



Emmitsburg Chronicle

SERVING THE WONDERFUL PEOPLE OF THE CATOCTIN MOUNTAINS

EMMITSBURG CHRONICLE, EMMITSBURG, MARYLAND, THURSDAY, OCTOBER 10, 1974

Weekly Thought

You can't expect a person to see eye to eye with you when you're looking down on him.

SINGLE COPY 10c

Most Anything At A Glance

- By Abigail -

Well, there are several items of interest for us this week. There is of course our own Firemen's Parade and Block Party, which promises to be the biggest and best ever. I understand that there are some new entries and even kiddy rides and cotton candy! Well, I know one thing. I worked hard all this year and I can use a weekend to spoil myself a little. You can too, so come on out. Have yourself a great time and spend a little money for a good cause. By the way, that reminds me I better get on the telephone and invite some of those long lost friends and relatives to get over here this weekend. I suggest you do the same. There is plenty of food for them and I better tell them to bring a little money too.

The subject of Charlie Wetzel's trash hauling operation is again in the news. Now that this last extension has been granted to him, we have exactly three months to get assurances from our county commissioners that the new service will be as cheap and as good a service as we received before. If they cannot offer those guarantees with their relay system of hauling trash then we had better demand a new location be found to serve as a landfill. There are some properties which would seem to be ideal (for instance, the Andrews property). And let's not let the commissioners throw up their hands of the again. They are our only means of effectively dealing with Washington's agencies.

There was also a town meeting this week and at this meeting it was decided that a Cable TV company would be allowed to come to Emmitsburg. Installation will be free and at a cost of \$5.95 per month, you will get twelve channels of television, with clear reception besides. The town will receive some of the money and free service will be provided for the schools, firehouse and town hall. Arrangements will yet have to be made to erect a tower and be granted a certificate by the Federal Commission of Communication. But within six months time we will be able to enjoy a diversified schedule of television. This brings to mind the importance in learning how to use TV. If we are not to over indulge ourselves with this electronic device, we must learn how to use TV as a tool. Otherwise this chewing gum for the eyes as it has been called, becomes only the cause of wasted hours, noise, and family arguments. You can put TV to good use by thinking of it as a source of learning and react to it that way. One method to use to avoid being a slave to the tube, is to circle those programs you want to see in the schedule and to be able to turn the TV off immediately after the program is over.

You should invite friends over to watch important programs on political or international affairs, community problems or important events and specific areas of interest. Ge prepared to discuss these issues while serving refreshments, and always have reference materials close at hand to further investigate the facts and to settle disagreements. Remember, even the finest documentaries allow for only the most significant facts to be discussed due to time considerations.

Although TV news and programs are among the fastest ways of receiving information, they are by no means the most extensive and reading materials should always be sought to develop the 'in depth' information behind each story. One of the most important functions TV can serve is to stimulate and encourage learning in other areas. Television has brought into our lives a sense of the world no man has been able to experience before. Scientific discoveries, the world of animals and exotic lands are but a few subjects that could be mentioned as examples of world of experience we now know as a result of

Supermarket Seeks Water Connections

Representatives of a York, Pa., based wholesale grocery company has sought assurance from the town that it can get water and sewer connections for a proposed new Super Thrift supermarket here.

At the regular town meeting of the Burgess and Commissioners held Monday night, James Rutsey, an engineer, and James Miller, an attorney, representing the P. A. and S. Small Co., wholesale grocers, told the town council that they were interested in purchasing a 100,000 foot portion of the 19-acre Silo Hill tract or a store site.

The Silo Hill property lies at the east end of Main Street and does not at the present time have water and sewer lines to the property.

Rutsey told the commission that his company had been promised by the Silo brothers in an Oct. 7 letter that they could have whatever sewer taps the commercial property would need from the 40 taps that have been set aside for the first phase of the Silo Hill subdivision.

The Small company spokesmen said that the 250 by 400 feet property facing Md. Route 97 would be developed into a 17,500 s. ft. supermarket similar in layout to the Super Thrift in Thurmont.

They said that the store would have some 20 full time and 15 part-time employees. The council, without Burgess Richard Sprinkle participating because of a potential conflict of interest, decided that the proposal would need the equivalent of some nine sewer taps.

Sprinkle disqualified himself because he is a member of the Boyle family that owns the long established Boyle's grocery store that dominates the local market in food supplies.

Both the sewer and the water lines, to be run at the developers expense, will have to be run some distance to serve the proposed supermarket site, the sewer from the northwest corner of the tract and the water line from near the east end bridge.

In other action the commission:

—Authorized the issuance of a non-exclusive cable television franchise to the Regional Cable Corp. of Silver Spring after hearing a status report from Mrs. Susan Cueslak. The operation will take about six months to get its certificate and will have 12 channels with free installations for the first month. The monthly charge will be \$5.95 with the town getting three per cent of the gross revenue.

—Set the hours from 6 to 7 p.m. on Oct. 31 for "trick or treat" to be followed by the American Legion Halloween Parade at 7 p.m. and following the parade, a party at St. Joseph's Grove where cider and gingerbread will be served.

—Discussed with no decision the insurance program for the town employees and the possibility of hiring a third policeman.

Tribute Paid To Columbus

A special Columbus Day address will be heard over radio station WTHU on Monday at 5:45 p.m., according to an announcement made by Lawrence Kolb, grand knight of Broute Council 1860, Knights of Columbus, Emmitsburg. Kolb stated that the address would be delivered by Dr. John W. McDevitt, supreme knight of the Knights of Columbus. The executive head of the 1-200,000 member Catholic fraternal organization will speak on "Freedom: A Treasure and a Trust."

In commenting on the program, Kolb said, "Four hundred and eighty-two years ago, Christopher Columbus completed one of the most daring and courageous exploratory sea voyages recorded in the annals of mankind—the discovery of the North American Continent. One of a quarter million men of the western hemisphere, all Knights of Columbus members, join together this week in observing this the anniversary of Columbus' epic voyage."

In addition to the special radio broadcast, other Columbus Day activities are being planned.

Large Turnout For Punt, Pass And Kick Competition



Shown above are the winners of Saturday's Punt, Pass and Kick Competition.

Sixty-seven youngsters, including ten young ladies, competed in the 14th annual Punt, Pass and Kick contest held Saturday afternoon, Oct. 5, at the Emmitsburg Community Field. The turnout of those youngsters marked the largest group yet to compete in the Emmitsburg event.

First place winners were: Thomas West, 13 year olds; Kenneth Orndorff, 12 year olds; Danny Favorite, 11 year olds; Robert Rosensteel, Jr., 10 year olds; Delmar Stotter, 9 year olds, and Keith Wivell, 8 year olds. Second and third place winners from 13 through 8 year olds were: Sam Topper and Lenny Zentz; Robert

Springer and David Stotter; David Morningstar and Josh Bollinger; Jack Zanella and Ricky Topper; Tony Eiker and Doug Myers and Dawn Gigeous.

Others participating in this year's event were: Tracy Bollinger, Kenny Kreitz, Gary Topper, Chris Boyle, Michael Danner, M. J. Golibart, James Miller, Douglas Mitchell, Gail Orndorff, Robert Preston, David Shields, Todd Strickhouser, Billy Topper, James Topper, Guy A. Baker, III, Renada Fisher, Butch Unger, Tony Arvanis, Hugh Scott Boyle, Daniel Fearer, Duane Gigeous, Doug Hollinger, Chris Kraft, and Randy Nusbaum.

Others entering the competition were Donald Topper, Philip Topper, Douglas Vaughn, Carl White, Jeff Hughes, Danny Harris, Gary Frock, Robert Andrew, Michelle Boyle, Steve Lingg, Andrew Mitchell, Jay Wivell, Rick Fisher, David Hughes, Larry Martinez, Cindy Frock, Carol Ann Boyle, Susan Boyle, James Click, Barry Joy, Fred Martinez, Alan Orndorff, Terri Orndorff, Joe Zanella, Stewart Frock and Laurie Harris.

This year's contest, presented by the Ford Dealer's of America, was co-sponsored locally by Sperry's Ford Sales, Inc., and Brute Council 1860, Knights of Columbus.

Community Chorus Spook Parade 'October 31 Here

The Emmitsburg Community Chorus has resumed rehearsals for the coming season and is planning several events for the year. At this time, the group is preparing for a Christmas concert to be held Sunday, December 15, at 8 p.m. The place will be announced at a later date.

The group is also looking for new members (and inviting all older members to re-join). They ask only that you like to sing and can give some time to rehearsals. The group meets every Friday night at 8 o'clock in Brute Hall on the campus of St. Joseph College.

Sister Jane Marie Perrot, D.C., is director; Mr. Lewis McAllister, assistant, and Mr. Alfred Gilbert, pianist. The group promises to all who join not only work, but enjoyment and a feeling of accomplishment at the concerts. Come, join them this Friday. For information call 447-2906.

Church Picnic

Members of Elias Lutheran Church recently held a congregational picnic at the local Emmitsburg Community Park. Horse-shoe pitching, volleyball and softball games were featured for the young adults and older groups. Assisting with games for the pre-school children were Mrs. Barr C. Stoops and Mrs. William G. Shoemaker III. Consulting relays and contests for the pupils enrolled in Grades One through Three were Mrs. W. Ronald Fearer and Miss Mary Jayne Saylor.

Guesting contests were held throughout the afternoon. Recipients of prizes were Mrs. Dorothy Wagerman and Mr. Weldon Shank.

Highlight of the day was a picnic featuring fried chicken which was provided by the Church for members and their families.

Co-ordinators for the well-attended Sunday picnic were Mr. John Reaves and Mr. Robert Saylor.

RETURN FROM FLORIDA

Mr. and Mrs. Walter Crouse and daughter, Susan, Center Square, Emmitsburg, have returned from a ten-day trip to Florida. Among places of interest the Crouses visited were Disney World, Kennedy Space Center, Sea World, Cypress Gardens, Busch Gardens, Marineland and St. Augustine. While in Clearwater, the Crouses dined at the Kapok Tree, owned by personnel who also own and manage the Pacer Inn in Urbana.

NOTICE

The Emmitsburg Planning Commission meets the third Wednesday of each month at 8:00 p.m. in the Town Office. The public is invited to attend these open meetings.

Spook Parade 'October 31 Here

The annual spook and goblin parade will be held Thursday evening, October 31, it has been announced by officials of Francis X. Elder Post 121, American Legion, sponsors of the parade.

Charles B. Harner, Post Adjutant, announced that the parade will form in West End at the Doughboy at 6 p.m. and will move off at 7 o'clock sharp. Prizes to be awarded are: Most original, \$10, \$5, 3; funniest costume, \$10, \$5, \$3; best looking costume, \$10, \$5, \$3; best decorated bicycle, wagon or tricycle, \$10, \$5, \$3. Two mystery prizes of \$5 will be given.

It was also announced by Town officials that Trick or Treating will be observed this year from 6 to 7 p.m. only. A Halloween Party will be held for the town children in St. Joseph's Grove following the parade when the prizes will be announced.

Library Sponsors Book Discussion

The Frederick County Public Libraries will sponsor a series of monthly book discussions this fall. The discussion will be held at the Emmitsburg Public Library on October 15 beginning at 7:15 p.m.

The first discussion will be devoted to "Future Shock," by Alvin Toffler. The book analyzes the rapid changes that have taken place in our society and how such changes have affected our personal lives. Toffler also suggests ways of coping with the world of tomorrow.

Leading the discussion will be county coordinator Leonard Feinberg. He said that everyone is welcome to attend, even if they have not read the book.

"It is not a book talk," he stressed. "We want audience participation, and I hope a genuine discussion will emerge."

Feinberg added: "I intend to stick closely to the book, but it does deal with life as everyone knows it. I am sure that most people will be able to draw upon their own experience and contribute to the conversation."

Books to be discussed in future months are: "The Greening of America," by Charles Reich, and "Body Language," by Julius Fast. These titles are available at the Frederick County Public Libraries.

EVENING OF GAMES AND BAKE SALE MONDAY

There will be a 50-50 corn game and bake sale on Monday, October 14, at 8:15 p.m. in St. Joseph's Parish Hall. This evening of games will be for the benefit of the Seton Center.

\$5,000 Reward

A \$5,000 reward is being offered for information leading to the arrest and conviction of the persons responsible for the robbing and brutal beating of Mrs. Ollie Ridenour and her son, Monroe, on the night of Friday, August 9, 1974 in their home along Route 15, north of Thurmont.

Anyone with any bit of information, no matter how small, should contact the State Police or Mr. Herman Shook, Police Chief at Thurmont. You will remain anonymous and receive the complete courtesy and respect of the Police Department.

Operation Red Ball Begins

"If it helps save even one life, it will have been a worthwhile project," said Mrs. Carol Haugh of the Frederick Junior Woman's Club. The project? Operation Red Ball—and it could mean the difference between life and death.

"Operation Red Ball" is a community involvement fire rescue program designed for co-sponsorship by the American Red Ball Transit Co., Inc., and the United States Jaycees in conjunction with fire departments across the country. Locally, the program has been adopted by the Frederick Junior Woman's Club and is being co-chaired by Mrs. Haugh and Mrs. Bette Brust.

In "Operation Red Ball" a red vinyl sticker approximately four inches in diameter is placed in the upper left hand corner of a child's or invalid's bedroom window. In the case of a fire, the Operation Red Ball sticker alerts firemen to the rooms of the children or invalids, thus speeding their rescue.

"Operation Red Ball" has been endorsed by Frederick County Fire Departments and will hopefully be introduced in the schools during Fire Prevention Week. In affiliation with the Frederick Jaycees and the American Red Ball agents, the Frederick Junior Woman's Club hopes to provide these stickers at no cost to the local fire departments and other public health services for distribution to families throughout the entire county.

Professor To Deliver Papers

Dr. Emile A. Nakhleh, Associate Professor of Political Science at Mount Saint Mary's College, will deliver two papers this fall at two national conventions.

He will present "Palestinians and Israelis: Ramifications of a settlement and Modalities of Cooperation" at the Annual Conference of the Middle East Institute in Washington, D. C., on Friday, October 11.

On Friday, November 8, he will read a paper on "Constitutional Development in the Arab/Persian Gulf" at the annual meeting of the Middle East Studies Association of North America to be held in Boston.

Dr. Nakhleh studies for a year in the Arabian Gulf under a Fulbright Fellowship. He is a member of the American Political Science Association, the American Society of International Law, the American Association of University Professors, Middle East Studies Association of North America, and the Middle East Institute.

College Nights To Aid Selection

In an effort to establish better communication between college representatives, students and parents in making college selections, Catoctin High School is sponsoring a series of "College Nights" on October 15, 16, 22 and 23, from 7 to 10 p.m.

This planned program is to allow ample time for an in-depth interview with each college representative. A list of colleges to be present each night can be obtained from the Catoctin High School Guidance Office.

The "College Night" program is for 11th and 12th grade students and their parents and Catoctin High School hopes that this will provide everyone with an opportunity to ask questions and receive information that will help in making the best college selection.

Engaged



Mr. and Mrs. Charles K. Koontz, Sr., Hampton Valley Road, Emmitsburg, announce the engagement of their daughter, Sandra C., to Daniel Johnson, son of Mr. and Mrs. Paul L. Johnson, R1, Keymar, Md.

Miss Koontz is employed at St. Joseph's Provincial House, Emmitsburg, and Mr. Johnson is employed at Worthington Pump, Taneytown.

A January 11 wedding is being planned.

Registration For Dynamics Begins

The Dynamics Majorette Group will hold a Garage and Rummage Sale on October 17, 18 and 19. The sale will be held at the home of Mr. and Mrs. Richard Crum, Harney Road, all day. The public is invited. Anyone who has donations may call at 447-2615.

Registration for the Dynamics will be held from October 14 to November 11. The parents will pay \$2.50 for the family and \$1.00 for each additional child. The parents must buy their own uniforms and batons. During registration, rules and a card will be given to each family.

A parents meeting of the Dynamics will be held in November 11 at the Mother School beginning at 7 p.m.

The Dynamics will compete in the competition on Saturday. Members of the group will meet at 9:30 a.m. at St. Joseph's Grove.

Also the Dynamics will be in the parade on Saturday. They will meet at the Doughboy at 3:30 p.m.

Girl Scout

Registration Set

Next week is the week! Wednesday is the night! 7:30 is the time and Incarnation United Church of Christ Fellowship Hall is the place! All the Girl Scouts and adults will gather to register for the year 1974-75. All girls who are interested in joining the Girl Scouts this year are expected to be present with one or two parents. Parents, here is your opportunity to meet the leaders, hear some of the plans for this year, and register your desire to help in some way with the program designed for all girls from second through ninth grades.

Registration will be held for each of the four troops organized in Emmitsburg. There is one Brownie Troop which meets at the Presbyterian Church on Thursdays. A Junior troop meets also on Thursdays at the Methodist Church. A second Junior troop meets on Tuesdays in Incarnation United Church of Christ. These three troops hold their meetings from 3:45 to 5:00 p.m. A Cadette Troop holds meetings from 7:30-8:30 p.m. on Tuesdays in Incarnation United Church of Christ.

The registration fee is \$2.00 per year, payable Wednesday night. Upon payment of this fee one automatically becomes a member of a local Girl Scout troop, becomes a member of a national organization—the Girl Scouts of the USA, and also becomes a member of an international organization—the World Association of Girl Guides and Girl Scouts. October is registration month for the troops of this area. Anyone, adult or girl, interested in knowing more about the Girl Scouts, is invited to attend this meeting, Wednesday night, October 16, at 7:30 at Incarnation Church.

NOTICE!
All copy for news and advertisements must be in the Chronicle Office no later than Tuesday morning to be inserted in the current week's edition.

Parade, Block Party Set For Saturday

The Vigilant Hose Company of Emmitsburg will host the Firemen's Parade this Saturday at 4:00 p.m. A Block Party will be held in conjunction with the parade and both events promise to be bigger and better than last year. Returning once again as Grand Marshal will be the popular Smokey the Bear, who happened to be vacationing in the nearby Blue Ridge Mountains this summer. Smokey was induced to interrupt his busy schedule of appearances when it was mentioned to him that several beauty queens were also to be featured in the parade. Among them will be Miss Linda Lee Potter who is Miss Teenage Maryland, and who was twelfth runner-up in the Miss Teenager of America contest. Also attending this year's parade will be Miss Karen Long the Colorfest Queen and other Fire Company Queens.

The Color Guard of the 558th Signal, Flair USAR, in Frederick, will be there to carry old glory and a battery of Fire Companies, drum and bugle corps, majorette groups, marching bands, floats and antique cars will fortify the parade's march through Emmitsburg. But a parade can always be made longer so hop aboard, and give James Kittinger a call at 447-6244. Jim is the Parade Chairman and although he says this parade will be the best ever, he also declared that there is room for more.

Gene Myers is the Chairman of the Block Party and he maintains that the Party will have more things to do, more things to eat than ever before. The wholesome, mouth-watering Barbequed Chicken will be the highlight of the affair and there will even be cotton candy for dessert.

In addition to the food, a playground has been planned with some added attractions. Among them will be a new ferris wheel and a merry-go-round. And, of course, there will be prizes and awards and a variety of games for young and old. Don't miss it and don't let your friends miss it!

Alumni Dinner And Dance

The Emmitsburg High School Alumni Association is planning a dinner and dance to mark the 50th meeting of the group to be held October 26 at the Taneytown Firemen's Activity Center, Taneytown, Md. Activities will begin with the banquet promptly at 7:00 p.m. with the dance to follow at 9 p.m. Music will be furnished by "Country Green."

This year, reservation for the banquet must be made in advance (with payment) to Mr. Alan Brauer, Box 126A, Rocky Ridge, Md. 21778. In previous years, so many people did not (or could not) come to the dinner after the association had been notified they would be in attendance, and since the dinners had to be paid for, the association can no longer financially afford to do this. Dues are \$1.00 a year, banquet \$5.00 each, and the dance \$5.00 a couple. (Dance tickets will be sold at the door.) We are asking that each alumnus should pay his dues to remain an active member of the association.

The banquet will be for members and guests and the dance will be open to the public. Since our mailing list is quite large (we sent 650 letters), and some addresses have changed, perhaps you did not receive a notice of this meeting. Please contact any local alumnus or call 447-2906 for details. Reservations for dinner must be made by October 19. Honored classes will be 1923, 1924, 1948, 1949, 1953, 1954, 1963, 1964 and 1968. We would like to see as many as possible (and your friends) attending this event. We would urge you to contact other alumni and invite them to attend with you. Let's make our association active again.

Halloween Dance

Cadette Troop 350 is having a Halloween Dance on November 1 from 7:30 to 10:30 p.m., at the old Public School. Everyone between the ages of 12 and 16 is invited. Donations will be accepted. Refreshments will be on sale. Please come!

(Continued On Page Six)

Call 662-6333 to report a fire

BUSINESS AND THE STOCK MARKET

Soybeans Aid Nutrition And Food Budgets

By Babson's Reports Inc., Wellesley Hills, Mass., October 10, 1974—Inflation has reached critical proportions over the past couple of years. Although the Midwest oil embargo and the merciless series of petroleum price hikes before and after the embargo provided most of the inflationary impetus, consumers actually began to feel the pinch following the massive grain deals with Russia and Red China. These moves suddenly reduced our nation's bulging carryovers of food and feed grains, sending prices of food and feed commodities skyrocketing. Subsequently, weather problems raised serious doubts as to 1973's crop output (although final report was quite favorable), and the year's output apparently will fall considerably short of the high hopes spurred by extra acre-

age plantings. Problem Worldwide

While food prices have been painfully high here at home, many foreign nations have been little better off. In fact, food supplies in many countries are virtually unavailable at any price, with burgeoning populations and crop lands ravaged by weather making a crucial combination. And among the emerging underdeveloped countries any betterment in living standards calls for improvement in the quantity, quality, and variety of the food items to be consumed. The great need is for more protein in daily diets, particularly in the underdeveloped areas of the world. It is estimated that by the end of this century world protein demand may double today's rate. Traditional sources of protein—meats, seafoods, and dairy products—are not likely to be able to meet requirements, especially within a reasonable framework of consumer prices. Soybean Derivatives

To The Fore

A measure of hope for closing the nutrition gap lies in the soybean and its derivatives. Unfortunately, soybean products are directed primarily into the feed market. It is now recognized that more food usage must be made of soybean derivatives, since soybean meal and flour used as feed supplements for livestock and poultry pass on to consumers a woefully small percentage of the soybean's protein content.

Soybean derivatives are made through two primary processes. Under one, soy flour is spun into meat fibers (analogues), and the fibers are then flavored, cooked, textured, and cut into sizes and shapes desired. Analogues are marketed as chunks or slices of beef, chicken, ham, or breakfast sausages. The second process produces simulacra of meat fibers from soy flour through extrusion or other methods; the results are classified as "extenders," which

are blended with natural products, thus literally stretching supplies of beef and other meats.

Increasing Consumer Acceptance

Soy-based textured vegetable protein products did not at first win consumer acceptance to any appreciable degree. There were shortcomings in taste and texture, and these items were unveiled when meats and poultry were in abundant supply and at low prices. Further development work resulted in products with more appealing color, texture, and flavor. So, in the past two years of high food prices and the inflation of living costs generally, consumer demand has picked up.

Soy Protein Producers

More companies are gaining a foothold in this field, but since this phase of their total business is still minuscule, the relative merit of their securities must be judged by their basic operations. At present, the Research Department of Babson's Reports maintains a "hold" advice on the common stocks of Archer Daniels Midland, Genera Mills, Ralston Purina, and A. E. Staley. For capital appreciation, however, the common of Nabisco is recommended. A leading commercial baker, Nabisco is building a plant to produce its VMR trademarked line of textured vegetable proteins. For a free detailed report on this company, write to Babson's Reports Inc., Wellesley Hills, Massachusetts 02181.

are most likely something they've been taking in reasonable amounts for years as compensation for potential nutritional deficiencies in their diet.

However, in recent years, massive doses of various vitamins have been touted as cures for a wide variety of ailments and physical inadequacies. With the notable exception of Dr. Linus Pauling, the Nobel Prize-winning biochemist, these claims are usually advanced by people interested in selling vitamin products. As a result, vitamin sales have increased tremendously—even though almost none of these claims have been proven through valid scientific experimentation.

For the most part, the people complaining about how their vitamins are going to be taken away from them are those who regard vitamins as a cure rather than a nutrient. As long as they don't harm themselves or anyone else in the process, I agree that they have the right to consume all the vitamins they desire. The FDA insists that no vitamin or mineral will disappear from the market due to the new regulations; no one is taking their vitamins away from them.

What the regulations will do is protect the person I'm most concerned about—the innocent consumer who knows little about vitamins, but who wants to supplement his or her daily diet. This person needs help—such as the FDA is attempting to provide—to avoid wasting money on useless dosages amidst the confusion of the nutritional marketplace.

And, for the unwary, there are also dangers. Vitamins, when isolated from the foods in which they are normally found, are chemicals—and chemicals sometimes produce strange, unexpected results. It has been proven, for instance, that excessive consumption of vitamin A or D can produce a number of severe and harmful symptoms, which is why individual doses of these vitamins above 100 per cent of the U. S. Recommended Daily Allowances are now available only by prescription.

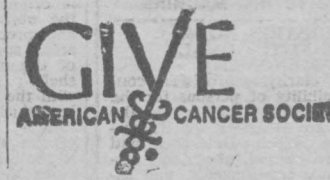
Since vitamins A and D are available in smaller individual doses, if a person is really determined to consume a massive amount of them, it is still possible for him or her to do so. However, it seems reasonable to assume that such people have some idea of what they're getting into—while the innocent consumer probably doesn't.

In the final analysis, it comes down to knowing what you're buying. If, for instance,

you are taking normal individual doses of vitamin C to prevent nutritional deficiency, it will be sold as a dietary supplement. However, if you're taking massive individual doses of vitamin C to treat a cold, then the FDA would require that, since it is being promoted as a remedy, it should be sold as a non-prescription or over-the-counter medication. Thus, consumers will be able to know what they are buying.

If you feel that you—as an average consumer—deserve this basic protection, let your

senator know how you feel, so that the true voice of the consumer will have a chance to be heard before it is too late. (Mr. Nash is executive director of the non-profit, non-partisan American Association of Retired Persons.)



WEATHER REPORT
Temperatures and precipitation for the Emmitsburg District for the week ending Friday, Oct. 4, as reported by the National Weather Service, Mrs. Lucille K. Beale, local observer, were as follows:

	H	L	P
Sat., Sept. 28	74	56	
Sun., Sept. 29	71	62	
Mon., Sept. 30	67	50	
Tues., Oct. 1	62	42	
Wed., Oct. 2	53	37	
Thurs., Oct. 3	49	29	
Fri., Oct. 4	60	22	

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1973 Chevy Vega Hatchback; 4-Spd.; Clean.

1972 Ford Gran Torino Spt. 2-Dr. H.T.

1971 Ford LTD 4-Dr. H.T.; Fully Equipped;

1969 Rambler 4-Door; Fully Equipped.

1968 Pontiac Lemans 2-Dr. H.T.

1967 Ford 4-Dr.; 289 V-8; Auto.; R&H.

1966 Fairlane 4-Dr., V-8; Auto.; R&H.

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EMMITSBURG, MD.

PRIME TIME

Vitamin Regulations And
The Older Consumer

By Bernard E. Nash

There is an inescapable irony in Congress' current flirtation with legislation which, if passed, would seriously reduce the effectiveness of new Food and Drug Administration regulations establishing standards for the labeling and formulation of vitamin products.

The FDA promulgated these regulations—which go into effect in mid-1975—to protect consumers of nutritional supplements by requiring proper labeling of these products to tell the consumer exactly what he or she is buying. What is ironic is that many senators and representatives actually think that, by supporting legislation to hinder the FDA, they will be helping consumers!

I think they came to this erroneous conclusion because most of the voices they've been hearing belong to a small but vocal minority, composed of nutritional fanatics and people with a financial interest in vitamin sales, who have been quite strident in their opposition to FDA regulation.

On the other hand, if the term "silent majority" was ever an appropriate characterization of any group, that group should be the nation's overall consumer population which—as far as vitamins are concerned—just hasn't been heard from.

It is not the general consumer public that has flooded Congressional mailrooms with protests that FDA regulations are depriving them of their vitamins. In fact, it is probably quite difficult for most consumers to become agitated about vitamins which, to them,

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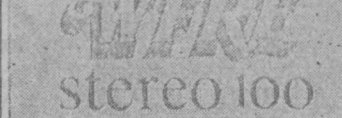
REDSKINS



SUNDAY, 1:00 P.M.

October 13, 1974

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TICE—Registered Beagle Puppies For Sale. Also will be babysitting. Phone 447-432. 1t

OME ONE! COME ALL!—VFW Ladies Auxiliary Tupperware Party, October 24, 7:30 p.m. at VFW Annex, Center Square, Emmitsburg. 10/10/2t

NOTICE—Help wanted for Beef Processing. Apply N. J. Shriver, Jr.—Meats, phone 447-2255. 10/10/2t

FRUIT TREES, Nut Trees, Berry Plants, Grape Vines, Landscaping Plant Material—offered by Virginia's largest growers. Free copy 40-page Planting Guide-Catalog in color, on request. Waynesboro Nurseries—Waynesboro, Virginia 22980. 10/4t

TICE—Annual Turkey and Dyster Supper, Saturday, November 2, 1974 at Tom's Creek United Methodist Church. Served family style from 1:30 p.m. until 7:15; under six, no cost. to carryouts. 10/3/2t

ST—Weineraner. Tan collar. Answers to name of Tanne. Reward. Call collect 714-794-2831.

TICE—No trespassing on the B. H. Boyle Farms which include the Yapp farm, the Wilhide farm, the James A. Boyle farm, and the former Fitzgerald farm. 1t

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ANTED—Housekeepers, dishwasher and waitresses for Mt. Manor Motel, phone 447-2361. 1t

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FOR SALE—1967 VW. Phone 447-2717. 1t

WANTED—Two mason tenders. Experience preferred. Local work in Emmitsburg. \$4.00 an hour to start. Call Collect 876-1799.

CONSIGNMENT SALE—Friday, October 11 at 6:30 p.m. at the Rocky Ridge Fire Hall. For terms call 271-7564. 9/26/2t

FOR SALE—Certified barley. Emmitsburg Feed & Farm Supply, E. Main St.

FOR SALE—House, by owner: 4 bedroom, living room, dining room, modern kitchen with fire place, modern bath, in good condition. Phone 447-6251. 9/26/4t

NOTICE—A meeting, Emmitsburg, Md. Group, over Mt. Manor Restaurant, Rt. 15, Wednesday, 8:30 p.m., closed; Sunday, 3 p.m., open discussion. 9/26/4t

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Garden Club **Holds Meeting**

In September 19, the Silver Fancy Garden Club met at the home of Mr. and Mrs. A. A. Koswick, of Gettysburg, with 18 members present.

A notice of future activities was read as follows:

Semi-annual meeting of the Federation to be held on Oct. 1 at the Fountain Head Country Club; State Flower Show, Oct. 16 and 17 at Annapolis; Horticulture Day at Rose Hill with a tour of the Manor; Harvest Day at the Farm Museum on Oct. 12. Plants and dried material to be supplied by the Club.

Mrs. Clingan reported that the urns on the square are to be filled with suitable material.

Mrs. Klosky reported on the urns in the square at Emmitsburg.

The program for the afternoon was a film on conservation. It was narrated by Charles Lindberg.

The next meeting on November 21 to be held at the home of Mrs. Theodore Fair; Mrs. Holthaus will talk on terrariums.

SAVE TIME **shop** **the** **CLASSIFIED**

ZIP COLUMN

Although the Christmas Season seems to be quite some time away, those customers who may have friends or relatives in the Far East, and wish to send parcels by boat mail, should send them before October 16. This does not include overseas military mail.

Our office will be closed on Monday, October 14, in observance of Columbus Day.

The box lobby will be open, however, from 6 a.m. until 6 p.m. Also, there will be a dispatch and receipt of mail, in the morning only.

No rural delivery service performed on this day!

Two new commemorative stamps are to be issued by the Postal Service.

The first, "Legend of Sleepy

Hollow," American Folklore Series, will be placed on sale, by our office, on Friday, October 11.

This colorful new stamp is based upon one of America's best-known folk tales, Washington Irving's "Legend of Sleepy Hollow."

The Sleepy Hollow stamp will be first issued October 10, and nationwide distribution will be made in time for it to be used with Halloween cards. Letter carriers deliver large numbers of Halloween cards each year.

The first day of issue ceremony will be at North Tarrytown, N. Y., the setting of the Sleepy Hollow story and near Irving's home, "Sunnyside," at Irvington-on-the-Hudson. The village of North Tarrytown is celebrating its centennial this year.

Mr. Fisher, who also design-

ed the 1972 Bicentennial block of four Colonial Craftsmen stamps, is well known for illustrating books on colonial crafts and craftsmen.

The stamp shows the "Headless Horseman" in pursuit of the timid schoolmaster, Ichabod Crane, with both figures silhouetted against an orange full moon. The menacing tulip tree shown at the left, figured in ghost stories Crane had heard in Tarrytown. The tree and the figures are in black accented with blue, and the lettering is in yellow.

The second stamp, "Retarded Children Can Be Helped," will be issued in Arlington, Texas, during the meeting of the National Association of Retarded Citizens, and will be placed on sale, Tuesday, October 15.

The stamp is the latest of several issued by the Postal Service in recent years calling attention to matters of national concern. Others have warned against drug abuse, and have urged blood donor contributions and cancer checkups. Issuance of this stamp will serve to promote more widespread interest in future ef-

Tour Planned For Md. School For Deaf

The Frederick County Farm Bureau Women are planning a tour of Maryland School for the Deaf for all interested farm women on Thursday, October 24. At 10 a.m., the women are to meet at the Ely Building at the School for the Deaf on Clarke Place and South Market Street. Dr. Dave Denton will coordinate the tour of the school campus and its facilities. Tentatively at 12:15, we will have lunch with each lady bringing her own bag lunch. Drink and dessert will be provided by the Farm Bureau Women's Committee.

At approximately 1:00, Dr. Denton will talk on the school and answer questions. Representatives from their 4-H Clubs and Scouts will also be present to share what is being done to help these students.

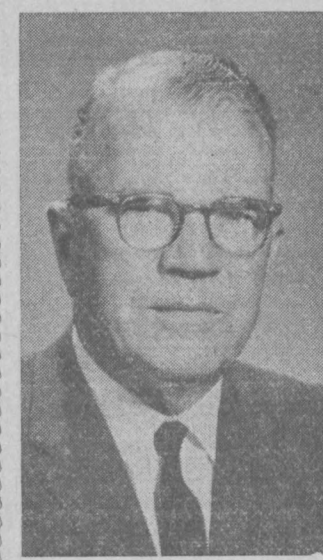
Any interested farm women planning to attend should

please contact their Farm Bureau Women's Director in their area or call Sarah Holter, 371-6287 or Ruth Spurrier 898-9353. Please call by October 10 because it is important to have a correct count.

The Maryland School for the Deaf has been in operation since 1868. The Hession Par-

ricks located on their campus, are in the process of being restored to the Revolutionary War period. The facilities have greatly been expanded over the past several years.

There are 365 students between 4 and 19 living and attending school there. About 25% are from Frederick County. The school is mainly for the deaf but many have additional handicaps as well.



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Shown are the participants in the Punt, Pass and Kick Competition.

Renaissance Of Madrigal Dinner

Special costumes are being made for the third annual Madrigal Dinner to be held at Mount Saint Mary's College in December.

"We're making every effort to make the dinner ever more spectacular than before," commented the Rev. Dr. David Shaum, director of the Mount Gleeman and Belles who hold the event. "We are having all new costumes made by the Jester Costume Company of

Wilmington, Delaware. They will be elegant and authentic, with satins, brocades and headpieces in brilliant color."

"The Madrigal is the social music of the Renaissance period," Fr. Shaum explains, "and includes songs of love, war, family—the gamut of human emotions."

The Madrigal Dinner is set up so that those attending are treated as guests in a great English manor house of the Tudor period. They take part in the festivities and witness the carrying in of the wassail bowl and boar's head. A desert of flaming plum pudding is shared by all. Included in the festivities are a procession, an ares, strolling minstrels and a court jester.

One innovation this year will be "Ye Olde Ale House," where guests may purchase libations of the period.

Fr. Shaum brought the idea of a Madrigal Dinner to the Mount from the Indiana Uni-

versity School of Music, where 600 people attend their dinner every night or two weeks. The dinner has been held at Indiana for 25 years.

The Madrigal Dinner at the Mount takes place in Flynn Hall and is limited to 224 persons a night. This year, the dinner will all on December 6 and 7. Information on obtaining tickets may be found by contacting the office of College and Alumni Relations on campus.

AMBULANCE REPORT

The report of the VFW ambulance Corps given at the recent VFW meeting, for the month of September, included 29 calls. Fifteen were emergencies while fourteen calls were non-emergencies. A total of thirty-three patients were transported in the vehicle while 1,318 miles were traveled and one hundred man hours were used by personnel.

CROP Walk Made For Hungry

Sunday afternoon, September 29, 115 walkers from the Emmitsburg - Thurmont area, ranging in age from a tiny baby carried on her mother's back, to grandmothers nearing 70, took part in the annual CROP Walk for the Hungry in Frederick County. A last minute substitute, Jeff Glass, was pressed into service after his sister, Karen, had broken her leg and did not want to disappoint her sponsors who had contributed \$25 toward the walk.

The walkers met at Loy's Station Park and started on the circuitous 10 mile trail under threatening but sunny skies. A representative of the Maryland State Police patrolled the route and a contingent of the Maryland National Guard supplied refreshments all along the way in the form of good old "Adam's Ale" to the thirsty walkers. Through the courtesy of Pryor's Orchards at Thurmont, apples were dispensed at the halfway mark—the Graceham Fire Hall—and were much appreciated by all. Volunteer checkers sat for hours checking the walkers as they passed to certify the sponsor's sheets.

Many people contributed to the success of the Walk besides the ones mentioned: Parents who brought their children and met them afterward; Corney's Corner Snack Bar who contributed drinking cups; Mr. Simpson and the nurse, Mrs. Bowers, who were constantly looking out for the welfare of the walkers; the local committee who arranged for all the details; the sponsors who so generously contributed to the \$2,344 total pledged and the Co-CROP walkers of the Frederick area who walked their route on the same afternoon.

Everyone who had any part in this "good walk" should feel justly proud and happy in knowing that he or she had some part in alleviating a bit of the world's suffering.

Gospel Music Lovers Welcome

Everyone is cordially invited to an evening of gospel music at the Tom's Creek United Methodist Church on Sunday, October 20 at 7:30 p.m. There will be congregational singing of hymns; choruses, and three groups of dedicated singers sharing their love for the Lord in song and spoken word. Everyone is welcome.

THURSDAY NIGHT LADIES' LEAGUE (Rainbow Lanes)

	W	L
Gay's Girls	15	5
Texaco Stars	14	6
Morningstar Electric ..	11	9
Staley Body Shop	10	10
The Untouchables	9	11
Village Liquors	8	12
The Impellers	7	13
Electric Chargers	6	14

High team set, Texaco Stars, 1598; High game, Vicky Sharer, 142; high set, Doris Stout, 360.

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Take stock in America.

Lutheran Church Holds Assembly

A general assembly for all Sunday School classes at Elias Lutheran Church was held on Sunday. Following a brief devotional service, the classes viewed the film, "The Story of Lutherans in North America". Chosen to coincide with the anniversary of the death of Henry Melchior Muhlenberg, the film traced the story of the growth of Lutheran Churches and their leaders in the early centuries.

Following the film, a Fellowship Period was enjoyed by the children and adults. A cornucopia, filled to overflowing with grapes, provided an attractive centerpiece as the hosts served punch and coffee with breakfast buns. Assisting in serving were: Mrs. Robert Saylor, Mrs. Alfred Hahn, Mrs. Norman Shriver, Jr., Miss Cynthia Hahn, Mrs. Anna Bushman and Mrs. Harry Hahn, Jr.

Picnic In Thurmont

A joint outing was recently held by members of the Lutheran softball teams and their families and the members of the Young Adults Sunday School Class from Elias Lutheran Church, at the home of Mr. and Mrs. Randolph Valentine, at Thurmont.

Volley ball, horse-shoe pitching and games for the young fry were enjoyed by the group prior to an evening barbecue. Those present for the affair were: Mr. and Mrs. Norman J. Shriver, Jr., Pamela, David and Barbara; Mr. and Mrs. Robert Saylor; Mr. and Mrs. Robert Michael Hess, Shelley, AnnMarie, Daniel and Joseph; Miss Mary Jayne Saylor; Mr. and Mrs. Harry Hahn, Jr.; Mr. and Mrs. Donald Eyer and Julie; Pastor and Mrs. W. Ronald Pearer, Daniel and Ronda; Mr. and Mrs. Chester Masser; John Martin; Mr. and Mrs. Robert Andrew and Robert; Mr. and Mrs. Alfred Hahn, Karen, Pamela and Nancy; Craig Orner, and the hosts, Mr. and Mrs. Randolph Valentine, Amy and Beth.

LCW Holds Work Session

The LCW of Elias Lutheran Church held their October meeting on Tuesday evening in the Parish House. The group participated in a work session and prepared bandages and pads for the Adams County Cancer Society.

A brief business meeting was held in which final plans were made for the Fall District Assembly to be held in Elias Lutheran Church for LCW groups from the Frederick District. Committees were appointed to finalize the noon luncheon plans and program.

A nominating committee composed of Mrs. Chester Chapma, Mrs. Hazel Caldwell, Mrs. Ronald Fearer and Mrs. Donald Leatherman, presented a slate of officers for the 1974-75 year. Elected to serve as President was Mrs. Daniel McGarry; assistant vice president, Mrs. Anna Bushman; secretary, Mrs. Richard Crum, and treasurer, Mrs. Murrey E. Valentine. Their installation will take place Sunday, October 20 during the 10:30 Worship Service.

The Evening Suffrages were used for the Devotional period by the LCW members and their guests.

"YOUR PEACE OF MIND DEALER"

RANDY'S Pre-Owned Cars & Trucks Fairfield, Pa.

Baby Shower Held At Luncheon

A luncheon baby shower was held recently at the Shamrock Restaurant for Mrs. John Topper by the secretarial staff at Mount Saint Mary's College.

Those attending were: Mrs. Pat Ligorano, Mrs. Gloria Martin, Mrs. Dixie Vivaldi, Mrs. Esther Cartzenadner, Mrs. Sally Grandstaff, Mrs. Dell Lener, Mrs. Marlene Holt, Mrs. Joan Tracey, Mrs. Dolores Henke, Mrs. Kathy Higgins, Mrs. Rosemary Mick, Pamela Mills, Donna Stahley, Mrs. Marguerite Wolfe, Sue Topper, Mrs. Nancy Neighbors and the guest of honor, Mrs. Viola Topper.

Mrs. Topper received many lovely and useful gifts.

Lutheran Youth Elect Officers

Young people from Elias Lutheran Church held their election of officers for the 1974-75 year on Sunday evening when the Luther League met for a business session. Elect-

ABIGAIL

(Continued From Page 1), television.

By no means should anyone say, television is not to be enjoyed, however. Instead, we should allow television to stimulate thought and provoke new ideas. Science fiction movies, sporting events, talk shows can all be tolerated in moderation if learning takes place and TV serves its purpose as a motivator.

ed to serve as President is Denise Sanders. Vice President is Tina Dinterman, Secretary, Deborah Leatherman and John Holt, Treasurer.

Luther League, the official youth organization for Lutherans, is open to all young people from Grade Six through high school. The local group has planned a busy schedule which includes fun nights as well as trips throughout the fall and winter months.

Serving as Advisors for the Luther League at Elias Church are Mr. and Mrs. Richard Smith. The recently elected officers will be installed Sunday, October 13, during the 10:30 Worship Service.

NOTICE

EFFECTIVE IMMEDIATELY

Due to lack of rain, residents are asked to refrain from watering lawns, hosing down sidewalks, washing cars, and using water unnecessarily in any other way until further notice.

RICHARD M. SPRANKLE, Mayor

REMEMBER

Spring Flowers Require A Little Planning and Planting In Fall. These Bulbs Can Blossom In Your Backyard.

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By Selling Gas Cheaper

Nice Line of Groceries; Gloves, Hunting Caps & Toys
For-A-Fair Deal — Deal With Dan

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50% DISCOUNT

ENGINE TUNE-UP PARTS SPECIAL

Includes Air filter, spark plugs, Motorcraft point set, Motorcraft condenser, Motorcraft PCV valve and Motorcraft fuel filter. Street and taxi, slightly less. Excludes slightly higher.

Manufacturer's Suggested List Price \$25.00	
Engine Tune-up Parts Special	\$12.50
Excludes...	\$12.50
Your Total Special Price With Coupon	\$25.00

VALIDATION AREA

Date: _____ Customer Signature: _____

Repair Order Number: _____ Authorized Dealership Signature: _____
This price subject to applicable state and local taxes.
OFFER EXPIRES NOV. 30, 1974

50% DISCOUNT

OIL FILTER SPECIAL

Includes Motorcraft Oil Filter with purchase of oil change and 5 quarts of oil. Four-quart refills only. Slightly less.

Manufacturer's Suggested List Price \$4.00	
Oil Filter Special	\$2.00
Excludes...	\$2.00
Your Total Special Price With Coupon	\$4.00

VALIDATION AREA

Date: _____ Customer Signature: _____

Repair Order Number: _____ Authorized Dealership Signature: _____
This price subject to applicable state and local taxes.
OFFER EXPIRES NOV. 30, 1974

50% DISCOUNT

DISC BRAKE PARTS SPECIAL

Replacement of front disc shoes and lining assemblies including hardware. Parts price applies to most full-size Ford Mustang and luxury cars and may vary by model and car line.

Manufacturer's Suggested List Price \$29.35	
Disc Brake Parts Special	\$14.67
Excludes...	\$14.67
Your Total Special Price With Coupon	\$29.35

VALIDATION AREA

Date: _____ Customer Signature: _____

Repair Order Number: _____ Authorized Dealership Signature: _____
This price subject to applicable state and local taxes.
OFFER EXPIRES NOV. 30, 1974

50% DISCOUNT

SHOCK ABSORBER SPECIAL—FOUR SHOCKS

Includes four Motorcraft Shock Absorbers. Special on two shock absorbers also available at a lower total special price.

Manufacturer's Suggested List Price \$83.00	
Shock Absorber Special—4 Shocks	\$31.90
Excludes...	\$31.90
Your Total Special Price With Coupon	\$83.00

VALIDATION AREA

Date: _____ Customer Signature: _____

Repair Order Number: _____ Authorized Dealership Signature: _____
This price subject to applicable state and local taxes.
OFFER EXPIRES NOV. 30, 1974

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EMMITSBURG MARYLAND

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20% OFF

1 TABLE BOYS SLACKS

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JACK & JILL SHOPPE

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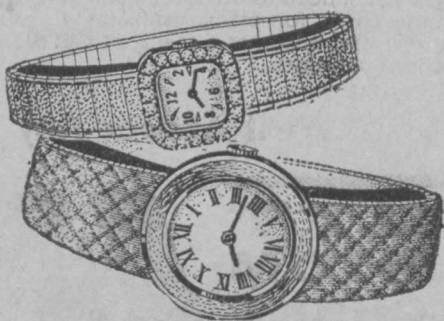
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