

The Emmitsburg Dispatch

VOL III, No. 12

News and Opinion in the service of Truth

JULY 21, 2004

Bringing the World Together

The 7th World Weightlifting Championships for University and College Students

Megan Zimmerman
Staff Writer

On the last day of the World Weightlifting Championships for University and College Students, most contestants were back in their rooms, packing, some celebrating, some relaxing, but not Luis Medrano of Guatemala. Medrano, weighing just 56 kg (123 pounds) in T-shirt and jeans, was in the otherwise empty workout area, lifting a weightless bar above his head — light multiple reps.

"In about a week I will find out if my country choose me for Olympics," he said, using words with the fewest syllables he could muster, with a smile that said it all. "I very happy."

Medrano won the 56 kg category, the first men's weight class in the competition. At the end of each subsequent day of the tournament, rumors said that the clean-

ing crew had to chase him out of the building.

Mount St. Mary's hosts

The world came to the Mount July 1-4 as international, dedicated, enthusiastic athletes, like Medrano, competed in the 7th World Weightlifting Championships for University and College Students. Knott Arena overflowed with culture as international athletes, coaches, officials, dignitaries, leaders, and locals came together to support 138 of the strongest men and women in the world. Proof — a few of the participating athletes are already on their country's 2004 Athens Olympic team.

In a time overshadowed by global conflict, this international event was refreshing. At the opening ceremony, Congressman Roscoe G. Bartlett, Jr. described the power-

—Continued on page 11



—RAYMOND BUCHHEISTER/THE EMMITSBURG DISPATCH

The Greek weightlifting team marches in the July 3 Emmitsburg Community Day parade. The theme of Community Day was "Historic Emmitsburg Welcomes the World." Athens will host the summer Olympic games starting in August.

Inside

Letters to the Editor	---2
Town News	-----4
Business	-----6
Obituaries	-----8
Feature	----11-14 & 23
The Mount Page	-----15
The Retired Ecologist	--16
Quilters	-----17
People to People	----17
Art	-----16
100 Years Ago	-----21
Looking Ahead	-----22
Classified Ads	-----22

Print Shop "feud" causes mutual business shutdown

Richard D. L. Fulton
Managing Editor

Emmitsburg businesses and residents temporarily lost the services of two local print shops. Representatives from these competing companies filed complaints with the town. As a result, town code enforcement officer, Eva Miller, forced both companies to cease operations until they secure necessary permits.

The town planning department issued cease and desist orders on June 9 to Chronicle Press, co-owned by Lisa P. Elder, Silver Spring, and Christopher J. Price, Emmitsburg, and to Custom Image Printing (CIP), owned by Donna Runkle. Both companies were located at 107 S. Seton Ave., in the "old school building" owned by James Hess. The cease and desist orders filed against Chronicle Press and CIP alleged

that both print shops were operating "without the benefit of either an Emmitsburg zoning certificate or a Frederick County use and occupancy permit."

David Runkle, husband of CIP owner, Donna Runkle, filed complaints with the town against Chronicle Press on May 25 and 27. Elder and Price filed complaints against CIP on June 9.

Town Planner Michael Lucas told *The Emmitsburg Dispatch*

that representatives of both companies made numerous complaints over a period of weeks. He characterized the situation as a "feud" between the two businesses but said that both were working to obtain the proper Emmitsburg and Frederick County permits.

Operating without either a zoning permit or a use and occupancy permit could result in fines

—Continued on page 6

Iraqi weightlifting delegation battle their way to a victory in Emmitsburg

Richard D.L. Fulton
Raymond Buchheister

The road to America hasn't been an easy one for the Iraqi weightlifting delegation.

The path that ultimately brought them to Emmitsburg was strewn with stories of torture, war and prohibitions that prevented the majority of the team from even leaving Iraq.

Three men arrived at Mount St. Mary's University for the Olympic qualifying meet. The delegation included one athlete and his coach, accompanied by

the Iraqi Weightlifting Federation President. *The Emmitsburg Dispatch* met with them on July 3.

"This (the Emmitsburg area) is like paradise," said Iraq Weightlifting Federation President Mohammed Jaloud, a veteran of the Iraq-Iran war. He especially appreciated the greenery and the friendly people.

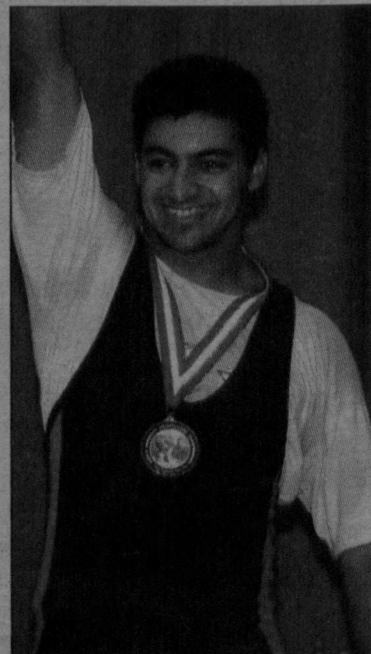
Jaloud has worked with the Olympic weightlifting program in Iraq for 30 years. The program was established in 1950. The athletes took no medals,

except for one in the 1960s in Rome, until Jaloud became involved. Since then, the team has won 49 medals in youth and senior competitions.

As the *Dispatch* staff sat with Jaloud, Coach Mohammed Tahar and Olympic contender Mustafa Zayer in the Mount cafeteria, it was difficult to imagine the Iraqis' struggles to reach the competition.

A little over a year ago, Jaloud and his team were practicing weightlifting techniques to the sound of "shock and awe"

—Continued on page 13



Mustafa Zayer

Concerts in the Park

-see schedule on page 2.

Drinking water quality

-see report on page 7.

Monsignor Phillips dies

-see tribute by Mount on page 13.

Copy of Seton painting presented to the pope

-see article on page 17.

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.

Emmitsburg needs to control its own growth

I am writing in response to Harold Craig's letter (June 23, 2004). At no time have I ever impugned COPE or its membership. However, I have criticized its leadership from time to time. As one who has spent great deals of money, shoe leather and other resources to preserve historic lands and structures from development, I believe COPE to be a good thing for Emmitsburg. Since Mr. Craig has never bothered to talk to me about anything, particularly the criticisms in his recent letter, I find his conclusions about my views unfounded. I have not been, nor ever will be part of the "get rich crowd."

The record shows I have

never voted for "overdevelopment." As Mr. Craig well knows, the development we see today was approved long before I moved to town. Where was he then?

I opposed one annexation request because it would have overtaxed our water system at the time, and infringed on the rights of area property owners.

The two I supported had less to do with growth, than with ensuring Emmitsburg's right to self-determination. Annexation does not mean development. It means sovereignty over our area.

I set conditions for Silver Fancy annexation approval and required the builder to repair or replace water and sewer infra-

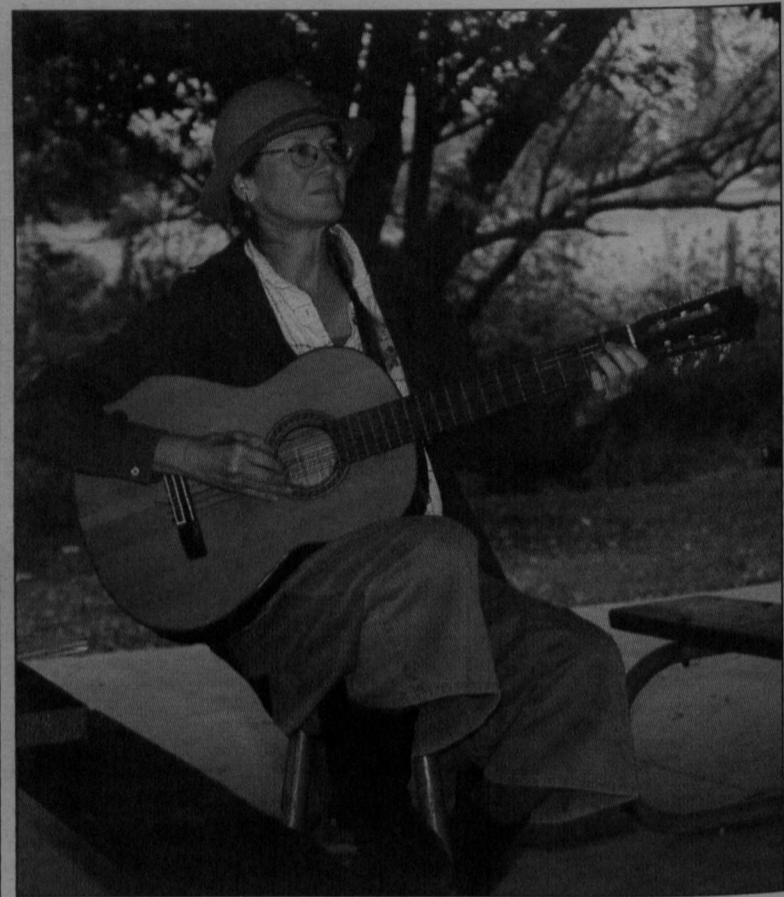
structure along North Seton Avenue. I even required them to build a water pressure tank and pay the design costs for water infrastructure along DePaul Street. They agreed.

I believe any developer wishing to build within Emmitsburg town limits should contribute to replacing or repairing all infrastructure leading to the development, or go somewhere else. This condition did not apply before my time in town government. My record bears this out. Today, after two years, no improvements have been made along North Seton Avenue.

For years now, Harold Craig has painted me as the developer's servant, or some usurper trying to destroy our town. Unlike Mr. Craig, I have dedicated my life to keep Emmitsburg alive and well, and will continue to do so.

Do I believe we need some growth? I do. I also believe that Emmitsburg should be the ultimate authority on its growth, a belief for which I have tirelessly fought. As I see it, Emmitsburg has given up some of its sovereignty over the surrounding area. I just hope we haven't given up too much else.

—Ted Brennan
Emmitsburg



—RAYMOND BUCHHEISTER / THE EMMITSBURG DISPATCH

Second Annual Concerts in the Park

Christine Maccabee plays guitar and sings for a handful of people in Emmitsburg's Memorial Park on Sunday evening, July 18. Maccabee and Richard Broadbent performed folk music in this first concert of the summer hosted by Emmitsburg's Parks and Recreation Committee. Concerts in this second annual series are free and will occur in Memorial Park behind the Post Office.

Concert dates and times:

Sunday, August 15 at 6 p.m. The Emmitsburg Community Chorus

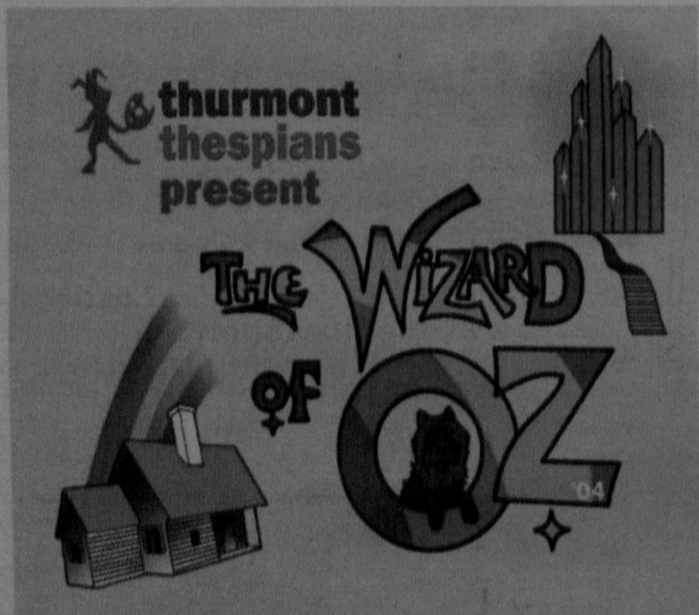
Saturday, August 21 at 7 p.m. Light Rock/Folk with Waking at Seven

St. Joseph's High School Reunion

Saturday, September 18, 8 - 11 p.m. at Mother Seton School but open to all St. Joseph's alumni.

Sponsored by the class of 1979, the reunion is their 25th, BYOB - D.J. and set-ups provided.

THE WIZARD IS COMING!
Thur.-Sat. Aug. 5-7 & 12-14 at 8:00PM
Sun. Mat. Aug. 8 & 15 at 2:00PM
NOW AT THE THURMONT AMERICAN LEGION, 8 PARK PLACE, THURMONT



RESERVE: 301-271-7613 ALL TICKETS \$8.00

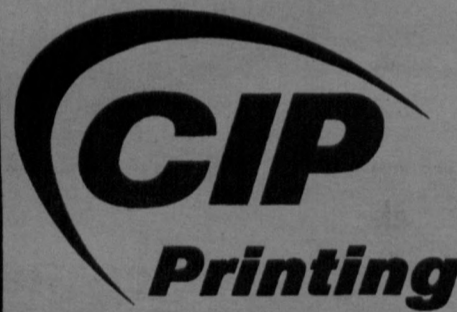


Emmitsburg Farmers Market

This year, The Town of Emmitsburg will sponsor a State approved Farmers Market. The Farmers Market will be located on South Seton Avenue, Friday's from 3:00 pm until 7:30 pm. Vendors on hand will have a variety of fruits, vegetables, baked goods, plants, honey and much more.

The Farmers Market will open Friday, June 25 and operate through Friday, October 22, 2004. Come out and support the Farmers Market. Vendors will take special orders for available items not on hand.

www.emmitsburgmd.gov



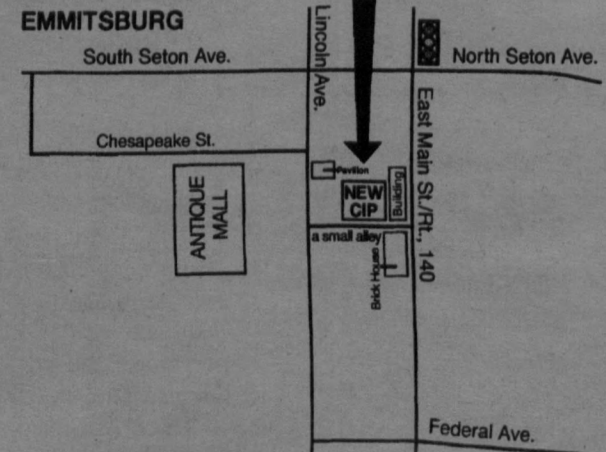
HAS MOVED
TO 106 E. MAIN ST.
UNIT #5 (IN REAR)
EMMITSBURG, MD

CALL **301-447-3301**
FOR ALL OF YOUR PRINTING NEEDS

New spot, but same great service!

Business Cards,
Letterheads, Pamphlets,
Notepads, Rack Cards,
Raffle Tickets, etc.

Convenient parking in the back



The new CIP is a cream colored square building that is in the back of another building on Main Street. We are Unit #5. If you are coming from Lincoln Ave., we are on the next alley after the pavillion.

Farmers' market coupons offered to county seniors

Ray Van Horn, Jr.
Contributing Writer

Eligible senior citizens may qualify for coupon booklets redeemable at Frederick County Farmers' Markets, although the Emmitsburg Farmers' Market is not able to accept the coupons this year.

The Frederick County Department of Aging, in conjunction with the Maryland Departments of Aging and Agriculture, is offering the booklets to 173 county senior citizens who meet eligibility requirements. The booklet contains five coupons, each with a \$3 face value.

Frederick County residents over 60 with monthly incomes of no more than \$775 per month, \$9310 a year for a single person; or \$1040 per month, \$12,490 per year for a two-per-

son household, may apply. According to Kitty Devilbiss, Community Services Manager, Frederick County Department of Aging, county markets must register with the Maryland Department of Aging early in the year for permission to accept the coupons. This means the Emmitsburg market may begin accepting coupons next year.

Devilbiss said that some farmers at other markets may accept the coupons, including the Frederick Farmers' Market on East Street.

She also notes, "Depending on the number of coupons we receive and the interest, we may be able to offer a distribution date at the Emmitsburg Senior Center next year."

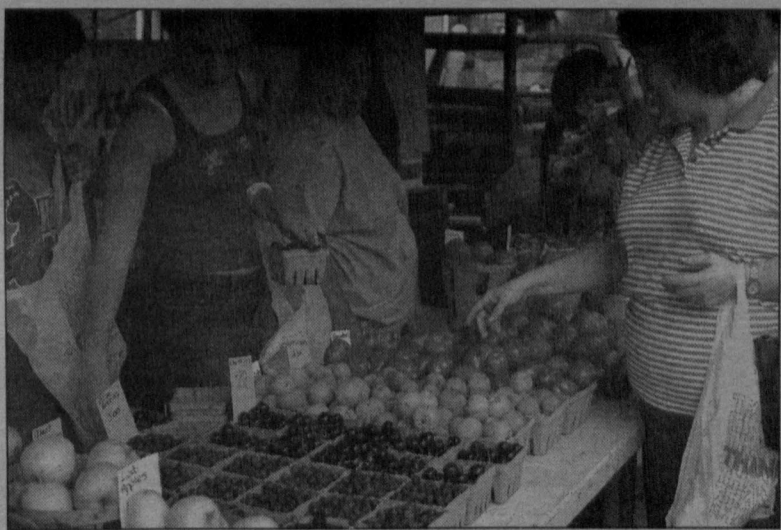
Coupon booklets are still available, but limited to one per household. Proof of income is required. A 2003 income tax

return, a 1099 form listing annual social security benefits or alternate income statements are acceptable.

Interested seniors can contact the Frederick County Department of Aging, 301-694-1605, weekdays from 8:30 a.m. to 4:00 p.m. Coupons can be picked up at the Frederick County Department of Aging office, 1440 Taney Avenue, Frederick.

The federally-funded Farmers Market Senior Nutrition Program provides coupons that can be redeemed at participating farmers' markets for fresh produce grown by local farmers. Funds are distributed based on previous redemption rates and county poverty levels.

Farmers' markets will continue on Fridays through October 22.



—RAYMOND BUCHHEISTER / THE EMMITSBURG DISPATCH

Emmitsburg Farmers' Market

Shopper peruses Harvest Moon Farm's produce at the new Emmitsburg Farmers Market. The farm is owned by Tim and Veronica Hagan, Walkersville. Sponsors, vendors, and town staff have hailed the market as a "rousing success."

Ventura's RESTAURANT

Summer Dining

Come to Ventura's for a delicious lunch or dinner. Enjoy daily specials or order from our fine menu.

PRESENT THIS COUPON FOR

10% OFF TWO ENTREES

Sunday Thru Wednesday In Our Restaurant Or The Backroom

100 East Main St. Fairfield, PA 717-642-8202
www.venturasllc.com

New coordinator for Catoctin CASS

Catoctin CASS will welcome a new coordinator July 1. Debbie Wivell Swiderski, a former CASS Coordinator, will replace Bill Derbyshire, who is leaving to become Rock Creek School's social worker.

CASS (Catoctin Community and School Services) is a collaborative outreach program of Frederick County Public Schools. CASS serves families in need with children from birth to 18 years of age. The agency links schools, public and private agencies, and communities to

help families struggling with issues like chronic illness, neglect/abuse, emotional and behavior problems, financial difficulties, or academic problems.

"I am looking forward to the new challenge of working with students from Rock Creek and their families, but I will miss my work with Catoctin area families and with local organizations and citizens," Derbyshire told the Dispatch.

Derbyshire acknowledged the community collaboration

during his five and one-half years as coordinator. "Catoctin CASS is only as successful as the community involvement in the programs ... and this community has been wonderful to work with." "I am very pleased that Debbie will be back," he said. "She knows the community and the job. She connects very well with families, and she is a great community organizer."

The Catoctin CASS office is located in the Emmitsburg Community Center, 301-696-6973.

M&T EXOTIC BIRDS

Maryland Licensed Breeding Aviary



TAME BABY: Rosellas, Cockatiels, Princess of Wales, Indian Ringnecks, Amazons, Grays, Senegals, Crested & Violet Parakeets, Sun Conures & English Budgies.

We sell directly to the public **BY APPOINTMENT ONLY!** Wholesaler to Pet Stores.

301-845-4448
OVER 300 PHOTOS!
www.mandtexoticbirds.com

ONE MORE TAVERN

135 Chesapeake Ave.
Emmitsburg, MD



301-447-6749

Steamed Shrimp Avail.
Crabs In Season
Full Breakfast Menu
Daily Lunch Specials

Friday Night Dinner Specials
Broasted Chicken Is Our Specialty!
Homemade Soups

Call Ahead For Lunch
Eat in or Carry out
"Serving Good Home Cookin"

Party Trays & Catering Available
Bonnie & Clarence Ohler
Shirley & Larry Little
Owners

Now Enrolling For Summer Camp

Emmitsburg Early Learning Center

Hours Of Operation
5:45 to 6:00 pm



Our Summer Camp Offers:

- Swimming
- Arts & Crafts
- Field Trips
- Walks
- Outdoor Play
- And Much Much More!

*Nursery School & Preschool Programs

*Full and Part-Time Care

* Before & After School Care With Transportation To:
Mother Seton, Emmitsburg Elementary, Fairfield Elementary & Middle

* Nutritious Breakfast, Lunch and Snack

*Educational Activities for all ages

Sliding Scale Based on family Income

Stop By Today At: 16840 S. Seton Ave. or Call 301-447-6100

Proud To Be A United Way Agency



Accepting Ages
18 Months-12 Years

The Emmitsburg Dispatch

News and Opinion in the service of Truth

P.O. Box 358 Emmitsburg, MD 21727
 TEL 301-447-3039 FAX 717-334-0423
 www.emmitsburgdispatch.com

Editor & Publisher: Raymond Buchheister

Managing Editor: Richard D. L. Fulton
 Email: fulton@emmitsburgdispatch.com

Copy Editor: Joyce M. Demmitt

Sports Editor: A.J. Russo

Advertising & Subscriptions: Jennifer Buchheister
 Email: advertising@emmitsburgdispatch.com

Advertising Design: Toya Warner

Webmaster: Wendy M. Shepherd
 Email: webmaster@emmitsburgdispatch.com

Staff Writers:	Column Writers:
Susan Allen	Mary Ellen Cummings
Michele Cuseo	William Meredith
Megan Zimmerman	A.J. Russo



Next Publication: August 11, 2004

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

All submissions should be addressed to Editor
 Email: editor@emmitsburgdispatch.com

By their generosity these sponsors of *The Emmitsburg Dispatch* help the local community have its own newspaper

The MOUNT
 Mount St. Mary's
 University
 Emmitsburg, Maryland

Jubilee

Crouse
 Ford

EMMITSBURG
 CLASS COMPANY
 A reflection of quality

TANEY

From the Publisher

Publication Notice

This issue of *The Emmitsburg Dispatch* will be the only one printed in July. The evening before printing, while completing final edits for the first July issue, we suffered an unrecoverable computer crash. We lost several days of work and our scheduled print date. We have since implemented steps to reduce the chances of this happening again.

We intend to print only one

issue in August, to be published Wednesday, August 11. This change will allow us necessary time to bring new computer hardware and software online, and give our small staff the opportunity for a summer vacation.

The Emmitsburg Dispatch will resume its regular publication schedule of two issues per month in September.

—Raymond Buchheister
 Editor & Publisher

TOWN NEWS

Agency says 'no' to Flat Run flood control costs:

Richard D. L. Fulton
 Managing Editor

The U. S. Army Corps of Engineers (USACE) has decided that the amount of flood damage to homes along Flat Run does not justify expensive preventive measures.

But Emmitsburg Mayor James E. Hoover vowed, "The town is going to explore other options for funding or grant assistance. We haven't given up hope."

Floodwaters from heavy storms occasionally damage a half dozen First Avenue homes along Flat Run. The six backyards parallel the creek, along a sharp bend.

The houses were built from the 1950s through 1970s on the 100-year flood plain, before there such construction was prohibited.

Development along a major

bend in the creek further complicates the inherent problems of being on the flood plain. Water normally backs up at a curve in a stream. Heavy rains cause more water to back up, which then easily overflows the stream bank.

Hoover told *The Emmitsburg Dispatch* that he and former commissioner Ted Brennan "met several times with Congressman Roscoe G. Bartlett, Jr. and representatives of USACE" for assistance in dealing with Flat Run flooding.

Hoover said a preliminary USACE study then determined that it was "not cost-effective" for the agency to conduct further assessments or remediation.

In a fact sheet released in April, the USACE Baltimore-based, North Atlantic Regional Office concluded, "The proposed project is not economically justified."

USACE valued each of the six homes at approximately \$150,000. It determined that flooding caused a four percent loss in value per home every five years, or \$6000 each. Based on USACE's aid criteria, this amount of damage does not warrant the \$228,000 expenditure.

The Army Corp of Engineers recommended two of the less costly approaches from the larger proposal: building a stream bank berm and dredging the streambed.

The berm, estimated at \$27,500, would redirect backed-up water from the homes toward a field on the opposite side of the creek. Dredging the bed where the stream is wide and filled with sediment would cost approximately \$51,000.

Mayor Hoover acknowledged the study's usefulness in providing cost estimates for dealing with Flat Run flooding.

NEWS BRIEFS ...

P&Z Commission vote to remove "exclusionary zoning"

On June 15 the planning and zoning commission voted unanimously to recommend that commissioners amend the town code to eliminate "exclusionary" wording. At issue were liquor stores and other new businesses in the Village Zone.

Commission President Christopher Staiger told the members, "This is an opportunity for us to clean up our (the town's) mess."

The board recommended changing the wording to permit competition, rather than allowing only the liquor stores already in existence when the regulations were written.

Members also recommend-

ed including additional types of businesses in the Village Zone. These "service and recreation activities" include newspaper printing, publishing facilities, print shops and print brokers, and computer-related businesses.

According to the commissioners' interpretation, unless the town code is amended, only a newspaper with a print shop associated with it is permitted in the zone.

Editor's Note: The Emmitsburg board of commissioners approved the text amendment at their regular meeting on June 12 with a 3-0 vote. Commissioner Art Elder abstained because he is related to Lisa Elder, the new owner of Chronicle Press. (See related story, "Print Shop 'feud' causes mutual business shut-

down," on page 1 in this issue of The Emmitsburg Dispatch.)

Hydromax, Inc. issued "cease and desist" order

The town planning department has issued a cease and desist order to Hydromax Inc., 4 Creamery Way, for allegedly operating without needed approvals.

Code enforcement officer Eva Miller stated in her June 1 citation, "It has come to the town's attention that your firm continues to operate without the benefit of a use and occupancy certificate (UNO) from the town of Emmitsburg." Hydromax has applied for, but not yet received, the certificate.

"In order to avoid daily fines and other civil penalties," Miller said, "all activity at this location must cease immediately until you complete the

—Continued on page 5

NEWS UPDATES ...

Town reaches settlement with environmental agency

The Maryland Department of the Environment (MDE) will cut the town's wastewater spill penalty in half, but an annual tap limit will remain in place for three years.

MDE initially proposed a \$7,000 penalty for the spills that occurred between July 2001 and

September 30, 2003, but agreed to reduce the amount to \$3,500.

The agency also required that Emmitsburg sign a three-year consent order. The town must develop a timeline for addressing the wastewater collection system problems. While the order is in effect, MDE will not levy any additional penalties should other spills occur.

For the next three years,

there will be an annual 20-tap limit on any new residential or commercial construction. MDE could issue additional taps after case-by-case reviews.

The commissioners had passed a temporary moratorium in May, prohibiting any new construction permits, pending resolution of the MDE issues.

(See "Environmental agency threatens \$7,000 fine for wastewater spills; seeks connections limit" in April 1, 2004 issue of

—Continued on page 5

A word from the Mayor Town Growth and Development

For the past several months the Emmitsburg Planning and Zoning Committee has been working very hard to update the Emmitsburg Comprehensive Plan. This is a twenty-year plan, updated every 5 years. In my October 2003 article in The Dispatch, I suggested to citizens that this is the time to get involved, attend the planning and zoning meetings, and give public comments.

With the amount of criticism

related to town growth and development given to elected officials and members of the town staff over the past two years, it is unbelievable how poor the attendance is at the planning and zoning meetings.

In addition to regular monthly meetings held on the last Monday of each month, the planning and zoning committee has held meetings at other times. They are making this effort to give residents who are not normally available on

Monday evenings the opportunity to attend at least some of the meetings.

No one is expected to attend every meeting, but it is impossible for the planning and zoning committee, town staff and your elected officials to hear your concerns without your participation. Community input is a necessity in updating a comprehensive plan.

When a developer comes to a town with a plan of how to make money, his plan must adhere to town policies, ordinances and a comprehensive plan. If a developer does not

meet the town's regulations, the town may reject his request. However, if the town has overlooked something, the developer may be permitted to move forward with his plan/request simply due to an oversight in the planning stages of the town's regulations.

It is very difficult and costly (many times impossible) for a town to modify its regulations to prohibit and or restrict a developer's request after he has made a formal request to the town.

The development the town has seen in the past five years or so (Silo Hill, Pembroke, Brookfield and South Gate) is a great example of why we need to have a well thought out long-term comprehensive plan.

Although I have personally been accused in letters to the editor of wanting to overdevelop, I was not part of the town government when the current developments under construction were approved. More than a dozen years after they were approved for construction, the town is just beginning to see the effects of those actions. We must plan today for what we want tomorrow!

For the planning and zoning meeting schedule, contact the Emmitsburg Planning and Zoning Department, 240-629-6303; watch cable channel 99; or go to www.emmitsburg-md.gov.

Jim Hoover
—Mayor of Emmitsburg

News Briefs

—Continued from page 4
improvements noted in your site and improvement plans."

Miller further noted that Hydromax had installed a sign on the building without first obtaining a town sign permit. "The sign must be removed within 15 days," Miller said, "or the town will cause the sign to be removed at the owner's expense."

Hydromax, Inc., located in the East Industrial Park, specializes in water purification and desalinization systems. Company president is Fred

Reidenbach.

Ambiguous code wording leads to sign approval

On June 29 the planning and zoning commission approved a sign proposed for a flower, card and gift shop, based on ambiguity in the town sign code.

Lorie Reifsnider, owner of The Little Flower, 20 East Main St., wants to install a shop sign 24" wide by 30" high. The town sign code allows for a 30" by 24" sign, but appears to suggest horizontal signs.

However, the commission-

ers felt the wording was unclear and open to interpretation. Planning commission member Rich Kapriva said, "I don't think you want all the signs (oriented) exactly the same. You would have the 'Stepford' Village."

The commission approved Reifsnider's sign and directed Town Planner Michael Lucas to draft a text amendment omitting references to sign alignment, while retaining size restrictions.

Rob Almstrom of Hilltown Graphics represented Reifsnider, who did not attend the meeting.

News Updates

—Continued from page 4
The Emmitsburg Dispatch, and "Commissioners approve temporary moratorium" in the June 2, 2004 issue.)

Commissioners approve FY 2004-05 town budget

On June 16 the town board of commissioners approved a \$1.1 million budget for the coming fiscal year.


The budget remains essentially as proposed. However, Commission President William

B. O'Neil, Jr. and Commissioner Arthur Elder expressed concerns about using \$30,000 from the Water and Sewer Enterprise Fund to pay police for site security when the infrastructure needs repairs and upgrades.

The commissioners voted to spend only \$11,640 from the enterprise fund. The remaining money will come from cuts to contractual services and capital improvements.

(See "\$1.1 million town budget proposed" in May 19, 2004, issue of The Emmitsburg Dispatch.)

MULCH \$18 yd.
Screened or Unscreened Topsoil
Dark Mulch—\$18.00/yd
Red Mulch \$26.00/yd
Black Mulch \$26.00/yd
Composted
Mushroom Soil—\$15/yd
Composted
Cow Manure—\$15/yd
Driveway Stone
Landscaping Stone
Sand
Fill Dirt
Snow removal
17618 Old Gettysburg Road
Emmitsburg, MD
(301)447-2675
Rodney McNair



Fitzgerald's Auto Service
Repairs Service Maintenance Towing
Mention this ad when you buy 4 tires and get a FREE alignment
Specializing in Brakes, Tune-ups, alignment & suspension
Come See!



Starting at \$899

Now Selling New Scooters

Phone 301-447-6274 Petey Fitzgerald - Service Technician
17307 North Seton Ave. 20- Years Experience
Emmitsburg, MD 21727 Fully ASE Certified

Robert F. Gauss & Assoc.
Professional Land Surveyors

Land Surveying
Engineering
Planning



301 447-2222
FAX 301-447-3158

Emmit House, Box 128
601 W. Main St.
Emmitsburg, MD 21727

ATTENTION: ALL TOWN OF EMMITSBURG RESIDENTS

The new solid waste collection contract became effective Thursday, July 1, 2004. The pick up days are Monday and Thursday. Please have trash out on the curb by 6:00 a.m. the morning of collection. Trash will be securely tied in bags or put in containers in bags, no loose trash please, we want to keep the Town free of debris. Bulk items will not be collected during regular collection. Call for individual Bulk pickups on a case by case basis with resident being charged at time of collection. Only two bags of yard waste and two bundles of brush (no longer than (4) feet and no more than 12 inches in Diameter and tied will be accepted per collection. Christmas trees will be collected on the second and third Thursdays in January. Collection will be made the next scheduled day after a legal holiday.

For Any Service Related Issues
Please call: Key Sanitation, Inc.
301-668-8282

The Main Street Grill

304 E. Main Street
Emmitsburg, MD 21727
301-447-3116

Come and join us for Happy Hour every
Tues. thru Fri. from 4 pm-7pm

UNDER NEW MANAGEMENT!!!

Weekly Bar Specials

Tuesday
Domestic Pitchers and 1 lb of shrimp \$13.95

Wednesday
Domestic Pitchers and 20 Hot wings \$10.95

Thursday
COLLEGE/FEMA NIGHT: \$1.00 of All drinks when you show college/academy ID

Friday
LADIES NIGHT: \$1.50 off All rail drinks domestic bottles and drafts

Sunday
HOSPITALITY NIGHT: Happy hour prices on all drinks and 1/2 price appetizers for all restaurant, bar and hotel employees when you bring a recent pay stub.

New and improved menu
Monthly WWE Pay per views

BUSINESS

Local Residents Open New Stores

Heath Nicolas Carey
Contributing Writer

Emmitsburg shoppers have four new businesses to visit: Black Cat General Store, The Little Flower, Nicaraguan Arts and Crafts, and Wise Choice Seafood. The owners chose Emmitsburg because they appreciate the warmth and friendliness in this small town.

Black Cat General Store

The Black Cat General Store, on the northeastern corner of the square, is open Thursday through Monday, noon to 5 p.m. Sisters Joyce and Judy McCandless love cats; hence, the store's name.

Black Cat offers a variety of goods, from cat collectibles to an antique freezer from the 40s filled with today's favorite novelty ice cream treats. The owners specialize in dolls ranging from 1800s bisque to modern Barbies, antique and modern cookie jars, vintage toys and retro collectibles. Hungry shoppers can purchase fresh baked cookies and brownies. Kids can buy old-fashioned candies by the piece.

In the future the sisters plan to offer quality hand-dipped ice cream cones and fountain sodas served from an original old-time

ice cream bar.
Information: 301-447-3370

The Little Flower

The store is located at 20 East Main St., just off the square. Operating hours are Monday through Friday, 9 a.m. to 5 p.m. and Saturdays, 9 a.m. to 4 p.m. Lorie Reifsnider named her store for St. Therese of Lisieux, nicknamed "The Little Flower."

"St. Therese believed in simplicity," Lorie remarked, "Everybody has the right to enjoy the beauty in the color of a flower or the simplicity of a card."

Little Flower sells religious greeting cards, candles and sachets, baby toys and gifts, flowers and floral arrangements for special events.

"It's like someone once told me," Lorie said, "We're a lot like Hallmark: not just flowers, not just cards, not just gifts."

Information: 301-447-2700 or visit www.thelittleflowermd.com.

Nicaraguan Arts and Crafts

Nicaraguan Arts and Crafts, on the northeast corner of the square, is open Wednesday through Saturday, 10 a.m. to 5 p.m. Osman Garcia offers customers the beauty of Nicaragua, and gives Nicaraguan artists

paying jobs.

The store features hand carved wooden crafts and art created from the majestic Royal Oak; soap stone sculptures, many made with only a knife and sand paper; hand crafted pottery thrown on a foot-powered potter's wheel, using beaten river clay; and oil on canvas paintings.

"The people from my country express their wealth with their knowledge. When someone says to them, 'That's a great pot or where did you get that painting,' they show their wealth of knowledge by the story they tell," Osman remarked.

Osman shares the majority of his profits with the Nicaraguan artists.

"One piece of pottery sold here can feed a family for a whole month," said Osman, "If I sell five of their pieces, he (the artist) has enough money to send his kids to school or maybe get some inoculations at the hospital."

As customers wander through the shop, Osman readily shares his knowledge. With the story of each piece and a photo of the artist, Osman gives customers a new outlook on Nicaragua and its people.

Information: 301-447-3785.

Wise Choice Seafood

Wise Choice Seafood, on the corner of Route 15 and South Seton Avenue, is open Monday through Sunday, 11 a.m. to 9 p.m.

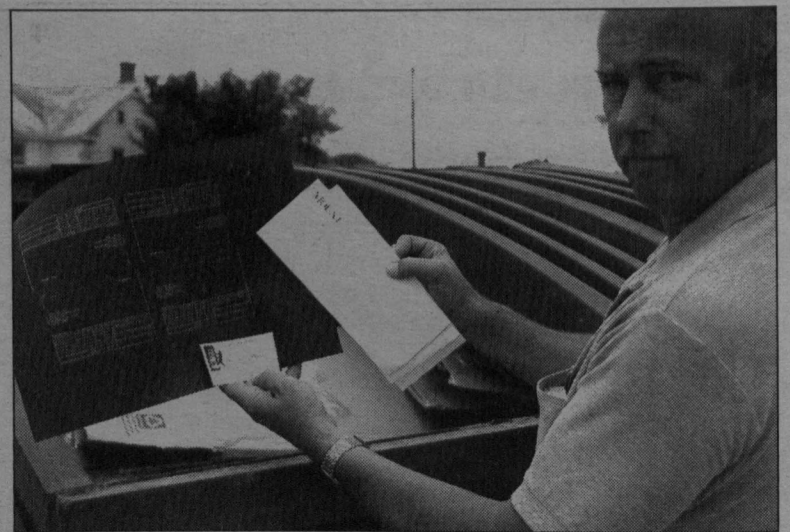
With his ten years of cooking experience, Bobby Wise prepares carry out for individuals and large groups. From homemade, no-filler-added crab cakes and other fresh seafood entrées to freshly prepared subs, cheeseburgers, sandwiches and fried chicken, Wise Choice Seafood offers a wide variety of menu options.

Bobby's grandparents, Carrie and George Benchoff, helped him renovate the space for Wise Choice Seafood. He wants to share with the community of Emmitsburg the same support and devotion he has received from his grandparents.

"I work with people to give them what they want at a reasonable price," Bobby explains, "I can get any type of seafood they want, as long as I have enough notice."

Wise hopes to be able to add outdoor seating for customers in the future.

Information: 301-447-1700.



—RAYMOND BUCHHEISTER / THE EMMITSBURG DISPATCH

David Runkle, former owner of Chronicle Press, Inc. (CPI), shows print jobs allegedly produced by the current owners of Chronicle Press. Runkle's wife, Donna, owns Custom Image Printing (CIP). Both businesses were served with cease and desist orders by the town for not having proper permits to operate.

Print Shop "Feud"

—Continued from page 1
and civil penalties of \$100 per day. Each day a business operates after a cease and desist order is considered a separate violation, according to Eva Miller.

Printing options

Emmitsburg has four options for printing and copying. Thelma Richardson, owner of The Printed Page, Inc., will be opening a stationery shop on E. Main St soon. Richardson provides printing services from her home on an as-requested basis. She previously owned Quick Copies, Inc., in Silver Spring for 17 years.

Errands Plus, a copy center

located in the Jubilee food store foyer, also offers printing. Owned by Deb Spaulding, Errands Plus has been serving Emmitsburg since May 2003.

Chronicle Press has obtained its proper permits and is now re-open for business at 107 S. Seton Ave. This is a new business but has historical ties and a press operator that worked for Chronicle Press, Inc. (CPI), one of the oldest businesses in Emmitsburg until it was sold in 1999 and went bankrupt in 2003.

Custom Image Printing (CIP), previously located at 107 S. Seton Ave. has moved to 106 E. Main St. At press time the company, closed to walk-in customers, was still waiting for permits to be issued.

Chronicle Press, Inc. Accusations, history

On June 24 David Runkle filed a complaint with the town alleging that Chronicle Press continued operating in spite of a cease and desist order that was issued to that business on June 9. *The Emmitsburg Dispatch* obtained copies of all of the complaints, pursuant to the Freedom of Information Act.

The complaint states, "On 6/24/2004, I observed and videotaped Chris Price taking delivery of paper from White Rose Paper Company ... That night, at about 6 p.m., he printed the envelopes ... Additionally, Commissioner Art Elder was in the building at the time ... They print jobs every night."

Runkle told *The Emmitsburg Dispatch* he had found discarded print jobs for Mount St. Mary's in the CIP dumpster, which remained at the Hess building until June 30. Runkle alleged that Chronicle Press illegally printed envelopes for the Mount during

the week of June 14.

Also in the dumpster, Runkle found "a carbonless paper job for More Than Gas, in Emmitsburg, and business cards for Chronicle Press" as well as the plates for a "membership card" printing job for Emmitsburg Video.

Asked to confirm the print order with Chronicle Press, Kate Charkhas, the Mount's associate director of marketing and public relations, told the *Dispatch*, "We can not comment on issues relating to vendors."

Owners of More Than Gas and The Emmitsburg Video confirmed working with Chronicle Press. Both companies received their orders prior to the June 9 cease and desist order. Chronicle Press had not invoiced either company.

Chris Price deferred all questions to Lisa Elder, who did not return *Dispatch* phone calls. Approached in person, she also

—Continued on page 7



The Taney Corporation

Manufacturers of Wood Stairs & Stair Parts

Locally owned continuously
for over 46 Years

5130 Allendale Lane Taneytown, Maryland 21787

Office: 410-756-6671 Fax: 410-756-4103

Visit us at www.taneystair.com

A sponsor of *The Emmitsburg Dispatch*

Annual Drinking Water Quality Report for 2003 Town of Emmitsburg PWSID 0100010

We're pleased to present to you this year's Annual Quality Water Report. This report is designed to inform you about the quality water and services we deliver to you every day. Our constant goal is to provide you with a safe and dependable supply of drinking water. We want you to understand the efforts we make to continually improve the water treatment process and protect our water resources. We are committed to ensuring the quality of your water. Our water sources are four wells and Rainbow Lake. We are currently using 95,000 gallons per day from our surface water supply. The well usage varies with demand, which averages around 340,000 gallons per day. The surface water is mixed with wells #3 and #5, and processed through filtration plant. We also have wells #1 and #2 which go into the filtration plant and are disinfected and PH adjusted just prior to entering the storage tank. I am also very pleased to announce that we made it through an entire year without a violation, with the new plant. With the new plant the water quality should be much better.

We have a source water protection plan available from our office that provides more information such as potential sources of contamination. This report shows our water quality and what it means. The Town of Emmitsburg routinely monitors for contaminants in your drinking water according to Federal and State laws. This table shows the results of our monitoring for the period of January 1st to December 31st, 2003. As water travels over the land or underground, it can pick up substances or contaminants such as microbes, inorganic and organic chemicals, and radioactive substances. All drinking water, including bottled drinking water, may be reasonably expected to contain at least small amounts of some contaminants. It's important to remember that the presence of these contaminants does not necessarily pose a health risk.

In this table you will find many terms and abbreviations you might not be familiar with. To help you better understand these terms we've provided the following definitions:

- * *Parts per million (ppm) or Milligrams per liter (mg/l)* - one part per million corresponds to one minute in two years or a single penny in \$10,000.
- * *Parts per billion (ppb) or Micrograms per liter* - one part per billion corresponds to one minute in 2,000 years, or a single penny in \$10,000,000.
- * *Picocuries per liter (pCi/L)* - picocuries per liter is a measure of the radioactivity in water.
- * *Nephelometric Turbidity Unit (NTU)* - nephelometric turbidity unit is a measure of the clarity of water. Turbidity in excess of 5 NTU is just noticeable to the average person.
- * *Action Level* - the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

TEST RESULTS						
Contaminant	Violation Y/N	Level Detected	Unit Measurement	MCL G	MCL	Likely Source of Contamination
Microbiological Contaminants						
1. Total Coliform Bacteria	N			0	presence of coliform bacteria in 5% of monthly samples	Naturally present in the environment
2. Fecal coliform and E.coli	N			0	a routine sample and repeat sample are total coliform positive, and one is also fecal coliform or E. coli positive	Human and animal fecal waste
Inorganic Contaminants						
14. Copper	Y	.62	ppm	1.3	AL=1.3	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
17. Lead	Y	.024	ppb	0	AL=15	Corrosion of household plumbing systems, erosion of natural deposits
19. Nitrate (as Nitrogen)	N	.3	ppm	10	10	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Synthetic Organic Contaminants including Pesticides and Herbicides						
33. Di(2-ethylhexyl) phthalate	N	.6	ppb	0	6	Discharge from rubber and chemical factories
Volatile Organic Contaminants						
73. TTHM [Total trihalomethanes]	N	11.7	ppb	0	100	By-product of drinking water chlorination
HAA5 (HALOACETIC ACIDS)	N	9.4	ppb	0	60	By-product of drinking water chlorination
CHLOROFORM	N	6.1	Ppb			By-product of drinking water chlorination
BROMODICHLOROMETHANE	N	4.1	Ppb			By-product of drinking water chlorination
DIBROMOCHLORO METHANE	N	1.5	Ppb			By-product of drinking water chlorination
Unregulated Contaminants						
SODIUM	N	28.5	Mg/l			Natural deposits
SULFATE	N	19.4	Mg/l	500		Erosion of natural deposits
PH	N	7.5	UNITS			
GROSS ALPHA	N	2	Pci/L		15Pci/L	Erosion of natural deposits
GROSS BETA	N	2	Pci/L		4mrem/y	

Microbiological Contaminants:

- (1) Total Coliform. Coliforms are bacteria that are naturally present in the environment and are used as an indicator that other, potentially harmful, bacteria may be present. Coliforms were found in more samples than allowed and this was a warning of potential problems.
- (2) Fecal coliform/E.Coli. Fecal coliforms and E. coli are bacteria whose presence indicates that the water may be contaminated with human or animal wastes. Microbes in these wastes can cause short-term effects, such as diarrhea, cramps, nausea, headaches, or other symptoms. They may pose a special health risk for infants, young children, and people with severely compromised immune systems.

Inorganic Contaminants:

- (7) Antimony. Some people who drink water-containing antimony well in excess of the MCL over many years could experience increases in blood cholesterol and decreases in blood sugar.
- (8) Arsenic. Some people who drink water-containing arsenic in excess of the MCL over many years could experience skin damage or problems with their circulatory system, and may have an increased risk of getting cancer.
- (14) Copper. Copper is an essential nutrient, but some people who drink water containing copper in excess of the action level over a relatively short amount of time could experience gastrointestinal distress. Some people who drink water-containing copper in excess of the action level over many years could suffer liver or kidney damage. People with Wilson's Disease should consult their personal doctor.
- (17) Lead. Infants and children who drink water-containing lead in excess of the action level could experience delays in their physical or mental development. Children could show slight deficits in attention span and learning abilities. Adults who drink this water over many years could develop kidney problems or high blood pressure. Infants and young children are typically more vulnerable to lead in drinking water than the general population. It is possible that lead levels at your home may be higher than at other homes in the community as a result of materials used in your home's plumbing. If you are concerned about elevated lead levels in your home's water, you may wish to have your water tested and flush your tap for 30 seconds to 2 minutes before using tap water. Additional information is available from the Safe Drinking Water Hotline (1-800-426-4791). Lead in drinking water is rarely the sole cause of lead poisoning, but it can add to a person's total lead exposure. All potential sources of lead in the household should be identified and removed, replaced or reduced. During our last set of Lead samples we had a couple high results. I feel that the sampling points were not properly flushed prior to the start of the 6+ hr wait for the first draw sample. The other points tested well below the action limit. Another set of samples will be collected from July to December 2004

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbiological contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

(19) Nitrate. Infants below the age of six months who drink water-containing nitrate in excess of the MCL could become seriously ill and, if untreated, may die. Symptoms include shortness of breath and blue-baby syndrome.

(73) TTHMs [Total Trihalomethanes]. Some people who drink water-containing trihalomethanes in excess of the MCL over many years may experience problems with their liver, kidneys, or central nervous systems, and may have an increased risk of getting cancer.

Some people who drink water containing trihalomethanes in excess of the MCL over many years experience problems with their liver, kidneys, or central nervous systems, and may have increased risk of getting cancer.

MCL's are set at very stringent levels. To understand the possible health effects described for many regulated contaminants, a person would have to drink 2 liters of water every day at the MCL level for a lifetime to have a one-in-a-million chance of having the described health effect.

If you have any questions about this report or concerning your water utility, please contact Daniel R. Fissel at 301-447-3141. We want our valued customers to be informed about their water utility. If you want to learn more, please attend any of our regularly scheduled meetings. They are held on the first Monday of every month at the Town Hall beginning at 7:30 PM.

We at the TOWN OF EMMITSBURG work around the clock to provide top quality water to every tap. We ask that all our customers help us protect our water sources, which are the heart of our community, our way of life and our children's future.

WE ALSO ASK OUR CUSTOMERS TO REPORT ANY SUSPICIOUS ACTIVITIES TO THE TOWN HALL at 240-629-6300. DURING THESE TIMES OF HIGHTENED SECURITY, IF IT DOES NOT SEEM RIGHT PLEASE CALL IT IN! If no one is available please call 911

Chronicle Press

—Continued from page 6
refused to comment on the allegations.

Commissioner has ties to both cited print shops

Samuel Motter established The Emmitsburg Chronicle, a weekly newspaper, in 1879. The Elder family has long been owners of the newspaper and its associated enterprise, Chronicle Press, Inc.

John Elder and Michael Thompson acquired the business in 1922. John Elder, commissioner Art Elder's grandfather, was the sole owner from 1927 until his death in 1943. The Chronicle

suspended publication for five years during World War II. In 1948, Charles Elder, son of the previous owner, and Edward Stull purchased the company from Mrs. Genevieve R. Elder.

According to Art Elder, his father became sole owner of Chronicle Press, Inc. in the 1950s and ran both the newspaper and the press company until his death in 1971. Art Elder ran the business while his mother, Virginia, owned it, eventually becoming company owner himself.

The Chronicle ceased publication in the late 1970s. In 1999 Elder sold the press equipment, rights to the name, "CPI," and the old school building itself to RyWest, Inc. (David Runkle).

Runkle said that Elder loaned him financing money, retaining a lean on the printing equipment and the building.

Runkle owned CPI (RyWest) from 1999 until it closed in April 2003. The Runkles sold the building on May 7, 2004, to James Hess. Elder regained ownership of the printing equipment.

Donna Runkle opened Custom Image Printing (CIP) in 2003.

Lisa Elder, Art Elder's cousin, and Christopher Price subsequently purchased the Chronicle's printing equipment from Art Elder, who was appointed by the bankruptcy trustee to sell it.

Lisa Elder, although not previ-

ously involved in the family business, wrote in a February 2004 e-mail to The Emmitsburg Dispatch, "The Chronicle's history is near and dear to my heart." Christopher Price had run the Chronicle's presses for several years, first for Art Elder and then for CPI owner, David Runkle.

Art Elder chose not to comment on operations of the new Chronicle Press company since he is not an owner. He did say he was assisting them. According to Elder, the company intends to offer modern printing services as well as specialty handset printing run on the old presses.

Printing in the village zone

Chronicle Press co-owners

spoke at the July 12 town meeting during a discussion of businesses permitted in the village zone. A proposed zoning text amendment clarification included print shops and print brokers as acceptable village zone businesses.

Lisa Elder said that both should be permitted by right, "engaging in the honorable trade of printing." Price commented on the long history of Chronicle Press in the town and said, "I'm looking forward to carrying on that tradition."

When the vote was called, commissioner Art Elder recused himself. The board passed the text amendment 3-0, allowing a number of businesses, including print shops and brokers.



—RAYMOND BUCHHEISTER/THE EMMITSBURG DISPATCH

Bruce Hutton, Mt. Rainier, introduces children to folklore and folk songs during a presentation July 3 at the Emmitsburg Library. Hutton incorporates various folk musical instruments in his program, and explains the origins of them to the children as well.

Library Events

Storytimes

Babies with Books. (birth - 24 months with an adult) Tuesday July 27 and August 24, 10:30 a.m.

Two Terrific. (age 2 with an adult) Tuesdays, August 3, 10, and 17, 10:30 a.m.

Family Storytime. (ages 3-5 with an adult) Wednesdays, 7 p.m. and Thursdays, 10:30 a.m.

For teens

Teen Book Club. (grades 6-12) Join our newest book club. Get together with other teens to discuss great books, third Tuesdays, 7 p.m. at the Emmitsburg Branch. Stop by the desk to pick up the month's selection. August 17.

Special programs for the family

Winnie the Pooh Storytime. (all ages) Join Winnie the Pooh in a special storytime and craft. Bring your favorite Hundred Acres Woods stuffed friend. Saturday, July 31, 11 a.m.

Once Upon a Sign. (all ages) A magical hour of signs, stories and fun with Kathy MacMillan. Experience literature-based programs designed to inspire, entertain, and teach basic American Sign Language. Learn about Deaf Culture as you learn to use

your hands and eyes to communicate. Wednesday, August 4, 7 p.m.

Third Thursdays at ThorpeWood. (ages 3-5) Thurmont and Emmitsburg Branch Libraries host a monthly preschool story program at beautiful ThorpeWood Nature Center. For directions call the Thurmont Branch or visit the ThorpeWood website, www.thorpewood.org. Thursday, August 19 at 1 p.m.*

Knitting Club. (adults and teens) Check out the great selection of knitting books at the library and join us in the Knitting Nook. Learn basic stitches, share skills and swap yarn and information. For all knitting levels — beginner to experienced. Third Thursdays, August 19, 4 p.m.

K-9 Cops Bring it to Emmitsburg. Join Chuck Zang, Frederick County Police Officer, and his canine companion, Conquer, in their demonstration of what it takes to make a good K-9 team. They will be sharing their work experiences and training, and will provide a demonstration of searches, tracking and life together on patrol. (Part of the "Did you know?" series, ages 6-11). Saturday, August 21, 11 a.m.

Book Discussion Groups/Adult Reading Club

Evening Club. Second Tuesdays, August 10, 7:30 p.m. "She Walks These Hills" by Sharyn McCrumb.

Afternoon Club. Friday afternoon club will resume in September.

Rubber Chicken Reading Club. (adults) At last — a summer reading club for adults! Earn a coupon for the August 31 grand prize drawing with each book you read and rate. After you read and rate two books, you will receive your official rubber chicken key ring.

Programs are held at the newly renovated Emmitsburg Library in the Community Center on Seton Avenue. Registration or information: 240-629-6329.

Require pre-registration

OBITUARIES

David Muench

David "Dave" Samuel Muench, 71, Old Emmitsburg Rd., Emmitsburg, died June 13 at home.

Born July 6, 1932, in Emmitsburg, he was a son of the late Walter G. Muench and Rose B. Cool Muench.

He was a member of St. Joseph's Roman Catholic Church, Emmitsburg. A Korean Conflict veteran, he served in the U.S. Navy from 1952 to 1956. Mr. Muensch was a member of AMVETS Post 172 and the American Legion Post 121.

Surviving in addition to his wife, Sandra, are two sisters, Bernice Cullen and Nancy Rockwell; one brother, Robert Muench; two nieces, one nephew and two great-nieces.

A Mass of Christian burial was held June 15 from St. Joseph's Church with his pastor, the Rev. Stephen P. Trzeciecki as celebrant.

Interment was in New St. Joseph's Cemetery, Emmitsburg.

Speak Automotive, Inc.
SALES & SERVICE CENTER
301-271-4700

COUPON

\$18.95
Oil, Lube, Filter CHANGE
(no appt. necessary with this coupon)

SPECIAL

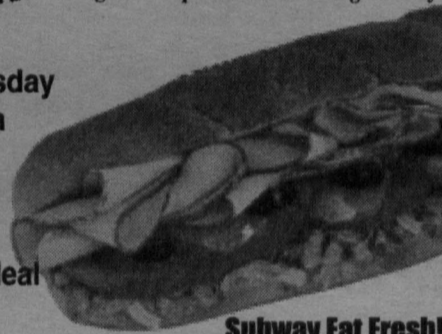
SPECIAL

SUBWAY Emmitsburg Subway
eat fresh. Summer Special!
Bring this coupon to Emmitsburg Subway

Monday Through Thursday
After 5pm and get a
FREE 6 inch sub
with the purchase
of a regular
price foot long meal deal

301-447-2059
fax: 301-447-3995

Subway Eat Fresh!
Coupon good through August 19th 2004



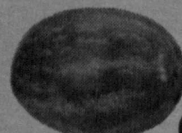
Gateway Market Candyland & Liquors

Rt. 15 & N. Franklinville Rd., Thurmont, MD • 301-271-2322

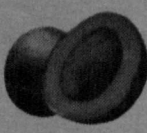


32 flavors of
Hershey Ice cream
Sundaes • Milk shakes • Smoothies
Low Carb & No sugar added

Over 350 different Candies
Sugar free too!

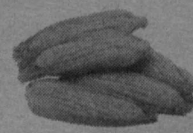


Local Corn
Cantaloupe • Watermelon



Local Squash, Green Beans
& More

Check for availability



New Hours

Mon-Thurs- 7am-9pm • Fri & Sat- 7am-10pm • Sun- 9am-9pm

J&S Drywall & Painting

"Quality work and Dependable Service"

Specializing in:

- Basement finishing
- Repairs
- Remodeling
- Additions



301-271-9298

MHIC#122477

WILHELM

Featuring
Amarr
Garage Doors
& Liftmaster
Openers



JOHN WILHELM
MHIC 121485
THURMONT, MD

DOORS, L.L.C.

Sales • Service • Installations

Residential and Commercial
Local, Family Owned Business
2 Year Labor Warranty

301-271-0731
240-674-0728

**Don't Compromise.
Get a Cub Cadet.**



Harrington & Sons
427 East Main Street
Emmitsburg
301-447-6666

0% for 24 Months

LT 1018
• 18.5 HP B&S Intek ELS
• 42" QuickAttach Deck

\$1599

0% for 24 Months

LT 2138
• 16 HP B&S Intek ELS
• 38" QuickAttach Deck
• Shaft Drive Transmission

\$2399

0% for 24 Months

LT 1024
• 24 HP B&S Intek ELS
• 50" QuickAttach Deck

\$1999


Visit www.cubcadet.com
for more information

GREAT BRANDS. GREAT PRICES.



St. PETER'S BOOKS & GIFTS CAFE

GRAND OPENING Aug. 7th



Come in for:

- BOOKS
- GIFTS & RELIGIOUS ARTICLES
- CARDS
- GOURMET COFFEE & TEA
- MUFFINS, COOKIES CHEESECAKE, CHOCOLATE & MORE

9am-6pm M-F
9am-4pm Sat
301-447-1901

Register to win door prize at Grand Opening

NOW OPEN!!!

Cut this coupon out to redeem for free sample of St. Peter's Bark Belgian Chocolate at the Grand Opening on August 7th! (while supplies last)

101-2 Silo Hill Road • Emmitsburg, MD 21727 • By Jubilee Next to Subway

Local Service.
It's Our Policy.

We're in your neighborhood — there when you need us.
We're a single source for ALL your insurance needs:

Auto • Home • Financial Products • Business

Call me...stop by...log on — it's your choice!

Serving Maryland & Pennsylvania Call and ask for "Chet the 3rd", ext. 19

 **Nationwide**
Insurance & Financial Services

Chester T. Zentz, III
130 E. Main Street, Thurmont
1-800-371-2439 or 301-271-2438
e-mail: zentzc2@nationwide.com

Life Insurance underwritten by Nationwide Life Insurance Company, Nationwide Mutual Insurance Company and affiliated Companies, Home Office: One Nationwide Plaza, Columbus, OH 43215-2220. Nationwide® is a registered trademark of Nationwide Mutual Insurance Company



Quality Tire Service

Quality Tire Service
No Commission Salesman
No one looking over your Shoulder
You Always talk to the owner

17650 Creamery Rd
Emmitsburg Md 21727
301-447-2909

418A E. Baltimore St.
Taneytown, Md 21787
410-756-4552

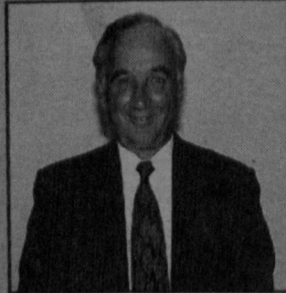


CROUSE FORD Taneytown, Maryland

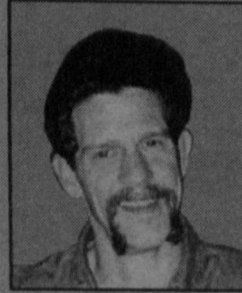
"Get A Genuine Deal From Genuine People"



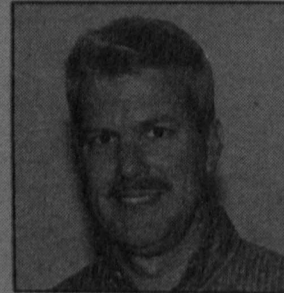
Jerry Harris



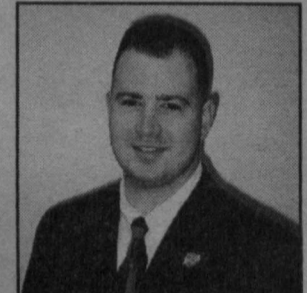
Ron Brown



Jesse Smith



Tom Eckard Jr.



Chris Pickett



Dave Crouse and Tom Crouse Sales Managers

Over 300 Tough
Fords in Stock —
Priced Right
and Ready to Go...



Your
Key to
Lower
Prices

2004 Ranger



Best Selling
Compact Pickup
17 Years in a Row

2004 Explorer



American's Best
Selling SUV
13 Years in a Row

2005 Focus

With 5 yr/100,00 mile warranty



Car & Driver's
"10 Best"
5 Years in a Row

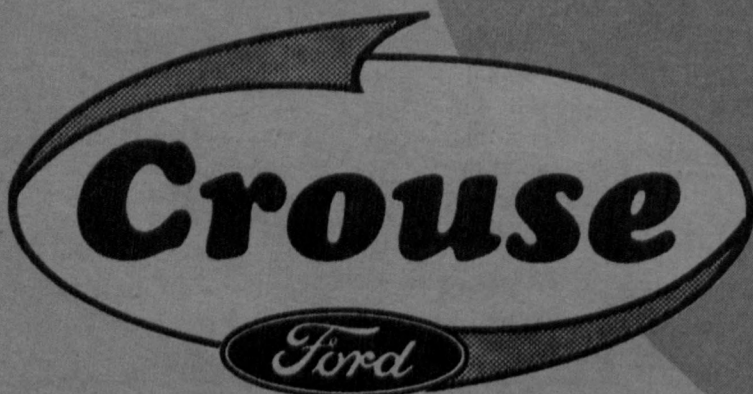


2004 F150



Best Selling Truck
27 Years in a Row

www.crouseford.com



QUALITY
FORD
PARTS & SERVICE
Open: M-F 8 am - 5 pm
Tuesday 8 am - 8 pm
Saturday 'til noon
Please call for an
appointment

Showroom Hours:
Mon-Fri 9am-8pm; Sat 9am-4pm

Rt. 140 Taneytown
410-756-6655
1-800-621-3673

Only 10 Minutes from
Emmitsburg—Take Rt. 140 East

A sponsor of *The Emmitsburg Dispatch*

7th World Weightlifting Championships For University and College Students

Damsels Of Distress

Megan Zimmerman
Rebecca Gilbride

Metal bars clanging together, grunting, loud shrieks, clouds of chalk, dust billowing in the air, the thud of heavy metal falling onto the wooden floor. Reverberations of men having fun? Not any more.

U.S. team member Danica Rue (69 kg weight class) was the first U.S. woman ever to win gold in the World Weightlifting Championships for University & College Students. She received the best female award as well, given based on the "conduct of the athlete and significance of achievement, not just how much weight they lifted," according to Mike Cady, the event organizer.

Dominika Mistowska of Poland lifted a higher combined total than any other female, 227.5 kg (500.5 pounds), while only competing in the 63 kg (138.6 pound) weight class.

Women have come a long way from being weak "damsels in distress." One hundred years ago, it was unheard of to see a female weightlifter competing. The sport was reserved for strong men. But within the past few decades, women have proven their ability to lift weights three, four, five times their body weight.

Women's weightlifting officially became an Olympic sport in the Sydney 2000 Games, and American Tara Knott brought home the first gold. The sudden and successful involvement of

women in the sport has changed weightlifting forever.

Often, people imagine women weightlifters as huge, bulky athletes. Rachel Hearn, a 75+ kg weightlifter from the U.S., had the same impression.

"Before I began the sport, I was like 'women weightlifting?' I don't want to be bigger. I don't want to be a body builder. But most of the other women lifters were in the lighter weight classes. I realized weightlifting wasn't the big bodybuilding stereotype that people still have about lifting."

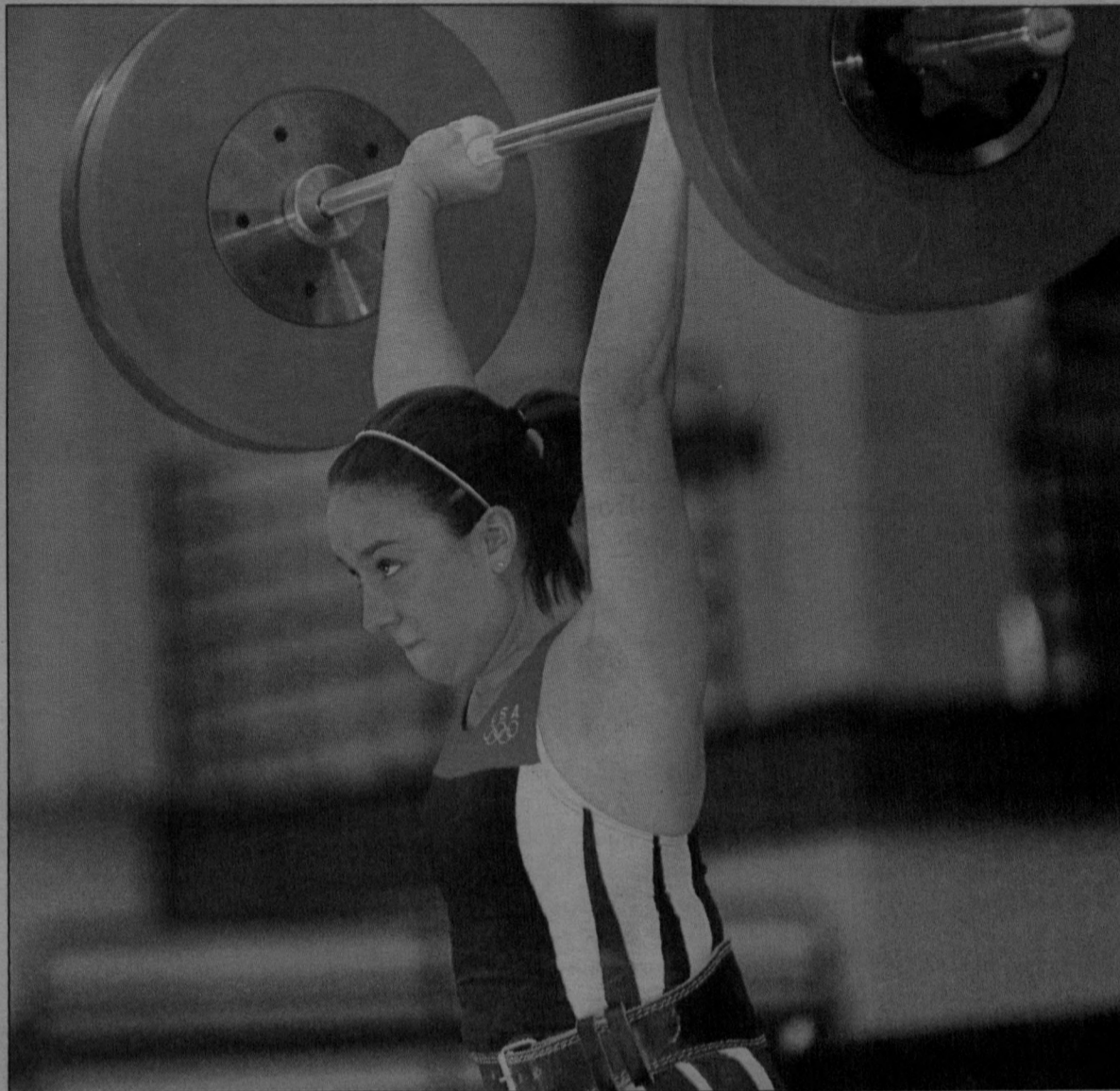
Jaquie White, an Australian 63 kg lifter, agrees that women have changed the perception of weightlifting. "People realize that you don't have to be a huge ferocious looking man to do it. They see that it's a sport for everyone."

People are still not familiar with women lifting up to four times their own weight.

"A lot of people don't expect us to be able to do this, especially since we are so small," explains Sarah Howell, a U.S. 58 kg lifter. "But when they do see us lift, they are really impressed."

Women weightlifters have not only changed the perception of the sport, but also heightened the competition.

American 77 kg weightlifter George Reed explains, "When the sport's been around a hundred years, every other country's caliber of men lifters is right there with us. But the world's catching



—RICHARD BLOOM/THE EMMITSBURG DISPATCH

Danica Rue, 22, of Flemington, NJ, lifts nearly twice her own body weight in the clean and jerk competition during the June 30-July 3 world weightlifting championship. Rue became the first American female to win a gold medal in the World Weightlifting Competition for University and College Students.

up to the women, and I think in the next four years, the competition is going to get a lot harder."

Most of the athletes in this

championship are young and working toward representing their country in the 2008 Olympics. The idea that

"Weightlifting is a man's sport" is a myth. Ask any of the thousands of women weightlifters around the world.

Bringing the world together —
—Continued from page 1
ful role athletes play in society.

In a time when "countries aren't even speaking to each other ... it is almost always the athletes who first break the ice and start bringing countries together."

In his message, Tamas Ajan, International Weightlifting Federation President and member of the International Olympic Committee, said there were "hun-

dreds and hundreds of examples when sports were the first to bring countries together."

Then, standing in front of twenty-eight national flags, Ajan declared the games open.

Over the next four days, the Mount Saint Mary's community learned about a sport with over 5000 years of history. Fascination with human strength can be traced back to ancient times. Early writings and art describe

soldiers lifting huge objects to prove their strength. Sculptures from ancient Greece depict men lifting massive stones and animals. Centuries later, humans still envy the power of human strength.

Weightlifting history

London hosted the first World Weightlifting Championships on March 28, 1891. Only seven athletes representing six countries competed. Since then, weightlifting as a competitive sport has grown steadily. The World Weightlifting Championships for University and College Students has been held all over the world, most recently in Pavia, Italy.

In 1896, weightlifting was one of the nine sports in the first Modern Olympic Games held in Athens, Greece. The other competitions were aquatics, athletics, cycling, fencing, gymnastics, shooting, tennis, and wrestling. A total of 241 all-male athletes from 14 countries competed in the 9-day event. Women weightlifters didn't compete at the Olympic level until the 2000 Sydney Games.

Competitions

Over the past century, competitive weightlifting has consisted of three to five events. However, several lifts were eliminated because of the difficulty in judging. There have been only two events since 1976, "the snatch" and "the clean and jerk."

Male weightlifters are separated into eight weight categories, women into seven. The weightlifters are allotted three tries in both events. The best lift for each event is then combined for a total lift. Gold, silver, and bronze awards are given for the best "snatch" lift, "clean and jerk" lift, and the combined total lift.

The athlete who achieves the highest combined total lift wins the competition in his or her weight class. The winner of the entire competition is the lightest person who has lifted the largest total amount of weight.

But how did such a sport with so much history end up in Emmitsburg, Maryland?

The Emmitsburg story

In 2001, the Washington-

Baltimore coalition lost to New York City in its bid to host the 2012 Olympic Games. But Mike Cady, Vice President of Frederick County Commissioners, made a bid for the University Weightlifting Championships.

Cady has been involved in Olympic weightlifting as an athlete, coach, event director, officer, official, and ambassador for forty years. "This event is definitely the highlight of the many years I have been involved in the Olympic movement," he explained.

The World Weightlifting Congress in Turkey accepted Cady's bid and chose Emmitsburg over Tokyo, Rome, London and Paris.

"We wanted to show the world that we could hold a first class event," said Cady. "We were up against a number of big cities, but we convinced them, and the rest is history."

In the midst of a tumultuous time, this world event in the peaceful hills of Frederick County has refreshed us and restored our hope for a bright future and world peace.

Weightlifting History

Weightlifting was on the program at the first modern Olympics in 1896 with two events: The one-hand lift and the two-hand lift. There were similar events in 1904 and 1906.

Weight categories were established in 1920, with medal standings based on the aggregate of multiple types of lifts. Each lifter is given three attempts at each type of lift. If there is a tie.

There were three lifts in 1920: The one-hand snatch and the one-hand and two-hand clean and jerk. In 1924, there were five: The one- and two-hand snatch, one- and two-hand clean and jerk, and the two-hand press. From 1928 through 1972, the three standard lifts were the press, the snatch, and the clean and jerk. Since 1976, there have been only two lifts, the snatch and the clean and jerk.

Show Me the Money

A.J. Russo
Sports Editor

There was special meaning behind the smiles of the USA men's team members during the awards ceremony after the World Weightlifting Championships for University Students. There would be no money, no financial rewards, even though for the first time in the history of this World Championship, the USA men's team won the event.

For many other participants and teams, the material stakes were higher.

"When we're talking about the eastern European countries and China, the sport is so much bigger. The incentives are gigantic," said George Reed, who came in second in the 77 kg weight class event. "Our coach came from China. He says the other countries tell their weightlifters that if they get a medal in this caliber event or in the Olympics, we'll give you a house or we'll give you a car."

What about the U.S. participants, what do they get? "If we get a medal, we get the medal and a pat on the back," Reed responded.

Many of the USA team members are one more Olympic trial away from the big event. "A lot of us are young. Most of us will be there in 2008 to compete," the short, burly weightlifter commented.

Not only do these athletes lack the financial incentives,

some feel they're developing on a different playing field.

Reed shared the team's frustrations. "The U.S. teams don't have the same governmental support associated with the Olympics. For most other countries the Olympics are the big events. It puts more pressure on us to keep athletes. Unless you're a superstar, you're not going to make much money, if any at all. A high school kid in the U. S. who is a pretty good weightlifter, and is pretty big, is probably also a good football player and will follow what will benefit him (financially)."

USA Men's Team wins Gold

USA Women's Team takes Silver

In spite of financial shackling, the USA men's and women's teams achieved phenomenal results, beating out a number of powerhouse teams. The USA men's team won the gold medal; the USA women's team earned the silver.

"If we gave one team medal (combined men and women), because of the total points the teams accumulated, the USA Team would have won the overall title," Mike Cady, the event organizer, said.

USA men's medalists:

George (Giff) Reed (silver) 77 kg weight class, total lift of 287.5 kg

Born in 1982, Bloomington, Indiana, attends the University of Colorado, Colorado

Springs, began competing in 1996. 2001 Senior National Championship Gold Medalist; 2002 Junior National Silver Medalist.

Ben Overcamp (silver) 105 kg, total lift of 320.0 kg

Born in 1982, attends the University of Colorado, Colorado Springs, began competing in 1997.

Casey Burgener (bronze) 105+ kg, total lift of 370.0 kg

Born in 1982, attends the University of Colorado, Colorado Springs, began competing in 1995. 2001 American Open Bronze Medalist; 2002 National Junior Gold Medalist; American record holder in the Junior-Snatch-162.5 kg; the Junior-Clean & Jerk-192.5 kg; and the Junior-Total-350 kg.

USA women's medalists:

Natalie Woolfolk (bronze) 63 kg, total lift of 190.0 kg

Born in 1983, from Annapolis, Maryland, currently living at the U. S. Olympic Training Center. She attends Palmer High School and has been competing since 1999. 2001 American Open Bronze Medalist; 2002 National Junior Silver Medalist

Danika Rue (gold) 69 kg, total lift of 210.0 kg

Born in 1982, from Flemington, New Jersey, currently living at the U. S. Olympic Training Center. She attends Colorado College and has been competing since 1995. 2002 National Junior Gold Medalist; 2002 Mermet Cup Team Member Gold Medalist; holds the American



—RAYMOND BUCHHEISTER / THE EMMITSBURG DISPATCH

The Trophy

When the Best Male Athlete trophy didn't arrive from Budapest the morning of the awards ceremony, Mike Cady, organizer of the World Weightlifting University Championships, began to panic. This award passes from winner to winner, year after year. Where would he find a replacement? Time to punt, or snatch (pun intended) a new one.

Cady went where no one else would go — his own closet. Tucked away in the corner was a beautiful wooden, hand carved best athlete award he had received in 1992 at the East Coast Weightlifting Championships, a national event.

"I couldn't imagine a better place for the award to go, to share in this accomplishment with these great athletes," Cady explained.

At 10 a.m. he grabbed the wooden memento, brushed off the dust and called a local engraver. By 2 p.m. he had a beautiful new award, which will travel the world as long as the World Weightlifting Federation chooses to present it, and airlines don't lose it.

The award went to Grzegorz Kleszcz of Poland, who won the gold in the 105+ weight class by lifting an amazing total of 415 kg. Kleszcz will represent Poland in this summer's Athens Olympic Games.

"I have a new friend," Cady said after donating the award and taking part in the presentation.

Record for the Junior 63 kg-Snatch - 87.5 kg; Junior/Senior 63 kg-Clean & Jerk-115 kg; the Junior/Senior 63 kg-total - 202.5 kg. Danica is an 8-time National Junior Champion who started lifting weights at age 10.

Emmy Vargas (silver) 75 kg, total lift of 190.0 kg

Born in 1977, from Panorama City, California, currently living at the U.S. Olympic Training Center. She attends the University of Colorado, Colorado Springs, and began competing in 1997. 2001 American Open Silver Medalist; 2002 Mermet Cup Team Member Gold Medalist.

Rachael Hearn (silver) 75+ kg, total lift of 220.0 kg

Born in 1980, from Savannah, Georgia. She is currently living at the U. S. Olympic Training Center. She attends Pikes Peak Community College and began competing in 1994. 2001 American Open Bronze Medalist; 2002 U23/Collegiate Gold Medalist; holds the collegiate American record in the 75+kg-Snatch-92.5 kg; the 75+kg-Clean and Jerk-112.5 kg; and the 75+ kg-

total-20.

On the way back to their respective homes, the U. S. athletes won't take with them money or offers for free real estate. They'll probably be driving the same cars they were driving a week ago. What they will take back is the satisfaction that they can compete with the best.

No need to show them the money.

2004 Athens Olympians who competed in Emmitsburg

Men

Grzegorz Kleszcz, Poland (+105 kg) gold medal

Luis Medrano, Guatemala (56 kg) gold medal pending drug test results

Umurbek Bazarbayev, Turkmenistan (62 kg) gold medal

Women

Miel McGerrigle, Canada (63 kg)



—RAYMOND BUCHHEISTER/THE EMMITSBURG DISPATCH

The American weightlifting team leads the July 3 Emmitsburg Community Day parade. The parade was hosted by the Emmitsburg Lions Club.

Iraqi delegation

—Continued from page 1
as tons of munitions exploded in and around Baghdad.

The hall they used in the city for their sessions was, almost miraculously, spared the ravages of war. "We trained while Iraq was being bombed. It was a difficult time," Jaloud said.

Jaloud said that the U.S. special envoy in Iraq, Ambassador Paul Bremer, ordered the rundown hall repaired. He also said individuals from the U.S. military attended their practices and encouraged the team.

"Ninety percent of the Iraqi people say Bush came to save Iraq from the clamp of Saddam Hussein and his family," Jaloud told *The Emmitsburg Dispatch*.

Hussein gave his son Uday jurisdiction over the Iraqi Olympic teams, and the athletes were brutalized. Failing to perform up to Uday's expectations could result in jail sentences or physical punishment, Jaloud said. "If a team lost (a competition), they were put in jail."

Coach Tahar himself was punished for criticizing a member of the Hussein family. Tahar is a large-framed, burly, former weightlifting champion. He competed in the 1984, 1988, and 1992 Olympics.

His size and accomplishments did not stop Uday Hussein from seeking revenge. Tahar's head and face were shaved, including his eyebrows. He received 100 lashes and sat in jail for a month.

"Uday came to the

Olympics in 1986. It was miserable when he came." Jaloud related. "He tried to make everyone a merchant. He didn't know anything about sports."

Coalition forces killed Uday and his brother Qusay on July 22, 2003. "Uday was crazy. Now he is in hell," Jaloud told *The Emmitsburg Dispatch*.

Sole Iraqi competitor

Mustafa Zayer is a 20-year-old former student, relatively new to weightlifting. He is quiet and speaks no English. He was the only Iraqi weightlifter permitted to enter the United States for the competition. Tahar had hoped to bring five team members, but the American consulate denied visas to the others.

Zayer participated in two

previous competitions, taking a silver medal in the Arab States Competition held in Jordan. In Emmitsburg he competed in the men's 77 kg class. He came in fifth in the snatch competition, lifting 125.0 kg. In the clean and jerk, he lifted 160.0 kg, winning a third place bronze medal. He also won a bronze medal for his overall total of 285.0 kg.

Jaloud had traveled to Jordan three times, a 15-hour trip, trying to get visas for the team. One member of the consulate told him, "If George Bush said 'yes' (to the necessary visas), I would say 'no.'" He was given no explanation for the denials, and assumed the consulate was concerned those athletes might defect.

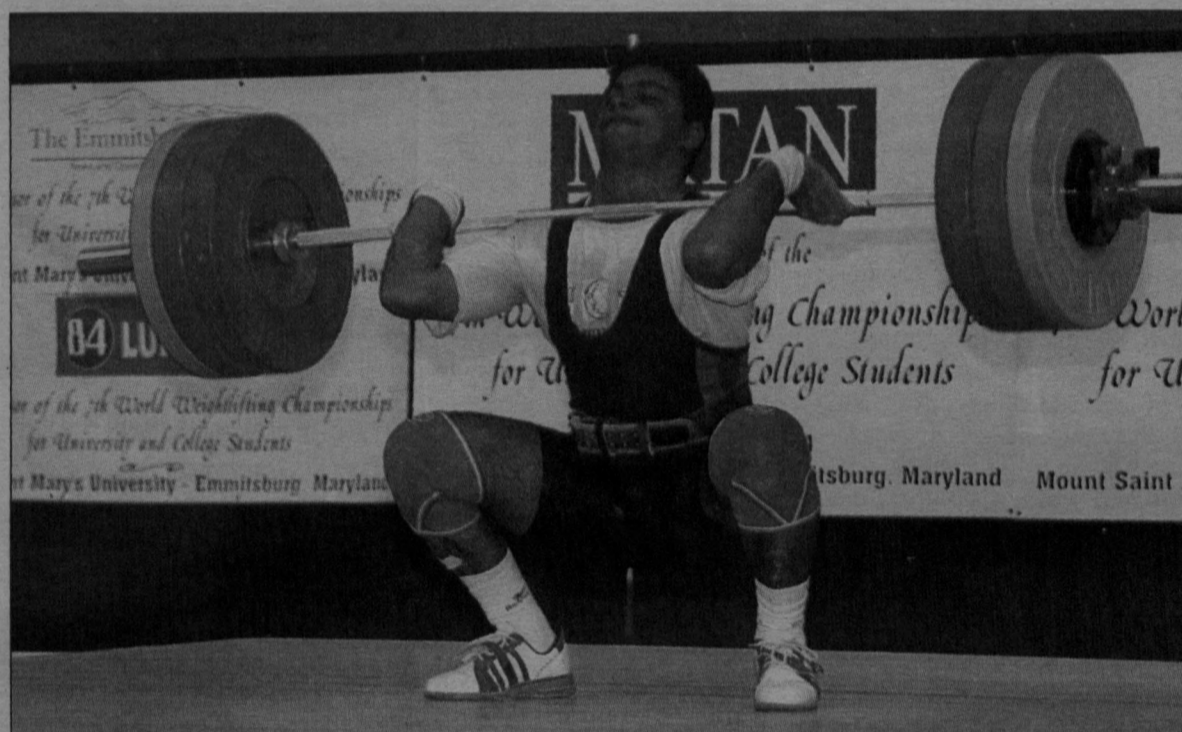
Jaloud dismissed the consulate's concerns. "We love our country. Why would we stay in the U.S.?" He spoke of Iraq's wealth and history. Oil is part of that wealth, but their ancient history is a great source of pride. And Iraq is

their home.

Justin Siberell, information officer for the U.S. Embassy in Amman, Jordan, told *The Emmitsburg Dispatch*, "We do recall a number of Iraqi nationals applying for visas who said they hoped to participate in weightlifting competition activities in the U.S. Some of the applicants were approved, while others did not meet the criteria for issuance or were not able to present required information or travel documents."

As if to punctuate the end of the interview, Saddam Hussein's face suddenly appeared on a television monitor in the cafeteria. As the newscaster recapped last week's court appearance, Jaloud and Tahar stood to see the screen better and listened attentively to the report.

From the Olympic competition at the Mount, the trio planned to tour Washington, D.C., and then return to a Saddam-free Iraq.



—RAYMOND BUCHHEISTER/THE EMMITSBURG DISPATCH

With 160.0 kg (352.8 lbs) of weight, Iraqi weightlifter Mustafa Zayer steadies himself in the squat position of the clean and jerk.

Watching Weightlifting Competition

Men compete in eight weight categories (56, 62, 69, 77, 85, 94, 105, +105kg). Women compete in seven (48, 53, 58, 63, 69, 75, +75kg).

Athletes are split into four groups (A, B, C, D) according to previous official results. The "A group" is the best athletes and is considered the "A final" where medals are won. Occasionally a B group athlete performs well enough to win a medal.

A competition consists of two lifts, the snatch and the clean & jerk (3 attempts each). The overall champion in each weight group is the athlete with the highest total, determined by adding together the best lift from each category.

In World Championships, medals are awarded for the snatch, the clean & jerk, and for the total result. The snatch attempts take place first. Then a 10-minute break allows the athletes to prepare for the clean & jerk.

Proper etiquette requires spectator silence once an athlete reaches the competition platform.

Lifters make their attempts in order of barbell weight progression as well as their own lot number. Lot numbers are assigned prior to the official weigh-in, and determine the weigh-in and lifting order.

Athletes lift individually. They have 60 seconds (or 2 minutes, if this is a second attempt in a row) to start the lift and bring the barbell to their knees.

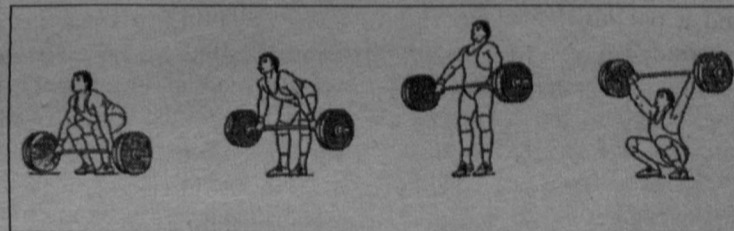
Three referees judge each lift and award white for a "good lift" and red for "no lift," with a majority decision. A jury of five oversees the referees and can reverse a decision only if all five agree.

Failing to complete one good lift in either category is called a "bomb out." The lifter receives a zero for that category. The lifter can still score points and earn a medal in the other category.

In the case of identical results, the athlete with lighter bodyweight earns higher ranking. If bodyweight and results are the same, the athlete who finished the lifts first receives higher ranking.

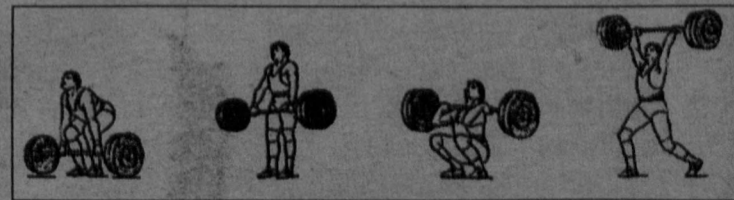
The Competitive Lifts

The Snatch



The snatch is the first of two lifts in competitive weightlifting, and is considered, by many, to be the most challenging of all weight exercises. The weightlifter has to launch the barbell high enough that he or she is able to move under it as quickly as possible, securing it overhead. To accomplish this, the athlete places the body in a squat position with arms fully extended. From this position, the athlete gains control of the barbell and stands erect.

The Clean & Jerk



The clean & jerk is the second competitive lift. The hands grasp the bar approximately shoulder width apart. The weight is pulled from the floor in a similar manner as in the snatch. However, when the weight reaches waist height, the lifter moves under the bar, and fixes the weight on the shoulders and clavicles, keeping the bar from sliding off by keeping the elbows high. The lifter catches the weight in a squat position and uses leg strength to stand up. Once standing, the lifter gets set, then dips with the bar and drives the weight overhead while quickly splitting the legs (some athletes may jump the feet out to the side). The lifter then brings the feet in line. Once the weight is under control, the lifter receives the down signal from the referees.

Anti-Doping Inequities in Weightlifting

A.J. Russo
Sports Editor

Dominika Misterska of Poland, weighing 62.75 kg (138 lbs), stepped to the bar at the podium, bent to a crouch, then grabbed tightly on the metal bar — which weighed nearly twice her body weight. She hesitated for a moment, staring ahead, focusing, preparing to lift the pole in one quick swoop from floor to the air above. I was in awe. Her physique was spectacular — shoulders as wide as Kobe Bryant's, a waist as small as a ballerina's and thighs a linebacker would envy.

At that moment and later, as I watched lifters defy the laws of gravity by lifting weights most of us couldn't push across the floor even if they were on wheels, I wondered how their bodies wound up so buffed.

Lots of hard work I presumed. But maybe some were cheaters. After all, we have learned a good deal lately about athletes' steroid use.

Some designer steroids may not even be detectable yet. One, THG, clears from the body in probably less than a day. Steroids increase muscle size and reduce body fat. If anyone could benefit from their use, weightlifters could.

Unfortunately, for weight lifters that is, because they have so much to gain, the drug control community has targeted them.

U.S. team member, George Reed, weighing 77 kg (170 lbs), top ten in the Olympic trials, second in this event, said, "The three top athletes tested (last year) were

weightlifters. That's fine. We don't have anything to hide. The difference in testing compared to other sports, the inequity, is just something you get used to."

Stella Herrick, an international category-1 referee who will help with doping controls at the upcoming Athens Olympics, acknowledged, "It's easier to pick on the less influential athletes. Those more influential, well funded and high profile athletes are actually dirtier. They let their own administration cover up their abuses. They (the administrations) slap your hand if you get caught. They say, 'You'll be tested in two weeks.' You can imagine what happens when told in advance about being tested."

There are also drug testing inequities within weightlifting.

"Our drug testing and dope controls are really strict here (U.S.) which is a good thing. In other countries, the testing is not so strict," Reed said.

Dr. Richard Herrick, a member of the International Weightlifting Federation's Medical Committee said, "Some of these athletes will tell me they've been tested four or five times this year, some maybe ten or fifteen times. Others, at an event like this, this may be the only time they've been tested in their lives."

What this means is that some can use illegal drugs for the entire year, quit before the event, in enough time for the drugs to clear their bodies, but still benefit from the drug's effects.

The situation may be improving, however.

"WADA (World Anti-Doping Agency) is doing a lot of out-of-

country testing. In places where a significant number of positives have been discovered, ... and in countries where we know there is not a lot of testing, they'll show up unannounced at training camps or championships and say ... you have thirty minutes to take a test," Dr. Herrick explained.

This imbalance may effect weightlifting program development, particularly in the U. S.

Because American athletes are tested so frequently, "It makes it hard. Obviously I'm not accusing countries of using drugs and things like that, but it makes it hard for us to do really well in international competition," Reed commented.

This presumes that some top weightlifters are cheating, maybe because they can get away with it. But why are they choosing to deceive?

Stella Herrick thinks it's a pervasive mentality. "If we can get something else to do the job for us, we will."

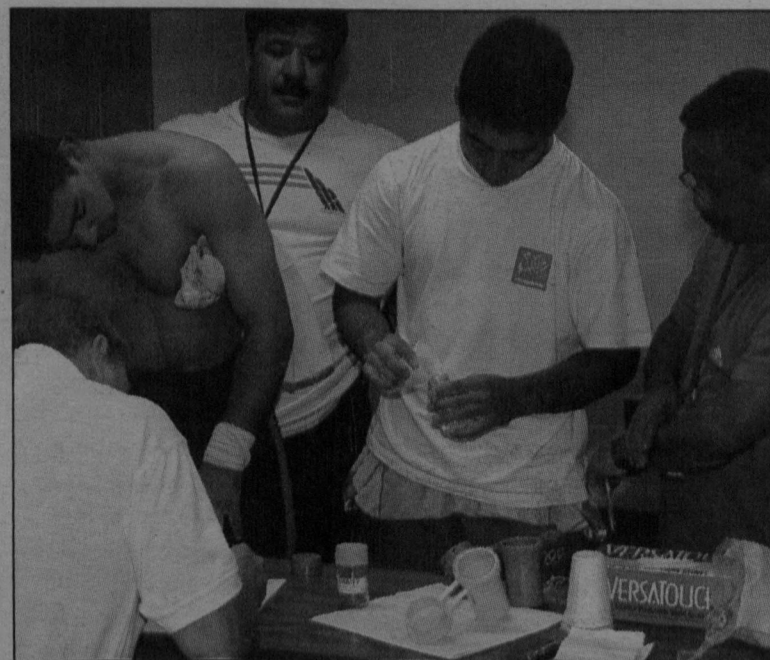
In the U.S., few make any money from weightlifting.

However, "In some countries, like Turkey, Greece, if they win a medal in the Olympics, they truly become heroes in their country. There are parades, cars. But not here in the states," Herrick said.

These added incentives may pressure some athletes to dupe the rest. They may also help explain differences in weightlifting program success rates.

Gif Reed explained, "Weightlifting is kind of an obscure sport here. In other countries, such as in Eastern Europe, weightlifting is like basketball.

—Continued on page 23



—RAYMOND BUCHHEISTER / THE EMMITSBURG DISPATCH

Participants in the World Weightlifting Competition for University and College Students undergo drug testing at the conclusion of their lift. The purpose of the tests are to ensure that athletes are not using illegal drugs.

Prohibited classes of substances

Stimulants	Pharmacological, chemical and physical manipulation
Narcotics	
Anabolic agents	
Diuretics	Classes of drugs subject to certain restrictions
Peptide and glycoprotein hormones and analogues	
Marijuana (cannabis)	Alcohol
	Local anaesthetics
Prohibited methods	Corticosteroids
Blood doping	Beta-blockers

Outside the Game

A.J. Russo
Sports Editor

FOR IMMEDIATE RELEASE

Contact:
Bayam Sen
Weightlifting Olympic Organizing Committee (WOOC)
Washington, D.C. 12345
U.S.A.
Phone: 555-234-6789
http://www.WOOC.com
heavyweight@WOOC.com

Summer Olympics, Beijing, 2008— Only half the weightlifting teams show up for Summer Games

BEIJING — August 8, 2008 - Surprised and dismayed, Dr. Alexandre Loukanin, President of the International Weightlifting Federation (IWF) and member of the International Olympic Committee (IOC), announced today that delegations from 15 countries would not participate in the Olympic Games weightlifting competitions.

"This was totally unexpected," President Loukanin exclaimed in frustration when asked if he had known in advance of the massive pullout. "We anticipated a few individual lifters might refuse to come, but not 15 countries."

Apparently most refused to attend because of the requirement that all athletes donate a muscle biopsy so that they could be tested for gene doping.

"It is a painful intrusion, but more importantly it will effect my performance," said Vladimir Dimov, a lifter from Bulgaria (one of the missing delegations) and a favorite to win the gold in the 105+ kg weight class.

"The lifters were told in advance of the need to test their muscles this way," Dr. Loukanin commented. "We announced such testing months ago because of the discovery that Alexey had been given new genes."

Alexey is Boris Alexey, the famous heavy weight Russian lifter who set three world records last year. After noticing an

—Continued on page 23

International Weightlifting Federation drug testing policy during a sanctioned competition

A chaperone approaches an athlete selected for testing. The chaperone provides the athlete with a notification form requiring a urine sample for testing. The athlete must sign the form.

Once the athlete has been notified, the chaperone must maintain visible contact with the athlete who reports as soon as practicable to the Drug Control Room. If necessary the athlete may:

- attend a presentation ceremony;
- fulfill IWF approved media commitments;
- receive medical attention;
- arrange for a representative to accompany the athlete to the Drug Control Room;

e. complete a training session and/or warming down session whilst remaining visible to the chaperone at all times.

An athlete has not fulfilled his or her duty to provide a sample for testing until the necessary volume has been provided.

Only those officials involved in the sampling procedures, the Drug Control Officials, chaperones, members of the IWF Anti-Doping Commission, the athlete and the athlete's representative shall be allowed in the Drug Control Room. An interpreter may be present if needed.

MOUNT ST. MARY'S UNIVERSITY

MOUNT ST. MARY'S MOURNS THE DEATH OF *Monsignor Hugh J. Phillips*

Monsignor Hugh J. Phillips, president emeritus of Mount St. Mary's University, died July 11 at the age of 97.



"Monsignor Phillips was, in so many ways, the spirit of Mount St. Mary's," said University President Thomas H. Powell. "Having arrived here as a young boy, he spent his life in service to the Mount and her students. His dedication as a teacher, director of our library, college president and chaplain of the National Shrine Grotto of Lourdes helped build the Mount in service to God, our country and our students."

Monsignor Phillips came to the Mount as a sixth-grader and graduated from its prep school in 1927. He earned his bachelor's degree in 1931 and was ordained from Mount St. Mary's Seminary in 1935 for the Archdiocese of Baltimore. He also received a master's of arts degree from the Mount in 1935.

Following his ordination, he returned to the Mount and served as its librarian for 32 years. He personally designed and directed the construction of the current campus library—which bears his name—raising the quality of its holdings and services until it was cited for excellence by the United States Department of Education.

His illustrious teaching career spanned decades—at the Mount and elsewhere. Besides serving as a professor of theology and church history at the Mount, he was a professor of philosophy, psychology and church history at St. Joseph's College in Emmitsburg, Md., from 1938-50. He also taught theology,

psychology and medical ethics at the Catholic University of America from 1937-60.

He became the Mount's 19th president in 1967, and served for four years. It was during his presidency that the Mount's current system of governance—with a board of trustees containing lay and clerical members, as well as the Archbishop of Baltimore—was adopted.

Monsignor Phillips also had a special relationship with Providence Hospital and the Daughters of Charity in Washington, D.C. During his college and seminary years, he operated Providence's canning factory in Silver Hill, where the hospital had its own farm.

He also served on the Providence Health Foundation.

Perhaps Monsignor Phillips is best known for his resolve in restoring the National Shrine Grotto of Lourdes—which resides on the Mount St. Mary's campus. The shrine, which attracts hundreds of thousands of pilgrims each year from all over the world, is one of the oldest American replicas of the Lourdes shrine in France.

Monsignor Phillips was appointed director of the National Shrine Grotto of Lourdes in 1958, and was named Grotto Chaplain by the Archdiocese of Baltimore when it was proclaimed a Public Oratory. After completely refurbishing the shrine, he opened it to the public. He was responsible for further enhancing the Grotto with the handsome Pangborn Memorial Campanile crowned with a 25-foot, gold-leafed bronze figure of the Virgin Mary, and other significant statuary monuments throughout the Grotto grounds.

In 1995, he was awarded an honorary doctorate of humane letters for his tireless devotion to the Mount.

"Today, on campus, we have many visible reminders of his proactive leadership. While our community will pray for his soul, we are confident that he is now with Jesus, watching over his beloved Mount community, Powell said."

MOUNT CALENDAR OF EVENTS

Undergraduate Admissions

Summer Open House

www.msmary.edu/campusvisit

Register online or call 301-447-5214 or 800-448-4347

July 31

Registration—12:30 p.m.

Program—1 p.m.

Meet the Mount movers and shakers!

The Mount's faculty, administrators, financial aid advisors, student ambassadors and admissions staff are ready to help you and your family make the right decision in selecting a school. Join us for:

- Parent's workshop on financial aid
- Learn about the Mount's nationally acclaimed Freshman Seminar
- Meet current Mount students

Grotto Day Retreat

www.msmary.edu/grotto

For information contact Carol Spoonhour, 301-447-5318 or spoonhour@msmary.edu

Saturday, July 31

Men's Retreat: "Like the Heavenly Father: Men—Strong, Wise & Loving"

2004 Summer Sports Camps

<http://mountathletics.collegesports.com>

For additional camps being offered, check out the above website.

Baseball Camp

July 25-29 (ages 13-17)

Resident: \$395

Commuter: \$285

301-447-3806

Elite 150 Lacrosse Boys Camp

July 18-22 (Sun-Thur)

Ages 10-17

Resident: \$455

Commuter: \$325

301-447-5356

Professional Soccer School

July 25-29 @ MSM (boys)

August 1-5 @ Glencoe MD (girls)

Resident: \$425

Commuter: \$315

301-447-5383

Boys Basketball Camp

August 6-8 (HS team camp)

\$200/camper

301-447-5387

Father Redmond

HONORED AT GOLDEN JUBILEE

Rev. Paul V. Redmond celebrated his Golden Jubilee as a priest June 12 with an on campus Mass and dinner reception.

Fr. Redmond came to the Mount in 1955, a year after his ordination from the Diocese of Albany. He served the Mount in a variety of capacities over the years—as dean of freshmen; vice president; and philosophy department chairman. He was promoted to the rank of Professor in 1981 and awarded the status of Professor Emeritus in 1992.

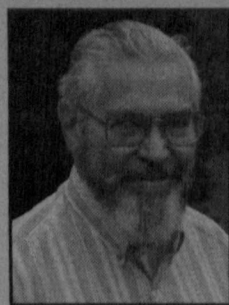
Twelve priests concelebrated the mass, including the Most Rev. William Newman, auxiliary bishop of the Archdiocese of Baltimore. Rev. J. Thomas Connery, C'59, S'63 provided the homily, which included remembrances of Fr. Redmond as a young faculty member. Guests from as far away as Puerto Rico joined the celebration.



"For 50 years, Fr. Redmond has lived a life devoted to the Mount and his Church. Over the course of decades, he has touched the lives of thousands of students, colleagues and friends. The generations of alums who return to visit him, and the countless invitations he receives to preside at their weddings and children's baptisms, are a testament to their deep affection for him."

—Phil McGlade, executive director of advancement programs

The (retired) Ecologist The Trouble with Science



Bill Meredith
Dispatch
Writer

"My mind is made up; don't confuse me with facts." Anon.

I met my wife when I was a senior in high school, so, according to some calculations I did the other day, I have known her for 54 years. I am a compulsive keeper of lists and records, but one thing I haven't kept track of is the number of arguments we have had. There were the normal number of them, I suppose... few or none the first year, increasing gradually as time passed ... some in fun, some serious, sometimes several a day, sometimes none. If you count them all as equal and estimate an average of one a day for 54 years, that would come to 19,710 arguments, and counting. I've no idea whether that is a realistic estimate, but I do know with certainty that, however many there have been, I did not win any of them.

Being 0 for 19,710 is not a good record in any endeavor. It

makes you feel insecure. You lose sleep. You age faster (that's probably why women live longer than men). Then, sooner or later, you begin to wonder why. After several years of serious reflection, I think I've found the answer. It's because I'm a scientist.

Scientists are taught from their academic infancy to deal with problems by observing carefully, accumulating information, organizing it systematically, and presenting it logically to explain why the problems exist and what to do about them. You would think these qualities should make scientists very good at arguing, and you would be right, up to a point. The point where it all breaks down is that the Scientific Method requires us to admit the thing we are arguing to support is a theory, and there is always the possibility that our theory could be wrong. My wife is unencumbered by such limitations; the possibility that she might be wrong never occurs to her. Ergo, 0 for 19,710.

This realization has explained another problem that has been bothering me for a long time. We live in an age of science; diseases have been cured, men have walked on the moon, atoms have been split, lasers perform surgery without cutting, computers

of incredible power run our businesses, genes have been decoded and altered ... and countless other amazing applications of science are commonplace in our everyday lives. Yet scientists have remarkably little influence on public policy, and when they foresee problems in the future of society they are generally ignored.

Among the various branches of science, ecologists seem to have the lowest rate of success in arguing for changes in public policy. In the summers of 1957-'59, when I was working at the Solomons Research Lab on Chesapeake Bay, biologists there were warning that bay grasses were decreasing and crabs, oysters and rockfish were being overharvested. Legislation was recommended and research funds were requested, with minimal results. Now, nearly 50 years later, bay grasses have disappeared from many areas, rockfish survive only because a fishing moratorium was imposed for several years, and hundreds of watermen are out of work because of the decline of crabs and oysters. Ecologists believe the decline of the Bay could have been avoided if their recommendations had been followed, but they admit they cannot prove it. Pig and chicken farmers, land developers, and various industries that dump polluting chemicals into the Bay

and its watersheds continue to assure politicians that since ecologists can't offer absolute proof for their arguments, they can be safely ignored. Another argument lost.

There has been a lot of media coverage of Ronald Reagan and Dwight Eisenhower this summer ... Reagan, because of his death, and Eisenhower, because of the anniversary of D-Day. Both of them had incidents in their careers that bear on the argument problem. In the 1960s there was a conflict in California between the lumber industry and citizens who wanted to protect redwood forests. Reagan, then governor of the state, took the position that large redwood forests were not necessary; at one meeting he said, "If you've seen one redwood tree, you've seen them all." Some of his supporters claimed he never said that; some said he was misquoted; some tried to explain what he "really meant." Reagan himself did none of these things, nor did he apologize. He was an amiable person with no malice in his makeup, and in his mind he saw nothing wrong with what he said. He came from a generation with the mindset that the manifest destiny of mankind was to rule nature, and conservation required only the preservation of a few animals in zoos and a few interesting plants in gardens or parks. He was unaware that ecol-

ogists had accumulated a large body of knowledge that showed the old ideas of preserving specimens in zoos and parks were wrong; even then we knew that whole ecosystems must be preserved. That he was ignorant of this was, in itself, no sin; we are all ignorant of things we haven't had the opportunity to learn. His great failing was that he was not interested in learning; his mind was closed to any information that might be in conflict with what he believed. The possibility that he might be wrong did not occur to him.

Admitting that you could be wrong has become a sin to be avoided at all cost by politicians; the only thing that might be worse is appearing to be indecisive. Dwight Eisenhower seems to have been one of the few to go against this trend and get away with it. He has been widely admired for being prepared to take responsibility if the D-Day invasion failed, but even he was accused of being indecisive at various times in his career when he paused to collect information before acting.

Ecologists have won a few arguments. DDT was banned in the U. S. (although it still is being used in some Third World countries). The EPA was established. Legislation to protect endangered species, reduce pollution and protect the ozone layer has been passed, though not consistently funded and administered. But as the cost of dealing with environmental problems rises because of our earlier inaction, pressure rises to dismantle environmental protections; and ecologists continue to lose more often than they win. As the conflict goes on, those with special interests continue to assure politicians that the arguments of ecologists are only theories; and the politicians continue to value being "decisive" above being fully informed. Our record is a little better than 0 for 19,710, but it will have to improve if we are to survive.

Hustler Turf Equipment
Professional Mowing Comes Home...™

THE MINI FASTRAK™

...now in a more compact size and price.

Starting at \$2999

Mowers shown with optional armrests.

Lifetime Warranty on the tractor frame and leading edge of deck-welded steel. Not stamped! Twin-lever SmoothTrak steering with patented automatic park brake system. No maintenance between oil changes. Sealed bearings and commercial-quality blade spindles for trouble-free performance. Very high blade-tip speed for awesome quality of cut. 36" or 42" side-discharge/mulching decks.

Harrington's Service Center, Inc.,
5825 Conover Rd, Harney, MD 410-756-2506
Owned and Operated by
Richard and Christine Harrington

Opening Soon!

The Printed Page, Inc.

Fine Printing

Social Stationery	Bar/Bat Mitzvah Invites
Wedding Invitations	Business Stationery
Birth & Wedding Showers	Forms • Brochures • Flyers

Main Street Emmitsburg

Monthly Specials

FREE
10-year Parts and Labor Warranty
on a New Trane XLI series
Air Conditioner or Heat Pump

Holtzople

Guaranteed same day emergency service for your broken home air conditioning system.

Heating & Air Conditioning

Family Owned and Operated
(301) 898-3494
A division of Holtzople's Inc. 1 (866) 500-HEAT

For more information visit us online at holtzople.com. See us at frederick.com keyword hvac

BINGO

EMMITSBURG Ambulance Co.

300 S. Seton Ave.
Emmitsburg, MD 21727

Every Monday and Friday Night
Year Round
7:00 P.M.

Air Conditioned Building
Doors Open 5:30 P.M.

EARLY BIRDS PAPER CARD

SPECIALS JACKPOTS WINNER TAKE ALL

SMOKE FREE BUILDING
SMOKING PERMITTED OUTSIDE

**FOR MORE INFORMATION
(301) 447-6626**

Quilters

Little fish stock the quilting pond

Mary Ellen Cummings
Dispatch Writer

This column is not about the movie "Big Fish." This fish hatched in 1969 when my family moved from West Virginia to Maryland — a move my mother never approved of. To assure her that I was okay with the move I told her, "I would rather be a little fish in a big pond." I admit the metropolis of D.C. was formidable, but not unacceptable. My mother's preference was being a big fish in a little pond.

She was always just that. Always a leader, she was a 4-H leader and organizer when the clubs were 3-H and tomato clubs. Hers was the first car in the county; and when the law allowed, she was the first woman in the county to serve on a jury. She was one of the few women in the nation to use and demonstrate the use of a steam pressure canner to preserve food. In some ways, I followed in her footsteps; however I still like being a little fish.

How does this relate to quilting? Actually there are a lot of little fish in the big quilt pond. We are the ones who make "whole house" quilts. Templates are made while we watch TV in the living room. The dining room table holds the rotary cutting tools; the guest bed holds the "layout" and serves as a viewing wall. And, no one sits in our chair lest they meet a pin or needle there.

We little fish are the ones who piece blocks at family reunions to cover the fact we don't know everyone's name. We are the ones who plan to

make that very special quilt someday. While waiting we make baby quilts, quilts for graduations and weddings. We are always going to take classes, join a club or guild — but never do.

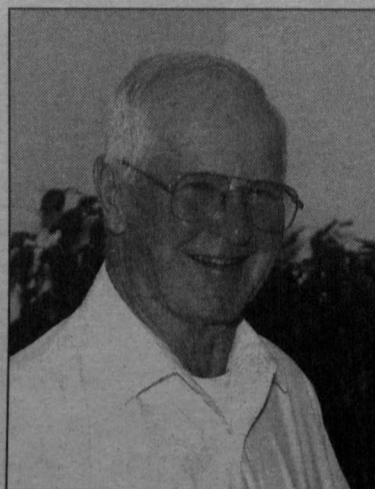
We little fish are the ones who have kept quilting alive for a century or more. When it seemed quilting was becoming a lost art, we little fish kept on quilting — in our homes, in our churches and communities. We are the ones who still call a nine-patch by that name and make crazy patch quilts with our scraps.

Some writers suggest the United States is the leading quilting country. However, there are lovely and fascinating quilts from Japan, Australia, New Zealand and Africa. Each area has introduced new and innovative quilting ideas and continues to do so. The pond is getting larger and there are more big fish, but we little fish keep going.

The little fish are the ones I think of when I write — the women and girls who stitch their dreams, frustrations and sorrows into fabric. They choose their designs and colors carefully — not to startle or attract attention, but to convey the thought of love and quiet remembrance. They hope their work will last a long, long time and inspire someone new to start quilting.

In any pond, including the quilt one, it takes many little fish and a few really great big ones to balance the scales. We can't all be big fish, but we can all quilt.

People To People is a section in The Emmitsburg Dispatch for personal and family news, announcements, and messages. Unlike Letters to the Editor this is paid space and has the lowest rate in the newspaper. It's not for businesses. The submission must be signed and include the writer's address and phone number to be used for verification. The Dispatch will only edit for punctuation, grammar, and spelling.



Paul C. Goetz

PEOPLE TO PEOPLE

Fairfield resident celebrates 80 years

Paul C. Goetz celebrated his 80th birthday, July 10, 2004, with a family dinner at Mountain Gate Family Restaurant in Waynesboro, PA. Attending were his wife, daughters, sons, grandchildren and great granddaughter.

Mr. Goetz resides on Boyd Rd in Fairfield. He was born 1924 in East McKeesport, Pa.,

a suburb of Pittsburg, and graduated from Allegheny High School Cumberland, Md., class of 1942. He served in the Marines from 1942-1945 and was stationed in the Pacific during World War II. He graduated from the University of Maryland in 1948, majoring in dairy production.

Seidel Graduates West Point

On Saturday May 29, Cadet Robert A. Seidel, III participated in graduation ceremonies held at Michie Stadium on the campus of the United States Military Academy in West Point, NY. The speaker this year for the commencement address was Secretary of Defense Donald H. Rumsfeld. Rob received a Bachelor of Science degree in Law. Later that day, in a ceremony near Trophy Point, Rob was commissioned a Second Lieutenant in the United States Army.

According to Academy records, Rob has the distinction of being the first Emmitsburg native to graduate from West Point.

Rob has been assigned as an Infantry Officer to the 10th Mountain Division out of Fort Drum, New York.

Rob is a 2000 graduate of Catoctin High School. He is the son of Bob & Sandy Seidel of Gettysburg. He is the grandson of Bob & Ruth Seidel of Emmitsburg, and Arlene and the late Donald Giannini of Graceham.



Cadet Robert A. Seidel, III

Retires after 33 Years with the Federal Government

Alice Sherwin Megles of Fairfield, formerly of Emmitsburg, 1961 graduate of St. Joseph's High School, recently retired from the U.S. Fire Administration after completing 33 years of service with the Federal Government.

Over 120 of her fellow workers attended a retirement luncheon at Cozy Restaurant in Thurmont. Many traveled from Washington, DC and other cities across the United States. The luncheon was hosted by the Staff at the U.S. Fire Administration.

Mr. Wayne Powell MC'd and introduced a host of fellow employees who gave tributes and presented gifts to the new retiree. Among those who spoke was her husband of 38 years, Richard Megles, himself a former Federal worker. Also in attendance were her daughters Maria Slattery and Meredith Megles, who reside in the Washington, DC area, as well as her brother, John Sherwin of Frederick, sisters, Martha Methee of Centreville, VA and Mary Kay Frischkorn, of

Vienna, VA and other family members. Many gifts and tributes were received by Alice.

Alice began her service in the Federal Government in 1961 with the Department of Labor. She became an administrative assistant for the Office Administrator with the U.S. Fire Administration in 1979.

At the end of the luncheon Alice Megles made nostalgic remarks about her years at the Fire Administration and said that she would miss her fellow workers.

MELISSA WETZEL
CERTIFIED PUBLIC ACCOUNTANT

THURMONT RIDING CLUB PRESIDENT

301-447-3797

Specializing in serving Individuals and Businesses
for tax returns, estimated payments and all
payroll services.

402 W. Main St.

Emmitsburg MD

Miss Poppy 2004

The American Legion Auxiliary of Glenn W. Eyer Post 282, Woodsboro, named Ashley N. Coleman, ninth grade daughter of Stacy and Lenny Coleman, Emmitsburg, Miss Poppy 2004.

Ashley accepted the role to honor the memory of all WW II veterans, especially her great-grandfather, Paul Weddle. A past member of the Woodsboro post, Weddle fought in the European front, and was wounded during the Battle of the Bulge. Miss

Poppy helps distribute the special poppy, made by veterans, in local communities.

The memorial flower for American war dead, poppies are made by disabled servicemen to help raise funds for handicapped veterans and their families. The tradition began following WW I. Wild poppies lined the battlefields of France and Belgium, and soldiers viewed the flower as a living symbol of their comrades' sacrifice.

BIRTHS

Mrs. Sheila Shipmon-Friedli & Dr. Georges Friedli, Emmitsburg, a daughter, April 25

Keri & William Welch, Emmitsburg, a son, April 26

Loren & Justin Jones, Emmitsburg, a son, May 16

Katherine & David Zentz Jr, Emmitsburg, a daughter, May 18

ART

Free children's art classes

Ray Van Horn, Jr.
Contributing Writer

In a grass-roots campaign to promote visual arts to area youth, the Washington County Museum of Fine Arts in Hagerstown is offering free two-hour art workshops from Tuesday July 27 through Saturday July 31. Children ages six to twelve may register for two free classes.

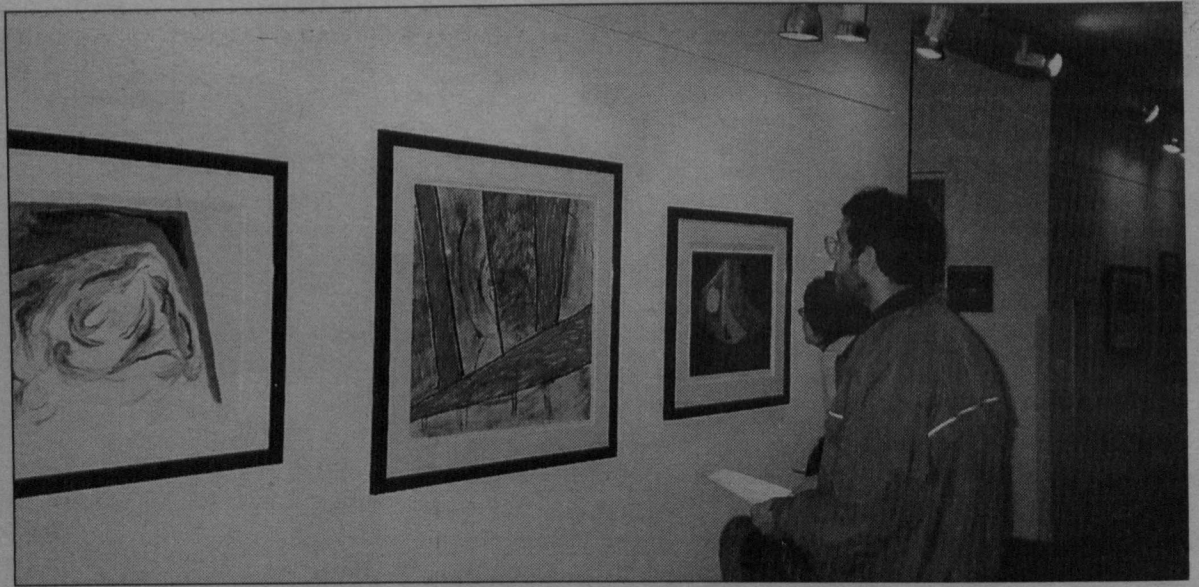
Demand is high, according to museum coordinator Linda Dodson, who urges interested parents to register children immediately, as half of the classes are already filled. There are currently morning and mid-afternoon time slots in "Pen & Ink Drawing," "Inside Out," "Decorative Notepaper," "Kool-Aid Spattered Dyed Silk Scarves" and "Please Don't Eat the Veggies!"

Sponsored in part by the Bowman Board, Washington

County Historical Trust, Inc., these children's programs take advantage of formal art instruction. According to Dodson, the museum applies for grants throughout the year to provide public programs. Free workshops are designed to encourage potential students and their parents to visit the museum and hopefully return in the future.

To register children, call 301-739-5727 or 301-739-5764 for the hearing impaired.

The Washington County Museum of Fine Arts, founded by Mr. and Mrs. William Henry Singer, Jr. in 1929, hosts an extensive permanent collection, along with changing exhibitions, concerts, films, lectures, art classes and special events. General information about the Washington County Museum of Fine Arts is available on the museum's web site, www.washcomuseum.org.



Viewers take in several works in a 42 piece solo show by Emmitsburg native Amelia Carroll. —SUBMITTED PHOTO

Artist from Emmitsburg is "Waiting for that Bus"

Sarah Carroll
Special to The Dispatch

Amelia G. Carroll's first solo show was on display at the Mary Condon Hodgson Art Gallery at Frederick Community College's Arts and Student Center from June 5 through July 14. Carroll, a professional artist living in Baltimore, is an Emmitsburg native and Mother Seton School graduate.

Carroll's show, "Waiting for

that Bus," captures the theme of journeying on various life paths, both in terms of loco-motion and emotion. The 42 pieces are mixed media paintings and sculpture.

Asked what inspired her to pursue art, Carroll recalls, "I remember nagging my mother for pen and paper so I could draw when I was a kid, waiting for a pizza at Stavros, or wherever. I doodled a lot on my homework and on those brown paper bag textbook covers. I was 10 when I

decided that I seriously liked making artwork."

Her family and teachers were supportive, and Carroll majored in art at Goucher College, graduating in 2002.

After Goucher, Carroll interned at School 33, Kids on the Hill, and the Walters Art Museum, all in Baltimore. Her future goals include exploring illustration and perhaps attending graduate school.

Carroll says that her best work "comes from a sense of peace and playfulness."

When asked how she sees the world differently, Carroll responds, "I don't know if I can put that into words just yet." She offers to draw a picture instead.

The Mary Condon Hodgson Art Gallery is open 9:30 a.m. to 9:00 p.m., Monday through Thursday. Information: contact Wendell Poindexter, 301-846-2513.

Carriage House Inn
Emmitsburg, MD

THE CARRIAGE HOUSE INN'S NEW Spectacular Specials

Monday- Senior Citizen's Special
25% off dinner entrée (60 years & over)

Tuesday- 2 For Tuesday
Buy one dinner entrée - receive 50% Off 2nd entrée (of equal or lesser value)

Wednesday- Early Bird Menu
\$12.95 select dinner entrees available from 4pm-6pm

Thursday- Wine Night
50% off select bottles of wine off of our newly expanded wine list with purchase of dinner entrees

These specials not available on holidays or with any other offers

200 South Seton Ave. • Emmitsburg, MD 21727
(301) 447-2366
www.carriagehouseinn.info

INFINITY GLOBAL TRAVEL, INC.
"Ever dream about a trip to the Caribbean?"
Let us make those dreams come true!
410-756-4450
Toll Free: 1-877-448-5151
Hours: 8:30 a.m. - 6:00 p.m. Mon-Fri
5151 Allendale Lane, Taneytown, MD 21787
located in the EVAPCO building

Briggs Associates - Real Estate Sales and Appraisals

130 S. Seton Avenue
Emmitsburg, Maryland 21727

We have been into farming for over 18 years. We have arranged for the sales of over 3,000 acres of farm and wooded land in northern Frederick County. We work with premiere conservation groups and foundations to integrate what our client wants and what is best for Frederick County. Call us for a consultation

New Listing: 226 W. Main St.

Beautiful home-
Unique opportunity
Historic downtown Emmitsburg
Central location, remodeled in 1999
Walk to restaurants, parks, and services.

110 +/- acre farm,
two dwellings,
barn and outbuildings
Contract
Rutters for Lease

Contact us:
Phone - 301-447-3110
Fax - 301-447-3022
E-mail - tepeyac@erols.com

For Sale: 40 acres with rancher on Irishtown Road

A word about pre-arrangements and pre-financing

The funeral serves a wide range of purposes, with religious, psychological, and physical significance. There are many aspects and details to the meaningful funeral that are arranged with the assistance of the professional funeral director, usually at the time of need. However, some people prefer counseling prior to need. We offer complete information on pre-arrangements and pre-financing, available without cost or obligation of any kind. Feel free to contact us at your

Skiles Funeral Home
Serving the community since 1878
P.O. Box 427 Emmitsburg, MD 21727 447-6244

Local artist presents copy of Seton painting to the Pope

Michele Cuseo
Staff Writer

Local artist Rebecca Pearl and her family had an audience with Pope John Paul II in the Vatican on June 2. They presented him with a print of Pearl's watercolor depicting the life of St. Elizabeth Ann Seton, the first American saint. Mother Seton School in Emmitsburg commissioned Pearl to create the painting, intending to sell prints to help raise funds.

Rebecca Pearl, husband, Jay Zeigler, and daughter, Sara Orner, were part of a group who personally spoke with the pope. Pearl's words to him were simple, "Holy Father, we've brought you a print of Mother Seton from Emmitsburg."

He smiled, while holding her hand, and spoke in English, "It's nice to meet you and thank all of you for being here."

Pearl said the best part for her was seeing the expression on the pope's face because he looked so pleased with them.

Nearly 15,000 people from all over the world were gathered outside in St. Peter's square. There were musicians, bands, singing groups, and many people wearing native clothing.

Pearl said it was almost like a football game or a graduation.

The pope acknowledged every group with help from a staff of archbishops who addressed them in their own languages. People cheered loudly as they were recognized.

"The experience gave us such an optimistic feeling, seeing all of these different groups of people come together for this happy occasion," Pearl commented.

Commission became more than business

Pearl accepted the commission as a simple business transaction, but it turned out to be so much more.

"I found myself being pulled into a very interesting person's life," says Pearl. "I realized that I had an opportunity to learn about this really significant woman who had such a big impact on Catholic education in our country."

Pearl researched the story of Elizabeth Seton, looked over pictures, and met with people from Mother Seton School to develop the best concept for this special piece of artwork.

The painting shows Saint Elizabeth Seton surrounded by children in an outdoor setting

next to the Emmitsburg Stone House, where she established her community in 1809, and the White House erected in 1810. The Larson-Juhl Company donated an elaborate frame because of the special nature of this gift.

The idea of presenting the print to the pope began as a distant possibility. Rebecca Pearl and her family had already planned a trip to Italy where daughter Sara was to spend a college semester. Would they really be able to have a papal audience?

Sister Mary Catherine, Principal of Mother Seton School, shared the idea with Cardinal Keeler, who sought permission from the Vatican. An official letter from Monsignor Roensch, head of the Bishops' Office for U. S. visitors to the Vatican, confirmed the exciting news. Pearl learned later that Monsignor Roensch knew of Mother Seton through her affiliation with the North American College in Rome, and has a small painting of her in his own office.

After Monsignor Roensch's letter, the print took on new significance. Rebecca's husband wanted to do something special for the children of Mother Seton School. They all signed the mat around the print. On the back, Pearl noted that the signatures were those of the school chil-

dren. She also included the principal's name, Sister Mary Catherine, and the name of the family who donated the commission funds, Mary Beth and Jeffrey Gianguili.

Elizabeth Seton, later known as Mother Seton, was born in 1794 into an Episcopalian family in New York, married in 1794 and had five children. After her husband became ill and died while they were visiting Italy, she converted to Catholicism.

Seton sought a life thereafter of serving God through helping others, especially the poor.

She was recognized for maintaining a life of faith and hope even though her personal life was filled with tragedy. Not only did she lose her husband, she also later lost two of her five children and the support of her family and friends by converting to Catholicism.



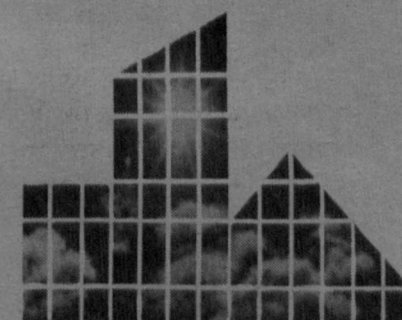
— SUBMITTED PHOTO
Painting of St. Elizabeth Ann Seton by local artist Rebecca Pearl: The painting was presented by the artist to Pope John Paul II at the Vatican on June 2.

Over the years, Seton founded parochial schools, orphanages and hospitals. Her most notable contribution was starting the first parochial school here in Emmitsburg. Seton's group of dedicated women, called the Sisters of Charity, are still represented in Emmitsburg today and continue Mother Seton's legacy of helping others.



—SUBMITTED PHOTO
Local artist Rebecca Pearl presents Pope John Paul II with her painting of St. Elizabeth Ann Seton June 2 at the Vatican. In photo (from right to left): Rebecca Pearl; Pearl's husband, Jay Zeigler; and Pope John Paul II.

A sponsor of *The Emmitsburg Dispatch*



EMMITSBURG
GLASS COMPANY
A reflection of quality

Warm weather is here!
Replace your fogged-up windows and patio doors.

Emmitsburg Glass Co. will take care of all your residential glass needs including insulated glass replacement, storm door glass, glass table tops, custom mirrors and pattern glass - round, oval, and special designs.

Emmitsburg Glass Co., a major commercial glazing contractor in the Baltimore-Washington metropolitan area, is not too big to serve the needs of Emmitsburg citizens.

PO. Box 346/2 Creamery Way
Emmitsburg, Maryland

301-447-2245/ Fax: 301-447-2316

Prices good thru July 28 - August 10, 2004

Steamed Crabs

Are in Season
Call for current
price & availability



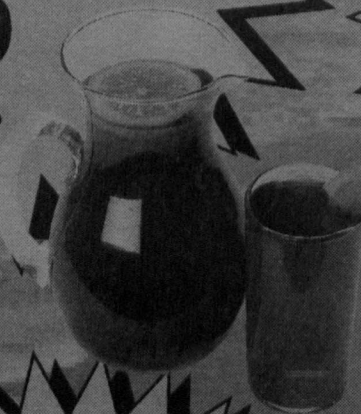
Local
Corn Picked Daily

12/\$2.99



Harrisburg
Dairies
Southern
Brewed Teas

\$1.79
gal.



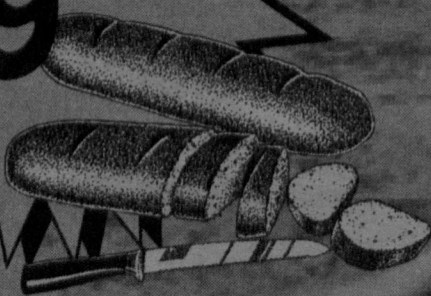
D'Italiano
Rolls

Crustini, Kaiser, & Steak
\$1.19 6-8 ct.



Store Baked
Italian Bread

\$.79



Martins 11.5 oz.
Cheese
Salsa con Queso

\$.99



Deer Park
Spring Water

\$4.79

24- 16.9oz.



Martins Tortilla
Chips

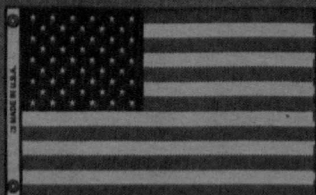
2 for \$4.00
17 oz.

Emmitsburg
foods

Jubilee

Visit us on line @ www.emmitsburg.net

America Owned And Operated



301-447-6688

100 Years Ago "In this place" From *The Emmitsburg Chronicle*

This column offers a regular look back at Emmitsburg through the eyes of *The Emmitsburg Chronicle* which first appeared on June 14, 1879, published by Samuel Motter. In 1909 the paper became known as *The Weekly Chronicle*. It continued regular publication, allowing for a 5-year hiatus during World War II, until February 9, 1977.

Sunday Excursion to Pen-Mar

July 1, 1904 — On Sunday, July 10, the Emmitsburg and Western Maryland Railroads will run an excursion from Emmitsburg to Pen-Mar at the low rate of 75 cents a round trip from Emmitsburg, and 70 cents a round trip from Motter's. The train will leave Emmitsburg at 10:30 a.m., and arrive at Pen-Mar at 11:50 a.m. Returning leave Pen-Mar at 6:15 p.m., due at Emmitsburg at 7:30 p.m.

A 10-pound Carp

July 8, 1904 — On Tuesday Mr. Bert Bowling captured a 10-pound carp in Tom's Creek. Mr. Bowling saw the monster fish lying in the creek and he ran a four-tined fork through the fish. Mr. Bowling was unable to land the struggling fish without assistance, it requiring all his efforts to

"Fountain" plaque to be removed

A plaque declaring that an old planter in front of the Emmitsburg Community Center was once part of the town fountain will be removed, according to Commissioner Dianne L. Walbrecker.

Michael Hillman and the Emmitsburg Area Historical Society conducted research that determined that the alleged fountain basin is actually a planter, with no relationship to the fountain that once stood in the town square.

According to Hillman, the planter was once located on the property of Warren Stackhouse on St. Anthony's Road. It was sold at auction and eventually acquired by the Emmitsburg Business and Professional Association, which donated it for display in front of the community center.

Walbrecker told *The Emmitsburg Dispatch* that the county would be asked to remove the plaque. She could not say whether or not a second plaque would identify the object as a vintage planter.

(See related story "The Origin and fate of Emmitsburg town fountain" in the June 23, 2004, issue of *The Emmitsburg Dispatch*.)

hold it fast until help arrived. It required the work of two men to get the fish out of the water.

Quiet Fourth

July 8, 1904 — The Fourth of July was unusually quiet in this place. This state of affairs was due to the Town Commissioners prohibiting the use of explosives and cannon crackers within the corporate limits of the town except between the hours of 9 and 12 p. m., and during these hours the shooting of fire crackers, the discharging of sky rockets, balloon ascensions, etc., were freely indulged in, to the delight of all who enjoy that kind of sport.

Maryland Woman's Romances

July 22, 1904 - At St. Louis, Missouri, Monday, Amanda V. Pennell, of Thurmont, Md. was married to Boresfort D. Osborne, in the Fourth District Court, by Justice Carroll. The couple stated that they were in St. Louis seeing the World's Fair and had decided

that they would remember the Fair city more distinctly by making it the scene of their wedding. - Baltimore Sun

Commissioners View Proposed Routes for New Road

July 29, 1904 — Messrs. William H. Blentlinger, Lewis H. Bowlus, John H. Etzler and William H. Hogarth, County Commissioners of Frederick County, arrived in this place Monday evening, stopping at Hotel Spangler over night. On Tuesday morning they were joined by County Commissioner David G. Zentz. The Board then went about 2 1/2 miles southeast of town and viewed two different routes for a proposed new road in this District, being the same routes petitioned for by Messrs. Hobbs and others, and Messrs. Fuss, et. al. The Commissioners have not reached any decision in regard to opening a new road. Their conclusions will be announced later. They left this place Tuesday evening for their respective homes, being well pleased with the appearance of this section of the county.

T & M

For all your Crane, Skidloader, Backhoe, and Snow Removal needs.



CRANE RENTALS, INC.

Josh and Lori Bollinger

140-A South Seton Ave., P.O. Box 929 Emmitsburg, MD 21727

Call: 301.447.3718
301.447.3719
800.251.3503
Fax: 301.447.2704

SILO HILL Car Wash

Located next to Exxon across from McDonalds

NOW OPEN 24 HOURS

Self Serve - 4 bays - \$1.75

Automatic - 1 Bay - Visa/MC

\$5.00 Basic Wash

\$9.00 Ultimate Wash

(double wash — double rinse — air dryer)

Armorall & towel vending

6 Vacuum stations — \$1.00

1 Vacuum/fragrance

1 Vacuum/carpet shampoo

Coin Changer





The Ott House

Luncheon Specials Daily.

Weekend Specials: Prime Rib, All-you-can-eat Crab Clusters, plus many other dinner specials

Fabulous Weekend Entertainment!

July 16-17 Charles Parker

July 23-24 Mascaraid

July 30-31 Georgia Lee and Stone Cold Country

5 West Main Street, Emmitsburg, MD 301-447-2625

HIS PLACE, INC.

Family Owned and Operated for Over 30 Years

301-447-2800

1-800-529-5835




COMPLETE AUTOMOTIVE SERVICE

- Four Wheel Alignment
- Welding and Brazing
- Tune-Up
- High Performance Work
- Transmission Repair
- Refrigerant recovery/Recycling
- A/C Repair

- Computerized Wheel Balancing
- Coolant flush and Recycle
- Exhaust systems
- Complete Restoration
- Suspension adjust and General
- Engine Repair and Rebuilding
- Computer Diagnostic

Maryland Inspection Station Motorcycle & Car Inspection

Check Engine Light On?

New Service
Transmission Flush







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

MONDAY - FRIDAY 8:00 A.M. - 5 P.M.

20 CREAMERY WAY, EMMITSBURG, MARYLAND

DAVE & JANE'S CRAB HOUSE RESTAURANT & LOUNGE



Steaks, Seafood
Chicken & Crabs
Private Parties
Crab Feeds

2989 Tract Road
Fairfield, PA 17320
717-642-5025
717-642-6574

*HOURS: Open Wednesday thru Saturday 11 am - 9:45 pm
Sunday 11 am - 8:45 pm, Monday & Tuesday 4 pm - 8:45 pm*

David E. Little Painting
11530 Simmons Rd. • Taneytown, MD 21787
(301) 447-2315 MHIC #41070

David E. Little
Owner

Residential & Commercial
Interior & Exterior

Free Estimates
Power Washing

Using Quality
DURON
PRODUCTS

D&S Cycle Shop



Certified Motorcycle & ATV Repair Technician


8703 Crystal Fountain Rd
Emmitsburg, MD 21727 Phone: (301)447-3813

GRAIN-FED BEEF FOR SALE

Beef Processing
For The Home Freezer

NORMAN J. SHRIVER, JR.
16436 Four Points Bridge Rd.
EMMITSBURG, MD 21727

Monday to Friday
7 A.M. - 5 P.M.
Saturday 7 A.M. - 12 Noon
Phone (301) 447-2255



TriState Construction Jobs

Online Employer Job Postings / Online Employee Resumes

Employers: Find Your Qualified Employee & Advertise Online

Job Seekers: Find The Job You've Been Looking For... FREE

Web Site: www.tristateconstructionjobs.com
William Greco

NICARAGUAN ARTS & CRAFTS

Hand crafted Pottery • Sculptures
Paintings • Hammocks • Wood crafts
Jewelry boxes • Candle holders
Kitchen ware • And much more

P.O. Box 148 • Emmitsburg, MD 21727-0148

On the Square in Emmitsburg
Hours: Wed-Sat 10:00 am to 6:00 pm.
Tel. 301-447-3785 E-Mail: osmangarcia@pennswoods.net



John Glass - President Jim Glass - Treasurer
Tammy Glass - Vice President

MASON-DIXON OIL COMPANY
301-447-3199

Call for Price & Delivery

9402 Waynesboro Pike, corner of Rt. 140 and Tract Road

(301) 447-8272

Friend of the Family
THE ROSENSTEEL STUDIO
Wedding Photography, Inc.

Since 1986

110 DePaul Street
P.O. Box 1105
Emmitsburg, MD 21727

Portrait Photography by
Robert A. Rosensteel, Sr.



The Palms Restaurant
16-20 W. Main St.
Emmitsburg, Md 21727
(301)447-3689

*Serving Breakfast, Lunch, & Dinner
*Daily Specials
*Homemade Soups
*Beer, Wine & Cocktails

Now Open
Sundays
'til 8 pm


Terry Ryder
Doug Long



Errands Plus Copy Center
The little store in the foyer at the Jubilee in Emmitsburg

Copy Center Store
B/W or color copies
Wide Format Copies
Faxing, Notary
UPS Shipping
Newsletters
Laminating
Bulk Mail
Business forms & cards
301-447-2804
Fax 301-447-2946

Errand Services
General Errands
Grocery Delivery
Laundry Service
Pet Checks
Shopping
Mobile Notary
Pick up/Delivery
Copy Job Delivery
301-271-1050
Fax 301-447-2946



LAWRENCE E. FINEGAN
ATTORNEY AT LAW

9 NORTH BENTZ STREET 7 EAST MAIN STREET
FREDERICK, MD 21701 EMMITSBURG, MD 21727
(301)663-8679 (301)447-3540

FAX (301) 694-5809 EMail LFineg@aol.com

LOG YARD 301-447-3000

JOHN H. COBLENTZ & SONS
LICENSE #14

Buyers of Standing Timber and Veneer Logs
Lumber Sawed to Order


15842 St. Anthony's Rd. Dave 301-271-7587
Thurmont, MD 21788 Terry 301-271-4177



Computer Services of Emmitsburg, Inc.

CSE

Thomas Osborne Phone: 301-447-2093
38 Provincial Pkwy Emmitsburg MD 21727 E-mail: cseinc1@verizon.net
A+ CERTIFIED Web at



Friendly Service
Reasonable Rates

GENE'S TOWING
SNOW REMOVAL

Parking Lots * Driveways * Sidewalks
Jump Starts * Flat Tires * Lock Outs

Office: 301-447-2243 Eugene B. Troxell
Mobile: 301-676-0842 Emmitsburg, MD 21727
Fax: 301-447-2381



Looking Ahead

July 26, 28, 30 - Adventures in Art Camp. Ages 8-10. Creative Kids Academy of Emmitsburg, a ministry of Elias Evangelical Lutheran Church. Tuition \$35, materials included. Information: 301-447-5955.

July 26, 28, 30 - Ballet Camp. 9:30 a.m. - noon, ages 5-8. Creative Kids Academy of Emmitsburg, a ministry of Elias Evangelical Church. Ballet storytime, ballet lesson, snack, and ballet-related crafts. Tuition \$45. Information: 301-447-5955.

Aug 2 - Emmitsburg Board of Commissioners Monthly Meeting. 7:30 p.m. Town Office, Emmitsburg Community Center, 300 S. Seton Avenue.

Aug 1-6 - Vacation Bible School. 6:30 - 8:30 p.m., Elias Lutheran Church, Emmitsburg. Children ages 3-12 are given the opportunity to participate in lively songs, skits, crafts, games, Bible stories, and snacks. The community is invited for a closing ceremony Friday, August 6 at 6:30 p.m. Registration and Information: Johanna Schmursal at 301-447-3523 or emmitsburgvbs@hotmail.com

Aug 5-8 - The Wizard of

Oz. 8 p.m. Sunday matinee, August 8, 2 p.m. Thurmont American Legion, 8 Park Place. Thurmont Thespians 7th Annual Summer Teen Musical. All tickets, \$8. Information and tickets: 301-271-7613.

Aug 7 - Church Festival. 11 - 3 p.m., Taneytown United Presbyterian Church, 34 York St., Taneytown. Rain or Shine. Fun for the entire family. Food, Games, Crafts, silent auction. Bring your lawn chairs and blankets. Bluegrass and Gospel music by The Carroll County Ramblers. Information: 717-359-8054 or 410-259-6543.

Aug 14 - Festival. 3 p.m. Jacobs Church., Harbaugh Valley Church Road, Fairfield, PA. Old time festival featuring good food and fun. Music by Bumbaugh Family Gospel Singing Group.

Aug 12-15 - The Wizard of Oz. 8 p.m. Sunday matinee, August 15, 2 p.m. Thurmont American Legion, 8 Park Place. Thurmont Thespians 7th Annual Summer Teen Musical. All tickets, \$8. Information and tickets: 301-271-7613.

Aug 15 - Free Concert. 6 p.m. Emmitsburg Memorial Park, behind the post office. Music by Emmitsburg Community Chorus.

Classified Ads

For Rent: Ocean City, Md., bayside tri-level townhouse. 3 bedroom, 2.5 bath, air conditioning, washer, dryer, dishwasher. Outdoor pool, tennis court, 2-car parking. \$950 week, plus tax (rents Friday to Friday). Lower rates off-season. Call 301-447-2342.

Help Wanted: Housekeepers. Full-time/part-time, weekends included. Apply in person during daytime hours. Sleep Inn & Suites, 501 Silo Hill Parkway, Emmitsburg.

Homemakers: Free Kit Potential - July. Looking for a new job or just need some extra money? Home & Garden Party is offering their Free Kit Potential during July! That means now is the time to join free! 40% commission! Ask us how. Call Pam & Marylou @ 301-447-2073.

Let's have a party! Interested in hosting a Home & Garden Party? Book your show between July 1 & July 31, and receive 30% off free products instead of 20% with a \$300 show. Call Pam & Marylou @ 301-447-2073.

Local childcare located in Emmitsburg has opening for children ages infant to 6 yrs. Please call Mary beginning the week of July 12 at 301-271-5493.

Professional Services Offered: Dr. Stan Mazaleski, PhD Scientist, Formerly served with the VA Hospital System, USPHS, US Environmental Protection Agency & GNC Consultant. Environmental

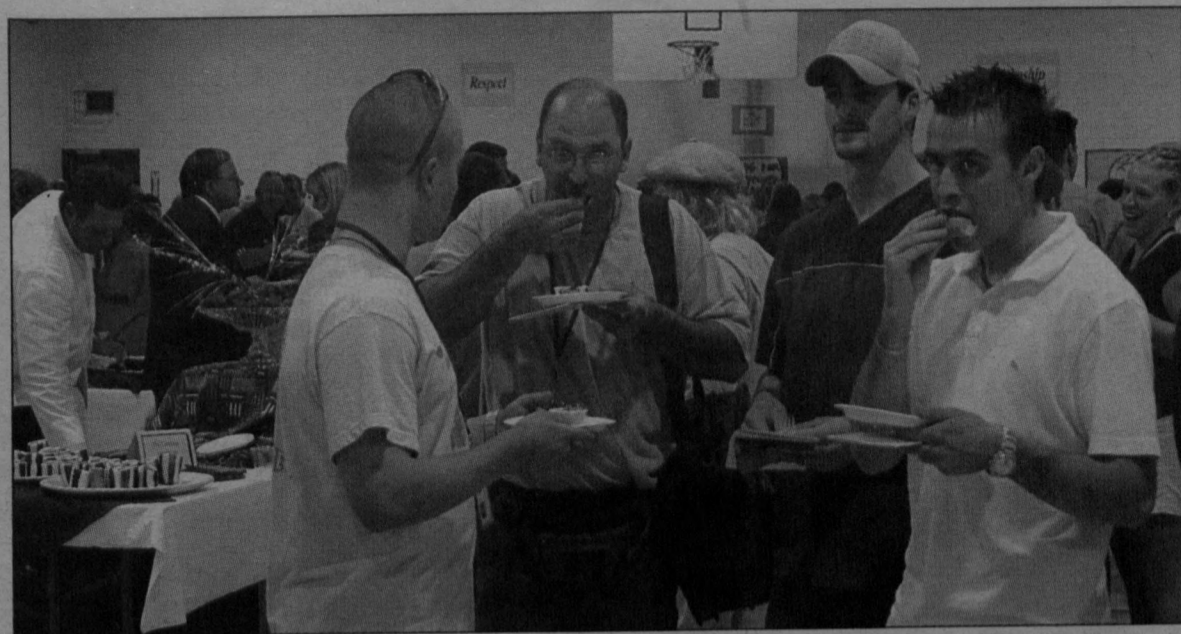
Toxicology & Nutrition for fire fighters, anti-terrorist personnel & specializing in drinking water toxins & poisons especially lead, copper, and irons; also nutrition for anti-aging and weight loss. Disabled and shut-ins welcomed. Appointments only. Phone/fax 301-447-6117

Help Wanted: Carriage House Inn is accepting applications for full and part time prep-cooks, line cooks, hosts and hostesses. Evenings and weekends required. Apply at 200 S. Seton Avenue, Mon-Fri from 8-11 a.m. or 2-4 p.m.

Experience Handyman / Carpenter Wanted: for high-end residential repair work. Must have dependable transportation and tools. Seven years experience desired. Excellent wages and benefits. Call Mike 301-840-9121 ext. 20 or fax resume to 301-590-9715

Reunion Notice: Catocin High School's Class of 1984 is planning its 20 Year reunion in August and is looking for classmates. If you are a classmate, or know someone who is, contact Cathy Valentine-Delauter at (301) 271-4917 or via email at catocin84@yahoo.com for more reunion details.

JC Services: We offer personalized landscape design, landscaping, tree and shrub trimming and removal. Total property maintenance, lawn mowing, deck building and repair, power washing and more. For your free estimate please call 717-334-0956, or visit our website at www.jcserviceslandscaping.com



—RAYMOND BUCHHEISTER/THE EMMITSBURG DISPATCH

A Taste of Emmitsburg

World Weightlifting Championship participants enjoy food offered by local restaurants at the "A Taste of Emmitsburg" reception held on July 2 by the town. More than 350 attended. The success of the affair may lead to it becoming an annual town event.

Anti-Doping

—Continued from page 14

Their top lifters are the Kobe Bryants of their country. So naturally they're going to have more following, more support."

Despite the difference, Reed is encouraged. "There's a bright future for American weight lifting. A lot of us are young. Most of us will be there in 2008 to compete. That coupled with the drug testing getting better, I'm not worried ... Bottom line, some of the weight these people are lift-

ing, whether they're using drugs or not, is pretty impressive. At some point, you just say, 'Wow.'" It's hard to say "Wow," knowing the record lifts might be tainted.

At the 7th World Weightlifting Championships for University and College Students, participants were chosen for testing based on many criteria including the country they represented.

"Not all are tested. We utilize this as a trade-off to test other athletes, particularly those from

countries that don't do a lot of testing. It's a waste of money to test participants from the U.S., Canada, Australia, where the athletes are already tested on a regular basis," Dr. Herrick said.

Once an athlete was chosen, an escort stayed with the athlete until the test sample was obtained (yes—right into the stall) to ensure that no cheating occurred. The athlete's blood and urine were then sent to a sanctioned lab to be tested for hundreds of illegal drugs.

Outside the Game

—Continued from page 14

increase in Alexey's skeletal muscle mass (more than 30 percent within a few months), officials decided to test him. Sure enough, a designer gene called IGF-1 was detected in his muscle cells. Consequently he was stripped of his records and banned from lifting in IWF-sponsored events for five years.

Frustrated, President Loukanin said, "We feel... how do you say ... like our hands are knotted. We are spending seventy-five percent of our budget on anti-doping testing in order to satisfy the skeptics who believe our athletes are cheating, and look what happens."

The sophisticated science that led to the development and use of designer genes began at the turn of the century when scientists were trying to cure muscle diseases in the elderly, and devastating diseases like muscular dystrophy. Transplanting genes that orchestrate the making of insulin-like Growth Factor I, or IGF-I (which causes more muscle cells to grow), and genes that will make chemicals that block myostatin (which inhibits cell growth) results in larger muscles and ultimately increased strength.

Many still think that athletes sporting genetically exaggerated

musculature might exert enough force to snap their bones or tendons. But so far this hasn't happened.

When designer genes first hit the streets, like anything new, athletes could gene dope without fear of being caught. There simply wasn't any way of finding the genes. But now, with technology like the polymerase chain reaction, the criminal genes can be found and copied in minutes. Unfortunately the test requires muscle cell biopsies, not urine or blood, because this is where the genes reside.

So far weightlifters are the only group to protest the Games. However, Loukanin expressed concern that others might follow suit. "We are afraid that other sports teams will stay away because of this, but maybe they are staying away because they are afraid of being caught. That would

be okay with us."

All people, comments and scenarios in this column are fictitious.

A.J. Russo, Ph.D., is a professor at Mount St. Mary's University and the author of eight novels. He is the former head coach of men's lacrosse at RIT and Mount St. Mary's and is currently head coach of Hood College's men's lacrosse team, scheduled to play its first season in 2005. His science thriller, "The Healer," his book of related short stories, "Dah-Link," and his most recent novel, "Spliced," published in April, are all available on Amazon.com and BarnesandNoble.com.

His opinions do not necessarily reflect those of Mount St. Mary's University or Hood College.

RENT-A-TENT



Weddings,
Reunions, Picnics
Sporting Events
Large 20' x 30' tents

\$100 per day: Includes set-up & take-down
Contact Steve Bittle 717-642-6136



"Customer Satisfaction Guaranteed!" 301-447-3560
Fax 301-447-2704

South Seton Auto Repair

140A South Seton Avenue, PO Box 1118
Emmitsburg, MD 21727

* **New Features Offered** * ASE Certified
Tire Repair & Sales Mechanics
Hydraulic Hoses and Fittings sold and repaired.



DON'T SETTLE FOR LESS GET A....
"LITTLE - MOORE"

Tony Little & Jane Moore

301-662-2468 (Direct)

E-mail littlemoore@littlemoore.com

WWW.Littlemoore.com

Real Estate Teams, LLC 301-695-3020 (office)

THE FEDERAL

Gorgeous brick Federal style home features 4 Bedrooms, 1 1/2 Baths, big rooms throughout. Great potential for home or office. The attic has plenty of room to finish off. Parking in rear. FR4870540 \$ 349,900. Call the "Little-Moore" Team at 301-662-2468.

EMMITSBURG

Adorable home features 3 BRs, 2 BAs, custom kitchen with wood inlay flooring, hardwood floors, fireplace in Living Room, newer roof and triple pane windows, private backyard and even a carport! FR4912408 \$ 219,900. Call the "Little-Moore" Team at 301-662-2468.



Zurgable Bros. Hardware

Quality products for the "do-it-yourselfer"

Garden & Lawn Care

We Carry

Holland Gas Grills • Hardware/Tools • Garden Supplies • Cement
Bruning Paints • Glass & Screen Repair • Red Wing Shoes
• Lumber • Sakrete Cement • Mulch

Phone 301-447-2020

16663 Old Emmitsburg Rd.

Emmitsburg, Maryland

Hours: Mon-Fri 7:00 A.M. - 6:00 P.M. Sat. 8:00 A.M. - 5:00 P.M.

AN AMERICAN REVOLUTION

NEW
MODEL
FOR
2005



EQUINOX



Wantz Chevrolet, Inc

1 Chevro Drive

Taneytown, MD 21787

(410) 751-1200



WANTZ
CHEVROLET



1-410-751-1200 800-322-8737 (MD only) 1 Chevro Drive Taneytown, Md.

Visit our website - www.wantzchevrolet.com

