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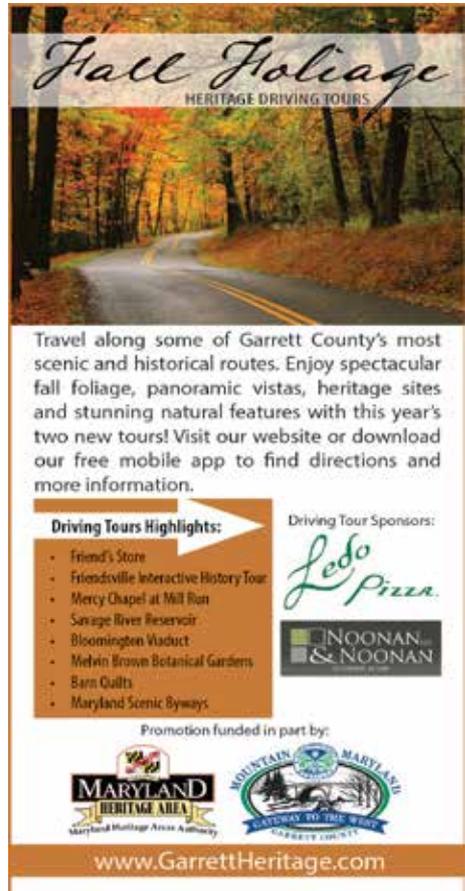
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Mountain Discoveries is a FREE publication printed twice yearly—Spring/Summer and Fall/Winter. *Mountain Discoveries* is focused on the Western Maryland region including neighboring Pennsylvania, West Virginia and Virginia. The magazine features people, activities, places and articles of interest, and is written and produced by people in this area.

Mountain Discoveries web site (www.mountaindiscoveries.com) is an active part of this publication, and is used to communicate and showcase feature stories and our advertisers. Also see us on Facebook.

Mountain Discoveries is for entertainment and to provide visitors with information in getting to know this region. It is owned and produced by AAD-INC. (Advertising Art Design, Inc.) of Cumberland, Maryland. Comments and suggestions should be sent to “Mountain Discoveries” c/o AAD-INC., 6 Commerce Dr., Cumberland, MD 21502 or email: questions@mountaindiscoveries.com, or phone 301-759-2707. New advertisers are welcome—contact us for a rate sheet and information on advertising.

Story suggestions are also welcome...human interest, activities, places, dining and shopping in this region will be considered. Please include your name, address, phone number and email (if available). We cannot promise the return of unsolicited materials, but we will make every effort to do so.

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Mountain Discoveries



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Cover: Grant and Maya Lemley posing in a 1925 Ford Model T Pickup at the Garrett County Historical Society Transportation Museum in Oakland, Maryland. The truck was donated by Bob Hoye, former Garrett County resident, and his wife Betty. See museum ad on page 3.



As a free publication, *Mountain Discoveries* magazines are available at our advertiser's places of business as well as many of Maryland's Visitor's Centers along I-68, I-70, and I-95. They are also available at the C&O Canal Visitor Center in Cumberland, Maryland and McDonald's restaurants along the I-81 corridor, Shenandoah Valley, Virginia. The Washington, Allegany and Garrett County, Maryland and Mineral and Hampshire County, West Virginia Chambers of Commerce also make *Mountain Discoveries* available to the public.

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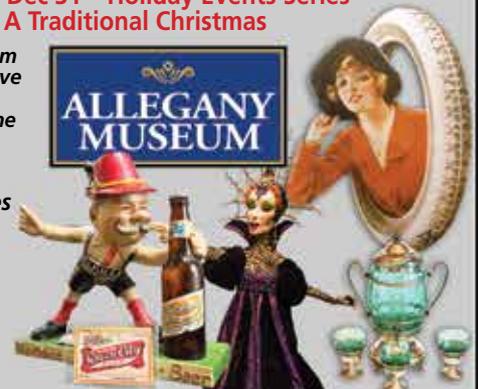


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Mountain Discoveries magazine is celebrating 16 years!

Back to the Beginning...

A 2001 idea developed by Lance Bell and Kathie Smith, co-owners of Advertising Art Design, Inc., has turned into a semi-annual event. *Mountain Discoveries* magazine has been produced in the Spring/Summer and Fall/Winter of each year since 2002.

Evolving from the focus of Allegany and Garrett County, Maryland, to a larger area including regional portions of Western Maryland, Pennsylvania, Virginia and West Virginia, *Mountain Discoveries* has opened up little-known attractions, historic topics and personalities to visitors and residents of our distribution area and reaches around the globe through the Mountain Discoveries website www.mountaindiscoveries.com. All *Mountain Discoveries* stories are included on the website.

The first issue, shown on the facing page at the bottom, featured stories on Natural Resources, Transportation, Education, Food, Retail, Crafts, Businesses, Recreation, History, Collectibles, Music, and Events. The stories share the magazine with beautiful photography mostly supplied by Lance C. Bell. Mixed with advertisements that also contain some of Lance's beautiful area photography, the magazines are something that people keep and collect.

The more that you read,
the more things you will know.

The more that you learn,
the more places you'll go.

— Dr. Seuss

Mountain Discoveries' First Issue – Spring/Summer 2002 Featured the following:

The scenic mountain background cover photo was taken on September 11, 2001, an infamous day in U.S. history. The inset on the cover features Melissa Maines, weaver at Spruce Forest Artisan Village at Penn Alps.

Articles that appeared in the first issue were:

- Sugaring (Maple Sugar Camp)
- Maryland's Coal Heritage Trail – Part 1 – Allegany County
- Mountain Thunder in the Night – Western Maryland Scenic Railroad
- The African American Heritage Society Museum
- Uncle Tucker's 1819 Brew House
- The Knot Hole Craft Shop
- If Daniel Boone Could See Us Now (Log Homes)
- Brant Mine at Deep Creek Lake State Park – DNR Feature
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- You Could Hear it Talk, You Could Hear it Sing (Bluegrass Festivals)
- Rockin' USA (Rocking Chairs)
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A BASEBALL LEGEND

with Local Roots

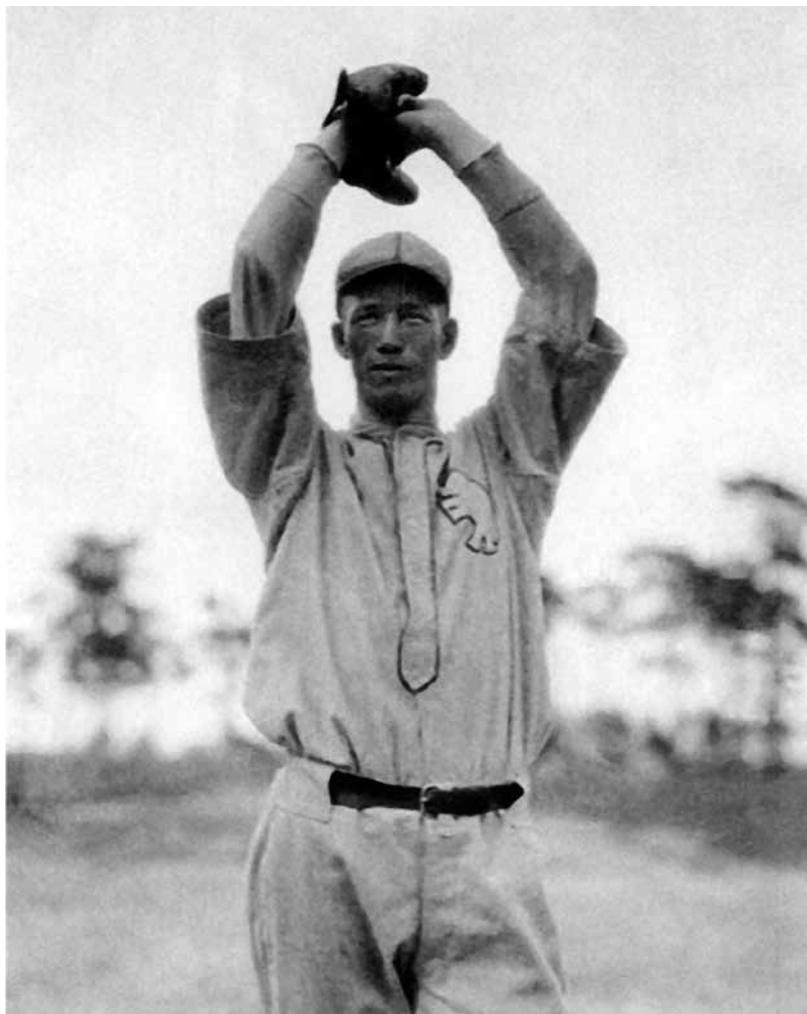
LONACONING, MARYLAND

Written by: **Dan Whetzel**

“Lefty” Grove is finally getting the local recognition he deserves. The Major League Baseball Hall of Fame member will soon be immortalized when a larger than life statue is formally dedicated in his hometown of Lonaconing, Maryland. The story of how a small town kid from Western Maryland became one of the greatest to play the game will be readily available for all to see in a setting that would make the left-hander proud.

Robert Moses “Lefty” Grove grew up in a hard scrabble region where work was often defined by long hours in underground coal mines. The George’s Creek region had long hosted coal mining operations, and Lefty was familiar with its workers — family members and neighbors regularly trekked up the mountain to work the “Big Vein” coal seam. But the dark mines were not in Lefty’s future; two weeks of removing the black rocks proved to be sufficient.

Lefty Grove found alternative employment in various local businesses before finding his way into organized baseball in 1920 with the Blue Ridge League, and later during the same year, with the minor league Baltimore Orioles. It was not with the Orioles that Lefty would achieve stardom, but rather the major league Philadelphia Athletics and Boston Red Sox where from 1925-1941 he would win 300 games while compiling a 3.06 earned run average. Lefty’s accomplishments earned him many awards, including the first American League Most Valuable Player trophy in 1931, an artifact that remains in his hometown library for all to enjoy.



Lefty Grove was in the midst of seven consecutive 20 win seasons, including back-to-back seasons in 1930 and 31, when he was 28-5 and 31-4! That means in a two-year stretch he was an astounding 59-9! And he led the league in ERA for four consecutive seasons as well. In his 62 starts in those two years, he threw 49 complete games!

Following retirement, Lefty continued to reside in Lonaconing where he operated a bowling alley near the center of town. Sometimes he would be invited to baseball events and commemorations, but he typically

maintained a low key schedule in Allegany County until moving later in life to his daughter-in-law's home in Ohio.

As the years passed, Lefty's story began to fade and the only public recognition of his accomplishments found in Allegany County was a small plaque located in Lonaconing's Furnace Park. All of that was about to change when a committee convened in 2014 for the purpose of creating an appropriate memorial to the baseball legend.

According to Bucky Schriver, Chair of the Lefty Grove Memorial Committee, a group of approximately 16-18 members met over a period of months to discuss the possibility of financing a bronze statue of Grove. As plans progressed in 2015, sculptor Susan Luery was commissioned for the purpose of bringing Lefty to life in his hometown. Luery, creator of "Babe's Dream" that graces Oriole Park at Camden Yards, extensively researched Grove by studying time period photographs and uniforms. After discussions and research, it was decided



Robert Moses "Lefty" Grove

that Lefty's likeness would be depicted as delivering a fast ball in a slightly larger than life size form. A photograph clearly showing Grove's facial features was a primary resource for Luery, as she completed clay models and later a maquette, or scale model.

Positive comments about the preliminary work prompted the sculptor to undertake the remaining work associated with the project. The bronze statue will be ready for display by 2018.

As often occurs, one task prompts additional opportunities. In this instance the committee's commissioning of Susan Luery created discussions of where to permanently display the statue upon its arrival.

The committee arrived at a unique solution—Lefty would be displayed on a pitcher's mound in an old-time ballpark setting. Lefty Grove Memorial Park, to be developed at the corner of Main and Union Streets, will incorporate exterior features of Oriole Park at Camden Yards, while the interior will capture the ambiance of a baseball park.



1931 Baseball All Star Tour of Japan

Back row: Larry French, Mickey Cochrane, Lefty O'Doul, Fred Lieb (sportswriter), Lefty Grove, Herb Hunter (tour promoter), Billy Cunningham, Tom Oliver, George "High Pockets" Kelly, and Lou Gehrig.

Front row: Willie Kamm, "Rabbit" Maranville, Frankie Frisch, Muddy Ruel, Al Simmons, Ralph Shinnors, and Dr. Leonard Knowles (trainer).

One can only imagine the emotional experiences of baseball fans when they face the formidable Lefty Grove delivering a fast ball from a distance of 60 feet, 6 inches! A variety of interpretive signs highlighting the baseball legend's life will be displayed along a pathway throughout the interior of the park.

According to Bucky Schriver the total amount of money required to complete both parts of the project is about \$250,000. To date, more than two-thirds of the funding has been secured from community members and government support. Private fundraising has been accomplished through the sale of limited edition Lefty Grove baseball cards and major private donations. Jim Blair and his wife Marsha, currently residents of North Carolina, pledged \$50,000 while a second large contribution was recently provided by Joe Ross.

An unexpected supporter of the Lefty Grove project was Maryland Comptroller Peter Franchot, a baseball fan and ardent proponent of a "Brew and Baseball Tour" for the state of Maryland. Lefty Grove Memorial Park will be a model for the proposal that hopes to link the eight hometowns of Maryland's Major League Baseball Hall of Famers with the growing microbrewery industry.

Comptroller Franchot spoke on behalf of the Lefty Grove proposal at a bond bill hearing before the Maryland Board of Public Works. The 2016 Maryland Bond Bill, sponsored by the Allegany County delegation, requested that \$75,000 be provided for a bronze statue and surrounding enhancements to a town park in Lonaconing. The board unanimously approved the bond bill. As Schriver noted, "Peter Franchot's support was very important and will lead to bigger things for our area. The statue and self-guided driving tours will draw visitors to Allegany County."

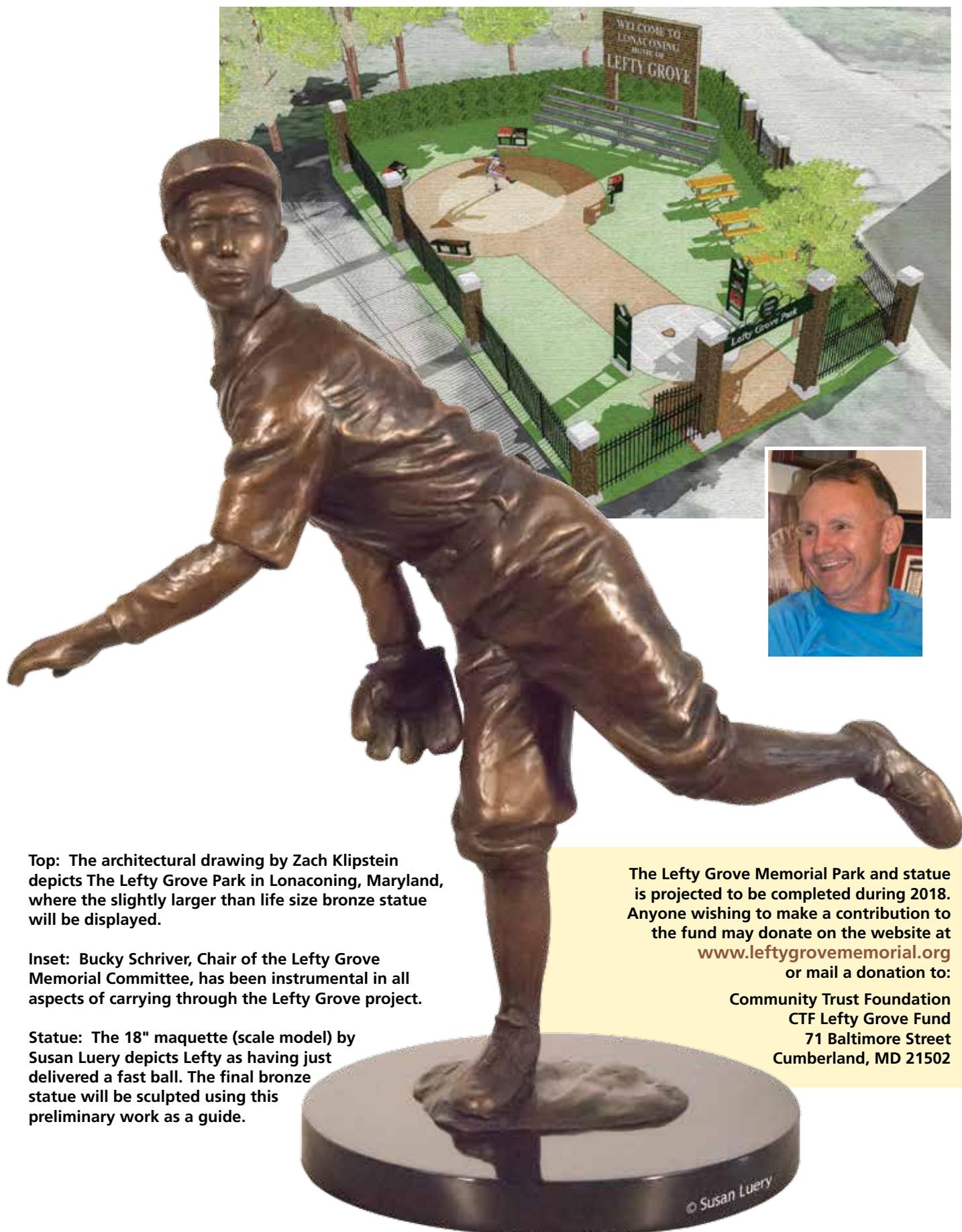


Top: After his baseball career, Lefty Grove resumed full-time residency in Lonaconing where he operated a bowling alley near the center of town. Lefty moved to Norwalk, Ohio, in 1961 (after the death of his wife) where he lived with his son and daughter-in-law, until his death in 1975.

The first "American League Most Valuable Player" trophy (left) was awarded to Lefty Grove in 1931. This artifact and other memorabilia remains in his hometown of Lonaconing, Maryland, in a special display case at the George's Creek Library, 76 Main Street (301-463-2629).

Below: Lefty Grove's pitching mitt – a Draper & Maynard "Rube Lutzke" model, circa 1920-1930.





Top: The architectural drawing by Zach Klipstein depicts The Lefty Grove Park in Lonaconing, Maryland, where the slightly larger than life size bronze statue will be displayed.

Inset: Bucky Schriver, Chair of the Lefty Grove Memorial Committee, has been instrumental in all aspects of carrying through the Lefty Grove project.

Statue: The 18" maquette (scale model) by Susan Luery depicts Lefty as having just delivered a fast ball. The final bronze statue will be sculpted using this preliminary work as a guide.

The Lefty Grove Memorial Park and statue is projected to be completed during 2018. Anyone wishing to make a contribution to the fund may donate on the website at www.leftygrovememorial.org or mail a donation to:

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Melky Miller Maryland Rye Whiskey

Exploring Local History at the Garrett County Historical Society Museums

Historical Museum • Transportation Museum • Grantsville Community Museum

Written by: **Mary Reisinger**
New Photography by: **Lance C. Bell**

Illegal moonshine stills have long been a part of mountain culture, but did you know that legal manufacture of whiskey has also played a significant role in the area?

Before modern roads and transportation, farmers who grew grain found it more economical to ship and sell their crop in liquid form! Maryland, in particular, developed a reputation for excellent rye whiskey. The Waldorf Maryland Old Rye Whiskey label extolled the virtues of Maryland whiskies due to “the equitable climate, remarkably soft water,” and “the superior rye grown on the uplands.”

The Garrett County Historical Museum displays artifacts from a well-known Garrett County man who set up a distillery for rye whiskey in 1875. Melky (nickname for Melchior, sometimes spelled Melchoir) Miller immigrated as a

teenager to stay with an uncle in the Cove area of Northern Garrett County and reported back to his father in Germany about the conditions he found. The report was favorable, and the rest of Melky’s family joined him in this country.

Melky married and settled in Accident, Maryland, buying a farm known as Woodland Acres. In addition to farming, Melky purchased some distillery equipment, built buildings to house it, and employed experts in the making of rye whiskey. Using local rye, as well as barley and rye bought

from outside the county, the distillers created whiskey from 10 percent barley and 90 percent rye malt.

Melky proved an able businessman. He expanded and modernized the business, adding a sawmill and steam boiler, a large mixing vat with a powered agitator, a copper still cooled by running water, a bottling facility, and bonded warehouses where as many as 1,200 charred oak barrels of whiskey were aged for four years. When it was ready, the whiskey was bottled into properly labeled half-pint, pint and quart bottles, or stoneware jugs.

Whiskey was transported by horse drawn wagon (or sled when sufficient snow was on the ground) to Westernport and other locations. After a day of rest, the horses would make a return trip with a load of coal to

fire the boilers. The distillers established a wholesale warehouse in Westernport in a building that also sported a pool hall.

The business provided employment for many and a market for local products such as grain, wood, and barrels. Every effort was made to avoid waste, including the feeding of the discarded mash to cattle.

In 1902, sons William, John and Charles bought the business from their father and named it M.J. Miller’s Sons





Distillery. William became proficient in the art of distilling and John and Charles ran the wholesale and retail business in Westernport, Maryland.

All aspects of the business were under careful federal control; thus it was “bonded” whiskey, with a cancelled tax stamp on every container. Purchasers could be sure that the alcoholic content, the quantity being sold, and the necessary taxes were all in order.

In the early 1900s, the Temperance Movement was in force all over the country. In 1914, Garrett County citizens voted to join the list of “dry” counties in Maryland, but the rye whiskey made in Garrett County could still be sold elsewhere. With the passage and enforcement of the Volstead Act in 1920, the family business was forced to close, and was never re-opened, even when Prohibition was repealed in 1933.

Visitors to the Garrett County Historical Museum can learn more about this legal local industry through the museum’s collection of items such as bottles, jugs, shot glasses,

M.J. Miller’s Sons wholesale/retail building, Westernport, Maryland, circa early 1900s.

Photo courtesy Garrett County Historical Museum

hydrometers (gauges to measure the proof of whiskey), photographs, articles and accounts by family members. The Museum acknowledges the generosity of those who have given or loaned materials, including Cecil and Arletta Bittinger; Charles Railey; and Ralph Miller, great-great-grandson of Melky Miller.

Garrett County Historical Museum

107 S. Second St., Oakland, MD 21550

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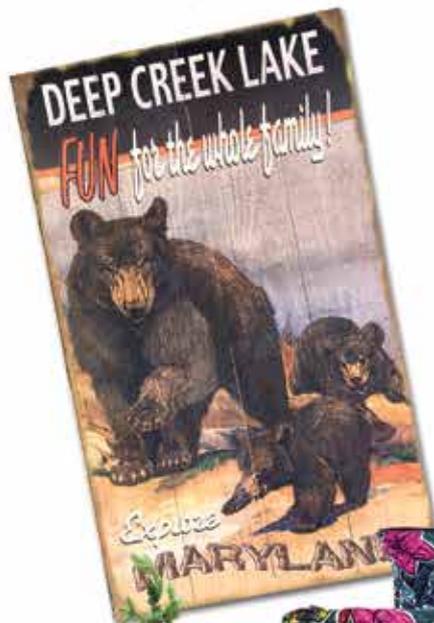
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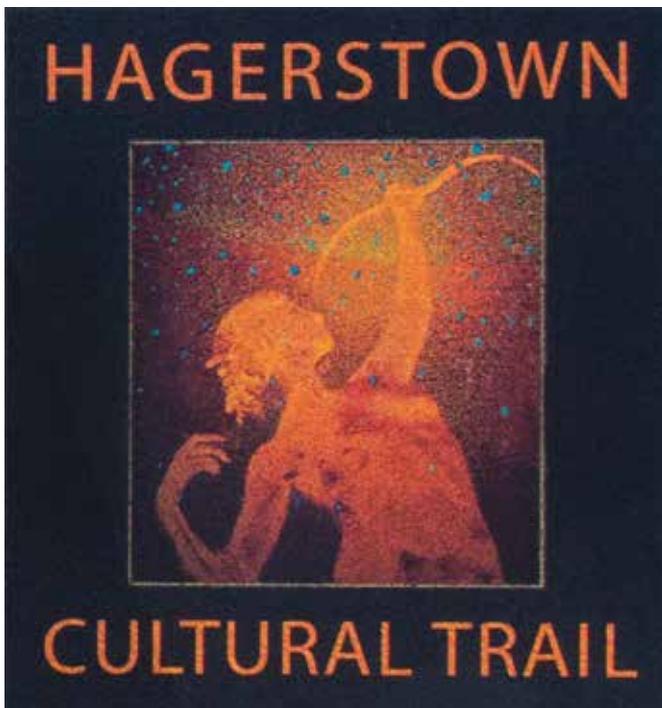
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Celebrating Public Art in the Hub City

Hagerstown, Maryland

Written by: **Sara Mullins**
Photography by: **Lance C. Bell**

In 1762, a German veteran of the French and Indian War named Jonathan Hager established a town at the crossroads of what was once the Great Indian Warpath trading route that ran through the Great Appalachian Valley. Thanks to its location, Hager's town became a transportation center known as the "Hub City," where tracks from three major railroads converged – the Western Maryland, Chesapeake and Ohio, and Baltimore and Ohio – and fueled the area's economic growth well into the 20th Century. Today I-70 and I-81 intersect in Hagerstown, a focal point for the Tri-State Area – Western Maryland, South Central Pennsylvania and West Virginia's Eastern Panhandle.

Hagerstown, now the fastest growing metropolitan area in Maryland, prides itself on a continuing legacy of innovation in technology, and history of fostering the arts. Since 1931, the Hagerstown City Park has been home to the Museum of Fine Arts of Washington County, and is regarded as one of the finest small museums in the nation. Downtown's City Center was among the first designated Arts and Entertainment (A & E) Districts in Maryland and is home to a thriving arts community. In 2018, the Washington County Arts Council in Hagerstown will celebrate its 50th anniversary.

In 2013, while developing a plan for downtown revitalization, community leaders recognized the potential of a

trail to connect downtown's A & E District with the City Park and Art Museum, two of Hagerstown's most popular destinations located about a half-mile apart. Given that both locations share a focus on art, it seemed natural to feature public art along what city and cultural leaders called the "Cultural Trail." (hagerstownculturaltrail.com). They wanted the trail to serve as a community space celebrating Hagerstown's history and future potential, while giving people opportunities to interact with public art, gather with others, and enjoy the outdoors. They turned to William Cochran, Cochran Studios, a public art consultant, for guidance.

"The City of Hagerstown followed his lead," says Dan Spedden, president of the Visit Hagerstown-Washington County Convention and Visitors Bureau. "We needed to know what kind of art would work. He connected us to a network of artists working in the field of public art."

"It took two years from concept to initiation," Spedden says. "We were amazed at how quickly it came together." The Cultural Trail was officially dedicated this past June. He notes that the Trail has become an attraction, drawing people from the Baltimore/D.C. area.

The Trail begins at the West Antietam Entry Plaza in the A & E District, crosses another entrance at Baltimore Street, and travels along Lee Street before reaching City Park. Multi-colored herringbones of red, yellow and green serve as arrows pointing the way over the red-brick pathway, built upon dormant railroad beds. Sleek, contemporary lighting along the way is designed to be unobtrusive. Crosswalks feature street surfaces painted with multi-colored



Views of some of the Cultural Trail showing art and direction maps.

herringbones and are equipped with push-button signals that emit a flashing light to alert oncoming motorists of pedestrian traffic.

The journey along the trail features an eclectic assortment of artwork large and small, ranging from abstract images to elements of nature and created by artists near and far. Assuming that a pedestrian begins at the West Antietam Entry Plaza, here is an itinerary and a description of each artwork:

- **Faces of Hagerstown** – It seems fitting that the people of Hagerstown would be the first featured artists on the

Trail, welcoming pedestrians to the first installation, a collection of candid photos taken of and submitted by local Hagerstonians ranging from amateurs using phone cameras to pros with sophisticated equipment and skills. Connected segments of chain link fence serve as “frames” for each photo.

- **Herald-Mail Sculpture** – Metal fabricator and sculptor Adam Curtis of Ijamsville, Maryland, created an abstract work featuring large sections of orange metal, arranged so that the sculpture seems to change as the viewer moves around it. Could the selection of the color orange have something to do with the Maryland State Bird, the

Baltimore Oriole?

Only the artist knows.

Located nearby are decorative structures that offer shade and diversion from shadows cast upon the Trail.

- **The Mural of Unusual Size** – That it is, the centerpiece of the Trail and visible from a distance. It covers surfaces of four connected industrial buildings of varying sizes, with some reaching 80 feet. Artist Alex Brewer of Atlanta, Georgia, used the buildings as a canvas, painting playful abstract images of different sizes and shapes in a spectrum of colors from bold to basic that blend and contrast. This is a work of transformation and optimism created by an award-winning artist with an international reputation.
- **Whimsical Garden** – This fun zone installation, the first of a larger playscape, captures the eye with oversize flowers resembling pinwheels and brings to mind Dr. Seuss and his fantastical illustrations. A rock garden featuring water trickling over stones of varying sizes and shapes provides a more natural and grounded ambiance. Sculptor Alison Sigethy of Alexandria, Virginia, a resident glass artist at the Torpedo, created this space for children of all ages to enjoy.
- **Decorative Screens** – Inspired by railroad imagery, Vicki Scuri of Seattle, Washington, designed this plasma-cut steel fence evoking the bustling railyards that previously occupied the Trail space. The screens act as a backdrop for the Whimsical Garden and shield the Trail from a neighboring parking lot and loading



“The Mural of Unusual Size,” formerly four connected industrial buildings, draws attention for miles around as part of the Hagerstown Cultural Trail.

Below: Free standing display signs explain points of interest along the Trail.



Italy, where it came to life in Michelangelo's former studio. Internationally renowned sculptor Richard Deutsh hand-carved this piece from solid granite. His intent was to merge art and environment in a work that invites interaction and play.

“There are infinite ways to connect with the Trail, both physically and emotionally,” says Spedden. “It’s an attractive public space, appealing in an urban environment where you’re not assaulted with traffic and noise. The Trail makes a bold statement: We’re on the move. This is progress.” And it’s still a work in progress.

www.hagerstownculturaltrail.com



docks. Scuri has earned a national reputation as an infrastructure artist skilled in using public art to strengthen community identity.

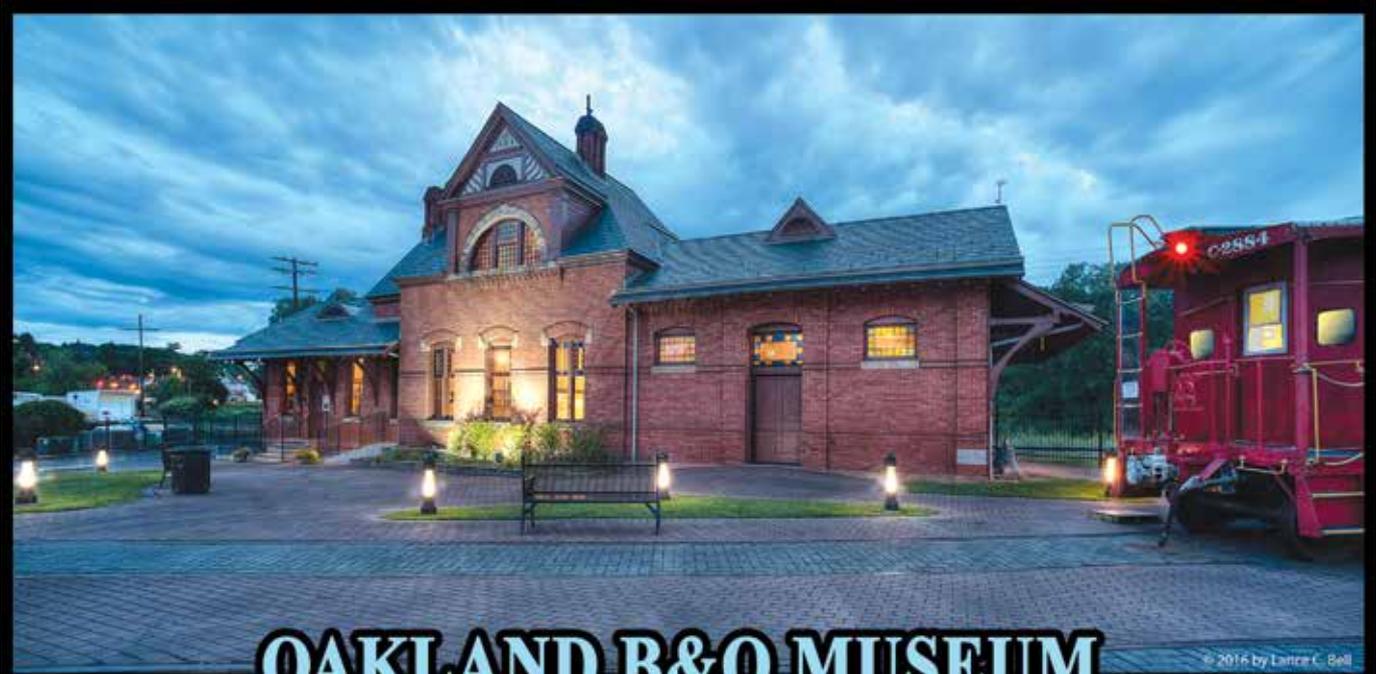
- **Community Art** – Hagerstown’s Judah Claxton created this temporary mural in honor of the Hub City’s legacy as a railroad and cultural center. Attendees of Fall Fest 2016 enlivened the mural with color.
- **Pod** – Now located near the Art Museum, this sculpture came to Hagerstown from

Italy, where it came to life in Michelangelo's former studio. Internationally renowned sculptor Richard Deutsh hand-carved this piece from solid granite. His intent was to merge art and environment in a work that invites interaction and play.

“There are infinite ways to connect with the Trail, both physically and emotionally,” says Spedden. “It’s an attractive public space, appealing in an urban environment where you’re not assaulted with traffic and noise. The Trail makes a bold statement: We’re on the move. This is progress.” And it’s still a work in progress.

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PHOTO COURTESY HALEY FARM

HALEY FARM

Inn and Retreat Center

Photography by: **Lance C. Bell**
unless otherwise noted

For the past twenty-four years, Haley Farm has been one of Garrett County's best-kept secrets; with even locals often unaware of the farm and all that it offers. Despite its easy proximity to Deep Creek Lake, the Inn and Retreat Center has remained a tranquil respite for its guests. The farm features a rambling 65 acres, vintage dairy barns and a sturdy farmhouse hugged by a wrap-around porch. Since the Gillespie family bought the property in 1993, they've renovated the barn and carriage house to include well-appointed suites with fireplaces, jetted tubs, and kitchenettes. The inn also features a spa offering massage, sauna, facials and reflexology.

In recent years, the Gillespies have increasingly expanded the retreat side of their business by offering packages and add-ons such as cooking classes, boot camp, yoga, organic gardening, hiking and meditation. "The average vacationer in Garrett County is overworked and stressed-out. A conventional vacation of herding your group from one crowded activity to the next and over-indulging in food and drink is not going to leave you feeling refreshed upon returning home. This is why many people feel they need a vacation after their vacation," said Haley Gillespie, who

directs retreats and wellness offerings at the farm. "What we try to offer is a true reset button along with an opportunity to work at bettering one's health in a sustainable way that can be continued after you leave."

When Kam Gillespie, her late husband Wayne and daughter Haley first moved to Garrett County, Haley had just turned 10 and was intent on getting a horse. Wayne was retired from the military and looking to return to his roots of growing up on a farm. Kam is an economist and had worked for over a dozen years at the World Bank in Washington, DC, but was happy to teach at Garrett College for a bit while they got the bed and breakfast started. The family loved to travel and decorated the rooms with pieces from around the world.

"It was lovely getting away from the traffic of Washington, DC, and to be surrounded by all this natural beauty. It reminded me of a mini-Switzerland," said Kam. "I learned how to can vegetables, and Wayne planted apples and Asian pears that he had planted everywhere we lived."

Wayne loved being a gentleman farmer. He had milked the cows and worked on their farm in Floyd, VA, before he went off to West Point, but gardening and orchards were his passion. He loved to share the bounty of the farm with the guests. Sadly Wayne died in 2003, but his last two years were filled with doing the things he loved the most – fishing, golf, and tending to his orchards.

Kam had always wanted the B&B to evolve from a bed and breakfast to a Retreat Center, so when Haley returned after an absence of ten years (she had been working and studying in DC, California, Seattle and Boston), they decided to try offering health retreats.

Today Haley Farm operates as an Inn and Retreat Center. Most of the classes are led by Haley, who holds a Master's Degree in Nutrition and Health Promotion and has been a certified Personal Trainer for over a decade. She also teaches part-time at Garrett College.

Activities offered at the farm include yoga classes, boot camps, wellness coaching, personal training and Noshes and Knowledge nights (which includes a cooking class, dinner and lecture). There are also one, two and five day retreats at the farm. The retreats are designed to help busy people take some time for themselves and make a commitment to bettering their health. The “Well-cations” include private accommodations, all-inclusive healthy meals featuring the freshest seasonal foods, personal and group fitness training, yoga, cooking classes, one-on-one wellness coaching, nutrition education and a take home exercise and wellness plan. Depending on the time of year guests can also add other activities such as hiking, snowshoeing, massages, organic gardening, the obstacle course, equine therapy and more. There are no gimmicks, no fad diets. This is not the Biggest Loser. Instead the retreats are about sustainable lifestyle changes.

Both Kam and Haley are enamored with the TV show, American Ninja Warrior, and love the grit and determination



Photos top to bottom: Dining room at Haley Farm.

One of the 10 suites with Jacuzzi and fireplace at the Farm.

The barn, on location, can be used for weddings and receptions.

One of the three bedrooms at the cottage on Deep Creek Lake (less than 10 minutes away).

PHOTOS COURTESY HALEY FARM

of those competitors. Haley has recently built a Ninja style obstacle course at the farm to inspire people to challenge themselves. It's not just for youngsters; Kam is in her sixties and wants to practice on it too. "It's exciting to watch these games on TV and hopefully inspire others to get healthy. As far as I know we have the only obstacle course in the Deep Creek Lake area."

In her effort to promote health and wellness Kam has written a book called "Making US Healthy Again." It's available on Amazon and highlights the four main factors of healthy living. "I got interested in this issue when I heard how eating the Standard American Diet (SAD) was setting us up for chronic diseases like diabetes, Alzheimer's and even cancer. I did not want to be a burden on my daughter, on society or to live a less than optimal life, so I researched everything I could lay my hands on. It's so important that Americans take this matter seriously; health is something we take for granted until we get sick. I hope the book can inspire people to adopt healthy lifestyles. I know it's not easy when we have been given conflicting information over the years, but I go through the history to explain how we got here, and what we can do about it. And if you can't do it on your own, we can definitely help you at one of our retreats."

THE NINJA STYLE OBSTACLE COURSE —

Top photo: Susan Gray (left) and Haley balancing on beams.

2nd photo: Maria Watkins and Haley jog through tires.

Bottom left photo: Haley, Maria Watkins, and Dwayne Shillingburg alternate on the slant boards.

Bottom right photo: Haley and Dwayne complete chin up reps while Maria works with weighted ropes.



Kam and Haley also want to focus on businesses to encourage them to send their employees to these retreats once or twice a year so they can return energized and motivated. The obstacle course should also be a big attraction and can be part of corporate retreats. The Girlfriends Getaways and Bachelorette Bootcamp are also fun getaways (Haley will even teach belly-dancing at these). The Getaway packages include two nights of stress free bliss where you can laugh, play, relax and indulge with a group of your best friends. Guests can customize these retreats to include spa services, outdoor activities from hiking to carriage rides, or just simply relaxing on the porch.

Haley Farm has some lovely rooms to go with the retreats. There are 10 suites at the farm – all very spacious and most have heart-shaped Jacuzzis and fireplaces – some even have kitchens. The wrap-around porch, hammock, outdoor fire pit, and fields with horses are just what the doctor ordered for a relaxing getaway. There is also a three-bedroom cottage on the lake that is less than 10 minutes away. Haley Farm with its acres of rolling hills, orchards and vegetable garden is the perfect place to unwind, recharge and re-balance your life. Check out the website, www.haleyfarm.com, for more information on rates and availability.

Right photo: Haley completes the hanging ball grasp.

Bottom photo: An overview of the Ninja style obstacle course at Haley Farm.



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MOONSHADOW

an Eco-Friendly Eatery

Deep Creek Lake, Maryland



Written by: **Mary Reisinger**
 Photography by: **Lance C. Bell**

Many fans of Moonshadow Cafe in Accident, recently shuttered, are delighted that the same fresh organic fare is being offered in a bigger and better building in McHenry, Maryland.

Moonshadow Cafe in Accident, MD, was a welcome addition to the culinary scene in Garrett County in 2013, but when owner, Lisa M. Jan, was faced with installing an expensive sprinkler system in an old building, she reluctantly decided to close the Accident location. Fortunately, she was able to renovate and expand the former Jearbryo's Restaurant near Garrett College in the McHenry area.

Moonshadow Cafe in Accident closed after Memorial Day and the new eatery, "Moonshadow," opened July 8, 2017.

Lisa notes that Garrett County officials, Jim Torrington and Bill DeVore, were helpful in shepherding the business through the permitting process, and she commends contractor, Bob Bounds, for doing a "fabulous job," completing the building quickly. A large addition across the back of the building essentially doubles its size. Moonshadow now features a larger stage in a dedicated music room, with a cover charge for that room during performances.

The move to a new site has required some additional staffing. Front of house manager, Jade Llewellyn, started with Moonshadow Cafe in 2014 and continues in her role at the new Moonshadow. Lisa wishes she could clone Jade, but until that is possible, they encourage people interested in restaurant work to apply.

Because she thinks about what she will "leave" her "kids and grandkids," Lisa strives to make the restaurant environmentally friendly from building and cleaning supplies to ingredients. Moonshadow offers delicious food that avoids



Several rooms allow for more seating at the new building in McHenry, MD, as shown above and facing page.

processing or preservatives. They serve grass-fed beef and free range chicken and other high quality ingredients; they source locally when they can, including lavender and cheese from Garrett County producers. The fare is not tofu or bean sprouts, as some fear. The menu has something for everyone at competitive prices.

Regular programming to begin in the fall includes Open Mic on Wednesday nights, Community Night (with family friendly games) on Thursdays, and live music on Friday and Saturday evenings as well as occasional acoustic music for Sunday brunch. Wine pairing evenings have been a big success and beer pairings are under consideration. Moonshadow also hosts wedding rehearsal dinners, fundraisers, and other special events such as Thirst for Art (a sip and paint evening).

For a meal at Moonshadow, no reservations are needed, but you can call to place take-out orders: 240-442-5542. Online: moonshadow145.com

The restaurant, at 145 Bumblebee Road, in the McHenry area, near Garrett College is open seven days a week.

Summer hours:

Monday-Thursday 11-10; Friday and Saturday 11-11; Sunday 10-9, serving brunch from 10-3.

Note: In winter, the restaurant closes one hour earlier each day.

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CRANESVILLE SWAMP PRESERVE

A unique botanical and wildlife preserve



Alder Flycatcher

Written by: **Dan Whetzel**
Photography by: **Lance C. Bell**

Want to explore a unique botanical and wildlife preserve where few have ventured—a destination where seldom-seen plants from the last ice age may be enjoyed in a tranquil setting? Then head to the Cranesville Swamp, a sanctuary that stretches across two states and more than 1,700 acres.

Reports of the swamp were recorded during the 19th century, as explorers and settlers moved west from the eastern seaboard. It seems the swamp's name was also given during that time period because it was home to cranes, birds that are properly called blue herons. The swamp's location in Preston County, WV, and Garrett County, MD, helped it to escape most commercial and industrial development and become a window into the last ice age.

Glaciers did not cover Cranesville, but the sub-Arctic climate that caused them created a cooler environment than exists today. As glaciers began retreating 15,000 years ago because of warming temperatures, plant life was significantly affected, but unique circumstances allowed one area to retain some of the botanical characteristics that were disappearing elsewhere.

The Cranesville Swamp's uniqueness results from several factors, including altitude and its bowl-shaped configuration called a "frost pocket." West-to-east weather patterns containing moisture and cold air flow to the site, and the accompanying rain and snow are channeled from the mountains into the low lying pocket. Cold air is also trapped





Turkey and White Tail Deer live in and around the Cranesville Swamp area along with a community of other animal and bird species.

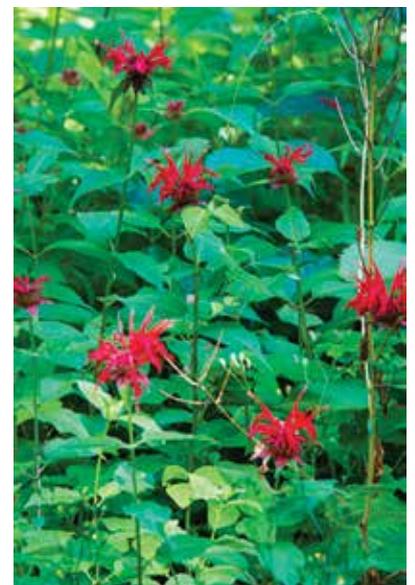




in the bowl, thereby creating a habitat typical of a more northern location.

A small group of dedicated teachers and students from West Virginia University is credited with the swamp's preservation. Following discussions the members decided to collaborate with The Nature Conservancy about the possibility of purchasing swamp property in Preston County, West Virginia. In 1960, the group's efforts were rewarded when The Nature Conservancy acquired a 259 acre tract for the purposes of establishing outdoor educational and environmental programs. The West Virginia Chapter of The Nature Conservancy subsequently formed in 1963 and assumed responsibility for managing the preserve. Two years later The National Park Service recognized the Cranestville Swamp as one of its first National Natural Landmarks. Over the years the conservancy acquired additional land through donations and purchases, thereby making it a 1,774 acre protected area that extends into Garrett County, Maryland.

The swamp is referred to as a boreal peat bog, meaning it formed thousands of years ago when peat moss grew in fresh water ponds. In addition to peat, paper birch, white cedar, tamarack, red spruce, eastern hemlock, Canadian yew, small cranberry, and the rare Canby's mountain lover thrive at the site. According to The Nature Conservancy, the swamp hosts a number of rare plants that are more typical of a Canadian and Alaskan climate.



Swamp trails, open swamp views and forested swamp areas, as well as a variety of fauna and flora offer unlimited photo opportunities.



Cranesville Church, located along a stream on the way into the Cranestville Swamp Preserve parking area.

Walking trails access most parts of Cranestville Swamp, but camping, pets, bicycling and operating motorized vehicles within the preserve are strictly prohibited.

The Cranestville environment also supports a community of bird species, some of which are listed as “In Need of Conservation” or rare; the Alder Flycatcher and Northern Waterthrush are cited by the National Audubon Society as examples. Audubon also notes, “Several northern forest birds rare as breeders in Maryland, despite being common at other seasons, nest at the swamp. These include the Canada Warbler, an Audubon WatchLists species, Golden-crown Kinglet, red-breasted Nuthatch, Hermit Thrush, and Magnolia Warbler.”

Deborah Landau, Conservation Ecologist for The Nature Conservancy Maryland/DC Chapter, invites guests to explore the botanical gem nestled in the mountains of Maryland and West Virginia. “Hiking through Cranestville Swamp gives visitors the opportunity to experience a wetland that is more reminiscent of something they’d find in Alaska, with cold-adapted species like larch trees that are found almost nowhere else in Maryland. The boardwalk across the swamp will take you through a lush display of rare plants of spectacular colors, while the wooded trails are lined with mature conifer and hardwood trees that tower above. Make sure to download our walking tour before you head out so you can enjoy your own personal guided tour.”

Visitors will find a network of five walking trails to access most parts of the preserve. Visitors should be aware that facilities are limited to trails, a boardwalk, and interpretive signs. Admission is free, and the trails are open year-round. See The Nature Conservancy, Cranestville Swamp website for more information.

<https://www.nature.org/ourinitiatives/regions/northamerica/ unitedstates/westvirginia/placesweprotect/cranestville-swamp-preserve.xml>



Directions to Cranestville Swamp Kiosk and Boardwalk

From Maryland/DC – Coming from the DC area, take I-270 north to Frederick, then I-70 west to Hancock, and then I-68 west.

On I-68, take Exit 4, MD-42/Friendsville (only 4 miles from the WV line). At the exit, take a left at the first stop sign (Maple) and a right at the second stop sign (Friendsville Rd/42 North). Continue 1.5 miles on 42 north. Take a left onto Blooming Rose Road (there are two entrances for Blooming Rose, either one is fine) crossing back over I-68. Continue 3 miles on Blooming Rose Road. Take a left onto White Rock Road, continue 4 miles. At a Y-intersection, veer to the right to get onto Cranestville Road. Continue on Cranestville Road for 5 miles, to the corner of Muddy Creek and Cranestville Road; look for a little red house on the right; this is where the information kiosk is.

Note: the road on your right immediately before Muddy Creek is Lake Ford Road. This is the road that leads to the boardwalk. If you already have a trail map, you can proceed directly to the boardwalk by taking a right on Lake Ford Road, for 0.2 mile, then taking a right at the fork. Proceed another 0.2 miles, and look for preserve signs on your right.

From West Virginia – From Morgantown, WV (2 hours) take I-68 into Maryland. From here follow the directions above, starting with the second paragraph.

The Deakins Line: Stones in the Swamp

Written by: **Mary Reisinger**
Photography by: **Lance C. Bell**

Setting boundaries for colonial American land grants in the 1600s proved difficult for obvious reasons. After all, these were uncharted lands, full of wild, difficult to explore mountains, rivers, and forests. Distant monarchs who bestowed large tracts of land on favored subjects often did so without benefit of accurate maps or surveys.

The resulting disagreements about who owned what territory sometimes lasted for years and even ended up in the Supreme Court. Maryland's northern and western boundaries illustrate the sorts of problems early settlers encountered, and some of the evidence of the long-running western boundary dispute can be seen in the Cranesville Swamp Preserve that straddles Maryland and West Virginia.

Maryland's original charter was granted in 1632, by King Charles I of England to Cecilius Calvert (Lord Baltimore). The territory's northern boundary was declared to be the fortieth degree of northern latitude from the Delaware Bay to the "true meridian of the first Fountain of the River of Pattowmack." Here the boundary turned southward, along the Potomac River, to form the western border.

Had Calvert retained all the land to the actual fortieth parallel, the city of Philadelphia would be in Maryland. Possibly, Marylanders would be eating cheese steaks instead of crabs. However, King Charles II of England gave William Penn a land grant

in 1691, and Penn challenged the boundary between the two colonies.

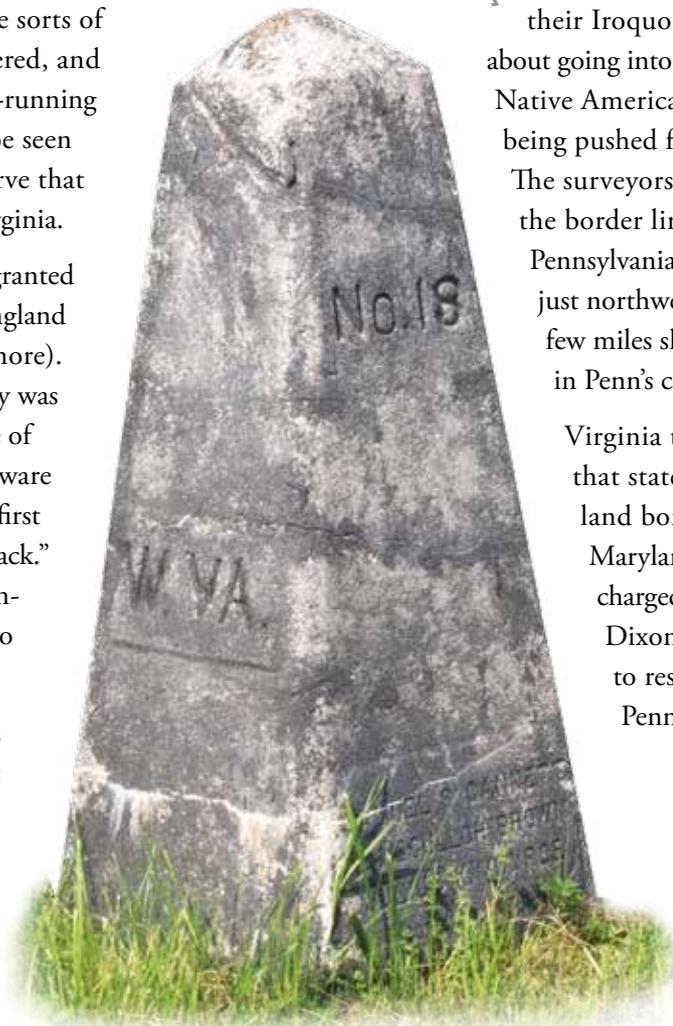
Initial directives from the English crown were in Calvert's favor, but he failed to pursue the establishment of the fortieth parallel; therefore, after decades of unresolved discussions, Charles Mason and Jeremiah Dixon, highly skilled surveyors from London, were employed to determine and mark the

line between Pennsylvania and Maryland.

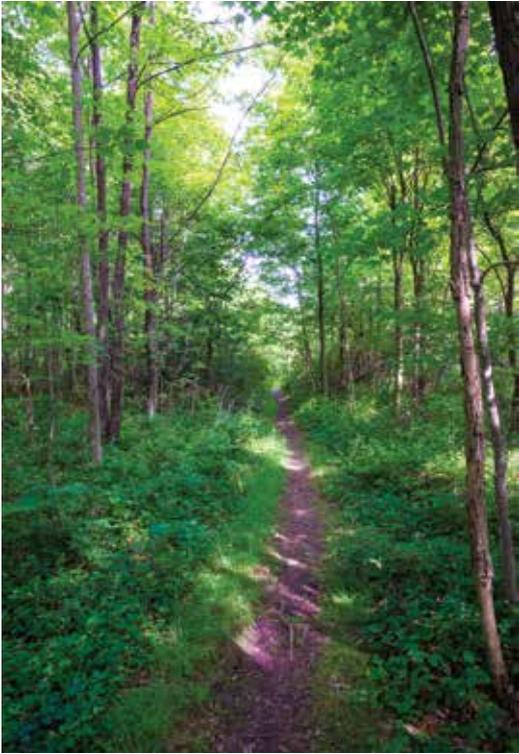
The result is the famous Mason-Dixon Line that divides Maryland and Pennsylvania and determines what is considered North and South in this part of the United States.

Unfortunately, the problem was not completely resolved by the nearly five year surveying effort. In 1767, Mason and Dixon were prevented from marking the boundary at the far western edge of Pennsylvania because their Iroquois guides were concerned about going into territory held by the Lenape, Native Americans who were unhappy at being pushed from their lands by settlers. The surveyors placed stone markers on the border line between Maryland and Pennsylvania until they reached a point just northwest of Oakland, Maryland, a few miles short of the point mentioned in Penn's charter, where they stopped.

Virginia then raised the issue of that state's charter, which included land bordering Pennsylvania and Maryland. A new commission was charged with extending the Mason-Dixon Line further west in order to resolve the question of where Pennsylvania and Virginia meet.



Stone No.18 along Lake Ford Road at Cranesville Swamp. Note the W.VA. marking on one side – MD. is on the opposite side. The writing at the bottom of the stone lists the surveyors: Samuel Gannett, W. McCulloh Brown and Julius Monroe.



Views from Cranesville Swamp Preserve. The swamp area straddles the Maryland/West Virginia border known as the Deakins Line.

Meanwhile, the western boundary of Maryland was also being disputed. King James II of England had granted the Northern Neck of Virginia (an area between Maryland and Virginia) to Thomas (Lord) Culpeper on September 27, 1688. This territory was described as being bounded by the headwaters of the Rappahannock and Potomac Rivers, but finding these headwaters was complicated by the fact that the Potomac has two branches. Furthermore, two different survey parties identified two separate spots as the sources of the North Branch.

Lord Fairfax, the next holder of this grant, and the governor of Virginia chose commissioners to settle the matter. The team, including Colonel Peter Jefferson (Thomas Jefferson's father), set a marker, known as the Fairfax Stone, at what they determined to be the head of the Northern Branch of the Potomac in 1746. In fact, George Washington, surveyor for Lord Fairfax, came to the area in 1748 to confirm this placement.

Maryland's sixth Lord Baltimore (Frederick) realized that accepting the Fairfax Stone as the southern edge of Maryland's western boundary would mean the loss of several hundred square miles of land for Maryland, and argued for starting this point at the headwaters of the South Branch, which extended further west. Lord Fairfax also would gain

land back from Virginia if the headwaters of the South Branch of the Potomac was used as the dividing point. Colonel Thomas Cresap correctly identified the headwaters of the South Branch, but resolution of the issue was not reached before the Revolutionary War temporarily ended the discussion.

After the war, Maryland allocated parcels of land to veterans and engaged Francis Deakins to survey the western boundary of the state to clarify what land could be given. The Deakins line did not run true; it ended at a point nearly 200 miles from the corner of Maryland established by Mason and Dixon.

In the decades between the Revolutionary War and the Civil War, Maryland and Virginia authorized more surveying in an effort to determine the correct boundary. For example, the "Michler Line" was run in 1859.

This discussion continued between Maryland and West Virginia, when that state was carved out of Virginia in 1863. In 1891, Maryland filed suit in federal court and commissioned yet another survey that resulted in the 1897-1898 Brown-Bauer Line. Maryland asked that either the Michler or the Brown-Bauer Line be recognized as the state's western border, but in 1910 the Supreme Court in favor of the Deakins Line because it had been commonly

accepted by the residents of the area for many years, and thus would cause the least disruption for landowners.

The Supreme Court ordered three surveyors to check and mark the old Deakins Line. As the surveyors worked, they zigzagged the line at four places to accommodate existing property lines. Thirty-four large and numerous smaller monuments were set on this line, which runs from near the Fairfax Stone to the Pennsylvania line.

Even this final settlement of the boundary was contentious. Two surveyors, Julius Monroe and Samuel Gannett, agreed in their report. The third member of the party, W. McCulloh Brown (who had helped determine the earlier Brown-Bauer Line) published a report detailing the problems he saw with Monroe and Gannett's work.

Today, many of the stone markers set by various surveyors still exist along the boundaries of the states. Several of the Deakins Line monuments can be found in the Cranesville Swamp Preserve, where Maryland meets West Virginia in an unusual subarctic environment.

Visitors to the swamp can explore nature trails and boardwalks. If they look carefully, nestled among the unusual flora and fauna of the living museum, they might spot some worn, blunt stone obelisks, evidence of the resolution of a centuries-long battle to set clear boundaries.

Readers may remember the Mason-Dixon Line article in Mountain Discoveries' Fall/Winter 2011 issue. That story and all past issues can be accessed online at www.mountaindiscoveries.com, under Past and Present Issues.



A Railroad “O” Gauge Model Train Layout in Frostburg, Maryland for All Ages

Scenic layouts have always been an attraction of model railroad displays. Varying from a simple figure eight to an extensive layout, as seen above, brings enjoyment to all.

Written by: **Dan Whetzel**
Photography by: **Lance C. Bell**

Do you remember when toy train layouts were displayed under Christmas trees and in department store showrooms? Plenty of people do, and they enjoy reminiscing about the iconic images from their childhood. Those images need not remain in the past because local toy train enthusiasts are eager to share the joy of their hobby with visitors at Christmas or any other time. The Community Model Railroad Club, a nonprofit “O” gauge group located in Frostburg, Maryland, is dedicated to sharing its knowledge of trains while operating the largest public layout in the region.

In 2010, the club located in Frostburg when a city owned building became available. Through the efforts of city officials, a formal agreement on a vacant store was reached which enabled members to begin work on the building and layout. According to Joe Brumage, club president, community partners contributed resources to renovate the property. “Barb Armstrong, from Armstrong Insurance

Agency, and Hunter Douglas, a local manufacturer of window blinds and shades, provided assistance in preparing the building for use. After the improvements were completed, members began work on planning and building the layout.”

The club’s new headquarters allowed for construction of a 10 x 20 foot layout that features up to five trains operating independently. A key partner in the planning and operating phase was MTH Trains, a major train designer and manufacturer based in Columbia, Maryland. Brumage recalled, “We met with Mike Wolf, President of MTH and Rich Foster, Vice President. Our layout plans were accepted, and MTH supplied us with track and product sample engines over the years. The club has helped to promote



MTH Trains at local events, and it has proved to be a great partnership.”

The Frostburg layout captures the ambiance of classic toy train layouts by featuring a variety of buildings and other accessories that are typical of the region. A family owned coal mine, stores, houses, and operating accessories are part of the scenery.

The club takes a particular interest in hosting youngsters who become captivated by the smoking engines, whistling tenders, and animated characters associated with the trains. To further engage visitors, accessories may be operated by pushing buttons mounted on the edge of the layout. John Ternent, charter club member stated, “The kids really enjoy working the accessories, and sometimes they cry when it’s time to leave.”

As expected, the busiest time of year for hosting guests is during the holiday season when the club partners with Frostburg State University’s Story Book Holiday program. More than 1,000 guests arrive for that event and open houses attract others during the holidays. Members also offer operating opportunities on a regular basis throughout the summer months when Frostburg’s Farmers Market is

The “Spirit of Cumberland” is a composite image of the MTH “O” gauge CSX 700 locomotive and background photograph of the historic city and Narrows. This location is both busy and scenic, as CSX trains frequently pass through the area.

The photo above is not a part of the Frostburg Community Model Railroad Club layout but produced by AAD-INC. to demonstrate the life-like detail of the models.

open. One notable visitor and enthusiast who operated the trains in 2016 was Maryland Governor Larry Hogan.

While the layout stirs memories, a closer look reveals that state-of-the-art digital technology is incorporated into many of the locomotives—this is not your grandfather’s train layout. The Digital Command System, or DCS developed by MTH, enables the operator to control multiple locomotives and accessories from a hand-held device—walking with the moving trains while controlling their features is a benefit of the new technology.

Club members typically bring their own locomotives, such as the Shay engine, to run and welcome visitors to do the same. “Sometimes we learn that guests have an old Lionel train stored at home, and we encourage them to bring it in. If the engine requires basic maintenance, we can take care of it. It is really fun to watch the old trains

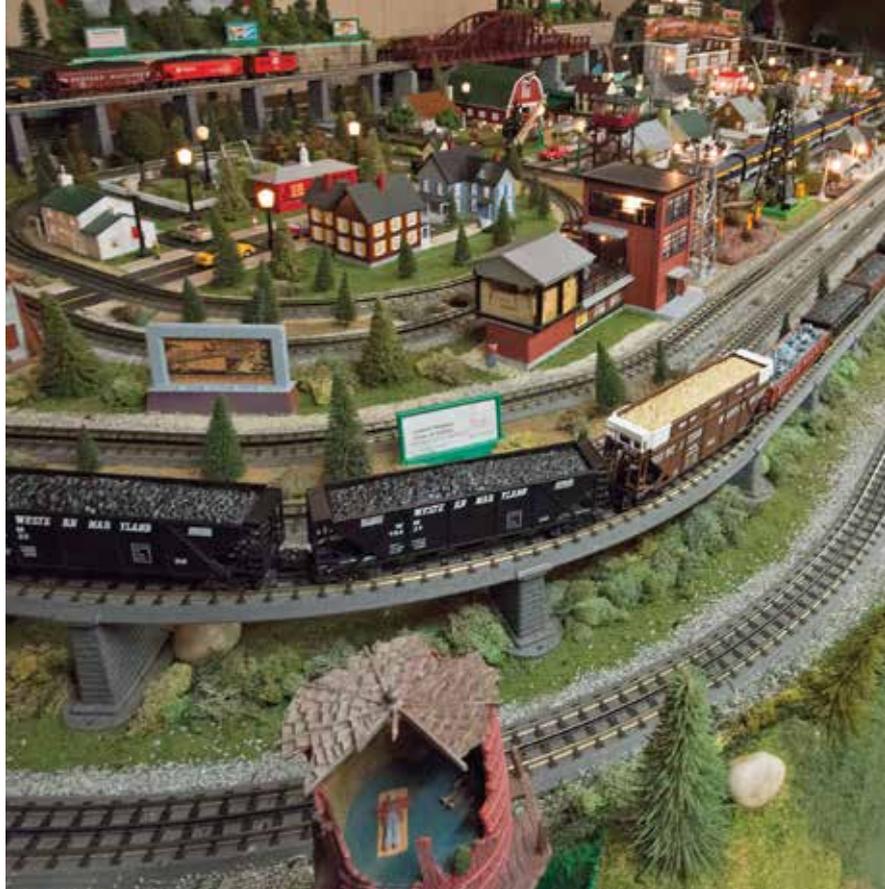
running on our layout. Sometimes they haven't been run for decades," stated Brumage.

The comradery associated with operating trains is a primary reason members join the club, John Ternent notes, "I really like getting together with the guys and having a good time. Sometimes I bring an older Lionel engine and other times I run my favorite, a Western Maryland steam engine. Other members may bring in a modern era train; it just depends on what a person likes to run."

All members enjoy operating the trains, but some also describe themselves as collectors. "We really have a mixture of operators and collectors in the club," noted Brumage. The one commonality among members is their preference for "O" gauge, meaning the trains run on three rail tracks and use AC electricity. Most "O" gauge trains are scaled to a proportion of 1:48 with the prototypes, which is another way of saying a real train is 48 times larger than the model. Another popular scale for model railroaders is "HO," an abbreviation for "half of O" or 1:87.

The club's community outreach extends to the Western Maryland Scenic Railroad, a heritage railroad that operates on former Western Maryland Railway trackage between Cumberland and Frostburg. The two groups have collaborated in designing and offering for sale limited edition "O" gauge freight cars for several years.

If you fondly recall toy steam engines running under a Christmas tree, the Community Model Railroad is sure to impress, or if you wish to watch a demonstration of what the latest digital technology offers the hobby, be sure to stop by and visit with club members.



Williams Electric Trains, ALCO FA-1 AA diesel locomotives, are frequent guests at the Community Model Railroad Club.



The MTH West Virginia Pulp & Paper Shay locomotive is well suited for serving the coal mining operators and residents of the community layout. The hard working Shays frequently served regional logging and coal mining businesses.

Also shown are various scenes at the Community Model Railroad Club in Frostburg, including special trains named for the area. And of course, no train layout would be complete without Mr. and Mrs. Santa Claus (facing page) and the Depot (left inset).

The Community Model Railroad Club is located at 10 West Mechanic Street, Frostburg, Maryland 21532. Guests are always welcome during advertised hours and events.

One regularly scheduled event is the Storybook Holiday event directed by Dr. Barbara Ornstein; it is held the first Saturday of December.

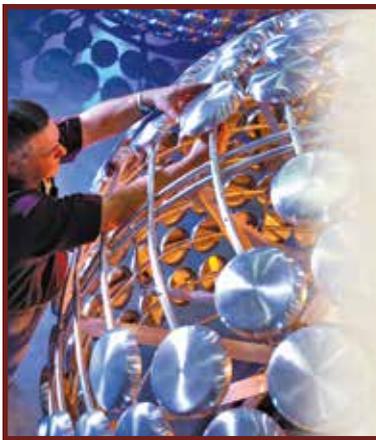
Contact Joe Brumage for further information about events and visits. Home: 301-689-6124, Cell: 240-580-0174.

Christmas 2017 Open Houses

- Sunday, November 26 2-7 pm
- Thursday, November 30 7-9 pm
- Saturday, December 2 9am-5 pm
- Sunday, December 3 2-7 pm
- Wednesday, December 6 7-9 pm
- Thursday, December 7 7-9 pm
- Sunday, December 10 2-7 pm
- Wednesday, December 13 7-9 pm
- Thursday, December 14 7-9 pm
- Sunday, December 17 2-7 pm
- Wednesday, December 20 7-9 pm
- Thursday, December 21 7-9 pm
- Thursday, December 28 7-9 pm
- Thursday, January 4 7-9 pm



A nearly century old Lionel prewar #150 locomotive passes by the New York Central passenger station. The small electric locomotives were commonly used in New York City and proved to be popular models for Lionel Manufacturing Company who produced them for decades.



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1755 Frontier Life – An Intertwining of Local and International Events

Cumberland, Maryland & Bedford, Pennsylvania

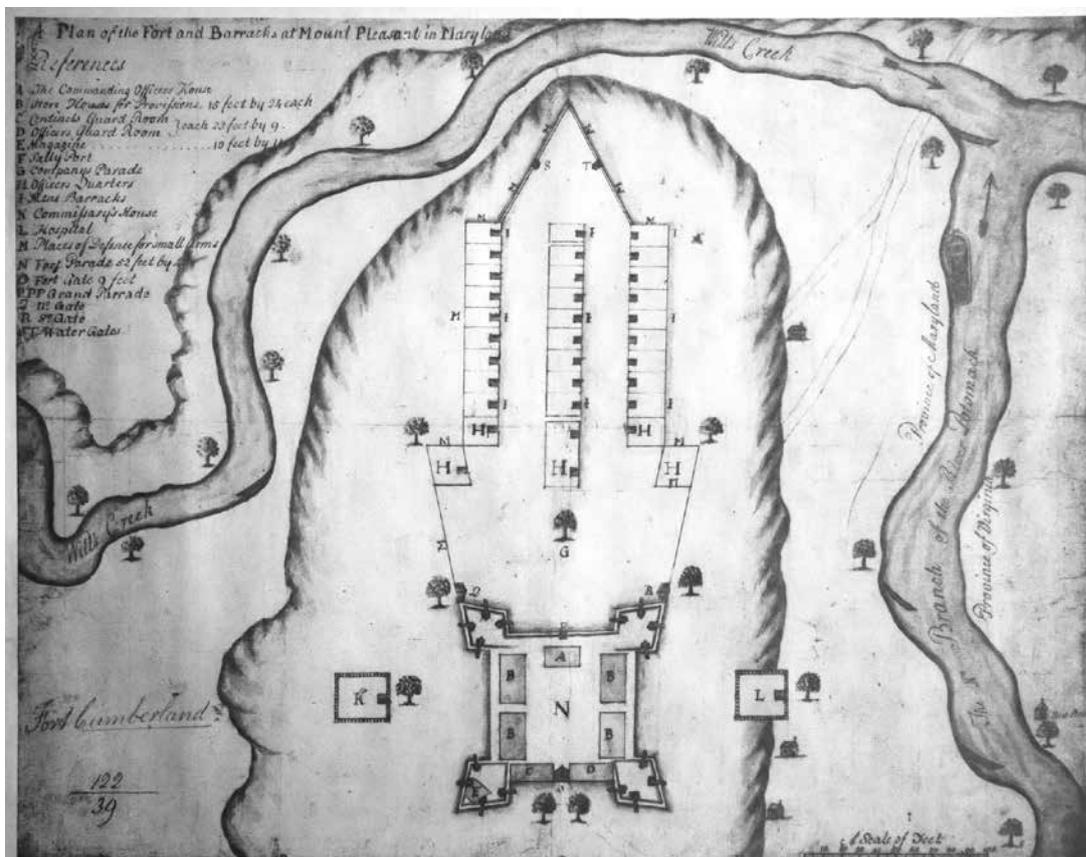
Written by: **Dan Whetzel**

Newlyweds Jane and John Frazier imagined that after establishing a residence near Evitt's Creek they would live a typical frontier life, filled with hardships but unlimited promise. Increased economic and military activity at the confluence of Will's Creek and the Potomac River during the French and Indian War (1754-1763) meant that John's gunsmith skills would be profitable. Additional experiences as an interpreter, trading post owner, and woodworker, made John exceptionally prepared for the economic environment of what was to become Allegany County, Maryland. In 1755, their plans were interrupted after Jane's capture by Native Americans near Evitt's Creek. Jane's abduction and subsequent escape created excitement at the time and the building of a legend over the decades. The Frazier's story provides an intertwining of local and international events.

John Frazier emigrated from Scotland to Pennsylvania where his language skills caught the attention of Colonel George Washington during a journey to Fort Duquesne in 1753.

Washington's mission was to warn the French about encroachment into territory claimed by the British; Frazier served as an interpreter and guide during the mission. The skilled frontiersman later accompanied Washington and General Edward Braddock during the latter's ill-fated mission into Pennsylvania during the French and Indian War.

The French gained ascendancy in the Ohio Valley after Washington's mission to Fort Duquesne, at that time Frazier retreated and eventually made his way to Winchester, Virginia, where he met a young widow by the name of Jane (Bell) McLane. John and Jane married and soon after located to a site near Evitt's Creek, approximately two miles from a store house that had been established earlier



Plan of Fort Cumberland,
circa 1755.
Courtesy Thomas Starkey



by the Ohio Company, a private venture focused on facilitating European settlements and trade in the Ohio Valley.

John and Jane's original log cabin was likely a two-story structure typical of the time period. A Historic American Buildings Survey Inventory on the home place yields little information, and no formal study seems to have been completed. Primary sources of information include mid-twentieth century photographs that show an abandoned two-story dwelling with a long wing. It is obvious the wing and double balcony were not Frazier's work, but the east end of the building depicts a log cabin structure that could date to the 1754 time period. In addition to the house, Frazier is said to have built a workshop suitable for the gunsmith trade.

Only a brief mention of the dwelling is provided in a biographical summary of Jane Frazier compiled



John and Jane Frazier's house was located along Maryland Route 51, just south of Messick Road in South Cumberland. The two-story house with a double balcony, shown above, dated later than a smaller dwelling originally built and occupied by the Fraziers. Rough-hewn logs at the east end of the house that had been covered by later improvements helped to identify the original cabin. Road construction in 1964 caused the abandoned dwelling's demolition, but a Maryland State Historical Marker (left) may be viewed near the site of the Frazier house.

in 1897 by Colonel Wm. T. Beatty, Jane's great-grandson. Frazier is quoted as saying, "Soon after we (Jane and John Frazier) came to this place, my husband, who was a gunsmith, concluded to build a shop and engage in business."

In October 1755 as work proceeded on the Frazier dwelling, Jane and a worker by the name of Brady prepared to visit Fort Cumberland located at the confluence of Will's Creek and the Potomac River. The two descended a ridge near the house, crossed Evitt's Creek, and then "ascended the hill and while yet in the sight of the house were fired upon by Indians." Her companion was killed during the incident, and Jane's horse suffered a minor injury. Jane's narrative continued, "The chief asked what so many men were doing at the house. I replied that they were building another house. He then wanted to know if they were armed, and I informed him that they were, meaning the arms of flesh, for they were poorly supplied with firearms; if the Indians had known they would have massacred the whole party."

Another account of Jane Frazier's hostile encounter was written by Ruby Frazier Frey, a descendant of Jane and John Frazier. *Red Morning*, the novel written by Frey and based on historical events, enjoys popularity among local book collectors and historians. Frey's story describes Jane's seizure, forced mounting on horseback and binding to one of the captors before departing Evitt's Creek.

The incident proved to be a newsworthy event that was reported as far east as Annapolis where the *Maryland Gazette* noted, "...We are told that last Wednesday the Indians had taken a man prisoner who was going to Fort Cumberland from Frazier's and had also carried off a woman from Frazier's plantation."

Jane's three month journey to the Miami River in Ohio proved to be exhausting and dangerous, particularly since she was within weeks of giving birth to her first child.

The period of captivity was to last either 13 months or 18 months, depending on which source one reads. While the reported length of captivity differs, all accounts seem to agree that she did not experience physical mistreatment after arriving in the Native American encampment.



The only known portrait of Jane Frazier – a charcoal sketch made near the end of her life. Artist unknown.

Not long after arriving in Ohio, Jane's troubles worsened with the death of her child; in her words, "my cup of sorrow was full to overflowing." The child only survived several months after birth and was buried with assistance from her adopted family. Despite the emotional trauma, Jane not only survived the captivity but helped to devise a plan of escape.

The Native Americans periodically organized raids into Pennsylvania. Most of the warriors participated in the raids, leaving the encampment in the hands of boys and a few older men. Two recently captured Pennsylvanians, in the same predicament as Jane and longing to return home, noticed the lack of enforcement. It was the Pennsylvanians who decided to escape upon the advent of another raid, "and they let me in on their secret," stated Jane.

After securing a few provisions, the party of three departed the camp. Lack of food quickly became a problem, but they agreed not to fire their only musket at wildlife for fear of giving away their position.

After one week, Jane decided to break ranks with her fellow travelers and face the wilderness alone. The result was "untold privation, having to live on vegetables and bark of trees and climb into a tree or hide in a hollow to be secure at night from wild beasts."

Fortunately Jane came upon a settlement and was provided with supplies and directions to her home. Upon arrival in Western Maryland, a group of neighbors greeted Jane with great fanfare. The homecoming was tempered by the news that John had remarried after believing that his wife would never return after the abduction. The uncomfortable arrangement was resolved when the second wife returned



John Frazier's Tavern was located on what is now the corner of East Pitt and North Richard Streets in downtown Bedford, PA. A Pennsylvania Historical and Museum Commission marker may be viewed at the site.

to her family; John stated that his second marriage was illegal since Jane was alive.

John and Jane resumed their lives along Evitt's Creek, enlarging their home and constructing additional buildings. The couple raised three children while residing at the location, over a four year period of time.

Military matters overshadowed John's domestic life along Evitt's Creek and, after corresponding with Colonel George Washington in 1758, he joined detachments of the army at Raystown, today called Bedford (PA). The couple would never return to their Evitt's Creek home.

John and Jane built a dwelling along the Raystown Branch that also served as a tavern (still standing and designated with a historical marker) and it was in Bedford that John established himself as a person of integrity and prominence. In addition to the military rank of Lieutenant, he later served as a justice of the peace, guide, and conciliator. John died in 1773 and was buried in Bedford.

Jane then married Captain Richard Dunlap, an Irish immigrant, who also preceded her in death. In 1815, at the age of 80, Jane died in the home of a daughter in

Schellsburg, Pennsylvania, and was buried in "The King's Burying Ground."

John and Jane left behind two distinct legacies, depending on one's perspective. Allegany County, Maryland, residents primarily recall Jane, the wife who bravely overcame tragedy and returned to "Jane Frazier's House." Bedford County, Pennsylvania, residents, while certainly acknowledging Jane's accomplishments, proudly note the military and civil achievements of John Frazier. Consideration of both Frazier's legacies presents a unique local perspective on the circumstances surrounding the French and Indian War in the region.

**The Frazier's names are spelled a number of different ways including Fraser (Frazier) and Jean (Jane).*

The author acknowledges Allegany County resident Thomas Starkey. Written sources of information include: *The Old Pike Post*, Vol. 16, Number 3; *Jane Frazier Survived Imprisonment by Indians*, by Ruth Averill Clauson; *Captured by the Indians*, compiled by Col. Wm. T. Beatty, 1897; *Red Morning*, by Ruby Frazier Frey.



Flight 93 National Memorial entrance.

Written by: **Sara Mullins**
Photography by: **Lance C. Bell**

September 11, 2001 —

Life as we knew it changed drastically after a group of terrorists executed a carefully coordinated plan, using four passenger planes as weapons targeting the World Trade Center, the Pentagon and another site, most likely the U.S. Capitol Building. Only one aircraft failed to reach its target, thanks to a courageous group of passengers who, upon learning of the World Trade Center attacks, tried to storm the cockpit and take control. In a panic, the hijackers thwarted the passengers by crashing the plane. Flight 93 was only about 20 minutes' flight time from Washington, DC, when it hit a field located near rural Shanksville, Pennsylvania.

Amidst all the shock, horror and grief that followed, this powerful story of ordinary citizens displaying extraordinary courage, despite their fear, inspired the creation of a memorial like no other to honor the 36 passengers and four crew members who lost their lives. Soon after the crash, it was clear that a temporary memorial was needed to accommodate the growing number of visitors coming to pay their respects and often leaving a token item behind. To offer much-needed assistance and information, a group of local volunteers came together as the Flight 93 Ambassadors.

By 2002, Congress had authorized the development of a permanent memorial. A competition to select a suitable design soon followed. Almost exactly four years later, Paul Murdoch was selected as the architect. Ground was broken in November, 2009, for Phase I: A new entrance from Rt. 30, Visitors Shelter, Memorial Plaza, Wall of Names and Flight Path. On September 10, 2011, one day before the attack's 10th anniversary, Vice-President Joe



Towering 40 foot walls (each foot representing the 40 passengers and crew) mark the pathways and entrance to the museum and observation areas.



Visitor Center entrance and access to museum and displays.



Biden formally dedicated the Memorial with both former Bush presidents in attendance.

Next up was the interpretative component of Phase II: the Visitors Center Complex, including a Portal Entry, Flight Path Walkway and Overlook, where visitors could explore the story of Flight 93 in greater depth. The Complex dedication and a candlelight vigil took place on September 10, 2015, one day before the attack's 14th anniversary. Situated along the Flight Path, the Complex sits between two concrete walls looming 40 feet high, each foot representing the 40 passengers and crew. In a nod to its rural setting, the wall surfaces resemble weathered barn boards. The black granite Flight Path continues through the Second Portal to the Overlook, offering views of the Memorial Plaza, Crash Site and Field of Honor. A single large boulder sits below like a lonely sentinel, heralding the crash impact site. At the Portal's end is a glass panel with the words, "A common field one day, a field of honor forever." Visitors can take a closer look at the Field of Honor by

walking along its edge on the Allée, an elevated earthen path lined with 40 trees, all native species to Pennsylvania.

The Visitors Center itself is the heart of the Complex, where the story of 9/11/2001 unfolds via a multimedia mélange of interactive displays, text, photos, videos and a collection of artifacts found near the point of impact. In reference to the hemlock grove where Flight 93 crashed, some of the glass within the Visitors Center features abstract images of the hemlock tree. This hemlock motif continues throughout the Memorial. Photos of each victim line a wall. Another wall offers a true-to-life image of a Boeing 757 cabin, as was Flight 93, from the perspective of the passengers when hijackers forced them to the rear of the aircraft. Ten exhibits present a chronology of events within the aircraft as some passengers and crew, aware of the national scope of the attack, voted to storm the cockpit and take control of the plane. Data recovered from the plane's black box offers a harrowing account of the flight's



Visitors are greeted at the three-dimensional model of the area, displaying crash site, points of interest and directions.

final moments. On a wall are quotes pulled from the flight audio. A display featuring a replica of six United Airlines passenger seats with phones that allow visitors to listen to actual calls made by three passengers to loved ones. An interactive exhibit allows visitors to see how the terrorists rolled and dipped the plane in an effort to foil the uprising before deciding to take the plane down. A video reveals the plane's erratic movements in real time until it fades to black upon impact. Other displays offer a narrative of how the day unfolded as it began as an ordinary weekday and then something altogether different, a day that changed everything, as newscasters became aware of the first plane crash into the North Tower of the World Trade Center and continued coverage as the second plane hit the South Tower.

This year, the Flight 93 Speaker Series made its debut in the Visitors Center. A joint effort of the National Park Service and Friends of the Flight 93 National Memorial, the Series offers four monthly presentations from May through August. Presentations this year have featured family members of the victims, three first responders, and Wally Miller, the Somerset County coroner on duty at the time of the crash. Future programming is in the works.



Walkway to Visitor Center and Overlook.

Another remaining phase of the Memorial construction will begin this fall. A “Soundbreaking” is set for September 10, when construction will officially begin for the Tower of Voices. Officials anticipate that the 93-foot Tower will greet visitors a year after to the Memorial entrance with the sounds of its 40 wind chimes. A dedication for the Tower is planned on September 10, 2018.

Meanwhile, the Sacred Grove is in its sixth year of planting. About 500 volunteers have planted 15,000 – 20,000 seedlings of species native to Pennsylvania, including black cherry, black locust, American chestnut, red oak and white pine. To date, about 116,000 seedlings are in the ground, with a goal of 160,000 by 2020. The trees will serve to reforest the area and create a windbreak. As the years pass, native habitat of wetlands and wildflower meadows will return to this former coal mining site, now transformed into a place telling a story that will continue to resonate and unfold in future years.



Inside the Visitor Center where the story of 9/11/2001 unfolds via multimedia interactive displays.



A plan view of the Flight 93 National Memorial stands off the parking lot at the beginning of the walkway to the Visitor Center.



Flight 93 displays inside the Visitor Center.



GOURMET

AND MORE! Schoolhouse Earth Sister Store

Gourmet and More in McHenry, Maryland – New Member of the Schoolhouse Earth Family



For over thirty years, people have shopped at Schoolhouse Earth, a collection of shops on the way to Friendsville selling furniture, crafts, gifts, and specialty food items. Children especially enjoy the animals who reside there, and owner Stephen Rodeheaver's large white labradoodle, Sebastian, is a much-loved fixture.

Written by: **Mary Reisinger**
Photography by: **Lance C. Bell**

In January, Stephen decided to open another shop even closer to Deep Creek Lake, and he began researching lines that the store could use while he was at trade shows in Atlanta and Chicago. He took over a vacant space at The



Eclectic gift and decor choices can be found at Gourmet and More, the Schoolhouse Earth Sister Store in McHenry, Maryland.

Fort in McHenry, which needed only a larger opening between front and back rooms, and some fresh paint.

This shop focuses on kitchen goods. Some of the same gourmet food lines are sold here as in the Friendsville location, including Wind & Willow dip and soup mixes, “pizzas” covered with gummy candies and deluxe beverages. In addition, customers will find eclectic gift and decor choices such as elegant fully-equipped picnic hampers, whimsical linens, and waterproof bags that are handy for protecting cell phones during boating expeditions.

Gourmet and More opened in May and has been doing a brisk trade from the beginning, keeping manager Twila Metz and sales associate Cheryl Germack busy. Visitors to Deep Creek Lake as well as local residents enjoy the selection of gourmet kitchen items. Stephen has found starting this new location to be a positive step and is considering expanding the lines sold here.

Is there anyone who isn’t happy? Well, Sebastian has decided that he would rather hang out at the Friendsville location. So if you want to see Sebastian, you’ll need to

head to Schoolhouse Earth at 1224 Friendsville Road, Friendsville, MD 21531 (301-746-8603).

You'll find the new "Gourmet and More" at 1550 Deep Creek Drive, Suite E, McHenry, Maryland, 21541 (240-442-5104).

Open Monday-Sunday, 10 am - 6 pm,
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SUNFLOWERS

The sunflower is native to the Americas and was used extensively by Native American Indians for food, as oil, in bread, medical ointments, dyes and body paints. Roasted sunflower seeds make a coffee-like drink. The stem of the flower can grow up to 10 feet tall; although the tallest one recorded is 30 feet 1 inch.

Sunflower seeds grow from the flowers in the center of the head of the sunflower and are actually the means of sunflower reproduction. Each sunflower head can contain as many as 1000 to 2000 seeds, and each sunflower seed can be planted to grow into a new sunflower the following growing season.



Smoke N Mirrors Photography, a Creative Venture



Smoke N Mirrors Photography, a new studio and gallery space in Oakland, provides digital photography services, exhibit space for artists, and a venue for events such as concerts in downtown Oakland, Maryland.

Doing nearly every kind of photography except weddings, owner Dave Bruffy freelances for magazines, documents events, creates pet and people portraits, and provides photography for businesses. He offers affordable packages for high school graduates so they can have a record of this special time in their lives.

When Dave was searching for a business space, he discovered Oakland, in Garrett County, Maryland, and was impressed with the active, thriving community and strong rates of tourism. In October of 2016 he found a suitable building and began renovation.

Smoke N Mirrors houses exhibits, events, and a studio. Flexible walls allow adjustments when a large studio or performance space is needed. The floor has been finished in a striking white-streaked black for an effect that Dave calls a poor man's marble.

The grand opening coincided with Winter Fest in February 2017, a time that people remember for its unseasonal 70 degree temperatures. Matt Jordan, a jazz musician, brought his upright piano in the back of a Town & Country van to play for the open house.

Written by: **Mary Reisinger**
Photography by: **Dave Bruffy**

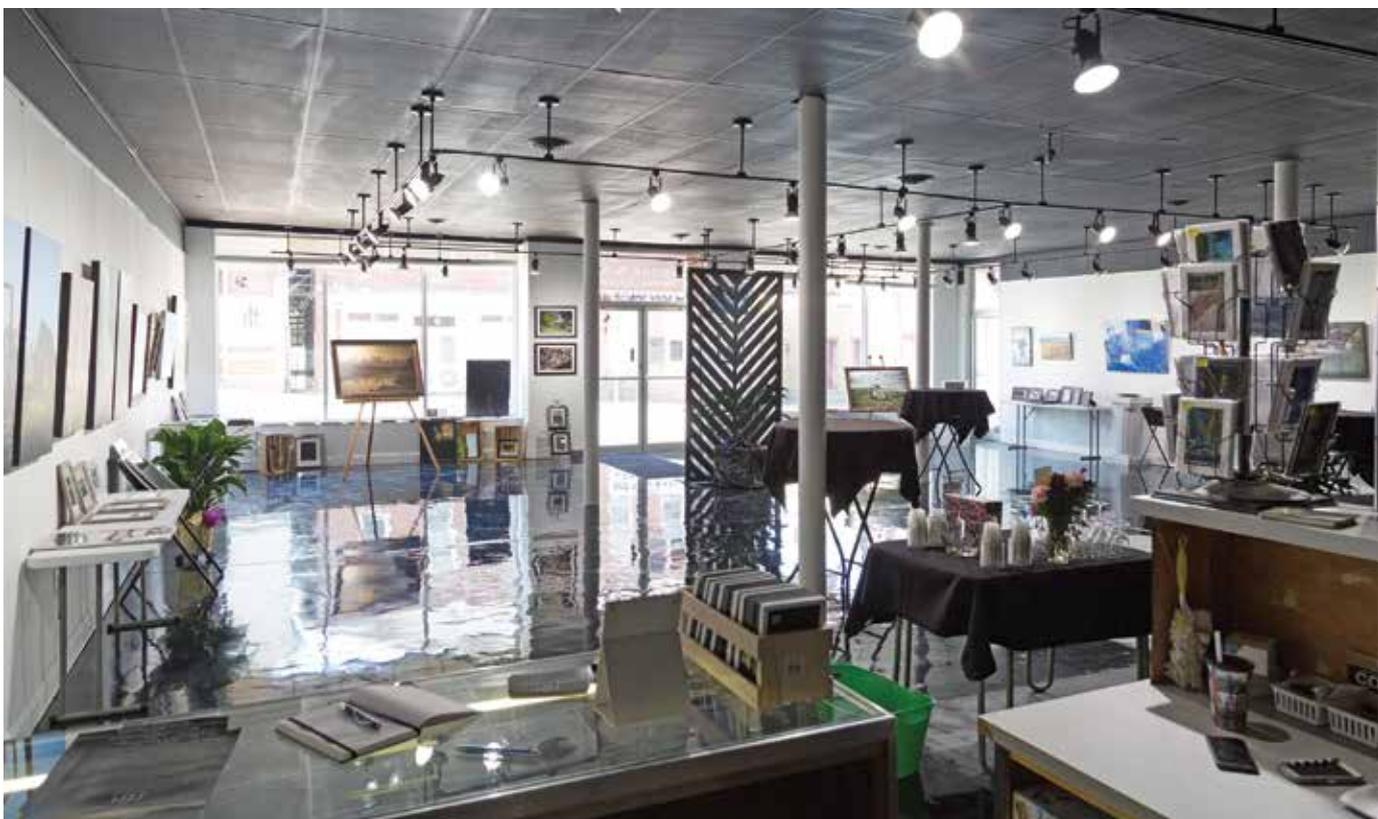
Dave is interested in collaborating with all kinds of artists. Smoke N Mirrors recently hosted the open studio hours of Rebecca McClive, a local visual artist. Dave would like to engage in and create many more events. In fact, part of his volunteer work in the business and arts community has been to contribute to an events committee. He also was part of the successful application that has made Oakland Maryland's 25th Arts and Entertainment District.

Dave has been delighted with the warm welcome of the community. Smoke N Mirrors has hours six days a week to make it easy to stop in and see current exhibits. For information about photography services, exhibiting, or performing, contact Smoke N Mirrors via website or phone.

Smoke N Mirrors Photography
14 W. Main Street, Oakland, MD
Dave Bruffy, 304-277-7700, www.smokenphoto.com

Hours:
12-6 Tuesday – Friday; 11-6 Saturday; 11-3 Sunday

Photos on facing page: Visitors admire photography and the gallery interior during Smoke N Mirrors' open house.



Allegany Museum First Floor Restoration Nearing Completion



Written by: **Shelby Calhoun**
Photography by: **Lance C. Bell**

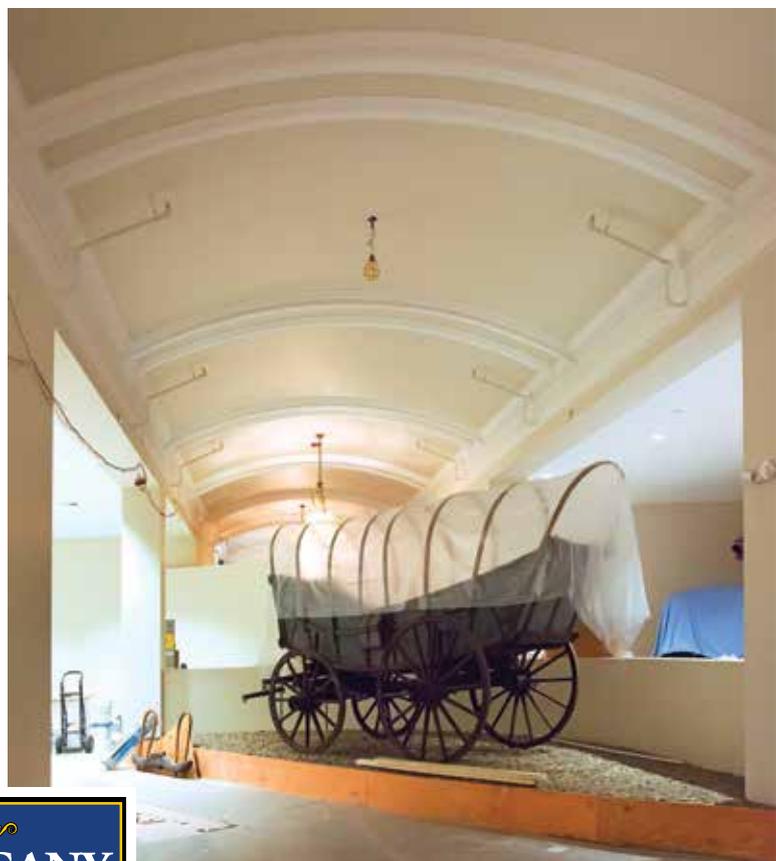
As the Allegany Museum nears the Fall 2017 opening of its Crossroads of America exhibition, many elements have converged to complete the display. The first floor renovations have removed the ‘modern updates’ revealing the beautiful architectural details, such as the vaulted ceiling and marble floors, that are original to the 1930s era building. A large flatbed truck, hauling a Conestoga wagon, made its way through the streets of Cumberland, Maryland, to the Pershing Street address where it was lifted by a crane to be placed into the exhibit. There were some moments of anxiety as the wagon was eased through the Museum’s front door, but it made it in and is ready for its debut along with a 1905 Studebaker Brothers driving wagon plus other static and dynamic displays.

The Crossroads of America exhibition tells the story of the National Road, from ancient times when Native American tribes walked the trail, through Washington’s adventures, and to modern vehicular traffic. The exhibition will provide a permanent record of this important part of America’s history for both local residents and tourists to enjoy.

3 Pershing Street, Cumberland, MD 21502
alleganymuseum.org

Top: The Conestoga Wagon sits in its final resting place beneath the beautifully restored vaulted ceiling of the first floor at Allegany Museum.

Bottom: Various forms of transportation will be featured in the Crossroads of America exhibit as it nears completion.



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