitsburg, died Monday, Feb. 11, at St. Catherine's Nursing Center, Emmitsburg.

He was the husband of Mary Frances Myers Starner.

Born Aug. 27, 1920, in Pennsylvania, he was a son of the late Arthur N. and Bertha Shorb Starner.

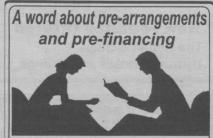
He was in construction work most of his life as a finish carpenter, and in later years was custodian for Adams County National Park, Gettysburg, Pa.

Mr. Starner was a member of Elias Evangelical Lutheran Church, Emmitsburg.

Surviving in addition to his wife, are one daughter, Nancy Ann Starner of Gettysburg; and two sisters, Helen Hiltebritle of Taneytown, and Mary Frances Glass of Emmitsburg.

Funeral services were held Feb. 14, at Elias Evangelical Lutheran Church, Emmitsburg, with his pastors, the Revs. David Knodel and W. Ronald Fearer,

(See OBITUARIES on Page 11)



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.

counseling prior to need.

We offer complete information on prearrangements and pre-financing, available without cost or obligation of any kind.

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Love crosses all barriers

BY MARION LEE Dispatch Writer

Kim and Doug Wivell of Emmitsburg recently welcomed the newest addition to their family with open arms. His name is Jacob and he is 23 months old! Jacob's proud grandparents are Art and Dot Damuth from Emmitsburg, and Jim and Lorraine Wivell from Rocky Ridge. Jacob is the third child the Wivells have adopted, and all three of their children came to them from outside of the United States. Jacob has a big sister, Kelsey, who is in school, and a brother, Ryan, who is still at home during the day to play with

Kim and Doug had always believed that adoption was a wonderful thing to do. When they thought about doing it. themselves, it took a while to get started. . Their first child, Kelsey, was born in Guatemala. The adoption was handled by the World Child Agency located in Washington, D.C. Each country has its own regulations and in Guatemala, the adoptive couple must be at least 25 years old, married for two or more years and must agree to travel to and spend a minimum of five days in the country before bringing their child home. Although the Wivells had heard about Kelsey when she was only two weeks old, they had to wait another 6 months before flying to Guatemala to finalize the process and bring her home. Kim vividly remembers that trip, especially sightseeing on the outskirts of the city. "The abject poverty was so shocking," Kim said, "It's a kind of poverty we simply do not see here in the U.S."

With Kelsey, it was love at first sight and she has brought so much joy to the family. By the time Kelsey was four, the Wivells decided to adopt once again. This time, they sought out Catholic Charities in Baltimore because

they had heard such fine things about them. During the initial interview, there were no special demands (boy or girl) they said they would take whatever child was available in a heartbeat. On May 21, 1997, Kim and Doug received a call that a two-month-old boy was available. On August 7 of that same year they picked up their son, Ryan, at BWI airport. Ryan came to them from Korea, a country that does not require the couple to travel abroad. All the red tape was handled through Catholic Charities. That first night when Ryan arrived, Kelsey marched into the kitchen, took her newly purchased lunch box (she was to begin kindergarten in two weeks) and headed for the door. "Where are you going?" Kim "I'm out of here!" Kelsey asked. replied. Doug and Kim ran to her side immediately, gave her a big hug, and assured her that she was deeply loved. Sibling rivalry was soon replaced with sisterly affection and now they were a family of four!

Four years passed and the Wivells found themselves thinking how nice it would be to have another child. They love all babies but Kim and Doug are especially enchanted with toddlers. They contacted Margie, the social worker from Catholic Charities, to see what the chances were for adopting a toddler. Margie had worked with the Wivells before and when she excitedly told them that she had a perfect little Korean boy in mind, Kim and Doug jumped at the idea! They both have great respect for Margie who has adopted six children herself. The "perfect little boy" was Jacob, an exuberant bundle of joy who greets everyone with a great big smile and outstretched arms. Kelsey and Ryan were just enough older to be delighted with the arrival of their new little brother.

Kelsey, Ryan and Jacob were all



THE WIVELL FAMILY

given names at birth. The Wivells have kept part of their birth names and used them as middle names. The children have two celebrations every year. One is their actual birthday and the other is their "Special Day," the day they arrived in America. Both events are commemorated with a family party that includes presents, a birthday cake, and ice cream.

If you are considering adoption, it would be well to do your homework first. Find out everything you can about agencies dealing with domestic and foreign adoptions. Whether domestic or cross-cultural, adopting a child requires mountains of paper work. And it doesn't matter how many times you go through it. each application is handled as if it's the first time. You cannot withhold any information, no matter how seemingly unimportant. For example, if you have ever been stopped for a traffic violation, they will find out. Agencies also visit your home to inspect the living conditions. Regarding the cost, each country has different fees, ranging from \$15,000 to \$30,000. The advantage of cross-cultural adoption is the security of knowing that once you have received your child, the birth parents can never reclaim or take that child away from you. There are some people who might feel reluctant to adopt children from another culture but Doug and Kim would be the first to admit that LOVE knows no boundaries or nationalities. It just is!

bituaries

Interment was in Emmitsburg Memorial Cemetery, Emmitsburg.

Memorial contributions may be made to Elias Evangelical Lutheran Church, 100 North Ave., PO. Box 465, Emmitsburg, Md. 21727.

Mrs. Margaret Taylor

Mrs. Margaret Taylor, 75, of 11 Robindale Drive, Emmitsburg, died Monday, Jan. 21, at College View Nursing Home, Frederick.

She was the wife of Kenneth H. Taylor, whom she married July 24 1948

Born April 19, 1926, in Lodi, N.J., she was a daughter of the late Peter and Anna Simco Kokinda.

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

Surviving in addition to her husband are two sons, Andrew K. Taylor at home, and Tim P Taylor and wife Tracy of Frederick; four grandchildren, Brittany N. Taylor, Shawn T. Taylor, Michael T. Taylor and Ryan K. Taylor; one sister, Florence Bessire of Bronx, N.Y; one brother, Peter Kokinda of Wallington, N.J.; and several nieces and nephews.

Mrs. Taylor was preceded in death by one son, Mark H. Taylor; and one sister, Ann Fertucci.

Funeral services were held Jan. 25, at the funeral home, with the Rev. James Kiernan of St. Joseph's Roman Catholic Church, Emmitsburg, officiat-

Interment was in Mount Olivet Cemetery, Frederick.

The family requests that memorial contributions in Mrs. Taylor's name be made to a charity of the donor's choice.

Wednesday, March 20

A Pet Bereavment Session at the Humane Society 5712-D Industry Ln., Frederick, Md., runs from 7 p.m. - 8 p.m. If you have recently lost or given up a pet, or are considering options for an aging pet this session may be helpful in coping with your loss. Call (301) 694-8300.

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Rocky Ridge VFD members recognized

The Rocky Ridge Volunteer Fire Company held its annual recognition banquet January 24.

Maryland State representative Paul Stull, a guest at the banquet, told the large gathering of friends, members, and invited guests, that "this is volunteerism at its best." He was referring to the many auxiliary members who prepared the banquet and the 4H members who helped serve the turkey and ham supper.

Members who had contributed to the operation of the company during 2001 were honored and new officers were installed.

Betty Ann Mumma, president of the auxiliary, presented a check for \$12,000 to the company's president, Bob Mumma. President Mumma told the gathering that the company also received \$250 from the local 4H Club to be applied to the new engine fund.

Chaplain James Russell held a memorial service for members of the company who died in 2001: Harold Tate, Naomi Baker, and Carlton T. Houck. Charles E. Brauer, chaplain of the Rocky Ridge Fire Company from 1967 to 1997, who died two days before the banquet was also remembered

New adminitrative officer for the Rocky Ridge Volunteer Fire Company are, seated from left, Robert Mumma, president; Dale Kline, Sr., vice president; Paulette Mathias, secretary; Bonnie Hurley, assistant secretrary; Bernard Wivell, treasurer; and Tom Myerly, assistant treasurer. Standing, from left, are Pastor Jim Russell, chaplain; Charlie Riggs, director; Dennis Mathias, director and lieutenant; Paul Burrier, director; Helen Burrier, director; Steve Wetzel, chief; Alan Hurley, first assistant chief. Third row Wilton Smith, III, second assistant chief; and Larry Humerick, lieutenant. Not shown are Steve Wolfe, Ronnie Eyler, and Bob Kaas, directors.

Rocky Ridge Fire Company members involved at National Emergency Training Center



Visiting Firemen who attended the Rocky Ridge VFD banquet included Azarang (Ozzie) Mirkhah, P.E., Fire Protection Engineer of the Dept. of Fire Services from Las Vegas, NV;Kevin P. McCarthy, Deputy Chief and EMS Director of the Eagle Mountain Fire Dept., Eagle Mountain, UT; Steven F. Sawyer, Senior Fire Service Specialist, NFPA, Quincy, MA; Daniel Bickel, Lieutenant, Central Pierce Fire & Rescue, Tacoma, WA; John Bruno, Captain, California Dept. of Forestry and Fire Protection, Shasta -Trinity Unit; Paul Urbano, Captain, Anchorage Fire Dept., Anchorage, AL.; Stephen Walls, Regional Officer, The Winston Churchill Memorial Trust, Victoria, Australia; and Jim Patton, Fire Prevention Officer, Corvallis Fire Department, Corvallis,

Rocky Ridge Fire Department Award Winners:
From the left: Jim Rice received the Charles Mumma Heroic Deed Award for his efforts during a shooting in September; Charles Riggs received the Charles Mumma Award; Melvin Troxell, the Robert Albaugh Award; and Alan Hurley received the Honor Member award for outstanding service to the fire company and the community.

By Wayne Powell Information Officer

For each of the past 22 years, the men and women of the Rocky Ridge Volunteer Fire Company (RRVFC) have extended annual invitations to fire officers attending classes at the National Fire Academy at the National Emergency Training Center (NETC) in Emmitsburg.

The ties between the fire company and the NETC are long-standing and quite significant. Right from the beginning, with the arrival of the fire academy in mid-1979, Rocky Ridge fire personnel have been involved in seeing to it that the former St. Joseph's College campus is in tip-top shape suitable for the important work of training the leaders of the nation's fire departments who come from communities large and small. From duties in central administration to facilities management, from security to grounds keeping, and from

snow removal to laying new concrete sidewalks, Company 13 members have always played a major role in serving and maintaining the campus.

Men and women from the Rocky Ridge company assure that students, staff, and contractors are able to share keen insights on how to better prepare their communities back home for the sometimes horrible events that come with the modern age. While not luxurious, dorm rooms and classrooms alike are always kept meticulously clean and neat — no small accomplishment when one realizes that some 20,000 people each year come to the campus to learn how to better prepare for, respond to, and recover from emergencies and disasters of all types and sizes.

A highlight each January for a lucky few class representatives, is to be invited to the annual fire company ban-

(See RRVFD on page 20)



Rocky Ridge Volunteer Company's top 10 responders are 1st row from left, Kevin Albaugh (1st responder - 138 calls); Bonnie Hurley (2nd - 91 calls); Matt Moser, (3rd - 89 calls); Tom Myerly, (4th -87 calls); and Donnie Kaas, Jr. (5th responder - 75 calls). Second rowfrom left, are Davey Stonesifer (6th - 65 calls); Charlie Riggs (7th - 60 calls); Andy Mathias (8th - 58 calls); and Penny Eyler, (10th - 50 calls). Not shown is Christina Hurley (9th - 56 calls).

Those Cute Little Chipmunks

BY RUTH RICHARDS Dispatch Writer

"Damn," I said, not under my breath. I was pulling the sheets off my bed and there in the middle of the bottom sheet were five acorns. There had been a terrible run of mice in the fall of 2000. Everyone was complaining that mice were into everything. I had had my share too. I was catching them in traps in the upstairs bathroom every night, two or three at a time. I didn't want to use poison for several reasons. I didn't want the stink if they died in the house, and I didn't want to kill other wild life if they went outside to

Now after finding the acorns, I decided that I had to use poison to get rid of the mice quickly. The following night, I opened a package of blue poison pellets and set it in the bathroom. In the morning the pellets were all gone, every single one of them. "Eureka." "I must have caught a million mice last night."

I thought back to a conversation I had with Bill Meredith about the acorns in my bed. He hadn't said a word, but from the sly look on his face, I could tell he didn't believe I had mice in my bed. Then he said, 'Squirrels." Yuck," I said. "Or, maybe even chipmunks."

As I went about my work the next

kept on a shelf of the night table. In that basket were all—all the blue pellets that I so gleefully had credited to having been eaten by the mice.

We've always had lots of squirrels and chipmunks in the yard, and I thought chipmunks hibernated, so I settled on squirrels. I was finding pellets and acorns everywhere. If I took a book off the shelves in the Study, there would be acorns. If I picked up a cushion from the chairs in the front room, I might find acorns, or even blue pel-

I told my sister about the squirrels and she told me I must do something. "Squirrels get into everything and chew things to pieces. Do something," she said. "What??" I did nothing. I never saw a squirrel or chipmunk in the house, yet I knew something was

All the rodents had gone outside for the summer. Outside, indeed. The seasons rolled around and once again there were mice tracks in the pantry. I put a container of pellets in the pantry and waited.

I have a group of five plants in the southeast corner of my dining room and the day I put the poison in the pantry, I had transplanted a jade plant into a larger container. I look at my plants every morning, and, lo and behold, the dirt in that transplant con-

day, I wanted a knitting basket that I tainer had been dug out and lay scattered on the floor. Another warning that there was either a squirrel or a chipmunk in the house.

> A bit later I wanted my pruning shears which I keep in a stand in the kitchen. There among the pruning shears, gardening gloves, and other bits and pieces were the blue pellets. They had been carried from the pantry to that drawer overnight. Now the mystery was over. I have chipmunks. No squirrel could get into that space. But still no inkling as to what to do about them.

> I hate the creatures. I hate it that they can sneak around inside my

house without my seeing or hearing them. There are no droppings such as mice leave. But they are here—at this very moment. I am half afraid I will want my garden gloves or pruning shears and when I open that drawer I will find a nest of baby chipmunks. Would I scream? Probably. Would I cry? No. I would swear, and then go about my daily work hoping that these babies grow up in a hurry and that spring will come soon and all the chipmunks will go outside for the summer, at least. But really all I ask for now, is that they stay out of my bed.

New librarian joins staff

Cheryl Dudak, now living in Fairfield, has joined the Emmitsburg Library as the new Children's Services staff member. Cheryl, transplanted from the Poconos in eastern Pennsylvania, originally moved to Frederick. She was a "down-the-roader" working in a Gaithersburg Child Care Center. About year and a half ago she moved to Fairfield.

Hoping for a chance of working closer to home and looking for a change Cheryl applied for the Children's Services position and was trained at C. Burr Artz Library in Frederick. She was assigned to the Emmitsburg branch over the Christmas holidays. "Just in time," she said, " to learn that I am the information center for the town. On my first day a tourist stopped by for some information about the town and its information center. You are it,' I was told by supervisor Joan Fisher."

Cheryl will be working with special library programs for younger children and their parents such as "Books for Babies," "Two Terrifics," pre-school story times and special family story-



CHERYL DUDAK

times. She will also direct special events such as learning workshops and puppet shows...

'Books have always been a part of my life," said Cheryl. "I find it wonderful to have a chance to help bring literature into other people's lives, especially those of children. I very much like the idea of extending information and showing that libraries are more than books on shelves."

Rocky Ridge News

BY EMMA KEENEY Dispatch Writer

Happy Birthday to Vernon and Bea Keilholtz, Eugene Stambaugh, Wayne Stambaugh, Kathy Wolf, Annabelle Mackley, Jim Flohr, Joseph Brown, Linda Northrup, Jeff Sharrer, Heather Stambaugh, Ricky Eugene Beall, Kristie Frushour, Richard Flohr, Rebecca Shields, Crystal Shriner, Louis Powell, Ruth Ann Masemore, and Treva Fishpaw.

Happy Anniversary wishes to Pastor James and Burneda Russell, and to Michael and Emma Lou Harris.

Deepest sympathy to the family and friends of Katherine Stover, Charles Brauer and Paul Smith.

Special recognition to two members of the Mt. Tabor churches. Congratulations to Josh Ballew, a junior at Catoctin High School, who placed first in Accounting in Future Business Leaders of America's regional competition held in Clear Springs, Maryland on Feb. 5, 2002. He

advances to state competition in April. Josh is a member of Mt. Tabor United Church of Christ.

Congratulations to Glenn Haines for receiving the Character Counts Commendation. Those receiving the award display outstanding qualities of Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship. The award was presented by Walkersville Community of Schools Character Counts Committee. Glenn is a member of Mt. Tabor Lutheran

Church of the Brethren BY PATSY FREE

Happy Birthday wishes to John Eichelberger (3/2), Dennis Specht (3/3), Ruth Myers (3/6), Faye Wolf (3/16), Ronnie Anders (3/17), Carol Simpson (3/20), Orville Baker (3/25), Lisa Reed (3/26) and Romaine Eyler



Mount St. Mary's new McGowan Center nearing completion

Recreation Convocation Complex in 1989 has the campus of Mount St. Mary's College seen so much construction! Last spring the Mount broke ground on the William G. McGowan Center, the most ambitious and anticipated capital project since the Knott ARCC was built. The McGowan Center has since begun the process of turning blueprint images into reality.

Named in honor of the late William McGowan, founder of MCI Communications, Inc., the McGowan Center will combine a 43,500-squarefoot renovation of the existing Cogan Student Union Building with a 36,500 square-foot addition, creating a vibrant, attractive building that will ultimately become the hub of student life on the Mount St. Mary's campus.

The McGowan Center will provide students with a gathering place that includes student activity offices, a graphics computer lab, centralized student services (such as the relocated wellness and career centers) and expanded dining options that better fit the way students work and live.

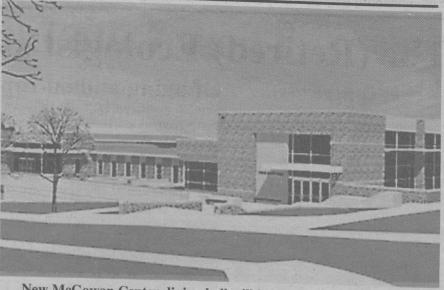
In an admirable act to honor alumni and immediate family of alumni lost in the September 11th Attack on America, alumnus Tom Holmes, Class

Not since the completion of Knott of '68, of Long Boat Key, Fla., has acted in a generous and thoughtful manner by making a significant contribution to the Connections Campaign to aid in the funding of the construction of the new McGowan Center dining hall. The new dining hall will appropriately be named Patriot Hall. "Now the Mount will always have a reminder of the national tragedy that we endured on September 11th," commented Holmes. "My hope is that Mount students always remember September 11th, whether it is today or in thirty years."

The McGowan Center is one of the achievements crowning Connections: The Campaign for the Mount, an ambitious, multidimensional campaign that surpassed its \$30 million goal by raising \$39.7 million over a five-year period. A web cam has been installed to illustrate progress as the construction takes place. www.msmary.edu/alumnifriends/html/ connections/mcgowancenter.htm to watch the progress.

A formal dedication of the McGowan Center is being scheduled for fall 2002

For more information contact the Mount's office of communications at 301-447-5366.



New McGowan Center dining hall will be named Patriot Hall in memory of the Mount alumni lost on September 11.

Local Mount Students Achieve Dean's List

Several local students were among the 394 students who achieved the honor of dean's list for the fall 2001 semester at Mount St. Mary's College. They were: Nathan J. Adelsberger, son of Ken and Linda Adelsberger of Emmitsburg; Mary E. Coulby, daughter of Mr. and Mrs. Harold Coulby of Rocky Ridge; Cathan J. Daugherty, daughter of Ms. Geraldine Daugherty of Emmitsburg; Bryan M. Fink, son of

Mr. and Mrs. Edward Fink of Rocky Ridge; Sophia A. Ritz, daughter of Joseph and Susan Ritz, Jr. of Emmitsburg; and Jennifer M. Martin, daughter of Mr. and Mrs. William W. Martin of Cascade, Md. Students achieve this honor by maintaining a 3.4 or higher grade point average. Mount St. Mary's College, founded in 1808, is the nation's oldest independent Catholic college.

Mount to hold lecture in business and professional ethics

Mount St. Mary's College is pleased to announce that William D. Novelli, newly appointed executive director of the AARP, will be delivering the second annual McKenna Lecture Series in Business and Professional Ethics on Tuesday, March 19, from 6 to 9 p.m., at the Ceresville Mansion, located on Rt. 26, in Frederick.

Novelli comes from a very diverse background of employment, working in both the public and private sectors. He began his professional career marketing for a packaged goods company, but eventually moved to the other side of the business arena, advertising for such non-profit organizations as the Peace Corps and VISTA. He then cofounded one of the largest public relations firms in the world, Porter-Novelli. Upon his retirement from the firm in 1990, Novelli moved into the public service sector, acting as executive vice president for CARE and initiating the Campaign for Tobacco Free

In his lecture, Novelli will focus primarily on his bold and enthusiastic plan for the future of the AARP. Included in this will be a discussion on of America Online.

how the organization can better represent its 35 million members in policy making and advocacy.

"Bill Novelli is the ideal person to speak on business ethics," commented Dr. Kirk Davidson, chair of the Mount's department of business, accounting and economics. "As CEO of the country's largest and most powerful lobbying group, the AARP, he and his organization are influencing how business transactions will be shaped over the next several decades. including the ethical dimension of those transactions."

Established and funded by Matthew McKenna, senior vice president and treasurer of PepsiCo and member of the Mount's Board of Trustees, the lecture series stands to compliment the Mount's highly acclaimed undergraduate business and master of business programs. Its main focus is geared toward "the issues and challenges of ethics within the corporate environment." The series was funded and underwritten so that all its proceeds go directly to the benefit of Frederick county Mount students. Last year's inaugural lecture featured J. Michael Kelly, chief financial officer

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The (Retired) Ecologist's Corner

Of aging and entropy: a cautionary tale

BY BILL MEREDITH Dispatch Writer

If memory serves (I wasn't actually there), it was sometime in the late 1880's that the renowned British physicist, Lord Kelvin, announced that all of the important scientific discoveries had been made. He allowed that there would still be employment for scientists; they could still do research, but it would be on things like refining measurements of the speed of light to more and more decimals. The fun of real discovery, he said, was a thing of the past. Well, Kelvin was a legitimately great scientist, but that was one time he should have kept his mouth shut. Within 10 years, radioactivity was discovered, and (this is a family newspaper) all heck broke loose. In the following decade came the Theory of Relativity and the discovery of subatomic particles in physics; biologists discovered Mendelian genetics and established ecology as a rigorous discipline, and all of the other sciences made equally revolutionary innovations. The self-correcting processes of science went into full swing; old theories that couldn't explain these new discoveries were discarded, and new theories sprang up faster than mushrooms. By the time I was getting started as a scientist in the 1950's, my teachers could point out that the only law of classical science that had stood the test of time without being either modified or disproved since Kelvin's unfortunate proclamation was the Second Law of Thermodynamics.

It must have been sometime in my senior year in high school that I first encountered the Second Law of Thermodynamics. Mr. Rudy, my physics teacher, challenged the class to connect a generator to a motor so the electricity made by the generator would run the motor, which in turn would run

the generator. It couldn't be done, of oldest ones first. The year goes by, stuff course; it was the old conundrum of the perpetual motion machine. Some of the energy in the electricity was lost as frictional heat, and could not be recovered. The unrecoverable heat was called entropy, Mr. Rudy said, and that was the essence of the Second Law. There was more to it than that, of course... a lot of very complex mathematics, and I never did understand it very well, but I liked to quote it because just the name of it sounded so impressive. Later, in graduate school, I learned that the Second Law is the underlying principle in the theory of ecosystems; and now, late in life, I have come to realize that it is the controlling principle of my personal existence as well. The gist of it is that whenever you have a complex structure like a cell, a human body or an ecosystem, you must expend energy to maintain that structure; and whenever you expend energy for any purpose, some is lost as waste heat. Without the energy, order can't be maintained, and, as the physicists' equations prove, disorder results. Ergo, entropy (the physicists' word for disorder) tends to accumulate in the universe; whenever we release energy by breaking down orderly things such as fuels or foods, we contribute to the accumulation of disorder. This, of course, produces our body heat; it also contributes to global warming. But worse, the instant we stop using energy to maintain order, things start going downhill... disorder reigns... chaos abounds.

The best example of this that I've found is our basement. Every fall I sort the products of the summer's canning and arrange them on the shelves by date, newest on the left and oldest on the right, and call my wife to admire the orderly arrays of brightly colored jars; and she promises faithfully to use the

gets eaten, and over the course of the next summer a couple hundred jars of newly-canned fruit and vegetables make their way to the basement and mix themselves into randomized piles on the floor. Meanwhile, the jars on the shelves mysteriously shuffle themselves both by species and date. Chaos abounds; entropy rules again.

My wife seems to have a fairly high tolerance for entropy, but she reached her limit last November when she went down to get a jar of green beans for Thanksgiving dinner and found that she couldn't reach it because too many jars of other stuff were piled in front of the shelves. Her solution to the problem, as always, was to turn to me and say, "You've got to do something. Go down there and *organize* [emphasis original] things." It's not that she doesn't believe in the laws of physics; she just believes they shouldn't get in the way when she has made up her mind. So, following the annual ritual, I spent the next week or so trying to reverse the Second Law. It soon became evident that there were more new jars than the shelves could hold; the only solution was to remove the oldest jars from the shelves and carry them to a pile near the door to be thrown out. It pained me to do this, because I abhor waste; nevertheless, it probably was a good idea... one of the jars contained pickles canned in 1973, and if I'd eaten them I probably wouldn't be here writing about it.

Lately I've observed that as I get older, my supply of energy is being converted to entropy faster than it used to. This came home with finality the other day when I noticed my wife was looking at seed catalogs and starting to make garden noises; just then, I remembered that I had run out of energy last November, and the pile of jars of old canned goods is still sitting by the basement door, waiting to be thrown out. Here we are in March already; the year is 1/6 gone, St. Patrick's Day will be here before we know it, and somewhere my grandfather is watching to see if I get the potatoes planted on schedule. I may make that deadline, but things look questionable for the rest of the year. The world seems to be in about the same shape that I am. We're coming out of the second-driest winter on record, El Nino appears to be forming in the South Pacific, and prospects for the garden are uncertain at this point. We can always hope; the possibility is that, come November, there will be another pile of jars to be sorted in the basement. It's pretty certain, though, that I won't have more energy to deal with it. Physicists have known for a long time that when it comes to entropy, there are three rules: 1, you can't win; 2, you can't break even; and 3, you can't get out of the game.



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Pulled From the shelves: Weedless Gardening

JACK DEATHERAGE, JR. Dispatch Reviewer

I pulled *Weedless Gardening* by Lee Reich from the New Books shelf of the Emmitsburg branch of the FCPL last year. So KISS (Keep It Simple Stupid) was the book's theme that I had to read it again before the 2002 gardening season arrived. If only the book had been written before I spent \$200 on a tiller I love and \$200 on a lawnmower I try to avoid using. What a garden I'd have if I'd pumped \$400 into a weedless garden!

Not only does Mr. Reich explain why tilling is unnecessary, he explains why I could have gotten away with "borrowing" a lawnmower- ONCE! Then, using the weekly "papers" dumped at my doorstep to smother grass, I could forget mowing forever (almost). What a great idea! Since I'm not allowed to have a cow, horse or goat in my yard I've never understood the need for grass. Now I can get rid of the worthless stuff by covering it with paper and mulches.

Of course Mr. Reich explains how to use the smothered grass as a garden bed. Seeds can be sown in a mulch of compost or transplants can be set through straw, wood shaving or what have you. The mulches can be made to suit the gardener's needs and budget. In most gardens weedless beds do not require so much as a loosening of the soil, let alone plowing or tilling.

With the hot, dry summers we seem to be getting lately, and the water restrictions that accompany the area's rampant growth, mulching has become a necessity. A drip irrigation system is the perfect choice for the weedless gardener caught in such circumstances. Weedless Gardening explains the basics of such a system and lists sources for drip irrigation as well as suggestions for mulches.

Like most gardening books, Weedless Gardening discusses soil makeup, though from a "top down" point of view. Preserving the soil structure and all the life currently in it is a high priority in Weedless Gardening. I've been learning this concept over the last few years as I've noticed the earthworms disappearing from my vegetable garden, but increasing in the flower beds. The flower beds don't get churned or dug up very often. (Earthworms are a sign that, despite all I've done wrong, the soil is still doing

Community Forum
Emmitsburg Elementary School
April 10, 7 p.m.

the job Nature designed it to do.)

Weedless Gardening may not be the answer to all gardening situations, but it is a handy little book that provides a starting point for those interested in gardening with an eye toward Nature's routines. For the lazy man, who spends all his energy in one week of frantic digging, tilling, raking and planting,

then ignores the garden for the entire summer, the book is a true gift. Imagine all that energy spent making a garden that seldom needs weeded, and never mowed (almost)!

I'll be turning part of the yard into weedless beds this spring. If the concept works maybe I can con someone out of cash for the tiller and mower.

Some people tend to be slow learners, they like sweating and exhausting themselves. Lazy people are the movers and shakers of the world. They have to get things done quickly and efficiently. There are too few hours in a day to nap, who wants to spend them pulling weeds or mowing grass?



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St. Anthony Shrine/OLMC News

By Ann Marshall **Dispatch Writer**

During the Season of Lent evening Mass will be celebrated each Wednesday at 7:00 p.m. at alternating churches. Mass will be at St. Anthony Shrine Church on March 6. There will be no Mass on Thursday mornings during Lent.

Benediction will be held each Friday in Lent (except Good Friday) at 7:00 p. m. at Our Lady of Mount Carmel Church

There will be Blessing of the Palms and a Procession at each regular Mass on Palm Sunday weekend.

Holy Week Events are listed in the lavender flier available in the back of Stations of the Cross and the church. Pick up one for further

information.

Easter Sunday is March 31. Masses at St. Anthony's will be at 7:00 and 9:30 a.m. Masses at OLMC will be at 8:15 and 11:00 a.m.

Children's Easter Egg Hunt on Easter Sunday is scheduled for 10:30 at St. Anthony's and at 12 noon at OLMC.

Sister Carol Czyzewski, our Pastoral Associate, will give the homi-

ly at the Presbyterian Church in Emmitsburg on Sunday, March 10, at 7:30 p.m. This is part of the Ecumenical Services for Lent, a program sponsored by the Thurmont Ministerium and the Emmitsburg Council of Churches.

A Lenten Retreat has been scheduled for March 13, 14, 15 at OLMC Church and Parish Center. A light meal of soup-and-bread will be served each evening at 5:30 p.m. followed by a variety of events such as Stations of the Cross, Exposition of the Blessed Sacrament, community and private prayer. Mass will be celebrated at 7:45 p.m. on Wednesday and Thursday. (You really need a detailed schedule for this retreat and you will find one in the 3/3 Bulletin or you may pick one up at the Parish Office, 301-447-2367.)

Tuition Assistance is Available for parents who send their children in grades 1-8 to Catholic schools. St. Anthony's also offers a one year scholarship to Catholic high schools, colleges, or trade schools. Applications may be obtained from the Parish Office at St. Anthony's and must be submitted by April 15. Call 301-447-2367 for information.

Shrove Tuesday Pancake and Sausage Dinner was described as "a BIG success enjoyed by a hungry horde." All the cooks and many helpers (this was a service project for the Confirmation class) are thanked for cheerful dedication.

The March Pastoral Council Meeting will be held on Thursday, March 14, at OLMC Parish Center at 6:30 p.m. Note early time for meeting due to Retreat.

Congratulations from Anthony Shrine Parish to Lane Hunter Sanders, son of Ralph Sanders and Jennifer Butler, who was baptized in the Catholic Faith on February 23,

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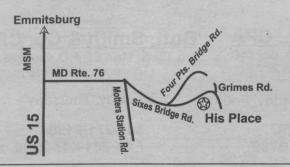
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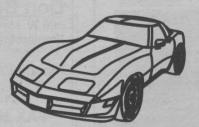
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His Place, Inc. and the Kuhn family are proud to endorse the new EMMITSBURG ENDOWMENT FUND and encourages community participation in this new fund which will provide scholarships and local youth activities. The FUND is now open and ready to receive contributions. Emmitsburg Endowment is operated by the Community Foundation of Frederick County, inc. For more information call Billy Kuhn at 301-447-2800

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Class of '41

By Cheryl Ashbaugh-White

As I read the article my aunt sent me regarding the reunion of the Emmitsburg High School Class of '41 for October 2001, I thought to myself, wouldn't it be neat to attend the reunion and hear stories about my father and meet his classmates. I remember my father attending his 40th reunion and saying how much fun he had. You see, my father passed away in 1988, and there would be no one to represent him at this sixtieth reunion celebration. I decided to take the necessary steps to attend. I contacted Anna Mort, a sweet and most helpful lady. She had the most pleasant voice over the phone and I couldn't wait to meet her in person. She was overwhelmed that I wanted to come all the way from Louisiana to attend, and assured me there would be no problem in attending.

I asked my Uncle George (Tick) to be my date for the evening. He knew everyone from the area and I would feel comfortable with him around. I was right in both cases; I did feel comfortable and he knew everyone. He made his way through the crowd and began talking to friends he hadn't seen in years. He was totally shocked when a young woman in her early fifties approached him and said, "You used to be my bus driver when I was in elementary school." They spent several minutes chatting with each other. He couldn"t believe that she remembered him after all those years (about 45 years). I don't recall her name, but I

believe she was from the class of '66. All these years, I never knew my uncle drove a school bus. I always remember him working in Ashbaugh's grocery store.

I started walking around the room to find our table. I not only found one table but two tables for the class of '41. The class of '41 had the largest turnout: 23 attendees to include a niece and several spouses. There were already several alumni sitting at their assigned seats when I found my seat and introduced myself as Harry Ashbaugh's daughter. I couldn't believe how many alumni knew I was coming and were eager to meet me. I was overwhelmed with their friendliness.

Lucy Ballinger introduced herself first and told me she has five children and knew my Dad well. As I was talking to Lucy, I felt a small delicate arm around my waist and as I turned I knew it had to be Anna. I was right, it was Anna. She hugged me. She said she knew it was me when I walked through the front door. I had my father's facial features. She was an adorable petite lady in her white lace blouse. At the end of our table sat Dean Hess. She has 5 children and taught school for many years and has a daughter in Salisbury, Maryland, teaching for 33 years. I sat next to Lee Fisher at our table for the evening. He must have been the school's clown during his high school days because he was going around introducing me as his daughter to

everyone and getting a big laugh out of it. But on a serious note he told me his wife was in a nursing home and he goes every night to bathe and put her to bed. He left the reunion early to attend to her. They have been married for 56 years. I thought how sweet and loving to have a husband that was so devoted for so many years.

There were others from the class who came over to introduce themselves: William Simpson, a minister from Massachusetts. His first wife died and he remarried a lady who had been in the convent for 13 years. They were a cute couple sitting across from each other holding hands like newlyweds. I sat across from Sarah Shockley who has two children and said she started a family late in life. I wish I had more time to talk to the remaining alumni. I'm sure their lives were as interesting as those I had already spoken to, but two hours was just not enough time.

Everyone said what a wonderful person my Dad was. A lump in my throat would form and a tear in my eye would always appear as they said those words to me. They weren't telling me anything I didn't already know. I listened as several of his former classmates told of the difficult time my Dad had going up and down the stairs to attend classes. My Dad had been wearing artificial legs since he was involved in a traffic accident at the age of five and lost both legs. But it never stopped him. He rode horses, played baseball (he would hit the ball and another boy

would run the bases), and even went swimming. Mr. Simpson told me about the great marble player my Dad was and how they use to play marbles all the time at recess. I never knew my Dad played marbles. It is strange how you can live with someone for so many years and not know simple things about them. Mr. Simpson and Lucy also told me how they would carry my Dad's books for him while he climbed the stairs to his classes. Lucy commented that she didn't know how he did it but he would slide down the stair railing. Mr. Simpson and Lucy both said they never heard him complain, he was always friendly and in good spirits.

I was honored to be part of the Class of '41 for a few hours and hope they will be together to celebrate their 70th reunion. They are a remarkable group of individuals and part of this country's "greatest generation." I want to personally thank the Class of '41 for helping a very special little boy to attend school and have a normal school life. I'm sorry my Dad was not there to attend his 60th. His classmates will never forget him. I will always have fond memories of his 60th reunion.

Great beauty, great strength, and great riches are really and truly of no great use; a right Heart exceeds all.

—Benjamin Franklin



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St. Catherine's employees of the month



DEBRA SCOTT

St. Catherine's Nursing Center Employee of the Month for January is Debra Scott. Debra's coworkers nominated her because of her attentiveness to the needs of the residents and staff. Debra is always willing to help out when she sees a job to be done. She also does the little extra things that make resident life easier. Her leadership qualities not only help new nursing assistants, but all staff members. Debra always shows sensitivity to the residents and is always willing to try new ideas in order to help improve the quality of care. Debra is very deserving of the honor of employee of the month. Congratulations, Debra!



WANDA RIFFLE

St. Catherine's Nursing Center Employee of the Month for February is Wanda Riffle. Wanda's co-workers nominated her because of her attentiveness to the needs of all our residents. Recently she went the "extra mile" by giving a portion of her spare time to stay with a resident during the resident's final hours. Wanda's caring nature and her willingness to give her spare time to spend with the residents make her very deserving of the honor of employee of the month. Congratulations, Wanda!

Friday, March 22

An "All You Can Eat" buffet style Fish Fry sponsored by the Holy Name Society of St. Joseph's Church in Emmitsburg will be held from 4:00 p.m. until 7 p.m.

The menu includes fried or baked whiting or catfish, salmon cakes, cole slaw, potato wedges, green beans, roll, apple sauce, drink and dessert. Price \$9.00 for adults, children aged 6 - 9, \$3, and under 5 are free. The dinner will be held at the Parish Hall on DePaul Street in Emmitsburg.

Saturday March 16,

The KINDness Club of the Humane Society meets at 10:30 a.m. - 11:30 a.m. to meet their friends from Iguana Rescue. Each month kids 6-12 meet to learn how to protect and care for animals. The club is free and doesn't require pre-registration For information contact The Humane Society at (301) 694-8300

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Emmitsburg Chorus resumes practice

The Emmitsburg Community Chorus resumes weekly Tuesday night rehearsals on February 26th from 7:00-9:00 p.m. at St. Joseph's Provincial House, 333 South Seton Avenue, Emmitsburg, Maryland. The chorus is directed by Loren Roth. A native of Fairfield, Pa.., Loren graduated from Mercersburg Academy and Peabody Institute. He also directs the Fairfield Singers and is very active in the music ministries of several area churches. He is the owner of a graphic design firm, Ragged Edge Design. If you enjoy singing in a chorus and sharing music of all varieties, please come and join us.

Please call either Loren Roth at 717-642-8500 or Shannon Boyle at 301-447-

Parasites and Peopleas the Worm Turns

By Dr. GARY KUBALA Emmitsburg Veterinarian Hospital

Every year thousands of people in the United States are diagnosed with parasites (intestinal worms). It is often erroneously thought that the only people to get parasites are those in underdeveloped countries with poor or indeed non-existent sanitation. But this is not the case. In the United States, children and adults alike are exposed to parasites in many ways. The only way to prevent this from occurring is to keep our pets as free of parasites as possible.

Worms, however, seem to have developed many methods of transmission to ensure their survival. Understanding how parasites are transmitted can help you develop a sound strategy to keep those family pets from becoming infested and possibly passing those worms on to the people they

love and are dependent on for their well-being.

Roundworms, hookworms, whipworms ,and tapeworms are the intestinal parasites most commonly seen in dogs and cats. It is widely believed that most, if not all, puppies and kittens are infected with parasites while still in the female's uterus. This happens as dormant stages of the parasite, called larvae, become active during the female animal's pregnancy. These larvae cross into the developing fetus and are then stored in various tissues. The larvae can then become active at any time in the puppy's or kitten's life and mature into adult worms in the animal's intestines. These adult worms then lay eggs that are deposited into the environment in the animal's feces where they can then become infective to another animal or even a human. So clearly the only way to prevent transmission to another animal or person is to break the cycle of adults laying eggs and infecting the environment. This is easier said than done!

Unfortunately, many pet owners don't understand the importance of repeated examinations of their pet's feces to look for evidence of parasites. Knowing that these parasites can lie dormant in their pet's tissues for years would likely make any owner willing to do whatever is necessary to break this vicious cycle. But still one third of all pets brought to the veterinary office are infected with parasites. And if owners knew that some of these parasites are able to migrate through their own skin and cause rashes, blindness, and rarely even death, perhaps they would be a little more pro-active in helping to prevent this scourge of the pet world.

What can we do as responsible pet owners? First of all, the Centers for Disease Control recommends that all puppies, kittens and their mothers are routinely de-wormed at 2,4,6 and 8 weeks and then frequently thereafter. It seems as though young and highly stressed animals (such as pregnant dogs and cats) are more likely to shed infective parasite eggs. Twice yearly fecal examinations will also help to detect any adult dogs or cats that are shedding parasite eggs into the environment. Monthly heartworm preventatives such as Heartguard and Interceptor or the newer Pro-Heart and Sentinel also help control intestinal parasites to some degree. These wonderful medications are not completely effective in preventing transmission of intestinal parasites. Preventing pets from indiscriminately eliminating in traveled areas will also help to break the parasite lifecycles. And certainly prompt cleaning of any deposited waste from our pets is an annoying but necessary chore that comes with responsible pet ownership. Indeed; in many municipalities, it is a crime not to clean up after your pet has eliminated in a public area.

So, as spring approaches and the worm starts to turn, lets get ahead of the parasites and all do our part in keeping each other's pets healthy. It all starts with responsible pet ownership in controlling waste production and ensuring that each and every one of our pets are healthy and well cared for. And don't forget to bring in those stool samples. Your pet's health and your own may depend on it!

Don't forget to visit us on the World Wide Web at Emmitsburg.net for this and other interesting articles on parasites and pet health issues.

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RRVFD from page 12

quet. Without exception, the students love the experience. Many of those over the years who've been fortunate to be allowed to attend come from America's largest communities and go back to their classmates the following day describing wonderful experiences had with "real people" they met the evening before. And, regarding the amazing food experience, always served

Pennsylvania Dutch Style, they can't wait to describe to their families what they experienced. Only about 8-10 reps are afforded the special invitation each year and many write back to President Bob Mumma about the wonderful way in which they were treated and how much they appreciated the genuine fellowship shared with the Rocky Ridge community.

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Mother Seton School News



Cortney Krauss and Courtney Smith present Vicki Marick with a check to benefit Up-County Family Center.

By VAL MENTZER

The Mother Seton School Student Council recently held a Tag Day Fundraiser to benefit the Up County Family Center. Courtney Smith, President, and Cortney Krauss, Treasurer presented a check for \$101.00 to Vicki Marick, Director of Up County.

Congratulations to Mrs. Jenna Ott! Our 2nd Grade Teacher, Mrs. Jenna Ott, was chosen by our MSS Staff as Friends of Catholic Education Teacher of the Year! Mrs. Ott was honored at the Annual Friends of Catholic Education Teacher Appreciation Banquet held at the Cozy Restaurant. Many of Mrs. Ott's family, staff members and other friends were in attendance. Congratulations, Jenna!

"Is Freedom Really Free?"

Several of our Mother Seton School 7th and 8th Grade students participated in the VFW Emmitsburg Memorial Post #6658 and Ladies Auxiliary Youth Essay Contest, "Is Freedom Really Free?" Mrs. Mary R. Topper, President of the Ladies Auxiliary was "very excited that this

year we had 9 participants and I hope we have many more for next year's contest.'

The following students were prize winners: Kelly Zier, 1st Place Winner of \$200; Jennifer Armstrong, 2 nd Place Winner of \$100; and Rachael Hallinan, 3rd Place Winner of \$50. Participant Winners of \$20 were: Katherine Clements, Christopher Forrence, Cortney Krauss, Laurita Turner, and Ally Wivell.

Kelly Zier, our 1st Place Winner also received an additional \$100 for finishing 2nd in District 7 of the VFW of Maryland. Part of Kelly's writing tells all of us, "...to cherish your freedom because maybe one day it will be gone. So don't take it for granted. We've earned our freedom and what will happen if we don't defend it? It will be taken away forever. Our children will lose their freedom to grow and develop their own unique, individual personalities and beliefs. They will not experience the joyous freedom to live without fear." Congratulations, Kelly, on your success and your words of wisdom!



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Healthy Eating: Small portions, big benefits ... continued

By: LINDA STULTZ Certified Fitness Trainer

In last month's article I stated the importance of portion size in weight loss and weight management. Our society pushes jumbo size and super size meals. In reality these are killing us and our children.

Overweight and obese adults usually gained their weight from childhood up. Most of the research shows that if a child is overweight, the parents and grandparents are also overweight and have been so for a long time. Not all weight problems come from overeating. There are diseases and health problems along with certain medications that cause a person to gain weight and not be able to lose.

These are not the cases I am talking about. These cases should be handled by a doctor who specializes in that particular condition. Many people use the excuse that they have a medical problem without really checking into what can be done to correct it or even to discover if that is the real reason they are overweight.

Overweight adults and children alike need encouragement, not criticism. Always point out the positive things they can do and are doing to improve their health. Picking at them to lose weight, eat less, move more,

or be more like someone else will only discourage and hurt them.

Motivate them with fun ideas for activities that will get and keep them moving without their realizing what you are doing. Adults, as well as children, need companionship and reenforcement when it comes to taking care of themselves. If you can get involved in doing the activity with them, you not only help them but you are helping yourself too.

Involving the whole family is the best way to help an overweight person. Fix healthy foods that everyone enjoys and should be eating anyway. Have everyone in the family participate by watching portion sizes and what they are eating. It's not fair to the overweight person to fix a different meal and have everyone else eating in front of them. Involving the whole family shows support and usually we can all stand to improve our eating habits.

Even if you don't need to lose weight, eating healthy can reduce hidden problems that you are not even aware of yet, such as high blood pressure or high cholesterol. Healthy eating gets you back on track if you have strayed or keeps you on the right track to stay in top condition.

Exercise goes hand in hand with healthy eating to get or keep you in

the best possible condition. Many people think they get enough exercise in their daily lives. What most people don't realize is that your body gets used to the daily activities and even though you are moving, you are not working all of your muscles. The muscles we use every day are in great condition, but the ones we seldom use get weak without our realizing it. Exercise is just as necessary for our bones and organs as it is for our muscles. Lungs are a great example of this. If you don't use your lungs to their full capacity you will find yourself short of breath when you do something out of the ordinary. Little exercises that seem very simple help in so many ways.

People think exercise and weight lifting is only for competition or health nuts. Exercise is for EVERY-ONE! Different people need different levels of exercise, but everyone needs exercise. Sometimes going to the gym or an aerobics class is too much for you to start with, especially if you have been sedentary for a while. Working with a personal trainer who listens to what you have been doing and what you want to accomplish may be the way for you. We all want to "do our own thing" today. Having a personalized workout made just for you may be the perfect start to a

healthier future.

The important way to achieve a goal is with positive encouragement. Always point out the accomplishments, never the negative mistakes. People know when they have slipped and are usually hard enough on themselves. It only discourages them more if they feel they let you down, as well as themselves. Children, especially, need positive guidance. A positive child grows into an optimistic adult.

For more information, please call 717-334-6009.

Remember, keep moving!



Building Healthy Families and Communities:

Heartly House offers unique and valuable services

By BILL DERBYSHIRE, LCSW-C Catoctin CASS Coordinator

Heartly House is the only rape crisis center in Frederick County and provides services to survivors of rape, sexual assault, incest and child sexual abuse. These crimes are committed against women, men, and children. One of four women is a victim of rape and/or sexual assault. Male victims account for 5% of reported sexual assaults. A perpetrator of sexual violence may be an acquaintance, a family member, or a stranger. Seventy percent of rape victims know their attackers.

Rape is defined as forced sexual intercourse without an individual's consent. Sexual assault may be unwanted/forced intercourse, unwanted touching, forced viewing of pornographic movies or participation in nude or sexually posed pictures, and the unwanted use of for-

eign objects, A victim can't prevent rape; only the rapist can prevent rape.

Increasingly, rape/sexual assaults are being committed with the use of drugs. Drug Facilitated Rape/Sexual Assault (DEFUSE) occurs when a drug is slipped into the victim's drink or food. When used with a combination of alcohol, the effects are much more dangerous to the victim. The most common DFSA drugs are GHB (Grievous Bodily Harm, Liquid Ecstasy, Liquid X) and Rohypnol (Roofies, Roach, R-2, Rib and Rope). These drugs are often undetectable and can cause unconsciousness and limit the victim's ability to physically resist. If given too much, the dose can be lethal,

If the victim chooses to seek medical attention, it is not advisable to shower, douche or go to the bathroom whether the victim suspects being drugged or not. Valuable evidence may still be obtained from the victim if the individual does change clothing or wash. To retain evidence, clothing worn during the incident should be placed in a brown paper bag.

It is not easy for victims of rape/sexual assault to disclose their experience. Almost two-thirds of victims of completed rapes do not report the crime to the police, People may never tell anyone because they feel ashamed or embarrassed about the incidents. They may feel that no one will ever believe them, or the perpetrator may have threatened them or their loved ones if they disclose the incidents.

All Heartly House services are accessed by calling our 24-hour crisis hotline. The hotline is a confidential service for victims and their non-offending family and friends. General information can be obtained or victims can talk about what happened with someone who is supportive.

If the person chooses to seek medical attention, a SAFE (Sexual Assault Forensic Examination) at Frederick Memorial Hospital is an option. The purpose of this examination is to care for the needs of the patient and to collect evidence of a sexual assault. During each examination, Heartly House is notified and sends a trained advocate to the hospital to accompany the person who will be receiving it. This service is available 24 hours a day.

Counseling is another service provided by Heartly House. Crisis/ Individual counseling and support groups are available to assist in the victim's recovery. If a rape/sexual assault victim chooses to prosecute, Heartly House may be able to assist during the court process. Legal advocates are available to answer any questions about the court system and can help complete court-related documents.

Looking Ahead

March 5,7,12, and 24th **Hunters Safety Course spon**sored by Taneytown Rod & Gun Club and Dept. of Natural Resources. Upon completing the course and passing the test, and the live firing, you will be given a certificate that will permit you to buy a hunters license. For pre-registration, please call 410-751-1685 between 6pm and 9pm only. Godfrey or

Friday, March 8 Longaberger Basket Bingo **Thurmont Carnival Grounds Activities Building**

Florence Miller.

Doors open at 5:30pm Games begin at 7pm. Tickets \$10.00. 20 games, door prizes, tip jars. Food will be available for purchase. Proceeds benefit CYA Spring Track & Field Club. For more information or to order tickets contact Bobbi Jo Barber 301-447-3565 or Brenda Woelfel 301-271-2830

Friday, March 8 **Catoctin FFA Country Butchering at Catoctin High School** in the agriculture center. Harold Lenhart will again be the head butcher and is providing much of the equipment needed. Thirteen hogs will be cut up and sold. A large variety of meat will be available for sale including sausage, pork chops, pudding, ham, ribs, and roasts. If you would like to place an order or need more information please call Mr. Beaven at 240-236-8117 or Jessica at 447-6816. Orders may be picked up between 3:30pm-7pm on March 8th or on Saturday, March 9th from 9am-12noon in the agriculture shop at CHS. Extra meat will be sold on a first come basis on Saturday, March

March 14-16

The Mt. St. Mary's Department of Visual Arts presents the Theatre Spotlight Production's presentation of seven one-act plays/excerpts at 8 p.m. in Flynn Hall. Open to the public, free and ample parking. For additional information call 301-447-5308.

March 15-17

Mount St. Mary's Mount 2000 and Beyond Eucharistic Youth Retreat This seventh annual eucharistic retreat and prayer festival for youth and young adults features a weekend of prayer, music, fellowship, catechesis, and evangelization. It is organized by Mount seminarians and led by the Franciscan Friars of Renewal. The weekend is open to all Catholics ages 13-33 and will feature

inspiring talks, daily Mass, the sacrament of reconciliation, lively music workshops, personal testimonies, and continuous Eucharistic adoration. This years theme is "Grant us Peace." Early registration is recommended. For more information call 447-3428 or visit www.msmary.edu/mt2000.

Saturday, March 16

Operation Tree Start at the Emmitsburg Library. Horticulturist Dan Milbocker will present a program on growing trees and shrubs from seeds, nuts, cuttings, and grafts. The program is from 10am-12noon. For information call 301-271-4459.

Sunday, March 17 Good ol' country breakfast

sponsored by Taneytown Rod and Gun Club on 12380 Shoemaker Road. 7am-11am. Menu includes pancakes, buckwheat cakes, sausage, eggs, toast, sausage gravy, chip beef gravy, pudding and hominy, fried potatoes, hot apples and cheese, fruit cocktail, and drinks. Adults \$5.00, youth (8-12) \$3.50 For more information call Godfrey Miller or Florence at 410-751-1685.

Saturday, March 30

Oyster & Pit Beef Feed sponsored by the Taneytown Rod and Gun Club 1pm-4pm. Menu includes raw, fried, steamed, stewed oysters, pit beef, baked beans, sharp cheese, cole slaw, hot dogs and sauerkraut, veggie trays, beer and sodas. \$20.00 per person. For tickets call 410-751-1685, 410-756-6037, or 410-756-6970. Tickets much be purchased in advance.

Saturday, April 6

The Catoctin High School Band Boosters will hold a Baskets & Bears Bingo at the Thurmont American Legion, with filled baskets and a well known collectible bear. Doors open at 5:30pm; Bingo begins at 7pm. Tickets \$15 in advance, \$20 at the door. Food and beverages available. Proceeds will benefit the music programs at CHS. For information, tickets, etc. call Candy at 301-271-2962, or Sue at 301-447-6891.

> By working faithfully eight hours a day, you may eventually get to be a boss and work twelve hours a day.

> > —Robert Frost

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Congratulations to these new parents

Ann and Matthew Stephenson, Emmitsburg, a daughter, Feb. 2 Jessica Dewees and Brentanon Wolfe, Emmitsburg, a daughter, Feb. 3 Kathie and John Larrivee, Emmitsburg, a daughter, Feb. 10 Abby Fletcher and Terry Rheubottom, Emmitsburg, a son, Feb. 13 Mr. & Mrs. Jeffrey (Bobbi J. Delphey) Barber, Emmitsburg, a son, Thursday, February 24

Classified Ads

Wanted: 2-10 acre building lot in Thurmont or Emmitsburg area. Please call 301-845-1205.

For Sale: Accepting bids on a 1990 Chev. Mini-Dump C3500, 1. ton, 4x2, 45000 miles, salt spreader incl, hyd. bed lift & spreader. The Town Office of Emmitsburg will be accepting bids until 3/29/02. We reserve the right to accept or deny any or all bids. Call 301-447-2313 to inspect truck. Send bids to Attn: Dave Haller, Town of Emmitsburg, PO Box 990 Emmitsburg, MD

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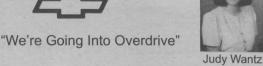
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