



Emmitsburg Chronicle

SERVING THE WONDERFUL PEOPLE OF THE CATOCTIN MOUNTAINS

EMMITSBURG CHRONICLE, EMMITSBURG, MARYLAND, THURSDAY, JANUARY 23, 1975

Weekly Thought

"Sitting around and talking about the good old times that are gone doesn't get us anywhere in the direction of the good times that are to come"—Geo. M. Cohan.

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Most Anything At A Glance

- By Abigail -

As I sit here writing this column, I see that the blanket of snow laid down Saturday morning still remains on the lawns and some sidewalks in Emmitsburg. The streets are clear and dry, though, thanks to the town crew, who, with their usual promptness, cleared away the threatening white stuff before it could put a halt to travel.

And for the most part, the homeowners in town have done their part in clearing the sidewalks in front of their properties, too. Some haven't, and these folks seem content to let the sunshine and pedestrian traffic do the job for them.

Just as a reminder, there is a local ordinance which states sidewalks must be cleared of snow within 12 hours after a snowfall. Hint. Hint.

From a friend at Mount Saint Mary's, I've learned that five area high school seniors have just been accepted to that college for the upcoming school year. Congratulations, and I've asked the editor to put your names in the paper so everyone will know whom to pat on the back.

Speaking of Mount Saint Mary's, it never fails to amaze me how that college continues to grow. Why, at a time when other institutions are crying for more money, the Mount begins construction on a new auditorium building!

My viewpoint may be overly simplistic, but what's good for the Mount is good for Emmitsburg. Our incomes and economies are closely related, so it seems.

All you skiers must be aware that Ski Liberty is open and the chair lift is running full throttle, carrying hundreds of winter sport enthusiasts up the slopes. I've heard skiing conditions are quite good, and if I wasn't so old, I might be tempted to give skiing a try.

Which reminds me, Maryland's Attorney General issued a consumer's bulletin to all skiers. According to him, nearly all ski accidents are caused by two factors; the inexperience of the skier and the poor quality and condition of his equipment.

The Attorney General says, "Be sure your equipment is properly fitted, adjusted and maintained. Beginners should rely on a reputable ski shop for the original purchasing, fitting and adjusting of all ski equipment."

"The fit of the boots is very important. If they are too large, the feet can slip forward and back and reduce the skier's ability to control the skis. If they are too tight, they can constrict circulation, thereby promoting frostbite."

The point the Attorney General makes is, "Land on your feet, not on your head."

Now, if we could just get those sidewalks cleared...

5 Area Seniors Accepted At MSM

The following students from this area have been accepted to Mount Saint Mary's College for the 1975-1976 school year:

Gerald W. Nusbaum, Emmitsburg; Joel D. Neighbors, Emmitsburg; Gary J. Orndorff, Rocky Ridge; Douglas D. Orner, Emmitsburg; and Michael G. Ryder, Emmitsburg.

WEATHER REPORT

Temperatures and precipitation for the Emmitsburg District for the week ending Fri., Jan. 17, as reported by the National Weather Service, Mrs. Lucille K. Beale, local observer, were as follows:

Sat., Jan. 1168	38	..22
Sun., Jan. 1262	39	..01
Mon., Jan. 1340	32	..24
Tues., Jan. 1434	18
Wed., Jan. 1530	10
Thurs., Jan. 1639	21
Fri., Jan. 1737	22

22 Advisors Join Food 'N Friends

The appointment of 22 members to the Food 'N Friends Advisory Council for the Frederick County nutrition program for older adults was announced this week by Mary Lou Ritter, director of the program which began on January 7, 1975.

Members of the council, which will advise staff members on the conduct of the program, include representatives of the participants in the program, individuals knowledgeable in the field of nutrition and other persons concerned about the needs of the elderly, Mrs. Ritter said.

The council held its first meeting on Monday in the Evangelical Lutheran Church Trunk Hall eating site in Frederick.

The council heard reports on plans made thus far to provide one hot meal a day, five days a week, for the county's 13,000 older persons. The cost of the program, estimated at \$60,000 for the first year, is being financed by a federal grant from the Maryland State Commission on Aging under the Nutrition Program for the Elderly Act passed in March, 1972, by Congress.

The local program will be modeled substantially after some 23 research and demonstration nutrition programs funded by the Administration on Aging during the last four years.

The program includes setting up dining rooms central to the greatest number of Frederick County's elderly, counseling on such subjects as health and welfare and educational and recreational programs at the centers.

Members of the Advisory Council include Lawrence Dorsey, County Commissioner; Dr. Charles Spicknall and Mrs. Nellie Simpson of the Health Department; Mrs. Geneva Barthel, Dept. of Social Services; Mr. William Goodman of Social Security Office; Mrs. Kathryn Jenkins and Mrs. Karen Abernethy of the Extension Service Home Economics; Mrs. Pat Dean, American Red Cross; Mrs. Patricia Thorne, Commission on Aging; Mrs. Shirley Brobst, Nutritional Consultant; Mrs. Marguerite Hess, Mrs. Gwendolyn Swann, Miss Blanche Boone, Mr. Sanford Blum, Mrs. Betta Stephens, Mrs. Betty Innes, Mrs. Ethel Porter, Mrs. Helen McNair, Mrs. Kathleen Elower, Mrs. Dottie Engle, Mrs. Ann Hunt and Rev. Lauver.

\$214 Million Spent in Maryland By VA

More than \$214 million was pumped into Maryland's economy by the Veterans Administration during fiscal year 1974, VA Regional Office Director, Mr. Thomas H. Price, Jr., announced this week. The expenditures consisted of direct payment of veterans' benefits, as well as money spent for construction, payroll and operating costs in the state's five VA facilities.

Mr. Price said about half the money went to recipients of VA compensation and pension programs. Compensation payments go mainly to eligible service-disabled veterans, while pensions are paid to certain other classes of disabled veterans, widows and other qualified survivors.

VA's second largest benefit program—education, training and rehabilitation assistance—amounted to payment of more than \$52.8 million to Maryland citizens during FY 74.

Funds to operate and staff the state's three VA hospitals accounted for most of the \$43.4 million spent directly by the agency in the fiscal year ending June 30. Veterans' hospitals are located at Ft. Howard, Perry Point and Baltimore. Other VA facilities in Maryland are the Regional Office and Outpatient Clinic in downtown Baltimore.

ANNOUNCE MARRIAGE

Mr. and Mrs. Clyde Topper of Rocky Ridge, wish to announce the marriage of their daughter, Catherine, to Robert Glass, Jr., son of Mr. and Mrs. Robert Glass of Marysville, Ohio. The wedding took place December 28.

Mr. and Mrs. Topper, Mary, Jacob, Joseph, Karen, Jay and Mrs. Teresa Leister, went out to the wedding.

Sr. Citizens Plan Spring Festival

Board members of the Emmitsburg Senior Citizens Club met January 16, and the decision was made to hold the annual Spring Festival April 19, 1975. The festival, which will start at 10:00 a.m., will take place at the Senior Citizens Center.

There will be a covered dish social February 18, 1975, at the VFW Annex, at 6:00 p.m. The Senior Citizens Club will furnish the meat (turkey), dressing, gravy, potatoes and beverage.

Don't forget, each Wednesday morning is "work-day" for club members.

Coal Supply Back To Normal For P.E.

Allegheny Power System companies have announced the recent coal supply emergency has now eased with coal mine operations fully resumed and deliveries to power stations back to normal.

The Potomac Edison Company and its affiliates in Allegheny Power System had appealed to customers in early December for restraint in the use of electricity because of dwindling stockpiles resulting from the nationwide coal miners strike in November.

Utility company officials reported today that coal deliveries to all APS stations have returned to normal, and efforts are continuing to bring stockpiles up to normal levels. Practically all APS stations are coal-fired.

Even with the end of the emergency supply situation caused by the coal strike, PE officials continued to urge customers to practice conservation through the "wide use of energy," with particular emphasis on conservation during the winter peak period between 5 and 8 p.m. each day.

The Allegheny Power System includes PE, Monongahela Power and West Penn Power. Together, these companies serve nearly one million customers in parts of Maryland, Pennsylvania, Virginia, West Virginia and Ohio.

Prayer Breakfast At Fort Ritchie

The annual National Prayer Breakfast will be held at Ft. Ritchie January 30 from 7 a.m. to 8 a.m. The event is sponsored by the command of Ft. Ritchie to acknowledge the moral and spiritual values upon which our nation was founded.

Opening the interdenominational observance at the post Dining Facility will be a call to breakfast and a prayer of grace by Lt. Col. James A. Stanford, Protestant chaplain, and Capt. John L. Bakle, Catholic chaplain.

Following breakfast, there will be readings from the Old and New Testaments, and anticipated taped remarks from the Secretary of Defense and the Secretaries of the Army, Navy and Air Force. Highlighting this portion of the program will be a statement from Col. Harold G. de Miya, post commander.

Subsequently, there will be a responsive prayer for our nation, a hymn for God and country and a benediction by Rabbi David E. Wucher of the Congregation B'nai Abraham, Hagerstown, Md.

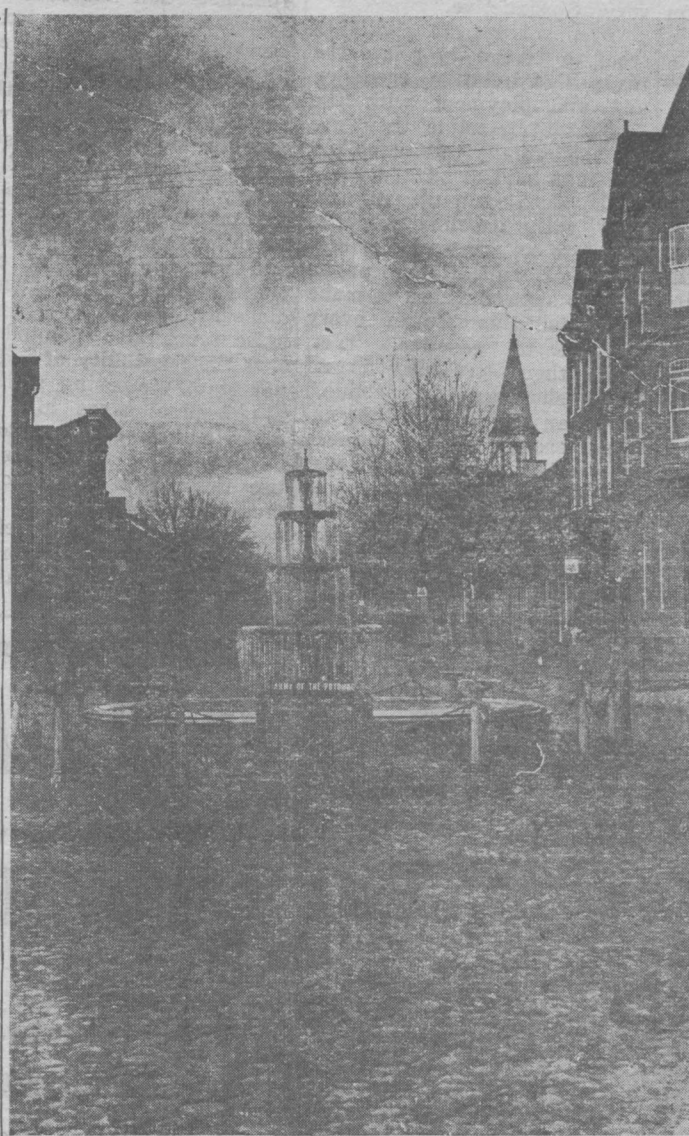
A special welcome to attend the Prayer Breakfast is extended to members of the surrounding communities. There will be a charge of 50 cents for enlisted personnel and 75 cents for officers and civilians. It is encouraged that reservations be made by calling the chaplains' offices through a post operator (878-1300, Waynesboro; 733-7100, Hagerstown; 271-2716, Frederick; 642-8918, Gettysburg.)

Food 'N Friends Menu Listed

The menu for next week's Food 'N Friends meals in Emmitsburg, is as follows:

Tuesday, Jan. 28
Frankfurters
Whipped Potatoes
Sauerkraut
Roll and Butter
Applesauce
Milk

Thursday, Jan. 30
Meat Loaf
Baked Potato
Peas and Carrots
Bread and Butter
Orange Jello with Topping
Milk



Compare this winter scene, showing the fountain that stood on the Town Square in 1908, to today.

Evening Classes At Mt. St. Mary's

Courses in Kung Fu Karate, American Films and Child Psychology are among the many offerings that will be available during Mount Saint Mary's Evening Division of Classes for Spring 1975.

The courses will begin the week of February 3. Registration will be held on Thursday, Jan. 30, from 2 to 4:30 p.m. and from 6 to 8 p.m., and on Friday, Jan. 31, from 9 to 11 a.m.

The following courses will be offered:
General Virology (3 credits) on Tuesdays from 7 to 10 p.m. by Dr. Gerard J. Spahn. It includes viral replication, immunology, classification, oncogenicity, pathogenesis and techniques utilizing both in vivo and in vitro methods.
Literary Themes and Types:

American Films (3 credits) on Thursdays from 7 to 10 p.m. by Dr. Robert E. Ducharme. A survey of the development of American films from Griffith to the present, the course will focus on major directors and on major genres (comedy, melodrama, musicals, westerns). No prerequisites.

History of Art: Survey (3 credits) on Mondays from 7 to 10 p.m. by Professor John D. Lyle. It will be a general study of Western painting, sculpture, and architecture from the High Renaissance through the modern period. No prerequisites.

America in the 70's: The News Media and Our Understanding of America (1 credit) on Tuesdays from 7 to 8 p.m. by Dr. Robert M. Preston. A multimedia study, the course will explore what determines what the news media presents to us and the consequences of such. No prerequisites.

Philosophy and Politics (3 credits), Mondays from 7 to 10 p.m. by Professor George E. Winnes. It will examine some of the relationship between intellectual life and political life. Specific topics include the age-old conflict between Socrates and the city, the contemporary estrangement between truth and government, and such perennial themes as the public and the private, and community and solitude. No prerequisites.

Karate-Kung Fu (1 credit) on Wednesdays from 7 to 9 p.m. by Mr. Don R. Tyler, Black Belt. No prerequisites.

Introduction to Child Psychology (2 credits) on Wednesdays from 7 to 9 p.m. by Rev. Msgr. Robert R. Kline, Ph.D. It will cover the basic needs of the personality, the child's world, knowledge and emotions of the child, and discipline for the child. No prerequisites.

Additional information may be obtained at the Registrar's Office on the Mount campus.

TAX—Q & A

Q. What are the record keeping requirements of the IRS?

A. Taxpayers are required by law to keep records that will enable them to prepare complete and accurate income tax returns. Although the law doesn't require any special form of records, taxpayers must retain all receipts, canceled checks, and other evidence to prove amounts claimed as deductions. If a taxpayer files a claim for a refund, there must be records to prove overpayment of tax. Furthermore, records that support an item of income or a deduction appearing on a return must be kept until the statute of limitations for the return expires. Usually this is three years from the date the return was due or filed, or two years from the date the tax was paid, whichever occurs later.

Q. I own part of some rental property with two other people. We all share expenses of maintaining the property. How do I deduct what I paid in expenses?

A. If you own a part interest in rented property, you may deduct only your proportionate share of the deductible expenses, even if you paid more than your proportional share of the expenses.

Q. During settlement on a house I just bought, I had to pay transfer taxes on the sale. Is this a deductible tax?

A. No. Transfer taxes (or stamp taxes) and other incidental taxes imposed on the sale of a personal residence are not deductible. However, if they are paid by the seller, they constitute expenses of sale and serve to reduce the amount realized on the sale. If the buyer pays these taxes they become part of the cost basis of the property. If they are deducted as moving expenses, transfer taxes may not be used either to reduce the amount realized upon the sale of the residence or to increase the cost basis of the new residence when determining gain on the sale of a residence.

Q. Can I deduct the full amount of the sales tax I just paid on my new car?

A. If the rate of a state or local sales tax on motor vehicles is higher than the general sales tax rate, that part of the tax paid that is equal to a tax imposed at the general sales tax rate is deductible.

Q. The local Little League will meet this Sunday, January 26 at 1 p.m. in the VFW. All officers, managers, coaches and other interested persons are urged to attend.

Q. The legislation that Mathias and the other Senators introduced during the first week of the new Congress would prevent the price increase from becoming effective.

Among the sponsors of the measure are Sen. George McGovern (D-S.D.), chairman of the Senate Nutrition Committee, and Senate Minority Leader Hugh Scott (R-Pa.).

Girl Scouts End Active Year

Girl Scouts in the Emmitsburg area were busy in the month of December.

Brownie Troop 650, with Mrs. Mary Greco as their leader, made Christmas gifts for their parents. They trimmed a tree for their meeting room in readiness for their Christmas party at which they exchanged gifts within the troop, sang carols and rounded out the evening playing games and enjoying the ever popular snacks. These Brownies, along with Junior Troop 1164, collected money by door to door canvases for the Cystic Fibrosis Foundation. The girls saw a film and heard a talk by a representative from the Foundation and consequently did their part. These girls deserve a big hand.

Junior Troop 1164, with Mrs. Margie Myers as leader, worked on their badges during the month in anticipation of the Court of Awards which is being planned as their Thinking Day project. They also had a Christmas party with the exchange of gifts, carol singing, games and snacks and everyone having a great time.

Troop 405 is busy working on their badges and planning their Court of Awards to be held in January. This Junior Troop with Barb McGraw as leader, had a Christmas party in their meeting room at the Incarnation Church of Christ with the girls having a fun and festive time.

Cadet Troop 350 met at the home of their leader, Mrs. Gail Harris, on December 14 to make Christmas wreaths to be distributed to the local churches. Five wreaths were made and presented to the places of worship by girls from the troop. On several afternoons, the Cadettes, at the home of Mrs. Shirley Dillon, worked at cleaning and painting a piece of greenware in a step toward learning about ceramics.

On December 17, Troop 350 held its Investiture and Rededication ceremony with four girls being invested—Laurie Harris, Debbie Kreitz, Darlene Miller and Josey Sanders. All the girls recited the promise and laws as each candle was lit and each received their girl scout pins, their troop crest patch and a cadette patch. Following the ceremony, the girls and adult members exchanged gifts, sang carols and enjoyed a delicious snack. Many things are being planned by the troops, including a camp-out, for the coming months, and a very busy spring is foreseen.

Bill To Halt Rise

In Food Stamp Cost

Sen. Charles McC. Mathias, Jr. (R-Md.) and more than 30 other Senators of both parties are sponsoring legislation to block an Administration proposal that would greatly increase the cost of food stamps to elderly and other low-income persons in Maryland and across the country.

"There are many ways to fight inflation in this country that make economic and social sense, but this is not one of them," Mathias declared. "It risks increased hunger and malnutrition to thousands of families."

Mathias said more than 83,000 Maryland families, involving 235,000 individual members, including 150,000 children, would be affected by the food stamp price increase that is scheduled to go into effect March 1.

Under the Agriculture Department proposal, all food stamp recipients would be required to pay a flat 30 percent of their incomes for food stamps. They currently average 23 percent, but the poorest recipients pay as little as 5 percent.

A study by the Senate Nutrition Committee has indicated that 95 percent of the Nation's 15 million food stamp recipients would pay more for their food under the proposed change in regulations.

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Letter To Editor

Editor, Emmitsburg Chronicle:

We wish to thank the men of the Emmitsburg VFW ambulance for all their assistance during the past four months.

After I fell and broke my ankle, they were right there to get me to the hospital, and eight days later, they were there to bring me home.

We live four miles outside of Emmitsburg and had no way at all to get back and forth to the hospital. I couldn't walk and I was very worried about getting to and from the hospital for treatment, but these gentlemen saw to my transportation. Our entire ambulance crew is really great, the very best.

However, I must express our deep gratitude to two very special young men, Mr. Jack Hoke and Mr. Tom Topper. Every two weeks for nearly four months, they came and picked me up and took me to the hospital for treatment. Then they waited at the hospital for me and then they brought me home. The majority of the time, they came directly from work and had no sleep, but they were as nice as could be, although very tired. They always had a smile and kept our spirits up.

We never really appreciate the services available to us, unfortunately, until we are in need of them. We think we all know that the Emmitsburg VFW ambulance is there if we need them. But, I've heard quite a few people say, they are just doing what they are supposed to be doing. But, in this case, they surely went far beyond doing just their jobs. It's not always so apparent how these men extend their assistance beyond what they really need to do.

We think we all should stand behind our ambulance crew and stand behind them in our donations. It's a service we all benefit from at one time or another. Let's all remember to contribute our share.

We are very grateful to these men and wish everyone to know how great they really are.

With our sincerest thanks,

Pat McDowell & Thelma Berends

Catoctin FFA Sells Fruit During Dec.

The Catoctin Chapter of the Future Farmers of America held its annual Florida citrus sales during the month of December. Approximately 1,350 crates of oranges, tangelos and pink grapefruit were sold to citizens of Thurmont, Emmitsburg and the surrounding areas.

The fresh tree ripened fruit was ordered from the Blue Goose Corporation of Florida. Chairman of the sales was Patty Myers, with committee members consisting of Brenda Keilholtz, Danny Fitzgerald, Ricky Favorite, Doug Long, Phil Wivell and Bob Wivell.

A contest was held for persons selling the most crates of fruit. Winners were: first, Cheryl Myers; second, Karen Bumbaugh, and third, Debbie Bunker. Also winning prizes were, Donna Magin, Tom Green, Phil Wivell, Brenda Keilholtz and Tommy Willard.

Profits from this project are used for the annual trip to the Pennsylvania Farm Show and for community activities. The Catoctin FFA Chapter would like to thank the community for their support in making this annual project a success.

Double Win For St. Joe Cagers

Saint Joseph's High School varsity basketball teams scored a double victory Tuesday night, when they met Broad-Fording Academy at Mount St. Mary's gym.

In the opening game, the Trojan girls edged their opponents, 34-30. Sophomores Cindy Stewart and Angie Wivell led the scoring with 14 and 10 points respectively.

Another sophomore, Greg Adelsberger, scored 27 points as the boys defeated the Lions 76-63. Senior Joel Neighbors added 14 to the winning effort.

The girls' victory gave them a 5-1 conference record, eligibility for the league championship, and 6-3 overall. The boys are 8-7 for the season, and 5-2 in the league.

\$50 Million To Aid Arthritis Research

President Ford has signed into law the first piece of national arthritis legislation passed by Congress in the last 25 years.

The National Arthritis Act authorizes 50 million dollars to be spent over a three-year period to upgrade research, training, and treatment in combating the disease.

Dr. L. Myrton Gaines, Jr., President of the Maryland Chapter of the Arthritis Foundation, hails the new legislation as a boon to the state's 400,000 arthritis sufferers.

"Arthritis is America's No. 1 crippler," he says, "yet the federal government has been spending less than \$1 a year per victim on research and education."

Since arthritis maims more than it kills, Dr. Gaines explains, it's important that patients receive optimum care from the time their symptoms first appear in order to prevent permanent disabilities.

"At long last," adds Dr. Thomas Zizic, a member of the Medical Committee of the Maryland Chapter, "the government has recognized arthritis as a major national health problem."

The act authorizes the establishment of a National Commission on Arthritis, and the funds, if they are appropriated this spring, will be used primarily to support arthritis treatment centers and medical training programs.

Congress, in approving the act, also called attention to the need for treating the nation's 250,000 children, 5,000 of whom are in Maryland, suffering from JRA, juvenile rheumatoid arthritis.

Rev. Philip Roulette, Chairman of the Frederick County Council of the Arthritis Foundation, encourages arthritis victims in the county to call the County Health Department at 662-1101 for information about the free arthritis evaluation clinic.

Mathias Acts On Senate Filibuster

Sen. Charles McC. Mathias, Jr. (R-Md.) has urged the Senate to reduce the vote margin by which the Senate can vote cloture to shut off filibusters on legislation up for action on the Senate floor.

Senator Mathias joined a group of Senators who are seeking to change the rules of debate, so that only 60 percent of those present and voting could invoke cloture and bring about a final vote. Present rules require a two-thirds margin.

"There comes a time when everything that merits saying has been said. In the vast majority of cases, we can agree on a time for a vote by unanimous consent. But on occasion, Senators attempt to delay action, to force compromise, or to defeat legislation not by votes but by words alone," Senator Mathias said in debate on the Senate floor.

"Rule 22 says that debate shall end when cloture is invoked by two-thirds of the Senators present and voting. But our experience in this body is that this number is so high that debate lingers on even after all that needs to be said has been said," Mathias remarked.

Senator Mathias called the November elections a "signal" to Washington that people are looking for action. "The vote on further limits on filibusters will indicate whether we heard that signal, and whether we shall respond," Senator Mathias said.

Silver Fancy Club To Meet Feb. 20

On January 16, the Silver Fancy Garden Club met at the home of Mrs. Charles Smir, president, with eight members present.

A new slate of officers was presented to serve for the next two years. This is to be voted on at the next meeting on February 20, at the home of Mrs. Thomas Frailey, Emmitsburg.

The program for the afternoon was in charge of Mrs. John White. The subject was "Birds in Maryland." Refreshments were served by the hostess.

You and your pet

By TED KAVANAUGH, DIRECTOR, ALPO PET NEWS BUREAU

New Films On Obedience Training

The dog is one of nature's smartest animals. Failing to teach it anything more than being house-broken or fetching a stick is wasting your dog's natural talent.

All dogs are not only smart but will try to do anything to please their master. All you have to do is show what you want of them. And that's what obedience training is all about.

Here's one good way to learn how to train your dog. Milo and Margaret Pearsall, nationally known expert trainers, have made a series of five 15-minute films entitled "Dog Obedience Training." They show how you can do it.

The films are 16 mm. full color/sound. They range from puppy training on up through advanced training for AKC competition. This film series is available to groups on loan without charge, courtesy of ALPO.

Utility Dog Training Film

The Puppy, Novice and Open training films were reviewed in my previous columns. Here are some brief notes on the fourth film's topic, Utility Dog Obedience Training.

The Utility trained dog is a working partner of his owner: e.g. retrieving articles through scent discrimination, on command.

For some events in Utility Class competition at dog shows, the articles are behind barriers which the dog must jump to reach and retrieve them. We see that in the film's opening. It's exciting. The dogs are eager; and all have loving masters who have taken the



Doberman Pinscher

You learn about directed jumping training, making and working with scent articles, teaching signals, developing a trainer's footwork, and so on. Sometimes the camera shows how the training action looks from the dog's angle — and that helps your understanding as a teacher.

Obtaining the Films

The set of five Dog Obedience Training films may be requested on loan without charge for up to one week by any kind of club or group (no individual requests, please). Just write me at ALPO Pet Foods, Box 2187, Allentown, Pa. 18001. State 1st and 2nd choice dates at least 30 days in advance.

These films are a free loan service of the ALPO Film Library. Users are asked only to pay return postage insured.

Next, the film on Training For Tracking will be reviewed.

Auto Club Joins "Gas Watchers"

The Automobile Club of Maryland said this week that it is enthusiastically joining the nationwide program of voluntary gasoline conservation endorsed by President Gerald R. Ford as presented to him by the American Automobile Assn. at the White House.

"The program, to be known as 'Gas Watchers,' has a specific goal of getting all American drivers to make 5 gallons of gasoline do the work of 6," according to Richard A. Hartman, president of the Maryland club. This is in line with the national goal of reducing oil imports by one million barrels per day from the present rate of about 6 million barrels, Hartman said.

At the White House meeting with AAA executives, President Ford recognized Gas Watchers as the first substantive program to offer detailed advice for motorists to follow in trimming fuel use to help

put the brakes on inflation and recession. President Ford said the program is "very much in the national interest, very constructive."

"Few American citizens seem to personally relate the ravages of inflation, recession and unemployment with the amount of gasoline they use in the family automobile," Hartman said.

The auto club official said that with gasoline supplies adequate at present, the majority of the driving public sees no apparent need to make more judicious use of every tankful of gasoline. "Yet, while there presently is no acute shortage of gasoline," Hartman stressed, "the national energy problem is more of a crisis today than it was last winter during the oil embargo."

He pointed out that until now no comprehensive voluntary program existed. "Claims

that 'voluntarism isn't working' fail to reflect the fact that there has been no real program to make it work," Hartman said.

Despite the fact that the Administration has asked for such measures as a tax on imported oil and a move to allow domestic oil prices to increase, Hartman said, "these represent but one step toward possibly more severe restrictions on U. S. drivers if voluntary fuel use reductions are not made immediately. Such harsh measures could be formal gasoline rationing or a much higher tax on gasoline alone."

Hartman also pointed out that the possibility of individual states imposing additional gasoline taxes also presents a serious threat to the 78 per cent of all drivers who use their cars to get to and from their jobs.

"All this makes it clear," Hartman said, that Americans must act—in their own as well as the national economic interest—to reduce gasoline consumption voluntarily as soon as possible.

"But any such voluntary plan must of necessity rely on the motivation of the individual driver. In order to achieve this motivation," he said, "drivers need to have a structured, comprehensive plan before them to clearly understand why they should reduce gasoline use and how to do it without hardship."

"Gas Watchers," Hartman said, "does just this."

The three-part Gas Watchers program consists of:

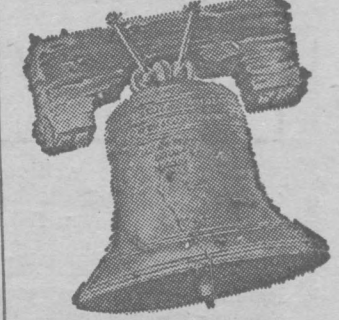
—Helping the public to understand—through information programs in various communications media—the soaring energy costs are a prime factor in feeding inflation and recession, with high-cost oil imports contributing to unemployment and rising consumer prices.

—Offering practical advice through a special "Gas Watchers' Guide"—on how drivers can conserve gas with least inconvenience to themselves and their families. A variety of gas-saving options suited to different types of driving is clearly outlined.

—Measuring and publicizing results of the program on a regular basis, based on gasoline consumption figures.

Recognizing that such a vital, massive effort will need broad support from other organizations, as well as individuals, the official said AAA will seek joint participation from key businesses and associations, professional societies, civic clubs, neighborhood groups, students and churches in getting all drivers to become Gas Watchers.

KEEP FREEDOM RINGING



BUY U.S. SAVINGS BONDS

ADULT EDUCATION CLASSES

BOARD OF EDUCATION OF FREDERICK COUNTY
SPRING SEMESTER, 1975

GENERAL INFORMATION

CLASSES BEGIN the week of February 3, 1975 unless noted otherwise.

MEETING TIMES: Unless noted otherwise, classes meet from 7:00-9:00 p.m.

* Classes noted below with an asterik are continuing two-semester classes accepting new students.

All other classes listed are new classes beginning this semester.

FEES: Most class fees are set on the basis of the number of sessions the class meets. The fee is based on \$1.00 per session. A 12 session class costs \$12.00, a 10 session class \$10.00, etc. Exceptions are noted in the schedule below.

MATERIALS: For some classes there may be a small materials fee.

FURTHER INFORMATION: Contact the instructor or call 662-9200, ext. 267.

CLASS SCHEDULE						CLASS SCHEDULE					
Location and Course	Instructor	No. of Sess.	Day(s)	Room	Fee	Location and Course	Instructor	No. of Sess.	Day(s)	Room	Fee
BRUNSWICK HIGH SCHOOL						*Typing 2 (8:20-10:10)	White	24	T&Th	23	12
*Adult Basic Education (High School Equivalence) (ABE/GED)	Palamara	24	T&Th	107	Free	*Woodworking (7-10)	Miller	12	M	T-2	12
*Auto Maintenance & Repair for Women	Forrest	10	W	304	\$10	*Woodworking (7-10)	Miller	12	W	T-2	12
*Clothing 1 & 2	Matan	12	W	102	12	GREEN VALLEY ELEMENTARY					
Electricity/Electronics (7:00-10:00)	Harrison	12	W	602	12	Parent Enrichment Training	Baker	8	M	Music Rm.	8
Leathercraft & Graphic Arts (7-10)	Huber	12	W	603	12	*Slinmnastics	Grove	12	M	Gym	12
Horticulture (7-10)	Cisar	12	W	601	12	*Slinmnastics	Grove	12	W	Gym	12
Metal Shop (7-10)	Weaver	12	W	105	10	LEWISTOWN ELEMENTARY					
Key Punch (Begins March 5)	Kubat	10	W	105	12	Basic Drawing	Padget	6	Th	Art Room	6
*Physical Fitness	Fraser	12	M	Gym	12	LIBERTY ELEMENTARY					
*Physical Fitness	Foltz	12	W	Gym	12	*Adult Basic Education (High School Equivalence) (ABE/GED)	Stoner	24	M&W	Library	Free
Shorthand Review	Hardesty	5	M	105	5	LINGANORE HIGH SCHOOL					
Technical Drawing (7-10)	Gaither	12	W	219	12	*Agriculture Mechanics	Riggs & Shry	12	M	Ar. Shop	12
Woodworking (7-10)	Brown	12	W	600	12	*Clothing 1 & 2	Lease	12	M	Home Ec.	12
CARROLL MANOR ELEMENTARY						Horticulture (7-10) (Begins Jan. 23)	Riggs & Shry	12	Th	Ar. Shop	12
Parent Volunteer Training in Reading	Minnick	10	W	Library	Free	Photography (7-10)	Nikirk	12	T	212	12
CATOCTIN HIGH SCHOOL						MIDDLETOWN ELEMENTARY					
*Auto Mechanics (7-10)	Oland	12	T	Auto Shop	\$12	*Slinmnastics	Estep	12	M	Multipurpose	12
*Clothing 2	Lambertson	12	Th	B-6	12	MIDDLETOWN MIDDLE SCHOOL					
College Information for Parents (Begins April 8)	Quick	5	T	B-6	12	*Refinishing Antiques (7-10)	Nichols	12	M&Th	Shop	12
Knitting	Renard	12	M	B-1	8	Woodworking	Roy	12	T	Shop	12
Needlepoint	Holland	8	M	B-14	12	MIDDLETOWN HIGH SCHOOL					
Oil Painting	Staff	12	M	B-14	12	College Information for Parents (Begins March 4)	MacMillan	3	T	Open Space	Free
*Pottery	Hall	12	M	B-6	12	Cake Decorating	Phillips	6	M	Home Ec.	6
Start Sewing-Keep Sewing	Michael	12	M	A-1	12	Home Construction and Improvements	Milliner	12	W	Entrance 7	12
*Woodworking (7-10)	Kreh	12	W	A-1	12	Let's Make a Blazer (Pre-register by calling 371-7595)	Pennington	12	W	Home Ec.	12
COMPLEMENTARY SCHOOL—304 N. Market St.						*Shorthand I	Newkirk	12	Th	Bus. Ed.	12
Adult Basic Education (High School Equivalence) (ABE/GED)	Staff	24	M&W		Free	Swimming (7-8)	Hughes	12	W	Pool	12
EAST FREDERICK ELEMENTARY						Speed Reading	Rhodes	12	M	A-4	12
Parent Volunteer Training in Reading	Miller	10	M	Library	Free	Typing	Newkirk	10	T	Bus. Ed.	10
EMMITSBURG AREA (Lifelong Learning Council)						NEW MARKET ELEMENTARY					
Emmitsburg School	Meredith	6	T		6	Adult Basic Education (High School Equivalence) (ABE/GED)	Staff	24	M&W	Library	Free
Baking	Brake	4	T		4	ROCK CREEK CENTER					
Ms. Fix-It	O'Brien	10	W		10	Adapted Parent-Child Physical Ed. for Learning Disabilities (10-12 a.m.)	Krantz	12	Sat.	Gym	Free
Physical Fitness—Women						Adult Basic Education	Panza	12	M	Pre-Voc.	Free
Mount St. Mary's College						Parent-Child Speech Therapy					
America in 70's—The News Media (7-8)	Preston	12	T	Ad. Bldg.	12	Activities for Handicapped Children (10-12 a.m.)	Daduk	12	Sat.	41	Free
History of Art II (7-10)	Lyle	12	M	Barrett Hall	12	SAGNER RECREATION CENTER					
Seton Center						*Adult Basic Education	Baker & Lipan	24	T&W		Free
*Adult Basic Education (ABE)	Seess	24	T&Th		Free	SENIOR CITIZEN CENTERS					
*Auto Mechanics (Begins March 11)	Staff	3	T		3	Catoctin View					
*High School Equivalence (GED)	Marshall & Fitzpatrick	24	T&Th		Free	*Sing-a-Long	Ball	12	M		Free
Modern Math for Parents (Begins Mar. 5)	Greco	6	T		3	Frederick					
Needlepoint (Begins April 8)	Beale	3	T		4	*Art General (10-12 a.m.)	Freedman	12	F		Free
Personal Income Tax	White	4	W		4	*Ceramics (1-3)	Smith	12	T		Free
St. Joseph's High School						Middletown (Lutheran Church)					
Ceramics (7-9:30)	Sr. Anna Mae	12	M		12	*Velvet Painting (1-3)	Smith	12	Th		Free
Sewing: Beginning	McAllister	12	Th		12	Thurmont					
*Typing: Advanced and Beginning	McIntire	12	M		12	*Art (General) (10-12 a.m.)	Katzenberger	12	T		Free
FREDERICK HIGH SCHOOL						SOUTH FREDERICK PRIMARY					
College Information for Parents (Feb. 17 & 24)	Van Pelt	2	M	Library	Free	Parent Volunteer Training in Reading	Schenerline	10	W	Teachers Wk. Rm.	Free
*Graphic Arts (7-10)	Dennison	12	M	Graphic Arts	12	SUNNYSIDE COMMUNITY CENTER					
*Metal Shop (7-10)	Slimmer	12	M	Graphic Arts	12	*Adult Basic Education	Hays	24	M&Th		Free
*Plumbing & Heating (7-10)	Fawley	12	M	Metal Shop	12	THURMONT ELEMENTARY					
*Physical Fitness	Griffin	12	T	Flumb. Shop	12	Parent Volunteer Training in Reading	Nicholson	10	M	Library	Free
Typing (3:30-5:30)	Turner	12	T	Gym	12	THURMONT MIDDLE SCHOOL					
FORT DETRICK						Adult Basic Education (High School Equivalence) (ABE/GED)	Kinr	24	T&Th	Cafeteria	Free
*English as a Second Language	Taymans & Verity	12	T&Th	Bldg. 825	Free	URBANA ELEMENTARY					
GOV. THOMAS JOHNSON HIGH SCHOOL						Urbana Basic Education (High School Equivalence) (ABE/GED)	Dhority	24	M&Th		Free
*Auto Mechanics (7-10)	Lawson	12	M	P-7	12	Slinmnastics	Sterling	12	T	Multipurpose	12
*Auto Mechanics (7-10)	Lawson	12	W	P-7	12	WALKERSVILLE HIGH SCHOOL					
*Clothing 1	Meadows	12	M	11	12	Basic Electricity (7-10)	Stull	12	M	Ar. Shop	12
*Clothing 2	Reed	12	W	10	6	Far-Eastern Cookery	Rife	6	W	Home Ec.	6
Death and Dying	Anderson	6	M	30	40	WEST FREDERICK JR. HIGH					
Driver Education (7-9:30)	Dawson	12	M	30	40	*Adult Basic Education (High School Equivalence) (ABE/GED) (3:30-5:30)	Newcomer & Koch	24	T&Th	104 230	Free
*High School Equivalence	Newcomer & Koch	12	M&W	44	Free	*Community Chorus	Bowen	12	M		Free
Personal Income Tax Seminar	Yankosky	5	M	24	5	*Furniture Refinishing and Repair (7-10)	Bussard	12	M	Maint. Rm.	12
Introduction to Metric System for Parents	Fleming	6	Th	30	Free	*Small Gas Engine Repair (7-10)	Baker	12	M	Pow. Mach. Shp	12
Keypunch	Keeney	12	W	26	12						
*Machine Shop (7-10)	Nicholson	12	W	1-6	12						
Parent Enrichment Training (7-10)	Klose & Zerkle	8	W	32	8						
Picture Framing and Mat Cutting	Boothe	5	W	1	5						
Pilot Ground School	Luce	25	T&Th	40	25						
*Pottery	Culbertson	12	W	115	12						
*Pottery	Culbertson	12	Th	115	12						
Shorthand Review	Memmi	5	M	Off. Pract.	12						
Speed Reading	Rhodes	12	M	30	12						
Tailoring	Lambertson	12	T	11	12						
*Typing I	Ford	12	M	22	12						
Typing Review	Ford	12	W	22	12						



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BUSINESS AND THE STOCK MARKET

Rails Deserve Another Look

By Babson's Reports Inc., Wellesley Hills, Mass., January 23, 1975—Despite double-digit inflation and four consecutive quarterly declines in real Gross National Product, the nation's railroads had a relatively good year in 1974. According to the Association of American Railroads, the industry may have set an all-time record in ton miles of freight handled. And, as truck tonnage declined, the railroads seem to have increased their share of intercity freight traffic for the second consecutive year. The Association further pointed out that operating revenues probably reached a record high, exceeding the 1973 level by some 15%, with

Earnings also better.

Efficient Carrier System. Last winter's oil embargo forced this country to re-examine its transportation methods in terms of energy effectiveness. So the nation's railroads received more attention than in many years, since they are particularly efficient in transporting goods with a minimum of energy usage. A cargo jet moves about 30 ton miles of cargo per gallon of fuel, while a truck moves some 75 ton miles. Neither of these modes of transportation can come close to matching the energy efficiency of a 100-car freight train able to move 330 ton miles of cargo per gallon of fuel. Furthermore, through rail-

road electrification the rails could become even more economical energy users in years to come. True, electrification has developed slowly here, partly because of the large capital investment required. But there now appears to be sufficient interest in this direction to motivate further investigation.

Transporters Of Energy

The railroads are more than just energy-efficient consumers, for they also haul energy-yielding products. For example, as cited in the Commerce Department's 1975 U.S. Industrial Outlook, the railroads moved approximately five million carloads of energy-yielding products during 1973, which accounted for 20% of total carloadings. Most of this was in the form of coal, since the rail carriers haul some 70% of all the coal mined in this country. The Association of American Railroads points out that carloadings of coal—which is the railroads' largest commodity—were running some 6.6% ahead of the 1973 level before last fall's coal strike. Additional gains in coal shipments are anticipated in the current year.

Most of our hopes of becoming less dependent on foreign oil lie in our ability to increase dramatically our coal output. We have plenty, but since we obviously must have the capacity to transport the increased production if it is to do us any good, a healthy railway system is an important feature of our future energy picture.

Roads Catering To Coal

The major coal-hauling lines which we follow on a continuous basis all registered strong earnings gains through the first nine months of 1974 despite the economic slowdown. Fourth-quarter results will, of course, in some cases reflect disruptions from the coal miners' strike. While a lagging economy will be a restricting factor in the first half of 1975, we feel that the coal haulers should be able to maintain their earnings at a generally high level.

At the current time the Research Department of Babson's Reports is recommending purchase of the common stock of Seaboard Coast Line Industries for investors seeking intermediate- to longer-term appreciation. This is a holding company for the Seaboard Coast Line Railroad, which in turn owns 100% of the Louisville & Nashville Railroad, one of the nation's



OPEN LINE

By
Congressman Goodloe Byron
Maryland—Sixth District

The following questions were typical of the kind asked of me in recent weeks. Letters should be sent to me, c/o U. S. House of Representatives, Washington, D.C. 20515.

Where can I write to inquire about summer job openings with the Federal government?

For government summer jobs attain Announcement 414 at your local post office; for information about the Youth Conservation Corps, write U. S. Youth Conservation Corps, Box 2975, Washington, D.C. 20013; for information on employment in the National

leading coal carriers. The company is registering favorable progress, and the 55c quarterly dividend was recently reinstated. If you would like a free detailed report on this stock buy recommendation—Seaboard Coast Line Industries—write to Babson's Reports Inc., Wellesley Hills, Mass. 02181.



Boost office morale. Tell the boss when someone is doing an especially good job.

Help a shut-in. Ask a neighbor who is temporarily "grounded" if you can pick up any groceries for her.



In one recent year, there were a total of 310,000 Americans with tuberculosis, according to the National Tuberculosis Association, 1740 Broadway, New York, N.Y. 10019. New active cases numbered 38,650. Support the work of the association.

If a relative or friend of yours is in the hospital, show your love by sending flowers. And be sure to specify to the florist to "please FTD it." When you do, you avail yourself of the services of the "extra touch" Florists Transworld Delivery Association network.

There's a lot of "togetherness" in a crowded theater. If you've had your favorite garlic shrimp scampi for dinner, check your breath at the door—with a mint.

It may be made of paper but it can't go up in smoke.



Paper burns.

But there's a lot more to a U.S. Savings Bond than the paper it's printed on. Each Bond is registered carefully and the records are kept in the Treasury Department vaults. So if your Bonds are burned—or lost or stolen—just report it (with all available information including serial numbers) to the Bureau of Public Debt, 536 S. Clark Street, Chicago, Illinois 60605. Your claim will get prompt attention.

You won't even lose any interest during the time it takes to replace your Bonds. Buy U.S. Savings Bonds. They may not look it, but they're practically indestructible.



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the existence of any aggravating or mitigating factors which would weigh in the decision whether or not to impose the death penalty.

What significant consumer legislation was passed in the 93rd Congress?

Action was completed on legislation creating new protection for consumers buying on credit. The bill specifically bars sex discrimination in granting credit, protects consumers against unfair billing practices and contains protections against credit card fraud. Congress also completed action on setting more stringent consumer warranty standards and revising the powers of the Federal Trade Commission.

Perspectives In Learning

By Hazel Brown, President
Harry Lundberg School
Eyes And Ears —
Essentials In Learning

Parents must recognize that learning involves the "whole" child. Mental, emotional, social, physical, and educational factors affect the ability to learn. If any one of these areas reflect a weakness, the learning process may be hindered.

The physical well-being of children is the responsibility of the parents. Healthy children are usually happy and contented. They are capable of prolonged periods of concentration and work. When they are healthy they are able to use successfully their learning potential.

Vision and hearing are essentials to the learning process. Each child should have a yearly checkup to identify possible impairments before they can cause problems for the youngster. Unrecognized impairments may cause the child to suffer emotionally as well as educationally.

Vision is the path through which printed words or symbols go to the brain for interpretation. If the child's

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ability to see is impaired, the image he sees will be blurred, distorted, or unrecognizable. He will be unable to identify likenesses and differences in shapes, letters, and words. If he has difficulty with eye control, he may tire easily or be unable to focus his eyes for extended periods of time. Any difficulty with vision can be very harmful to the child as he attempts to meet success in the school setting.

Parents should watch for symptoms of possible eye defects such as red watery eyes, rubbing the eyes frequently, tilting the head, squinting, inattentiveness or disinterest in reading of books.

The ability to hear well is very important to learning. Even the slightest hearing loss can decrease the child's opportunity to gain new ideas, new vocabulary and to develop adequate speech. The ability to hear and distinguish the difference in similar sounds and words is very important in learning to read, spell and comprehend directions for other skill development.

Observable signs of hearing



At one time it was believed that marigolds would reveal a robber to his victim.

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American Films Kung Fu Karate
America in the '70's Child Psychology

REGISTRATION:

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GAMES THROUGH THE AGES

From the knucklebones that the children of early man played with in the cave to Yahtzee, a best-selling family game of today, the games people play have come a long way.

Now entertainment is being taken a step further, with a new, fast-paced variation, Challenge Yahtzee. Winning—and that's the name of the game—depends more on skill and shrewd strategy in this version from E.S. Lowe, a Milton Bradley company, than in any of the other Yahtzee games. All age groups, from grade school on, enjoy playing it and this welcome newcomer which brings families together over the gaming board, makes a great gift.

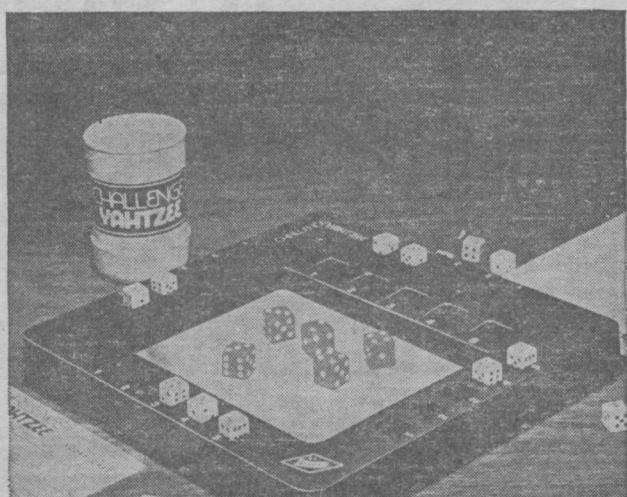
But although the game itself is new, gaming boards aren't. Archeologists dug up in ancient Babylonian ruins a gaming board with inlays of shell and blue semi-precious stones, older than the modern world.

Games are probably as old as mankind itself, and in every part of the world have been a real force in the growth of our culture. Young and old can be found playing games anywhere in the world today—just as they have always done.

Hopskotch, Blind Man's Buff and Tug-of-War were as popular among the children of ancient Rome as they are with our youngsters.

The game of horseshoes may have developed from the ancient Greek sport of discus throwing. Roman soldiers used horseshoes the same way that Greek athletes used the discus. Later, the shoes were thrown for accuracy rather than distance.

A popular adult game in ancient Greece was throwing wine from one cup into another container without spilling any. This game is said to have been as popular as Bingo is in the United



VARIATION ON A POPULAR OLD THEME... "Challenge Yahtzee" is a new version of "Yahtzee," loved by millions.

States today. Toy animals, some on wheels, indicate that pull toys are older than is generally believed. Many have survived from Egypt, Greece, Italy and other countries.

In the Leyden Museum in Holland is a most remarkable ancient toy. Although it's crudely made, it is a jointed figure with movable arms and legs which kneads dough when a string is pulled. The toy figure may have been grinding corn. Made nearly two thousand years before Christ, this ancient toy serves as the model for all the simple movable toys that have been made in the last several years.

The ball, of course, was a favorite toy in ancient times. As for the kite, the Chinese were flying it thousands of years ago. Benjamin Franklin's exploits with electricity and a kite helped to popularize it in colonial times, when toys were not too plentiful.

Japanese ingenuity invented the top a long time ago and developed its spinning into a precise science. The ancient Egyptians played a kind of chess.

Throughout man's his-



THE ODD COMPETITORS...TV stars Tony Randall and Jack Klugman play a fast game of "Challenge Yahtzee."

tory he and his children have used toys to provide some means of amusement, to make life more pleasant. Benjamin Franklin said: "Games lubricate the body and the mind." Fortunately for all of us, this kind of lubrication is not in short supply. Where games are concerned, there is no energy crisis. You can buy as many fascinating, stimulating games as you want to give as gifts or keep for your family.



Tug-of-War in ancient Rome.



Horseshoes in Greece.



Ancient wine-throwing.

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LOOKING AHEAD

By George S. Benson, President, National Education Program
Searcy, Arkansas

Cuban Sellout

Recently two United States Senators visited Cuba and were the honored guests of Dictator Fidel Castro. During the four days they visited the Caribbean Citadel of Communism, Castro took three and a half hours to castigate the United States and the OAS. He called Uncle Sam everything in the book and then some. Both of our United States Senators just sat there and took it. These two senators now have given the full Senate their report and it is . . . LET'S RECOGNIZE CASTRO AND TAKE CUBA BACK INTO OUR ARMS. Cuba Prosperous Before Castro

It was January 1, 1959 that Castro took over military control of Cuba. America had been told through the New York Times, our State Department and other officials in

high places, that Castro was the George Washington of the Caribbean, the great liberator of the Cuban people from the dictatorial yoke of Batista. On January 1, 1959, the Cuban people had the third highest standard of living in the Western Hemisphere, with only the people of the United States and Canada enjoying a higher degree of prosperity. Crops were big, international trade was big, the domestic business of Cuba was big . . . and Batista had announced that he was tired of ruling Cuba and was going to hold free elections in the Spring. U. S. Helped Castro

According to the testimony of a former newspaperman who had retired and was living in Cuba, working for the Batista regime at the time, military assistance was cut off from Batista by the United States in order to favor Castro. In short, the formula used to hand China over to the Communists was repeated verbatim, and Castro came to power in Cuba disguised as an agrarian reformer and liber-

ator of Cubans. He was hailed by the New York Times and other liberal media as . . . "A bit eccentric, perhaps . . . but still a great liberator." "Dirty, yes . . . Crude . . . Yes . . . but he certainly was not a Communist and was not dangerous to the United States."

Castro A Communist
In June of 1960, Castro seized American oil refineries in Cuba. In October of 1960, he seized all other American owned property in Cuba and took control of all business and property. Those who resisted take-over of their businesses who were unfortunate enough to be Cuban were jailed, tried by a system of kangaroo courts and mostly executed. Others were jailed and otherwise persecuted. In January of 1961, Castro threw out all but a few of the Amer-

ican Embassy personnel. Finally, the United States broke off diplomatic relations on January 3, 1961, less than a month after Castro made a liar out of all his American supporters and friends by openly declaring himself to be a Communist. These were his words: "Do I believe in Marxism? I believe absolutely in Marxism. Did I believe in it on January 1, 1959? I believed it on January 1. Did I believe it on July 26, 1953? I believed it on July 26, 1953. We believe in Marxism. We believe it is the most correct, most scientific, the only true theory, the only revolutionary theory. This, I say here with complete satisfaction and full confidence I am a Marxist-Leninist, and I shall be a Marxist-Leninist until the last day of my life."

As a Communist dictator, Fidel Castro has put the free press out of business in Cuba. He has put political parties out of business. He has put labor unions out of business. He has put thousands of political prisoners into dungeons. He has had 650,000 Cubans

flee their homeland to the United States, with additional hundreds of thousands going to other countries. He has exported his guerilla warfare to almost every other country in Latin America. He engaged in a conspiracy with the Soviet Union to construct missile sites and to import missiles which resulted in the Soviet Missile Crisis of 1963. **Russia Wants U. S. Help For Cuba**

At first glance, there seems to be some logic to the rationalization that if we are going to do business with Russia, there is no reason not to do business with one of her satellite dictators. But, let's look behind the scenes. Why is there such urgency about out recognizing Cuba now? It is because the Soviet Union is demanding it in their talks with Kissinger on detente, arms reduction and Salt II.

Russia certainly does not want to lose her showcase Communist society just 90 miles from the tip of Florida. But Russia is getting tired of supporting Castro to the tune of \$2 million dollars a day. That is what it is costing Russia each day to sustain the Cuban government. With military security and hardware, this means Cuba has an annual price tag near one billion dollars.

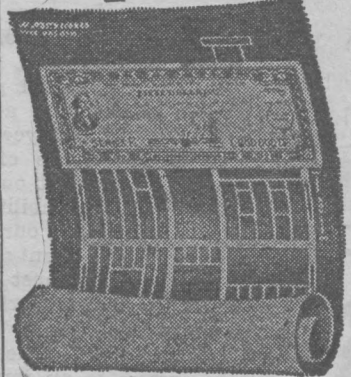
The answer to that problem from the Russian viewpoint is simple. Make the United States reopen trade with Cuba and reestablish diplomatic relations and thereby assume the cost of supporting Castro. Russia wants to force Uncle Sam into paying the bill . . . Uncle Sam might even throw

in some direct foreign aid, in addition to the benefit of his trade and the trade of the OAS. This is the kind of thing Abraham Lincoln meant in his YMCA speech in Springfield, Illinois in 1861 when he said: "America will live throughout all ages as free people or she will die by suicide." To lift the trade embargo with Cuba would be another step on the way to suicide.

Stop and think how much it would help in the export of revolution to the United States, as well as to other countries in this hemisphere. FBI director Kelly has only recently warned that the number of Russian spies and intelligence personnel is vastly increasing here in the United States.

In our own best interest we should not, under present conditions, extend recognition to Cuba.

Building plan.



Take stock in America. Buy U.S. Savings Bonds.

Hints for HOMEMAKERS

TESTED TIPS TO HELP YOU

The inevitable spills and splatters that occur at the dinner table should be removed as soon as possible and before laundering. Grease, and greasy food stains, which are particularly difficult to remove if left to stand, can be quickly and easily treated with corn starch. Cover stain with a layer of corn starch; roll up stained item and let stand. The corn starch will absorb grease. Then launder as usual.

ing. Soap clean and gently pat skin dry. Argo corn starch leaves a silky smooth, invisible film on the skin



Corn starch is considered an excellent dusting powder. Use a sprinkling of corn starch in rubber dish washing gloves each time they are worn. The gloves will slip on and off more easily and stay free from that clammy feeling. It's a good idea, also, to use a sprinkling of corn starch in boots to absorb moisture.

On those days when everything seems to go wrong, take time for a soothing corn starch bath. Fill the tub with hot water, pour in a cup or two of corn starch and swish it through the water to dissolve. Then spend as many leisurely minutes as possible just soak-

and helps soothe itchy, irritated skin.

Fur collars, cuffs or hats can be cleaned using a simple household formula. In a well ventilated room, mix 3/4 cup corn starch with 1 tablespoon household dry cleaning solvent in a bowl. Place the fur piece flat on brown paper. Spread on the mixture with fingers, rubbing it into the fur. Let it stand for about 20 minutes; rubbing it occasionally. As mixture absorbs dirt, it will turn grey. Remove dirt with vacuum cleaner, using the upholstery attachment or take the garment outdoors and shake and brush it well until completely clean.

LIBRARY HOURS

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Tuesday, 10 - Noon
Thursday, 10-Noon - 2:30-5
Friday, 2-5
Saturday, 9 A.M.-12 Noon

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"Clothes gave us individuality; distinction, social policy; clothes have made men of us."

So said Thomas Carlyle, a 19th century British writer and philosopher.

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New Leisure Suits consist of matching pants and jackets made of quality material suitable for home, office, or almost

anywhere. The Mighty-Mac Suits collection are the kind that can really round out a wardrobe—and soften the edges of a hard working day. Softly constructed with no stiff tailoring, the fit is built right into the cut. These suits are easy to wear and are right for men who want to look relaxed and be relaxed—but always with distinction.

Comfort certainly seems like the kind of fashion that millions of men might want to get after, especially coming from this famous Gloucester company.



Jet Set Includes People Next Door



Air travel was once considered by many people to be a luxury limited to a select group, but today's jet set looks just like the people next door. That's because they are the people next door.

The airlines this year will board more than 200 million people — probably just as many on personal and vacation travel as on business.

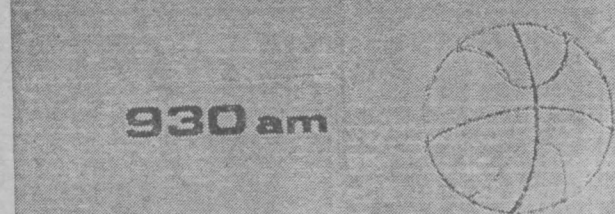
Airlines will provide more than 75% of the public passenger miles between our cities and over 90% between the U.S. and other countries. Airlines will also haul all

the air mail, most of the first class mail and thousands of tons of freight.

Yet all this vital public service will be carried out with less than 10% of the fuel used for transportation in this country.

And we will still move 200 million jet setters where they want to go — with the world's finest public transportation system.

Providing public transportation at its best. That's the commitment to the American traveler made by the airlines of America.



1974-75 University of Maryland

BASKETBALL

930 am

1974-75 University of Maryland

BASKETBALL

930 am

1974-75 University of Maryland

BASKETBALL

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WANT ADS SCORE

HELP WANTED—Ladies need extra money? No experience necessary. Will train. Phone 447-2021 between 5:00 and 8:00 p.m. 1/23/3t

FOR SALE—1966 Pontiac Grand Prix, automatic, power steering and brakes, good condition, \$450. Phone 447-2229. 1/23/3t

FOR RENT—Apartment—Not suitable for children. Call 447-2148. 1tp

FOR RENT—Homes and Apartments, \$150 - \$225. Security deposit; lease required. Phone 447-6200. 1/23/3t

FOR SALE—Misc. used furniture and appliances. Phone 447-2949. 1/23/3t

EVENING OF GAMES sponsored by the Vigilant Hose Co., Sat., Jan. 18; Sat., Feb. 15, and Sat. Mar. 15. The games start each night at 7:30 o'clock in the Fire Hall. Refreshments on sale. 1/23/3t

NOTICE—Space available for office or store in Emmitsburg. Phone 447-3042 or 447-2590. 1/9/4t

HELP WANTED—Women for kitchen help, daily from 7 a.m. to 2 p.m., five days per week. Apply in person at Mt. Manor Motel. Phone 447-2361. 1/23/3t

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Capitol Comment

By Charles McMathias
U.S. Senator

State-of-the-Union

The President was candid in his State-of-the-Union speech to the Congress. Indeed, he was direct to the point of bluntness. He laid out goals with which I certainly agree, and I support the direction in which he seeks to move the country.

But of course there is a mass of detail to be mastered. We must know what the alternatives are to specific parts of the program the President has presented. We must know what the consequences will be, and we must study this information before we can make responsible decisions.

The President correctly perceives the energy problem as requiring limitation of imports, and an economic incentive to conserve. But his proposals may be unduly regressive, because they appear to place the burden disproportionately on the shoulders of homeowners and utility customers, who are less able to conserve. The conservation tax in some form is an obvious necessity, but Congress has the constitutional responsibility to insure that the tax has adequate impact in the right places.

In dealing with the economy, the President is coming down on the side of consensus. Reduction of taxes will bring welcome cash. But we could have achieved the same effect months ago by revision of the income tax overhauling structure, which I proposed.

The statutory programs, including social security, that the President cited are part of the economic security structure on which Americans long have depended. Revision of them must be approached with respect for the rights of elderly persons, dependent children, and others whom they serve.

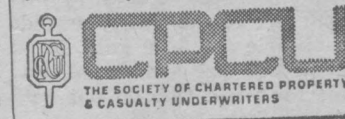
Finally, the imposition of a rigid ceiling on cost-of-living increases at less than half the actual rise in the cost-of-living could be self-defeating.

In the weeks ahead, the Congress will be giving priority consideration to the economic and energy problems the country faces. Hopefully, the State of the Union in 1976, our Bicentennial year, will be considerably improved.

Thousands of lives every year are lost because there aren't enough donors of kidneys or other organs. A donated organ, successfully transplanted, is literally the gift of life. For more information write to Kidney Foundation of NY, 432 Park Ave. South, New York, N.Y. 10016.

PLAN YOUR PROPERTY PROTECTION

Prepared by The Society of Chartered Property & Casualty Underwriters, the national professional society whose members have earned the CPCU designation by meeting high educational, ethical and experience requirements.



Q. Any way you look at them, the figures on women can be mighty impressive. I was reading some statistics the other day on how women own so much property these days, and I got to wondering (since my wife and I own our house jointly) whether the insurance should be in both names too.



A. It would be a good idea. But unless you cut your wife in on half the house after you took title and took out your first policy, you'll probably find if you check that the insurance is in both names now.

NEXT: Cat Distemper

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PROTECTING YOUR HEART

FACTUAL ANSWERS TO HELP YOU

In addition to counting calories, many people today are watching the kinds of fats they consume. However, some confusion still exists as to how fats differ. To help you in selecting table spreads and cooking fats here are the answers to some commonly asked questions:

Do margarine and butter contain the same number of calories?
Yes, both butter and margarine contain 3,200 calories per pound, or 100 calories per tablespoon. Diet margarines are also available and these contain 50 calories per tablespoon.

What is the major difference between butter and margarine then?
Butter is made from animal fats, and is high in cholesterol and saturated fat. Margarine on the other hand, is made from vegetable oils and has no cholesterol.

Is this difference significant?
Yes. Long term scientific studies have shown that diets high in cholesterol and saturated fat tend to raise cholesterol levels in the blood. Excess cholesterol may be deposited in the arteries and can help increase the risk of coronary heart disease.

Margarines being high in polyunsaturates are thus a good substitute for butter, but are all margarines alike?
Yes and no. All margarines must contain a minimum of 80% fat, and meet other standards required by the Food and Drug Administration. Margarines differ,

however, in the types of oils used, the degree of hydrogenation and in optional ingredients.

How do I know which margarines are highest in polyunsaturates?
Read the label. Liquid corn, cottonseed, safflower, soy and sunflower oils are all polyunsaturated. The first ingredient should always be one of these polyunsaturated liquid oils. Margarines containing coconut oil or animal fat are high in saturated fat and not recommended.

Is the degree of polyunsaturation the only criteria for judging margarine for use in a cholesterol-lowering diet?
No. There are other factors to consider. Vegetable oils contain plant sterols which interfere with the absorption of cholesterol by the body. Corn oil has the highest sterol content of all the vegetable oils commonly used in margarine. That helps explain why medical studies over a ten year period show corn oil to be unsurpassed among vegetable oils in lowering blood cholesterol. Fleischmann's Margarines, made with 100% corn oil, are thus ideal for cholesterol-lowering diets.

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TREE FOR TWO



Safety-first advice for tree trimmers this season. Step up to the taller branches on a "Two Step" folding stepstool such as this one from Cosco, instead of a rickety chair. The tree will look just as pretty—and there'll be no sprained ankles to mar your holiday fun.

SHRIMP TIP



Salvos for shrimp cocktail, especially the madly popular one with the red sauce on top! True, home production usually takes some doing but not if you already have a can of shrimp tucked away in the refrigerator. Canned shrimp, thoroughly chilled, make good cocktail shrimp. As for the favorite red cocktail sauce, it is simple beyond belief to make.

COCKTAIL FOR TWO

- 1 can (4 1/2 ounces) shrimp
- Crisp lettuce
- 1/2 cup chili sauce or tomato catsup
- 1/3 cup chopped celery
- 2 teaspoons prepared horseradish
- 1 tablespoon lemon juice

Rinse shrimp in cold water. Arrange in lettuce-lined cocktail glasses. Combine sauce ingredients and spoon over shrimp.



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Sat., 6:30 a.m.-5:00 p.m.

NEWS OF ECOLOGY

TEACH YOUR CHILD HEALTHY ATTITUDES

Some parents may not realize it, but ecology begins at home—with your children. Since youngsters usually reflect their parents' attitudes on important issues, it's essential that those attitudes are healthy and constructive. Ecology is one problem that children should be made aware of at an early age. After all, it will be their world before too long, and if they aren't interested in doing something about preserving it, it may not be their world very long.

One way to interest children in any subject is through games. And Milton Bradley has come up with a game with ecological rewards that focuses attention on the subject, and yet does it through excitement, intrigue, and fun.

It's a long-playing strategy game for the entire family called "Prize Property," based on the ecological principle that the converting of ravaged lands into useful, productive properties is highly rewarding.

An added dividend is that it points up smart money management and a good head for business as the winning ingredients for players' success.

The game board is uniquely double layered, and each land developer's quadrant pieces depicting wasted lands, polluted waters and the like are lifted off as play progresses.

Land is cleared off in this way for players to proceed with their building of leisure time complexes such as resort hostilities, golf courses and pleasure boat marinas.



Some people believe that if you can be tickled and not laugh, you'll get into heaven.

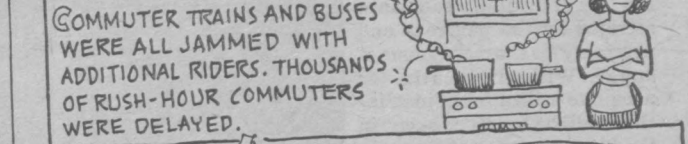
SNOW: DRAFTY



THE SEVENTH SNOW IN SEVEN DAYS FELL ON CHICAGO ON DEC. 20, 1973. MANY SCHOOLS WERE CLOSED AND FLIGHT OPERATIONS AT O'HARE AIRPORT—THE WORLD'S BUSIEST—WERE DELAYED.



THE CHIEF OF THE CITY'S SNOW COMMAND HEADQUARTERS REMAINED AT HIS POST MORE THAN 30 HOURS DIRECTING SNOW REMOVAL OPERATIONS.



ON BADLY CLOGGED EXPRESSWAYS, SOME POLICE POLITELY URGED MOTORISTS TO TURN AROUND AND GO HOME. SOME DID. SIDE ROADS AND CITY STREETS WERE TREACHEROUS.

TODAY MANY CITIES DEPEND ON A MIXTURE OF TWO DE-ICERS—CALCIUM CHLORIDE AND SALT—to help plows keep roadways clear of ice and snow. SCIENCE NOTE: CALCIUM CHLORIDE MELTS ICE AT LOWER TEMPERATURES—DOWN TO -59°F.—AND MORE QUICKLY THAN SALT ALONE.

NOTICE!

SNOW REMOVAL PLAN

Notification when plan is in effect will be heard on WTHU Radio Station.

Parking will be prohibited in the following areas until snow is removed:

Phase I—Square & First Two Blocks Of East & West Main Streets.

Phase II—Remaining Area Of East & West Main Streets.

Vehicles not moved within 1 hour after plan is in effect will be towed at owner's expense.

The above plan has been adopted in order to expedite the removal of snow. Your cooperation will be greatly appreciated.

BURGESS & COMMISSIONERS

1. Clean up wasteland.

uniquely double layered, and each land developer's quadrant pieces depicting wasted lands, polluted waters and the like are lifted off as play progresses.

Land is cleared off in this way for players to proceed with their building of leisure time complexes such as resort hostilities, golf courses and pleasure boat marinas.

A player's basic aim is to be the very first to develop all allotted property while preventing opponents from doing the same. Halting action is possible through the use of stop action cards against the competition.

Players each begin with \$20 million in play money, and all the necessary land clearing costs \$5 million.

As each player tries to become a tycoon by rehabilitating his neglected lands he uses additional tools which

include: one die, a number of three-dimensional recreational buildings, a marble-loading destiny-determining gavel and opportunity cards. "Prize Property" will help your children to understand what ecology can do for their future. And that means they will win their tomorrow, even though they lose the game today.

CERAMIC CLASSES**Now Forming**

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Phone 447-2623

Some people believe that mottled jasper will protect them from drowning!

TUESDAY NIGHT**MIXED LEAGUE**

(Rainbow Lanes)

	W	L
Scatter Pins	51	25
Gearhart's Electric	45	31
Ramblers	43	33
Bell's Snack Bar	40	36
Outcasts	39	37
Pinbusters	35	41
Rainbow Nite Owls	28	50
Dreamers	25	51

High team set, Scatter Pins, 1581; high ind. set and game for women, Mary Wetzel, 342, 129; high ind. set and game for men, Bill Hurst, 363, and Ralph Snoots, 141.

SODALITY TO MEET

The regular monthly meeting of the Sodality of St. Joseph's Church, Emmitsburg, will be held January 27 at 8 p.m. in the Parish Hall. The important meeting will be followed by a social hour. All members of the Sodality are urged to attend.

Director On Aging Rejects Ford Plan

President Ford's proposed treatment for the nation's economic ills constitutes 'bad medicine' for more than 170,000 older Marylanders, according to Dr. Matthew Tayback, State Director on Aging.

In a statement made before the Maryland Commission on Aging, Dr. Tayback advised that more than half of Maryland's 340,000 senior citizens living on fixed or annual incomes of less than \$5,000 would suffer the following economic hardships:

—They would not benefit from the 1974 income tax rebate.

—They would be denied a meaningful cost of living adjustment on Social Security or Supplemental Security Income.

—They would experience inflation in cost of fuel and other staple products because of the barrel head tax on crude oil.

The President's proposed program then, Dr. Tayback concluded, takes from the poor to comfort the rich.

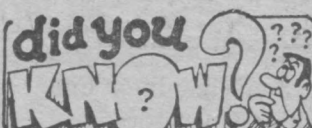
An elderly couple with a \$5,000 annual income, \$3,600 of which is Social Security, would not receive a 1974 income tax rebate. They would be eligible for \$160 gain, based on \$80 per person allowable for those who do not get a tax rebate.

However, \$300 is lost if Social Security benefits are not adjusted to reflect the exact cost of living and another \$125 is lost due to increased costs for fuel and staples. The average elderly couple then faces to lose \$265 or 5% of their income.

Dr. Tayback announced that he would call upon Maryland legislators to flatly reject the President's proposal to deny Social Security recipients the full cost of living adjustment as called for by current law.



In India copper earrings are worn to ward off the demons of sciatica.



That there is a movement afoot in the U.S. Congress to pass legislation during its "lame duck" session which would end government regulation of natural gas prices?

That sponsors of the legislation intend to introduce it as a "rider" to a bill that has nothing to do with the energy problem, thus preventing Congressional study and debate?



That a Library of Congress study indicates rate deregulation would not result in a more plentiful gas supply, yet this action would cost America's consumers some \$75 billion by the end of 1980?

That natural gas users can express their feelings about "natural gas rate deregulation" to their elected representatives in Washington?

That you can get additional information on the natural gas situation from the American Public Gas Association, 1114 Watergate Office Building, Washington, D.C. 20037?

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—IMPORTANT NOTICE—

According To The Ordinance Of The Town Of Emmitsburg, All Snow Must Be Removed From Sidewalks 12 Hours After The Snow Stops. Penalties Will Be Assessed Against All Property Owners Who Fail To Comply With This Ordinance.

Burgess and Commissioners

Clams Casino

Baked In Their Own Juices

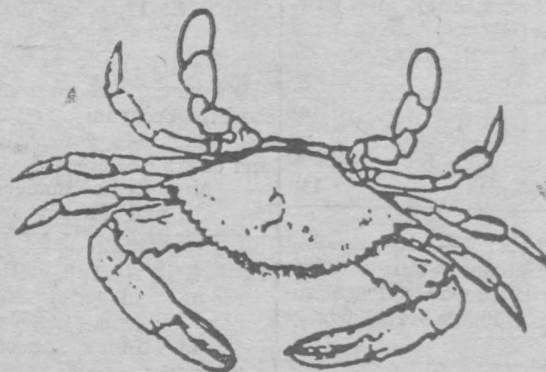
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