

Woodsboro-Walkersville NEWS-JOURNAL

VOLUME 3, NO. 1

“EXALTING THE IMPORTANCE OF IDEAS AND INFORMATION” —EDWARD R. MURROW

JANUARY 2023

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Walkersville Volunteer Rescue acknowledges excellence

On the evening of November 19th, members of the Walkersville Rescue Company and the surrounding community came together for an awards banquet to recognize individuals with outstanding commitment. The top acknowledgements included the Unsung Hero Award, Chief Award, and Life Member Award.

Ivan Todd was presented the 'Francis Sappington Unsung Hero Award.' "Ivan," Chief Topper Cramer of the Rescue Company said, "completed numerous projects for the department this past year. He is always willing to help out the department."

The award was named after Sappington," Cramer told the assembled audience, "who was everyone's right hand man...the 6th man off the bench, the 12th man for the team. He was certainly the "unsung hero of the department". There was never a time that he said 'no' and it was routine to come to the station late at night and find him working on the equipment. It is only fitting that we continue to recognize valuable members of our department in his honor."

"Todd," Cramer said, "followed in Sappington's footsteps. He joined

the department in 1986, and often steps up to complete tasks needed around the station without being asked. He truly is an unsung hero."

Joe Ogershok was the recipient of the Chiefs Award, which is given to a member that distinguishes him or herself as an active responder and who is dedicated and committed not only to the operational side but to the social side for the success of our department. In recognizing Ogershok, Cramer noted that "he was a very active responder since joining the department in 2014, the departments CPR instructor, and helps at virtually all of the fund raisers despite living in Pennsylvania."

The Life Member Award, described as the most prestigious award the department gives, was awarded to Jeremy Heflin. The award is presented to an individual selected by the Board of Directors for their years of active service and contributions and commitment to the Walkersville Volunteer Rescue Company. Heflin joined the company and has held several positions within the department since that time including board of directors, new apparatus committee member, and Deputy Chief.

Vice President Lisa Marchesani



Jeremy Heflin (right) was awarded the Walkersville Volunteer Rescue's Life Member Award, the most prestigious award the department gives.

was presented the Life Membership award for her dedication and commitment to the WVRC since 1989 when she joined the organization.

Reflecting on the year's accomplishments and challenges, Cramer told the members and guests: "Every year our challenges get greater and our budget gets smaller. We are always being asked to do more with less. Whether you make a few calls a year or support our operations by helping at a fundraiser, this is your department and it takes every one of us to keep it successful."

"We have requested additional EMS staffing as we have for the last four years due to our increasing call volume. We have seen the increas-

ing growth and subsequent call volume with that responsibility in our first due area that includes 4 new developments and a special needs school. We also continue to provide primary bariatric service to our area, as well as the entire county and surrounding jurisdictions. We certainly feel our numbers adequately justify this request."

"On behalf of the line officers, we commend all of our members who have stepped forward this year to help us meet these challenges in whatever way they can and we look forward to your continued support in 2023 as we begin our 46th year of providing a vital community service."

New Fire Chief welcomes Santa to Woodsboro

The first order of business for James Lind, the newly elected Fire Chief of the Woodsboro Volunteer Fire Company, was to welcome Santa to Woodsboro.

Santa had flown in to take part in the Fire Company's 15th annual Santa Run. The event, according to Lind, was designed not only to bring cheer to local children, but to share fire prevention materials with all the residents in the town.

"Unfortunately when you normally see our trucks out on the street it is for someone's emergency, but the Santa Run allows us to interact with the community in a positive manner where they can get to know us and we get to know them, but most importantly, we can spread Christmas cheer," said Lind.

Since Santa wanted to save his reindeer's strength for Christmas Eve, and the weather was rainy, the Woodsboro Volunteer Fire Company took no chances with Santa's safety. Instead of taking him about the town on a fire engine they opted to let Santa ride around in luxury in the Company's new swift water rescue boat.

In spite of the threat of rain, children and adults stood on sidewalks and porches across town to meet and greet Santa as he slowly made

his way along the six-mile route.

In the early years, the run was done in one trip, but "by the time we did one continuous route completely through town, everyone was just so worn out," said Company Treasurer Jim Writer. These days, the Santa Run is broken up into two hour-and-a-half segments and the volunteers get a half hour break for hot dogs and soup prepared by other volunteers.

Lind, who had previously served as the Deputy Chief, succeeded Micky Fyock. He was elected to the position of Chief at the Company meeting on December 9 following Fyock's decision not to run for re-election. Fyock served as the Company's Fire Chief on and off for 30 years and pitched in to serve as Santa 11 times in the past, opted not to run for re-election so that he can dedicate more time to retired life. Fyock will continue to serve in the Company where he has become a staple. Lind said he hopes to appoint Fyock as Deputy Chief so he can retain and continue to learn from Fyock.

"I can't say enough good things about Micky," commented Lind. "He is the yardstick I will measure myself by, not only as a Fire Chief,



Santa with local volunteer and career firefighters assigned to Woodsboro prepare to make his annual 'Santa Run' around the town.

but also as a model for community involvement and support."

Lind, a lifelong member of the Woodsboro community, is a career firefighter in Northern Virginia. As a youngster he watched Santa and his entourage travel up and down his street. "Seeing the volunteer community be active and present encouraged me to want to participate," Lind said. While Lind did not officially become a member of the Com-

pany until 2009, he has been running around the fire hall since he was five years old.

This year, Woodsboro Burgess Heath Barnes pinch hit for Santa. Barnes laughed as he said everyone volunteered him to be Santa, but in a more serious note, he said he hopes it sends a message on how much the town government values the services of the Woodsboro Fire Company and everyone who volunteers for it.

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WOODSBORO NEWS

Skatepark Committee moves forward

At its December 13 meeting, Commissioner Crum updated her fellow Commissioners on the status of efforts to build a skatepark in the Woodsboro Municipal Park.

The Council gave its go ahead for building the park at its October meeting, looking to emulate upon the success of the Thurmont skatepark which just celebrated its one year anniversary.

With a community park that provides disc golf, baseball, sports fields, playgrounds, a fishing pond, and more, skate board enthusiasts in the town are looking to expand the park's offering with a skatepark.

In October, resident Ben Marshall presented an overview of a potential skatepark project, pointing out that there was none of its kind in the immediate area, the closest being in Thurmont and Hagerstown, which are usually crowded. "It would be really nice to walk through town, across the street to our local park if we get this built," Marshall said.

Upon speaking with the Thurmont Skatepark Committee, Marshall found costs for the 50 x 80 foot Skateway to the Mountains

totalled \$80,000 which included grind rail metal and concrete, as well as donations of lighting and benches.

Marshall looks to develop Woodsboro park as a bigger size of 80 x 100 feet to give skaters ample room, as well as see Woodsboro's park made accessible for BMX bikes, which Thurmont's does not allow.

Rough estimate place the proposed park's cost around \$120,000, not including lighting or benches.

While the town hopes to obtain State grants to cover as much of the parks cost as it can, the town will not be eligible to apply for Program Open Space (POS) funding until the Spring.

Commissioner Crum said that the Skatepark Committee was in the process of filing out the paperwork to become a 501.C charitable organization which will allow it to solicit and accept donations to build the park. Crum said that fundraising has already begun and donations are starting to come in.

Crum inquired if the Council would be open to placing a sign at the skate park entrance, which in addition to listing the rules

for using the park, could also be used to recognize the businesses and individuals within the town that helped make the skatepark possible.

Crum's request resulted in a light-hearted discussion of how the supporters would be grouped – "most signs break sponsors into gold, silver and bronze levels," Barnes said. Crum nodded her head, "but we're talking skateboarders here, and they have their own language. I think they are thinking about grouping them under titles of given skateboarding moves – Whatever move would win you a gold medal at the Olympics would be the name of the top sponsor, etc."

Barnes, who along with all four of the town commissioners supports the skatepark, said he looks forward to seeing it built and being used by kids of all ages in town.

Woodsboro is not the only town looking to follow Thurmont down the skateboard ramp. The Walkersville Town Council has also agreed to explore the idea of building of a skatepark in their community park as well.

Woodsboro-Walkersville NEWS-JOURNAL

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Notice of upcoming events, news stories, and interesting and creative articles are welcome and may be submitted via regular U.S. Mail to P.O. box 394, Woodsboro, MD 21798, or by email to editor@wv-nj.com.

Town readies for chicken ownership public hearing

At the December 13 town council meeting, the council strategized on how to handle the upcoming public hearing on in-town chicken ownership and the path forward on what happens after the vote.

Commissioner at Crum inquired as to the timing of the public hearing – e.g., would it take place before or after the January 10th meeting.

Burgess Barnes said that since the subject has been brought up at prior meeting, it should be considered 'unfinished business' and the Public Workshop should take place during that portion of the regular town meeting. Barnes's recommendation was unanimously agreed upon by the

other commissioners.

Barnes said he had no idea how many people would show up for the hearing. "We could have no one, or it could be like Middletown, where several people showed up, with one child even carrying their pet chicken."

Each resident wishing to speak, for or against the proposed change to the town ordinance prohibiting the ownership of chickens within town limits, "will be given three minutes to state their desires. Barnes said. "Upon completion of input from the residents, the town council will then debate the issue between themselves and vote on the matter.

"If the council votes to approve

chickens within town limits, the matter will then be sent to the Planning and Zoning commission where the actual rules governing the owning of chickens within town limits will be drawn up. Items like the number of chickens permitted per property, the permitting of roosters, setback requirements for chicken coops form adjoining property lines will be addressed.

"Chicken ordinances in other municipalities often cite certain square foot lot sizes and distancing requirements, which may be tricky with Woodsboro's limited lot sizes," Barnes said.

"If the Council votes yes, the town would reach out to other municipal-

ities in consideration of their regulations and guidelines on chicken ownership and then build Woodsboro's from there."

"If the council votes no, then the issue ends there," Barnes said.

"If the council does decide to deny ownership of chickens within the town, how soon can a proponent of chicken ownership petition the council to re-look at the matter again" asked Commissioner Crum.

"To be honest," Barnes said, there is no time limit on someone asking us to rethink the decision, but to realistically get a different outcome would more then likely require a change in the Council's make up."

The public hearing is a result of requests from several members of the town to allow chickens in town. The Council initially settled for a December public hearing but changed the date to January as to not interfere with holidays and allow notice of the meeting to go out with the town's water bills.

Woodsboro's ordinance banning chickens has been in place since the town's original code conception in the 1970's.

Town residents looking to voice opinions on local poultry are encouraged to attend the Town Council's January 10 meeting.

News Briefs...

Park Pot-O-Potties To Be Removed Due To Vandalism

At its December Town Council meeting, the town council voted to permanently remove the Pot-O-Potties in the Memorial Park.

Burgess Barnes told the council that the ongoing bout of vandalism in the town park resulted in two of the

Pot-O-Potties being destroyed to such an extent that the town would have to pay the company they rent them from their full cost, which he estimates to be in the area of \$1,500

"The Pot-O-Potties," he said, "had been plugged up with so much trash that they physically cracked open. They can't be repaired. In addition,

the doors where ripped off. Barnes said it had been impossible to determine when the vandalism was being committed.

Barnes said he was concerned that unless the issue abated, and the perpetrators found, the same thing would happened to any new Pot-O-Potties brought in, and the cycle would continue.

In response to Commissioner Cutshall question of if there was any overriding reason for having Pot-O-Potties, no one on the Council could come up with one. From

early spring to late fall the park's permanent bathroom was open," Barnes said, "but it closed a month early due to vandalism also."

With so few people using the park in winter months, and even fewer using the Pot-O-Potties the Council opted to simply remove the Pot-O-Potties.

Interest Rates Increases Offer Town's CD Interest Opportunities

The request by a resident of the town as to why the town has not redeemed low interest CDs will be addressed at

the January Town Council meeting said Commissioner Case.

According to the town final report, two CD's coming to maturity in January, one for \$139,560 and another for \$230,609, currently have an interest rate of .07 percent. Current rates today vary from 2.5% all the way up to 5%

Even if invested at only 4%, several residents noted, the \$4,800/yearly income could be put to good use.

"Right now we are getting nothing from the bank, if we re-invest them, it will give us money to do things that will help our community," the resident said.

The town currently has 10 financial 'instruments' with Woodsboro bank totaling \$2,021,949, with most earning only .05% interest.

The largest instrument being the Water/Sewer Money Market Fund .05% interest with \$739,599 in it, the CDs mentioned earlier, and \$195,118 in the town's general Money market fund, again yielding only .05%.

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WALKERSVILLE NEWS

Town faced with filling two council seats

In an un-expected move at the December 14th town council meeting, Commissioner Michael Bailey announced that he would be stepping down effective January 31.

“My family was afforded an opportunity to move south, and after praying about it and weighing the options, we are pursuing the relocation down to North Carolina,” Bailey said. “It was a really hard decision.”

Following his announcement, the remaining commissioners elected Mary Ann Ennis to replace Bailey as the Vice President of the council.

The decision by Bailey to step down will leave the council with two open seats for at least two weeks.

At its November 28 meeting, the Town Council announced that it had decided to hold a special election on February 13 to fill Commissioner Michael McNiesh’s seat, which his fellow commissioners determined he had forfeited due to missing three meetings in a row.

The deadline for submitting an application to run for the seat is January 17th. Former Commissioner Michael McNiesh has already said he fully intends to run to reclaim his seat on the council.

Following Bailey’s announcement, Commissioner Gary Baker laid out the options for filling Bailey’s seat. Baker said the town could hold another special election; appoint someone who

runs unsuccessfully in the in the upcoming special election to fill McNiesh’s seat, or appoint someone they felt qualified.

“If you have any interest at all in possibly being a commissioner,” Baker said, “That you go ahead and put your name in the hat because you don’t know what might possibly be out there.”

Residents at the meeting expressed their desire that the council not appoint anyone, but hold another special election to fill Bailey’s seat. “I would ask that you consider holding a second election and giving citizens a chance to vote for the two positions and not just one,” said one resident to the nodding of heads in the audience.

In related business, the Town Council voted to propose a change to the town charter to amend poll times for special elections in 2023. In the past, polls have been open between 7 a.m. and 8 p.m. on election days, commissioners proposed set polling times to between 11 a.m. and 7 p.m. A public hearing on the change will be held at the January 11 Town Council meeting.

Town Manager Sean Williams said that residents can call or e-mail the town to have an absentee ballot sent to them, or they can stop by the town office and pick one up. “In the past,” Williams said, “many residents chose to fill out the ballot while still standing in the office. That takes

any worry out of their mind about making sure the Post Office delivers it in time. We have a lock box where we put filled in ballots, so they are safe and secure.”

Commissioner Ennis recommended the town host a candidate forum to give the citizens the opportunity to hear what the candidates bring to the table and their future plans for the town. The council thought that a good idea and said they would take it under advisement.

As we go to press, two have submitted their names to be on the ballot so far. Jason Bryant who currently serves as the chair of the Board of Appeals and David Toohey, a member of the Parks Commission. With McNiesh’s expected entry, there will be at least three candidates to select from.

EDC finalizes nonprofit relief funding

In November, the Economic Development Commission finished reviewing nonprofit applicants for American Rescue Plan Act (ARPA) funding. ARPA was passed in 2021 as a federal response to the COVID-19 pandemic, due to the losses experienced by many small businesses and nonprofit organizations.

According to Commissioner Michael Bailey, Walkersville received a total of five million dollars in American Rescue Plan Act (ARPA) funding. Of that amount, four million dollars has been allocated toward town infrastructure and about one million dollars is currently allocated toward nonprofit and business relief.

While four nonprofit applicants were reviewed in October, only the Walkersville Fire Company was granted relief funding at that time. The commission

has now reassessed the remaining three organizations, which include the Walkersville Volunteer Rescue Company, the Walkersville High School Music Boosters, and the Glade Elementary PTA.

While the Rescue Company did not initially provide information about additional relief funding, the organization has since indicated that it applied for \$34,003 in outside grants and received \$13,324. Thus, the Rescue Company is requesting an amount of funding approximate to the difference, which is \$20,749. The organization cites a loss of income from their bingo fundraiser, additional spending on their awards banquet including food and drink, and a desire to purchase a new ambulance for the company. As a result, the commission ruled that they would grant the \$20,749 differ-

ence to the Rescue Co. through ARPA funds.

The WHS Music Boosters were missing several key items in October to obtain relief funding; however, they have since provided the requested documents. Asked to demonstrate greater loss, the Boosters presented the commission with the results of their Breakfast with Santa fundraiser, which raised less than \$100 compared to an expected \$12,500 due to the pandemic. This left the Boosters’ deficit at approximately \$12,402, motivating the EDC to grant the Boosters their request of \$10,000 in relief.

The final undecided application belonged to the Glade Elementary PTA, which ran into issues with eligibility due to its status as a subsidiary. While the EDC chose not to provide relief funds to the Glade Elementary PTA, which had hoped to

use them for their Blessings in a Backpack program, the commission did address student needs in alternate ways. The Blessings in a Backpack program had also sought support to ensure that students who were eligible for the program but not receiving meals were fed, leading to a decision by the town council to approve a one time stop gap allocation of \$9,750 to the cause.

Additionally, the council approved the use of town funds to pay off student lunch

debt at Walkersville Middle and High Schools. Despite positive intentions, however, both commissioners and town residents have raised concern over the decision. Early in November, Commissioner Tom Gilbert expressed the potential harmful precedent set by the decision, as students who owe lunch debt are not the same as those who qualify for free meals. Resident Ann Moldenhauer echoed this concern and suggested such decisions involve a waiting period rather than being made immediately.

News Briefs...

Ennis Named New VP of Town Council

Commissioner Michael Bailey announced at the December town meeting that due to an opportunity for his family to move south, he will be resigning from his position effective January 31. Bailey also serves as the liaison to the Economic Development Commission and Vice President of commissioners, assisting Burgess Chad Weddle with numerous responsibilities. Hoping to achieve a smoother transition for the new vice president, he chose to step down as vice president in December, and recommended that Mary Ann Ennis fill the position as she had received the second-most votes in the most recent election. With Brodie-Ennis’ consent, commissioners voted in favor of the recommendation. When Bailey resigns in January, Burgess Chad Weddle will temporarily take over his responsibilities as EDC liaison.

Contingency Funds Released To Dollar General

One year after Dollar General’s opening in Walkersville, the town has elected to dispense contingency funds. Town planner Susan Hauer noted that these monies are typically held as a guarantee for public improvements associated with

development projects. Resembling a warranty, the funds are usually withheld for about a year. The Town of Walkersville has held \$2,556.75 for Dollar General, an amount which is now qualified to be released. With town staff appearing satisfied with the improvements made by the business, a motion was made to release these funds to Dollar General and approved unanimously.



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WALKERSVILLE INFO

Mon., Jan. 2 - Town Hall Closed for New Year
 Wed., Jan. 4 - 7 p.m. - Parks Commission Meeting
 Tues., Jan. 10 - 7 p.m. - Planning Commission Workshop
 Wed., Jan. 11 - 7 p.m. - Town Meeting
 Mon., Jan. 16 - Town Office Closed Martin Luther King, Jr. Day
 Mon., Jan. 23 - 7 p.m. - EDC Meeting
 Tues., Jan. 24 - 7 p.m. - Planning Commission Meeting
 Wed., Jan., 25 - 7 p.m. - Town Meeting

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 Walkersville: Our Town

LOCAL & COUNTY GOVERNMENT

Congressman David Trone

Earlier this month I was sworn in to serve my third term representing you in Congress. It is the honor of a lifetime to be your voice in Washington and to fight for progress on the issues impacting our communities the most. As I took the oath of office, I couldn't help but reflect on the last few years.

The first cases of COVID-19 were identified in Maryland almost three years ago. Things look much different now than they did then. These challenges have provided fundamental lessons for continuing to build stronger, more vibrant communities.

First, we learned that, especially in our most challenging moments, bipartisanship and cooperation are essential to our collective success. We've all heard the cliché saying, "there is more that unites us than divides us." The pandemic proved that this is true, not just rhetoric. Across government and throughout

our neighborhoods, we put our differences aside when the pandemic struck and our future was uncertain.

The vast majority of the time activists, healthcare workers, first responders, educators and government officials worked toward the common goal of keeping our communities safe and helping those in need. We passed landmark legislation to provide a lifeline to families and businesses. Federal, state, and local governments worked together to ensure that support got to those who needed it most. I agree with those who say that while the response was not perfect, our collective effort saved tens of thousands of lives and prevented the collapse of our economy.

This should serve as a playbook for our future. The needs of our communities will continue, and addressing those problems in a spirit of cooperation is the best approach.

Second, we learned that, as I've said

before, we cannot overstate the importance of mental health. Throughout the pandemic, a record number of Americans experienced worsening mental health problems — especially children and teenagers. 40% of adults reported feeling depressed or anxious over the past two years, an increase of nearly 30% over pre-pandemic levels. These numbers were even worse for women, people of color, and young people. Depression and anxiety episodes among adults aged 18-29 increased by over 60%. And the tens of millions of Americans with pre-existing mental health challenges saw them worsen over the past two years.

I'm pleased to report that in just the last few weeks, Congress has made historic progress on the issue of mental health. In the final days before we adjourned for the holidays, we passed the Restoring Hope for Mental Health and Well-Being Act, a package of over 30 bills, eight of which

I led, devoted to investing in mental health resources across America. This legislation will bring real relief to communities and families across the country, all while reducing the federal deficit by \$200 million. Again, this must only be one step in our progress — because our work isn't over until no Americans are suffering.

Finally, and perhaps most importantly, we learned that the bonds that tie our communities together are incredibly strong. When COVID-19 struck and families struggled to put food on the table, keep a roof over their heads, and ensure that their children were safe and healthy, countless selfless individuals stepped up to the plate and gave generously to support them. Our healthcare workers put their lives on the line—often literally—to provide care to those who were sick. Our educators adapted to the changing environment, developing creative ways to teach our children over the internet. And millions of Americans went to work to keep

our economy running, even when it was dangerous to do so.

While the challenges of the recent past have been immense, we showed time after time that we have the power to overcome them and come out stronger on the other side. It's these moments that inspire me to continue our progress and keep proposing bold ideas for our future. Because the return on our investment will be enormous.

I know that together we can provide mental health services to those who are struggling. We can give our educators the resources they need to inspire and teach the next generation of leaders. We can lend a helping hand to those who are struggling the most, and build an economy that works for everyone. I know this because we've already done it—under incredibly difficult circumstances. With our past successes top of mind, I can't wait for all that we'll achieve over the next two years.

Woodsboro Burgess Heath Barnes

Happy and Blessed New Year. Welcome to 2023! I hope this new year is a good one for all. I also hope everyone had a Merry Christmas and Happy Holiday Season.

Our December 13th meeting was rather quiet with very few things on the agenda so this month's article will be rather short. We reminded the residents of the public hearing concerning allowing chicken in town that will be held on January 10th beginning at 7pm. All residents are welcome to attend to voice their opinions.

I did give an update on the town hall progress. We have signed a contract with an architect, and I have had a call with them and the engineer to begin the next steps. I have been asked didn't you have an architect, and the answer is yes, and we had a drawing, however with the now larger lot that we have we can build a larger and more sustainable building as the lot is almost twice the size of the other lot. With we must have a new drawing drawn up, but the process is moving along.

We have had several issues of vandalism in the park over the last few weeks and the latest is that the port o potties that are placed in the park have been damaged beyond repair and so we will need to buy those from the rental company and replace them with new ones. Due to the ongoing damage the decision was made to remove them from the park and not to replace them. We will continue to have our permanent facilities open 4/1-11/30 of each year, but unfortunately the port o potties will no longer be available.

We had a great turnout of children and adults alike for our annual Santa run that was once again planned and implemented by the Woodsboro Volunteer Fire Department. We had a great time and look forward to next year.

As always, I encourage everyone to support Glade Valley Community Services (GVCS) if you have clothes or food donations as they are always in need of items for members of the community. For more information, please contact GVCS by email at gvcs.inc@verizon.net, or call 301-845-0213.

If you have any questions, concerns, complaints, or compli-

ments please feel free to reach out to me at hbarnes@woodsboro.org or by phone at 301-401-7164.

Burgess Heath Barnes

Woodsboro Town meetings are held on the 2nd Tuesday of each month at 7 p.m. In addition, Planning and Zoning meetings are at 6pm on the First Monday of the month as needed. If you have an item for the agenda it needs to be submitted 14 days before the P&Z meeting. The current location for meetings is the St. Johns United Church of Christ located at 8 N 2nd Street. The public is always invited to attend.



Public Notice Town of Woodsboro

Notice is hereby given that the Burgess and Commissioners of the Town of Woodsboro will hold a public hearing on Tuesday, January 10, 2023, at the hour of 7 p.m. in the social hall of St. John's UCC, 8 N. Second St. (parking and entry in the rear off 3rd Street), for the purpose of receiving comments pertaining to allowing chickens in the town limits.

Individuals will be given an opportunity to speak at this public hearing. Persons requiring special accommodations are requested to contact the town office at 301-898-3800 to make necessary arrangements no later than 3 business days prior to the public hearing.

Mary E. Rice
Town Clerk

LOCAL & COUNTY GOVERNMENT

County Executive Jessica Fitzwater

Hello, North County! I am proud to be writing my first column as your Frederick County Executive. I want to thank voters for their confidence in my leadership. I am ready to serve each and every resident of Frederick County, whether I earned your vote or not. Together we will build bridges and bring our community together to meet this moment with bold ideas and pragmatism. Our goal is to ensure everyone in our county has the opportunity to live, work, and thrive here.

Our administration will be guided by three key values: inclusion, accountability, and sustainability. We will work to ensure everyone has a voice and is heard. That is why we have established collaborative, community-driven workgroups to help identify our goals for the next four years. Our Transition Team is co-chaired by Chamber of Commerce Executive Director Rick Weldon and business owner Toni Bowie. Over 120 people are serving on our transition team workgroups and we are focusing on seven key priorities:

- Economic Development and Jobs;
- Education and Workforce Development;

- Government Innovation;
- Housing and Quality of Life;
- Public Health and Human Services;
- Public Safety; and
- Sustainability, Infrastructure, and Transportation.

Each team will submit a report outlining their vision to me this spring. If you would like to learn more about these workgroups or provide feedback of your own, I encourage you to visit our transition website, www.FrederickCountyMD.gov/Transition.

Town Hall on Budget

One of the most important jobs of the County Executive is to decide how to invest in our county's future. Last month, we kicked off the annual budget process with a public hearing. Dozens of people spoke up to communicate the various needs of our community and what they see as priorities for the next budget year, which begins July 1. To ensure opportunities for all to be heard, we have scheduled a series of five budget town halls, one in each council district.

We have scheduled our first town hall meeting in District

5 which encompasses Emmitsburg, Thurmont, Walkersville and Woodsboro. The town hall in District 5 will take place on Saturday, January 28, at 1 p.m. at the Thurmont Regional Library on Moser Road. I will be joined by District 5 County Council Member Mason Carter.

If you are not able to attend the District 5 meeting, you are invited to attend any of the other town halls. Details will be announced on our County's website when they are confirmed. Please check <http://www.FrederickCountyMD.gov/Budget> for updated information.

Rural Historic Preservation Grant Program

Preserving important pieces of our rich history is one of the ways we put Livable Frederick into action. That is why Frederick County offers a program to help property owners stabilize or restore historic structures in our rural, unincorporated areas. The Rural Historic Preservation Grant Program is currently accepting applications for 2023 grants.

These competitive grants provide as much as \$50,000 toward work on

properties that are either listed on the County Register of Historic Places or contribute to a County-designated Historic District. Grants can be used for expenses to stabilize, rehabilitate, restore, or preserve the exterior of historic buildings. If you are interested in learning more about this program, you can attend one of two virtual workshops this month: Tuesday, January 10, at 2 p.m. or Monday, January 23, at 5:30 p.m. To register, visit www.FrederickCountyMD.gov/Historic-Preservation.

Applications will be accepted until 5 p.m. on Tuesday, Feb. 28. Questions about the grant program can be emailed to Historic Preservation Planner Amanda Whitmore at AWhitmore@FrederickCountyMD.gov.

Rustic Roads Program

If you have ever driven or biked along one of our rural roads, like Gambrell Park, Mink Farm, Wilhide, or Whiskey Springs, to name just a few, then you understand why it's important to keep their charm. These roadways draw tourists, bicycling enthusiasts, and others to our beautiful county. We know that protecting our wonderful network of rural roads that wind through views of our beautiful scenic landscape is a priority.

That is why the County recently launched a new Rustic Roads Program. Maintaining charm while keeping the roadways safe can be a challenge. The goal of our program is to balance the sometimes competing interests of ensuring safe travel with protecting and enhancing the roads' unique appeal. We began this new program on the recommendation of the Scenic and Rural Roads Advisory Committee.

All 80 miles of lanes that are currently designated as rural roads will be designated "Exceptionally Rustic" in the new program. Another 287 miles have been identified as candidates for Rustic Road designation. Candidate roads must have a speed limit of 35 mph or less, see fewer than 1,000 vehicle trips a day, on average, and be located outside of Community Growth Areas and major subdivisions. Roads also could be eligible if there are scenic or natural features along them, or if they have historical or cultural significance. Special signs will be designed and posted on Frederick County's "Exceptionally Rustic" roads. The signs will be part of a larger effort to market the scenic roadways to tourists and to educate the public about the significance of the roads and their cultural and historic value.

County Councilman Brad Young

On Monday December 5th, the new County Executive Jessica Fitzwater and the new County Council consisting of Mason Carter, Steve McKay, Jerry Donald Kavonte Duckett, M.C. Keegan-Ayer, Renee Knapp, and myself were sworn into office at the Weinberg Center. We held our first meeting on Tuesday December 6th where we elected officers of the Board. I was elected as President of the Board and Kavonte Duckett was elected as our Vice President.

The Council held a workshop on December 13th where we discussed several items.

We were scheduled to hear amendments to plumbing ordinances in the county code, but that item was pulled as it was determined additional work was needed before bringing it to the council. We discussed a proposal

to merge the Frederick County Mental Health Advisory Council and the Frederick County Substance Abuse Council into a new council which would be the Frederick County Behavioral Health Advisory Council. Frederick County Health Director, Dr. Barbara Brookmyer briefed the council on why this was desired. The council will take it up at the meeting on December 20th.

The council received an update from Anne Bradley on the County's preservation of agricultural properties in the county. She reviewed many programs that are being used in Frederick County to make help farmers preserve their properties so that they can only be used for agriculture purposes. She reviewed that the county's goal is to preserve 100,000 acres in the county by 2040. She stated that the county should meet that goal

before then.

The Council also discussed which boards that council members wished to serve on. There are over 50 various boards and commissions in which a council member can serve. Each member will give their

preferences and they will be forwarded to the County Executive for her to make decisions. Once she has made recommendations, the council will then receive them back for approval. The council also discussed and consented to cancel our January 3, meeting as several council members will be attending a state meeting out of town.

Wrapping up, I am honored to serve as the Council President, and I forward to serving our great county. I always love to hear from the public and you can reach me by email at byoung@frederickcountymd.gov. I wish everyone a Merry Christy, Happy Hanukkah and a great and prosperous New Year!

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COMMENTARY

Words From Winterbilt

A new year, predictions & resolutions

Shannon Bohrer

“Be at war with your vices, at peace with your neighbors, and let every new year find you a better man”

—Benjamin Franklin

Every new year we experience a few traditions that seem embedded in our culture. One of the rituals include predictions for the new year from experts, at least people that espouse they are an expert. We also conduct a brief history lesson, reviewing the previous year. Then, on an individual level, we create our new year’s resolutions to be healthier, kinder, and basically a better person. These traditions, along with others, like eating pork on New Year’s Eve for good luck in the coming year, are repeated every year. Do we ever measure our luck, become a better person, or even stop repeating the unpleasant events of our past? Maybe we should question these traditions.

The predictions from the “experts” often include movements in the stock market, interest rates, savings and growth, bond prices, and mortgage rates. My impression is that the majority of these predictions are often economic issues, which have more

value to the business community. Since the business community does affect us, what we pay for products, maybe we should pay more attention.

The predictions also include the weather for the coming year. These predictions have evolved, with the issues of global warming being more noticeable and prominent in recent years. The weather predictions, with the global warming issues, often include the cost of floods, storms, and droughts, which affects crops, transportation, and numerous economic issues. Telling people how much money they should expect to make in the markets, then telling them how much they will lose because of hurricanes and tornadoes, seems more like a warning than a prediction. Of course, to worry about predictions one has to believe, at least in some way, that the predictions will come to fruition. For some people, believing in global warming is not easy since, in today’s world, science seems to be questioned.

The experts also review the previous year telling us what we already know or should have known. It is like a long re-run of major events, most of which never affect us unless it is a major weather disaster. Another perspective of the review is like a cliff notes version of a year’s history. This segment also includes major films, plays, and movies, most of

which I never saw or attended. I would think that most of us would remember wars, pandemics, and natural disasters. Then again, maybe the history of horrific events is becoming so normal that we unconsciously ignore the reporting. I believe this to be true with active shooter incidents. That is a tragedy in itself that there are so many and that we frequently tune them out.

Another tradition is the review of celebrities who died during the year. The celebrities or well-known persons that passed seem important to the news organizations. They often begin with “People we have lost this past year.” I believe the word “lost” is just preferable to died. I have noticed as I have matured a little that some of the celebrities that died are unknown to me. This is somewhat related to the fact that each year many of celebrities are younger than me. I guess there are just fewer celebrities that I remember, or maybe many of them that I knew in my younger years have already passed.

Strange as it may seem we rarely hear anything from the experts about their predictions from previous years. Of course, an argument could be made that the last several years were unpredictable. Some of my predictions from last year were fairly accurate. One of my predictions was that the political divisiveness would continue. Some predictions

are obvious. Another obvious prediction is the political parties blaming the other party for any problems we have, which is a prediction you can always count on, especially in election years.

My prediction for 2023, which is also repeated from 2022, is that some politicians will call for modifying, changing, and or eliminating Social Security, Medicare, and the Affordable Care Act. Those predictions are also becoming more dependable. It does not matter that the recipients of all of these programs – pay for them. Nor does it matter that all three programs work and are well-liked. The recommendations will be made, out of habit, because habits are hard to change, and we don’t want to become socialist.

Addressing my new year’s resolutions for the last several years, I have sometimes repeated myself. My resolutions always include keeping a cheerful outlook and only complaining when necessary. That is easy to maintain, provided I decide on the necessary part. As one grows older, the choice of resolutions diminishes. It is hard to get better, be in better shape or be a better person in your seventies. I like to think I have tried to be healthier, kinder, and a good person most of my life.

As to more current predictions, we will probably see more gun violence and active shooter incidents in the coming year. Because of a Supreme Court Decision that allows individuals, with

or without cause, to carry concealed firearms, we have more people carrying guns in public. In 2019, it was reported that “Nearly 6 million Americans were toting loaded handguns on a daily basis.” That number had doubled in just four years and has probably doubled again since the Supreme Court decision. Prior to the Supreme Court Decision twenty-five states issued carry permits with no cause needed. Many of these states have no background checks or training requirements. No one should be surprised that we continue to experience more active shooter incidents.

In summary, the coming year’s weather will be extreme and costly; however, any losses may be offset if you have market funds, proving the predictions are correct. Our politics will continue to be divisive, and there will be an increase in active shooter incidents. Since I believe in science, Covid 19 will still be here. Covid could become one of those obvious predictions for each year. The resolutions we make to improve ourselves will have good intentions, but most of us will not change.

“Good resolutions are simply checks that men draw on a bank where they have no account.”

—Oscar Wilde

To read past editions of Words From Winterbilt, visit the Authors section of Walkersville.net.

Tumbleweeds

The sky is not falling

Mark Greathouse

Nuclear energy? Arrrgh! Nagasaki! Hiroshima! Three Mile Island! Chernobyl! Fukushima! Kaboom! Horrors galore are immediately thrown at a fear-saturated public by the environmental elite. Panic! Global warming disaster? The sky is falling? Not!

To be clear, I agree that our planet’s climate is changing. I support the protection of our environment and the wonders of its wildlife. I disagree with most of the means being ballyhooed by climate extremists to protect mother earth. Global warming per se is not “settled science.” In fact, y’all will find that science is hardly ever “settled.”

I believe – and so should you – that nuclear energy is the cleanest, most efficient, most productive way to solve most of our residential and industrial energy needs. However, biased academia, media, climate activists, and politicians serve to complicate the nuclear energy solution. Radicals Saul Alinsky and Rahm Emmanuel are laughing at the irony of a made-up crisis that proponents dare not let go to waste. The “Greenies” take full advantage of we humans’ tendency to exaggerate our own importance in the scheme of things.

Let’s all agree that the success of an industrialized society requires an abundant source of sufficient uninterrupted power. Intermittent, fluctuating power sources like wind and solar simply will never ever be sufficient even with vast arrays of expensive back-up batteries.

By way of a perspective on climate, visualize my great great grandfather raising longhorns on about 20,000 acres near Alice, Texas in the 1870s through 1890s. While dodging occasional tumbleweeds and dealing with droughts and rustlers, the least of his worries were cattle emissions and smoke from wood-burning cooking fires. Fossil fuels weren’t a concern. Global warming? Ho-hum.

Incidentally, oil and natural gas are abundant worldwide with supplies sufficient for many centuries to come. Oil is actually not a so-called fossil fuel. It’s a hydrocarbon that seeps from several miles beneath the earth’s mantle, picking up fossilized detritus in its path to accessible pools closer to the planet’s surface. There have never been enough dinosaurs and plants in earth’s history to turn into oil in the huge near-surface deposits currently identified. But enough of the fossil thing. Check out studies by the Russian Academy of Sciences, Thomas Gold’s The Deep Hot Biosphere, and the Lawrence Livermore National Laboratory’s 2004 report on deep earth methane deposits among much other research the Greenies, uninformed politicians, and herd-instinct press choose to ignore.

Are wind and solar energy “clean?” Not on your life. In addition to its impracticality, so-called green energy is not so “green.” Don’t ignore the environmental disasters of mining cobalt, nickel, and lithium for batteries powering electric vehicles; the annual burial of 3 million tons of used wind turbine blades and of used solar panels that damage water tables and never sufficiently biodegrade; the acres of ugly, government-subsidized solar panel farms barely meeting community energy needs; and the inefficient and murderous wind turbine farms constructed directly in the paths of migratory insects, bats, raptors, and other birds which they kill by the hundreds of thousands annually. Last but not least, we dare not ignore that those wind turbines use lots of oil for their gearboxes; up to 60 gallons that gets changed every two to three years. Better keep drilling and refining that oil!

Are wind and solar sufficient? With widespread wind turbines and solar panels, we just might save a tiny fraction of a degree of global warming over the next century, assuming all nations are onboard. Maybe a glacier won’t melt. Perhaps, New York City won’t be flooded. The answer surely isn’t in the artificially-induced panic surrounding the Green New Deal. And how much money from Green agendas is fattening the wallets of the likes of Al “Carbon Credit” Gore and John “Climate Reparations” Kerry?

What’s the most efficient energy source from a land use perspective? According to research by the Strata Group at Utah State University, “coal, natural gas, and nuclear power all feature the smallest physical footprint of about 12 acres per megawatt produced. Solar and wind are much more land intensive technologies using 43.5 and 70.6 acres per megawatt, respectively. Hydroelectricity generated by large dams has a significantly larger footprint than any other power generation technology, using 315.2 acres per megawatt.” It would take a land area the size of Texas and California combined to supply U.S. energy needs with wind and solar power. My grandfather Nick is likely turning in his grave at the mere

thought of such waste of good grazing land. Better to let cattle fart.

Let’s “circle back” to nuclear power. Is it safe? Environmentalist Michael Shellenberger quotes in his best-selling Apocalypse Never a 2018 World Health Organization report, “when the worst occurs with nuclear – and the fuel melts – the amount of particulate matter that escapes from the plant is insignificant in comparison to the particulate matter from fossil- and bio-mass burning in homes, cars, and power plants, which killed eight million people in 2016.” Is hydroelectric power safer? The Banqiao hydroelectric dam in China collapsed in 1975 killing upwards of 170,00 to 230,000 people. Shellenberger references a 2007 Lancet article that concludes, “Nuclear is thus the safest way to make reliable electricity.” Contrary to green extremist scare claims, the death toll from nuclear energy is vanishingly small. Moreover, nuclear fuel efficiency and waste reduction is achievable by reprocessing to recover unused uranium that can be used in breeder reactors to produce more fuel. Oh my! It’s renewable!

The economic and world health impacts of the perpetuation of the climate extremist myths are alarming. The price of just about everything revolves around oil from plastics to gasoline and diesel fuels to moving goods to market. Global consequences are huge. Underdeveloped nations are even being held economically hostage by industrialized countries that already have abundant sources of sufficient uninterrupted power by forcing them to use wood and coal as primary energy sources.

Our nation’s security is at great risk. The misguided energy policies

of the current administration that stifle oil and gas production and nuclear energy development have not only contributed to runaway inflation and looming recession but have created a serious national security threat. They’ve placed China in the energy “driver’s seat” for materials for so-called renewables. We’ve further jeopardized national security by moving from oil and gas independence in 2020 to oil dependence in 2022.

The United States stands as the cleanest nation on earth. However, per the law of diminishing returns, we dare not destroy our nation’s economy in exchange for the minimal gains of the gross spending for the Green New Deal panic. The United States must deal from strength on the world diplomatic stage.

As we ponder the green panic, it’s worth reminding ourselves of a prescient quote from John F. Kennedy, “The greatest enemy of the truth is very often not the lie – deliberate, contrived, and dishonest – but the myth – persistent, persuasive, and realistic.”

The myth of the climate change crisis is easily solved. Let’s move forward with oil and gas energy and build new nuclear power plants while we seek a practical, affordable, and enduring energy solution other than the ephemeral practicality of costly wind turbines and solar panels. Let’s build our nation’s economic strength to permit our science and tech industries to develop that ultimate energy solution, one that stands steadfastly on its own as an advance of humankind. Meanwhile, be assured that the sky is not falling.

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Country First

The price we pay for political cowards

David Marshall

It takes a special person to exhibit moral courage in any situation. The type of courage in which a person will do the right thing even when it's risky, uncomfortable or unpopular. We are just weeks away from the end of the 117th Congress, and with it comes the transfer of the gavel from Nancy Pelosi to the new Speaker of the House. We are also witnessing the end of the congressional careers of Republicans Liz Cheney and Adam Kinzinger. Regardless of your political beliefs, if you genuinely care about the Jan. 6 insurrection and the lasting impact it will have on our nation, you must admire the political sacrifices made by the two Republican lawmakers.

Since few elected House Republicans have shown the courage to publicly confront and condemn their fellow Republicans over the Jan. 6 attack, Reps. Cheney and Kinzinger will be sorely missed. Sadly, many voters have it backward. While voters reward political cowardice, political boldness and true patriotism are rejected. "The once great party of Lincoln, Roosevelt, and Reagan has turned its back on the ideals of liberty and self-governance. Instead, it has embraced lies and deceit." Kinzinger said in his fare-

well address to Congress. "Instead of members using our platform to advance the well-being of our nation and her people, we've turned this institution into an echo chamber of lies."

This type of warning to the GOP is not new to Kinzinger, who made efforts during the Trump presidency to inform his one-time GOP allies about the corrosive effects of conspiracy theories. There are consequences when a large part of the electorate forgoes wisdom, good judgment, and common sense when choosing their leaders. We all suffer as a nation when voters choose to be led by elected officials who embrace dishonesty, deceit, corruption, and hypocrisy.

Unfortunately, it exemplifies how this current era of American politics has become a moral failure. This political corrosion is not just limited to Congress. It runs through the courts, state legislatures, and now school boards. Therefore, who is at fault when Kinzinger's warning concerning the threats to democracy is so soundly rejected within his own party? Are the GOP elected officials and candidates who are disingenuous when preaching patriotism at fault? Are the GOP voters who are disingenuous when publicly chanting "USA!" at fault?

There was no "red wave"

during the 2022 midterm elections because enough Democratic, Republican, and Independent voters displayed the degree of wisdom, good judgment, and common sense to discern that both sides are at fault. Before Donald Trump, never has a former or current president called for the termination of the U.S. Constitution. Rep. Cheney, who has picked up a solid national following among moderate Democrats and Republicans alike, denounced the former president's statements. "No honest person can now deny that Trump is an enemy of the Constitution," Cheney said. The Congresswoman is correct, and we can only hope that enough of those who were previously duped and misled will now start to wake up.

Marcus Tullius Cicero was the last true defender of the Roman Empire, and his story sounds very familiar when compared to today's politics. Cicero was a loyal politician to the Roman Republic and viewed the informal alliance known as the First Triumvirate to be in direct opposition to the principles of the republic and the authority of the Senate. By refusing to join this alliance, Cicero was vulnerable to attacks from his political enemies, which became an issue when he was criticized for speaking out against the political figure and tribune, Publius Clodius.

Ironically, it is the same reaction Cheney and Kinzinger received by GOP lawmakers when taking a

public stand against Trump. When Clodius was elected as a tribune, he introduced a bill that revoked the citizenship of anyone who killed a Roman citizen without granting them a trial, a move designed to punish Cicero for his role in putting down an uprising known as the Catalonian rebellion. Cicero ordered the execution of revolutionaries without a trial due to the urgent need to end the dangerous rebellion. With no allies remaining to protect him from Clodius' attack, Cicero fled Rome and lived in exile. When resisting the rise of dictatorship, Cicero once said, "the enemy is within the gates; it is our own luxury, our own folly, our own criminality that we have to contend." His political opinions were not always popular, and he was ultimately declared a public enemy and executed.

History has a way of repeating itself. Reps. Cheney and Kinzinger are the modern-day versions of Cicero. What was true of the government of the Roman Republic is also true with today's U.S. government. The enemies of democracy and the Constitution are within our gates with folly and criminality. Moral failure occurs when far too many people are willing to abuse morality for the sake of self-interest and political power. Attempts to achieve compromise, unity and harmony will often be rejected if it means power must be shared. With Cheney and Kinzinger now "exiled," who on the Republican

side will join Democrat lawmakers in resisting this internal folly and crime?

The battle among House Republicans over the speakership is a preview of the next two years. A small band of GOP opportunists has already signaled to their colleagues that any willful group can hold the entire House majority hostage over any issue they want, making effective governing and accountability impossible. Political instability was a major reason behind the fall of the Roman Empire. Will America have the same fate? "They claim to be super-patriots, but they would destroy every liberty guaranteed by the Constitution. They are patriotic in time of war because it is their interest to be so, but in time of peace they follow power and the dollar wherever they may lead." Those were the prophetic words of former vice president Henry A. Wallace who served under President Franklin D. Roosevelt.

David W. Marshall is author of the book "God Bless Our Divided America" and member of Country First. Country First is focused on recognizing that Republicans, Democrats and Independents don't have to be enemies because they have different experiences and perspectives. To learn more about Country First visit www.country1st.com.

To read past editions of *Country First*, visit the Authors section of Walkersville.net.

Good Day, Neighbor

Community

Dorothea Mordan

Charities have existed in America since colonial times. An early organization was the Humane Society of the Commonwealth of Massachusetts, dedicated to saving lives at sea. This was taken over by the US Coast Guard in the early twentieth century. The principle objective of the organization was to promote life-saving endeavors. For everyday needs of food, water and shelter, the average citizen relied on family, churches and the occasional petition to the King.

In our system of democracy, We The People determine exactly that—what our system is and who it serves. Add in that we are a huge nation of opinionated people, and we have a system that blends many beliefs and objectives into laws, rules, governing bodies, economy, et.al. The United States of America is by definition a blend of everything.

As any society grows, so does the variety of need. Over the last couple of centuries we have benefited from advances in medical care, food production, and treatment to make clean water available. Yet the basic problems of not all people having enough food, water and shelter is still present. In the quest to cover the cost of

the needs of the many, we have a tax system with an excruciatingly complex set of rules for calculating taxes paid by each person and commercial enterprise. There is ample to complain about. We argue about how much the government can take from us to organize and return services and benefits to us.

One argument for small government, is that everyone should carry their own weight, pull themselves up by their bootstraps, and leave charity to churches. Still huge numbers of our fellow Americans fall through the cracks caused by mental illness, addiction, poverty.

Alongside tax collection, our system has a path for people with the means to choose how to give aid by donating assets to nonprofit organizations. The tax exempt part of our system is there for anyone to literally put their money where their self-determining mouth is, directly giving resources where they see need.

Tax season is upon us, and donations for 2022 may be completed, but now is the time to put some thought into 2023 charitable giving, and where your contributions can make a difference.

Humans have practiced charitable giving for centuries. In the twentieth century the options expanded into government agencies, and a nationwide network

of nonprofits. We have no one-size-fits-all solution for challenges faced by individual people. Poverty, lack of access to quality education, or job training are often cyclic in families and communities. Diseases of despair—addiction, alcoholism, depression—can strike any one of us in a moment of insecurity, or medical event where the medicine proves to be addictive without warning.

Local nonprofits directly support our committees, here are a few in Frederick County:

Federated Charities of Frederick. From the website, "Nonprofits thrive here...more than 100 years ago a group of people gathered in Frederick in order to build what we now call a nonprofit center. It may have been called something different but the intention was to weave together the kinds of programs that make up the community safety net. It looks a lot like an office building but the nonprofits who work here save an average of \$7,000-\$15,000 annually when they share space here (and we're not just for nonprofits). Our partners worry less about the roof over their heads and spend more time on their programs serving individuals and families in our community...the math works." federatedcharities.org

Andrea's House. Carleah Summers founded Andrea's House, a faith-based residential program in Frederick, MD, in March 2019. From the website, "Transi-

tional living for women recovering from substance use disorders and their children. Andrea's House also works with local community agencies to provide our women and children with all necessary resources needed to become effective mothers and achieve long term sobriety." andreashouse.org

SHIP of Frederick. From their website, "The Student Homelessness Initiative Partnership builds capacity in students to reduce housing insecurity, homelessness, and their impact by breaking the systemic barriers facing Frederick County youth." shipfrederick.com

On Our Own. From the website, "On Our Own of Frederick County is a wellness and recovery center located in downtown Frederick, Maryland. We are a nonprofit organization that provides peer support, resources, advocacy, life/recovery coaching and more for adults and families in Frederick County who experience mental health challenges and/or substance use disorder." onourownfrederick.org

Justice Jobs. From the website, "Justice Jobs provides helps people experiencing barriers to employment to get a job, keep that job, and move up to a better job!" justicejobsmd.org

Kitsune Inc. I am a founding board member of this fledgling nonprofit. Our mission is to provide a supportive, live-in environment for individuals with

disabilities which impede activities of daily living, and instrumental activities of daily living. We will provide support and education in navigating these skills. kitsuneinc.org.

If you don't believe in hand outs of money, many local organizations can benefit as much from in-kind donations as financial help. Ship of Frederick addresses student homelessness. "As these children are typically living in transitional circumstances, maintaining proper personal hygiene can be challenging. SHIP periodically makes requests of the community for a wide variety of hygiene items including: soap and body wash, shampoo, tooth brushes and paste, shaving cream, toilet paper, and deodorant." Andrea's House, and many other nonprofits addressing housing, and practical needs while working toward reentry into society, also take in-kind donations.

The return on investing in your neighbors when they are down, is to have more people living in permanent housing, with stable jobs, and the ability to one day to share their own time, talent and treasure in our community. They may be able to help you or me if our own foundations get shaky.

As they say at Federated Charities of Frederick, "The math works."

To learn more about *Woodsboro's own Dorothea*, visit her site at chandlerdesignslimited.com.

PASTOR'S DESK

Be someone's light and save a life

Pastor Phil Beck
St. Paul's Lutheran Church

What does it mean to be blessed? If we go by the characterizations I have just enumerated, many of us would probably fit into the latter category of the woes but not really enjoy being put in that position. This is just what Jesus does for us, he turns the status quo on its head much like when he said the first will be last and the last will be first. Jesus is calling out and pointing his fingers at those of us who have not embraced the Kingdom of God in our midst, those of us who have not sought out the downtrodden or come beside one of our neighbors who may be in a tough spot, or those of us who would let someone who is hurting, continue to suffer.

This has really hit home for me as I recently officiated a funeral for a marine who was unable to cope with the struggle of his PTSD and ended his life with so much possibility ahead. While working on my sermon prep, one of my best friends called to let me know her father in law, an Army veteran, had taken his own life after struggling with mental health issues of his own. These instances are not unique to me and I am sure many of you can relate to knowing someone who has had mental health issues or maybe you are struggling yourself. Jesus is pointing his finger at us to be the ones to come beside those who are hurting, to lift them up, and assist them in providing resources to help them not be overwhelmed in their lives.

I am very aware this is a daunting task because of the stigma associated with mental health issues and for most of us wanting to be able to rectify our own affairs in the way we see fit. I had a couple of friends in my previous job who I would have never suspected were having issues to the point at which they also took their own lives. We sit back and say to ourselves boy we never saw that coming and what could be so terrible in our lives that someone would go to the extreme of taking their own life. Sometimes we just don't know and we never might get the answer.

This is where we come in and start to live the life Jesus calls us to live. We have the ability to educate our children, to comfort our friends, and love our neighbor in the way that when we are struggling, it is ok and expected of us to ask for help. It is not enough for us to know there is a problem and do nothing about it, this is exactly why Jesus points his finger at us in his Sermon on the Plain. We are asked to do for others as we would want others to do for us. I know many families who have identified an issue, struggle with finding help or even having their loved one get the help we so desperately want them to have.

It is difficult for us to see the destructive path our loved ones are travelling and we desire so much to be able to be the catalyst in making things well. It can be overburdening, tiresome, and even discouraging when we have seemingly identified an issue and yet we are powerless to intervene. It is even more challenging when we are caught by surprise, not having recognized the signs, and something

tragic occurs that can't be undone. While we would like to think so, there is no quick fix, wrestling with these situations takes time on both sides and can be traumatizing in a variety of ways.

As you read this message, I invite you to imagine yourself in a mass of people collected to hear Jesus speak. I invite you to picture yourself trying to catch a glimpse of Jesus and discern for yourself where you stand in your walk with Jesus. As we examine this group, we find there are three different kinds of people there from all walks of life. The first group are those who have come are very focused on what they need, they come seeking healing for many of them had various diseases and illnesses. Others came because of being controlled by unclean or evil spirits, much of whom we would characterize in our lives as suffering from mental illness.

There is no telling how many are in this crowd but it is our belief all were healed in their own ways, restoring them to their status within their community. The second group of people in attendance were those who considered themselves disciples. These were the ones who followed Jesus and not only wanted to hear what Jesus had to say, they also wanted and needed to learn from him. By hearing Jesus, they would be able to change their lives to conduct themselves in a godly life, living out the teachings of Jesus among the people. The third group was that of the Apostles, the group hand-picked by Jesus to be his messengers in the world. The members of this group were the

ones who would continue to further Jesus' mission on earth after his departure.

Jesus is looking. What does he see? Jesus sees the three different groups but he also sees them collectively, he saw: men and women, boys and girls, young and old, Jew and Gentile. He also saw their needs. Each of these groups of people needed very different things from Jesus much like we do. I would posit to say that, at any given time, we fit into all three of the categories of people Jesus saw as he gazed out upon the crowd.

Jesus saw the needs of everyone no matter their position that day and saw fit to provide each person the very thing they were searching for. We have what we are searching for from Jesus and it is time for us to take our gifts into the world, to come beside those who are searching, and share with them the goodness we know in Jesus. The time is now for us to realize we are carrying on the work of Jesus and for us to be ever vigilant in recognizing others not as fortunate as us, those who may be hurting for whatever reason.

Jesus gives us the wake-up call in the second part of the Sermon on the Plain where he highlights four specific areas of people who need a nudge in the right direction. Woe to those who are rich which is not a condemnation against wealth, it is a beacon shined on those who are not utilizing their wealth in a manner to serve others. Woe to you who are full, is not disapproval for those with enough sustenance, it is about not sharing with those who are lacking. Woe to you who are laughing puts us on notice to go away from rejecting, ridicul-

ing, and taking advantage of others at their expense. The last woe is a warning to recognize those false prophets in our lives, the ones we put above all else, especially those we put above God. God knows we have done this in the past and continue to do so, this is an admonishment against putting other things above God.

When we identify as the poor, hungry, weepers, or those who are taken advantage of, we seek out refuge in those we can count on to come alongside us in our journey. We all have those people we know will put their lives on hold to take time to accompany us in these tough times. Are we able to accept when we need help and will we welcome a disciple or apostle alongside us in our struggles? Sometimes we find it hard to reach out to those who are near to us and get the help we need. There are no easy answers but we have to be ready and willing to listen, to be the ones who promote against the stigma of mental health. Are you one of those persons? Are you among the persons who will be blessed because you recognize when someone is in trouble?

“Leslie Weatherhead in his book *A Private House of Prayer* tells of a conversation which took place in a university common room. Someone posed the question, “What do you want to be?” Many answers were given, academic distinction, an athletic prize, a professor's chair. Then one quiet, shy, sensitive man spoke, ‘You fellows will laugh at me,’ he said, ‘but I want to be a saint.’” And then Weatherhead gave three definitions of a saint: one, a saint is someone in whom Christ lives again; two, a saint is someone who makes it easier to believe in God; three, a saint is someone who lets the light shine through.”

As the saints who have gone before us, today we live out our own lives of sainthood and are the light shining through to someone who needs help. The promise of Christ living in us allows us to show others God is here now and forever. Mental health is something we can be out in front of to take away the stigma of someone's struggle. Our call today is to be someone's light, come beside them, and save a life.

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*Do not remember the former things, or consider the things of old.
 I am about to do a new thing; now it springs forth, do you not perceive it?
 I will make a way in the wilderness and rivers in the desert.*

Isaiah 43: 18 - 19

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THE BOOK OF DAYS

On this day in 1205



Began a frost which continued till the two and twentieth day of March, so that the ground could not be tilled; whereof it came to pass that, in summer following a quarter of wheat was sold for a mark of silver in many places of England, which for the more part in the days of King Henry the Second was sold for twelve pence; a quarter of beans or peas for half a mark; a quarter of oats for thirty pence, that were wont to be sold for fourpence. Also the money was so sore clipped that there was no remedy but to have it renewed.'—Stowe's Chronicle

It has become customary in England to look to St. Herilary's Day as the coldest in the year; perhaps from its being a noted day about the middle of the noted coldest month. It is, however, just possible that the commencement of the extraordinary and fatal frost of 1205, on this day, may have had something to do with the notion; and it may be remarked, that in 1820 the 14th of January was the coldest day of the year, one gentleman's thermometer falling to four degrees Fahrenheit below zero. On a review of the greatest frosts in the English chronicles, it can only be observed that they have for the most part occurred throughout January, and only, in general, diverge a little into December on the one hand, and February on the other. Yet one of the most remarkable of modern frosts began quite at the end of January.

It was at that time in 1814 that London last saw the Thames begin to be so firmly frozen as to support a multitude of human beings on its surface. For a month following the 27th of the previous December, there had been a strong frost in England. A thaw took place on the 26th January, and the ice of the

Thames came down in a huge 'pack,' which was suddenly arrested between the bridges by the renewal of the frost. On the 31st the ice pack was so firmly frozen in one mass, that people began to pass over it, and next day the footing appeared so safe, that thousands of persons ventured to cross.

Opposite to Queen-hithe, where the mass appeared most solid, upwards of thirty booths were erected, for the sale of liquors and viands, and for the playing of skittles. A sheep was set to a fire in a tent upon the ice, and sold in shilling slices, under the appellation of Lapland mutton. Musicians came, and dances were effected on the rough and slippery surface. What with the gay appearance of the booths, and the quantity of favourite popular amusements going on, the scene was singularly cheerful and exciting. On the ensuing day, faith in the ice having increased, there were vast multitudes upon it between the London and Blackfriars' Bridges; the tents for the sale of refreshments, and for games of hazard, had largely multiplied; swings and merry-go-rounds were added to skittles; in short, there were all the appearances of a Greenwich or Bartholomew Fair exhibited on this frail surface, and Frost Fair was a term in everybody's mouth.

Amongst those who strove to make a trade of the occasion, none were more active than the humbler class of printers. Their power of producing an article capable of preservation, as a memorial of the affair, brought them in great numbers to the scene. Their principal business consisted, accordingly, in the throwing off of little broadsides referring to Frost Fair, and stating the singular circumstances under which they were produced, in rather poor verses—such as the following:

*Amidst the arts which on the
Thames appear,
To tell the wonders of this icy year,
Printing claims prior place, which
at one view
Erects a monument of that and
You.'*

Another peculiarly active corps was the ancient fraternity of watermen, who, deserting their proper trade, contrived to render themselves serviceable by making convenient accesses from the landings, for which they charged a moderate toll. It was reported that some of these men realized as much as ten pounds a day by this kind of business.

All who remember the scene describe it as having been singular and picturesque. It was not merely a white icy plain, covered with flag-bearing booths and lively crowds. The peculiar circumstances under which this part of the river had finally been frozen, caused it to appear as a variegated ice country—hill and dale, and devious walk, all mixed together, with human beings thronging over every bit of accessible surface.

After Frost Fair had lasted with increasing activity for four days, a killing thaw came with the Saturday, and most of the traders who possessed any prudence struck their flags and departed. Many, reluctant to go while any customers remained, held on past the right time, and towards evening there was a strange medley of tents, and merry-go-rounds, and printing presses seen floating about on detached masses of ice, beyond recovery of their dismayed owners, who had themselves barely escaped with life. A large refreshment booth, belonging to one Lawrence, a publican of Queenhithe, which had been placed opposite Brook's Wharf, was floated off by the rising tide, at an early hour on Sunday morning, with nine men in the interior, and was borne with violence back towards Blackfriars' Bridge, catching fire as it went. Before the conflagration had gone far, the whole mass was dashed to pieces on one of the piers of the bridge, and the men with difficulty got to land. A vast number of persons suffered immersion both on this and previous days, and three men were drowned. By Monday nothing was to be seen where Frost Fair had been, but a number of ice-boards swinging lazily backwards and for-wards under the impulse of the tide.

There has been no recurrence of Frost Fair on the Thames from 1814 down to the present year (1861); but it is a phenomenon which, as a rule, appears to recur several times each century. The next previous occasion was in the winter of 1788-9; the next again in January 1740, when people dwelt in tents on the Thames for weeks. In 1715-16, the river was thickly frozen for several miles, and became the scene of a popular fete resembling that just described, with the additional feature of an ox roasted whole for the regalement of the people. The next previous instance was in January 1684. There was then a constant frost of seven weeks, producing ice eighteen inches thick. A contemporary, John Evelyn, who was an eyewitness of the scene, thus describes it:

'The frost continuing, more and more severe, the Thames, before London, was still planted with booths in formal streets, all sorts of trades and shops, furnished and full of commodities, even to a printing press, where the people and ladies took a fancy to have their names printed, and the day and the year set down when produced on the Thames: this humour took so universally, that it was estimated the printer gained five pounds a day, for printing a line only, at sixpence a name, besides what he got by ballads, &c. Coaches plied from Westminster to the Temple and from other stairs, to and fro, as in the streets; sheds, sliding with skates, or bull-baiting, horse and coach races, puppet-shows and interludes, cooks, tipping and other lewd places; so that it seemed to be a bacchanalian triumph or carnival on the water: while it was a severe judgment on the land, the trees not only splitting as if lightning-struck, but men and cattle perishing in divers places, and the very seas so locked up with ice, that no vessels could stir out or come in; the fowls, fish, and birds, and all our exotic plants and greens, universally perishing. Many parks of deer were destroyed; and all sorts of fuel so dear, that there were great contributions to keep the poor alive. Nor was this severe weather much less intense in most parts of Europe, even as far as Spain in the most southern tracts.

London, by reason of the excessive coldness of the air hindering the ascent of the smoke, was so filled with the fuliginous stream of the sea-coal, that hardly could any one see across the streets; and this filling of the lungs with the gross particles exceedingly obstructed the breath, so as one could

scarcely breathe. There was no water to be had from the pipes or engines; nor could the brewers and divers other tradesmen work; and every moment was full of disastrous accidents.'

Hollinshed describes a severe frost as occurring at the close of December 1564:

'On New Year's Eve,' he says, 'people went over and along the Thames on the ice from London Bridge to Westminster. Some played at the foot-ball as boldly there as if it had been on dry land. Divers of the court, being daily at Westminster, shot daily at pricks set upon the Thames; and the people, both men and women, went daily on the Thames in greater number than in any street of the city of London. On the 3rd day of January it began to thaw, and on the 5th day was no ice to be seen between London Bridge and Lambeth; which sudden thaw caused great floods and high waters, that bare down bridges and houses, and drowned many people, especially in Yorkshire.'

A protracted frost necessarily deranges the lower class of employments in such a city as London, and throws many poor persons into destitution. Just as sure as this is the fact, so sure is it that a vast horde of the class who systematically avoid regular work, preferring to live by their wits, simulate the characteristic appearances of distressed labourers, and try to excite the charity of the better class of citizens. Investing themselves in aprons, clutching an old spade, and hoisting as their signal of distress a turnip on the top of a pole or rake, they will wend their way through the west-end streets, proclaiming themselves in sepulchral tones as Frozen-out Gardeners, or simply calling, 'Hall frozen hout!' or chanting 'We've got no work to do The faces of the corps are duly dolorous; but one can nevertheless observe a sharp eye kept on the doors and windows they are passing, in order that if possible they may arrest some female gaze on which to practise their spell of pity. It is alleged on good grounds that the generality of these victims of the frost are impostors, and that their daily gatherings will often amount to double a skilled workman's wages.

Nor do they usually discontinue the trade till long after the return of milder airs has liquidated even real claims upon the public sympathy.

To read more selections from the Book of Days visit Thebookofdays.com.



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ECOLOGY

Reflections on the winter solstice

Lizzy Ryan
Strawberry Hill Education
& Outreach Coordinator

With the month of December comes celebration and rest. Celebration of the holidays, rest as a result of shorter days and longer nights. I have to admit, as the education coordinator, I was pretty overwhelmed when I first started researching the winter solstice and how I can incorporate it into a program for kids. I never thought about doing a winter solstice program before, nor have I really thought of it as being a holiday. But, through my research I realized how cool of a tradition it really is!

The winter solstice occurs between December 20-23. This year, it fell on December 21st. The word 'solstice' comes from the Latin word "sol" meaning sun and "sistere" meaning to stand still. This is the day of the year with the fewest hours of daylight. After the winter solstice occurs, there is continuously more hours of daylight until the Summer Solstice arrives. After the summer solstice, the days begin to shorten again.

Historians date the winter solstice all the way back to a monument in Ireland - called Newgrange. Newgrange was constructed around 3200 BC - before the pyramids at Giza and Stonehenge were created. Newgrange is a large monument with several chambers inside. Most of the monument was used for burials. However, around the entrance to the monument is a "roofbox" which lets in special light on the day

of the solstice. Because the chamber is sloped, the majority of the monument is dark for the whole year, except when light shines through the roofbox on the solstice. It appears as though the monument was planned around this beam of light, therefore showing the importance of the winter solstice to the people of that time. Historians are not sure why this civilization created such a structure. Some speculate that it may have been used for religious rituals.

The ancient Romans celebrated Saturnalia - a day to honor their agricultural god - around the day of the winter solstice. Some of the traditions that took place during Saturnalia inspired some of the Christian Christmas traditions people do to this day. During the festival of Saturnalia, work came to a standstill. People exchanged gifts, there were feasts, and parties. People decorated their homes with greenery. Sound familiar? Candles were a popular gift to give. Candles signified the promise of light with the solstice.

Then of course, there was the yule log. Ancient Germanic people would light a yule log to symbolize the return of light. The yule log would be lit each year using the ashes from the previous years' log. This was thought to bring good luck and ward off evil spirits.

What I like about the celebration of the solstice is its affinity for nature. The solstice celebrates the coming of longer days and the awakening of nature.

While we are all preparing for the awakening of nature and celebrating

the winter solstice, many of our forest friends, too, are celebrating this month; celebrating by resting.

Reptiles and Amphibians

Reptiles and amphibians are cold-blooded, meaning they cannot regulate their own body temperature. They rely on the environment around them to regulate their temperature. Reptiles and amphibians cannot survive our winters out in the open. They must find a place to hibernate. When they hibernate, their metabolism drastically slows down, and they survive as a result of the energy stored that was collected in the spring and summer. Turtles will bury themselves under mud at the bottom of a pond or in the forest where they will survive from the little bit of oxygen that is in the mud. Frogs will bury deep into leaf litter, bury below the frost line, or find crevices to hibernate in.

Wood frogs are an amazing species because they have built-in anti-freeze. Their heart will stop beating, they stop breathing, and they don't move. They appear dead. Ice forms around the outside of their cells and organs, instead of the inside. Once the weather starts to warm, they begin to thaw. Scientists are still studying how this process works.



The word 'solstice' comes from the Latin word 'sol' meaning sun and 'sistere' meaning to stand still. This is the day of the year with the fewest hours of daylight.

Mammals

Some of our furry woodland friends hibernate in the winter while others are still quite active. Squirrels and chipmunks will spend the fall months gathering nuts to store somewhere safe for the winter. They will be less active in the winter than in the warmer months, but they do not hibernate. Some weasels will change their coat from brown to white in the winter for camouflage. Small mammals, like mice and voles, are still at work under the snow or leaf litter with an immense network of tunnels. Skunks and raccoons will find a den to rest for the winter, but they also, do not hibernate.

Opossums are a mammal species not quite adapted for our winters. With their bare feet, tail, and ears, they tend to get frostbite. They will seek some sort of shelter during the

winter, but they do not hibernate.

However, groundhogs and bats hibernate. These species' heartbeats slow dramatically, and their body temperature drops. Another mammal that comes to mind when hibernation is discussed is the bear. Bears rest in dens for the winter, mainly surviving off their fat stores. Females begin to den down while they are pregnant or with their young. Males den alone. Females will usually give birth in the den in January.

Birds

And what about the birds? We know that many species leave our area for the winter months, like many ducks and geese that move south. Hummingbirds fly south as do many birds of prey. However, many will stick around too. Winter is a great time to get a closer look at some of our bird species by setting up feeders. This gives us the chance to see the birds outside our windows. The species that will frequent feeders include the chickadee, blue jay, junco, cardinal, titmouse, nuthatch, finches, and many more. Barred, screech, barn, and great horned owls also stay here all winter. Snowy owls will make an appearance this far south if their food is scarce up north. Sometimes we may have the thrill of seeing wild turkeys too.

In short, December marks the start of the long winter ahead, but the solstice brings hope for sun and warmth again. So now that we have the solstice behind us, and the days are getting longer, enjoy January. Slow down, listen to your surroundings, celebrate, rest. Visit us at Strawberry Hill - take a hike, look for tracks, and bring the kids.

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Wolves: where fear, mythology, and ecology intersect

Anne Gageby
Environmental Education Manager
Strawberry Hill

Full Wolf Moon will peak this Friday, January 6th. The first full moon of the new year is named for the elusive and terrifyingly beautiful animals that once roamed the Pennsylvania woods in unimaginable numbers. Sadly, it's been over a hundred years since the last gray wolf was spotted in our state. Mystery, fear, and misconceptions resulted in campaigns that destroyed wolf populations along the East Coast, not just Pennsylvania. The gray wolves' elimination serves as both an ecological and societal warning, one specially stained by folklore.

Nearly every culture around the world has stories of humans turning into animals by way of magic. Stories abound of humans turning into lions, leopards, crocodiles, and so on. This metamorphosis could be accomplished by smearing oneself with a magic balm, wearing an animal skin, donning a magic belt, or as is the case with some European werewolf legends, drinking from a wolf's tracks under a full moon. In almost all cases, the animal involved in this magic is something to be feared – an apex predator.

Scots-Irish and German settlers brought folktales that shaped their views on the very forests they would soon inhabit. Their collective stories included tales of wolfmen lurking amongst the trees, cursed mercenaries paid in human blood, and documented wolf attacks. This complicated relationship with the natural world wove fear into mythology and accepted it as reality.

To early settlers, wolves were intimidating in a way bears and bobcats weren't. For starters, wolves are the largest wild canid species with powerful jaws, and they hunt in packs. They are relentless and fast, usually traveling 5 miles an hour, but can reach speeds of up to 40 miles an hour. Though eastern gray wolves preferred avoidance and tended to be nocturnal, their howls must have seemed almost ghostly in the dark of night.

Throughout the centuries, wolf attacks on humans, though relatively rare, have been well-documented across the globe. For example, from 1764-1767, wolves were reported to have killed at least 100 people in the Gevaudan region of France. These attacks were documented in parish records and by noted historians of the time, even the king of France. Though it is one of the best documented instances of wolf attacks in Western Europe, there is still doubt that wolves were involved at all. Modern interpretations of contemporary descriptions often point to dog-wolf hybrids or large breed dogs.

According to documented wolf attacks in Europe, the most common cause was rabies. Rabid wolf attacks were generally destructive, expansive, and limited to a 24-48 hour window. A rabid wolf could travel through several villages in a day, attacking dozens of people and livestock before perishing. Word of these attacks spread fear and misunderstanding, adding to the already sinister impression Europeans had of wolves long before they set foot in the new world.

To the early settlers, Pennsylvania's forests probably looked like something from a dark fairytale. Elk and wolves roamed the Northeastern woods alongside the more familiar deer, bear, and bobcats. Dense tree growth teeming with wildlife and opportunity must have been more than a little intimidating for those who ventured here. Settlers were faced with an unimaginable landscape, unfamiliar and imposing.

The old-growth forests were so dense that it was said a squirrel could travel hundreds of miles along a highway of interlocking branches and never need to touch the ground. American chestnuts, now considered functionally extinct, once dominated our state. They regularly grew well over 120 ft tall and more than 10 ft in diameter. Massive hemlocks grew thick trunks large enough for a car to drive through. White pines could

reach nearly 100 ft.

Rather quickly, settlers began radically changing the landscape as they cut down trees for timber and farming. They built milldams across the state, effectively turning areas of wetlands into precise streams. This environmental change affected the flora and fauna inhabiting these areas. Deforestation led to habitat loss and dwindling resources. By the late 1800s, unregulated trapping and hunting caused beaver and elk to be eradicated from our local ecosystems. Hunting dropped deer populations to nearly zero. With the destruction of beaver, elk, and deer populations, eastern gray wolves were forced to rely on easier prey – livestock such as sheep and goats. Farmers' long-held beliefs in the "evilness" of wolves was compounded by the threat to their livelihoods. As wolves encroached upon human settlements, people were reminded of old tales of wolfmen lurking in the shadows. The threat to body and soul was never clearer.

It didn't take long for settlers to strike down the wolf populations. They had brought with them a tradition of killing wolves, after all. Britain eliminated the last of its wolf populations in the 17th century. Ireland followed suit in the 18th century. Hunting and trapping wolves was not only allowed in early Pennsylvania but encouraged. Farmers and hunters discovered poisoned bait was easier and generally safer for culling wolf populations quickly. Some towns enacted bounties and paid for every dead wolf brought in, a lucrative prospect for those in need of cash.

It was decidedly easy for settlers and government officials to support the eradication of wolves. Human-wolf conflict is a story as old as civilization itself no matter which continent you're on. It's only been recently accepted that wolves are a keystone species and therefore are necessary for a healthy ecosystem. And yet, some beliefs are so ingrained it's almost impossible to excise them completely.



The first full moon of the new year, called the Wolf Moon, is named for the elusive and terrifyingly beautiful animals that once roamed the woods in unimaginable numbers.

European tradition holds wolves in odd esteem. On one hand, wolves are beautiful, near mythical and inversely fascinating. On the other, they are a scourge, destructive and dangerous to humans, as likely to snatch a person as a sheep. Ecologists, folklorists, and historians often point out that it's simply not in wolves' natures to treat humans as prey. Because wolf attacks are an aberration, folktales are often imbued with some sort of magical element to explain it – werewolves, shape-shifting killers, evil spirits, etc. Throughout the Middle Ages and into the Renaissance, Euro-

pean tradition emphasized the "evilness" of werewolves and shapeshifter stories, adding to the notions of magic and fear of the natural world. These stories aligned with and highlighted the veritable threat wolves posed to farmers' livestock. In adding these elements, it takes a difficult and terrifying subject and makes it a little easier to comprehend. However, when those stories are allowed to bloom and grow, real wolves suffer the consequences.

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REAL SCIENCE

Mother Seton Science Fair

Michael Rosenthal

In spite of the pandemic, Mother Seton School moved ahead and held its annual science fair. I did not attend the fair personally as I have done in the past, but I requested and received the 2022 Winners List. It is clear that the pandemic did not affect the commitment of the students nor the quality of their work. Congratulations as well go to the mentors and to the judges, named below, who came out and supervised, reviewed, and evaluated the projects.

Here is the list of the 2022 winners. HM indicates Honorable Mention.

Sixth Grade winners are as follows. In 1st place was Giovan Nana: Temperature Effect on Balloon Powered Cars; In 2nd place was Brian Bowers: Liquids that prevent or cause rust; In 3rd place was Philip Field: Effect of peroxide concentration on forming foam; HM is Mackenzie Hagar: Making a Geiger counter.

Seventh Grade winners where: In 1st place was Catalina Caretti: Stain Removers; in 2nd place was Noah Riling: Inclined Plane Physics; in 3rd place was Peyton Myles: Efficiency of Homemade Water Filters; Honorable Mention went to Gabriel Valerio for her project entitled: What type of Coal Burns the Hottest. (Gabriel is my next-door neighbor!)

Eighth Grade Winners where In 1st place where Emma and Sarah

Simons: Respiratory Distress Monitor for Asthmatic Horses (invention category); In 2nd place was Olivia Jaeger: Calming Dogs With The Right Frequency of Music; In 3rd place was Aidan Burnette: Testing Glow Fuel vs. Kerosene in Model Jet Engines; Honorable Mention went to Lindjie Ulma and Bernadette Forze for their project entitled: Testing Homemade Root Beer Against A&W.

The judges themselves deserve a lot of credit. In previous years when I attended the Fair, I met some of the judges, and others who served as judges I had met in the Emmitsburg community. This year's judges where:

Ed Hatter, A NASA scientist and his son Edison Hatter, also a NASA scientist; Bernie Buckley, A retired science teacher; Dillon Fitzgerald, a Mother Seton alum who earned PhDs in engineering and wood strength; Jeffrey Crefton, A U. S. Naval Observatory Scientist who is astronomer/geodesist with a background in astronomy; Ron Albaugh, a retired science professor from Hood College; Bill Little; Lisa Simmons; and Mackenzie Orndorff, a Mother Seton alum and current senior at Catocin School

I am a retired college chemistry teacher with many years of teaching science: 19 years of teaching first year college chemistry plus advanced courses in chemistry and environ-

mental science at Bard College in New York, part-time Science teaching at McDaniel College and Mt. St. Mary's University and administering college programs as an academic dean, I have the background and experience to appreciate both the commitment of the mentors and the accomplishments of the students.

As I said in a previous year's review of this program, I owe much of my success as a science professor to the mentorship of my high school chemistry teacher in Youngstown, Ohio, Mr. Gillespie.

Such an opportunity as the Mother Seton Science Fair opens the door for a potential career in science by giving the student a personal opportunity to conduct research and evaluate the results. My most sincere congratulations go to all the involved in this wonderful project, and my special congratulations go to Danielle Kuykendall, Mother Seton science teacher.

An ongoing issue with no easy solution is the safest way to produce energy.

California is moving forward with a plan to ban plants that burn gas. Their plan, as recently reported, is to ending the construction of new gas-burning power plants. Such a move would cut the demand for fossil fuels, but place the state at greater risk for power blackouts. California has committed to establishing carbon neutrality by 2045. This plan is the most ambitious plan of its kind in the United States.

If this plan is carried out, plan-



et-warming emissions would fall 85 percent below 1990 levels by 2045. Its interim target is to have emissions fall 40% by 2030. The new plan if carried out successfully would achieve a cut of 48% by the end of the decade. The chair of California's air board, Liane Randolph, recognizes the challenge of meeting that goal, but reasserts that the only way to counter changing climate is to "break forever our dependence on fossil fuels."

The proposal has the support of California Governor Gavin Newsom, and stated: "it will spur an economic transformation akin to the industrial revolution." Others are worried that it is an overambitious goal. Catherine Garoupa White, executive director of the Central Valley Air Quality Coalition, worries that the plan is overly reliant on technological advances to curb emissions and was not as aggressive as she and others hoped it would be, in particular for its not having an enforcement strategy.

California, probably our most progressive states in energy planning,

has been frustrated by a continuing threat of rolling blackouts, especially on hot summer nights, and other situations in which solar farms are not producing enough electricity. Anticipating this possibility, California has added giant battery systems to store the daylight energy produced for nighttime use.

A California plan was approved in June to extend the life of the old natural gas power plants and the Diablo Canyon nuclear power plant to shore up the electricity grid. The recent action would allow the use of that plan, but would prevent the construction of any new natural gas plants, even those with modern emission-limiting technology. In addition regulators have instituted a ban on new sales of natural gas heaters, water heaters, and furnaces by 2030.

Now here's a big one! California has banned the sale of gas-burning automobiles by 2035. These and other upcoming regulations will require approximately 6 million heat pumps by 2030 and 20 gigawatts of offshore wind energy by 2045.

The transition to cleaner energy production will be gradual. Older gas-burning cars and trucks will keep on going, and some industries, such as cement plants, will take longer to break free of fossil fuel use. The state is pursuing new ways technology to capture and store carbon, allowing some continuation of production of greenhouse gas. This part of the plan is not approved by all.

My son, Dr. Nicolas Rosenthal, is a professor of Native American History at Loyola Marymount University in Los Angeles. I will keep in touch with him regarding the energy use changes in daily life that these plans will produce.

To read past editions of Real Science visit the Authors section of Emmitsburg.net.



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IN THE COUNTRY

The climes are a-changin'

Tim Iverson
Naturalist

April showers bring May flowers. Geese are spotted flying south for the winter. Leaves on trees turn brilliant colors and fall to the ground as the trees become dormant for winter. The arrival of the Cherry Blossom trees in D.C. signal spring has finally arrived. How do these plants and animals know when to do this? That's where a type of ecology, known as phenology, comes in. Phenology is the study of changes in seasonal timing, it literally means the study of appearance. Anyone can observe examples of these appearances or changes as birds migrating, flowers blooming, or animals hibernating. Plants and animals have developed some unique and resourceful ways to adapt for survival, but can they adjust to climatic changes that are growing ever more present? There are implications for some animals and others will hardly notice. As always, when the die is cast there are always winners and losers, but can those who suffer as a result of the phenological changes keep up the pace?

With seasonal changes organisms have evolved different ways to survive. Animals have three options when confronting this prospect: hibernate, migrate, or adapt. The Wood Frog (which is native to Maryland) survives for months at a time frozen solid! The glucose in its blood essentially acts as anti-freeze and will surround vital organs while the rest of the frog remains frozen solid. Then when warmer temperatures return in the spring it thaws out and keeps on hopping. Woolly Bear Caterpillars have a similar adaptation. Once the woolly bear caterpillar hatches

from an egg laid by an adult moth it will start life in the spring voraciously munching on plants like dandelions and nettles. It will continue to do this all through spring and summer. Once the warm air moves out, and the chill of fall settles in the woolly bear makes its way from feeding grounds to overwintering sites. They usually set out for places underneath logs, rocks, or dense brush that will provide protection from any unwanted disturbance. The cool turns to cold and this is where the fur kicks in. The caterpillar begins to hibernate. Once this begins their bodies produce a natural "anti-freeze" called glycerol, and they begin to freeze almost solid. They will freeze until everything but the inside of their cells is frozen. The setae (their "fur") will actually begin the freezing process on the outside of the body, away from the internal cells. This is less damaging to their bodies, and energy reserves aren't taxed on healing as much when it's time to thaw out and wake up. It will spend just a few more weeks in spring eating some more before it spins a cocoon and grows up into a moth.

When the weather turns migratory animals pack up shop and relocate to more suitable environments for a few months. Birds and insects, like the Monarch Butterfly, can travel thousands of miles to find suitable wintering grounds. Year after year these critters find the same locations. Scientists believe this is done by navigating with the sun, moon, and stars. They also seem to have the amazing ability to sense the magnetic field of the earth, which they use like a compass. It's not just birds or insects who migrate south though. Fish, whales, elk, and some species of bats also

migrate south. Instead of migrating south earthworms migrate deeper. They can go down to as far as 6 feet under the top soil, where the temperature is much more regular and habitable for them.

Animals take their cues from the food availability, sun, and weather pattern changes. This is the mechanism that tells them what to do and when. Other animals like hibernators and long distance migrators are on a cyclical clock that cues them into when it's time to wake up or move along. In either instance, decades long research indicates that these annual events are occurring earlier and earlier every year. The UN's Intergovernmental Panel on Climate Change (IPCC) released a report in 2007 showing that spring is arriving by about 2.3 to 5.2 days earlier per decade in the last 30 years. The findings show that seasonal timing that ushers in plants and animals is accelerating across the globe. These new arrival times for plants and animals aren't always syncing up potentially leading to complex problems down the road.

Hypothetically, warming temperatures can indicate to plants that it's time to sprout and bloom. These temperatures also indicate to insect species like butterflies it's time to migrate north. These butterflies fly north and begin to lay eggs, but because it's still so early in the season a frost settles in destroying the plants and leaving the eggs nothing to eat should they survive the frost. Migratory hummingbirds could also face similar issues with food scarcity caused by frosts destroying plants and their nectar. Other birds having exhausted food supplies in the south and being signaled that it's time to move north due to increasing



temperatures might find that the warming pace hasn't ushered in the required prey species. The issue is that these aren't hypothetical situations. These are documented cases involving the Mormon Fritillary Butterfly and the Red Knot (a migratory bird that stops mid trip in Delaware to feast on horseshoe crab eggs). Breaking any link in these chains can be critical for these species survival and overall productivity.

The bottom line is that ecologists and climate scientists don't know an awful lot. Predictive models often fail to grasp the complexity and intricacies of macro and micro ecosystems and the affected species. Whether or not the long-term sustainability or extinction rates of species is affected ultimately depends on their evolutionary adaptability and whether or not these climatic shifts can be slowed. We have seen the fingerprints of these changes around the globe and many species can change behaviors to adapt. Within a few generations of fast reproducing species genetic changes may even occur to make them better suited for new and changing environments. The recent climate summit

in Paris has the potential to help curtail rapid environmental degradation (assuming all parties stick to the agreements made). This, however, is not a panacea, but a start. Between curbing emissions and responsible development with both conservation and economics in mind we can strike a balance.

Everyone has heard worst-case scenarios including but not limited to mass extinctions, oceans swallowing islands, heat waves that melt all the ice cream, and more supercell storms terribly named by meteorologists. Ultimately at the end of the day we don't know what we don't. When we can acknowledge that fact and the fact that we, for better or worse, are a part of a changing world that we can affect we can begin our own adaptive evolution. By observing appearances of these cyclical events we can get a pretty clear picture of what's going on in the world around us. Phenology can help researchers, policy makers, and people be better decision makers and agents of positive change.

To read past articles by Tim Iverson, visit the Authors section of Walkersville.net.

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THE BEST NEW YEAR'S RESOLUTION EVER ...

We had such a great response from our holiday photos last year and the folks at the Woodsboro-Walkersville News-Journal are so awesome that we're doing it again! These are just a few of the sweethearts hoping to find a home for the holidays at the Frederick County Animal Shelter.

If the time isn't right for you to adopt, please still take a minute to look over these adorable faces and keep them in mind for friends and family. Talk these babies up! If you can't adopt, you could always donate items on our wish list, which can be found at www.frederickcountymd.gov/fcac under donations. Giving supplies to help these babies makes sure they'll be comfortable while they wait for their forever homes.

Please know that none of these animals are in any danger. FCAS is a low-kill facility and once an animal reaches the adoption kennels, he or she is typically there until adoption. We cannot adequately express what a privilege it has been to work with the Woodsboro-Walkersville News-Journal and its readers. We wish you all the happiest of holidays and be sure to give your four-legged friends a kiss for us!

For more information about adopting one of these pets, please call the Frederick County Pet Adoption Center at 301-600-1319 or visit their website at www.frederickcountymd.gov/fcac.



Olivia arrived at the shelter in September with two underage kittens in tow. They all lived with a foster family for a short period of time and recently returned to the shelter to be adopted. Olivia is an easy-going, young cat; she is affectionate, confident and sweet. Olivia was a great mama and did a wonderful job raising her kittens. Wouldn't you agree she deserves to find a forever family?



Colonel Custard is quickly becoming a staff and volunteer favorite at FCAC. The Colonel immediately hops onto your lap when you open his cage and proceeds to get comfy while he serenades you with his spectacular purr. The shelter recommends he goes to home with kids 10 or older, since he is startled by loud noise and quick movements.



Visitors to the shelter often asked the question: How long do you keep animals? In Porygon's case that is 530 days and counting. She and her brother Ditto were found as strays on June 7, 2021. Porygon is a curious rabbit. She will hop to the front of her cage to say "Hi" and welcomes a nose scratching. Porygon has been spayed and her adoption fee is \$50.



During Blueberry's exam, shelter staff noted "Sweet, sassy, silly girl! Likes to lick your fingers and give love nibbles. May give you a smack when she's done with attention." Blueberry is girl who knows what she wants, and many cat owners appreciate an independent feline friend. Blueberry was surrendered because her owner had too many cats.



When Consommé first arrived in October. Now that she's had some time to settle in the now 7-month-old has begun to reveal her true personality which happens to be incredibly silly. Consommé loves to hang off her hammock or lounge in her porthole. She's now frequently at the front of her cage playing with her toys or asking for attention.



Cornbread arrived at the shelter in early November, he was found near Old Frederick Road, in Rocky Ridge. Cornbread was nervous when he first came to the shelter, but who can blame him. He is more comfortable now and likes visitors to his cage. Cornbread will likely need a patient family that understands he may need some time to transition to his new home.



Not just a fun name, Mr. Pistachio is a fun cat. He loves to explore and play but also likes spending quality time in a lap. His beautiful grey and white coat is a delight to pet and is as soft as rabbit fur. He was found close to the Frederick Airport in early November; it is hard to believe no one came to the shelter to reclaim this handsome guy because he is so friendly.

Before humans die, they write their last Will & Testament, give their home & all they have, to those they leave behind. If, with my paws, I could do the same, this is what I'd ask...

To a poor and lonely stray I'd give:

- My happy home.
- My bowl & cozy bed, soft pillows and all my toys.
- The lap, which I loved so much.
- The hand that stroked my fur & the sweet voice which spoke my name.

I'd Will to the sad, scared shelter dog, the place I had in my human's loving heart, of which there seemed no bounds.

So, when I die, please do not say, "I will never have a pet again, for the loss and pain is more than I can stand."

Instead, go find an unloved dog, one whose life has held no joy or hope and give MY place to HIM.

This is the only thing I can give...
The love I left behind.

-- Author Unknown

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Easy-going, loves attention, playful are all words that describe Bailey. She arrived at the shelter when her owner passed away and there was no other family member that could care for her. At five years old, Bailey likes to go for walks and play outside, but she also knows how to relax and take it easy. She shared her last home with a cat and is recommended for kids of any age.



Couch Potatoes need not apply. At only seven-months-old, Brandy is all go-go-go. She needs a family that can teach her manners, provide training and give her the daily exercise she needs. Brandy is very outgoing and friendly. She is recommended for kids six or older, since she may knock younger kids down. Brandy arrived at the shelter through no fault of her own but rather her owner's health was declining.



London is a friendly guy and seems to like everyone he meets. London's last owner only kept him for two months and decided to relinquish him because he kept wandering off the property. London has been bounced around from home to home; we hope his next family commits to him for life and is willing to keep him from straying.



Adopted from our shelter in October, Luna thought she found her new home. Luna can be shy around new people and situations. Once comfortable, Luna is a real sweetheart and loves attention from the people she knows. We wish she could have stayed with her new family, however, knowing more about Luna will help us better place her next time.

New Year's resolutions for dogs and cats

Every year people make resolutions... they are going to lose weight, quit smoking, stop drinking, etc. However, most of these are abandoned after the first week. What if your dog could make his own resolutions?

I will become best friends with the mailman or anyone delivering packages. I will not chase his truck or jump up on him.

If I get sick in the middle of the night, I will try and make the toilet. If not, I will try and hit the tile versus the carpeting.

I will not eat my poop, the cat's poop or another dog's poop. I also will not eat the baby's diapers!

I will stop watching you play video games and do a few laps around the house to get more exercise.

I will be less afraid of the vacuum or other things that make loud noises. But I'm not making any promises about the fireworks on the Fourth of July or New Year's Eve.

I will try and not talk to you (aka bark at you) when you are on the phone.

I won't nudge you at your desk when you are busy working. But it really is all about me isn't it?

I will not freak out when you leave the house, but I get bored and I miss you. Maybe you could leave me with a "to do" list like you do with the kids. Maybe I could help organize my toy bin (by the way, they are looking a little raggedy ... is there a new toy in my future?)

I'll stop counter surfing if you promise to sneak me some table scraps every once in a while.

What I'm Not Changing:

I will continue to fart and not feel bad about it. Dad does it and he doesn't feel bad ... in fact he still laughs!

If you come home smelling like another dog, I will get jealous. Don't cheat on me.

I will continue to try and get what I want by whining (a little) and giving you my best sad eyes.

If it lands on the floor, forget about the five-second rule ... it's mine!

I will not "tug" the stuffing out of your pillows if you buy me a

tug toy!

I know I am spoiled and have a pretty cushy life. I suppose I could learn to share if you took in a foster dog.

I won't wake you up every morning by jumping up on the bed. But really, that alarm gets annoying when you hit the snooze five times.

I will not stop chasing the squirrels and rabbits ... they taunt me by thinking they are faster than me.

I will take my pills without spitting them back up only if they are wrapped in peanut butter or another yummy treat.

I will chew up your New Year's resolution list so you don't have to feel bad when you break all your good intentions!

New Year's resolutions for cats

I will not puff my entire body to twice its size for no reason after my human has finished watching a horror movie.

I must not help myself to Q-tips, and I must certainly not proceed to stuff them down the

sink's drain.

I will not eat large numbers of assorted bugs, then come home and puke them up so the humans can see that I'm getting plenty of roughage.

I will not lean way over to drink out of the tub, fall in, and then pelt right for the box of clumping cat litter. (It took forever to get the stuff out of my fur.)

I will not stand on the bathroom counter, stare down the hall, and growl at nothing after my human has finished watching The X-Files.

I will not use the bathtub to store live mice for late-night snacks.

I will not perch on my human's chest in the middle of the night and stare into her eyes until she wakes up.

We will not play Herd of Thundering Wildebeests Stamping Across the Plains of the Serengeti over any humans' bed while they're trying to sleep.

I cannot leap through closed windows to catch birds outside. If I forget this and bonk my head

on the window and fall behind the couch in my attempt, I will not get up and do the same thing again.

I will not assume the patio door is open when I race outside to chase leaves.

When it rains, it will be raining on all sides of the house. It is not necessary to check every door.

Birds do not come from the bird feeder. I will not knock it down and try to open it up to get the birds out.

I will not play "dead cat on the stairs" while people are trying to bring in groceries or laundry, or else one of these days, it will really come true.

I will not swat my human's head repeatedly when she's on the family room floor trying to do sit ups.

When my human is typing at the computer, her forearms are *not* a hammock.

Computer and TV screens do not exist to backlight my lovely tail.

I am a walking static generator. My human doesn't need my help installing a new board in her computer.

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FROM THE DESK OF **CONGRESSMAN DAVID TRONE**

Dear Friends,

Early this month I was sworn in to represent you in Congress. Taking the oath to serve you is an extraordinary honor for me. Thank you for making this possible.

Working together, we've made significant improvements in health care, Maryland's roads, bridges and broadband, modernizing our communities, creating jobs, and improving the economy during my previous two terms.

Looking forward, I am confident we can continue this progress if we continue working together. From the moment I moved from business into public service my pledge has been the same: I'll work with everyone, Democrats, Republicans, and Independents to get things done for Marylanders.

I'll continue taking this approach as we focus on improving mental health care and helping those with addictions. We've brought attention to these problems that affect so many of our family, friends, and neighbors, but much, much more needs to be done.

And I'll always work to improve our economy, create jobs, and reduce inflation.

Working together, we will continue to make Maryland an even better place to live, work, and raise our families.

Sincerely,

Congressman David Trone

DAVID TRONE

U.S. CONGRESS

Paid for by David Trone for Congress, Inc.

Woodsboro-Walkersville NEWS-JOURNAL SECTION 2

Glade Valley Community Services

Glade Valley Community Services was founded in 2004 after local clergy discussed the benefits of creating an “umbrella” organization to provide community resources as opposed to coordinating amongst individual churches and groups. Creation of the organization was primarily led by Rev. Gerry Hanberry, then the pastor of Glade United Church of Christ, and supported by other churches in the community. GVCS was granted non-profit tax exemption status in 2005.

Today, GVCS is overseen by a nine-member Board of Directors and operates five programs which include the Back to School Project, Emergency Relief Fund, Food Bank, Holiday Toy Shoppe, and Thrift Shop. While some of these operate on a seasonal basis, others run year-round.

In the summer and fall, the Back to School Project is especially important for families with school-age children who may have difficulty in finding funds for the cost of school supplies. This program gathers school supply lists from schools within the Walkersville feeder pattern, divides supplies by grade level, and distributes them among families after collecting donations. These donations are generally provided by local organizations and residents as well as Stuff the Bus. Additionally, extra school supplies are given to school guidance counselors to distribute to additional students in need throughout the school year.

Back to School Project Manager Christina Karszen is in her first year with GVCS, but has been working as a school social worker for 25 years. Says Karszen, “It’s nice to be part of a community organization. Doing my job with FCPS I’ve accessed a lot of programs, but it’s nice to actually be part of one that’s doing the groundwork.”

For families who may have other financial difficulties beyond school materials, the Emergency Relief Fund is vital for providing support in some of the most basic necessities for residents, including utilities, medical bills, and rent payment. The Emergency Relief Fund has been chaired by social worker Ann Wadding and counselor/educator Vicki Poole, for 15 years, and has no other volunteers for confidentiality purposes. Vicki Poole is also President of GVCS. Eligibility for assistance is based on a number of factors and determined by program chairs, although as costs rise the number of residents in need increases as well.

Wadding emphasizes the significance of supporting local res-

idents, saying, “If I can take some stress off of an emergency situation, it then allows the families to concentrate on other important issues going on in their lives.”

Food needs are referred to the Glade Valley Food Bank, which is the largest program run by GVCS. Located on the lower level of the Walkersville Town Hall, the Food Bank is a curbside pickup service that is available to anyone in the area. The program is chaired by Donna Swanson and Brenda Haines, who manage food, volunteers, and distribution, along with any and all other aspects of the program. New clients are always encouraged. Says GVCS President Vicki Poole, “Our Food Bank volunteers are always happy to help and residents come away with bags and boxes full of nutritious foods and produce.”

For anyone wishing to donate, non-perishable food items can be dropped off at the box located outside the rear side entrance of the Food Bank and monetary donations can be sent to GVCS P.O. Box 655. Any other items like clothing and blankets should be dropped off at the Community Thrift Store drop box located in the parking lot of St. Paul’s Lutheran Church Parish Hall.

The Thrift Shop is yet another one of GVCS’s major programs, chaired by Mitzi Smith and Mel Palmer, and is run from the basement of St. Paul’s. Smith has been involved with the Thrift Shop nearly its entire time of operation, as it opened several years before GVCS was even conceptualized. Then, it was run by Kristen Spear in another local church and called Kristen’s Closet. Since then, it has expanded and grown both in space and volunteers, especially since it has connected with GVCS. In addition, the Thrift Shop also works with the Walkersville High School Key Club and the Frederick Rescue Mission.

The Thrift Store is open from 10am until 2pm on most Saturdays. Generally, bags of clothing can be purchased for \$3.00 and coats for \$1.00 while shoes are free. While volunteers are always needed, so are customers. “Believe it or not, we need folks to make use of our amazingly well-stocked Food Bank and Thrift Shop or call us to help with their needs because we are here to help,” said Poole.

With winter bearing down, the Thrift Shop is an excellent place to find warm blankets and coats for the cold. For holiday needs, however, clients can reach out to the GVCS Holiday Toy Shoppe, which ran successfully in December. The Toy Shoppe collects donated items to distribute

to families with financial hardship. Donations can consist of individual items or participants can choose to “adopt a child” and provide a set list of gifts for one or several children. Families can register for the program starting in October. Last year, the Toy Shoppe provided gifts for 67 families and 192 children ages 0-18.

And for those over 18 who are pursuing trade and vocational programs, GVCS offers another kind of gift: scholarships. These are given through the Peg and Orley Bourland Educational Assistance Fund for Glade Valley (also called the Bourland Scholarship). Founders of the GVCS Food Bank, the Bourlands were awarded a Wertheimer Fellow Award for Excellence in Volunteerism in 2008. The scholarship is awarded on a year-round basis, so interested applicants may contact GVCS at any time, but applications must be submitted at least 30 days before funds are due.

The Bourland Scholarship is specifically available for students in the Walkersville and Woodsboro feeder patterns who demonstrate both financial need and career goals within trade fields like construction, cosmetology, fitness, and HVAC services among others. Many of these programs are offered through Frederick Community College.

Not only does GVCS provide for human needs, it also brings



joy and fulfillment to all involved. “Personally, I feel like I am the one being blessed by the folks I talk to...[who] simply want to be treated with respect and dignity as they try to bridge the gaps,” says Poole. “It never fails to remind me that, at any point in time, I could also be in this position of needing to request some help to climb out of the rough patch.”

Poole has been president of GVCS since January 2022, after former president and founding member of GVCS Don Boos passed away. Poole says she has been greatly supported during her time in this role by Treasurer Susan Richter, another long-time member of GVCS, as well as other staff

and board members and, of course, the Glade Valley community.

“We cannot say it enough, that this community is a very special, caring and generous one and that we couldn’t do what we do without the support of the greater Glade Valley area residents,” says Poole. “Throughout the pandemic, we have been able to keep all of our programs running, with a few necessary modifications, and our community has really stepped up to cover any and all needs.”

Glade Valley Community Services is always appreciative of donations and volunteers, with information about both as well as about individual programs located at their website gladevalley.org.



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HISTORY

Woodsboro Remembers

Frances Meehan Smith
Part 4

Woodsboro Burgesses

Woodsboro was incorporated in 1929. Dr. George F. Smith was its first burgess. He served 19 years and would not let his name be placed in nomination in the April meeting, 1948. The first board was N.Z. Cramer, Harry Anders, and William Dorcus. Allen Smith was clerk

The purpose of incorporating was to receive money for street lights. The first tax rate was 5 cents per hundred dollars of assessed property. The property tax plus a franchise tax paid by the bank to the State, one quarter of which was returned to the Town by the State, met the needs of the Town.

The second Burgess was Harry Dorcus. He served from 1948-1952. The third Burgess was Lawrence Dorsey who served from 1952 until 1962 when he resigned when he was elected a County Commissioner of Frederick County from 1962 to 1967. He was reelected Burgess in 1967 and served as Burgess till 1970 when he was again elected County Commissioner. He was reelected County Commissioner in 1974.

Carroll Wickless served as Burgess from 1962 until 1967. Maurice Murray has served as Burgess from 1970 until the present.

The Town charter calls for a Burgess and three Commissioners. The Burgess votes in case of a tie. Originally, the Burgess served a one-year term but are now elected for two year terms. The election is held the first Saturday in May.

Under Burgess Smith, sidewalks and gutters were among the improve-

ments. Under Burgess Dorcus, more of this work was continued. Under Burgess Dorsey, a public water system was installed, a fire company and ambulance service started. Second Street was extended to Coppermine Road, and an accounting system was established. Town streets were blacktopped, a new fire station and community hall opened.

Under Burgess Wickless, street lights and roads were improved. Under Burgess Murray, a new community park was established, a park commission established. Town garbage collection established, and a move was made to bring sewer service to town.

In 1930, the town receipts were \$854.01 and expenses were \$818.77, leaving a balance of \$35.24. By the year 1940, receipts were \$942.10, expenses were \$663.49. By 1948, receipts were \$2,644.81 and expenses were \$2,743.95. Most of the increase in income was from shared State taxes.

The town of Woodsboro in 1975, owns its own water system, has 87 acres of park land, has its own Planning and Zoning Commission, has its own land use plan, has a sewer study moving towards its own sewer system, and has garbage collection.

The Woodsboro Regional Park

In October 1969, Commander George Colbert of the Glen W. Eyerl Post No. 282, American Legion of Woodsboro, appointed a committee to investigate the possibility of acquiring land for a community ball park.

The committee learned that there was approximately one hundred and six acres of surplus State Roads Commission land bordering



Downtown Woodsboro ~ 1970

the Woodsboro Elementary School. The committee was informed in July 1970, that the Town of Woodsboro could purchase 87.245 acres of land deemed surplus for \$22,837. The committee then decided to approach the Burgess and Commissioners of the town about acquiring the land as the Legion had pledged \$4,000 towards the purchase of this land. The town gave its full support to the project.

Immediately the town officials made contact with the Department of Forests and Parks, now part of the Department of Natural Resources, and made application for financial assistance under Program Open Space and the Land and Water Conservation Fund.

A Park and Recreation Commission was established in August 1970. The committee met on August 31, 1970 and decided to take a survey of the community to determine what facilities and activities the citizens desired in the new park.

In September of 1969, the State Roads Commission signed the deed to the land and forwarded it to the Board of Public Works. On Novem-

ber 27, 1970, the Commission met with Mr. Harry Hunter of the Department of Forests and Parks, who explained how a commission could be formed, what steps should be taken, and what resources were available.

On March 27, 1972, Comptroller Louis Goldstein made a helicopter visit to Woodsboro and inspected the park site. On April 21, 1972, the Board of Public

Works signed the deed to the land.

A fund drive was started in March 1973 with a goal of \$20,000. The Park Commission decided to give special recognition to any person or organization who contributed the local portion of any one item or \$100 or more.

As of August 3, 1974, the town had received \$15,851 in cash contributions in addition to the \$4,000 previously donated by the American Legion, with donations ranging from \$1 to \$1,750. The town received sixty-five contributions in the amount of \$100 or more and the contributors were recognized on a plaque. In addition to the cash contributions the town has received thousands of

dollars in donations in the form of materials and labor.

In 1974 the park was seeded and trees were planted throughout. Covered pavilions, picnic tables, playground equipment, and other needed facilities were purchased and built as money, labor, and talent became available.

In the year since its dedication the park has continued being an enrichment to the community by expanding its facilities and recreation programs.

This past winter, the Park sponsored a Winter Recreational Program offering free volleyball and basketball to youths, teens, and adults. This summer the Park sponsored free tennis lessons for the community, and held its First Annual Tennis Tournament over the Labor Day weekend. In addition a fish-feeding program began this summer.

The outlook for the future of the Park is one continued growth and development. The support and participation of the Park by all levels of the community have already made it

continued on next page

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HISTORY

one of the most delightful arrears of the county.

**Part 5
Social Life**

Young people in Woodsboro for the past hundred years made their own fun. 'Socials' and 'pound' parties (where everyone brought a pound of something to eat) were popular and a way of meeting new friends.

Church activities also provided gathering places for members of the whole family – for example many church picnics were held in a nearby wood and families came by carriage and staid the entire day.

Excursions by train to the mountain resort of Pen Mar were in vogue around the turn of the Twentieth Century. Many elaborate plans were made, often by correspondence between young people, about meeting at a certain place at a certain time.

Local fairs were also natural trysting places for young people. In later years, towns serviced by railroad as far as York, Pennsylvania had fairs, which were regularly attended by anyone who could get there.

The Woodsboro Literary Society was formed in 1910 with the motto of 'Excelsior' and the object of the society was to "... encourage intellectual' social, and moral uplifts, and to advocate the principles of successful living." Approximately thirty-five members belonged to the society, paying five-cent weekly dues at the meetings.

In the summer season the old swimming hole also provided a meeting place. Since the water was only waist high, the ability to swim was no prerequisite and young people came for sociability and to enjoy the cool water.

During the winter months sleighing parties were popular. An old 1904 letter relates a young girl's bitter disappointment when her beau did not arrive on Sunday at 2 p.m. to pick her up - too much snow and no telephone.

Station Hill and the Canning Factory Hill were favorite places for sledding in winter for young and old. The snow packed ice made a built-in bobsled run. A lookout was posted at the bottom on Main Street who shouted. "ALLLLLLLRIGHT!" when the way was clear of the then infrequent cars.

Thereupon, the entire assemblage of sledders followed in turn down the hill, some singly (belly flopping), some doubly with couples, and even three to a sled, if an extra long FLxible Flyer was available.

With good weight and good snow cover, sleds going down Station Hill got enough momentum to go as far as the Post Office downtown. Sometimes sledders unexpectedly arrived on front porches, miraculously missing posts. &c., when the snow was piled high enough so that street and sidewalk were indistinguishable. Bonfires were built at the tops of the hills for warmth, although the long trek back up the hill provided much warmth and camaraderie, plus good exercise.

There were always certain outcroppings of rocks in the roadbed that lost the snow cover first during a warm day. Sliders learned to bypass these areas for the sake of their own speed, but when a careless coaster hit a large stone, sparks flew from the sled runners and upon occasion the sudden impact threw the occupant off the sled. Surprisingly enough, very few sledders ever seemed to be seriously injured.

Incredible as it seems today, sleds were also fastened by the pulling rope in a long line behind an automobile and pulled for miles until the last sleds began to whip about in a chain reaction dumping the occupants into the nearest snow bank.

Ice-skating was also a major sport on nearby Powell's Ponds. J. E. Stoner, Sherman Powell. Murrav and Harry Hiltlebridle, and many others executed fancy figure skating and jumps from one pond to another. In daytime, impromptu hockey games also were played with local rules prevailing, and the puck nothing more than a piece of wood.

Discipline became a problem in the homes during good snow and ice weather. Many were the children and young people who got up out of bed from a bad 'cold' and recuperated instantly the harder it snowed and the colder it got, particularly when all of their friends were enroute to the nearest winter sport area. Long underwear was also a dispute issue, particularly among girls as it unfortunately added little in attractiveness to the female figure. Many a young lady frozen in stylish silence to a gorgeous rosy-purple minus her Long Johns.

The best thing about this social life was that everyone participated, both young and old, to the limit of their physical abilities and everyone for the most part knew exactly where everyone was and what they were doing.

Medicine shows often came to town in the early days as well as traveling shows; the favorite show was 'Uncle Tom's Cabin', often held in the lot beside the canning factory.

Camp meetings were held in LeGore's woods with a full day's schedule of speakers, programs by various church groups, and much singing. These meetings were famous for miles around and were widely attended both for sociability and for promoting Christianity.

The Woodsboro Opera House

One of the unique facilities in Woodsboro since 1901 was the old Opera House, which was housed on the second floor of the then new bank building and provided a town hall and community center. Plays, movies, Chautau-



Yes, at one time Woodsboro did in fact have an opera house!

qua, dances, public meetings. Receptions, and other events took place in the large room, which had around a 225 seating capacity. Upon occasion church services were also held there when remodeling was done at one of the churches.

One of the first plays to be presented in the Opera House was titled 'The Flowing Bowl.

Movies were showing every Sunday night with Mr. Oscar Barack operating the projector for many years, followed by Elmer Smith and Glenn Stottemyer.

Every reel had to be rewound and quite often they broke which caused stamping of feet, whistles, and catcalls along with a hail of pop bottles and peanuts. The audience of young people we're almost into great peril as the heroine in "The Perils of Pauline, Ruth Ronald series, and Tarzan, which they had come to see, continued from the previous week for years, of course. Attendance was \$.25. The stage 's rollup curtain was painted with a rustic scene and bordered by local advertisement. The curtain at times would get off center and would not work, causing panic during home talent plays. Music was provided by the piano played for

Many years by Miss Hilda Cramer, now Mrs. Sherman Powell.

The last use of the Opera House was in 1953 when it was closed as a fire hazard and also because of poor attendance. Many young people now had access to cars

and could go farther afield to the movies. Home talent plays ceased simultaneously with the advent of television.

Today the Opera House stands remarkably well preserved. The curtain is rolled up neatly on the last set of the final play. The dressing room doors are wide open, revealing the names of former amateur actors inscribed on their walls. The dirty chairs are still in rows and the scenic frieze under the ceiling molding is still intact and imposing even in the half-light of the drawn and tattered shades.

Thus the town has lost the main social center for miles around leaving only a rich heritage of poignant memories of what took place in the old town hall.

The Skating Rink

Built in 1917 by Robert J., Clarence C., and Maurice Donsife, the rink was one of the first in the area and provided a popular recreational center on Saturday nights for many young people. It had fine hardwood floors and was considered one of the best rinks in the northern part of the county.

In 1934 the rink was sold to Marlin and George Shriver who opened a sewing factory making men's trousers, ladies' skirts, and ladies' shorts. About one hundred and twenty-five people are employed in the highly successful operation. It is also a welcome boom to the town's economy.

Part 5 continued next month

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100 YEARS AGO THIS MONTH

January 5

One Mile Of Cigarettes In Six Years

How long would a mile of cigarettes last a man? Not half as long as you might think. Most cigarettes are two and 3/8 inches long so that 23,040 of them would go into a mile. If you are a moderate smoker, consuming only 10 a day, you will require more than a furlong of cigarettes a year, reaching the full mile in six years and four weeks. A chain smoker, with an average of 40 cigarettes a day, would burn his mile in 18 months.

The moderate man with his ten smokes a day, will use about 8 1/4 miles in 50 years. The total weight would be 500 pounds and the paper in which the cigarettes are rolled would be sufficient to cover a wall 100 yards in length and 28 feet in height. If this 50 year ration was served out at one time to a 40-a-day-man he would require a cigarette about 85 miles in length and weighing almost a total ton.

Most smokers get about 50 puffs, each containing a quarter of a cubic foot of smoke from a cigarette. If we take that every cigarette represents 12 ft.³ of smoke, we find that even a moderate man will have blown into the air at the end of his 50 years, a cloud of smoke containing no less than 2,184,000 ft.³. The smoke would fill a building 35 yards long, 100 feet wide and 20 feet high, or cover 5 acres of ground with a dense fog 10 feet in depth.

If all the matches use by one person could be made into one huge safety, it would be a foot square and 5 feet in length where the head as big as four footballs rolled into one.

10th Anniversary Observed

Rev. Heimer observed his 10th anniversary on Sunday morning as pastor at St. John's Reformed Church in Creagerstown in the presence of a large congregation. The pastor preached a sermon and reviewed the work accomplished, which is of an unusual character because the congregation was about to disband when Dr. Heimer came. They now have 100 members, a new church, an organized Sunday school, and flourishing catechism union and Kings Daughter society.

Frederick Mehring Dies

Frederick Mehring died at Myrtle Hill, his home, in Bruceville. He spent his entire life at the home where he was born and died. He was a successful businessman and much loved and respected by his friends. The community has lost one of its greatest and best men. Locally he was always loyal and helping to promote the best interest of the Bruceville community, and was a liberal contributor of his means in many directions.

A Bargain For A Quick Buyer

A farm of 133 acres near Union Bridge, along a hard road, with good cropping, good buildings and plenty of running water can be had for \$12,500.

January 12

Ice Thin And Slippery

Last Sunday the temperatures were just below the freezing point - just enough to freeze the small amount of mist falling from early morning until evening. The pavement and streets became so smooth that walking was next to impossible. Persons traveling in automobiles found their chains had but little effect on the hard frozen surface. A number of automobiles skidded back and forth across our streets, and at night many machines slid into the ditches along public roads and were either left there until morning or had to be pulled back onto the road.

Fire At William Fair's Farm

A narrow escape from a serious fire was made at the William Fair farm, near Taneytown, on Thursday morning. Mr. and Mrs. Myers, who live in the house, where awoken by the smoke and fought the fire as best they could until help arrived. In some mysterious way the fire seems to have originated in the cellar and communicated to the kitchen and upstairs rooms. A large lot of clothing and bedding burned. The building was damaged perhaps to the extent of \$500 or more.

The Myers suffered considerably from exposure and their efforts. By their work, and remarkable good luck, the house was saved from com-

plete destruction. No exact cause has yet been discovered for the fire.

Recollections of Bruceville

I noticed Mr. Fred Mehring's death in the last issue of the record. I lived at Bruceville from 73 to 75. The town then had eight houses, a mill, a blacksmith shop, a school house of stone on the hill where Mrs. Joanne and Margie Mehring would take turns teaching. I believe everyone like Miss Joe best as she always use the short end of the slate frame, while Miss Margie used the longer portion. The attraction of the village were very limited; you could see a wood-burner cross on the higher railroad bridge twice a day, and a runaway horse once in a while. The Bruceville band at that time consisted of Mr. Dayhoff with a board across one of Mrs. Mehring's four horse wagon beds, playing an accordion, as old Tom Willis the driver came home to the mill.

January 19

Given 1,500 For Death Of His Son.

Henry Wetzel, of Johnsville, was awarded \$1,500 to be paid in weekly installments, as compensation for the death of his son, William, who was killed at the Tidewater Cement Plant in Union Bridge last August. It was brought out at the hearing that Wetzel was dependent upon the help rendered by his son, and that when he was killed, his death cut off a large part of the family's income.

It will be remembered that Wetzel was burned to death as a result of an explosion said to have been caused by spontaneous combustion. At the time the accident occurred, Wetzel is said to have been working on the job with which he had not much experience and that he did not fully realize the danger he was in until it was too late. He was said to have been working in a tunnel through which great quantities of dust pass and in which the heat is extremely great. It was in this tunnel that Wetzel met his death.

Pneumonia Increasing

With influenza figures still remaining high, pneumonia increased on Wednesday, according to the statewide report of contagious diseases issue daily by the State Board of Health. There where 23 new pneumonia cases reported and 44 new cases of influenza. This brings the influenza total for the month to 467 and the pneumonia total 274. There were 13 new cases of scarlet fever, 14 of diphtheria, 29 of measles and 20 of chickenpox.

High Hopes for The Baby



Prosperous Frederick

The population of the county is 52,500. There are 3,800 farms in the county, totaling more than 354,000 acres, both the greatest number of farms in any county in Maryland and the greatest acreage devoted to agricultural in anyone county. The percentage of improved land is 80, also the highest of any county in the state.

Frederick has the greatest number of horses; produces the greatest quantity of milk; sells more cream and milk; raises more chickens than any other county. The value of all its crops, cereals, of its hay and foraged, amount to more than that of any sister county. It has more acreage of corn, produces more wheat, more acreage of rye and production, the same of clover and timothy. In fruits it ranked third in the role of counties. It has 134,000 fruit bearing apple trees.

Some of the farms add to the production by breeding goldfish. Indeed, Frederick produces more goldfish than any other part of America. Farmers raise them like any other crops. About 370 acres in the county is given up to this underwater farming and more than 100 million fish are shipped from Frederick County every year.

January 26

Commits Suicide By Shotgun

Apparently despondent over domestic difficulties, Melvin Buhrman, about 24 years old, of Creagerstown, shot and instantly killed himself sometime between Friday afternoon and

Sunday morning. He had shot himself through the chest with a 20-gauge shotgun and death was instantaneous.

Buhrman and his wife had separated about three weeks ago and since that time he had been living alone. It is thought that worry over his domestic affairs caused him to end his life.

Buhrman's nearest neighbor was his father, who living only about 500 feet distant from him, failed to hear the shot, which ended his son's life. Buhrman was accustomed to going to his father's house each day for water and when he failed to appear, the father became alarm and made the investigation, which resulted in the finding of the dead body of his son.

Buhrman had apparently placed the butt end of the gun against the wall, the muzzle against his chest and then succeeded in exploding the charge. There was no way of telling the exact time at which the suicide occurred. He had been employed as a laborer in the vicinity of his home. His wife and two small children survive him.

Train Hits Auto Near New Midway.

Austin Fogle, 17, had both legs broken and suffered internal injuries, and Raymond Daugherty 27, suffered a sprained shoulder and was bruised about the body when the Ford touring car in which they were riding was completely demolished when it was struck by a train at a railroad crossing near Union Bridge.

The two, who live near Woodsboro, where returning from Detour, where they had taken some milk, and were coming towards New Midway over the dirt road. High embankments being on both sides of the crossing where the accident happened made it impossible to see the train coming. The lay of the land is said to be such that it is often difficult to hear a train approach.

It is understood that the automobile was too close to the train to avoid the accident before the men were aware of it. Following the accident, the men were placed on the train and word was sent to Frederick to have the ambulance meet the train upon its arrival there. Both were considered fortunate in escaping with their lives.

To read past editions of 100 Years Ago visit the History section of Walkersville.net.

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ALL ARE YESTERDAYS - FREDERICK COUNTY HISTORY

January 5

Frederick Countians have done some remarkable things through the years. A German immigrant, John Amelung, made some of the finest glass known in colonial times. McClintock Young invented a brush making machine that allowed a local company to send its product around the world.

But Horsey, who was born in 1819, made a name for himself and Frederick County in the distillery business.

In 1838 he built his plant on a 61 acre tract of land between Burkittsville and Knoxville. He was only 19 years old at the time, but his method of producing rye whiskey became the subject of conversation everywhere.

Horsey disliked the profession of his father, who was a Delaware senator for 12 years, and his grandfather, Maryland's second governor, Thomas Lee. So, he opened his Needwood Distillery. It later became known as the Horsey Distillery.

For years he experimented with various methods of distilling. His work was interrupted by The Civil War. As a matter of fact, in 1862, Union troops reduced his buildings to rubble.

In the three years that followed the destruction of his plant, Horsey studied European distillation methods, experimenting with various elements of the process.

In 1865 he rebuilt his distillery using the most modern of methods and the best equipment he could find. The warehouse was tripled in size so that he could store up to 3,000 barrels. In short order his Very Fine Outerbridge Horsey's Rye Whiskey became a national item. Californians bought almost one-third of his production.

However, this rye whiskey wasn't cheap. It was Horsey's method of aging that ran up the price. He would store the product in his warehouse for from six month to two years. He would then ship it by rail from Knoxville-Brunswick to Washington where it was loaded on an ocean-going vessel. It would travel around the horn of South America and up the west coast to California. Some of it was even left on the ship and returned to Burkittsville.

This sea voyage, Horsey concluded, was why the Scotch and Irish whiskeys available in America were

so much smoother and mellow than those produced in the colonies.

A year before his death in 1902, he began to distill corn whiskey. But the plant was just a few short years from its demise.

In 1919, the Volstead Act was passed and the distillery was closed forever. However, the story of Horsey's Distillery doesn't end here.

Old time residents of the Burkittsville area still tell the tale of the death of Dr. George Yourtee. It seems that after the government forced the closure of Horsey's plant, the warehouse and its contents were put under guard. Area residents frequently raided the warehouse and bribed the guards to get at the rye whiskey still in storage.

In the early morning hours of March 31, 1923, with a new guard on duty, a group of residents raided the warehouse. Not knowing of the prior arrangements with the guards, this new one fired into the crowd and Dr. Yourtee was hit. He died that evening.

Although the story cannot be confirmed by newspaper accounts, the reports in the press concerning the raid on the distillery warehouse and the death of Dr. Yourtee, who was a prominent physician and surgeon in Burkittsville, probably led to the speculation that he was involved in the raid. The cause of death for Dr. Yourtee was not included in the newspaper articles, but because of his position and reputation in the community it doubtful that he died of that ill-fated gunshot wound.

January 12

In 1851, a new addition to the Old Hill Methodist Episcopal Church on East All Saints Street, believed to be the first church in Frederick to allow Negroes to attend, was dedicated.

Back in 1811, Richard Potts, a lawyer and prominent member of All Saints Episcopal Church, deeded a part of Lot #10 on East All Saints Street to a free Negro named William Hammond.

Seven years later Hammond deeded part of that lot to a group of trustees for the expressed purpose of constructing a new Methodist Episcopal Church which would allow Negroes to attend. That church became known as The Old Hill Church.

While many believe this church was built on the same property where

All Saints Episcopal Church had stood, it was not. Old Hill Church was constructed on part of a lot adjacent to the three lots where All Saints had been. From its inception in 1818 to 1864, both whites and Negroes attended services together.

In 1850 the Old Hill parishioners constructed a large addition. It was dedicated in 1851. In 1864 Negroes, who had been attending the Old Hill Church since 1818, took full possession, and in 1868 it was incorporated as Asbury Methodist Episcopal Church.

The present facility at the northwest corner of South Court and West All Saints Streets was built in 1921 and continues today as a house of worship for black city and county residents.

January 19

Marital difficulties are not a new thing in America. Today we have special facilities for battered spouses. We have a highly developed profession of marriage counselors. However, at the turn of the 20th century, they were few and far between.

In Brunswick, which was in the midst of its boomtown era, townspeople were shocked in January 1900, to hear of a shooting involving two Baltimore and Ohio Railroad workers over one of their wives.

On Saturday the 18th, Jerome Swartley, a conductor for the B&O, left his home, telling his wife he was going on his "run."

During the night he returned to Brunswick and early on Sunday morning he went home unexpectedly. He had suspected his wife of infidelity and had developed a plan to catch her in the act.

When he arrived home he found Charles Seeberger, an electrician for the railroad and a next-door neighbor, in a compromising position with his wife. A quarrel, and then a physical confrontation ensued.

Seeberger was hit in the thigh with the first shot from Swartley's gun, but he continued to struggle with the irate husband. Although he had his thumb over the barrel of the .38 caliber pistol, a second shot passed through it and lodged in Seeberger's abdomen.

The fight continued and finally Swartley pulled the gun away from Seeberger and fired a third shot. The bullet pierced his opponent's left side and passed through his lung.

Somehow Seeberger managed to take the gun away from Swartley and flee the house. He was taken by train to Baltimore City Hospitals where he underwent three hours of surgery.

On January 16, Seeberger died of his wounds and Swartley was charged with murder. An autopsy showed that the bullet that hit Seeberger in the chest had pierced his heart as well as his lung.

A hearing was held in the Frederick County Circuit Court before Judge John Motter. Motter, after hearing testimony from Mrs. Swartley that Seeberger had attacked her husband as soon as he entered the house, ruled that the shooting was not murder and released Swartley on \$750 bail.

According to the newspapers of the day, after being released, Swartley walked to the Frederick train depot accompanied by his wife, "seemingly none the worse for the ordeal through which they had passed."

January 26

From late August 1881 until the Spring of 1886, an epidemic of diphtheria raged in Frederick. During those awful five years more than 300 city residents died of the disease, a bacterial infection characterized by weakness, high fever and the formation of membrane-like obstructions to breathing. More than 3 percent of the city's children died.

Dr. Franklin Smith, Frederick County Health Officer, blamed the local canning industry, hog pens, stables, privies and the city's gutters and sewers. At the canning plants Smith said he observed acres of corn cobs, tomato skins and other vegetable products piled as much as three and four feet deep. He said manure was also mixed in with the garbage.

For most of the five years of the epidemic, city officials tried every conceivable solution. They ordered the canning plants to remove the vegetable waste on a more regular basis. lye was spread in all privies; the gutters were cleaned daily; and everyone did what was possible at the time to cleanse drinking and bathing water.

However, the dread disease raged on, striking most city families. None did it hit with greater devastation than the Reverend Dr. Osborne Ingle, the rector of All Saints Episcopal Church.

He was visited by tragedy again and again during the epidemic. On April 5, 1881, the Rev. Ingle's 10-year-old daughter Elizabeth Dulany died, as so many children did in those days. However, her death was just a prelude to the suffering Ingle would endure over the next 21 months.

In January of 1882, just 10 months after Bessie's death, The Rev. Ingle and his wife, Mary, lost five more of their children to the disease. Gertrude, Osborne, Caroline, Susie and Antoinette all died in little more than two weeks' time. But for the Rev. Ingle the sorrow would continue. A year later, Mrs. Ingle died after giving birth to a son who did not live to be christened.

So it was that the Rev. Ingle lost eight members of his immediate family. A friend wrote later that "men stood awed and silenced before the noble courage with which Dr. Ingle went about his work. They wondered why a cup so bitter should be pressed to lips so pure." This dedicated pastor went on to serve All Saints for another 26 years before his death in 1909.

To read past selections for John Ashbury's All Our Yesterdays visit Walkersville.net.

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SCHOOL AND LIBRARY NEWS

New board members sworn in

Dean Rose, Karen Yoho, Rae Gallagher, and Nancy Allen, four recently elected Board of Education of Frederick County members, took their official oath of office under the guise of Sandra Dalton, Fredrick County's Clerk of Courts.

Yoho is beginning her second term on the Board of Education. She was originally elected in November 2018.

Gallagher previously served on the Board from January 2020-November 2020 after being appointed by then County Executive Jan Gardner.

Allen and Rose are beginning their first terms as Board members.

After the swearing-in ceremony, conducted by Clerk of the Circuit Court Sandra K. Dalton, the Board convened its annual meeting to elect officers for the coming year.

Sue Johnson was unanimously elected president. Dean Rose was unanimously elected vice president.

Johnson has served on the Board since December 2020. She has worked as a systems engineer and consultant for companies, including Andersen Consulting (Accenture), Lotus Development

European Corporation, and IBM. Since 1997, she has taught at the college level and has been a full-time professor of Computer and Information Science at Frederick Community College since 1999.

Rose has worked for 37 years in the insurance and financial services field. He currently operates his own insurance business in Middletown. He serves on the steering committee for Tour de Frederick and the Special Gifts Committee of the Frederick Health Development Council. He also served on the Board of Directors for the Boys & Girls Club



of Frederick County for six years, including two years as the organization's board chair. He's also vol-

unteered as an assistant basketball coach for 13 years at Urbana and Oakdale high schools.

January at the library

It's a new year at the library and it's our resolution to continue to provide new and exciting programs and events for everyone in our community.

The night sky is a beautiful thing. Adults can learn how you can get a better look on January 5th from 6:30 to 7:30 p.m. with Telescopes and the Night Sky. Join the TriState Astronomers as they go over the basics of telescopes and observing the night sky. Come see a telescope, and if the weather permits, join us outside to observe the stars!

Are you looking for a way to spice up your exercise routine to help you reach your fitness goals this new year? The library has just the programs for you. On January 5th there will be Senior Fitness from 10:30 to 11:30 a.m.. This will be a low impact class for seniors that will show you exercises to work on your core and help improve and maintain your strength, balance, and posture! The always fun Freedom BANG class

will be returning on January 14th and 28th from 10 a.m. to 11am. Freedom Bang is a pre-choreographed fusion of boxing, HIIT, hip hop, world dance, optional weighted gloves and just a touch of attitude. They offer a wide range of intensity options to help you customize your workout.

Kombucha is a drink that is believed to have numerous health benefits. On January 21st at 10 a.m. you can join Liz Dodson (a.k.a. The Kombucha Lady) from Dodson's Promised Land Farm, who will present a program on the benefits and making of kombucha. She will teach you how to make it at home and give suggestions on the best ingredients. And, yes, there will be an opportunity to taste many of their flavors!

Calling all teens! When you are looking for a fun afterschool activity you can join us on every Tuesday at 3:30 pm. The first three Tuesdays are our Teen STEAM program. Each week will be a different activity featuring science, tech-

nology, engineering, art, and/or math.

Experience the STEAM world with hands-on activities, challenges, and competitions. The last Tuesday of each month, join us for our Teen Library Council. You can help us make the library the best place it can be for you, participate in planning programs, gain volunteer hours, develop marketable leadership skills, and credentials for future job and college applications, while having fun with other teens!

Are you a fan of anime and manga? Join us to celebrate your fandom with stations about origami, basic Japanese, a photo booth, and art with Digital Creator Rival Verses! Cosplay is highly encouraged, but please do not bring any weapons. The event will kick off at 12 p.m. on January 14th with a live martial arts demonstration by Frederick Martial Arts.

The library will be continuing with our fun and enriching story times for children of all ages. Our youngest of patrons and their caregivers can join us for Infant Story-

time on January 9th, 23rd, and 30th from 10 to 10:30 a.m. Join us inside to explore songs, stories, and fun designed for children 0-12 months and their families. Directly after is It Takes a Village from 10:30 a.m. to 11 am. This is a caregiver led discussion and playgroup for tips and tricks to help you navigate raising your little ones. Then, stick around for more story time fun with Baby Storytime at 11 am. Join us in our backyard with your blanket and all your energy to explore songs, stories, and fun designed for our youngest audience and their caregivers. Toddlers can join in on the fun every Tuesday at 11 a.m. with Toddler Storytime. Bring a blanket and your wiggles for songs, stories, and fun for toddlers and their grownups. Following Storytime is Toddler Skills which introduces toddlers and their caregivers to a variety of preschool-readiness skills including fine motor development, social emotional skills, and early literacy activities. Every Wednesday night brings fun for the whole family. Family Storytime begins at 6 pm, wear your favorite pajamas and join us for songs, stories, and fun for the whole family! For the preschoolers out there, we have Preschool Storytime every Thursday in January from

11 a.m. to 11:30. Preschoolers and their caregivers will learn early literacy skills with fun songs, storytelling, movement, and more! Then stick around for more fun with School Skills for Preschoolers directly after. Preschoolers and their caregivers will practice school-readiness skills with cutting, tracing, play, and other literacy activities.

Your burgeoning scientist, tech developer, engineer, artist, and mathematician will enjoy our Adventures in STEAM every Wednesday morning in January from 11 to 11:45 a.m.. Preschoolers and their caregivers can dive head first and learn all about the world of science, technology, engineering, art, and mathematics with a variety of fun hands-on activities.

Friday? More like Fri-Yay! Every Friday in January children up to elementary age can join us for our Fri-Yay! Program from 11am to 11:45. Each week is an activity based on a different theme for kids to explore. Each week's theme is listed below:

Jan 6th – Circuits and Coding: Investigate the world of coding and circuitry with hands-on STEM activities and games.

Jan 13th – Magnet Mania: Discover the mysteries of magnets with hands-on STEM activities and

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WALKERSVILLE HIGH SCHOOL SPORTS

Winter sports start strong

Audrey Shabelski
WHC Class of 2024

The boys varsity basketball team at Walkersville High is kicking off their season strong with four wins and only one loss as of December 19th's game against Boonsboro. After finishing third in the Central Maryland Conference during the 2021-22 season, the team is hopeful of an even higher ranking in this year's playoffs.

The team's first game of the season on December 6th was an intense competition against Frederick High. Falling a little short in the first half of the game with a score of 26 against the Cadets' 32, the Lions started the second half of the game with an impressive turn around, strengthening offense with strategic decisions to go for shots or let the ball go off court. The third quarter ended with a striking and nearly tied score of 43 to 44, making the last quarter of the game a nail biter with both sides of the court exhibiting strong offense in a race to outscore each other. While the Lions held their own, the Cadets were able to maintain their lead and won with a final score of 57 to 51.

Despite an initial loss, the Lions have gone on to win against Linganore, Liberty, Brunswick, and Boonsboro during December. Brunswick and Boonsboro are both considered regional, while Linganore and Liberty are non-regional. In their game against Brunswick, the Lions led the scoreboard across all four quarters and won 51-29. During their following game against Boonsboro, the Lions scored more than double the points of the Warriors with a hefty 69-34 victory.

With every cause to celebrate their wins, Walkersville students remain humble in their abilities and supportive of their team first and foremost. "I do think there is room for improvement in the upcoming season," said varsity player Justin Pfeil. "There always is. Luckily, there are a lot more games to play and a lot more time to improve."

Another varsity player, Michael Grover, is in his last season for Walkersville as a senior this year. Grover has been playing since he was seven years old. "[It's] my last year playing for Walkersville, so I'm just trying to stay locked in and present when I'm on the court, taking everything one play at a time," said Grover.

With five more regional games, the Lions are hoping for a continued successful season and a chance to make their mark in the playoffs. Of course, none of this would be possible without the support of their school. Perhaps one of the most vital aspects of any high school sport is their cheerleaders, who keep the crowd engaged and cheer the team on. With the football season over, Walkersville cheerleaders have stepped onto the court with plenty of school spirit, including a halftime show filled with fun routines and dances.

"Winter cheer is different in a few ways," explained cheer coach Andrea Morgan. "While there are

some general cheers that remain the same, many chants and cheers are sport specific. [Also], when cheering for fall football, the cheerleaders perform on the track, and have more space to spread out. In winter cheer, cheerleaders stand on the sidelines of the basketball court."

Space is a key factor in determining the activities cheerleaders can perform. During the basketball season, the girls do not stunt or tumble when the ball is in motion due to safety concerns. This limits certain maneuvers to timeouts and breaks between quarters.

Stunting is a major part of both winter cheer and cheer in general. "Stunting is where four girls [are] grouped together with two bases, a backspot, and a flier," says cheerleader Alaysia Matthews. "The group will work together to improve and add onto their routine all the way up to a main goal they want to pursue. Stunting is something often used in competitive cheer, so it's fun to do it here in Walkersville, especially when we can keep improving and adding onto a stunt."

Matthews has been cheering for two years and is excited for the upcoming season. She is looking forward to the rest of the basketball season and hopes to have a great time learning and dancing with her new teammates.

Another significant difference between fall and winter cheer is that



Walkersville junior varsity girls' basketball team

cheerleaders only attend home varsity games in the winter, but there is still lots of work that goes into the sport.

Said Morgan, "Practices, in general, consist of warm ups, dance material and review, cheer/chant material and review, station work and cool downs. Stations are designed to give individual coaching time to a smaller group of cheerleaders, and focus on stunts, tumbling, jumps and dances."

Students at Walkersville High never fail to display their community pride and school spirit, particularly when

it comes to sports. Ambition continues to run high in the cold weather as students prepare for and begin both fun and competitive winter seasons, whether by playing, cheering, or supporting from the sidelines.

The Lions will play several more

games in January and early February, so make sure to stop by and show your Walkersville pride!

To read past editions of Walkersville Sports, visit the Authors section of Walkersville.net.

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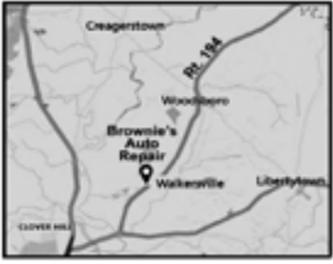
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ASE

THE MASTER GARDENER

Conversation starters: plants that honor loved ones

Maritta Perry Grau
Frederick County Master Gardener

While we still have a couple more months of possible snow and ice, now is a good time to be thinking about and planning your spring gardens. Are there changes you want to make? Put in or expand a vegetable garden? Add some perennials or annuals? Shrubs? Trees? Plant something new you've never tried before? Do you need to consider how much shade or sun a garden will get? And how about your climate zone? Do you know the estimated date for the last freeze in your area? Are there any microclimates in your garden, where temperatures might be a little warmer a little sooner than in the rest of the yard?

Have you ever thought of planting a memory garden, or perhaps planting a flower, shrub, or tree in honor or memory of a beloved family member? It can be a good conversation starter with people alive right now. ("See that patch of zinnias? I planted them there because I know how much you love them, and when I see them blooming, I think of you!")

When you're considering additions and expansions to the garden, think about the people (and pets!)

you love and who are with you right now. Maybe you'd like to plant something for them. Although a bouquet of flowers will quickly wilt and a platter of brownies will rapidly disappear (at least in my house), a house plant or one in your garden could be there for many years, evoking fun discussions with that loved person in life and warm memories later on.

Such honoring or memorializing isn't really new. For example, during the Victorian era of the mid- and late-nineteenth century, a rural landscaping movement began as some towns and cities found their cemeteries filling up, and churches, synagogues, and town planners began to move cemeteries to the outskirts of town where there was lots more space.

The new cemeteries had rows and rows of graves, elaborate statuary, and mausoleums, many modeled after Père laChaise Cemetery in Paris or those in other big cities, but cemetery planners took advantage of the natural landscapes to create elaborate plantings of flowers, shrubs, and trees, just as we today may buy a brick in a pathway or a bench to honor a family member in a park, a cityscape, or other place.

According to Wikipedia, "The 'gar-

den' cemetery movement promoted larger, park-like spaces on the outskirts of town. These cemeteries were planned as public spaces from their inception, and provided a place for all citizens to enjoy refined outdoor recreation amidst art and sculpture. Elaborate gardens were planted and family outings to the cemetery became popular social activities." On holidays, families held picnics and tended the graves. Even today, some people walk, jog, or bicycle through these park-like cemeteries.

But Victorian era cemeteries aren't the only places with special plantings that honor loved ones. You may find just the right spot in your own lawn or garden to tuck in some special plants. You may draw inspiration from places you've visited, pictures you've seen in magazines, books, or even those garden catalogs.

Some of the places my husband and I have visited, have inspired many of our plantings. These places have also guided us in our choices of garden style: Not for us the severe, formal arrangements of the great houses of Europe, with not a twig or leaf out of place, every blade of grass carefully trimmed. No, we discovered early on in our travels that we much preferred what is known as the English cottage garden—a wild profusion of blooms, carefully planned but exuber-



The author's father was very fond of rhododendron flowers, and both he and his wife planted rhododendrons in their respective yards for his enjoyment. The flowers generated much discussion and reminiscences.

ant in their togetherness. Also, whether trees, shrubs, or flowers, many of the plants in our garden are there as much because they remind us of a loved one as because they fulfill our master plan (which, by the way, seems to change every year) to complete the garden.

My father loved rhododendrons, as do we, so we have several rhodies, some of which he got to see in bloom for several years, and which in another three months or so, will shout out their beauty with blossoms from deepest red to palest pink.

My parents used to take my brother and me every two or three months to visit our maternal grandparents deep in the mountains of West Virginia. One Easter vacation, when I was 19, we brought along my then-boyfriend (and now husband of 54 years). The mountains were sprinkled with redbuds in bloom, and as my grandparents' home was nestled in a small hollow with mountains close around them, it seemed almost like a fairyland of tiny pink blossoms everywhere we looked. Although they spent many years living in Virginia, my grandfather loved those mountains. Once we had our own yard, I planted a redbud as a reminder of my grandfather and those Appalachian hills he loved.

My maternal grandmother and my mother also gifted me with heirloom peonies (*Paeonia*), irises (*Iris* various species), and wild buttercup flowers for our first house in Annapolis, and even more when we moved to Frederick in 1973. Every spring these perennials bring my grandmother to mind. I remember her digging up those peonies and irises, advising me in her wonderful Appalachian drawl of the best ways to plant and nourish those flowers. They're still going strong, and I've now continued the tradition, potting up and passing rooted plants on to my sons and their families and to friends and neighbors.

Husband Hal loves petunias (*Petunia*

species), so every spring we plant lots of those, intermingled with annual vinca (actually, *Catharanthus roseus*, Madagascar periwinkle) in the sunny gardens.

Our crepe myrtle (*Lagerstroemia indica*), while not originally from Hal's Annapolis home, was planted in honor of his mother. She had several, ranging from pale to dark pink, that her parents had planted some time after 1913, when they built their house (now known as the restaurant Vin 909) in the Eastport suburb of Annapolis.

For many years we had a magnificent weeping cherry on the front corner of our yard. Our younger son's wife took annual pictures around Easter of their oldest daughter, from age two onward, and of their other children, under the blossom-loaded weeping cherry. Our cherry has since died, but she continues the tradition now that they have their own weeping cherry.

Chances are, you've already cozied up to some catalogs online or in reality, and are dreaming over (drooling over?) plants for this coming spring. Do you have anything planted that could be a conversation started with loved ones? If not, where might you tuck in a few flowers, a shrub, a tree that could spark those memories, or maybe just coax a smile and a warm tug on your heart as that person flashes in your mind? And just imagine the joy you'd bring to that person when you show him/her that special something planted with him/her in mind.

And you can tell Fido he absolutely cannot, under any circumstances, ever dig there.

While you're thinking about those spring plants, check our website for upcoming seminars, Master Gardener certification classes, or other announcements at www.extension.umd.edu/frederick-county, or call us at 301-600-1596.

To read other gardening articles visit the Gardening section of Walkersville.net.

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- **County Yard Waste Recycling Site** 9031 Reichs Ford Rd, Frederick
- **Eyler Road Park** (fenced area on right) 30 Eyler Road, Thurmont
- **Kempton Park** (lower left parking lot) 3456B Kempton Church Rd, Monrovia
- **Point of Rocks Ruritan** (left side parking lot) 1637 Ballenger Creek Pike, Point of Rocks
- **Remsburg Park** (first parking lot entrance on left) 7408 Holter Road, Middletown

* Except for the Reichs Ford Road site, all locations are for residential use only, not businesses.

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The University of Maryland Extension Frederick County Master Gardeners present the following seminars:

January 7: "Landscaping Solutions for Wet Areas in Your Yard" Do you have wet areas on your property? Learn about ways to solve the problems it causes. We will discuss hydrography and how to create a good flow of water across your landscape. Register online: bit.ly/FCMG23WetAreas.

January 14: "Think You Want a Vegetable Garden? Make a Plan!" Wondering how to plan a home vegetable garden? Learn what kind of garden will fit your needs,

when to start, what to plant, and how much is enough. We will share tips on finding resources for planning, garden supplies and seeds. Register online: bit.ly/FCMG23VegGardenPlanning

January 21: "Winter Pruning" Learn what to prune in the winter and early spring and how to prune to get the most out of your plants. Register online: <https://bit.ly/FCMG23WinterPruning>

All seminars are free and open to the public. Seminars start at 10 am and run until noon at the UME Office, 330 Montevue Lane, (off Rosemont Avenue), Frederick.

Small Town Gardener

Adventures in #GrowYourOwn

Marianne Willburn

I have never had a closet big enough to house all of my clothes in one place. By American standards, closet space in Willburn homes has always been on the paltry side. As maddening as it can be however, there is a surprising bonus to a lack of storage.

A smaller closet forces me to edit my collection of Goodwill sweaters and daring dresses twice a year: trading winter woollens for spring linens and forsaking trendy boots that looked much better on the rack than they do on my feet. I am not brilliant at it, but the space requires that I be harsh. Even if I wanted to, I could not collect purses or shoes or flamboyant hats for a one-off wedding.

I do not have such space limitations when it comes to seeds, and the result is a chaos so completely opposite to the way I conduct most other aspects of my life that I'm embarrassed to admit to it.

Twenty-five years ago, my seed box was a little Tupperware container – the type meant to hold a rectangular half-gallon of ice cream before cylindrical cardboard shaved a pint off our consumption and added four bucks to our budget.

Ah...the organization of it all. I still get shivers thinking about it. Three 3x5 cards acted as tabs – 'Vegetables,' 'Flowers,' and 'Herbs,' – separating packets neatly on their sides for easy access and joyful January evenings. When finished perusing or planting, I simply replaced the airtight lid and the neat little box was returned to a back corner of the fridge where it occupied space next to a lonely tub of miso paste.

It was the vegetables that spoiled everything. The peas, in particular.

As my gardening know-how



began to expand, I grew dissatisfied with the stringy pods and starchy contents of the pea packets thrust upon the spring-time consumer in the average store. I came across a catalog at a friend's house and put in an order for something different. It arrived, along with dozens of other tempting catalogs – my name and address having been purloined by competing companies notified of my desire for "something different."

Peas take up a great deal of space in an ice-cream container. The larkspur started feeling put upon and along with the rest of the flowers, moved out into the less-luxurious digs of a nearby Ziploc bag. Chaos reigned over the flower seeds from that point onwards, but they were flowers, and I had a cottage garden – it seemed appropriate.

Meanwhile, I began to investigate new avenues in squash. 'Borer resistant,' 'trailing,' 'sweet,' 'earthy,' – each new variety tickled the imagination and fueled springtime dreams of gourd arbors and prize-winning pumpkins. Like peas, squash is not a diminutive seed. The Tupperware groaned, but those circa 1981 lids had an iron grip upon their contents.

Seasons passed. My clothes closet went through many changeovers. My closet remained trim. Not so with seeds. My new adventures shared space with old adventures. That's a lot of adventures. I couldn't make myself get rid of any of them. The thought of so much un-germinated potential stayed my hand each time I tried. I even kept empties to remind me of my early naiveté, or the thrilling rush of a horticultural triumph. But six seeds here, and ten seeds there does not a garden grow.

One can only tread this path for so long. My trusty 30-year-old container, now yellowed, sat in a large reed basket with several Ziplocs of varying size and contents. Rhyme and reason had fled. One bag held seeds "Used in 2006", one bag held seeds "NOT used in 2007." I couldn't throw anything out – what if it germinated? I couldn't trade anything at a seed exchange – most were shamefully too old for beginning gardeners to try.

There was no other choice. I started perusing the container aisles looking for something to hold my hoard, secretly hoping that nothing would appear and I would therefore be forced to face the problem the same way I faced my clothes closet every season – as Shiva the Destroyer.

In this day and age of cheap mass-produced petroleum products, my glimmerings of better nature didn't have a chance. I found a container, and enabled the problem still further. But in those moments before I transferred my chaotic jumble into its new 'tidy' home, I called my mother in a last-ditch effort to invoke shame upon the situation.

"What are you asking me for?" she said surprised. "I still have a packet of tomatoes I planted when you were four years old. What's more, I germinated a couple last year."

So much for parental shame. They don't make it like they used to.

Marianne Willburn is an author, speaker and columnist and blogs at GardenRant and MarianneWillburn.com.

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ARTS

Way Off Broadway kicks off 2023 season

Justin M. Kiska

The Way Off Broadway Dinner Theatre's 2023 Season – theatre's 29th of bringing live Broadway-style entertainment to the Mid-Maryland region – kicks off in January with the classic musical that brings the Arthurian legend to life on the stage, Lerner and Loewe's Camelot. The show begins its run January 13th at the theatre located in the Willowtree Plaza along Frederick's Golden Mile.

In the show, an idealistic young King Arthur hopes to create a kingdom built on honor and dignity, embodied by his Knights of the Round Table. His ideals, however, are tested when his lovely queen, Guinevere, falls in love with the young Knight, Lancelot, and the fate of the kingdom hangs in the balance. The legendary love triangle of King Arthur, Guinevere and

Sir Lancelot leaps from the pages of T.H. White's novel in Lerner and Loewe's award-winning, soaring musical.

The legend of King Arthur first appeared in Welsh poetry in the 6th Century as a Celtic Briton who led his men against the invading Saxons. But much of the Arthurian legend we know today comes from Geoffrey of Monmouth's 12th Century work Historia Regum Britanniae (History of the Kings of Britain). As for Sir Lancelot, it was not until around the same time that he became a part of the tale when French writer Chrétien de Troyes published Lancelot, Perceval. Since then, King Arthur, Lancelot, and the Knights of the Round Table have appeared in countless forms and stories, which is why it has been difficult discerning fact from fiction. Though most historians agree that the characters in

the Arthurian legend are just creations of folklore and poetry and were not, in fact, living historic figures.

Way Off Broadway's production is led by Rory Dunn as King Arthur, Megan Elizabeth West as Guinevere, and Wil Speth as Sir Lancelot. They will be joined onstage by Justin Barish, Tina M. Bruley, Bekah Burgoon, Steve Burgoon, Dana McNemar, Pete Meyers, Zane L. Oberholzer, Jr., Estefany Rivera, Caleb Whitcomb, and Matthew B. Withers as all of the knights and ladies of the court.

Camelot has a book and lyrics by Alan Jay Lerner and music by Frederick Loewe. Way Off Broadway's production is directed by the theatre's Executive Producer, Bill Kiska, with music direction by Zane L. Oberholzer, Jr.

The musical is based on T.H. White's novel The Once and

Future King, first published in 1958 by the Collins publishing house.

Lerner and Loewe's stage adaptation of the book premiered on Broadway at the Majestic Theatre on December 3, 1960. The production was directed by legendary director Moss Hart and starred Richard Burton as King Arthur, Julie Andrews as Guinevere, and Robert Goulet as Lancelot. At the 1961 Tony Awards, the production took home four trophies out of the five for which it was nominated, including Best Leading Actor for Burton. The original Broadway production closed on January 5, 1963 after more than 870 performances.

Immediately following its closing in New York, a national tour was launched, running for two years followed by a production in London's West End. A film version of Camelot was released

by Warner Bros. in 1967 starring Richard Harris as Arthur and Vanessa Redgrave as Guinevere.

King Arthur and the Knights of the Round Table would not return to Broadway until a limited revival of Camelot opened at Lincoln Center in 1980 with Burton returning to the role of Arthur alongside Christine Ebersole as Guinevere. As Camelot opens Way Off Broadway's 2023 Season, a new revival of the classic tale has been announced by Lincoln Center for later in the year.

The Way Off Broadway Dinner Theatre, under the direction of the Kiska family since 2002, is preparing for its 29th Season of producing live theatre. Since it first opened in 1995, the theatre has been a leader in the area's theatre community, proudly bringing both classic musicals, as well as regional and area premieres to the Frederick stage. To learn more about Way Off Broadway's visit www.wayoffbroadway.com.

Tivoli Discovery Series lineup at New Spire Arts

The Weinberg Center for the Arts announces the 2023 lineup for their Tivoli Discovery Series. This concert series features emerging artists from across the country, in a Pay-What-You-Want format, that allows concert goers to experience new artists and their music, at little to no cost.

Taylor Ashton - January 5. A Vancouver native who now lives in Brooklyn, Taylor alternately accompanies

himself on clawhammer banjo and electric guitar, crooning poignantly clever lyrical insights. His music takes influence from the emotionality of Joni Mitchell, the vulnerability of Bill Withers, the humor and heartbreak of Randy Newman, and old-time and Celtic folk music. To learn more about Taylor visit www.taylorashton.com.

Marielle Kraft - February 2. The indie pop singer/songwriter, based

in Nashville, displays craftsmanship beyond her years, following suit to artists like Shawn Mendes, Maisie Peters, and Taylor Swift. Her gift for storytelling is evident through her use of salient detail, raw emotion, and poignant word choice describing moments "exactly as they feel." To learn more about Marielle visit www.mariellekraft.com.

Shane Guerrette - March 2. It's the old way of doing things that inspires a new sound for upstate NY based artist, Shane Guerrette. Drawing influence from classic soul and roots rock genres, Shane has only just begun to craft his own retro flavored sound reminiscent of the past while still finding a way to make it feel new again.

To learn more about Shane visit

www.shaneguerrette.com.

Ashley Ray - April 6. One of Nashville's most nuanced voices, creating a modern sound without chasing after modern trends as a solo artist, and an in-demand songwriter for Little Big Town, Lori McKenna, Lady A's Charles Kelley, and others.

To learn more about Ashley visit www.ashleyray.com.

Zach Person - May 4. The new face of indie rock out of Austin, Texas, Person plays loud, raw, and connects with his music fans on a primal sonic level. Person has a swagger, talent and grit beyond his years. With the poise of a seasoned veteran on stage and the stylings of a mega star, he commands an audience in seconds.

To learn more about Zach visit zachperson.com.

Concerts are the first Thursday of each month and this season will be held at the Weinberg's new venue, New Spire Arts located at 15 W. Patrick Street, directly across from the Weinberg Center. Advance tickets are available now for the suggested donation of \$10, or audience members can pay what they want at the door. Tickets may be purchased online at Weinberg-Center.org, by calling 301-600-2828, or in person at the Weinberg Center box office at 20 West Patrick Street.

A complete listing of artists and performers scheduled for the 2022-23 season can be found at Weinberg-Center.org.

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Junk free January

Sonya Verlaque
FCC Culinary Program

After overindulgence of the holidays many people like to start fresh, either with a whole 30 plan, Dry January, or go sugar free for the month. I feel like, sitting here on the 26th playing Junior Monopoly, that the entire family needs to be sugar rehabilitated. Making sure there is something flavorful to enjoy and full of protein and nutrients to keep everyone from snacking on leftover cookies.

Chicken Tortilla soup

The spice can be adjusted to your taste and this freezes well and then can be defrosted for an après ski dinner quickly.

- Ingredients:
- 2 tbs olive oil
 - 1 medium white onion
 - 4 garlic cloves, minced
 - 1 1/2 tsp cumin
 - 2 tsp oregano
 - 2 tsp salt
 - 3 (15 oz) cans Great Northern beans
 - 20 oz tomatoes with green chilis (2 cans)
 - 15 oz cream style corn
 - 15 oz corn
 - 15 oz black beans
 - 1 lb chicken (cooked and shredded) - pick up a precooked rotisserie chicken for ease.
 - 2 tbs lime juice

Preparation instructions: Heat olive oil in a large pot over medium heat. Add in the garlic and onion. Sauté for a few minutes. Stir in the Cumin, Oregano, and salt. Put two of the cans of northern white beans in a blender and puree, or add to the pot and puree using an immersion blender. Add in the tomatoes, creamed corn, whole kernel corn, and the cooked chicken. Mix in the remaining northern beans and black beans (do not drain), stirring to fully incorporate. Let soup

simmer about 15 minutes and add in the lime juice.

Chicken Cacciatore Sheet Pan Dinner

- Ingredients:
- 1 lb cherry tomatoes
 - 12 cremini mushrooms, halved
 - 1 large red pepper, cored and cut into large chunks
 - 1 large onion, chopped
 - 2 celery ribs, chopped
 - 1 large carrot, chopped
 - 6 cloves garlic, halved
 - 1/3 cup vermouth or dry white wine
 - 1/4 cup finely chopped fresh sage
 - 3 tbs tomato paste
 - 2 tsp olive oil
 - 1 tbs finely chopped fresh rosemary
 - 3 bay leaves
 - 1 tsp dried oregano
 - 1 tsp salt, divided
 - 1 tsp pepper, divided
 - 1/4 tsp chili flakes (optional)
 - 3 lbs bone-in skin on chicken thighs (8 pieces)
 - 2 tsp finely chopped fresh basil or parsley (optional)

1 baguette or rustic Italian loaf, for serving
Grated Parmesan cheese, for serving

Preparation instructions: Preheat oven to 425F degrees. In a large bowl, toss together the tomatoes, mushrooms, red pepper, onion, celery, carrot, garlic, vermouth, sage, tomato paste, oil, rosemary, bay leaves, oregano and half of the salt and pepper. Add the chili flakes, if using. Pat the chicken dry with a paper towel. Toss the chicken into vegetable mixture to coat it. Transfer the vegetables to a parchment paper-lined baking sheet. Season the chicken all over with the remaining each salt and pepper, then arrange it on top of vegetables. Bake until the chicken is golden brown, cooked through and vegetables are tender, about 30 to 40 minutes. Sprinkle with basil or parsley before serving

if desired. Serve with baguette and Parmesan cheese.

Roasted Beets With Goat Cheese

These roasted beets with goat cheese are heaven! Earthy, tender beets paired with creamy goat cheese and topped with fresh chives? Perfection.

- Ingredients:
- beets (you can roast up to 8 beets at a time; use 4 for serving)
 - olive oil
 - kosher salt
 - 2 oz soft goat cheese (optional)
 - thinly sliced chives, for garnish

Preparation instructions: Preheat the oven to 425 degrees Fahrenheit. Wash the beets. Trim off all but about 1 inch of the beet greens. Leaving on the stem helps keep the beets from "bleeding" out red juice in the oven. Rub the beets lightly with olive oil. Place the beets in a covered oven proof dish. (You also can wrap each beet individually in aluminum foil and place them on the oven grates). Roast the beets for 45 minutes to 1 1/2 hours, depending on the size and freshness, until tender when pierced with a fork. Check occasionally for tenderness, medium beets take about an hour. Allow them to cool for a few minutes. Then place them under cool water and rub off the skins with your fingers. You can serve immediately, or refrigerate the whole beets until serving and serve them cold. To serve, slice the beets into rounds or into cubes and arrange them on a plate. If serving hot, you can place back in the pan under the broiler for a minute to char the a little if you want. Drizzle the top with olive oil and sprinkle with 1 pinch kosher salt. Top with goat cheese dollops and thinly sliced chives.



Chicken Tortilla soup

Healthy Carrot Cake Baked Oatmeal

- Ingredients:
- 2 cups rolled oats
 - 1 tsp baking powder
 - 1 tsp cinnamon
 - 1/2 tsp ginger
 - 1/4 tsp salt
 - 1 3/4 cups milk
 - 2 eggs
 - 1/3 cup maple syrup or honey
 - 2 teaspoons pure vanilla extract
 - 3/4 cup shredded carrots
 - 1/2 cup raisins
 - 1/2 cup chopped pecans or walnuts

Preparation instructions: Preheat oven to 375F and great an

8x8 casserole dish. If using a different size, adjust cook time. In a large bowl, mix together the rolled oats, baking powder, cinnamon, ginger, and salt. In a medium bowl, stir together the almond milk, eggs, maple syrup, and vanilla. Add in the carrots and half of both the raisins and pecans. Add the wet mixture to dry mixture and stir until combined. Pour mixture into baking dish and press down to make sure oats are soaked.

Sprinkle on the rest of the raisins and pecans and press down lightly again. Bake, uncovered, for around 40-45 minutes, until lightly golden brown. Let cool for 5 minutes and then serve. Store in refrigerator.



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ASTRONOMY

The night sky of January

Professor Wayne Wooten

The waxing gibbous moon passes below Mars on January 3rd. At month's end, it will not miss, but occult Mars for 41 minutes! The full moon is January 6th. The last quarter moon is January 14th. The new moon is January 21st. The waxing crescent lies just to the upper left of the fine pairing of brilliant Venus just above much fainter Saturn in the twilight on January 23rd. The waxing crescent moon lies just below Jupiter on the evening of January 25. It is first quarter on January 28th.

The fun begins in the SW sky at 11:32 p.m. on January 30, when the dark side of the waxing gibbous moon suddenly blots out bright red Mars as it passes in front of it for the next 43 minutes, as seen from Pensacola. These events will vary in other locales. The occultation will end when Mars reemerges along the moon's north west limb near the craters Atlas and Hercules at 12:13 a.m.. This will be a spectacular photo opportunity for folks with large telescopes. In a preview, here is the close call back on December 7th, when the Full Moon just missed Mars in our area. Note how tiny Mars appears compared to the Moon; in reality, it is twice as large as our satellite.

Remember that starting at 11:32 p.m. on January 30th, the moon's dark eastern limb will cover the planet for 43 minutes! It will take about a minute for the planet to completely disappear behind the moon, so this will make a very dramatic video with your smart phones through large telescopes. Catch it!

Mercury appears briefly at mid-month in the dawn sky. Venus returns back to the evening sky for most of 2023; she is low in SW an hour after sunset on January 1st. Moving away from the Sun, she overtakes slow moving Saturn, passing only .3 degrees



The famed Pleiades cluster lies about 400 light years distant, and over 250 stars are members of this fine group. The blue color of the Pleiades is enhanced even more by the beautiful reflection nebula, where the dust accompanying this cluster is "so young it is still running around in its diapers." This spectacular photo was a result of a ten hour time exposure.

south of the ringed world on January 22nd. If it is clear enough, you may see the very thin crescent moon on the horizon beneath them then; look about 40 minutes after sunset. By month's end, Saturn is lost in Sun's glare, but Venus still higher and brighter in west.

As noted, Mars is in Taurus, well up in eastern sky at sunset, and the Moon's target for the occultation of January 30-31! Now is the best time to observe it, since it just passed opposition last month, and is well up in the sky for northern hemisphere observers now.

Jupiter is also getting lower in the west, to follow Saturday behind the Sun by March. But still worth watching for the Great Red Spot, which is unusually prominent and quite red of late, and its four Galilean moons. As noted, Venus laps Saturn on the 22nd, and the Sun swallows it up by month's end.

While the naked eye, dark adapted by several minutes away from any bright lights, is a wonderful instrument to stare up into deep space, far beyond our own Milky Way, binoculars are bet-

ter for spotting specific deep sky objects. For a detailed map of northern hemisphere skies, about December 30th visit the www.skymaps.com website and download the map for January; it will have a more extensive calendar, and list of best objects for the naked eyes, binoculars, and scopes on the back of the map.

The constellation Cassiopeia makes a striking W in the NW. Her daughter, Andromeda, starts with the NE corner star of Pegasus Square, and goes NE with two more bright stars in a row. It is from the middle star, beta Andromeda that we precede about a quarter the way to the top star in the W of Cassiopeia, and look for a faint blur with the naked eye. M-31, the Andromeda Galaxy, is the most distant object visible with the naked eye, lying about

2.5 million light years distant.

Overhead is Andromeda's hero, Perseus, rises. Between him and Cassiopeia is the fine Double Cluster, faintly visible with the naked eye and two fine binocular objects in the same field. Perseus contains the famed eclipsing binary star Algol, where the Arabs imagined the eye of the gorgon Medusa would lie. It fades to a third its normal brightness for six out of every 70 hours, as a larger but cooler orange giant covers about 80% of the smaller but hotter and thus brighter companion as seen from Earth.

Look at Perseus' feet for the famed Pleiades cluster; they lie about 400 light-years distant, and over 250 stars are members of this fine group. East of the seven sisters is the V of stars marking the face of Taurus the Bull, with bright orange Aldebaran as his eye. The V of stars is the Hyades cluster, older than the blue Pleiades, but about half their distance. The blue color of the Pleiades is enhanced even more by the beautiful reflection nebula, where the dust accompanying this cluster, "so young it is still running around in its diapers."

Yellow Capella, a giant star the same temperature and color as our much smaller Sun, dominates the overhead sky. It is part of the pentagon on stars making up Auriga, the Charioteer (think Ben Hur). Several nice binocular Messier open clusters are found in the winter milky way here. East of Auriga, the twins, Castor and Pollux highlight the Gemini. UWF alumni can associate the pair with Jason and the Golden Fleece legend, for they were the first two Argonauts to sign up on his crew.

South of Gemini, Orion is the most familiar winter constellation, dominating the eastern sky at dusk. The reddish supergiant Betelgeuse marks his eastern shoulder, while blue-white supergiant Rigel stands opposite on his west knee. Just south of the belt, hanging like a sword downward, is M-42, the Great Nebula of Orion, an outstanding binocular and telescopic stellar nursery. It is part of a huge spiral arm gas cloud, with active star birth all over the place. You should be able to glimpse this stellar birthplace as a faint blur with just your naked eyes, and the larger your binoculars or telescope, the better the view becomes.

While M-42 is an emission nebulae, shining reddish from the ionization of its hydrogen gas by hot young stars forming inside it, at Orion's right foot is brilliant Rigel, one of the most luminous blue super giants in the Galaxy, about 50,000X more luminous than our Sun.

Last but certainly not least, in the east rise the hunter's two faithful companions, Canis major and minor. Procyon is the bright star in the little dog, and rises minutes before Sirius, the brightest star in the sky. Sirius dominates the SE sky by 7 PM, and as it rises, the turbulent winter air causes it to sparkle with shafts of spectral fire. Beautiful as the twinkling appears to the naked eye, for astronomers this means the image is blurry; only in space can we truly see "clearly now". At 8 light years distance, Sirius is the closest star we can easily see with the naked eye. Below Sirius in binoculars is another fine open cluster, M-41, a fitting desert for New Year's sky feast.

Farmers' Almanac

"Every year, you make a resolution to change yourself.

This year, make a resolution to be yourself."

—Unknown

Mid-Atlantic Weather Watch:

Quite mild with rain, wet snow west (1, 2, 3, 4, 5); mild and fair, then turning seasonably cold and brisk with occasional periods of light snow or flurries (6, 7, 8, 9, 10), 11-15 fair, then turning milder with rain showers (11, 12, 13, 14, 15); occasional rain showers, mixed with wet snow at times and breezy (16, 17, 18, 19, 20). Fair and chilly (21, 22, 23) turning stormy with snow and wintery mix (24, 25, 26, 27); colder and brisk, followed by a light wintry mix, with fair and milder weather thereafter (28, 29, 30, 31).

Severe Weather Watch: Wintery mix in central parts of the region (24, 25, 26, 27 with heavy snow in the north.

Full Moon: The first Full Moon of 2023 will occur on Friday, January 6th. It has been called Hun-

ger Moon because of the extreme difficulty finding food at this time. It has also been referred to as Wolf Moon because of the increased presence of wolf packs that boldly wander close to tribal villages and encampments searching for food.

Holidays: New Year's Day falls on Sunday, January 1st and Epiphany follows on Friday, January 6th. Martin Luther King, Jr., famed civil rights activist leader, was born on January 15, 1929. His birthday is celebrated on the third Monday of the month. In 2023, that is Monday, January 16th. MLK will be forever remembered for paying the ultimate sacrifice pursuing unity and racial harmony which still eludes us today.

The Garden: Start planning now! Collect nursery and seed catalogs and remember to place any orders early. Before you order, check out return policies, guarantees, and shipping charges. Time your early gardening and lawn activities with anticipated sales at local merchants. Be sure to shake or brush off heavy snow

from the branches of your evergreens and shrubs. The light fluffy snow poses no real threat, but if it should become wet and frozen, the weight dramatically increases. Branches are more brittle when the plants are dormant, and the weight of the snow may snap them off.

The Farm: Best for planting root crops (13, 14, 15); weeding and stirring the soil (30, 31); planting above-ground crops (6, 7, 24, 25); harvesting all crops (18, 19); the best days for setting hens and incubators (1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 28, 29, 30, 31); the slaughtering and butchering of meat (21, 22, 23, 24, 25, 26, 27); transplanting (21, 22, 23, 24, 25, 26, 27); the weaning of all small animals and livestock (14, 15, 16, 17, 18, 19, 20); harvesting and storing grains (14, 15, 16, 17, 18, 19, 20).

J. Gruber's Thought For Today's Living

"The next twelve months offers a world of promise; it all depends on each of us and how much we are willing to give of ourselves to help make it a better world."



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HEALTH AND FITNESS

Chiropractic and stress management

Mimi Galanis
Walkersville Chiropractic

This article explains the connection between chiropractic and stress management. Let's face it, most of us are "stressed out" these days and need all the help we can get to manage it.

Stress, in its negative sense, may be simply defined as an imbalance of bodily system(s) due to excessive stimulus. This irritating stimulus can be physical, chemical, or mental. This leads to an increase in the rate of wear and tear in the body. Medical research has suggested that up to eighty percent of all illness is stress related! (There are now over 200,000 scientific articles related to stress research).

The most common symptoms include headache, backache, and fatigue as well as cardiovascular disorders (high blood pressure, arteriosclerosis, etc.) digestive problems (ulcers, colitis, etc.), and sleeping difficulties.

There are two principles that uniquely bind chiropractic and stress management care. The first is the principle of movement. In stress management care, it is imperative for the patient to realize that most emotional issues cannot be fully resolved in one day. Life is a process and revelations about one's life occur over a period of time. Thus, stress management strategies are directed at providing positive emotional movement in

resolving our issues.

Chiropractic is founded on the premise that the body heals itself. It can do so when the nervous system is free from any interference in nerve transmission to the body. When there is a loss of proper bodily motion, muscles lose their natural tone causing nerves to become irritated. Therefore, a full range of motion of the musculoskeletal system is essential to nervous system integrity. Chiropractic manipulation is directed toward an increasing range of motion and decreasing muscular restrictions.

The second principle relating to chiropractic and stress management is the phenomenon of reflexes. A reflex occurs when one body system is unbalanced and causes another system to function improperly. It is well-accepted that our mental-emotional condition affects our physical state. Perhaps the best-known reaction of the body to emotional stress is neck muscle tension and headaches accompanied by emotional stress. This mechanism is known as a psychosomatic (muscle) reflex. A similar mechanism occurs when emotional stress causes a stomach ulcer. This is a psycho-visceral (organ) reflex.

Chiropractors have long observed that organ or muscle disorders can cause mental/emotional stress. How does this happen? The spinal cord is the

switchboard of the nervous system. The message from the diseased body part communicates to the brain via the spinal cord. This irritated nerve signal, ending in the brain, causes mental agitation. This is known as a somato-psychic or visceropsychic reflex.

Prolonged muscular tension, regardless of where it manifests in the body, often leads to personality and behavioral changes. This phenomenon has been observed by many of the great founders of body-oriented therapies. Moshe Feldenkrais in his book *Body and Mature Behavior* states: "Muscular tension and anxiety are invariably so closely interwoven in all states of emotional disorder that it is difficult to see how any real advancement towards clearer understanding of the nature of cures is possible without greater knowledge of the phenomenon of anxiety".

The founder of Chiropractic, D. P. Palmer in his first book *The Science, Art and Philosophy of Chiropractic* stated, "Life is the expression of tone. The tone is the normal degree of nerve tension. . . the cause of disease is any variation of tone—nerves too tense or too slack."

We must now ask the obvious question. How does chiropractic and stress management care alleviate the symptoms and, more importantly, extinguish the source of nervous system imbalance?



Chiropractic ("done by hand") involves touch; this factor alone sets the stage for the release of muscular tension. The chiropractor administers one or a series of adjustments to the spine and surrounding musculature. The adjustments resolve stress by removing nerve irritation, releasing muscular tension, and improving blood circulation.

The combination of stress reduction techniques and chiro-

practic care allows the body/mind to do what it innately knows best: to heal and rejuvenate itself for vital living.

I hope that you have learned a little more about how the mind and body are intricately connected and how Chiropractic can be one of your strategies in managing stress.

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NEW YEAR'S HUMOR

With only slight modifications - I make the same New Year's Eve resolutions every year...

Resolution #1

- 1999: I will read at least 20 good books a year.
- 2000: I will read at least 10 books a year.
- 2001: I will read 5 books a year.
- 2002: I will finish The Pelican Brief
- 2003: I will read some articles in the newspaper this year.
- 2004: I will read at least one article this year.
- 2005: I will try and finish the comics section this year.
- 2006: I will scan the headlines on the front page this year.
- 2007: I will bring the newspaper in from the lawn this year.

Resolution #2

- 1999: I will get my weight down below 180.
- 2000: I will watch my calories until I get below 190.
- 2001: I will follow my new diet religiously until I get below 200.
- 2002: I will try to develop a realistic attitude about my weight.
- 2003: I will work out 5 days a week.
- 2004: I will work out 3 days a week.
- 2005: I will try to drive past a gym at least once a week.
- 2006: I will buy clothes that fit, but without too much room to grow.
- 2007: I will finish the chocolate.

Resolution #3

- 1999: I will not spend my money frivolously.
- 2000: I will pay off my bank loan promptly.
- 2001: I will pay off my bank loans promptly.
- 2002: I will begin making a strong effort to be out of debt by 1999.
- 2003: I will be totally out of debt by 2000.
- 2004: I will try to pay off the debt interest by 2001.
- 2005: I will try to be out of the country by 2006.

Resolution #4

- 2002: I will try to be a better husband to Marge.
- 2003: I will not leave Marge.
- 2004: I will try for a reconciliation with Marge.
- 2005: I will try to be a better husband to Wanda.

Resolution #5

- 2002: I will stop looking at other women.
- 2003: I will not get involved with Wanda.
- 2004: I will not let Wanda pressure me into another marriage.
- 2005: I will stop looking at other women.

Resolution #6

- 2002: I will not let my boss push me around.
- 2003: I will not let my sadistic boss drive me to the point of suicide.
- 2004: I will stick up for my rights when my boss bullies me.
- 2005: I will tell Dr. Hodger and the group about my boss.

Resolution #7

- 2002: I will not get upset when Charlie makes jokes about my baldness.
- 2003: I will not get annoyed when Charlie kids me about my toupee.
- 2004: I will not get angry when Charle tells the guys I wear a girdle.
- 2005: I will not speak to Charlie.

Resolution #8

- 2002: I will not take a drink before 5:00 p.m.
- 2003: I will not touch the bottle before noon.
- 2004: I will not become a "problem drinker".
- 2005: I will not miss any AA meetings.

Resolution #9

- 2002: I will see my dentist this year.
- 2003: I will have my cavities filled this year.
- 2004: I will have my root canal work done this year.

- 2002: I will go to church every Sunday.
- 2003: I will go to church as often as possible.
- 2004: I will set aside time each day for prayer and meditation.
- 2005: I will try to catch the late night sermonette on TV.

New Years Wishes ...

May you get a clean bill of health from your dentist, your cardiologist, your gastro-enterologist, your urologist, your proctologist, your podiatrist, your psychiatrist, your plumber and the I.R.S.

May your hair, your teeth, your face-lift, your abs and your stocks not fall; and may your blood pressure, your triglycerides, your cholesterol, your white blood count and your mortgage interest not rise.

May New Year's Eve find you seated around the table, together with your beloved family and cherished friends. May you find the food better, the environment quieter, the cost much cheaper, and the pleasure much more fulfilling than anything else you might ordinarily do that night.

May what you see in the mirror delight you, and what others see in you delight them. May someone love you enough to forgive your faults, be blind to your blemishes, and tell the world about your virtues.

May the telemarketers wait to make their sales calls until you finish dinner, may the commercials on TV not be louder than the program you have been watching, and may your check book and your budget balance - and include generous amounts for charity.

May you remember to say "I love you" at least once a day to your spouse, your child, your parent, your siblings; but not to your secretary, your nurse, your masseuse, your hairdresser or your tennis instructor.

And may we live in a world at peace and with the awareness of God's love in every sunset, every flower's unfolding petals, every baby's smile, every lover's kiss, and every wonderful, astonishing, miraculous beat of our heart.

New Year Resolutions You Won't Be Able to Keep If You're a Nerd
I resolve... I resolve to... I resolve to, uh... I resolve to, uh, get my, er... I resolve to, uh, get my, er, off-line work done, too!

I will stop checking my e-mail at 3:00 in the morning... 4:30 is much more practical.

When I hear a funny joke I will not reply, "LOL... LOL!"

I will stop sending e-mail, ICQ, Instant Messages and be on the phone at the same time with the same person.

I will try to figure out why I *really* need 9 e-mail addresses.

I will stop sending e-mail to my roommate.

I will not buy magazines with AOL disks bound in just to get another 1.44MB disk.

I resolve to work with neglected children... my own.

I will answer my snail mail with the same enthusiasm I answer e-mail.

When I subscribe to a newsgroup or mailing list, I will read all the mail I get from it.

I will stop using, "So, what's your URL?" as a pickup line.

No more downloads from alt.binaries.*

I resolve to back up my new 400 GB hard drive daily... well, once a week... monthly, perhaps...

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NEW YEAR'S HUMOR

I will spend less than five hour a day on the Internet.
 I will limit my top ten lists to ten items.
 I will read the manual... just as soon as I can find it.
 New Year's Resolutions you can actually keep!
 Are you sick of making the same resolutions year after year and yet you never keep them? Here are some resolutions that you can actually accomplish! Enjoy! :-)

- Read less.
- Put on at least 30 pounds.
- Stop exercising. Waste of time.
- Watch more TV.
- New Years Resolutions
- Procrastinate more.
- Drink. Drink some more.
- Start being superstitious.
- Spend more time at work.
- Stop bringing lunch from home: Eat out more.
- and last but not least...
- Take up a new habit!

New Year's Eve Dad Jokes

My New Year's resolution is to be more optimistic by keeping my cup half-full with either rum, vodka, or whiskey.

Every year on New Year's Eve, when everyone's counting down the final 10 seconds to ring in the new year, I get up off the couch and stand up. I stand up and raise my left leg and just leave it raised for a little while until the countdown finishes and midnight strikes, so that I always start the new year off on the right foot.

New Year? I just got used to this last one!

My wife still hasn't told me what my New Year's resolutions are.

"I promise not to make any bad jokes for the rest of the year."

A New Year's Wish

On New Year's Eve, Marilyn stood up in the local pub and said that it was time to get ready. At the stroke of midnight, she wanted every husband to be standing next to the one person who made his life worth living.

Well, it was kind of embarrassing. As the clock struck – the bartender was almost crushed to death.

Lecture Tour with A Difference

On New Year's Eve, Daniel was in no shape to drive, so he sensibly left his van in the car park and walked home. As he was wobbling along, he was stopped by a policeman. 'What are you doing out here at four o'clock in the morning?' asked the police officer.

'I'm on my way to a lecture,' answered Roger.

'And who on earth, in their right mind, is going to give a lecture at this time on New Year's Eve?' enquired the constable sarcastically.

'My wife,' slurred Daniel grimly.

Ten Indications of a New Year Hangover

You get it into your head that chirping birds are the Devil's pets.

Trying to gain control of the situation, you continue to tell your room to "Stay still."

Looking at yourself in the mirror induces the same reaction as drinking a glass of fresh paint.

The bathroom reminds you of the fairground cry, "Step right up and give it whirl!"

You'd rather chew tacks than be exposed to sunlight.

You set aside an entire afternoon to spend some quality time with your toilet.

You replace the traditional praying on your knees with the more feasible praying in a fetal position.

Your catch phrase is, "Never again."

You could purchase a new fridge on the proceeds from recycling the bottles around your bed.

Your new response to "Good morning," is "Be quiet!"

New Year's Day Quotes

New Year's Day: Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual. –Mark Twain



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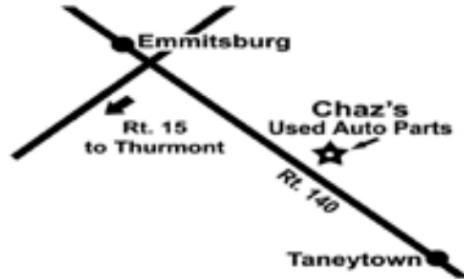
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