

The Emmitsburg Dispatch

Vol II, No.10

news and opinion in the service of truth

November 2003

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Governor Erhlich To Dedicate Area Warning System

December 9, 2003
2:00 p.m. at
Vigilant Hose Company
fire station on W. Main St.

For more information on the
warning system see *A word
from the Mayor* on page 7.

Commissioners alter local election rules

Staff Report

At their Nov. 3 meeting the Emmitsburg Commissioners approved several changes affecting local elections.

Ordinance 03-15, adopted unanimously by the commissioners, will change the town's election dates from the Tues. preceding the first Mon. in May to the Tues. preceding the first Mon. in Oct., beginning in 2007.

Emmitsburg Mayor James Hoover told *The Emmitsburg Dispatch*, "The reason for the ordinance is to get the election and budget time separated," adding, "We didn't want both things going on at the same time."

Hoover said the previous timeframe between elections and initial budget

—Continued on page 7

Local Pilot Flying through Restricted Air Space Triggers Homeland Security Response

By Richard D. L. Fulton
Staff Writer

Two F-16s and a Black Hawk helicopter were dispatched Sun. Nov. 9 to intercept a small private plane that violated temporary expanded flight restrictions imposed because President Bush was at Camp David.

Karl Hobbs, Pecher Road, Liberty Township, PA, took off Sun. morning in his Piper PA-12 Super Cruiser

from a private airstrip located in one of his fields. The Cruiser is a single-engine prop plane.

Hobbs said he thought if any TFR (temporary flight restriction) was in effect regarding Camp David, located in Thurmont, he was "covered under the same waiver that exempted planes taking off from the nearby Mid-Atlantic Soaring Center," a glider club.

Glider pilots are not considered a sig-

nificant air threat and are generally exempt from restrictions. However, planes towing gliders in and out of restricted air space must have a waiver, or transponder (identification) codes they beam to federal ground control radar.

Hobbs was wrong about being covered by the waiver. His flight path around the Emmitsburg area and back into PA triggered a series of events

—Continued on page 5



—RAYMOND BUCHHEISTER / THE EMMITSBURG DISPATCH

Daniel Milbocker stands beside a 55 ft. downed section of a 120+ year-old Norway spruce in the cemetery behind St. Josephs Catholic Church. It snapped off during high winds on Thurs. Nov. 4.

Winds topple beloved 120+ year-old resident

By Raymond Buchheister
Editor & Publisher

Winds gusting 50-plus mph during the afternoon of Thurs. Nov. 4, toppled one of Emmitsburg's oldest residents, an 80 ft. Norway spruce tree located in the cemetery behind St. Joseph's Catholic Church. During the high winds the tree snapped in half, and the top 55 ft. came to rest among the graves

it shaded for over 120 years.

A few weeks ago St. Joseph's Pastor, William O'Brien, asked parishioner Daniel Milbocker if he thought the tree was sound. Rev. O'Brien was concerned because the tree was leaning. Past storms had uprooted other trees in the area and he wondered how deep the spruce's roots were. Rev. O'Brien now knows the answer to his question first hand. The tree's roots

ultimately proved to be sound. The root base and 25 ft. of the tree are still in place after Thursday's windstorm.

Milbocker, a horticulturist and retired horticulture professor at Virginia Polytechnic Institute, had told Rev. O'Brien that the tree was sound, based on visual inspection. Milbocker told *The Emmitsburg Dispatch*, "The bark was pretty smooth with no dead

—Continued on page 20

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.

Parent Volunteers Needed

Sports can bring out the best or the worst in people. It is our hope, as volunteers with the Emmitsburg Baseball/Softball League that our league will bring out the best in players, coaches and fans.

We often hear complaints that the youth in our community have nothing to do. The Emmitsburg Baseball/Softball League started in 1956 and is the only organized sports league in Emmitsburg, open to girls and boys ages 5 through 18. Every child who signs up plays on a team unlike leagues in nearby communities where tryouts are held and some children are cut. Although we hold "tryouts," they are actually "placements."

With the help of generous local sponsors, the league has kept fees very affordable in the interests of the children. However, sponsor donations and registration fees do not cover the numerous expenses necessary to run the league. Times have changed since 1956. When the league started, all positions were strictly volunteer, including umpires. We have since had to hire umpires due to a shortage of volunteers. Additional expenses include equipment, uniforms, field maintenance, trophies and insurance. Our concession stand is our major source of income and requires many volunteers to keep it operating.

Volunteers put in numerous hours coaching games and practices, maintaining the fields, running the concession stand and attending meet-

ings. These volunteers also have full time jobs, family obligations and are often involved in volunteer work with other community organizations.

Any program is only as good as the people involved with it. If you have ideas for improving the league, come to a meeting or volunteer to help with your child's team. We can always use fresh faces and new ideas. Coaches can be overwhelmed at times trying to teach many different skills to nine or more players while maintaining order on the field and in the dugout. With more volunteers, the children will become better players and the workload for each volunteer will lessen.

The time you invest in the children will instill in them team work, responsibility and sportsmanship. Through league participation, children make long lasting friendships and have many good memories. They become the next generation of coaches and managers.

Please support the new president and board members. We are sure they are willing to listen to any suggestions you have. Check the local cable channel or future issues of the *Dispatch* for date, time & location of upcoming meetings.

-Lisa Krom

Past President &

Concessions Stand Manager

-Mary Myers

Treasurer

Children honor Veterans Day

The sound of Taps, the bang of the rifles, yes it's Veterans Day. Veterans Day is the day when we honor the veterans and the men who died for our country. I think it is right and the veterans deserve it. Coincidentally, the Marines' birthday is the day before Veterans Day. I want to serve my country. I am going to join the Marines when I grow up. It is right to honor the veterans on Veterans Day.

-Joseph Buchheit
Fairfield, PA
10 years old

The eleventh hour of the eleventh day of the eleventh month. To some people, Veterans Day is just a day to go buy things because they are on sale, or to spend the day

at their friend's house because they are off from school. But to others, it's a day to remember those that have died for their country. Let's look into the history of Veterans Day. In 1919 President Woodrow Wilson declared November 11th Armistice Day. Why was it called Armistice Day, not Veterans Day? Because it was not until 1954 that Congress officially changed the name from Armistice Day to Veterans Day. In 1938 a law was adopted to make Armistice Day a federal holiday. So on the eleventh hour of the eleventh day of the eleventh month, what will you be doing to honor our veterans?

-Theresa Buchheit
Fairfield, PA
13 years old

Eager volunteer waits on Town to act

Mayor James Hoover of Emmitsburg wrote to your newspaper urging concerned citizens to apply for vacant positions on various Town committees and commissions. I applied to fill the vacancy on the Planning and Zoning Commission. This alternate position has been vacant over a year, and I am the only applicant to date. My application has neither been acknowledged nor acted upon.

As a 37-year resident, I am naturally interested in the general welfare of the Town. I am especially interested in planning and zoning because of the impending changes in the quality of life here.

Having a B.A. in Economics from American University and a law degree from Washington and Lee University, I believe that I am educationally qualified to serve on that Commission. Further, I believe my career experience of nearly 40 years as a tax law specialist and attorney/advisor in the Office of Chief Counsel, IRS, would be helpful to the Commission in analyzing and resolving legal and zoning issues. Aside from that, I regularly attend Commission meetings.

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trades, the real estate business, or developers, I propose to exercise my judgment impartially for the benefit of the Town. Although 73 years of age, I do not suppose my age is a disqualifying factor.

Well qualified by education and career experience to serve, I cannot understand the failure to act on my application, whether by the Mayor or the commissioners. I am forced to conclude from the inaction that it is politics. I hope I am wrong.

-Harold Craig
Emmitsburg

Editor's note: At the Nov. 3 Town meeting, Mayor James Hoover addressed the issue of the vacant position, an alternate for the Planning and Zoning Commission. Commission members are appointed with a recommendation from the Mayor and approval by the Town Commissioners. Hoover stated that he had not acted on this vacancy because he was seeking legal counsel on the matter. According to Town attorney John Clapp, the State requires that the Commissioners themselves, not the Mayor, appoint commission alternates.

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-RAYMOND BUCHHEISTER / THE EMMITSBURG DISPATCH

The combined Color Guard of the Emmitsburg Posts of the American Legion, Post #121, and Veterans of Foreign Wars (VFW), Post #6658, raised a new flag at St. Catherine's Nursing Home to honor veterans. Veterans residing at St. Catherine's are, from WW II, Mrs. Dora Donaldson (Waves), Mr. Henry Ehlers (Army), Mr. Harry Fletcher (Navy), Mr. Glenn Johnson (Army), Mr. George Sanders (Air Force), and Korean War veteran Mr. John Ridenour (Army).

Residential Hazardous Waste Drop off Day

On Sat. Nov 22 from 8 a.m. to 12 noon, the Dept. of Solid Waste Management will accept residential household hazardous waste dropped off at the Public Safety Training Facility on Reichs Ford Rd. This service is offered to Frederick County residents only, not to businesses.

Residents may bring in fuels (gasoline/kerosene), thinners, solvents, pesticides, insecticides, fungicides, household cleaners, pool chemicals, stains, sealants, photographic chemicals, household batteries, and mothballs.

Items that are not acceptable are business waste (commercial or industrial), radioactive materials, tires, explosives, biomedical waste, firearms and ammunition, freon tanks and cylinders, trash, recyclables, vehicle batteries, and all paint. To dispose of paint (oil-based and latex), remove lids; then add mulch, sand, or kitty litter to speed the drying process. Once the paint is completely dried out, it can be discarded as regular trash.

For more information contact the Department of Solid Waste Management, 301-694-1848.

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Staff Accountant-CPA Candidate

Thurmont Riding Club President

Main Street Grill again offers free Thanksgiving Dinners

The Main Street Grill, located at 304 E. Main St., Emmitsburg, will again offer free Thanksgiving dinners to area residents and the needy.

Owner Richard Caudell said, "The free Thanksgiving dinner provides for a nice community get together. Last year we served about 100 dinners," which required about a dozen 20-pound turkeys. "We had a lot of carry-outs and served shut-ins as well." Caudell hopes to double last year's attendance. The restaurant is prepared to serve as many as 200 dinners from 11 a.m. until 5 p.m. on Thanksgiving Day.

"The employees give time (for the event) of their own free will and anyone is welcome to volunteer to help," Caudell stated. Last year some customers volunteered to help cook the food and wash

dishes. The Main Street Grill assumes the entire cost of the free dinners. Residents can also leave toys for the "Toys For Tots" Christmas distribution.

Only eight weeks ago Caudell underwent open-heart surgery at St. Joseph's Medical Center in Towson. The free dinner is "a way of giving back to the community or anyone in need, and this year I have a lot to be thankful for myself."

Caudell acquired the Main Street Grill on Sept. 11, 2001, a date few are likely to forget. The restaurant had been known for the previous 15 years as the Gourmet Grill. As far as the current owner knows, the building has always been a food related business, including time as a deli.

For additional information, contact the Main Street Grill at 301-447-3116.

Antigone at Catoctin High School

The Catoctin High School (CHS) Drama Department will present a modern translation of the Greek tragedy Antigone on Fri. Nov. 21 and Sat. Nov. 22. The play's themes of loyalty, family, and abuse of power are as relevant today as when Sophocles wrote it 2000 years ago. Both performances begin at 7:30 p.m. and will incorporate ele-

ments of dance and music.

Sarah Heiderman, a senior at CHS, will appear in the title role. Antigone's struggle against the unjust law declared by her uncle, King Creon (Dylan Foster) is at the heart of the play. Other members of Creon's family are Ismene, Antigone's sister (Jamie

—Continued on page 6

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EDITORIAL

Small step against government by and for the greedy rich

Rep. Roscoe Bartlett (R-Md) has proposed a small Constitutional patch against the pollution of politics by money. He would let Representatives serve 4 years instead of 2.

Members of the U.S. House of Representatives now spend much of their fleeting 2 years in office raising money for campaign debts and campaigning to be elected again. They cannot do this and devote their full time to working at what voters elected to do.

On July 24 Bartlett and Charlie

Stenolm (D-Tx) proposed a partial solution — a Constitutional amendment to extend the terms of U.S. Representatives from 2 to 4 years. Another bipartisan pair has joined as co-sponsors, Mike Rodgers (R-Ala) and Baron Hill (D-Ind).

This amendment to the Constitution "is not likely," Bartlett admits, but the measure offers an opportunity "for Americans to debate the issue." And that's what justifies his effort. The whole system of electing members of

Congress needs comprehensive revision, and it cannot be changed except piece-by-piece and only after much discussion and debate.

Terms: 200 years out-of-date. Life in America has changed drastically since our founding fathers set the length of the terms of Representatives at 2 years and of Senators at 6 years. Campaigning has become a big business, and members of Congress spend an exorbitant amount of their terms in office working to be re-elected.

Extending Representatives' terms to 4 years would give them more time to fulfill campaign promises and carry out plans, some of which require lengthy investigation before they can even be framed as a law. Yet, lengthening terms will still not stop them from campaigning in their last year or more in office.

No successive terms. The way to stop that practice would be a law to prevent Representatives, for a period of years, from holding any elected office after their terms end. Then there would be no need for them to campaign while in office.

After leaving office they could apply their uniquely valuable experience in non-elected positions in government. This would provide them employment and help them improve their abilities if they plan to run in a later election.

Government service is a career, not a gig for the rich and famous. It ranks with medicine and social min-

istry as a noble human activity. It is not politics, although members of Congress must employ politics — that much misunderstood art — as means to do their work. Politics is not evil. Trivial people have corrupted its practice — that is, they have corrupted the political system. These are the petty tyrants with enormous wealth who manage to exercise power without being elected.

These greedy rich have successfully made the United States a plutocracy, a nation run for and by the wealthy. One of their gravest crimes is that they have bloated the need for campaign money by public servants.

Representatives pay to serve. We don't force applicants who want to serve our country in the armed forces to pay large sums to be admitted. But we force candidates for government service to spend millions of dollars for a chance to serve. And from nearly the first day U.S. Representatives begin their lightning 2 years in office, they are forced to work long hours seeking money instead devoting full time to their job.

The amendment proposed by Congressmen Bartlett and Stenolm would help them do their job and stanch this drain on our democracy. Their bill is still alive somewhere in the House Committee on the Judiciary. Voters who can write a letter or use a phone should not let it die there.

— Bill Steo
Emmitsburg

"The bottom line is that you can't really get your message out for \$45 million. You need to be able to spend more." Representative Christopher Shays of Connecticut, on the public campaign financing system for the presidential primaries. (N.Y.Times quotation of the day, Nov. 5, 2003)

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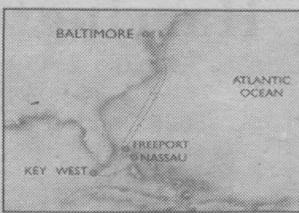
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Party primaries loom

The presidential election in November 2004 may seem far away, but voter registration deadlines are looming for all who want to vote in their party primary for a presidential candidate.

In Maryland voters who are 18 years old on Election Day or before, may vote in the primary. So, anyone born before Nov. 2, 1986, you may register and vote in the primaries. Citizens who have not yet registered to vote can register as Maryland voters until February 10, 2004.

Maryland holds closed primaries, which means only registered members of a political party may vote in that

party's primary. The deadline to change party affiliation before the primary is Dec. 8, 2003.

Changing party affiliations in Maryland is easy. A voter just completes a new voter registration form and returns it to the county registrar. Forms are available in libraries, Motor Vehicle offices and county registrar's offices.

The last presidential election in Florida proved that individual votes do matter. And you are entitled to have your vote counted. Register and vote!

For information and downloadable forms, access the state elections website, www.elections.state.md.us


The Emmitsburg Dispatch
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Advertising and Copy deadline
November 25

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

Local Pilot

—Continued from page 1

involving the Federal Aviation Administration (FAA), the Secret Service, the North American Aerospace Defense Command (NORAD), the Air Force First Fighter Wing, and Homeland Security and their Bureau of Immigration and Customs Enforcement (ICE).

James Peterson, FAA Eastern Regional Office spokesman, said, "The only time a TFR would be imposed on Camp David would be if the president was in residence." The normal restricted air space is three nautical miles over Camp David; but is temporarily extended to a ten nautical mile radius when the president is there.

The partial closure of nearby Catoctin Mountain National Park provided further evidence that the president was "in the building." A statement on the National Park Service (NPS) Catoctin Mountain Park web site along with a press release issued by the park indicated that the closure was "due to increased security measures." The wording suggested there may have been sensitive activity or important governmental officials at Camp David. Portions of the park were under security closure from Fri., Nov. 7 through late afternoon, Sun., Nov. 9.

As Hobbs landed back in his own field, taxied across the road to his adjacent property, and prepared to put the plane into his hangar, he had no idea the two F-16s roaring across the sky overhead were tracking him.

According to Capt. Edward E. Shank, spokesman for the Air Force First Fighter Wing at Tyndall Air Force Base, Panama City, FL, two F-16s responded at 11:16 a.m., Nov. 9, after learning that an aircraft "flew too close to a secure area."

"The F-16s were already in the air at the time of the incident," Shank said, adding "The fighters were on a routine combat air patrol (CAP) mission over Washington, D.C." When the pilots were informed of the incursion, "they broke the CAP mission to intercept the aircraft."

CAP missions are part of Homeland Security operations. They are presumably flown randomly to prevent potential terrorists from knowing if a fighter response would be immediate (involving jets already in the air), or delayed because of scrambling planes from a base.

NORAD spokesman Douglas Martin, a major in the Canadian Army serving with NORAD at Peterson Air Force Base, Colorado Springs, CO, confirmed that the plane in question had violated restricted air space and that there had been a fighter response, but would not be more specific.

Hobbs' first indication that something had gone awry was seeing the Black Hawk helicopter suddenly "drop down and land right behind my hangar." After the chopper landed, "One of the occupants came around the building and approached me. The guy was armed but didn't have his weapon poised."

Hobbs said the individual did not identify himself or the agency he represented, "he was pleasant but straightforward with me." The man

asked for the plane's tail number (registration) and Hobbs' address. The Black Hawk took off after the man received the information he wanted. Hobbs believed the Black Hawk belonged to the Secret Service.

Although not familiar with Sunday's incident, Dean Boyd, public affairs officer with Homeland Security's Bureau of ICE, stated, "If it was a Black Hawk helicopter, it would have been one of our hawks." ICE Black Hawks "would be the only Black Hawks flying in cooperation with the Defense Department, Secret Service, FAA, or Air Force on air space security." He said helicopter personnel are authorized to conduct a preliminary investigation on the ground once a target aircraft has landed.

Hobbs was not off the hook yet. About an hour and a half after the Black Hawk took off, a vehicle pulled into Hobbs' property. Secret Service agents were responding from the agency's Baltimore Office, according to Ann Roman, spokeswoman with the Secret Service.

Roman said, "The pilot was interviewed (by the Secret Service agents) and it was determined that he had no direction of interest toward the president or any VIP we are assigned to protect. He indicated to us he was unaware he was in violation of the temporary air restriction."

The agents searched the plane "looking for cameras and spy-related equipment, and asked a number of personal questions," according to Hobbs. He did not elaborate on the specifics of the questioning.

Witnesses to the incident, including Liberty Township Police Chief

James Holler, reported seeing one or two Air Force jets circling overhead. Holler said he was reluctant to identify the local pilot because the police department was not officially involved in the investigation.

Hobbs told *The Emmitsburg Dispatch*, "It really was a misunderstanding on my part. I always call (to see if there is a TFR), but this time I didn't. I saw the gliders flying and thought I was covered under their general waiver."

Referring to numerous area residents who watched the jets flying overhead as if they were attending an air show, Hobbs commented, "It was real exciting for everyone else, but not for me." He said he learned one thing about Homeland Security. "They're definitely looking for guys with their fingers on the trigger."

The Emmitsburg and Liberty Township incident was one of two regional airspace incursions to occur within a 48-hour period. On Mon., Nov. 10, fighter jets intercepted a plane flying too close to the White House. This second incursion forced authorities to move Vice-President Cheney and President Bush's chief of staff to a "secure location."

—Editor & Publisher
Raymond Buchheister
contributed to this report.

Notice of Intent

Notice is hereby given pursuant to Sections 135 and 136 of Article 25 of the Annotated Code of Maryland, as amended, that Kent Z. Ozkum and William J. Morrow, owners of the property at 10720 Dern Road, Emmitsburg, Maryland, 21727, will be petitioning the Frederick County Dept. of Public Works and the Board of County Commissioners to abandon a portion of Dern Road no longer in use that traverses their property at the address mentioned above. The petition will propose that the County abandon all legal rights of way and maintenance responsibilities of the former roadbed. Documents showing the survey and abandoned road at 10720 Dern Road can be viewed at the Frederick County Dep't. of Public Works, 118 North Market Street, Frederick, Maryland. More information can be obtained by contacting Mr. Anthony Pellegrino, project manager, Frederick County DPW, at 301-631-2380, or the property owners at 202-337-5939 or 202-270-4137.

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TOWN NEWS

Emmitsburg awards \$160,000+ contract to repair and maintain water tank

By Richard D. L. Fulton
Staff Writer

At its Nov. 3 meeting the Emmitsburg Town Council approved a contract with Utility Service Co. for more than \$160,000 to repair and maintain the town's old welded-steel water tank.

Town Manager David Haller said, "The tank is 43 to 44 years old, and has received some treatment (in the past) but probably very little. We are very fortunate to have gotten the life we have out of that tank."

Located at the water plant on Crystal Fountain Rd. on College Mountain, the tank is 20' tall and 64' in diameter, and holds approximately 500,000 gallons of water. Mayor James Hoover told The Emmitsburg Dispatch he estimates "the cost to replace the tank would probably be in excess of \$500,000."

Haller agreed that it is in the "best interest (of the community) to put the tank on a maintenance plan," rather than replace it.

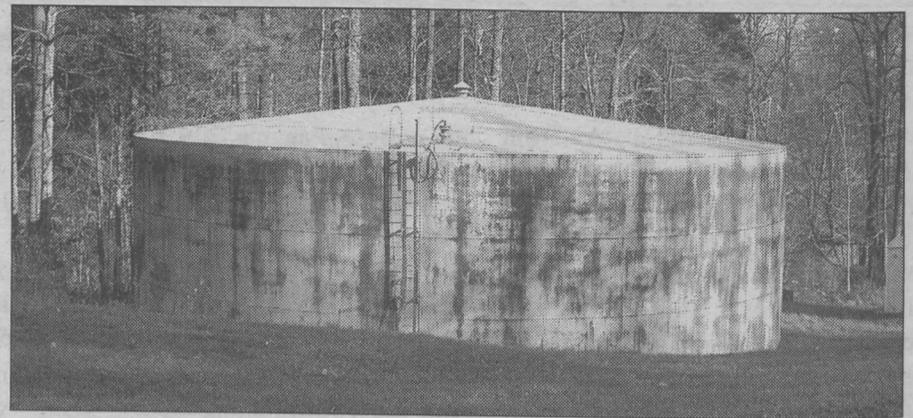
According to Russell M. Brown, representing Utility Service Co., the contract requires three annual payments of \$53,640, totaling \$160,920, to cover all necessary repairs and upgrades. Beginning with the fourth year of the contract, there would be a standard annual maintenance fee of

\$10,318. Once the \$160,920 has been paid, the town would be free to cancel the annual maintenance agreement at any time.

One of the commissioners asked if the Town could drop its insurance policy on the tank since it would be covered by the maintenance plan. Brown replied, "You (the Town) should maintain the current insurance policy (on the old tank)" because Utility's service contract does not cover damage caused by "acts of God," such as weather-related incidents or natural disasters like earthquakes or tornadoes.

Another company specializing in tank servicing, Nationwide Tower Co., based in Henderson, KY, had offered to inspect, clean, and repaint the interior and exterior of the tank. Herman Johnston, a Nationwide sales representative, told The Emmitsburg Dispatch his company had not included a post-repair annual maintenance plan. Nationwide's numbers were "nowhere near" those in the Utility Service Co. contract. But Johnston also pointed out, "You may be comparing apples and oranges" when looking at the two offers. He did say that Utility Service was well known throughout the industry for its maintenance plans.

Jeff Fitzgerald, former senior inspector for Emmitsburg, said he had discussed the Nationwide offer with a company representative and that the numbers quoted to him were "very,



-RAYMOND BUCHHEISTER / THE EMMITSBURG DISPATCH

This 40+ year old welded-steel tank is located on Crystal Fountain Rd. at the Town's water plant. It holds 500,000 gallons of drinking water. In need of repair, Town Commissioners approved a 160,000+ contract for restoration and future maintenance.

very close to Utility's," although he, Fitzgerald, had not seen the actual proposal in writing.

Mayor Hoover said that the Nationwide offer was not relevant because it did not include a maintenance plan. The town wanted a continuing maintenance package, not simply to have the tank repaired.

Two years ago Utility Service had offered the town a repair and maintenance contract on the old tank. The work could not be done then because there was no available back-up source to supply the town with water while the old storage tank was off-line, according to Town Manager David Haller. The new contract with Utility Service is three percent higher than their estimate two years ago, an increase Haller calls "not that bad."

Mayor Hoover told The Emmitsburg Dispatch that several factors now make it possible to repair the old 500,000-gallon capacity tank. Emmitsburg has a water purchase agreement with Mount St. Mary's; the new water treatment plant was recently completed; and the 100,000-gallon capacity glass-lined water storage tank has been installed.

"Mount St. Mary's supplies 100,000 gallons of water and the glass-lined tank stores about 100,000 gallons of water," he said, adding, "The town uses about 300,000 gallons of water a day."

Hoover said that the water purchased from Mount St. Mary's and the water from the storage tanks discharge directly into the town's water feed-line. The water plant can produce 350,000 gallons per day. If the water treatment

plant simply keeps replacing the water being removed from the storage tank, there should be no supply shortfall.

When asked whether or not the contract should have been put out to bid, Hoover told The Emmitsburg Dispatch that it appears the town does not have an ordinance that mandates competitive bidding when a project exceeds a stipulated amount. "I don't think we have one (a competitive bid ordinance)."

At the present time at least three council members must agree to award a contract. Putting a project out to bid may not apply to projects for which there is one known source or supplier, or for a unique project.

Maryland Attorney General's Office spokesperson Jamie St. Onge said Maryland has no state law regulating municipal bidding procedures. Frederick County Attorney John Mathias said Frederick County also does not regulate municipal award procedures, although there are county regulations that control county contract bidding.

Emmitsburg codes apparently authorize the town manager to expend an amount of money "not in excess of the dollar amount prescribed by the board of commissioners." However, the code itself does not spell out that limit. Although there may be a policy limit previously approved by Town commissioners, there is no ordinance or code that sets an amount at which a purchase or contract must go out to bid.

Utility Service Co. said work on the water tank is scheduled to begin in spring 2004.

Antigone

—Continued from page 3

Dotson), Haimon (Adam Blickenstaff), and Eurydice (Tiffany Bradley). Robby Miller plays the Senator, Creon's "right-hand man," while Josh Bowers provides comic relief in the role of the army sergeant. Jennifer O'Neill plays Tiresias, the blind prophet. The chorus, an integral part

of Greek drama, will include Carrie Schildt, Ben Walker, Kris Head, Jake Clabaugh, Laura Seiser, Jake Puhl, Christine Portier, Brandon Harris, Matina Hunter, and Scott Gautney.

Mrs. Karen Stitely, head of the CHS Drama Department, will direct the play. Tickets cost \$6.00/student and \$7.00/adult. Information: 240-236-8100.

—See related story on page 13.



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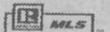
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A word from the Mayor Emergency Warning Systems

In February 2003, I requested a meeting with members of the Emmitsburg Ambulance Company, Emmitsburg Fire Company, Frederick County Deputies, town staff and elected town officials. This meeting was planned to discuss, "What would we do if a disaster happened in Emmitsburg?" I arranged the meeting due to the heightened levels of security put in place by the Department of Homeland Security.

At our first meeting, we acknowledged that a natural disaster (flood, tornado, vehicle accident...etc.) was more likely than a man made disaster (terrorism). We also decided to include Mt. Saint Mary's College, the Provincial House, and the Fire Academy in our discussions. In April 2003 the Town arranged for the group to go to La Plata, MD to see an emergency warning system installed there after a tornado went through their town in 2002.

Prior to our visit to La Plata, Emmitsburg Fire Chief Frank Davis located and contacted two companies that install emergency systems similar to the one in La Plata and requested pricing information. After Mr. Davis received information from both companies, Town officials discussed with this group the functions they desired in an emergency warning system in Emmitsburg. We agreed to make it like La Plata's system, which has a warning siren followed by a voice announcement. The only difference from the La Plata system is that La Plata only has one unit for the entire town, which can not be heard all over town. The system planned for Emmitsburg will have three units throughout our town, with additional units planned to be located at the Fire Academy and Mt. Saint Mary's College. With three units in Town, the siren and voice announcements should be heard at every location in Town. The purpose of having voice announcements is to assure a means of communication with the community. As the town of La Plata found out, one of the most difficult problems during an emergency is keeping the com-

munity informed of the situation.

All three systems (Town of Emmitsburg, Mt. Saint Mary's and the Fire Academy) will be controlled primarily from the Frederick County Central Dispatch (911) Center. The Town of Emmitsburg will also purchase additional equipment to have the capability of activating the system ourselves. All equipment installed outside of Frederick County's Central Dispatch Center and the site designated as the Town of Emmitsburg's command center will be solar powered with a minimum 72 hour battery back-up supply. Equipment installed inside Frederick County's Central Dispatch Center and the site designated as the Town of Emmitsburg's command center will be backed up by generator power.

The Town's portion of the initial cost to install the three units in Town and connect to Frederick County's Central Dispatch Center will be approximately \$100,000.00. At this time, nor the county or the state have agreed to reimburse the Town for any of this cost. We will keep trying. Since the \$100,000.00 was not projected in this year's current budget, the Town Council approved fully funding this project using money from the Town's fund balance reserve. For future costs, we have already enacted a town ordinance to charge developers an additional \$200.00 in impact fees for all new homes to cover the cost to upgrade and enlarge the system as needed.

At the August Town meeting, the commissioners with a 3-1 vote agreed to go ahead with this project. I expect the installation and testing of the equipment to be completed late November 2003. Soon after the installation and testing is complete, I am planning a formal dedication of the system where residents will be invited to hear more about the system and get a better understanding of how it will work. At the formal dedication, I will also have an emergency guide that will be distributed to all residents.

-Jim Hoover
Mayor of Emmitsburg

Election Rules

—Continued from page 1

preparations did not allow much time for new mayor or commission members to become familiar with the budget process. "This (Ordinance 03-15) was a way to allow a new incoming member time to gain some understanding before having to dive into it (the budgetary process)."

The mayor must prepare and present a budget proposal to the council no later than mid-June. "If a new mayor is elected (under the former timeframe), he or she would have to come in and prepare a budget report within the first 30 days of office," Hoover stated.

Prior to the adoption of Ordinance 03-15, newly elected members of the council would assume office on the first day of May and be faced almost immediately with budget work. "They would have about six weeks to get up to speed and vote on a budget," according to Hoover.

However, the passage of Ordinance 03-15 created a five-month gap, which had to be addressed by either lengthening or shortening the terms of incumbents or those newly elected.

Resolution 2003-005R, adopted on Oct. 6, addressed the problematic five-month disparity at the mayoral level by increasing the mayor's term of office to three years and five months, beginning with the 2005 election.

Resolution 2003-004R, adopted on Oct. 6, increased the term lengths for

new council members. The two council members elected in 2004, the single member elected in 2005, and the single member elected in 2006, will each serve terms of three years and five months.

Hoover said, "We had the option to extend or shorten the terms of the current board, or extend or shorten the terms of the new folks coming in. It seemed fair to give the new board members the additional time."

Applying the extended terms to new members will allow voters to decide who will serve the five-month extended terms. If the extension had been applied to incumbent terms, individuals would serve longer than they had been elected to serve.

The extended terms will only apply to those elected in 2004, 2005, and 2006. For those elected in 2007 and thereafter, terms will revert back to the three-year limit.

Ordinance 03-06, adopted Oct. 6, increases the filing time from 7 to 21 days for written applications from candidates for public offices. The three-week period allows more time to deal with various technical aspects of the election process, including the mailing of absentee ballots. Hoover said there was concern that absentee voters were being left out of the election process. "There was no real mailing time. Some voters may not get their absentee ballots (under a seven-day time limit). This (extending a candidate's filing time) is one way to provide assurance that residents receive their absentee ballots."

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14th Annual
An Evening of Christmas Spirit
Monday, December 1
6:00 p.m.-9:00 p.m.

♥ Schedule of Events: ♥

6:00 p.m. - Emmitsburg Tree Lighting Ceremony on the Square
Join the United Church of Christ Choir in caroling and Mayor Hoover in the lighting of the town Christmas tree which will be decorated by our local elementary school children.

♥ 6:30 p.m. - Santa Arrives ♥
Santa invites all to the Carriage House Inn for complimentary hot dogs, cookies, live Nativity, entertainment, hayrides, and horse drawn carriage rides.

♥ 7:00 p.m.-9:00 p.m. - Entertainment at Carriage House ♥
Local choirs and vocalists will be featured.
Canned goods and donations accepted for the Emmitsburg Lions Club Christmas Food Drive.

Come and Celebrate the true meaning of Christmas Spirit!



* A Christmas Wish * * A Christmas Wish * * A Christmas Wish *

RELIGION

New Pastor Called
to Elias Lutheran Church

New Pastor of Elias Lutheran Church, Jon Greenstone (L), greets parishioner John Holt after services, the Sunday following his ordination.

By Susan Allen
Staff Writer

The Reverend Jon Greenstone has been called to serve as pastor of Elias Lutheran Church in Emmitsburg. Pastor Jon received his Master of Divinity from the Lutheran Theological Seminary at Gettysburg in May. He was ordained to the ministry in the Evangelical Lutheran Church in America (ELCA) at Community Lutheran Church in Sterling, VA on Oct. 19; and officially installed

at Elias Lutheran on Nov. 9, 2003.

Born in Washington, D.C. and raised in Brookeville (Montgomery County), MD, Rev. Greenstone developed a strong affinity for farming, gardening, and rural life. After high school graduation he started a greenhouse and truck farming business. He raised vegetables and flowers for sale at farmers' markets in the D.C. metropolitan area. He met his wife, Suse, through their mutual interests in gardening and farming. They were married in 1982.

The couple operated Dayspring Church Farm in Germantown, MD for 4 years. Dayspring Church, an ecumenical congregation, sponsored an outreach program serving immigrant families fleeing civil war in El Salvador. Jon says that volunteer experience strengthened his ethical awareness. "My call [to ministry] originated from working with the land and working with people...people knew that we stood for justice and sought to serve all people equally through growing healthy fruits and vegetables and making the produce available in many neighborhoods where the stores had closed."

These experiences marked the beginning of a 10-year spiritual and academic journey. Moving to Virginia, the Greenstones became active members of the Community Lutheran congregation in Sterling. As part of the church's "compassionate outreach," Jon volunteered in Washington, D.C. The volunteer effort, funded by the ELCA and Lutheran Social Services, helped young people "green" and renew their inner-city neighborhoods. During these years, Jon completed his B.A. degree in religion at Shenandoah University in Winchester, VA.

He also began the candidacy process leading to ordination into the ministry of "Word and Sacrament." First came talks with his pastor and local parish council. The local church filed a sponsorship statement with the synod, the ELCA regional governing body. Jon interviewed with an assistant to the bishop and a candidacy committee. Every candidate must complete all these steps prior to approval for admission to seminary. Greenstone says the process can be daunting because one's

character, personality, and vocational commitment are assessed at each level leading to, and during, seminary. All along the way Jon had the continued support of his congregation and family.

New experiences, including a 4-week study of ancient Greek, provided more opportunities for personal reflection at the Lutheran Theological Seminary. Jon spent a summer as chaplain at Bethany Village, a nursing home, making pastoral calls and meeting regularly with a group of seminary students. He learned that pastoral calls become as much a blessing to the pastor as to those visited. The second year of seminary is "heavy on academics." The third year is an internship year when students serve as associate pastors. Jon's special focus became the Town and Country Church Institute, where he got to know the struggles and values of small-town churches and their congregations.

Greenstone was assigned to St. Paul's Lutheran Church in Carlisle, PA. Carlisle is a former market center, a college town, and home to a military installation, the Army War College. There is also a poor side of town. The town remains close to its rural roots with a number of small family farms nearby. During that year Pastor Jon worked with several Mennonite families around Newville, PA, helping them develop and promote their products. "Seeing the connection between our small family farms remaining viable, and preserving God's creation, became a great challenge to me." Ecological stewardship remains one of Jon's abiding values.

He and Mrs. Greenstone retain their hands-on gardening skills by teaching gardening and small-scale farming techniques to inmates at the Adams County Prison. Suse coordinates this work through a life skills program called Seeds to Success. Men preparing for release from prison can qualify for the program. The men raise vegetables and flowers to sell twice a week at the Seeds to Success Farm Market in Gettysburg. Experiences with the garden and market, combined with family planning, anger management and other classes help the men develop a focus and work skills. Suse also directs the Just Community Foods Program, which

—Continued on page 9

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 UCC.

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
Weekly services: Monday - 7:30 p.m. (with the Miraculous Medal

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 Trinity United Methodist Church was founded in 1833. The present sanctuary was built in 1807. Trinity has been 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

In 1797, The Methodist Congregation purchased the log church that was built at Tom's Creek in 1757 by families who were mostly Lutherans and reforms. Since the old log church at

Tom's Creek had been used for 146 years; In 1903, the present church's cornerstone was laid.

10926 Simmons Road

Sunday Services at 8:00 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

Worship with Holy

Communion - 10:30AM

Sunday School - 9 AM

301-447-6239

A word from the pulpit

A meditation... Finding our Help in God

By John Greenstone
Pastor
Elias Lutheran Church

"Happy are those whose help is the God of Jacob, whose hope is in the Lord their God, who made heaven and earth, the sea, and all that is in them; who keeps faith forever; who executes justice for the oppressed; who gives food to the hungry. The Lord sets the prisoners free; the Lord opens the eyes of the blind. The Lord lifts up those who are bowed down; the Lord loves the righteous...Praise the Lord." (Psalm 146:5-8)

To find our need for God, we sometimes have to journey away from the safety and security of home, the job, or whatever it is that has become our source of refuge away from God. It is unnatural for most of us to abandon the secure confines of our normal routines: the television, the computer, the newspaper, another cigarette, the alcohol or drug habit. But in order to move into the deeper spiritual life, we must turn ourselves toward the One who is always faithful, the One whom the psalmist has found trustworthy. Our challenge is to care enough about ourselves to want to recognize where true living comes from.

It is not as severe a journey as it may sound. All that is required is for us to retreat into the wilderness — to go to the place where it is quiet. The need is to reach the place where the wind can be heard as it rustles through the tall grass or blows through the trees of our lives. Becoming attentive to Life that is

beyond our own — we begin to sense creation's Source; possibilities for inner renewal draw close. You may even find this place in your own imagination. What is necessary is to get quiet even as the trees are quiet in their growth toward winter dormancy — the time of unseen growth.

Finding ourselves in this place can allow the words from the psalmist to take on new meaning in our lives. From a state of quiet can come the realization that true happiness in life is not derived from what society around us can give, but from what God alone gives to those who live their days with hope in him. Blessings are not the summation of acquired goods, but in knowing the truth that God's love sets us free to rejoice in that hope. Whether you have much or little should not detract from your joy in the Lord.

The psalmist from our passage written above has apparently thought long and hard about where true joy lies. True joy comes to those who hear the eternal voice that speaks in the rustling of autumn leaves and is contained in the swaying of the fall grasses. This is the God of faithfulness and justice, the one who lifts up the oppressed and loves the righteous. Get on the Way; seek the attributes of God for your life. And as you journey — be listening and looking to reconnect with the true Source of joy. For it takes us some time to remove ourselves from the trappings of life in order to view God for who God is "The one who..."

The Peace of Christ be yours, now and forever. Amen.

congregation. He looks forward to getting to know his new parish family, and adding to it. "With Elias' strong tradition of church suppers, good fellowship, and extensive history, I think that we are in an exciting position to welcome new families," he said. In Carlisle his congregation shared special events with a nearby United Church of Christ congregation. Pastor Greenstone intends to support ecumenical cooperation here as well.

Early in November the Greenstones trade in their student apartment in Gettysburg for the Lutheran parsonage on W. Main Street. Later this month Pastor Greenstone will deliver the sermon for the Emmitsburg Council of Churches annual Thanksgiving Day service.

OBITUARIES

Mr. Ralph Kelly

Mr. Ralph Franklin Kelly, 85, of Bullfrog Road, Taneytown, died Wednesday Nov. 5, at his home. He was the husband of Betty Trish Kelly, his wife of 56 years. Born Aug. 20, 1918, in Thurmont, he was a son of the late Martin and Minnie Finneyfrock Kelly.

Mr. Kelly was a member of Trinity United Methodist Church, Emmitsburg for more than 70 years. He served as Lay Leader, Chairman of the Board, Trustee, Sunday School Superintendent, and taught Sunday School for over 40 years.

He served in World War II for 3 1/2 years with the Big Red One, Co. 1, 16th Infantry. He fought in North Africa, Sicily and in the Omaha Beach Invasion on D-Day. Mr. Kelly participated in the Battle of the Bulge. His company fought throughout Europe and was in Germany when the war ended. He was awarded a combat infantryman badge, two Purple Hearts, two Bronze Stars and two Silver Stars. After the war, he worked as a carpenter and cement finisher. He retired in 1983 after serving as a rural mail carrier for the Taneytown Post Office for more than 20 years. For 11 years he was a volunteer manager for the Taneytown Food Bank. He enjoyed baseball games, reading and gardening.

Surviving in addition to his wife are one son, David E. Kelly, one daughter, Sharon L. Adams; five grandchildren, four great-grandsons, one great-granddaughter; one sister, Grace Harbaugh of Emmitsburg; and many nieces and nephews. He was preceded in death by three brothers, Charles, Guy and Luther Kelly; and three sisters, Ethel Smith, Mary Ohler and Mamie Kelly.

Funeral services were held Nov. 8 at Trinity United Methodist Church, Emmitsburg, followed by interment at Grace United Church of Christ Cemetery, Taneytown.

In lieu of flowers, the family requests donations be made to Carroll County Food Sunday or the Emmitsburg Food Bank.

Mr. Lumen Norris, Sr.

Mr. Lumen Francis Norris, Sr., 82, of Mt. View Road, Emmitsburg, died Sunday, Oct. 19 at Gettysburg Hospital. He was the husband of Etta Mae Shuff Norris for 59 years. Born Feb. 17, 1921 in Emmitsburg, he was the son of the late professor Thomas and Margaret O'Donoghue Norris.

He was a member of St. Joseph's Roman Catholic Church, Emmitsburg, and a graduate of Mount St. Mary's College, Class of 1943. He served with Headquarters Company F the 87th Infantry Division of General Patton's Third Army. Among other medals, he

earned a Purple Heart for wounds sustained during the Battle of the Bulge in Jan. 1944. Mr. Norris served as Quartermaster of the Emmitsburg V.F.W. Post 6658 where he was a charter member and past commander. He was a member of the Knights of Columbus Brute Council 1860, Emmitsburg; American Legion, Francis X. Elder Post 121, Emmitsburg; Disabled American Veterans; and Mount St. Mary's Alumni Association. He was retired from the State Department of Assessments and Taxation where he served as Supervisor of the Frederick County Office.

In addition to his wife, he is survived by 5 children, Monica Lingg, Rebecca Ryan, Lumen F. Norris, Jr., Loretta Adelsberger, and Aimee Norris. He is also survived by 11 grandchildren; 4 great-grandchildren; a brother, Dr. Thomas Norris; 3 sisters, Rita Priest, Mae Rosa Carroll, Eileen McClean; and life-long friends, William and Betty Garner. He was preceded in death by one brother Emmett Norris; and one sister, Kathleen Farmer.

A Mass of Christian Burial was held Oct. 23 at St. Joseph's Roman Catholic Church, Emmitsburg followed by interment at Emmitsburg Memorial Cemetery.

In lieu of flowers, the family request donations be made to the Scott Key Center, 1050 Rocky Springs Road, Frederick, MD. 21702

Mrs. Mary Welty

Mrs. Mary Dula Welty, 99, of Green Acres Nursing Home, Gettysburg, Pa., formerly of Emmitsburg, died Wednesday, Oct. 15, at the home. She was the wife of Tyson Welty, who died in November 1971. Born Sept. 9, 1904, in Gettysburg, she was a daughter of the late Scott H. and Barbara Gelwicks McNair.

She was a member of St. Joseph's Roman Catholic Church, Emmitsburg. She was a member of the Emmitsburg Grange.

She is survived by four children, Bernard M. Welty, Joseph N. Welty, James T. Welty and Barbara W. Martin; 13 grandchildren; nine great-grandchildren; and one brother, Scott McNair of Emmitsburg. She was preceded in death by one daughter, Margaret Baker; one sister, Margaret McNair; and two brothers, Gelwicks McNair and Robert McNair.

A Mass of Christian Burial was celebrated Oct. 16 at St. Joseph's Roman Catholic Church, Emmitsburg. Interment was held in St. Joseph's Cemetery, Emmitsburg.

In lieu of flowers, memorials can be made to St. Joseph's Church Cemetery Fund, P.O. Box 376, Emmitsburg, Md. 21727-0376.

New Pastor

—Continued from page 8

promotes buying locally-grown food from area farms and addresses local hunger and poverty issues. Her work in the Gettysburg area, and Jon's special interest in small towns and their churches, led him to request a "geographical restriction" within the ELCA. Church synods function as "matchmakers" between congregations in need of pastors and pastoral candidates. Local parish committees interview prospective pastors and hear them preach. When a candidate receives his or her "call" from a parish, the ordination ceremony can take place.

Pastor Greenstone has begun learning his way around Emmitsburg by visiting shut-in members of the

"All This and Heaven Too"

A new painting of St. Elizabeth Ann Seton

By Susan Allen
Staff Writer

In an informal ceremony at Mother Seton School (MSS) on Fri.,

Nov. 7, local artist Rebecca Pearl unveiled her latest work, "All This and Heaven Too," a tribute to St. Elizabeth Ann Seton. Ms. Pearl presented the watercolor to Sr. Mary

Catherine Conway, principal, and the school's Student Council. The title, from Mother Seton's writings, refers to the natural beauty of the Emmitsburg valley.

Commissioned to honor the life and work of Mother Seton in the Emmitsburg community, this is not a traditional portrait, but a composite

Behind them are the "stone house" and the "white house" where she lived and founded the school in 1810. Also included are Mount St. Mary's College, St. Joseph's Church and the bell tower at the mountain chapel where Mother Seton worshipped.

Rebecca Pearl is a well-known regional artist honored for her work in both watercolor and pastels. In preparation for the painting, she studied Mother Seton's legacy in Catholic education and her life work in Emmitsburg. She has uniquely connected the inspiration, subject, and locale of "All This and Heaven Too" by using water from the spring at the Grotto of Lourdes to create her watercolors. Ms. Pearl includes actual locations where Mother Seton taught and prayed. She conveys Mother Seton's spirituality and her special devotion to children. The subtle change of seasons in the work speaks to the timelessness of her spirit. From spring in the foreground, the colors move through summer and fall tones toward a hint of winter on the mountains.

Maribeth Giangiuli, Laurie Szukalski, and Donna Cecil, the Holiday Gala committee parents, commissioned the painting. It was on display at the Mother Seton School Holiday Gala on Nov. 15 at Liberty Mountain Resort.

Artist's proofs of "All This and Heaven Too" are available for \$75; a limited edition of 600 signed prints will sell for \$50. Sales benefit the school's expansion program. The painting is included on the MSS website, www.mothersetonschool.org. For more information contact Val Mentzer in the school's development office, 301-447-3161.



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Local artist Rebecca Pearl describes details in her latest work to Student Council members of Mother Seton School. The watercolor painting, "All This and Heaven Too," was commissioned by the school to honor the life and work of St. Elizabeth Ann Seton, the school's founder.

of images. In the foreground are Mother Seton and two children.

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Two Families Displaced Following Apartment Building Fire

Chief Frank Davis of Emmitsburg's Vigilant Hose Company (VHC) said area firefighters were put to the test late Sat. Nov. 8 by a rapidly spreading fire at 280 S. Seton Ave. Initial reports indicated that people might be trapped in the 2-1/2 story wood-frame structure, a nearly century old residential apartment building. Fortunately all 7 residents and their pets escaped. Two families were displaced and assisted by the Red Cross and neighbors: Diane Elliott and Clifford Mills and their 2 children; and Kenneth and Patricia Baker and their son. Clifford Mills was treated at Gettysburg Hospital Emergency Dept. for possible airway burns and released early Sunday morning.

Frederick County Department of Emergency Communications received the call shortly after 11 p.m. When firefighters arrived on the scene, flames were already shooting out second floor windows. Even before fire hoses advanced to the front door, the fire had reached the attic. By the time crews had begun to spray water, fire was leaping from the roof. The blaze generated heavy smoke conditions throughout the south end of town, drawing many spectators.

It took firefighters 3 hours to complete their efforts, which included securing the scene in the chilly nighttime temperatures. The building owner, Sam Kugler, who lives out of the area, was notified of the fire while it was still in progress. The S. Seton Ave. blaze is the first major fire within town limits since 2 houses in Emmet Gardens burned within a week of each other in April 2002.

Deputy Maryland State Fire Marshal Ed Ernst determined that the fire started in wiring behind an electric baseboard heater, located at the end of a severely overloaded electrical circuit. Initial loss estimates were \$45,000 to the structure and \$5,000 to the contents. Actual losses are yet to be determined.

Several area fire companies back-filled empty stations whose personnel had answered the call. Assisting VHC companies were Greenmount, Thurmont, Fairfield, Rocky Ridge, Harney, Taneytown, Gettysburg, Barlow, Gettysburg Hospital's Medic 28, Frederick City / Citizens Truck Air Unit 4, Allegheny Power, the Frederick County Red Cross, and the Maryland State Fire Marshal's Office.

Back at the station, as apparatus and equipment were being readied for future service and necessary reports were being completed, Chief Davis said of the event, "I was very proud of how everything went and how well

everyone worked together. We are just so fortunate to have the terrific assistance from others during tragic events like this one."

Chief Davis went on to say, "VHC President Tim Clarke has already authorized a \$1,000 check for each family to be delivered by mid-day Sunday." The Fire Company's fundraising activities make it possible for them to offer assistance to house fire victims. Wayne Powell, VHC Public Information Officer said, "The Emmitsburg community generously supports us. We try to give back by quickly helping those in need."

-VHC Public Information Officer
Wayne Powell contributed to this report.



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EDUCATION

Is State Aid to Theology Students in Jeopardy?

By Richard D. L. Fulton
Staff Writer

Although under attack elsewhere, state aid to college theology majors appears to be on solid ground in Maryland, but no one can say for sure "It can't happen here." Recent cases in Michigan and Washington State are bringing increased attention to the issue.

Pace McConkie, Assistant Attorney General for the Maryland Higher Education Commission, said, "Maryland does have an anti-discrimination statute which basically says (individual student) applicants for state-supplied financial aid cannot be denied because of religion."

"There is also another statute which allows the state to give financial aid directly to educational institutions

which cannot be used for religious purposes," such as establishing a grant for theological studies. "That would be a problem," McConkie said. For the moment the Attorney General's Office has chosen "not to take a position on the (out-of-state) issues," although Maryland was approached by other states soliciting briefs outlining its position.

Joseph Conn, spokesman for the national office of the Americans United for Separation of Church and State (AU), said Maryland financial aid laws are "more lenient than those of other states. Two-thirds of the states have strict constitutions that don't allow money to be used for religious education."

"Americans United's position is that it is appropriate if states want to do that (grant or deny financial aid to the-

ology majors), but that the federal courts should stay out of the issue. The federal courts have never said states have to provide financial assistance to theology majors. It would be a bad move if the federal courts issue a decision effectively mandating that states must provide financial aid to students majoring in religious studies."

From AU's perspective the issue of state financing centers on whether the student is engaged in objective religious instructions or subjective study. Training for the ministry at a seminary is referred to as objective training, rather than the subjective study of religion that takes place in colleges and universities. "Objective religious studies ought to be paid for out of private funds," according to Conn.

Stacey Mink, spokesperson for the Maryland Chapter of the American Civil Liberties Union (ACLU), said, "The issue (thus far) has not been brought to the attention of the Maryland ACLU."

David Reeder, Director of Financial Aid at Mt. Saint Mary's College, confirmed that undergraduate theology majors are currently eligible for state aid both through the Hope Scholarship Program and need based assistance. The Hope Scholarship is a \$1,000 to \$3,000 loan from the state of MD available to high school seniors who plan to enroll in a two-year or four-year college. Students must agree to work in MD for one year for each loan year.

"Graduates do not qualify for aid under the Hope Scholarship Program or need-based assistance, regardless of their major," Reeder said. He noted that any religion-based cutback in direct aid to students would most likely

impact undergraduates majoring in theology at the college.

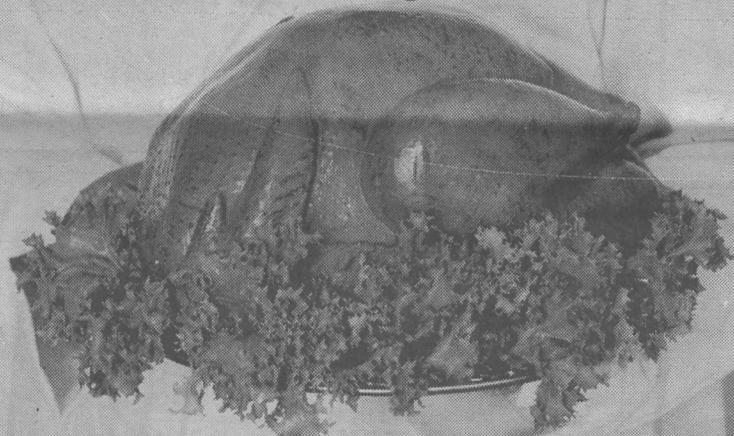
Under present state guidelines, financial aid can be offered directly to theology majors. However, state aid provided to colleges, rather than to individual students, may dictate that those funds not be used for theology majors.

John Gill, registrar at Mount Saint Mary's, said that the state-managed Joseph A. Sellinger Program of Aid to Non-Public Institutions, adopted in the mid-1970s, gives money only to colleges and does prohibit use of the funds to finance theology majors. The college reallocates money received from the state through this grant program to students. Since the state does not give this aid money directly to students, the guidelines for the Hope Scholarship and various need-based assistance programs do not apply.

Each year Mt. Saint Mary's Colleges averages 1,300 undergraduates. According to Gill there are presently 19 theology undergraduates. Only 3 of those 19 presently receive Maryland state aid.

Editor's Note: Eleven states currently prohibit state aid to students majoring in theology. The American Center for Law and Justice has filed suit against the State of Washington for rescinding a state scholarship to an undergraduate theology major at a Christian college. The Supreme Court has agreed to review the case to determine if the State of Washington violated the student's right to the free exercise of religion under the First Amendment. The case will be heard in December 2003.

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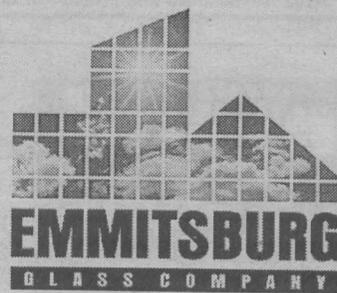
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Meet Catoctin's Antigone — Sarah Heiderman

By Susan Allen
Staff Writer

When Sarah Heiderman says, "Theater is my life," you might think her statement is a teenage exaggeration. After all, she is only 17, and a senior at Catoctin High School. However, a panel of professional judges named Sarah a Maryland Distinguished Scholar in the Arts (Drama) finalist for 2003. She was chosen from a competitive field of 677 student actors throughout the state. The award includes a \$12,000 scholarship (\$3,000 per year) which Sarah can use to attend any college in Maryland. She is the first Catoctin High student to become a finalist in drama. Sarah is the first Frederick County winner in this category in 9 years.

High school drama teachers selected the dramatic arts scholar candidates. Mrs. Karen Stitely, Sarah's teacher, helped her choose two monologues to perform for the judges. Sarah has had considerable theater experience at Catoctin, both onstage and behind the scenes as a student director. Last year she appeared in lead roles in

A Midsummer Night's Dream and *Anything Goes*. As a sophomore, she performed in *Oklahoma*, and was dance captain for the show's production numbers. She is a 4-year member of the drama club, and Mrs. Stitely's aide with this year's Drama I class.

Sarah's first stage experience was as a dancer, and she teaches dance classes at the Catoctin Recreation Center based at Thurmont Middle School. Ideally she would like her future career to "incorporate children — I love working with children — and acting, maybe in drama therapy." Sarah's other talents appear in her work as "co-executive" of the high school literary magazine and as a new member of the school's academic tournament team. She is also a member of the National Honor Society.

Sarah plans to use her scholarship at Goucher College, Loyola College, or Towson State University. Goucher is her first choice. She has applied for an early admissions decision, and "I think my interview went really well." She will, naturally, major in theater, with possibly a minor in English.

Sarah is the daughter of George and Joyce Heiderman of Sabillasville.



-KAREN STITELY / CHS DRAMA DEPARTMENT

Catoctin High School senior, Sarah Heiderman, appears in title role of school's drama performance Antigone.

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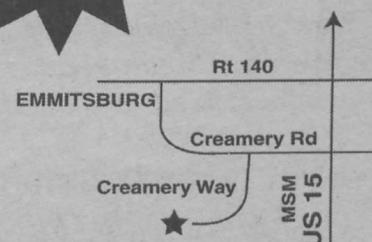
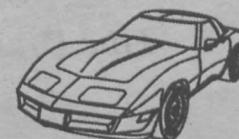


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The (retired) Ecologist On Growing, up and old



Bill Meredith
Dispatch Writer

Every year, the yard and garden around our house seem to provide new sources of diversion. Last year it was bumblebees and field mice; before that it was butterflies, hummingbirds and foxes. This year the entertainment, and the source of reflection, was provided by representatives from the opposite ends of the food chain: rabbits and hawks.

The rabbit turned up early in June; while weeding my wife's herb garden, I pulled up the weed it was hiding under before I saw it. It was recently out of the nest, about 4 inches long, and still bearing the white spot on its forehead. Instinct, inherited from generations of ancestors that survived long enough to reproduce, told it there was no chance of outrunning any serious predator at that size, so it darted under another weed about a foot away and "froze." I watched it a while and then left it undisturbed; there were plenty of weeds to pull in other places.

You don't have to learn much if you're a rabbit; life is compressed, and there isn't time. This one spent its pre-adolescent days in the herb garden, and then moved to the flower bed on the bank opposite the porch for the teen-age phase of its existence. It memorized a few reliable escape routes under the junipers on the bank, which it could dart into if one of my grandchildren or a stray cat got too close. That seemed to be the extent of its education. It must have been aware that I was on the porch watching it... I was in plain sight and it surely could smell my cigar. But it came out in the open with blithe unconcern, nipping off blades of grass or plantain stalks and munching them like a kid sucking in strings of spaghetti.

Ecologists use the same techniques as life insurance companies to calculate a statistic called the median life expectancy of animals, i.e., the age by which half of the individuals born at a given time will have died. In nature, rabbits never die of old age; a lucky individual might survive 3 or 4 years, but it is likely that less than half of them survive two months. My rabbit passed that milestone in mid-August; then it moved from its teen-age pad on the bank to the edge of the Great Forest in the back yard to start its adult life.

There is food and cover there; but there are also foxes, hawks, owls and stray dogs. Such is life, if you're a rabbit.

Some time last spring a pair of Cooper's hawks homesteaded in a tree in the Great Forest. I stayed away from the area to avoid disturbing them, but as the summer wore on and their fledgling's appetite grew, I often saw them hunting. I didn't see them make a kill, but there was an abundant supply of English sparrows, house finches and starlings to satisfy their needs, and I suspect wood thrushes and song sparrows were on their shopping list as well.

The young hawk left the nest early in August, to the accompaniment of vociferous encouragement from its parents, and it decided to use my yard as a training area for flight school. For over a week it careened wildly about the house like a teenager on a motorcycle, crashing through trees in clumsy pursuit of sparrows and squawking in frustration from exposed perches when it failed to catch anything. It lost a few feathers, but survived that period without serious injury. Its luck held; its parents continued to feed it for a few weeks, and now it is on its own. It knows by instinct what to hunt for and, when the time comes, how to find a mate and build a nest. Its education will consist only of perfecting its hunting skills before fall ends... a small but vital task. Probably fewer than half of its kind survive their first winter.

I thought of the rabbit and the hawk when my granddaughter arrived in August for her annual week's visit. She brought with her a brand-new learner's permit, and it seems that she, who so recently sat on my lap and listened to *The Tales of Peter Rabbit*, is also preparing to leave the nest. To my wife's consternation, I took her out in our car, and by the end of the week she had learned which way to turn the steering wheel when backing up, when to use the turn-signal, and how to keep the car on the road when meeting oncoming vehicles. There is much more to learn, of course, but unlike the rabbit and the hawk, she has time. On average, we humans spend the first fourth of our lives under parental care and teaching; nearly all of our survival skills come from learning instead of instinct. And then we spend the next half of our allotted years nurturing our own offspring. Such is life, if you're a human.

Having made it through those

two stages, I now find myself engaged in the last quarter of the lifespan. There was a time, not too long ago it seems, when my contemporaries were preoccupied with expanding. Our families, our houses, our yards, the number of cars in our driveways, our career ambitions, our waistlines... all were growing with unrestrained exuberance. Then at some point it began to dawn on us that we were not immortal, and the urge to expand began to dwindle. The kids whose growth had been recorded by marks on the door jamb each birthday moved away; houses suddenly seemed too big. Here and there, someone retired early and moved to Florida; someone else keeled over while jogging. Joints began to ache, blood pressure began to rise, and we survivors began to realize that we were _ of the way to our own median life expectancy. As this began to soak in, our preoccupation changed, and we became concerned with consolidation, estate planning and contraction of responsibilities. "Downsizing," a corruption of the English language as well as an abominable concept, began to dominate our thinking. The conversation turned from sharing next year's seed catalogs to the advantages of "assisted living," where the lawns and gardens, if they exist at all, are tended by someone else.

The last few decades represent the first time in our history as a species that large numbers of us survived long enough to experience this stage of life. This is a new phenomenon. Until the last couple of centuries we humans have shared the survival patterns of rabbits and hawks, in which most individuals die young and only a few live to old age. The entire world's ecological system is based on this pattern; no ecosystem has ever had to deal with population growth of the magnitude that our new survival pattern has caused.

Our success in extending our life expectancy has presented us with a cruel dilemma. It is by no means certain that we can sustain a social system in which a quarter of the population is retired and consuming goods while not producing anything. But it is certain that the planet cannot sustain the population that will result if the rest of the world approaches our life expectancy. I can state the problem; I have no easy answers. I know only that pretending the problem doesn't exist, as seems to be our leaders' policy, will not work.

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HEALTH

Seniors Often Face Complicated Medical Issues

By Richard D. L. Fulton
Staff Writer

Legend has it that there was once a time in every person's life called the "Golden Years." People reached a certain age and retired from the workforce. They spent their remaining years on earth relatively carefree, reaping the benefits of all they had sown in their younger days. And they took care of their own medical affairs or had their family's help. Today, retirement is often an elusive quest and spending one's remaining years in a carefree state seems a luxury reserved for the rich and famous.

According to the 2000 U.S. Census and the MD Department of Planning, 25,355 seniors over 60 live in Frederick County. Of that number 4,842 also suffer from physically or psychologically debilitating conditions. A significant concern to healthcare workers is the number of seniors, low-income or otherwise, who forego medical aid because they lack the money to pay for it or transportation to acquire it.

The 2000 census also states that 12.9 percent of the population and 4.2 percent of families are below the poverty line in Emmitsburg. Out of the total people living in poverty, 4.1 percent are under the age of 18 and 44.4 percent are 65 or older.

Elizabeth Minnick, program manager for the Frederick County Dept. of Health, Adult Evaluation and Review Services, said, "Our society has created too many barriers for seniors to obtain medical care." According to Minnick many senior citizens are frustrated by the "lack of transportation to get to and from medical appointments, complicated medical forms to be filled out, costs of exams and having to deal with touch-tone recorded message systems to schedule appointments." To make

matters worse, "the normal aging process in itself can be a challenge."

Lower income seniors, those who fall at or below the national poverty level, and who rely on public assistance for partial or full medical aid, put off potentially life-saving annual check-ups. Many also cannot afford to have prescriptions filled if they do not have some type of medical assistance or insurance.

According to the Gerontological Society of America, senior citizens spend about 19 percent of their annual incomes on medical care. Low-income seniors may spend as much as 32 percent. "Nineteen percent is fairly burdensome for the average elderly person; but the figures are even worse for those in the lowest income levels, for those with chronic health problems and for the oldest of the old," according to Stephen Crystal, chairman of Rutgers Institute for Health, Health Care Policy and Aging Research, Division on Aging.

While medical costs in general seem to spiral out of control, federal legislators are even now considering raising the home health care co-pay rate (House Medicare bill H.R.1). More than 38 senior, disability, provider and faith-based organizations presently oppose the legislation.

Adding to the confusion are the often-conflicting reports federal government reports regarding the necessity of annual or routine medical check-ups. The U.S. Preventive Services Task Force recommends that seniors have regular check-ups for high blood pressure and high cholesterol, cancer of the breast, colon, and cervix, and for vision and hearing problems. They also recommend immunizations against influenza, pneumococcal disease and tetanus. Other federal reports claim that billions of dollars are wasted on

"unnecessary" annual medical check-ups or some routinely performed tests.

Karen Black, public information director, State Department of Health and Hygiene, told the Dispatch, "Preventive medicine is the best approach to maintaining good health." Cindy Bowers, public information officer, Frederick County Health Department, agreed, adding that foregoing annual checkups could result in missing early signs of potentially expensive and dangerous conditions.

Given these conflicting health care recommendations and increasing expenses, this is a good time for seniors to look into local options to reduce out-of-pocket medical care costs.

For transportation to and from medical appointments, contact the TransIT

Services of Frederick County, 301-694-2065. Seniors and people with disabilities are eligible for reduced rates.

For assistance completing medical forms and help in organizing medical needs, contact the Frederick County Department of Aging, 301-694-1604, or the Frederick County Department of Social Services Senior Care Program, 301-694-4555. Several private agencies that offer assistance are listed in the Department of Aging "Blue Book." For a copy, call the Frederick County Department of Aging at 301-694-1604.

For prescription assistance call the Maryland Pharmacy Assistance Program (MPAP) at 1-800-492-1974, or the Frederick Community Action Agency Medbank Program, 301-694-1506 or 301-694-1394.

A word from the doctor

Benefits of regular physical activity

As busy as we are these days, statistics reveal that most of us are not physically active enough. Without enough exercise, we can become tired and unfit. This leaves us feeling unhealthy and less happy. Increased physical activity can lead to a longer life and improved health.

Studies show that regular physical activity lowers cholesterol, blood pressure, and blood sugar levels, reducing the risk of heart disease, high blood pressure, and diabetes. It keeps joints, tendons and ligaments flexible so it's easier to move around. It reduces some of the effects of aging, like osteoporosis and arthritis. Exercise contributes to mental well-being by relieving stress and anxiety and helps to treat depression. It helps us maintain a normal weight by increasing the rate at

which we burn calories. We sleep better, which can improve our mental alertness. Finally, it increases energy and endurance, builds strength, and improves the way we feel overall.

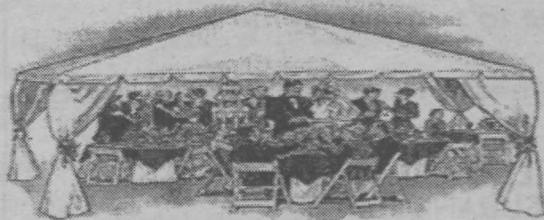
Any exercise program should include the following three types: aerobic, weight-bearing, and flexibility.

Aerobic, or cardiovascular, exercise moves large muscle groups. It causes you to breathe more deeply and your heart to work harder to pump blood, strengthening them both. Examples include walking, jogging, running, cycling, rollerblading, aerobic dance, rowing, swimming and cross-country skiing, just to name a few.

Weight-bearing exercise works against gravity, building strong bones,

—Continued on page 17

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SPORTS AND RECREATION

Restoring the Love of the Game

Personal Achievement is the heart of Special Olympics

By Megan Zimmerman
Dispatch Intern

Every four years the world watches as the most elite athletes compete for the highest honors in amateur sports. After enduring training, pain, and sacrifice to be part of the Olympics, the pressure to perform better than any other athlete is overwhelming, and often consumes the athlete's mind and motives.

Some think this intention of "wanting to win" has overshadowed the true spirit of sports. The age-old lessons learned from competition, such as teamwork and achieving goals, have been replaced with the incredibly high pressures of being the best, and the extreme fear of failing.

But for some athletes success is measured not in the ranking against other athletes, but in the small achievements made by their own progress. Athletes in the Special Olympics take pride in the little steps

made when preparing to compete in their sport. "Of course, each athlete hopes to come in first, but more importantly is achieving a personal best," explains Annette Lynch, Vice President of the Special Olympics of MD Sports Development and Education. In great contrast to some motives of professional sports, "Athletes of the Special Olympics are not dominated by pressures to be number one; rather, they are encouraged to perform to the best of their abilities."

On Saturday, Nov. 1 Mount Saint Mary's College hosted the MD Special Olympics Fall Sports Fest. Six hundred athletes from across the state participated in cycling, golf, power lifting, and soccer. Separated by skill level, the athletes competed against others of the same ability, so that every person had an equal chance to advance. In addition to the athletes' families and friends, over 200 coaches and 250 volunteers attended the event.

Every athlete received an award, whether for placing in the top four, or for notable effort. Jackie Smeller, a local Special Olympics volleyball coach, and mother of an athlete herself, believes that "the goal of the coaches is to let the athlete progress at the level they are capable of."

In coaching his local Special Olympics soccer team, which includes two of his sons, Craig Robillard focuses on "improving a player's weaknesses, but at the same time greatly encouraging the strengths." In competition, Robillard has noticed some pressure among athletes. "They clearly understand the concept of losing and winning a

game. The athletes are definitely compelled to win for themselves, and their teammates." As Robillard's son Andy explains, "I always want to win!"

With so many determined athletes and dedicated coaches, the Special Olympics preserves the true meaning of athletic competition. Special Olympics athletes focus mainly on progressing, meeting personal goals, and enjoying the sport. These are values often lost by professional athletes. The Special Olympics has honorably restored the thrill of competition, the value of accomplishment, and the joy of sports for athletes of all abilities.

Handling the Pressure

By A.J. Russo
Editor
Sports & Recreation

Standing in Yankee Stadium at the monuments behind center field before the seventh game of this year's World Series, Josh Beckett entertained questions from reporters. One pointed to the statues and asked if he was intimidated by the likes of these great Yankees. His response was, "Why should I be? I'm not facing these guys tonight." Emphasis on *these*.

Maybe a little arrogance, but he certainly "hurled" lots of confidence between those words. It's this kind of swagger that allowed this seemingly over confident kid (only 23 years old) to pitch the second complete game of his career (both in this year's playoffs) in the most important, most pressure filled game of anyone's career.

Asked why he would take such a gamble with a young arm coming off a 108-pitch outing in game 3 of the

Series (which he lost), after only two days' rest, Jack McKeon, the Marlin's manager, cited the two-hit shutout Beckett threw in game 5 of the NL Championship Series (when Chicago led Florida three games to one). He also noted the four innings of one-hit relief in game 7 at Wrigley Field, when Beckett pitched on two days' rest.

Oh, that's why. Emphasis on *that's*. But even so, we're talking about pitching against the evil empire, in the house that Ruth built, in game 7 of the World Series, not the playoffs—and the kid was only 9-8 during the regular season. Who'd-a-thunk?

Intimidated? When asked how he felt now that the series was over, Beckett's response was, "I can't believe we don't have a game tomorrow. That's kind of the weird thing right now." To be young again.

"When you're that young, you don't know what fear is," Yankees manager Joe Torre said after game 7. I don't think so, Joe. He knows fear—he was just able to handle it.

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Outside the Game

Curses! The Irony of It!

By A.J. Russo
Editor

Sports & Recreation

After the U.S. entry into World War I in 1917, the Government called for the end of major league baseball's 1918 regular season by Labor Day and the playing of the World Series immediately thereafter. Accordingly, the 1918 Series, instead of being a fall classic, ran late summer from Sept. 5 through Sept. 11.

Baseball's big event was a big success story for the Boston Red Sox. Four times the Sox had appeared in the Series, and four times they had won it. Hopes of making it five for five rested, in part, on the multi-talents (pitching and batting) of Babe Ruth. As irony had it, this would be the last series for the Sox. Ruth won two games, pitching a 1-0 shutout in game 1 and winning 3-2 in game 4. Their opponent? The Chicago Cubs, who hadn't won since 1908 and as

most of us know by now, still haven't won since 1908.

Curses

Of course, this adds irony to one of the infamous curses—The Curse of the Bambino, inflicted on the Red Sox, as the legend goes, for selling Babe Ruth to the New York Yankees in 1920.

I have no explanation for the other curse. But, also as legend goes, a tavern owner was refused permission to bring his goat into Wrigley Field for a 1945 World Series game and then swore that the Cubs would never again win a championship. Hence, the Billy Goat Curse.

Five Outs to Go

But despite the goat and the bambino, it looked like we might actually see the cursed Sox and Cubs square off again this year. The Cubbies had the Florida Marlins on the ropes in the NLCS, opening up a 3-1 series lead before ...

Game Six. Five outs to go. Wrigley Field crowd on its feet. World Series within their grasp.

Then, it was almost as if the baseball gods realized these were the Cubs. In a stunning turnaround, the Marlins took advantage of left fielder Moises Alou's run-in with a fan on a foul ball and an error by shortstop Alex Gonzalez, to score eight runs.

Meanwhile in New York, game 7, David Ortiz made it 5-2 with a homer in the Boston half of the eighth on David Wells' first pitch of the game and it looked as if the Sox were ignoring the smirk etched on Ruth's bust in center field.

Then, in the bottom of the eighth, FIVE OUTS TO GO (How spooky is that?), Jeter doubled over Nixon in right, and Bernie Williams singled him home. Hideki Matsui followed with a double down the right-field line — on a 0-and-2 pitch, I might add — that put runners on second and third, and Posada looped a hit to center that scored both runners. It was as if the baseball gods realized the guys in the field were wearing Red Sox.

It's funny how the gods come out in situations like this. They've followed Greg Norman around the sand traps for years. They showed up in 1993 when Jana Novotna led Steffi Graf 6-7, 6-1, 4-1 and at 40-30 in the sixth game of the

deciding set at Wimbledon, caused, arguably, the greatest disintegration in Wimbledon history. In the World title fight in 1980, they undoubtedly duped Roberto Duran into becoming confused and exasperated by Leonard's slick movement, causing him to suddenly stop fighting in the eighth and declare, 'No mas, no mas.' And we all know that the Gods were in the stands hexing their hearts out when Scott Norwood's kick drifted past the right upright, leaving the underdog Giants with a 20-19 Super Bowl win.

The ability not to choke is the essence of becoming a high achiever in sports. Most of the time, it's what sets the winners apart from those who place second. The best way to beat "the curse" is to hire those who can handle the pressure.

Congrats to the Yanks and Marlins.

A.J. Russo is a professor at Mt. Saint Mary's College and the author of seven novels and more than 30 scientific papers. His opinions do not necessarily reflect those of Mt. Saint Mary's College. His most recent novel, Dah-Link, will be released in Nov. 2003 by Port Town Publishers.

Physical activity

—Continued from page 15

preventing osteoporosis and fractures. A non-aerobic weight-bearing exercise is weight, or strength, training. A non-weight bearing aerobic exercise is swimming.

Flexibility training includes gentle muscle work, like stretching exercises and yoga. These can be done in the warm-up and cool-down phases of any exercise program, preventing injuries to adapting muscles and joints.

In any new effort to exercise you should carefully avoid injury. If you've been inactive, have any concerns or health problems, or are pregnant or elderly, talk with your doctor first. In deciding on the intensity of activity, keep in mind that exercise does not have to be vigorous to be good for you. Any increase in physical activity will have good effects on your health, and you are more likely to **continue** activities of only moderate intensity. Replace the old adage, "No pain, no gain," with "Start low and go slow." Begin by sneaking exercise into your day. Take the stairs instead of the elevator. Walk to work, at lunch or during breaks. Do your work at a faster pace.

To get the maximum health benefit, you are likely to need a formal exercise program. Consider both the duration and intensity of exercise. It takes only 30 minutes of routine physical activity, done most days of the week, continuously or intermittently, to achieve health benefits. Maintaining the proper exercise intensity requires monitoring how hard your heart is

working. Keep your pulse at 60-85% of your maximum heart rate (220 minus your age).

Ultimately, the best exercise for each of us is the one we are willing to do, and keep doing. Here are some tips that may help you start, and stick with, any exercise program: Choose something you like to do. Make sure it suits you physically; e.g., swimming for arthritic joints. Choose convenient times and comfortable settings. Get a partner to increase mutual support and enjoyment. Make it more fun by varying your routine, listening to music, or learning a new sport. Set realistic goals. Stop if you hurt. Don't be discouraged by the lack of immediate results: they will come. Schedule "exercise appointments" on your calendar to make them real.

An exercise program doesn't have to be complicated. Start with an activity that is fairly easy for you, such as walking. It's a great choice because it is easy, safe and cheap. It requires no memberships or special equipment, and it's both aerobic and weight-bearing. Flexibility comes with the warm up and cool down. Avoid trying to do too much too soon. Walk for a few minutes a day, then several times a day. Slowly increase first the amount of time and then your speed over several weeks. Brisk walking can burn as many calories as running, with less chance of injury. If you feel tired or sore, ease up somewhat on the level of exercise, or take a day off to rest. But don't give up!

In the words of Henry David Thoreau, "We must not ask how busy

we are, but rather, what we are busy about." Spend your time wisely and you'll not only have better health but you're likely to have more time to enjoy it. Now that's a great investment.

To learn more about physical fitness, contact American College of Sports Medicine www.acsm.org, American Council on Exercise www.acefitness.org, or President's Council on Physical Fitness and Sports

www.fitness.gov.

—Dr. Joe Ferguson, M.D.
Emmitsburg

Editor's Note: Dr. Ferguson practices with Dr. Christine Curley in Emmitsburg. Specializing in Family Practice and trained on the West Coast, he and his family recently moved to the Emmitsburg Area from South Louisiana.



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Quilters Cleaning Large Quilts — White vinegar sets dyes

By Mary Ellen Cummings
Dispatch Writer

Last month I gave instructions for washing quilts, but by trying to reduce the information to a concise report, I neglected some important facts. My idea of a quilt is a cover 84-90" wide by 98-100" long. This size will fit in a large tub automatic washer. However if your quilt is what I call a "spread-quilt" made to reach the floor, you have a problem! Chances are remote for washing a quilt of this size in the average home washer. Try laying the quilt around the agitator—no water—to see if it fits in your washer.

Since the agitation time for washing quilts is short, you might eliminate that step and just jostle the quilt with your hands. The number one benefit of using the washer instead of the bathtub is the rinsing and spin dry cycles, so jostling is adequate. AND you don't have to work on your knees like with a bathtub.

Some laundromats have large, front loading washers and this is an option for very large quilts. However, I suggest running the washer through its

cycles without adding detergent or the quilt. This would rinse the tub and drain of any color residue and bleach from previous use. The cost of this cleansing is minimal when you consider the value of your quilt.

After the cleaning cycles have ended, fold your quilt in accordion folds and lay it in the washer. Use mild detergent (liquid), cold water and gentle cycle; cross your fingers and hope that your quilt comes out clean and happy.

The fact that some dyes are not stable and could "run" or bleed during washing is always a possibility. Even though you have pre-tested the colors in your quilt (October Emmitsburg Dispatch) and assume they will not run, an added precaution is to add white vinegar to the wash water.

I've found few references that mention the use of vinegar for setting dye color, but it was a common practice during the 19th and 20th centuries, when home dyes were used and commercial dyes were unpredictable.

Most references suggest a ration of one cup white vinegar to one gallon of cold or lukewarm water. One quilter

said to do a detergent wash first, rinse and soak in a vinegar-water solution and follow with two rinses. Most references suggest a detergent vinegar-water wash first, followed by two or three rinses. Some people use washing soda (soda-ash, sodium carbonate) in conjunction with the vinegar. However, I could not find directions telling the quantity to use. This was also true of using salt in the wash water.

Do not use Synthrapol detergent on a quilt. This solution is only for use on new fabric of one color. It causes excess dye to be washed off the fabric. It is not a bleach.

A good guideline to follow when cleaning quilts: if the quilt was made before 1960, or contains old fabrics, do not wash it. Consult an expert on handling old fabrics—or use a vacuum cleaner. Instructions later.

Looking Ahead

Nov 21, 22. Antigone by Sophocles. Presented by Catoctin High School Drama Department. 7:30 p.m. Tickets: Adults \$7.00, Students \$6.00. Info: 240-236-8141

Nov 21. Flu Clinic. Thurmont Senior Center 8:30 a.m.-11 a.m. 806 E. Main Street, Thurmont. Emmitsburg Senior Center 1:00 p.m.-4:00 p.m. Emmitsburg Ambulance Building. Flu Vaccine-\$10, Pneumococcal vaccine-\$20, Tetanus-\$10. If you have Medicare, please bring your Medicare card. Please wear short sleeves. Info: 301-694-1733. Sponsored by Frederick County Health Department.

Nov 22. Teen Dance. From 7-10 p.m. at the Emmitsburg Ambulance Company. The dance is a monthly event featuring contests and prizes. Held for youth ages 11-17. Cover charge is \$5.00. Doors open at 6:30 p.m. Parents are required to drop chil-

dren off and pick them up at the door. Youth are required to stay in the building until a guardian arrives to pick them up.

Nov 22. 50's Dance. Sponsored by The Knights of Columbus 9:00 p.m. Entertainment by THE SHADES. \$30.00 per couple which includes setups and snacks (BYOB). For tickets, call Phil at 301-271-4119 or Bill at 301-271-4708. Get your tickets early before they sell out!

Nov 29. Christmas Basket/Cash Bingo. Emmitsburg Ambulance Co. Doors open at 5:30 p.m. and games begin at 7:00 p.m. Advance tickets \$12, \$15 at the door. Tickets will only be on sale and available for pickup on Monday and Friday Evenings from 5 p.m.-10 p.m. at the regular Bingo. Please stop by and pick them up.

Nov 30. All Day Bingo. Emmitsburg Ambulance Co. Doors open at 11 a.m. Early Birds at 1:15



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Looking Ahead

—Continued from page 18

p.m., Regular games at 1:30 p.m. Advance tickets are \$25. Tickets at door \$30. Price includes fried chicken meal, playing 54 games with first and second 1/2 quickies, winner take alls, and jackpots. Info on payouts or tickets: 301-447-6626. Tickets available for pickup on Monday & Friday evenings from 5 p.m.-10 p.m. at the regular bingo Please stop by and pick them up.

Dec 1. An Evening of Christmas Spirit. 14th annual Tree Lighting. 6:00 p.m. Emmitsburg Town Square. 6:30 p.m. Santa Arrives. 7:00 p.m.-9:00 p.m. Entertainment, complimentary hot dogs, cookies, Live Nativity, and hayrides at the Carriage House Inn.

Dec 3. Public Meeting with Frederick County Commissioners. Hosted by the Emmitsburg Grange. 7:00 p.m. Elias Lutheran Church Hall. County Commissioners will be discussing their 2004 Legislative package. Everyone is invited to attend.

Dec 6. Christmas Bazaar. Elias Lutheran Church Starting at 1:00 p.m. The supper features Beef, Turkey & Ham served with apple fritters, filling, gravy, mashed potatoes, corn, sauerkraut, sweet potatoes, applesauce and cake. Adults \$8, Children 6-12 \$3, Carryouts \$9. Crafts, home baked products, and white elephant items.

Dec 7. Emmitsburg Community

Chorus presents "A Christmas Celebration" 3:00 p.m. Basilica of St. Elizabeth Ann Seton. No Charge however a free will offering is appreciated.

Dec 12, 13, 14. The Nutcracker. presented by the Maryland Regional Ballet. Tickets: \$10, \$18, \$20. Weinberg Center for the Arts, 20 W. Patrick Street, Frederick, MD. Info: 301-228-2828

Dec 18. Miracle on 34th Street 1947 Film. Spark that holiday spirit with this Christmas favorite Weinberg Center for the Arts, 20 W. Patrick Street, Frederick, MD. Ticket Info: 301-228-2828.

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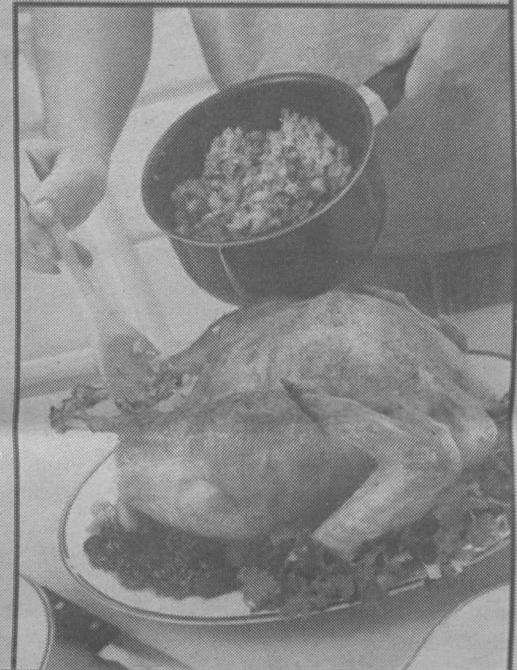
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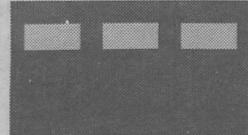
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Spruce tree

—Continued from page 1

spots, leading me to my conclusion.” Of course, Milbocker’s inspection wasn’t 25 ft. in the air where the tree snapped off. From the ground “It appeared that the partial limbs sticking out didn’t have rot.”

The church’s Sexton for 23 years, Denny Ebaugh said, “There’s always been a tilt to the tree.” He’d been keeping an eye on it over the past several years to see if the leaning had changed, but said, “That’s just the way this tree is.” In the mid 1990s tree surgeons removed limbs and told him then that the tree was still fine.

Milbocker gave *The Emmitsburg Dispatch* some background on the longtime Emmitsburg resident. The spruce wasn’t an Emmitsburg native. It migrated as a seed from Europe and took root behind the church before the turn of the last century. Milbocker said the first native growing Norway spruces were found in Michigan in the 1940s. The easiest way to identify the tree is by its cones. The native white spruce and red spruce cones are 1” long or less. Norway spruce cones are 4 to 5 inches long.

Based on the tree’s diameter and the thickness of its growth rings, Milbocker places the tree’s age between 120 and 140 years. Further evidence comes from the tombstones at its base. Nearly unreadable, the death dates range from 1882 to 1887. Most likely the tree was already there and those who died were buried near a much smaller trunk. Another possibility is that the tree was planted at about the same time.

Milbocker said the Norway spruce is a good timber tree. It grows twice as fast as the native conifer. When these trees grow together, they grow 40’ without limbs. The limbs on this spruce



Only 25 ft. remain standing, of this once 80 ft. Norway spruce. A windstorm on Thurs. Nov. 4. snapped the tree in half. The top section now rests among the graves in the cemetery behind St. Joseph’s Catholic Church, the tree resided for 120+ years.

—RAYMOND BUCHHEISTER / THE EMMITSBURG DISPATCH

offer further proof that it was planted and grew alone. One of its limbs in fact is what caused the tree’s fate. Upon inspecting the downed tree, Milbocker found a large section of it rotted away underneath the bark where one of the limbs had been removed. A limb was pruned too long. The long section died and rotted, introducing rot to the tree. Once inside the tree, rot acts like a cancer. The tree can’t grow over it.

Milbocker said the remaining 25 ft section of the tree could continue to grow. Over time one of the limbs would become dominant and eventually straighten to form a new top. It would take many years for this to happen and

the tree would not have a traditional look.

Rev. O’Brien said the parish is waiting for an insurance adjuster’s assessment. The downed section of the tree rests over some 50 gravestones. A number of stones were knocked over or moved from their original location. One 4 to 5 foot tall stone marking the grave of Sophia L. Harner, 1849-1913, is supporting the main trunk of the tree where it came to rest. According to Rev. O’Brien the tree, including what’s still standing, will be cut up and hauled away.

Becky Chrismer-Brown, an Emmitsburg native who lived on E.

Main St. as a child, recalls the many hours she and others spent under the tree. Many residents came to sit on the white wrought iron park bench that used to be there. She said, “I remember Sally sitting for many hours under this tree. She always would tell me she was going to be buried right here.” Brown pointed to a spot several paces away from the tree’s trunk to the tombstone of Sarah A. Lawrence, 1879-1969. Brown said, “She cooked for the priest so that’s how I figure she got dibs on the prime real estate.” Reminiscing about the tree she used to pass every time she walked to church, she began to weep and said, “I’ll miss this old tree.”

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