# The Emmit Dispatch

Vol IX, No.13

news and opinion in the service of truth

January 2003



Pictured are Elizabeth (Betty) Lucier (left) one of the Catoctin Pregnancy Center founders and Melanie Turner its current director.

## **Pregnancy Center reaches** milestone of service

It's one thing to advise a woman not to have an abortion, another to offer her every kind of support if she delivers the baby. Emmitsburg's Catoctin Pregnancy Center (CPC) does both as it gives personal, confidential service to women experiencing unplanned pregnancies. Inspired by the ethics of the Right-To-Life movement, the all-volunteer charitable service agency is now approaching its 10th anniversary.

One day in 1993, Betty Lucier asked her pastor at St. Joseph's Catholic Church in Emmitsburg about establishing a pregnancy center. She is a nurse and had known a woman who experienced a crisis pregnancy and had an abortion with negative effects on the

mother. About the same time another parishioner, Mary Lynn Ziegler, independently made a similar suggestion to the pastor, Rev. Alfred Pehrsson, C.M. She was a pregnancy counselor at the Auburn Center in Baltimore.

Fr. Pehrsson told them to mention the matter to the parish's Pro-Life committee, but said such a center should be non-denominational and they should discuss it with the Emmitsburg Council of Churches (COC). Lucier was a member and went to a Council meeting to present the matter. At that meeting without knowing what Lucier was going to suggest — Rev. Rev. Larry Eby, then pastor at Trinity United Methodist Church, recommended the establishment of a pregnancy center. The Council approved but could not offer financial support.

Rev. Eby then allowed Betty Lucier to present the idea to the members of his own church. Trinity United Methodist offered to let the Center begin and operate, for 3 months, in its Sunday school room, until the new pregnancy center could find more suitable quarters. The new Center began meeting with clients there several days

In time Betty and Mary Lynn were joined by Chris Porter and Tammy Wivell. Later, a former photojournalist, MelanieTurner, came on board; she has now headed the Center for 6 years. Attorney Don Geiger did much legal work for the Catoctin Pregnancy Center and helped it incorporate as a non-profit charity in 1993. Their shared

faith grounded their belief that if a ture, bassinets, cribs, strollers, potty pregnant woman could be confident of support - medical, financial, legal, and social - she would choose to have her child.

Mary Lynn arranged for the Auburn Center to train counselors in pregnancy center work, at St. Joseph's parish hall. The nondenominational Auburn Center operates pregnancy centers in greater Baltimore and Taneytown. Emmitsburg's CPC shares a hotline with it, and also networks with local social service agencies but avoids duplicating what

Emmitsburg's CPC counsels women in "abortion reconciliation," helping to ease their emotional pain and acknowledge their loss. Counselors are available also to reach out to women grieving the loss of children because of miscarriages, stillbirths, and sudden infant death syndrome (SIDS).

Clients are referred to the Pregnancy Center by a various agencies and individuals — churches and pastors, County health and social service agencies, counselors at Safe Harbor, school counselors and nurses, the Seton Center and the Mission of Mercy. Often clients are self-referred, having learned about the center by word-of-mouth. And, Betty Lucier, emphasized, "They are not just unmarried young girls." She stressed the importance of emotional support for the mother and family. "Listening to what they need."

Melanie Turner reports that the Center has recently assisted its 500th client. Its caseload has expanded to approximately 100 families in the last year. "We offer support beyond when the baby is born; we see families grow-

The CPC's provides free financial counseling, material aid, and emotional support, free because of generous donations from the Emmitsburg community from individuals, churches, V.F.W. Post 6658, the Lions Club, and other organizations. Mt. St. Mary's students take gift suggestions off a "giving tree" each Christmas and buy infant goods for the Center. The Center also sponsors an annual spaghetti dinner. St. Joseph's church donates the use of its hall, and area businesses and restaurants give food and other items for the meal. Those who attend are encouraged to bring a baby shower gift in addition to paying for their dinner. The next all-you-can-eat fundraiser is scheduled for Jan. 18, 2003.

The Catoctin Pregnancy Center has a continuing need for used baby furnichairs, high chairs, boosters, swings, diapers, toys, formula especially Enfamil, and baby clothing up to size 5; especially jackets. It does not accept walkers or car seats.

The Center's staff includes 18 counselors and substitute counselors all volunteers. They knit, crochet, and sew; they help with the newsletter, "Heartbeat," and with correspondence. and, recently, with the opening of the. Center's new premises at 502 East Main Street.

This facility is considerably larger than the CPC's former locations and has room to expand. Members have renovated space into a comfortable reception area, offices, and a large room filled with racks of donated children's necessities where clients can select items they need. These more spacious accommodations will allow CPC to offer more programs, such as outreach to the area's growing Hispanic population. Persons fluent in Spanish have already offered their time as volunteer interpreters.

-Continued on page 2



On cold and snowy days early in the 1800s, St. Elizabeth Ann Seton surely gathered her pupils around for warmth and personalized instruction at the Stone House, still standing in Emmitsburg. There, on Dec. 14, Mother Seton (a.k.a. Sr. Mary Catherine Conway, DC) gives a pointer to Reagan Hamrick while Kelsey Crouse sews and Abigail McCarthy (left) stands occupied with her own task and Sarah Swope look on. Kim Hamrick and Pat Swope took photos for The **Emmitsburg Dispatch.** 

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#### LETTERS TO THE EDITOR

The Emmitsburg Dispatch encourages its readers to express their thoughts and opinions about issues that appear in this publication or affect the community. Letters must be exclusive to the Dispatch and should be no longer than 300 words in length. They must be signed and include the writer's address and phone number to be used for verification. The Dispatch reserves the right to edit for content and space. Deadline for letters is the 15th of each month.

### Thanks to Karen's friends

The family of Karen (Kittinger) Ridenour would like to thank all the wonderful folks for their thoughts, prayers, visits, phone calls, cards, gifts, fundraisers and many other things that have helped us in the past six months since Karen was diagnosed with Leukemia. None of us can begin to imagine how fast your world can turn upside down - "in a matter of seconds".

We all assume that everyone is so busy and wrapped up in their own lives that no one has time any more, but, believe me, that is not true. We never knew there are so many folks who care to go with her or prayers of all of y will be well soon. every one of you!

The family of Karen (Kittinger) so very much - your real friends are enour would like to thank all the always there for you.

With the Christmas season just past, we all need to focus on our loved ones and friends even more because we do not know what the next minutes, hours, days will bring. Our family has really discovered the true meaning of Christmas this year.

Karen is doing well, still has a way to go with her chemo, but with the prayers of all of you and our faith, she will be well soon. God Bless each and every one of you!

—Jim & Polly Kittinger



Here are suggestions that were figuratively nailed to the door of the Mayor and Council for them to discuss at the agenda meeting Dec. 23. [The author sent them to Mayor Hoover who commented on each item without expecting his reply to be published anywhere, so we will not do so here.]

1. Ban all parking from 12 to 6 a.m. at town parking meters.

2. Ban all free-standing cell phone towers in the town limits.

3. Make all new houses have fire sprinklers, give tax incentives to retr fit existing homes.

4. Ban all advertising and lighted signs on soda machines in Emmitsburg.

5. Update the ordinance on the use of yews, Bradford pears, leaves, on tree roosting birds' doo doo, and trees used for screens.

6. Address the issue of "light pollution"; floodlighting spilling out from businesses onto the highway and homes.

7. Ban pigeon roosts. Send for the bounty hunter again. It's been 5 years since he captured the pigeons. Not to be funny, but I don't think the pigeons will read signs.

8. Each month report the Enterprise Fund as a separate entity from the general fund. The treasurer's report should not lump all income and outgo in one fund. There is no way for taxpayers to know if property tax

money is used to pay salaries of sewer and water department or that sewer and water fees are used to pay for secretaries or clerks.

9. Print out for taxpayer inspection a copy of all bills paid in the previous month as part of the financial report to the citizens of the town.

10. Modify the town's non-exclusive cable franchise with Adelphia to also franchise Direct TV and Dish network. There are possible franchise fees from Dish and Direct TV.

11. Consider what the Town will do for: Centennial in 2006 of the Emmitsburg Branch Library as the oldest continuously operating library in Frederick County. Bicentennial in 2008 of founding of Mt. St. Mary's Bicentennial 2010 of Mother Seton School

12. About Town office move to community center, tell citizens whether the Town will pay for its own electric and heat bill, and whether the building can be fitted with an energy-saving roof to cut energy use by 80 percent?

13. Have the present Town office historically restored again as Emmitsburg Water Company, including a visitors center, police office, code enforcer office, center for paying taxes, fees, and fines.

—Dave Martin Emmitsburg

#### Pregnancy Center\_

—Continued from page 1

About Emmitsburg's Catoctin Pregnancy Center, Melanie Turner says, simply, "Our arms are open to women and their families who need their help."

Information: 301-447-3391; this is also a hotline answered 24/7.

— Staff writer Susan Allen contributed to this report



Jim and Bob Hance present checks for \$1,400 to James Jesudas and Peg Whyte of Up-County Family Center. The annual JoAnn Hance Memorial Golf tournament and the Carriage House Sunday Brunch generated the funds.

# Emmitsburg Library to give bike for poster about a book

Do you like to read? Are you between 6 and 12 years of age? Design a poster advertising your favorite story and you could be the lucky winner of a Huffy Coaster Brake Bicycle. Rules:

Participants must be between 6 and 12 years of age

Submit an 81/2 x 11 poster about your favorite book or story (including author and title of story). Please include your name on the back of the poster. In exchange for the poster, you will receive a raffle ticket for entry into contest

Only one entry per person

Deadline for your poster is 5 p.m. Friday, Jan. 31.

A drawing will be held Monday, February 3rd

The posters will be displayed throughout February. Information: 301-447-2682

#### Take Note

## **Cub Scouts**

Trinity United Methodist Church (UMC) is now the Charter Organization for Cub Scout Pack 727 of Emmitsburg. "The Methodist Church has enjoyed a long history of supporting scouting through the years," says Rev. Wade Martin, Pastor."





Benefit: "Tribute To A Friend" College Scholarship Fund

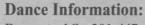
Mount Saint Mary's College Emmitsburg, Md.

# Featuring "Big Cam & The Lifters"

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# **Group-owned farms** for Emmitsburg?

While doing my usual rooting around the internet, I stumbled upon people involved with CSA farms (Community Sustainable Agriculture). Knowing a few people with land that isn't producing much of an income, I thought a closer look was in order. It seems someone may have found a way for the family farm to survive the encroachment of developers. The way is tough though and needs local support,

hence "Community" Sustainable Agriculture.

In a nutshell, a group of consumers meet with a farmer/landowner, to decide the costs of running a farm to produce crops for the group. Crops are selected, a membership fee is determined, whether cash or hands-on effort, and the farming begins. The farmer/landowner gets paid up front, guaranteeing his expenses for the year.

While this seems like a win-win for the farmer, he has to provide a suitable harvest for the membership or the CSA falls apart. The membership has a cash

Sustainable stake in the farm's success so members are more likely to show up to help with the farming. A bad year does not punish the farmer/landowner alone. The members are more likely to show up to help with the farming. A bad year does not punish the farmer/landowner alone. The members share everything.

While there are CSAs farms in Maryland, I've been invited to observe one in Pennsylvania that is having some success. Last year they fed member families as far away as Baltimore and DC, plus gave food to soup kitchens and raised money through a festival they hold each spring. I've been told 7,000 people visited the festival this year at \$10 a head. Not bad for a family farm. The

secret to their success has been a handful of dedicated members who will not allow the effort to fail.

With the current debate over local farm land being brought under Emmitsburg's charter, it might be a wise move for Townies (desiring to keep Emmitsburg as it is) to seriously look into CSA farming. Local farmers/landowners need options besides selling to developers. Community Sustainable Agriculture is such an option.

Jack Deatherage, Jr.
 Dispatch writer



Robert F. Gauss & Assoc.

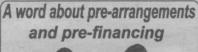
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#### EDITORIAL

## **Telemarketers steal** what is most precious

The telephone rings. You stop what you're doing, race to the telephone, and hear a sales pitch by someone you don't know, or you hear a click. Did the call consume your time and energy? Yes. Did the call make you miss a key scene in a TV show? Destroy the mood of a conversation or a piece of music? Result in accidents, like a spilled drink? If you think telemarketing calls don't harm you, answer this: Did you ask for the calls? No. Do you want to receive them? No, they come against your will.

Now, what does someone do who takes something - against your will that belongs to you? Telemarketers call what they do is an exercise of free speech. Our grade school children, we hope, would call it what it is: stealing. And what telemarketers steal could not be more precious; they steal your time, they steal a portion of your life.

The head of the Federal Trade Commission is not that smart. The U.S. already has laws against theft. But last month he proposes to establish a list of people who don't want to be assaulted

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by telemarketers - nearly everybody who has a life. He wants the zilliondollar program to be paid for by you taxpaying victims, not by the telemarketing thieves!

All you would have to do is spend more time and effort to get your names on the list. Then, (can you believe this?) all those innocent telemarketers will adjust their random, computerized buckshot calls to miss you. Those are the ones that click you off if you can't get out of the shower and to the phone in time. Those patriotic free-speaking telemarketers will instruct their \$200per-month tele-clerks in Bangalore, India, (the 1-800 capital of the world) to refrain from calling you. Oh, yes.

Will someone please inform the FTC chairman that telemarketers prevent their numbers from being displayed, that victims must spend more time to learn who the callers are, still more time and effort to report these life-stealing calls, and that victims of crimes like these rarely report them, anyway? Tell him. The tele-thieves already know it.



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World-wide military spending rises steeply, led by U.S.

In 2001 the amount of money spent by the nations of the world totaled about \$839 billion. Despite accelerating world poverty, epidemic diseases (AIDS alone affects over 40 million people in Africa), drought, and other natural catastrophes, the world's military expenditures equaled \$134 times the number of every human being on earth. One billion dollars is 1,000 million dollars.

The U.S. far outstripped other nations. It accounted for 36 percent of the total military expenditures of the entire world. Russia was a distant second; it spent only 6 percent of the total.

Third world countries spent very much less, but in the Middle East and Africa, military costs in some countries are high in relation to the size of the economy.

The United States also led the world as the largest exporter of military weapons from 1997 to 2001 when Russia moved ahead. Other main exporters were France, the United Kingdom, and Germany.

Who were the recipients? China imported the most in 2001. The other top 4 arms importers were Taiwan, Saudi Arabia, Turkey and India. In 2001 dramatic increases over previous years in arms imports were reported by China (44 percent) and India (50 per-

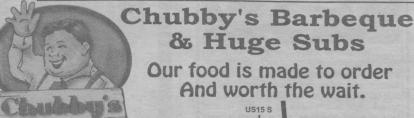
The U.S. and other world powers say they're worried about terrorism and internal conflicts. But they are responsible for 80 percent of all new weapons reaching the developing world according to an international human rights organization. It reports that armed groups such as al-Qaida and countries such as Pakistan, India, Israel and Zimbabwe have acquired huge arsenals that can be traced back to the wealthiest nations. Britain exports weapons worth \$1.5 billion to developing coun-

In its latest annual report Britain's Foreign Office revealed that in 2000 the United Kingdom had sold arms worth \$7.9 billion. The weapons went to nearly 130 countries, some of them at war or tainted by poor human-rights

Now developing countries want a share of the lucrative arms trade. India aims to increase its arms sales tenfold, according to Stratfor, a geopolitical analysis firm. In July 2001 the United Nations held a conference on the illicit trade in small arms. A top official estimated there are at least 639 million small arms in the world today, many of which fuel, intensify and contribute to the prolongation of conflicts. In the 1990s it is estimated that 4 million people died because of wars — 90 percent were civilians and 80 percent of those were women and children — mostly victims of small arms and light

Earlier last year the United States and Russia agreed on a treaty that would cut their nuclear weapons by up to two-thirds. Each side has between 5,000 and 6,000 warheads. The pact, however, contains no requirement to destroy warheads that are taken out of service. The accord expires in 10 years, but it allows either side to pull out with 90 days' notice. In January of 2002, President Bush proposed a \$48 billion increase in defense spending to fight the war on terror, including money to buy precision weapons, missile defenses, and hi-tech equipment. In March 2002 the administration submitted a 2002 emergency supplemental request to Congress. Among its several controversial requests was one to give the Pentagon unprecedented freedom regarding spending decisions and distribution of foreign aid. The bill passed.

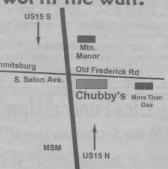
> -Staff writer Michele Cuseo contributed to this report.



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#### **TOWN NEWS**

# A word from the Mayor Upcoming projects

Over the past several months the town has been working on several projects for the up coming year.

This month (January 2003) the town expects the new water treatment plant to be on line. It was scheduled to be on line over a year ago, but after many unforeseen problems, the town, the town's engineering firm and the plant contractor had to consider several change orders to the original project.

Early this fall we will see a new bathroom built in Community Park. It is planned to be a single stall unisex bathroom located near the pavilion. This restroom is being planned with a timed door lock so that it will be open during the day for the convenience of the residents. The time lock will be a trial effort; if the restroom becomes a victim of vandalism, it will be locked and open through reservations only.

This spring Mt. View Road resi-

dents will see the main water line that provides service to their homes replaced. This is a joint project between the Town and the residents. Because these residents do not live within the Town limits and therefore they do not pay town taxes, the town and the residents agreed each will pay half of the cost of the total project, less any grant money.

In the up coming years, the Town will see several other projects unfold that are already in the planning and designing stages. These projects are as follows:

A. Well number 7, testing will continue to determine what treatment is needed. After the treatment planned is determined by our consultant, the town will acquire a cost estimate to provide the proper facility and equipment. The Town plans to put this well on line as soon as possible.

B. All purpose field, the town has already hired Fox & Associates to prepare engineering plans to establish this field. Due to the amount of excavation involved and the amount of time needed for the field to establish a solid grass field, it may not be ready before the 2005 playing season.

C. Relocation of the Town Office, as most of you are aware, the Town has an agreement with the county to lease the third floor of the Community Center. The Town will relocate to the new location as soon as the renovation is completed. The county expects the renovation to be completed in the summer/fall of 2004.

Other projects, such as more street paving, concerts in the Park, and summer youth programs are also planned in the upcoming year and expected to be provided to the community each year.

> — Jim Hoover Mayor of Emmitsburg

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## A word from a commissioner The Killer Among Us: Heroin

As the town of Emmitsburg struggles with such important issues as water resources, traffic, new development and other matters, a killer lurks among us. On Dec. 12, the House Committee on Government Reform held a hearing on international drug trafficking. The focus was on the U.S. war on drugs and how it affects our nation and our local communities.

At the Nov. 4 meeting of the Emmitsburg Town Council, the Mayor and commissioners were advised that several minors were recently

arrested in Emmitsburg for possession of illegal drugs. Those arrested were very young and had in their possession one of the world's most addictive and deadly drugs—heroin. The news hit like a sledgehammer.

It used to be that teenagers would sneak a drink or smoke an occasional cigarette for kicks. But not any more. According to the Howard

County undercover narcotics officer who testified at the Congressional hearing, heroin is now easier and cheaper to obtain than a beer or a

cigarette. With a cost of as little as \$4 per dose, and a purity of 93 percent, heroin is now the drug of choice for our young people

Heroin is a lifelong addiction. Addicts think of nothing or no one else but getting their next fix. With habits which could run into the hundreds of dollars per day, heroin users often resort to a life of crime which includes theft, drug dealing and prostitution. Crime rates in

communities where heroin is dealt are among the highest nationwide. With purity levels increasing, the number of heroin overdoses will also increase, resulting in many more deaths and broken families. Heroin is a killer which now lurks among us. We must work together to prevent this killer from destroying our community.

Emmitsburg is a new battlefield in the war on drugs. While law enforcement efforts are a weapon in this war, we also need to address the

needs of those who may succumb to the seductive call of heroin. I propose that we, as a community, organize a permanent campaign to keep our kids off drugs. I plan to solicit the help of our law enforcement community, local schools and churches, and other organizations which could support us in our effort to make drugs unwelcome in Emmitsburg. To be successful, we all have to work together. I ask that all community organizations pitch in and help this campaign. Please call me with any suggestions or offers of help on this important project.

—Ted Brennan

Emmitsburg Town Commissioner

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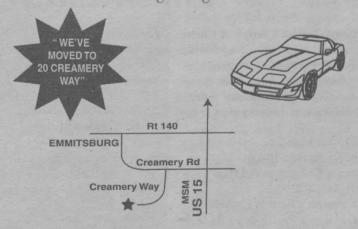


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His Place, Inc. and the Kuhn family are proud to endorse the EMMITSBURG ENDOWMENT FUND and encourages community participation in this fund which provides scholarships and local youth activities. Emmitsburg Endowment is operated by the Community Foundation of Frederick County, Inc. For more information cell Billy Kuhn at 30 1/447-2800

MONDAY - FRIDAY 8:00 A.M. - 5 P.M. 20 GREAMERY WAY, EMMITSBURG, MARYLAND

#### RELIGION

A word from the pulpit

## **Founding Fathers sought** freedom for, not from, religion

Rev. Walter Menig, C.M. Chaplain, Villa St. Michael

Much harm is being done to our country by a misguided interpretation of our Constitution's First Amendment clause pertaining to religious freedom. However, America was founded by devout people who wanted religion to be an integral part of American public life. Some historical facts give us an insight into the views of our Founding Fathers.

As far back as 1606, the First Charter of Virginia said that the Virginia Company "should give glory to Almighty God and promote the Christian faith. The famous Mayflower Contract (1620) was actually the first written Constitution of America and declared, "In the name of God. Amen. Having undertaken for the glory of God and advancement of the Christian faith..." In the same year the New England Charter was drawn up "to advance the enlargement of Christian religion to the glory of God Almighty...." The Carolina Charter (1622) acknowledged that the settlement was constituted for "the propagation of the Christian faith.'

In 1638 the Fundamental Orders of Connecticut were drawn up "to maintain and preserve the liberty and purity of the gospel of Our Lord Jesus which we now profess." Later the Constitution of the New England Confederation (1643) said, "Whereas we all came into these parts of America with one and the same end in view, namely to advance the kingdom of our Lord Jesus Christ and to enjoy the liberty of the gospel in purity with peace....'

Our Continental Congress (1775) officially called all citizens to fast and pray and confess their sins so that God might bless them. Moreover, the Declaration of Independence (1776) made 4 specific references to the dependence of this new nation on God. It is to be noted that George Washington, after signing the Declaration, issued an order placing a chaplain in each regiment. In his Thanksgiving proclamation (1789) he wrote, "Whereas it is the duty of all nations to acknowledge the Providence of God, to obey his will, to be grateful for his benefits and to humbly implore his protection, aid and favors...." All succeeding presidents could also be quoted in the

Abraham Lincoln in his familiar Gettysburg address (1863) concluded that "under God this nation shall have a new birth of freedom..." In the very same year his Secretary of the Treasury, Salmon P. Chase, instructed the U.S. Mint to inscribe "In God we trust" on all coins

All 50 states have in their constitutions a declaration of faith affirming dependence on Almighty God. On the Jefferson Memorial are inscribed his words, "Can the liberties of a nation be secure when we have removed a conviction that these liberties are gifts of God?" Finally, in our pledge of allegiance the expression "under God" was added and adopted by the U.S. Congress June 14, 1954.

Clearly our Founding Fathers intended the First Amendment not to safeguard society or the state from religion, but rather to preserve and protect religious freedom from encroachments by the state. They rightly believed that a society's public morality depends on a religious foundation; that the beneficial influence of religion is indispensable for the survival of this nation. Consequently, they wanted government to preserve, protect and foster religion.

A First Amendment scholar, 0. Carroll Arnold, wrote, "One would never dream of asserting that the government is neutral toward freedom of

speech or of the press — and it is (or at leased it should be) equally non-neutral toward religion and religious freedom."

All these facts show that there should be no squabble about displaying the Ten Commandments on public land in nearby Frederick or in any other place. That is not "establishing a religion." It seems to me that the same thing applies to displaying Nativity scenes at this time of the year, always respecting the rights of those who differ with us. Neither should there be any hesitancy about aiding parents by school vouchers if they wish to have their children educated in schools of their choice. The primary right to educate belongs to parents, not the state. We hope this nation and our people will return to our religious heritage which deeply influenced the minds and writings of our Founding Fathers.

## I did not go to Bethlehem

I did not go to Bethlehem on Christmas Eve but I saw the stable and the manger and the straw. I saw Joseph and Mary, who were a few years vounger than the 14-year-old girl who gave birth to Jesus. And there were 18 angels in St. Joseph's Catholic Church then, properly gowned and winged. They stood on the steps in front of an altar luxuriant with bright red poinsettias. Green trees speckled with red lights stood like sentinels on either side. The music stirred memories of the miracle that had happened. A boy and a girl stood on stools at the pulpit to narrate the story in the Gospel.

To show how it was, 3 shepherds in shepherd's garb came down the center aisle, with several white sheep, one sucking her middle finger. Mary held a real and very placid baby in her arms, and Three Wise Men came forward,

each with a different gift for the child. Near the end, even St. Nicholas, correctly identified by the pastor came to pray at the crèche.

One by one the events unfolded as described in the Gospel. The singing worshippers who filled the pews and overflowed along the walls sang hymns, as on that first, wondrous

When the miracle pageant was complete, everyone sang Happy Birthday to Jesus. The shepherds and angels and wise men, unexpectedly added a poignant message. They sang the birthday song also in sign language; it seemed like a silent lament that the Word of God keeps going out to deaf hearts.

> — Bill Steo Editor, The Emmitsburg Dispatch

## Emmitsburg Area Churches

**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

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

St. Joseph's Roman Catholic

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

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

Pastor: Rev. William O'Brien, C.M. 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: Rev. James W. Hannon

**Trinity United Methodist Church** 

Trinity United Methodist Church was founded in 1833. The present sanc-Weekly services: Monday - 7:30 tuary was built in 1807. Trinity has been

p.m.(with the Miraculous Medal a religious presence in Emmitsburg for 168 years.

313 West Main St.

Services 9:00 a.m. Sunday School, 10 a.m.

Pastor: Rev. Wade A. Martin

**Emmitsburg Presbyterian** 

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: Rev. R. Benjamin Jones **Tom's Creek United Methodist** 10926 Simmons Road

Sunday Services at 8:15 and 10:30 Pastor: Rev. Bill Warehime 301-447-2693

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 worship today.

100 West North Avenue Sunday School, 9 a.m. Worship Service (Holy Communion) 10:30 a.m. Interim Pastor: David. S. Knodel 301-447-6239

#### **OBITUARIES**

Ms. Theresa Mackley

Ms Theresa Mackley, 56, died Sunday, Dec. 22, at Community General Hospital, Harrisburg, PA.

Born in Gettysburg, PA, she worked as a manager and teller for many years. She was a member of St. Joseph's Roman Catholic Church, Emmitsburg. She is survived by a brother, James R. Kelly, and a sister, Ann Marie Green. She also will be remembered by her companion, George Neikens of Harrisburg. Funeral services were scheduled at the Skiles funeral home, with the Rev. William O'Brien officiating. Interment was in the new St. Joseph's Cemetery, Emmitsburg.

#### Sister Aubrey Query, DC

Sister Aubrey Query, DC, 97, died Monday, November 18, at Villa St. Michael in Emmitsburg. Born in Portsmouth, VA, one of 16 children, she was the last of her immediate family to die.

Sister Aubrey entered the Daughters of Charity in 1927 and pronounced her vows in 1932. She completed her undergraduate studies at St. Joseph College in Emmitsburg. She taught elementary grades, served as a child care worker, and as a superintendent of maintenance and housekeeping.

Sister came to Emmitsburg in 1984 and worked in the Seton Shrine gift shop. After 71 years in active

duty, she retired to Villa St. Michael. A Mass of Christian burial for was offered for her at the Basilica of the National Shrine of St. Elizabeth Ann Seton in Emmitsburg.

## Sister Mary Bernard Pensivy,

Sister Mary Bernard Pensivy, 89, died Friday, Dec. 20, after a lengthy illness at Villa St. Michael, Emmitsburg. Born in Lenox Dale, MA, the former Josephine Isabel Pensivy was attending St. Mary's School of Nursing in Brooklyn, NY, when she joined the Daughters of Charity. She finished her nursing courses and remained a member of the Order for 68 years.

Sister Pensivy worked as a nurse for 52 years, in pediatrics and at various hospitals. In 1987 she was assigned to Villa St. Michael as sacristan. She retired there in 1998. A Mass of Christian burial was celebrated for her at the Basilica of the National Shrine of St. Elizabeth Ann Seton, Emmitsburg.

#### Mr. Eric Pickert

Mr. Eric Dagan Pickert, 23, of Old Kiln Road, Emmitsburg, died suddenly Thursday, Dec. 5.

Born in Baltimore he was a son of Dr. Steven and Dolores Pickert of Emmitsburg.

Mr. Pickert was a student at

Gettysburg College, Gettysburg, PA., and a member of the Washington Figure Skating Club. His survivors Beth include his parents are one brother, Frederick, officiated at funeral serv-Aaron Pickert. He will also be remembered by his significant other, Amanda Cardillo of Newark, DE.

There will be no calling at the Frederick.

funeral home.

Rabbi Morris A. Kosman, of the Shalom Congregation, ices at Keeney and Basford Funeral Home in Frederick. Interment was in Resthaven Memorial Gardens.

### Former Mount prof remembers best friend, Frank Hoban

By William Lawbaugh, Ph.D. Special to The Emmitsburg Dispatch

Frank Hoban, a prominent citizen of the Emmitsburg area, died suddenly at his home on Harney Road on Dec. 5, following outpatient sinus surgery the day before. He was 67. Frank had served on the board of Mother Seton School and on a community advisory group to Mount St. Mary's College. He was an active contributor to various civic, social and church groups in Emmitsburg and Taneytown. He was active in the local Catholic high school before it closed. Although he had retired from NASA almost a decade ago, he continued to serve the agency and the aerospace community through George Mason University where he served as adjunct professor and senior fellow in the School of

He published a book in 1996 about his experiences with the Low Cost Systems Office at NASA called Where Do You Go After You've Been to the With Dr. William M. Lawbaugh of Mount St. Mary's and

Dr. Edward Hoffman, his successor at NASA. Just before his death he published a second book on Spaceports. Both books were highly acclaimed and well received by the aerospace community world wide. With Lawbaugh, he compiled 2 NASA special publications: "Readings in Program Control" and "Readings in Systems Engineering." Three years ago, Frank Hoban launched the NASA/GMU Continuing Career Program (CCP) which takes up to 10 retirees and gives them meaningful, productive work while their expertise is still viable. Spaceports is the result of one CCP effort. Others include papers on "NASA's Workhorse" (the Delta rocket program of the 1970s) and "Hush Kits," NASA's solution to airport noise in the 1970s. Most recently, Frank spent most of his time building up the NASA Engineering Training program, which he started in the 1970s. NASA had asked him to create a training program after the Challenger accident. He obliged, stressing lessons learned from the past and shared experiences of standout NASA project managers and engineers. Born in Minersville, PA., he went to school at Parks College of Aeronautics near St. Louis where he met his wife, Mary Louise, at nearby Fontbonne College. Parks was and still is part of St. Louis University. He worked at an airport near William & Mary College in Virginia where he picked up his MBA degree. He then came to NASA Headquarters in Washington to work for the late George Low, Deputy Administrator, and to work with the legendary Wernher von Braun. Keith Cowing, editor of NASA Watch and a collaborator on Spaceports, said this about Frank Hoban: "He was one of the most engaging, witty, and knowledgeable folks NASA's family ever produced. Frank would often tell me some of the most amazing stories - ones which stretched all the way back to NASA's earliest days. In recent years he was almost obsessed with capturing NASA talent as people walked out the door at NASA (via buyouts or retirement) and bringing this expertise back to NASA on an as-needed basis. He will be missed."



#### **EDUCATION**

## Mount St. Mary's News

By S.L. Day Campus correspondent

Four overdose on alcohol at Mo-

Mount St. Mary's was all over the local and regional news media after the college's annual Christmas dance on Dec. 7

Three underage female students overdosed on alcohol and an underage female guest also consumed too much, resulting in trips to Gettysburg Hospital and Frederick Memorial Hospital. All 4 made recoveries.

School officials said disciplinary action would not be taken against the students. Instead, one official said, the matter will be treated as a health issue.

Several years ago the Mount was ranked as one of the top party schools in the nation. Many students said the weekend's activities were nothing unusual, especially for the annual Christmas dance.

#### Student television being revived

Two students who are upset with the administration's decision to axe plans for a television studio in the new McGowan Center are taking matters into their own hands.

Seniors Alison Boyd and Sarah Murphy have signed up for an independent study program with a Mount professor and said they plan to create a television show to be broadcast on the Mount's channel, 17.

They also said their show will be used to promote campus activities and Student Government Association sponsored events.

With the absence of adequate filming and set equipment on campus, the pair will travel to Frederick Community College to film the show.

The plans for a television studio in McGowan Center were tossed out despite the rise of the rhetoric and communications major as one of the top areas of intended study for incoming freshman. A computer graphics lab will be installed instead.

#### New president named at MSM

After one of three presidential finalists withdrew from the selection process, the Mount Saint Mary's board of trustees chose a new college president last month.

Dr. Thomas H. Powell was selected to be the 24th president of Mount St. Mary's on Dec. 10. He is currently president of Glenville State College in Glenville, W.Va., where he has been

Dr. Powell, 49, is scheduled to begin his term in July 2003, following the retirement of the Mount's current president, George R. Houston, Jr., who announced this past March that he had decided to retire.

The other finalist competing against Dr. Powell for the president's position was Dr. John B. Oblak, who is president of Notre Dame de Namur University in



Dr. Thomas H. Powell New president of Mount St. Mary's

Belmont, Ca.

A third finalist, Dr. Joseph G. Burke, withdrew from the selection process just days before he was scheduled to visit campus. Dr. Burke, who is president of Keuka College in Keuka Park, New York, said that the timing was not right.

Mount Theatre performs Laramie Project

Several Mount theatre majors and minors performed in this fall's production of The Laramie Project.

The play is based on the events lead-

ing up to and following the brutal 1998 murder of Matthew Shepard, a gay freshman at the University of Wyoming.

It was constructed after more than 100 interviews with people living in the area where the murder took place, as well as with people who knew the victim and the alleged perpetrators.

Moises Kaufman and the Techtonic Theatre Project originally created the

Shepard was allegedly targeted because he was gay, and the case and ensuing murder trials spearheaded much of the news at the time.

## Mount receives nearly \$2 million for theological study of vocation

By William Steo Editor

The Lilly Endowment, Inc., has given Mt. St. Mary's College a 5-year grant of \$1,999,191 for a theological exploration of vocation, understood as a "call to serve" in every sphere of life, not only in the church. The College will use the funds to enhance current programs and develop new ones. The Endowment made grants totaling \$80 for this purpose to 38 other colleges and universities as well. More than 300

institutions submitted proposals.

The Mount's grant proposal included: vocation workshops, student opportunities to learn service, vocation study through lecture series, campus retreats, and service volunteer fairs; and programs and scholarships for students seeking certification in lay ministry.

The grant "gives the Mount an opportunity to fulfill its mission more completely," said Carol L. Hinds, Ph.D., college vice president and provost.

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#### Web for students

### On history, and help with homework

Our reporter has found two other good web sites for students. If you have found a site helpful to you, please send the web address to her in an email and she'll check it out for us. Send it to: editor@emmitsburg.com.

History. What happened in the past helps shape our future. History is an essential part of education, but it is hard to find out what really happened and get all your facts in one place. At http://history.about.com/ you can find timelines, maps, photos and information about famous people and important events from the 20th Century, ancient history, and classical history.

Also highlighted on this site are history about women, Europe, African-Americans, and the Middle Ages. Every day, a different picture is chosen as "picture of the day," and there's a "today in history" section. It even has interviews and eyewitness accounts.

The only problem is that it's a big site with a lot of information. So finding exactly what you're looking for might take a little searching. Overall, even if you aren't doing a research paper, or a project, The History Net at About.com is, as the site's slogan says, "Where history comes alive on the web." Final Grade: A

Homework. When you get stuck on homework, and your parents can't help you, where can you go to get some instant help? http://homeworkspot.com/ It's a site that has help for elementary, middle, and high school students. It covers every major subject, and within each main topic, lie many more specific sub-topics. High school students can chose from English, fine arts, foreign languages, math, science, social studies, and technology. There's even a college prep section. Not only are there reference sections for different subjects, there's also a current events section and an "ask an expert" section. The web site offers tips on note-taking, test-taking and library research. Overall, the site is extensive and packed with information, but useful if you're looking for some homework help. Final Grade: A

—Nicole Georgoff Staff writer

## January at the Library

**Regular Storytimes** 

Two Terrific! (age 2 with an adult) Tuesdays, Jan. 7, 14, and 21 at 10:30 a.m. Preschool Storytime (ages 3-5 with an adult) Wednesdays at 7:00 p.m. and Thursdays at 10:30 a.m. Babies with Books (birth- 24 months) Tuesday, Jan. 28 at 10:30 a.m. For Teens (6th grade and up) Poetry Night- share a favorite poem, be it original or borrowed. Wednesday, Jan. 15 at 6:30 p.m. Registration requested.\*

**Special Programs** 

"Snow" Kidding Around (all ages with a parent) a variety of snow themed activities. Saturday, Jan. 11 at 10:30 a.m. Registration requested.\*Family Entertainment BTV (BTV= Before TV)

(family) old-fashioned games of skill, and creative song and dance led by local musician and teacher, Anna McCulloch. Saturday, Jan. 18 at 10:30 a.m.\*

**Book Discussion Groups** 

Evening Club: 2nd Tuesdays, Jan. 14 at 7:30 p.m. Selection: Red Tent by Anita Diamant Friday Club: 2nd Fridays, Jan. 17 at 1:00 p.m. Selection: Big Stone Gap by Adrianna Trigiani. Programs are held at the Emmitsburg Library at 101 Silo Hill Road unless designated by an asterisk. Those programs will be held at Trinity United Methodist Church, 313 West Main Street. Call for registrationor further information: 301-447-2682



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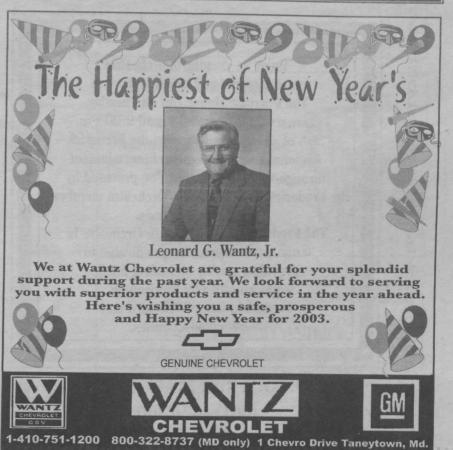
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The (retired) Ecologist

## Of birds, and books, and years gone by



By Bill Meredith Dispatch Writer

Two roads diverged in a wood, and I-I took the one less traveled by, And that has made all the difference. Robert Frost, "The Road Not Taken"

The Weather Channel predicted last Dec. 14 would be a miserable day. In the previous week we had 9 inches of snow followed by an ice storm; and rain from the 13th was supposed to last

all day into the 14th. As it happened, the rain ended early, so the day was only semi-miserable. Wisps of fog rose from the melting snow like a miasma from Wuthering Heights; the sky maintained a gray overcast all day, except on the western horizon where it took on a malevolent, jaundiced yellow. It was a day meant for staying home with a good book.

I got up at 5:30 (early, for me) and within the hour I was on the Gettysburg Battlefield at the foot of Big Round Top, listening for owls. I spent the whole day driving over every road in the battlefield at least twice, and walking a couple of miles on trails or through underbrush, looking for birds. Along with several other members of the Gettysburg Audubon Society in adjacent locales, I was taking part in the annual Christmas bird count. We

stayed out all day; each of us attempted to count all of the birds in his or her assigned area.

This ritual is repeated in the days immediately before or after Christmas by local chapters of the National Audubon Society all over the country. It is a tradition that goes back for decades; I was introduced to it by John and Ruth Richards when I came to Emmitsburg in 1957. Most of the nonbirding public, to the extent they are aware of it at all, see it as a mildly loony activity by a bunch of odd, if harmless, fanatics, but in fact it is the source of valuable ecological information. Since each local group canvases the same area each year, the collected records provide long-term baseline data about changes in bird populations.

The reason I am involved in this activity begins with a small book that rests on the right-hand side of my bookshelf, fourth level up. It is A Field Guide to the Birds, 1947 edition, and it has seen better days. Its spine is bound in green tape, where it started to fall apart. Some of the pages are loose; others are torn, patched with scotch tape, or water-stained from rainy field trips. Protruding from the edges are alphabetized tabs, which mark the color plates for quick access. Across the title page is scrawled, in black felt-tip, "With best wishes-Roger Tory Peterson."

What makes this book valuable to me is not the author's autograph, but the date inscribed on the flyleaf: January 27, 1953. At that time, 50 years ago this month, I was half-way through my sophomore year at Fairmont State College, and the book was to be the text for a course in ornithology. I had no particular interest in the topic; I signed up for that course because all biology majors took it... it was the favorite course of the department chairman, Prof. Paul Davisson. From that unpromising beginning came the formative event in my college education.

Before then, all of my biology courses had been the typical lab courses of that era: memorizing facts, dissecting frogs and peering into a microscope at slides... programmed activities that were all planned before the class started. Ornithology was different... radically so. It was my first experience with biology outside a class-

At 7:30 every Tuesday and Thursday morning, rain or shine, the class marched out into the field to spend the next 2 hours looking for birds. Mr. Davisson amazed us; not only did he know the names of every bird we saw, but he knew their flight patterns, habitats, food preferences, mating behavior, migration patterns, seasonal color changes, and nest-building techniques. In addition to their songs for attracting mates and defending territories (which I had never heard of before), he knew their alarm calls and flocking vocalizations; he did not need to see them to achieve positive identification.

I was overwhelmed by all this the first day; the only thing that kept me from giving it up as an impossible task was the realization that the other students were even worse off that I was. As a result of growing up in the country, I could already recognize about 25 species of birds; most of my classmates could not tell an English sparrow from a starling. So we all persevered, and by the end of the semester I knew nearly 100 species by sight and sound. But, although it didn't completely sink in until later, I had learned a lot more than

I had begun to understand that learning in science is not just a matter of memorizing big words in textbooks and cutting up specimens stiffened by formaldehyde. Mr. Davisson was a great teacher in the classroom — the best I ever had, in fact — but he really came alive in the field, dealing with a specialty he loved. By the example of that course, he taught me that real knowledge, and real satisfaction, comes only from total immersion in a subject, and for the kind of biologist I wanted to be, this meant direct observation of living subjects in their natural habitats.

I hadn't yet encountered Robert Frost (American Lit. came in the Junior year). But, as he said might happen, 2 paths were diverging before me at that time. The well-trodden path, probably followed by 9 of every 10 students who majored in biology, led toward medical or dental school; students who didn't make it into those fields usually ended up in allied health fields or as disgruntled teachers, or left the sciences altogether. The other path led toward a field called ecology, vaguely defined and offering uncertain opportunities for secure careers in those days. It would be another decade before ecology became a household word; but I was young then, and what mattered was that I enjoyed it and had sufficient aptitude for it. How lucky it turned out to be.

So it was that I spent a semi-miserable day wandering across a waterlogged landscape looking for birds that had more sense than I did when it came to staying home in such weather. The old book remained on the shelf; I carried a newer one, but it stayed in my pocket, unopened. Visibility was poor all birds looked gray in the binoculars. But by recognizing silhouettes, postures, flight patterns and songs as Mr. Davisson taught and years of experience reinforced, by evening I had identified 34 species, about what I have found in previous years. The path that began 50 years ago made a satisfying pause on Dec.14; with luck, it will lead there again next year.





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## Rebel and Yankee ghosts pass the boy on the bridge

By Jack Deatherage Dispatch writer

We heard stories about the brick house along Maryland 140. We were told of Civil War soldiers traveling the road. Claims of the house being used as a hospital, its basement a jail. While my curiosity was never piqued enough to research the tales, I don't doubt there were troops in the area.

Since the house had some age on it, we figured it might have a ghost or two. With 6 kids, and active imaginations, we'd create ghosts if none resided there. Civil War ghosts seemed an excellent choice. Several of us began hearing the clop clop of horse's hooves on blacktop. We never saw a horse when we rushed to windows or outdoors, so we had our

Since we accepted the occasional sound of invisible horses, I wasn't overly concerned to hear a horse clopping toward me as I stood on the bridge over Middle Creek. I watched water going away from me to parts unknown as the sound grew. Eventually it was impossible to Ignore, I looked up the hill toward Taneytown.

I don't know what the Union sol-

dier riding his horse down the hill must have thought when he reached the bridge and the teenager standing there — mouth agape, eyes bulging. Riding passed me, he touched his

The horse clopped over the next hill to Emmitsburg. I leaned against the bridge for awhile, wondering if I should tell my siblings about this apparition. I heard the hoof beats of another horse. Watching the hilltop this time I saw the gray hat of a Confederate officer pop over the

When he reached the bridge, he slowed his horse, touched the wide brim of his hat and asked if a Yank had passed this way. I was sure now I was not confronted by a ghost and replied, "A Yankee did go by. About 20 minutes ago." The Confederate, nodding his thanks, urged his horse toward Emmitsburg.

They were re-enactors of course, but we'd not heard of such things at that time. Catching me unawares, and my head full of Civil War ghosts, they gave me quite a start!

Image the conversation when the Reb caught up with the Yank. "Did ya see that boy on the bridge? I think he'd peed his pants when I rode by!"



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#### **HEALTH & FITNESS**

A word from the doctor

### Piercing lip or tongue causes infections, broken teeth and more

By Ed Enriquez, D.D.S. Special to The Emmitsburg Dispatch

So, you're thinking about having your lip or tongue pierced? Before you do, you might want to think about it . .

. Oral piercing can cause pain, swelling, infection, drooling, lisping, taste loss, scarring, chipped tooth and tooth loss. Most dentists discourage oral piercing because of these risks.

If you should happen to glance at an old National Geographic, you'll find that body piercing has been practiced since the ancient times primarily for religious and cultural reasons. Until recently, for most people, piercing was restricted to the ears. In the late 1970s and '80s, piercing extended from the demure earlobe up and around the entire rim of the ear. In the 1990's, piercing began to include a wider variety of body parts, including lips and tongue. I see this to be more of today's generation, with the younger crowd's music, philosophy and lifestyle, including tattoos and piercing (not influenced by cultural and religious reasons).

In 1998 the American Dental Association called "...oral piercing a public hazard," and published a statement (May 1998 ADA News), opposing oral piercing as causing "...infection, trauma to teeth, interference with chewing and speaking, hypersensitivity to metals, foreign debris in pierced sites and difficulty breathing." Likewise, the National Institute of Health (July 2000 AGD Impact) cited tongue and lip piercing as a potential vehicles for blood-borne disease transmission, including hepatitis and the HIV virus. They also stated that secondary infection caused by the procedure can be serious, possibly life threatening. The Hepatitis C Foundation recently stated that body piercing has contributed to the spread of Hepatitis C.

Common problems with oral piercing are fractured teeth. Teeth are chipped while eating sleeping, talking and by simply chewing on the jewelry. These fractures are found on the enamel of your tooth or may progress deep into the tooth requiring root canal or extraction.

Infections that occur as previously mentioned can be serious. It is common for the tongue to swell after initial placement. And if this swelling continues due to an infection, in some cases breathing becomes a difficulty. Also, these localized infections on the tongue and lip can lead to infections in other parts of the body. When you puncture any part of the oral cavity, normal bacteria in the mouth is introduced to the blood stream and spreads to your whole body, causing "septicemia." In worse cases, this can lead to your heart and cause "bacterial endocarditis."

Another common problem is the accidental aspiration of the jewelry into the lung, causing blocking of the airperforations of your bowel.

With all this said, if you still intend to have your lip or tongue pierced, then follow this advice. Make sure the person performing the piercing uses sterile instruments, autoclaved in extreme heat and steam. Make sure the instruments used are surgical grade metals that you are non-allergic to. Once pierced, it will take 2-3 weeks for healing to occur. If swelling persists, see you dentist or physician. Apart from complications, remove the jewelry to protect your teeth when eating or sleeping (there are plugs available to place in the hole to prevent closure). Keep it clean, using an antiseptic mouthwash after every meal and brush the jewelry way or accidental swallowing, causing similarly as you would your teeth.

## Gettysburg Task force addresses needs of terminally ill

How do health care providers deal with persons in the process of dying? "Inconsistently," says Rev. Barbara Derrickson, Director of Pastoral Care at Gettysburg Hospital. "A patient in one hospital might receive excellent pain management, spiritual care, and family support, while a patient in pain management and no other support culture and family members.

Rev. Derrickson directs the hospital's End-of-Life Task Force whose goal is to make sure that all patients receive the care they need — when and where they need it, from teams of health professionals who know how to deal with their type of illness, manage another hospital receives mediocre their pain, and have respect for their

## Pets help children prevent allergies

with pets are less likely to develop allergens like dust mites, and outdoor common allergies than those without pets. They are also less likely to have airways, conditions that can lead to asthma.

Researchers theorize that the products of bacteria found in the mouths of pets force the child's immune system to respond in ways less likely to lead to allergies. This

Doctors now claim that children response works also for other indoor allergens like ragweed and grass.

A 7-year study reported in the hyper-responsive and easily irritated Journal of the American Medical Association concludes that exposure to 2 or more dogs or cats in the first year of life may help children avoid allergies and asthma.

— Staff writer Patricia A. Bianca contributed to this report.



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## Many benefits of guided training

Certifying as a Fitness Trainer up the stairs more easily. gave me the opportunity to guide people to a healthier life, that is why I recently certified as a Fitness Therapist also. So many of my clients tell me how their lives have changed and I would like to share some of their stories with you.

The most repeated benefit of exercise and weight training is energy, energy, energy. Almost every one of my clients expressed an increase in their energy level. Even though most started the exercise and nutrition program to lose weight, they soon realized the other benefits that come with it. Several of my clients tell me they feel firmer and their clothes fit better now. Others are very pleased they can now get up from a chair without leaning on the table. They can also walk

One man came to improve his overall condition. He had been lifting weights on his own, but felt he needed some trained guidance. After a few sessions he realized the repetitions and form were much more important and beneficial than the amount of weight lifted.

Blood pressure and cholesterol levels, and arthritis and diabetes conditions, too, have improved for some of my clients with exercise. Many doctors tell people to get more exercise, but don't tell them how, that's where a trainer can guide you.

I have clients that come to improve everything from horseback riding, volleyball and hunting to just being able to keep up with their kids. Many people who have had a stroke

or heart attack are told to continue to exercise. Sometimes they don't feel comfortable exercising on their own, that's why I also certified in Fitness guided by a trainer or on your own, is a health benefit that is priceless.

Clients come to me all the time with stories of success, pride, improved self-esteem and overall health. I could write pages of stories, but I would like you to hear your

My annual open house will be Therapy. A regular exercise program, from 10 a.m. till 2 pm Information: 717-334-6009.

> —Linda Stultz Certified Fitness Trainer/Therapist

Take Note

## Eat fewer calories, live longer and delay getting grey hair

Cut calories and live longer. Old information but still important. Now researchers report in the journal, Science, they may have found out why it works. Eating fewer calories reduces a certain enzyme. The study may move pharmaceutical companies to produce a drug that keeps that enzyme low. With such a drug, we could live longer without eating less.

There was no guess about what this would do to our waistline.

But low-calories diets have been proven to have other benefits besides longer life: better memory, better muscle tone, fewer cancers, fewer heart problems, and, what may be a dietmaker for some, with fewer calories it takes longer for the hair to turn grey.

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Thursday, Jan. 9 and 23, 1-4 p.m. Where: Our Lady of Mount Carmel Catholic Church Parish Hall, 103 N. Church St. Appointment: (301) 694-3733

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#### ART & LEISURE

# Local artists praise county art association

By Michele Cuseo Staff writer

"Birds of a feather flock together" could describe the group of Frederick county artists and art enthusiasts who belong to the Frederick County Art Association (FCAA). Artists from all over the county including the Emmitsburg area belong to this group of 120 members.

"It's a wonderful opportunity for Frederick county artists to interact other artists," Postelle. Linda Emmitsburg's Postelle is a well-known local watercolor artist and member of FCAA. "Frederick County is good to their artists," she comments. "The FCAA keeps members aware of opportunities to show/sell their art. Members can learn more about art by interacting with other artists and taking advantage of the interesting guest provided speakers by Association."

Postelle says that each year the FCAA awards a scholarship to a local high school senior. One year, in order to raise the money for the scholarship, artists from the association rented spaces at the KOI Arts and Crafts Festival at Lilypons, and the sponsors donated the rental money to the

scholarship fund. (Editor's note: koi is a kind of fish.)

Another well-known local artist, Elizabeth Prongas, has been a long-time member of the Association. Prongas has had an impressive career in the field of art teaching at Thomas Johnson High School, the Frederick County Gifted and Talented Program, Frederick Community College, Hagerstown Community College, Mt. St. Mary's College and most recently with local Senior Citizens Groups.

Prongas says that she currently plays a supportive role with the Association and was recently invited by it to speak on The History of Watercolor. Prongas describes the FCAA "as a supportive, friendly group of artists."

A main event on the Association's calendar is an April art show for members at the Delplaine Visual Arts Center in Frederick. The exhibits include drawing, painting, sculpture, photography, digital art and more. Awards are presented for the best-judged works.

Anyone can join the FCAA: professional artists, amateur artists or just art enthusiasts. The association meets once a month. Information, membership: (301) 662-9189, programs: (301) 371-3571.

# Quilters MOURNING QUILTS - An Introduction

By Mary Ellen Cummings

Enthusiasm for collectibles can very easily shroud common sense with a veil of false conception. Not everyone wants a "complete" collection of McDonald's give-aways. Not everyone goes ballistic over oil paintings. And, not everyone is aware of the importance of quilts in the lives of so many women — quilt collectors know!

During the colonization of our nation, the first settlers faced many hardships. Especially in the New England area where winters were very harsh. We must assume that the colonists brought bedcovers with them when they left Europe. Written documents from that era are comprised of letters sent 'back home', diaries and inventories of holdings. Since the latter were the domain of the men, little is said about women's activities. Some inventories listed blankets and "kivvers" as a man's estate with no

mention that these items were made by the women and girls.

The colonial women could sew, and did so for the entire family and the home. They were very good at using every inch of "cloath". Children's clothes were handed down from the oldest, or largest, and when the last child was grown their clothes were out into pieces for quilts.

The settlements along the coast would get supplies from England and Europe about once a year. Food, staples, cows, sheep and ammunition were brought to the colonies by sailing ships. In the cargo would be a few bolts of cloth. The colonists raised, flax, using the seed for food and the fibers made into thread, for weaving. Wool from their sheep was also worked, into thread, (yarn) and combined with the linen from the flax to weave cloth. Women learned to weave, probably taught by friendly natives. They could, now make coverlets for

the beds. However, since it took a very long time to make their yarn, dye it and then weave pretty patterns, these coverlets were used only when visitors were coming.

Historians have searched letters, journals and estate records and have given us a good picture of the lives of the colonists. We know what they ate; the kinds of boxes they had; their religious and political views. We can read about their interaction with Native Americans as settlements moved westward. We know that they depended heavily on sailing vessels making port with supplies. Archeologists have told us how they cooked and what type dishes and cooking vessels they used.

We also know that life for the majority of the adults ended in their thirties and forties. We know that there was high mortality of infants and children under five. However, with all this knowledge about the colonists, little is recorded (by early writers) about the lives of women.

Letters to friends and family in Europe usually bore news of marriages, births and deaths. Brief references were made in letters written by women saying, "today I sewed a quilt". There was no mention as to the pattern, size or purpose. Could, it have been a quilt

called "Indian Hatchet", or "Turkey Tracks"? Was it a bride's quilt or was it a quilt made by a woman mourning the loss of her husband?

Very few, if any, quilts of this period have been found. Coverlets, since they were used less often, may have survived. Quilts were used daily and were not treated as kindly as quilts of a later date. If any of these early quilts have survived the fabric would be very fragile and would require special handling.

Quilts of this era were used in many ways - not just as bedcovers. They were stuffed in cracks and over doors and windows of cabins to keep out the cold. They were used in covered wagons to line the inside and floors of the wagons for extra warmth. When there was no coffin available, quilts were used to wrap the body of the deceased for burial.

In today's world, much emphasis is placed on "closure". Closing a divorce, a death, or a grown child leaving home for college. Adults and children seek the advice of clergy or a professional trauma therapist to find closure. Our feminine ancestors made quilts - sometimes mourning quilts.

Next time: 19th Century

## Winter activities at Catoctin Mountain Park

Catoctin Mountain Park officials point out that even in winter recreation seekers can enjoy the beauty and solitude of nature in the Park. Visitors can hike along the trails, or, when there's enough snow, do cross-country skiing, snowshoeing, or sledding. If they prefer indoor activities or want to warm up, they can join in any of the Park's programs:

Winter Sports. Jan. 5, and Jan. 11, 1:30 p.m. at the Visitor Center. Experienced outdoor enthusiasts and novices may join Bill Syndor from the Under the Sun Ski Shop on Jan. 5, or Clyde Hicks from The Trail House on, Jan. 11, to learn more about winter recreational activities in this area. Each presenter will offer a slightly program, explaining how to dress for winter activities, winter sports available locally, equipment needed and where to find it, and the most likely places to find snow.

Blacksmith Shop. Demonstrations Jan. 18 and Feb. 15 from 1-3 p.m. in the Blacksmith Shop at Camp Round Meadow. Visitors can enjoy the warmth from the forge as volunteers demonstrate the age-old craft of blacksmithing. The smithies will explain how the craft of blacksmithing evolved and the role of blacksmiths in the community while demonstrating some of the fundamentals of the craft.

On the Trail of the CCC. Feb. 8 at 1:30 p.m. at the Visitor Center. C&O Canal Park Ranger Rod Sauter will come to Catoctin Mountain Park Visitor Center to present a program outlining the role of African-Americans during the construction and operation of the C&O Canal and in the Civilian Conservation Corps (CCC) after the canal ceased operation.

The African-American Influence. Feb. 16 at 1:30 p.m. at the Visitor Center. For African-American History Month, a half-hour overview of African-American contributions to the development of Frederick County, MD.

Cabin Camping. Reservations for the 2003 season at Camp Misty Mount will be accepted beginning Jan. 2. Special weekday rates. Secluded locations with basic amenities. Information: 301-271-3140.

Note: Sections of Park Central and Manahan Roads are currently closed to vehicle traffic,

Catoctin Mountain Park is one of 385 units administered by the National Park Service, U.S. Department of the Interior. The park Visitor Center on State Route 77 three miles west of Thurmont, is open daily 10 a.m. - 4:30 p.m., and 8:30 a.m.-5:00 p.m. Saturdays and Sundays. General information, Visitor Center: 301-663-9388. or www.nps.gov/cato.

#### Looking Ahead

Jan. 5, 6. Auditions. For play, "Right Bed, Wrong Husband," to be produced by the Blue Ridge Theatre Group late in March. The cast is composed of 4 males, 3 females, and 2 offstage voices. Auditions begin at 2 p.m., Jan. 5, at the Carroll Valley Resort, 7:30 p.m. at St. John's Church, Thurmont, MD, and on Jan. 6. at 7:30 p.m. at the Carroll Valley Resort.

The Play: In order to have his allowance increased, young bachelor Ted has written his pinchpenny uncle that he is married, though in fact he is only engaged. Suddenly one day uncle drops in unexpectedly, and very much against his will Ted is drawn into the vortex of an intrigue initiated entirely by the uncle when he mistakes a pretty girl, married to Ted's best friend, as Ted's wife.

Ted is basically honest and does not want to deceive his uncle, but every time uncle kisses the "wife" he ups the ante — to say nothing of kindling the ire of Ted's friend; and Ted is not sap enough to turn that down. Complications come tumbling after when the maid calls and is mistaken for something else; when the real fiancée returns and is caught kissing Ted; but especially at night when the time comes to retire. Add the neighborhood drunk who habitually sacks in with Ted when he's locked out of his own house, and you have a climax of

enormous merriment, says director Gary Bechtel. Call him for information: 717-642-5211

Jan. 10. Peter and the Wolf. Bunraku puppets tell Prokofiev's charming tale. 7:30 p.m. Tickets, information: 301-228-2828.

Jan. 12. Breakfast. All you can eat. 7:30 a.m. - 12 noon. St. Joseph's Parish Hall. Information: Pat Orner 301-447-6343.

Jan. 14. Emmitsburg Council of Churches plans to meet at 7 p.m. at the Seton Center. Everyone is invited to

Jan. 20. Breakfast. 7 a.m. - 11 a.m. Taneytown Rod and Gun Club. Information: Godfrey or Florence Miller 410-751-1685

Jan. 25. Edgar Allan Poe drama. John Astin as Poe in "Once Upon a Midnight." Portrayal of the 19th century master of suspense. Tickets, information: 301-228-2828

Jan. 26. Pampered Chef and Basket Bingo. Sponsored by Catoctin High School Class of 2003 Safe & Sane committee. Doors open at 11:00 a.m., games begin at 1:00 p.m. Tickets, information: Betty 301-271-2053 or Tracy 301-447-6536

Feb. 8. Valentine's Dance. Thurmont Activities Building, 8 p.m. -12 midnight. Music by NO ALIBI. Door prizes. Set-ups and snacks. Sponsored by the CHS Class of 1979. Tickets and information: 301-845-7706 or 301-447-6816.

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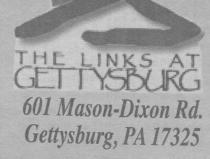
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