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Schedule of Events

Classic Car Cruise In Shows & Entertainment –

Byron Memorial Park

June 6, July 11, August 1,
August 15 - Cruise in for Holly Place
September 5, October 3 -
Cruise for a Cure, 2014

June 4 – Kelly Miller Circus – RiverBottom Park

Two shows 4:30pm & 7:30pm Pre-Sale
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June 8 - Williamsport Community Band proud hosts of the 25th Annual Maryland Community Band Festival

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at 11a.m. till 8p.m. Bring your family,
tour the Springfield Farm grounds and
enjoy ten of Maryland's top community
bands sharing show tunes, marches,
contemporary, classical and more.
Refreshments will be available for
purchase.

June 15 – 6p.m. - Happy, Happy, Happy
Dad's Hoedown at the Springfield Farm
Barn Folk Music with Henri Verdel and
the Stoney Creek Bluegrass Band!
Everyone Welcome! Games and
Refreshments!

July 4th in the Park – Williamsport
Community Band's bandstand in Byron
Park will be officially named the Harry
E. Kight Bandstand, Patriotic Concert
at dusk with GIANT Fireworks display
– Afternoon Events in the Park – also
available - those famous Williamsport
Volunteer Fire & EMS Pit Roast Beef
Sandwiches – Byron Park

**July 11, 12 & 13 – Retreat through
Williamsport – Civil War Weekend**
Held at the Springfield Farm – 151st
year commemoration of the events that
took play in an around Williamsport
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the Gettysburg in 1863.

**July 19 – 5-10pm Bike Nite –
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Opening Band, Chasing Moody.
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**July 26 – Boy Scout Troop 17
Classic Car Show –
Byron Memorial Park**

**August 16 – Williamsport Volunteer
Fire & EMS – Sportsman's Bash –**
at the Springfield Farm Barn and
Grounds

**August 21 – Williamsport
Community Band's C&O Canal
Days Concert** – honoring
Boy Scout Troop 17's 100 years of
Scouting Anniversary

**August 23 – 24 – C&O Canal
Days** – Arts & Crafts, Great Food,
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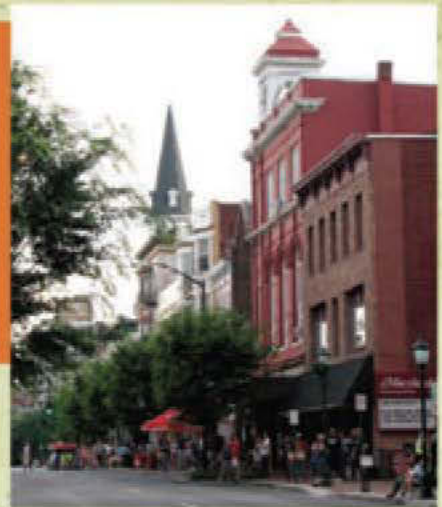
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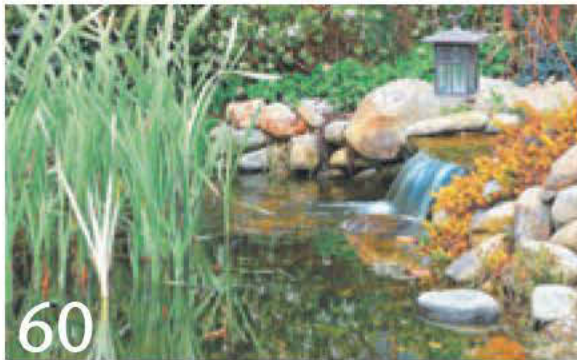
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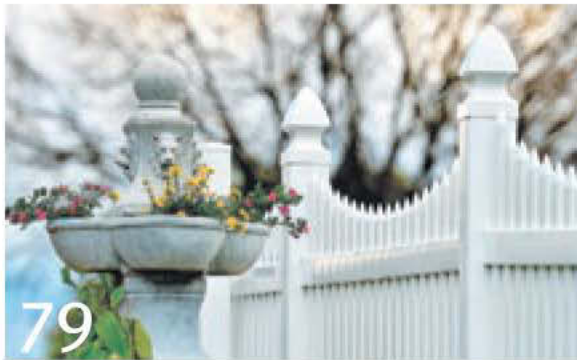




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Almost 30 pages of area real estate listings!

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ON THE COVER: A cushy seat and cool lemonade promise a chance to relax in summer breezes on the patio of a gracious Greencastle home presented by Alice Guy of Coldwell Banker Innovations. Melanie Anderson, owner of Anderson Photographs and an award-winning Certified Professional Photographer, captured the relaxing afternoon scene styled with accessories from Lehman's Mill owner Cindy Brezler. Red geraniums, green spike, million bells and white bacopa burst into bloom in an arrangement by Snavely's Garden Corner in Hagerstown.



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1864

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SATURDAY > 6PM-10PM

1864 The Ransoming, Burning & Rebirth of Chambersburg. Pre-burning activities include: Music, Civil War Walking Tours, Book Signings & Exhibits

SUNDAY > 9AM-4PM

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around the town

1) The Eric Steckel Band electrified the large crowd at The Maryland Theatre in March during the Cabin Fever Blues Bash.

photo by **JOE CROCETTA**

2) City Ballet dancers rehearsed for their May performance of "Sleeping Beauty."

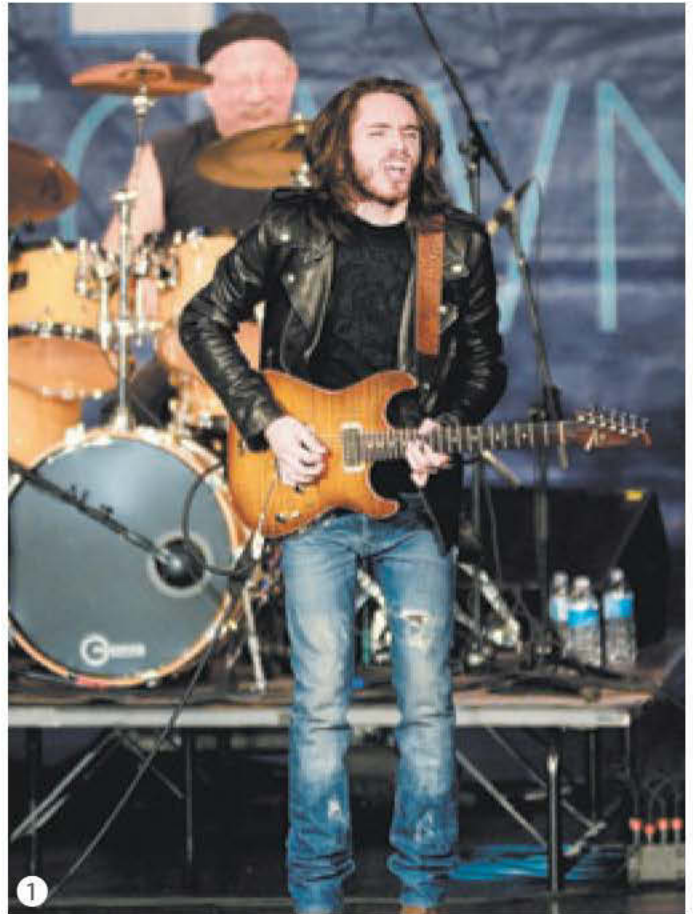
photo by **JOE CROCETTA**

3) Taylor Baer (left) as Tin Man, Danielle Murray as Dorothy and Lancelot Douglas as Cowardly Lion performed in the Barbara Ingram School for the Arts' production of "The Wizard of Oz" in April.

photo by **RIC DUGAN**

4) David Biser showed Heritage Academy student Gloria Clark how he lights his clay pipe with a magnifying lens at the annual Fort Frederick Market Faire.

photo by **YVETTE MAY**





1) Revelers enjoyed a "Great Gatsby" themed evening during Meritus Healthcare Foundation's annual Crystal Ball fundraiser in May.

photo by KEVIN G. GILBERT

2) Emily McFarland of Hagerstown and her son Lucas sampled desserts from the Gourmet Goat and The Plum while listening to Rob Hovermale on piano and Evan Price playing violin at the Washington County Arts Council during the Taste of the Arts event in Hagerstown.

photo by COLLEEN McGRATH

3) Jake Boutieller (left) and his brother EL Boutieller performed in the 2014 Teen Idol competition at The Maryland Theatre.

photo by JOE CROCETTA

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1) The 2014 Washington County Public Schools Teacher of the Year winner Courtney Leard, facing, hugged her wife, Tina Leard, seconds after Superintendent of Schools Dr. Clayton Wilcox announced her name.

photo by JOE CROCETTA



2) Teresa Bowman of Falling Waters, W.Va., shopped for unique nature prints by Gettysburg, Pa., artist John Kamerer at HCC's annual Flower and Garden Show.

photo by KEVIN G. GILBERT



3) The Saint Patrick's Day 5k run through Hagerstown City Center kicked off in the Arts and Entertainment District.

photo by KEVIN G. GILBERT



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1) Patricia and Steve McCullum of Hagerstown (front left) sat together to watch "Backseat," the final film showing at the 2014 Maryland International Film Festival.

photo by COLLEEN McGRATH

2) Hagerstown residents and Washington County Museum of Fine Arts members Roseann Fisher (center) and Joanne Hilton looked over a flower arrangement designed by the Hagerstown Garden Club during the Art In Bloom preview reception.

photo by JOE CROCETTA

3) Sukey and Bob Rankin (center) were honored with a tribute during the annual HCC scholarship fundraiser. They posed with Patricia McDermott (left) and Deb Bockrath (right).

photo by JOE CROCETTA

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At Bella Salon & Spa, sisters Christy Marks Turner (left) and Tammy Marks Shindle and their staff share a passion for customer service to ensure customers feel fabulous.

PROfile



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Bella Salon & Spa opened on Oct. 2, 2001, by Tammy Marks Shindle and her father-in-law, Glenn Shindle. Sister, Christy Marks Turner, joined the staff in 2004 as Salon Director. It's the perfect partnership: Tammy focuses on the art direction and staff training while Christy serves as communications and marketing director. "We believe in giving back to our community especially since we are Hagerstown natives," Christy says. "We were very honored to be given the 'At Your Service' award by the Chamber of Commerce. Our vision is to always be an inspiration to our guests and to always lead our salon industry with pride and integrity."

As a Redken Elite salon and a Summit Salon, Bella is dedicated to cutting-edge training and education to keep guests up on the latest trends and styles. "Our guests are our inspiration for always wanting to exceed their expectations," Tammy says.

She points to the disconnected trend in haircuts. It encompasses the versatility for edgy and flirty to subtle and suitable for any guest.

Beautiful shiny color is always in style. Whether blonde, red or brunette Bella has color specialists that can create the perfect color for you. Ombre is fun and can range from subtle to very fashion forward. "Bright color pops are fun too and can change with your mood," Tammy says. "Highlights and splashlights are essential for summer because we all want to look sun-kissed." Bella's conditioning treatments ensure color and condition, with Redken chemistry system treatments that can be customized for any hair type.

Summer is a time to introduce fun shades of makeup and nail colors, too. "Shellac provides vibrant long-lasting mani-pedi's that go the distance," says Christy. Mirabella has gorgeous sum-

mer makeup colors; guests can schedule a makeup session to update their look each season. "Eyelash extensions are my favorite time-saving beauty secret," adds Tammy.

New for 2014, Bella is offering Derma Radiance facials. Infused with moisture, they help combat fine lines and dehydration — perfect for summer. Face toning massages utilize techniques like facial acupressure to help guests look younger without invasive injections, chemicals or surgery. Plus, Bella can customize massages specific for each guest's needs, whether its relaxation, tension or sports massage.

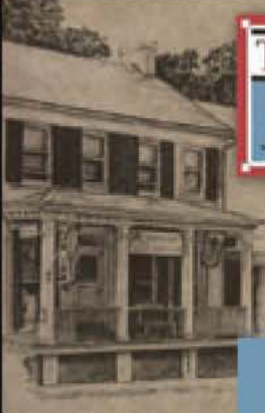
Seeing clients relaxed and feeling beautiful after a visit to Bella is immensely rewarding for Christy, Tammy and their staff. "All our employees share that same passion for the best customer service we can possibly give to have someone feel fabulous," Tammy says.



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Riley DeVore, 7, runs through a meadow along the Appalachian Trail (A.T.) during a family hike from Gathland State Park. Riley's mom, Saleena, loves the connection to nature she sees in her two daughters as a result of hiking.

Appalachian Adventures

Connect as a Family, Explore History and Nature, and Tap Into the Amazing Spirit of the Appalachian Trail

written by **STACEY CAMPBELL**
photography by **KEVIN G. GILBERT**

THOUGHTS OF HIKING the Appalachian National Scenic Trail conjure something of a national adventure myth, populated by trail-toughened through-hikers. While hundreds of these wiry-muscled outdoorsmen and women do complete the entire 2,180 mile journey, there are many, many more who appreciate the natural beauty of the trail on a smaller scale. With 40 miles of the famed trail running along the Washington/Frederick, Md., county border and dozens more following South Mountain into Pennsylvania and crossing the Potomac River into West Virginia, the Appalachian Trail, or A.T., offers a variety of scenic hikes



David and Saleena Devore hike the A.T. in Gathland with daughters Riley and Hannah, who have begun pointing out things they notice on the trail to their parents.



Ramona leads the way as Alicia Norris and her son, Wayland, hike a section of the Appalachian Trail in Washington Monument State Park in Boonsboro.

— even overnight possibilities — for families seeking a little adventure and a greater connection with nature.

“Hiking and being outside with your family, your kids, just has its own appeal,” says Ranger Michael Burditt, assistant manager for the South Mountain Recreation Area in Washington County. “The Appalachian Trail is really this fabulous trail, the first national scenic trail in the country.” Hiking the full trail is a life-changing experience for those who do it, but even short trips help distance families from the hustle and bustle of life. “Outside, kids pay so much attention to the world around them, as opposed to inside, where they’re so focused to what’s exactly in front of them,” says Saleena DeVore, who hikes with her husband, David, and daughters, Riley and Hannah, ages 7 and 4. “Outside, they see everything and they absorb so much. I just love seeing kids in the outdoors and seeing their eyes open.”

As it passes through the Tri-State Area, the Appalachian Trail can be accessed at a variety of locations, including state parks, and gives families an amazing glimpse of local history and exceptional views. Parking near the trail is available at Pen Mar Park, on Wolfsville and White Oak roads, along U.S. 40 and near Weverton Cliffs, as well as at Washington Monument and Gathland state parks. Plus, the parks offer ready access to restrooms, which is key when hiking with children. “It’s really kind of conveniently set up to where it’s so close to civilization that you can park along a given point

along the A.T. in Maryland and hike ... and enjoy the various things in these parks,” says Edna Baden, staff director for the Potomac Appalachian Trail Club. Caledonia State Park and Harpers Ferry are popular access points in Pennsylvania and West Virginia, respectively.

The parks also highlight the rich history of the area: the first monument built for George Washington, the National War Correspondents Arch and the Battle of South Mountain. New museums at Washington Monument and Gathland state parks highlight these aspects. Caledonia State Park encompasses the ironworks of Thaddeus Stevens, which was a stop on the Underground Railroad. “And Harpers Ferry is the most historic location on the entire A.T., and one of the most historic places in our country,” says Laurie Potteiger, information services manager at the Appalachian Trail Conservancy Headquarters Visitor Center in Harpers Ferry.

ALONG THE ‘MARYLAND 40’

Maryland’s approximately 40 miles of the Appalachian Trail are relatively easy by A.T. standards, but still offer a range of experiences for all ages and fitness levels. Plus, they offer exceptional views. “Most people want a good view when they hike on the trail,” Michael affirms.

One of the easiest views to access is from the top of Washington Monument, a five-minute hike from the parking lot. The panoramic view stretches to three states. “It’s a beautiful

view, and kids really like the steps in the monument," says Alicia Norris of Boonsboro, who hikes with her son, Wayland, and has a goal to traverse the whole "Maryland 40." Another favorite of hers is the hike to Weverton Cliffs. "That's a nice short hike," Alicia says. "It's steep, a little more difficult and busy on the weekends, but it's a fantastic view when you get up there." Michael agrees: "It's one of our most beautiful views of the Potomac. It looks like there's no development anywhere."

*"I just love seeing kids
in the outdoors and seeing
their eyes open."*

Slightly longer and "one of the most popular hikes on the entire A.T.," Michael says, is the trek to Annapolis Rocks. "The 9- to 10-year-old range is where I would get into this one," he advises. The two-mile hike up offers a great view of the Hagerstown valley and Greenbrier Lake looking west. And access is easy from a parking lot along U.S. 40. "But my personal favorite is White Rocks," a three-mile hike from parking along Reno Monument Road, Michael says. "Most of the (other) views are going to be looking over the valley, but this one is looking along the mountain line," east and south along South Mountain. "It shows you the entire mountain with not one house you can see. When (this area) was initially settled, that's what it would have looked like."

IN SEARCH OF STORYBOOK VIEWS

The southernmost three miles of the Appalachian Trail in Maryland, as it approaches Harpers Ferry, W.Va., is actually the flattest section of the A.T. between Georgia and Maine because it is along the Chesapeake & Ohio Canal Towpath, Laurie notes. "It's a great starting point for people who want a gentle introduction to the A.T.," she says. Crossing into West Virginia via a footbridge over the Potomac River reveals a storybook view: river rapids, mountains and the town of Harpers Ferry across the river. "And you're more likely to see waterbirds that are not typical of the ridge line Appalachian Trail: great blue herons, osprey, sometimes bald eagles," Laurie says. The historically rich town is there to explore, as well. "There's basically a two-block radius in the heart of the historic district, and you can spend a few hours or a couple days exploring this area," Laurie says.

Take Time to Wander

Consider exploring these other trails, which are not far from the Appalachian Trail:

Greenbrier State Park trail system

In addition to swimming, boating and camping, Greenbrier State Park includes a variety of hiking trails with stunning views. The Bartman Hill Trail near the visitor center and the Yellow Trail connect to the Appalachian Trail. Pick up a copy of "Explore: South Mountain Recreation Area" at the park for a map and descriptions of Greenbrier's trails.

Maryland Heights trail

Maryland Heights is a strenuous uphill hike, which might not be appropriate for very young children. The rewards are spectacular views of Harpers Ferry, W.Va., and interpretive historical markers along the way. The mountain overlook was the site of the first battle between Union and Confederate troops in Maryland, and the ridge has remains of Union Civil War forts, with the main section dating to 1863. The trail head is across the road from the Chesapeake & Ohio Canal towpath, and from the lower town of Harpers Ferry, it's about a 4.5-mile round-trip hike, says Laurie Potteiger, information services manager at the Appalachian Trail Conservancy Headquarters and Visitor Center in Harpers Ferry, W. Va.

Caledonia State Park trail system

The 10 miles of trails in Caledonia State Park pass through forests and historically significant areas. For beginners and families with young children, the Whispering Pines Nature Trail passes through a rhododendron thicket and is great for seeing a variety of bird species. "(There are) lots of opportunities to explore nature, peek under a downed tree log to see the habitat or even fish in the creek," says Janet Pollard, director of tourism for the Franklin County (Pa.) Visitors Bureau. The Ramble Trail and Charcoal Hearth Trail provide opportunities to learn about the history of Caledonia, site of Thaddeus Stevens' Ironworks — an Underground Railroad Site — with four historic charcoal hearths, an old wagon road and more.



An adjacent trail to Maryland Heights offers stunning views of Harpers Ferry and the confluence of the Potomac and Shenandoah rivers.

A CHALLENGE IN CALEDONIA

Approximately 20 miles of the Appalachian Trail crosses Franklin County, Pa., passing into Cumberland County and past the Appalachian Trail Museum. Popular access points include Pen Mar Park and Caledonia State park, which contains 10 to 15 miles of additional trails. "The A.T. actually passes through the open field where the playground equipment is at Caledonia," says Janet Pollard, director of tourism for the Franklin County Visitors Bureau. "The Appalachian Trail component is probably one of the harder hikes in (the park)." According to Alltrails.com's assessment, Caledonia's 1.8 miles of the Appalachian Trail "give" hikers a taste of the terrain of the entire trail. Many Scouting groups use this part of the A.T. as a 'shakedown' trip before setting out on longer excursions. "An overnight trip from Caledonia to Pine Grove State Park is popular, and both parks have camp sites, shelters and cabins available by reservation.

Map Out Your A.T. Adventure

Find maps, trail guides, camping information and more to plan your family's hike at area parks and through the organizations that support the Appalachian Trail.

Greenbrier State Park Visitor Center

21843 National Pike, Boonsboro
301-791-4767

Rangers and docents at the Greenbrier Visitor Center can provide information on the A.T., and Greenbrier, Gathland and Washington Monument state parks also distribute copies of "Explore: South Mountain Recreation Area," which has information about the Appalachian Trail, distances between points of interest and details on favorite hikes. Find the guide online at www.marylandmemories.org.

Franklin County Visitors Bureau

37 S. Main St., Suite 100, Chambersburg, Pa.
866-646-8060 • www.explorefranklincountypa.com

The visitors bureau stocks information and maps on the Appalachian Trail in Franklin County, as well as trail systems in Caledonia State Park and the Tuscarora Mountains near Mercersburg, Pa. A brochure on hiking trails in Caledonia also is available at the park office, 101 Pine Grove Road, Fayetteville, Pa.

The visitors bureau recently joined with the South Mountain Partnership to create a mobile phone app highlighting the natural, historical, cultural and recreational resources of the region with more than 75 destinations, five preset



Students from St. Albans School set out for an Appalachian Trail hike from the parking lot on Route 40 atop South Mountain, one of many local access points.

tours and a build-your-own capacity for discovering sites throughout Adams, Cumberland, Franklin and York counties. "We approach our work with the premise that the natural, cultural, recreational and agricultural resources of the South Mountain landscape really do define the landscape and are critically important to the quality of life and sense of place for its citizens," says Jonathan Peterson, environmental planner at the Appalachian Trail Conservancy and co-lead of South Mountain Partnership. "We are interested in ensuring that this landscape does remain a wonderful place to live and visit." For more information, go to www.southmountainpartnership.org.

“LET’S GO ON AN ADVENTURE”

Tackling the trail with children involves planning on a variety of levels to ensure they have a good experience. “Make sure you know your limits, as well as the children’s,” Michael says. “Don’t wait until they get tired until you turn around.” Because the Appalachian Trail is a linear trail, hikes will either be out and back or to a planned destination where a second car can be parked. “I can get a good three miles out of my son before he starts whining that he’s tired,” Alicia says. “So what we do a lot is park one vehicle at one lot and another at the other end,” starting at Gathland State Park and finishing at Weverton Cliffs, for example.

To keep kids engaged along the way, plan destinations and point out interesting things in nature. “Children need a destination. You can’t just say, ‘Let’s go on a random hike to nowhere,’” Alicia says. “For us, it’s ‘Let’s go on an adventure. And on this adventure, we’re going to walk to a cabin in the

Potomac Appalachian Trail Club

703-242-0693 • www.patc.net

The Potomac Appalachian Trail Club is one of 31 volunteer trail clubs from Maine to Georgia responsible for maintaining a particular section of the A.T. PATC volunteers maintain 240 miles of the trail from Pine Grove Furnace State Park in Pennsylvania to Virginia’s Rockfish Gap in George Washington National Forest. “We create the maps and trail guides for the trails and we publish them, so if you get a PATC-published map, you know it’s 100-percent right on target,” says Edna Baden, staff director for the Potomac Appalachian Trail Club. The PATC also manages cabins along the A.T., including four in Pennsylvania, one in Maryland and one in West Virginia. Many cabins have streams for fishing, all have picnic tables, and they vary from primitive to modern. Go online for trail guide and cabin information.

Appalachian Trail Conservancy Headquarters Visitor Center

799 W. Washington St., Harpers Ferry, W.Va.
(304) 535-6331 • www.appalachiantrail.org

The mission of the Appalachian Trail Conservancy is to manage and preserve the Appalachian Trail through all 14 states, which includes the path and the connected greenway of 250,000 acres around the trail, says Laurie Potteiger, information services manager for Appalachian Trail Conservancy Headquarters and Visitor Center. The ATC sets standards and provides training for the volunteer trail clubs that maintain the trail, and works with local communities to protect sensitive view sheds surrounding the A.T. The visitor center is a great place to start a hike and pick up maps and other information.

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Wayland takes in the panoramic views from the top of Washington Monument after his hike. Kids especially love the winding stairs up the stone tower.

woods,' and that's one of the shelters on the Appalachian Trail. That's how we approach it." Six shelters dot the A.T. in Maryland, "and we always treat those like they're clubhouses," says Michael, who hikes with Alicia and Wayland.

Though Saleena has hiked all of the A.T. in Maryland, West Virginia, Shenandoah National Park and one-third of the trail in Pennsylvania, her hikes these days are shorter ones. "You have to find hikes that will engage them, hikes with waterfalls or lots of rocks that will keep them engaged and entertained," the Frederick, Md., resident says. Saleena has been hiking with her daughters since they were babies and worked hard to have them notice the world around them on the trail. "Stop and point out the really cool things: woodpecker holes, where the beavers have been, deer tracks," she says. "Initially, they'll look over that stuff, you have to show them how to find it. Then they'll be excited to start looking for it on their own."

Saleena, who teaches wilderness first aid for the PATC, also recommends giving kids a small pack, which imparts a sense of empowerment and can also keep them safe. "That makes them feel like a real hiker," she says. Her daughter's pack contains a small emergency blanket, a whistle for emergencies, a light stick, snack and juice pack, and a doll for comfort. "She knows how to use everything in it," Saleena says.

Having an emergency pack also is part of basic preparation for the trail. Adults should pack plenty of water and snacks, rain gear and a small first-aid kit. Dress in layers to be prepared for temperature changes in the mountains, and bring

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photo by JOE CROCCETTA

A pedestrian bridge conveys hikers across the rivers between Harpers Ferry, W.Va, and Maryland.

sunscreen, bug spray and something to repel ticks, which carry Lyme disease. "Make sure someone knows your itinerary and when you expect to be back," Laurie says. "Especially for an extended hike, it's a good idea to leave an itinerary with someone back home."


Planning what to pack in and pack out reinforces "Leave No Trace" trail ethics, too. "Wayland needs a stick and he needs a beautiful rock, but he knows that he can't take it home with him," Alicia says. "Leave No Trace is a good outdoor ethic to live by, and sharing that with your kids, that's just going to carry that stewardship ethic on." Pack a camera to capture memories and record interesting things found along the trail. "You can take it with you on your camera," Laurie says. "Leave only footprints, take only pictures."

Alicia and Saleena say it can take some time to bring children around to the idea of hiking, but the connection to nature and the things they learn are well worth the effort. "You have to persevere when you have children. But in my mind, if you want your child to respect and enjoy the outdoors, and have that connection with nature, then continuing to push this as a family activity is important," Alicia says. "It's something I did with my family when I was a young girl, and something I want to carry on."

"Initially, you as a parent are the one promoting it," Saleena says. "Then the kids will start coming back and saying, 'wow look at that view.' That is one of the most rewarding things. That's when you know, when they can tell you what they're seeing and how it's impressing them without you prompting them. And that's a really cool thing." ☺


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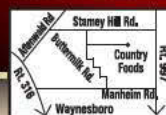
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A love of grilling, barbecuing and smoking for parties of family and friends led Jay Reeder to perfect recipes like his rack of pork ribs, beef brisket and barbecued half chicken, now served up at Hagerstown's Hempen Hill BBQ, which he owns with his wife, Kathy. Learn how to master flame-kissed fare to become the talk of the picnic table!

Cooking with Fire

*Master the Arts of Grilling,
Smoking and Barbecuing
for Flame-Kissed Flavor*

written by **STACEY CAMPBELL**
photography by **RIC DUGAN & KEVIN G. GILBERT**

CINDY McCUNE DIDN'T HAVE much barbecuing experience beyond grilling hamburgers and steaks when she attended several BBQ bootcamps at Mason-Dixon BBQ Services last year. But after taking the ribs and chicken, brisket, and pork bootcamps, she's earning her chops and perfecting her barbecued pulled-pork technique. "I have prepared pork butt for friends and family, and they all seem to enjoy the pulled pork," she says. And after preparing 40 pounds of pulled pork for her husband's office picnic, "There wasn't any left when we went to clean it up!"



Craig Wilson of High on the Hog smokes spare ribs (top) while Jesse Stoltzfus (middle) offers samples of his grilled pineapple at Mason-Dixon BBQ Services' Go Naked Ironman BBQ Challenge. In addition to the annual BBQ competition, Mason-Dixon offers BBQ bootcamps, and sells a variety of grills, accessories, rubs and sauces (above.)

A passion sparked by smoking, barbecuing and grilling has fueled a career for Jay Reeder, who owns Hagerstown's Hempen Hill BBQ with his wife, Kathy, and has won national competitions as pitmaster with his 420Q Competition BBQ Team. He got started cooking for parties for family and friends at home, with a propane-fired "refrigerator smoker." As summer breezes waft aromas of charcoal grills or dinner getting perfectly flame-kissed outside, it can carry a spark of wanting to learn how to tame the smoke, glowing coals and flames to do your culinary bidding.

HOT, HOTTER, HOTTEST

The difference between smoking, barbecuing and grilling is "a temperature range more than anything, and the way you place your heat," says Eric Forrester, owner of Mason-Dixon BBQ in Greencastle, Pa., and Frederick, Md. Smoking occurs between about 170 and 275 degrees using mostly offset heat, Eric says, meaning the fire or heat is off to the side or there is a plate between the fire and the meat to divert the heat. Barbecuing temperatures range from 275 to 400 degrees, with charcoal directly under the meat. Grilling involves wood or flame directly under the meat, and at temperatures ranging from 400 to 800 degrees.

The different temperatures lend themselves best to different techniques and cuts of meat. "Grilling is hot and fast. Don't walk away from it," Eric says. "You're never grilling anything for more than six to eight minutes." Grilling is typically best for thinner cuts. "Grilling is a higher heat, a higher sear," Jay says. "It's a hot fire, so you're looking to cook it, sear it and turn it off." The lower temperatures of smoking and barbecuing require more time. "With smoking, it's totally different," Kathy says. "It's 12 to 18-plus hours of prep time." And for barbecuing, Jay says, "a big cut of brisket or pork, a lot of those muscles are muscles that are worked daily by the animal that they're harvested from," meaning more time is required to have a tender finished product.

A thermometer is a crucial tool for monitoring grill temperature and checking meats' internal temperatures, particularly with larger cuts. When it comes to maintaining constant grill temperature, "If you're lookin', it's not cookin'," Jay says. "The secret to ribs and pork and bigger pieces of meat is it will be at least two hours until you open (the lid)," says Bill Whittington, who took the chicken and ribs class at Mason-Dixon BBQ last spring. "Just close the lid and let it go." Cooking with the lid closed also keeps moisture in the meat, Eric adds. Thermometers will also indicate the proper time to introduce smoke to the barbecuing process. "Use smoke when the internal temperature reaches 140 degrees," Eric says.

Good to Grill

What are you cooking on now? What are you looking to do? For how many people are you cooking? These are some of the key questions Eric Forrester, owner of Mason-Dixon BBQ Services in Greencastle, Pa., and Frederick, Md., asks customers when they're shopping for a new grill, barbecue or smoker. "Homeowners looking at a grill should look for a unit that will fit their lifestyle," he says.

A high-quality propane grill can last for years to come, notes Jim Dunn, vice president of business development for Shawley's Gas in Hagerstown. "We have people who bought a Vermont Castings grill 13, 14 years ago and still use them," Jim says. Shawley's also carries top brands like Napoleon and chef-quality grills by Lynx. Napoleon and Vermont Castings round out a lineup of brands including Twin Eagle, Fire Magic and American Outdoor at Sunfire Energy Solutions in Martinsburg, W.Va., which also sells outdoor appliances and built-in grills, says hearth consultant and sales representative Justin Gulick.

Big Green Egg is a popular brand that combines high-quality materials with versatility. "Big Green Eggs, when you get into the charcoal cooking, that's when you can really push the temperatures," says Hempen Hill BBQ owner Jay Reeder. Available from Mason-Dixon, Shawley's and Sunfire, the Big Green Egg is "the most versatile cooking device ever: a grill, oven and smoker," Jim says. "You can cook steaks and beef briskets to pies, cookies and cakes. And if you like grilling, it's something — once you taste the food off of it, you want more."

Pellet grills are "one of the hottest trends in our world," Eric says. Able to function as grill, smoker, oven or roaster, these grills by Green Mountain Grill, Memphis Grill and Cook Shack burn pellets made with a special resin, which makes them food-safe. Bill Whittington cooked on a pellet grill at one of Mason-Dixon's BBQ bootcamps. "It worked like a gas grill: you hit the switch and it came up to temperature," Bill says. "And it gives your food smoky flavor."

Anyone in the market for a new grill would do well to visit an expert. "We fit somebody with a grill that fits their budget, as well as their needs," Eric says.



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Bacon Chipotle-Wrapped Scallops

Ingredients:

- 1/2 lb. hickory-smoked bacon
- 24 large sea scallops
- 12 canned chipotles, flattened and cut in half
- Olive oil
- Dizzy Pig Pineapple Head Rub
- 4 wooden skewers, soaked

1. Cut bacon strips in half, long enough to wrap around each scallop.
2. Wrap each scallop with half of a chipotle, and then wrap a half slice of bacon over the chipotle.

3. Thread bacon-chipotle-wrapped scallop onto skewer. Repeat until each of four skewers has six wrapped scallops.

4. Brush skewer of scallops with olive oil and season lightly with Dizzy Pig Pineapple Head Rub.

5. Start grill and prepare for medium-high heat. Grill scallop skewers for 3 to 4 minutes per side, until scallops are white and bacon is crispy.

Grilled Flat Apple Pie

Ingredients:

- Caramel sauce (that is meant to be heated)
- 2 tortillas
- 2 apples, peeled and sliced thin
- Cinnamon-flavored granola bar, crumbled
- Whipped cream or vanilla ice cream

1. Spread layer of caramel sauce on the first tortilla. Spread two layers of apple slices around the tortilla. Lay second tortilla on top. Spread thin layer of caramel over top of second tortilla.
2. Sprinkle crumbled granola chunks over top of second tortilla.
3. Heat grill to medium, between 400 and 450 degrees. Preheat baking stone. Slide flat apple pie off the cutting board onto the hot stone; close lid. Check in 3 to 4 minutes, depending on grill temperature.
4. After 8 minutes, check for crispy firmness of the tortillas and remove. Allow to sit and firm up for 2 to 3 minutes. Serve with a dollop of ice cream or a spritz of whipped cream. Makes one Flat Apple Pie.

Tailgate Cordon Bleu

Ingredients:

- 16 chicken tenderloins
- Texas Rib Rangers BBQ Rub
- 2 cans (8 oz. each) Pillsbury crescent dinner rolls (8 rolls each)
- 1/3 cup Bonfatto's Peaches n Scream Wing Sauce
- 8 thin slices cooked ham, cut in half diagonally
- 8 slices Swiss cheese, cut in half diagonally

1. Set up grill for offset cooking – hot coals on one side, pizza stone on the other.
2. Trim and season chicken tenders with Texas Rib Rangers Rub. Oil grates and grill tenders on hot side of grill, 2 minutes per side.
3. While chicken is grilling, separate dough into 16 triangles. Spread each triangle with about 1 teaspoon Bonfatto's Peaches n Scream Wing Sauce. Top each with half a slice of ham and half a slice of cheese.
4. Remove chicken tenderloin from grill and place along shortest side of each triangle. Roll up, starting at shortest side, rolling to opposite point. Dust pizza stone with cornmeal and place chicken wraps on pizza stone.
5. Bake 18 to 20 minutes or until golden brown. Serve with Bonfatto's Peaches n Scream Wing Sauce on the side.



Stuffed Jalapeño Burgers

Ingredients:

- 6 jalapeño peppers
- 4 ounces cream cheese, room temperature
- 1 1/2 lbs. ground beef
- Dixie Meat Rub to taste
- 8 strips bacon
- 4 slices cheddar cheese
- 4 hamburger buns
- 4 leaves of lettuce
- 4 slices tomato
- 4 tablespoons Smokey Mountain Smokers Chipotle BBQ Sauce

1. Set up grill for medium-high heat. Grill the jalapeños over medium-high heat until charred all over, about 6 to 8 minutes.
2. Place peppers in a zip-lock bag, seal and let cool until you can handle them, about 20 minutes. Pinch skins off peppers, cut in half and remove the seeds. Dice two of the peppers and mix into the cream cheese.
3. Divide the beef into eight patties. Evenly distribute the cream cheese mixture on top of four patties, then top with the remaining patties. Pinch the sides closed to seal and form into patties again. Season patties with Dixie Meat Rub to taste and wrap each with two strips of bacon.
4. Brush the grill with oil and grill the burgers over medium-high heat until cooked to medium, about 4 to 5 minutes per side.
5. Top each patty with a slice of cheese after flipping. Assemble the burgers with toppings, top with Smokey Mountain Smokers Chipotle BBQ Sauce and enjoy.

Recipes courtesy of
Mason-Dixon BBQ Services



Jay and Kathy plan to offer BBQ classes through Hempen Hill, and they encourage experimenting chefs to always write down their recipes!

A CUT ABOVE

As anyone who has worked toward perfecting their barbecue will tell you, the first step to success is starting with the right cut of quality meat. "If you care, go to a butcher," Eric advises. "A butcher will talk to you about it, educate you." Phil Hott, owner of Phil & Jerry's Meats & More in Smithsburg, has been a butcher since 1971. "Most butcher shops can steer you to the cut that they believe you'd like if you tell them how you're going to fix it and what your doing with it," he says. Cindy appreciated the education provided by Roger Martin of Penn Avenue Meats that began her bootcamp classes. "He teaches you how to cut the different cuts of meat, how to trim it — and how to cut up a whole chicken. I'd never cut up a whole chicken in my entire life," Cindy says.

"Most good butcher shops will trim (the meat) just as you need it to go on the smoker, barbecue or grill, whatever you're doing," Phil says. Trimming for the right fat content helps protect meat when cooking. "Most of the slow-cooking cuts like pork butt and beef brisket, you want to leave a good bit of fat on it because that will protect the meat from drying out," he says. For leaner cuts of beef, pork or chicken breast, for example, indirect, lower heat will help retain moisture, as will a good marinade. "Brine it or marinate it in something that contains some salt to open up the pores and absorb that solution back into the meat," Phil says. "Get it a day ahead of time and put it in a brining or marinade solution before you grill it the next day."

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imagination. The rub and sauce room at Mason-Dixon BBQ stocks an array of options from 400 brands. The goal is to use something that will enhance the flavor of the meat, not hide it. "I like something that, when you taste it, it's got some sweetness on the front, or you get some savory, and then when it finishes, you've got a little bit of heat in the background," Jay says. "It's kind of like good beers or good wines: it hits you two or three different places across your palate. At the same time, you don't want it so strong or so bold that you can't taste what you're putting it on."

As a general rule of thumb, rubs with salt work well with chicken, Eric says, while pork lends itself to sweeter or fruity flavors. One of his favorites is called Pineapple Head, which contains bits of dried pineapple that reconstitute as the meat cooks. Beef benefits from a good pepper content, chili or otherwise, with a little bit of salt. Fish and seafood are enhanced by lemon pepper or herbs de provence.

Using injections on larger cuts like pork butts or briskets adds flavor, retains moisture and helps "tear down" or tenderize the meat. Vinegar and fruit juices are good bases. "(Vinegar) tears down the meat, breaks it down and makes it more tender," Eric says. Au jus is a good option for injecting beef, he adds.

Whatever your seasoning choices, be sure to rub, marinate or inject the meat prior to putting it on the grill, and always write down new seasoning recipes. "I was always building my own kind of rubs and doing that kind of stuff," Jay recalls of his early smoking and barbecuing adventures. "My only mistake was I didn't write it down." Kathy agrees: "The worst thing is it turns out to be this awesome hit and then you have no idea what you've done."

GRILLS JUST WANNA HAVE FUN

Whether it's tweaking a recipe at home or getting hands-on instruction in a new technique, the process of learning what works on the smoker, barbecue or grill is a flame that never dies. "We practice and play here with different techniques, and sometimes it turns out bad and sometimes it turns out good," Eric says. "But if you know what you're doing, it turns out good more often than it turns out bad." Bill stretched his wings by smoking a turkey for Thanksgiving dinner. Though Cindy admits to being a creature of habit in making her pulled pork, she advises others just starting out to "just try to experiment, try different injections and see what you like. Be adventuresome in what you're trying, and don't always do the same thing."

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"We're big on pizzas right now," Kathy adds, "making our own doughs, and then getting charcoal grills super hot, and almost creating like a flatbread (pizza)." Trying out new recipes and adapting favorites to the grill "is an experimentation thing," Jay says. After all, it was tasty trial and error that launched Jay's career as a restaurateur. "At the end of the day, have fun," Kathy says. "That's what food is about: to learn, have fun, enjoy and get the family involved." 

BBQ Bootcamps

Eric's learn-by-doing personality led him to start the BBQ Bootcamps series at Mason-Dixon BBQ Services to help others claim the flavors of the grill.

"You go to a place that serves you ribs and wonder how they did that," says Bill Whittington, who took the ribs and chicken class last spring. "I just wanted to know the techniques and the way to get good barbecue chicken and ribs from the grill."

June 14, July 19 and September 20

Ribs and Chicken

This popular bootcamp tackles two meats in one day: including the difference between baby-back and spare ribs, and how to cook up competition chicken.

June 27-28 and September 6

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August 15-16

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In Hagerstown's Fairgrounds Park, participants start out on a Saturday morning FitWalk, one of the programs offered through HEAL (Healthy Eating and Active Lifestyles) of Washington County.

Building Healthy Communities

Local Organizations Encourage Healthy Lifestyles, Activities and Eating Habits to Win the Battle Against Obesity

TRICIA ROWLAND SAYS SHE'S been overweight all of her adult life. She's made weight loss attempts and had plans to make key lifestyle changes but, like many people, excuses always seemed to get in the way. She had been participating in group FitWalks sponsored by HEAL (Healthy Eating and Active Lifestyles) of Washington County and wanted to progress to its 10,000 Steps program, but a torn meniscus in her knee took her out of the swing of things. Then, a trip to the hospital because she thought she was having a heart attack provided the wake-up call she needed.

"When I got out of the hospital, I immediately signed up for the program. No excuses after that," Tricia says. Though she

written by **STACEY CAMPBELL**
photography by **KEVIN G. GILBERT & COLLEEN McGRATH**



Healthy Eating Adventure Program Coordinator Elizabeth Grant (top, L-R), Kathy Lehman, Cindy Warnement and Nate Lehman fill their plates at Chambersburg's monthly potluck at Wilson College, where participants bring dishes like mixed veggies and grains (middle) or healthy carrot cake (above).

started walking with a cane and could only do seven to eight minutes at a time before needing a rest, "I've made great strides — no pun intended," she says. Family and friends have noticed a pep in her walk, "and I feel it. Just getting up and moving has made me feel so much better."

Tricia and other area residents are benefitting from a growing movement of community organizations and motivated city leaders who want to address health and wellness locally. Obesity and overweight are not just "image" concerns. The extra pounds resulting from poor diet and inactivity trigger a host of other medical conditions, including cancer, heart disease, diabetes, stroke and high blood pressure — all growing concerns throughout the nation. Locally, nonprofits like HEAL and the Mercersburg (Pa.) Area Council for Wellness (MACWell), both of which have partnered with community organizations and leaders, are promoting education, nutrition and physical activity to improve the health and quality of life of residents.

HEALing a Community

In his practice with Capital Women's Care in Hagerstown, Dr. Mitesh Kothari saw firsthand the problem and impact of obesity in Washington County. "I felt like something had to happen for these patients," Dr. Kothari says. "I would tell them their BMI was elevated. I would tell them about the risks. I would tell them that they wouldn't live as long and those sorts of things, and then I would have nothing to offer them because (patients without the right means) can't afford a personal trainer, can't afford nutrition advice." He discovered he had nowhere to send these patients for ongoing support and advice.

So he reached out — to fitness trainers like Dave Ruff of Ruff Fitness and Chad Smith; to the Washington County Health Department; to Washington County Public Schools' officials; to Meritus Health — and began laying the foundation for what became HEAL in late 2012. "It's been a great group of people that really are single-minded to make this community more healthy."

Dr. Kothari and his board aimed to adapt the most successful programs from other parts of the country and implement them here. And they looked for programs that would be accessible to any fitness level and help participants motivate each other as part of a group. "We wanted something that's feasible, something that's appealing to someone who wants to jump-start their physical fitness," says HEAL Executive Director Jenny Fleming, who joined the organization in 2013. "Not everyone has either the resources or the desire to join a gym, but there are (other) ways to get physical activity."

Hospitals Focus on Holistic Health

As the major hospitals and healthcare networks in Washington County and Franklin County, Pa., Meritus Health and Summit Health, respectively, are striving to have a positive impact on the health of residents in the communities they serve. "At Summit Health, we continue to work to promote healthy behaviors as well as work with outside agencies to enhance the programs that improve the health and well-being of our community," says Nickie Fickel, community health manager for Summit Health. Meritus offers a span of programs targeting different community populations, with a goal to offer wellness classes across a holistic, generational spectrum. "It's important at Meritus, being the health leader, to see what we can do to help our total population to live healthier and be well," says Meritus Community Health Education Coordinator Cindy Earle.

Meritus began by promoting healthy habits among employees. The cafeteria removed its fryers and participates in Meatless Mondays, for example, and staff participate in walking, running and biking clubs, as well as challenges like Healthy Wage and 10,000 Steps. The hospital also hosts a farmers market, which is open to the community and often welcomes area school children. Other programs include CATCH (Coordinated Approach to Child Health), an after-school program at the YMCA, Boys & Girls Club and other organizations that teaches healthy food choices and the importance of physical activity; and Live, Eat, Excel, a community program in which a registered dietitian teaches healthy meal preparation and conducts grocery store tours.

The hospital also focuses on programs aimed at disease prevention and living well with chronic disease. Walk With Ease helps those with arthritis manage pain through exercise and stretching; the Stepping On class helps those with balance problems build strength; and classes like Living Well with Diabetes are six-week workshops teaching strategies to improve quality of life. "I would love to have a day in which we don't have to offer those anymore," Cindy says, and in pursuit of that goal, Meritus offers a variety of screenings for issues like vascular disease and high blood pressure.

Summit Health offers screenings throughout the year and also offers community health seminars on topics like exercising and eating for heart health, and recognizing stroke. And Franklin County third-graders partic-



photo by JOE CROCETTA

Executive Chef Joe Fleischman prepares onion rings with a turbo-chef oven in the kitchen at Meritus Health, which removed its fryers in pursuit of offering healthier fare.

ipate in an annual Children's Wellness Days, with eight stations promoting health concepts in an interactive and entertaining environment.

Summit Weight Management Services guide patients in adopting healthier lifestyle habits leading to weight reduction. Programs include Drop 10 in 10, a 10-week program utilizing Fitbit technology; Fitness Fun for Kids, open to ages 7 to 11; GetFit!, a 12-week lifestyle and weight management program; and GetFitKids!, a family-based program for children ages 6 to 14. The community also can sign up for Grocery Store Tours, in which registered dietitians lead participants through the store, educating them on reading labels and avoiding pitfalls of product placement.

Both health systems aim to address a range of health concerns and goals within the community. "We tailor all of our community programs, as well as the health screenings to the needs of our community," Nickie says. And Cindy echoes the perspective: "We try to look at what we're offering through someone's entire health span."

Learn more about the classes, seminars, screenings, workshops and other special programs offered through local hospitals:

Meritus Health

www.meritushealth.com/Events-Calendar.aspx

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Kathy Poole (L-R) and Stephanie Bickford of Hagerstown douse runners in the color blue at the final color station during HEAL's Color Splash fundraiser last year.

HEAL began offering FitWalks, which are free walks led by a volunteer trainer at Hagerstown's Fairgrounds Park every Saturday morning. "It didn't cost any money, but it was a program where we could really get people going," Jenny says. Tricia loves the fact that the trainers leading FitWalks will offer tips on stretching or other strength-building exercises. "They'll teach you and show you, and it's all free!"

The next program to emerge was 10,000 Steps, an initiative brought to HEAL's attention by trainer Dave Ruff. Each eight-week session aims to get participants up to walking 10,000 steps a day, tracked by pedometers HEAL purchased through a grant from the United Way. "Participants are given program guidance and supplemental information," Jenny says. "It's kind of an enhanced version of FitWalks." Both programs now feature an added fitness component thanks to outdoor gym equipment that the City of Hagerstown installed at Fairgrounds Park, reflecting a healthy partnership between HEAL and city officials.

In April, HEAL launched Rethink Your Drink to educate the community about the calories they consume in drinks and challenge people to change their habits, like drinking more water. The Healthy Morsels Blog and the Color Splash 5K round out HEAL's balanced plate of programs as it continues to grow. The blog features information vetted by physicians, dietitians and exercise specialists, Dr. Kothari says, so the community gets accurate, science-based information. Color Splash, HEAL's main fundraiser, drew 1,300 participants and featured healthy food selections at the after party, Jenny says. "We're right now just trying to build partnerships with everybody that's in the community," Dr. Kothari says. "It's baby steps, but I think we're all moving faster than we thought we would."

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HEAL Executive Director Jenny Fleming discusses the day's FitWalk course with trainer Chad Smith, one of the trainers who volunteer to lead the exercise.

A HEALTHY HUB

HEAL found an eager partner in the City of Hagerstown, which has been pursuing initiatives to help boost community health. In addition to hosting HEAL FitWalks and installing fitness equipment at Fairgrounds Park, the city's parks and recreation department launched the Hub City 100-Miler this year. "Considering the high obesity rate in the City of Hagerstown, we'd like to have more programs that focus on fitness and just getting people moving and getting people healthy," says Amy Riley, recreation coordinator with the City of Hagerstown.

The 100-Miler was adapted from a similar program in another city. Participants were challenged to complete one mile a day for 100 days, with the city sending email newsletters offering tips and suggestions for how to incorporate city facilities and parks in fitness routines. With 658 registered participants, "We were blown away," Amy says. "Obviously there is a need for programs like this, and we'd like to continue it next year."

Hagerstown resident and city employee Ryan Grove saw the 100-Miler as a way to challenge himself to lose 30 pounds in time for his 30th birthday in April. He began running and set a goal of 20 miles a week. A foot injury stopped him just short of his 30-pound goal, but the fitness challenge has become a permanent lifestyle change. "I wanted to make sure this was something that changed in me. It became a part of who I am," Ryan says. The Hub City 100-Miler also gave Williamsport resident Veronica Zabala the motivation she needed to keep moving during the winter months. "It helped me get back on track during the winter," Veronica says. "And it

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After a community participates in a Healthy Eating Adventure, the journey continues with monthly potlucks. "The idea is you're doing it with a supportive community, you're not just trying to learn it on your own," says Dr. Elizabeth George. "You have a supportive community of people who are trying to change their eating habits."

helped me feel more energized." She was so excited that she and her cousins registered for a 5K in Florida's Disney World in February.

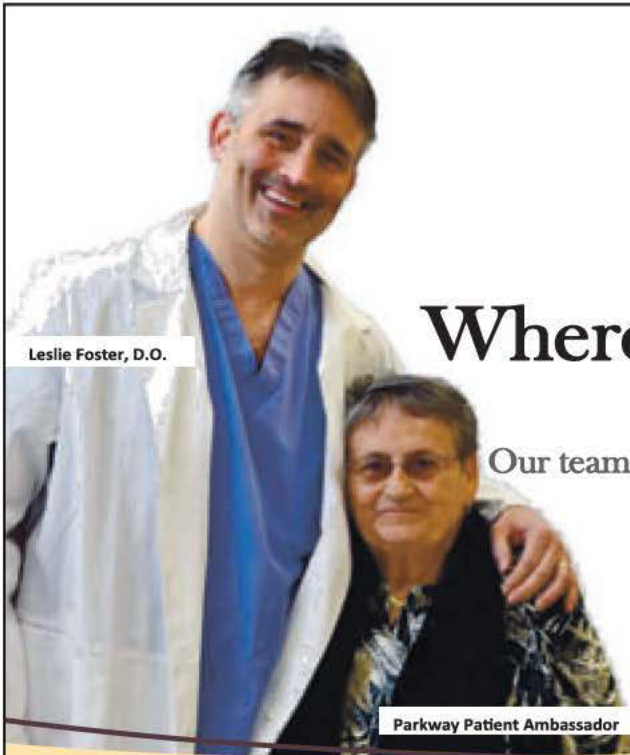
The city will continue to encourage healthy activities by helping to promote the Economic Development Office's free yoga sessions in University Plaza, hosting bird walks, and sponsoring fitness swims and Dive-In Movie Nights at Potterfield Pool this summer. Of course, Hagerstown's nearly 20 miles bike paths promote fitness and activity as well. "We need people to be more active, and this encourages more active lifestyles," says Hagerstown City Engineer Rodney Tissue. Like HEAL, the City of Hagerstown is looking to grow programs to meet community needs. "The emphasis for us this year is to talk to these audiences we're building with programs like the Hub City 100-Miler and ask them what they'd like to see next," Amy says.

ADVENTURES IN EATING

Like Dr. Kothari, Dr. Elizabeth George of Mercersburg Family Care in Franklin County, Pa., faced a similar question of how to help patients live healthier lifestyles, and that led her to create the Mercersburg Area Council for Wellness, or MACWell. "It literally started because one day, I was in my office and there was a 10 year old there, and he was 150 pounds," Dr. George recalls. "And I looked at him, and I said to myself, 'how did this happen?'" She gathered other healthcare providers and school officials to start looking at what needed to shift in the community to have an impact.

Part of the answer came in the form of a book by a Mercersburg Academy alumni: Rip Esselstyn's "The Engine 2 Diet: The Texas Firefighter's 28-day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds." In 2012 Dr. George asked Rip to help create a 28-day program for a community, beginning with a small group who tried out the whole-foods, plant-based diet. "Within a week, each one of us was convinced that this was remarkable — how different you feel in a week, how easy it is to prepare the food, how much you shift your palate," she says.

That has become MACWell's free Healthy Eating Adventure program, which combines "The Engine 2 Diet" with medical background provided by Rip's father, Dr. Caldwell B. Esselstyn Jr., and potluck gatherings where participants can try new recipes. "At the potlucks, participants are seeing all the different things that people can and do make, and how they taste and what the textures are," says Elizabeth Grant, Healthy Eating Adventure program manager. "People bring recipes, and then they can go ahead and try them at home." Each adventure's weekly potlucks also create a supportive



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Chad Smith leads the FitWalk group through stretches. He and other volunteer trainers advise participants on stretching or other strengthening exercises they might have questions about.

community, which continues to meet at monthly potlucks afterward.

Funded by a Summit Endowment, MACWell tracks participants' results with questionnaires and testing for cholesterol, glucose, triglycerides, and more. Elizabeth lost 12 pounds and saw her cholesterol drop from 190 to 125 during her 28-day adventure. In patients who have adopted a the whole-foods, plant-based diet, Dr. George has seen cholesterol drop, insulin dependence go down, acne and asthma clear up, and fatty livers reversed.

Nick Iula, Chartwells resident district manager at Shippensburg University, realized grocery list of benefits since participating in Shippensburg's Healthy Eating Adventure in 2012. Looking at an old photo of himself in the university's cafeteria, he notes that he was in the beginning stages of gout, had arthritis in his hips, fatty liver disease, high blood pressure, high cholesterol, restless leg syndrome and acid reflux. "The first thing I noticed, within the first three days, was I lost my acid reflux at night," Nick says. "And that was amazing." He lost 80 pounds, and now incorporates the principles he's learned into cooking classes he gives to Shippensburg students and when he talks to them about how to eat healthily in the school's dining halls.

In addition to offering three Healthy Eating Adventures a year, MACWell hosts a hands-on Everyday Chef cooking class with local chefs in Mercersburg, Business Wellness Games, and supports projects to promote walkability and bikability in the community. And this summer, MACWell also is partnering with Building Our Pride in Chambersburg (BOPIC) on a community garden as part of BOPIC's children's program.



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Gynecologic Oncologist Dr. Neil Rosenshein leads a team providing compassionate, high-quality care for women close to home at the John R. Marsh Cancer Center.

PROfile



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John R. Marsh Cancer Center Providing Expert Gynecologic Care Close to Home

Gynecologic Oncologist Dr. Neil Rosenshein has dedicated his life to battling female cancers. For more than a decade, he has served as the clinical leader of Meritus Health's gynecologic oncology program offered through their John R. Marsh Cancer Center. Meritus Health understands that patients and their families want high-quality care without traveling far away from home. So they've made the most advanced and comprehensive cancer care available right here in our local community.

Studies indicate that women treated by a gynecologic oncologist have a better chance of prolonged survival compared to those not seen by a subspecialist. Dr. Rosenshein focuses on treating women diagnosed with endometrial, ovarian, cervical and vulvar cancers. His specialization allows for in-depth knowledge, exposure to constantly evolving treatments and advanced training specifically geared toward the reproductive tract.

"I learn something from each patient I treat: the nuances of the disease and how it affects women," explains Dr. Rosenshein, medical director of the now formally named Meritus Gynecologic Oncology Center. "There's a feel or sixth sense that subspecialists get when physically assessing a patient. It's really the 'art' of medicine."

Dr. Rosenshein is well-known for compassionate, thorough and individualized care. Patients receive his undivided attention and detailed explanation of every step in their care. "Cancer is a journey with peaks and valleys. I make the journey with my patients, staying by their side and involved in their care throughout the course of the disease," says Dr. Rosenshein.

Although Dr. Rosenshein takes the lead on treatment for gynecologic cancers, he also calls on his colleagues at Meritus Health's John R. Marsh Cancer Center to help develop individualized care plans for each patient. The group of specialists

at John R. Marsh Cancer Center includes board certified surgeons, radiologists, medical oncologists, radiation oncologists and pathologists, as well as certified nurses and rehabilitation therapists. The physicians bring with them experience from highly respected health care institutions that include The Johns Hopkins Hospital, Cleveland Clinic, University of Maryland Medical Center, MD Anderson Cancer Center and University of Pittsburgh Medical Center.

The Pap test and HPV test are first-line screening tools for cervical cancer and the best way to prevent a late-stage cancer diagnosis; however, some cancers, like ovarian, have no simple screening tools for detection before symptoms appear. The Meritus Gynecologic Oncology Center offers genetic assessment for women with certain gene mutations or for those with a family history of gynecologic cancers, as well as having primary prevention surgery (to remove an organ at risk for cancer).

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TAKING STEPS TOWARD SUCCESS

"It's kind of crazy that we've relegated the most important things in our life, which is our health and nourishing our bodies, to the least amount of time and thinking it should be cheap — though it is inexpensive to eat healthily, as it turns out," Dr. George says. As area towns and nonprofits recognize, there are plenty of people in need of reconnection to a healthy lifestyle and encouragement to take the steps toward change. "I think the type of programs we're rolling out (show) you can take feasible small steps to get there," Jenny says. "Even the smallest behavior change can have huge effects down the line. Just increasing any physical activity from what you're doing is very beneficial."

Like many others who have taken those first steps through organizations like HEAL or MACWell, or through programs offered through the City of Hagerstown, Tricia is realizing the benefits as small steps add up. "I am amazed at how well I feel," she says. Though she's still working up to 10,000 steps a day, she celebrates her successes — like shaving 20 minutes off the time it takes her to walk four miles. "I'm proud of the efforts that I've made and the small successes that I've had so far. This is just the beginning for me," Tricia says. "You might think you can't, but if you just take those baby steps and start out small, eventually you'll get there. And the reward is so worth it." ☺

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Find walking and biking trail maps, scheduled bike rides, birdwalk details and Potterfield Pool schedules under the Parks & Recreation tab at www.hagerstownmd.org. Yoga in the park meets at 6:15 p.m. in University Plaza on Tuesdays through Aug. 26.



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*Know What to
Look For and How to
Protect Yourself to Keep
Skin Cancer at Bay*

written by **STACEY CAMPBELL**
photography by **COLLEEN McGRATH**

SKIN CANCER IS THE MOST common form of cancer in the United States. More than 3.5 million skin cancers are diagnosed annually, according to the Skin Cancer Foundation — more than the combined incidents of cancers of the breast, prostate, lung and colon. “By the time people get to be 50 or 60, almost half of people have had either a basal cell or a squamous cell (skin cancer),” says Dr. Garrett Blanchet, medical director/dermatology at the Gentle Laser Skin Care Center in Waynesboro, Pa. And melanoma, which claims the life of one person nearly every hour,



Elena Kehoe, RN at Gentle Laser Skin Care in Waynesboro, demonstrates a photodynamic light treatment, which uses an Intense Pulse Light machine and blue light in combination with a photosensitizer to treat precancerous lesions on the skin.

the Skin Cancer Foundation reports, is the only one of the top seven most common cancers that is increasing in incidence: 1.9 percent annually between 2000 and 2009.

Though exposure to the sun's ultraviolet (UV) rays is a concern year-round, it comes to the forefront during the summer, when activities draw us outside. About 90 percent of nonmelanoma skin cancers and about 86 percent of melanomas are associated with exposure to UV radiation, the Skin Cancer Foundation reports, so summer is a great time to review skin cancer's signs, treatment and prevention.

KNOW YOUR ENEMY

Skin cancers can be broken down into three types: basal cell, squamous cell and melanoma. "Basal cells and squamous cells are sun primarily related (and) they tend to be in sun-exposed places," like the face, Dr. Blanchet says. These cancers typically don't metastasize — spread to other locations in the body — though in rare cases, squamous cell cancers will metastasize. Primarily, basal and squamous cell cancers are disfiguring.

"The basal and squamous cell (cancers) can look like almost nothing," says Elena Kehoe, registered nurse, a dermatology

nurse clinician at Gentle Laser Skin Care Center. "They can be very unimpressive, but they don't go away (or) they change." A patient might notice a pearly or pimple-like bump, or a red scaly spot that doesn't heal. "An unhealing sore is the thing that should help people get themselves to the dermatologist," says Dr. David S. Mezebish of Maryland Skin Cancer Specialists, which has offices in Frederick, Rockville and Greenbelt, Md. A rough, reddened area might also be an actinic keratosis, a premalignant lesion that should be treated to help prevent it from transitioning to basal or squamous cell cancer.

Melanoma presents itself with irregular edges, bumpiness and irregular or inconsistent coloring. "The black mole is how people think of it," says Dr. Henry F. Garazo, board-certified plastic surgeon at Plastic Surgery Services in Hagerstown. Cancer can occur in a pre-existing mole or without any mole having been present previously. Early detection is key. "Melanoma skin cancer can be life-threatening," Dr. Mezebish says. "It's all based on how early we catch it and how deep the cancer has grown, how big it has grown."

Melanomas are preceded by lesions called dysplastic nevi, which usually display the warning signs that dermatologists break down as A, B, C, D and E: Asymmetry, or lighter and

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darker areas within the same mole; Border, or spots with irregular, bumpy edges; Color, particularly red, blue or deep black; Diameter of more than 6 millimeters; and Evolution, a mole that is changing over time. "Is it bigger, darker, tender, bleeding? That's kind of a good generality that people can watch out for and that at least warrants closer scrutiny," Dr. Garazo says.

EARLY TREATMENT, BETTER OUTCOME

It's crucial to address skin cancers or precancerous lesions early. "From the point of view of the basal cells and squamous cells, if we can get those early, it's much less disfiguring, it's much less in the way of more-serious surgery," Dr. Blanchet says.



Dr. Garrett Blanchet demonstrates a cryogenic treatment that removes precancerous spots by freezing at Gentle Laser Skin Care Center.

Treatment for precancerous actinic keratoses can vary. Cryogenic spot treatment using liquid nitrogen can freeze off lesions, and for many lesions across a larger area, three to six weeks of treatment with a cream called Efudex might be appropriate. Photodynamic therapy is another option that combines microdermabrasion and a photosensitizer, prompting the skin to peel and requiring avoidance of the sun for two days. The treatment has been used in Europe for nearly 20 years and has been offered by Gentle Laser Skin Care for about seven years. "None of these things are permanent," Dr. Blanchet says. "Nothing is going to arrest the basic process. If you've had enough sun exposure ... you're probably going to continue to deal with these from time to time. What we have seen is that people begin to develop fewer and fewer."

Surgical removal is the next step in treatment. After a cancer is confirmed — usually by biopsy of the suspect area — surgery might be performed as a simple excision in a dermatologist's office, by a plastic surgeon or by a specialist trained in the Mohs surgery technique. Dr. Blanchet removes many skin cancers in the office, but refers more complicated cases, like those in sensitive areas on the face, to Mohs surgeons at Hershey (Pa.) Medical Center. Because skin cancers can be deceptively large, with cancerous "roots" extending beneath the surface, surgeons ensure an excision has clear margins — typically 2 millimeters of cancer-free tissue around and beneath the cancer.

Dr. Garazo utilizes a technique called frozen section, in which one of his staff members takes removed tissue immediately to pathologists at Meritus Medical Center near Hagerstown, while a patient is still in surgery, to check that a cancer has been completely excised, leaving clear margins. "If they give me the green light that it's completely excised, sometimes I can go ahead and reconstruct the area at that time," he says.

Frozen section is similar to Mohs surgery, Dr. Garazo says. "(Mohs) is the gold standard," Dr. Mezebish says. "It's a tissue-sparing technique with microscopic control." Among other certifications, Mohs surgeons like Dr. Mezebish are also dermatopathologists, meaning they can look at removed tissue immediately under a microscope during surgery, allowing them to remove as little healthy tissue as possible. "A lot of times you'll see Mohs surgery on what we call anatomically critical areas," Dr. Garazo says. "The eyelid is a great example, where every millimeter is critical, not only in terms of the excision, but also for the reconstruction."

"In some cases, (surgery) can be quite difficult, if things have

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been let go," Dr. Garazo says. "It's much easier to treat skin cancer when it's in the early phases, and you can get a much better cosmetic result." Early detection involves monthly self-exams and annual full-body exams by a dermatologist, who can fully examine hard-to-see areas. "You can have things that you don't notice or you've never seen," Elena says. For patients who have previously been diagnosed with skin cancer, Dr. Mezebish recommends such checks every six months. Photomapping — taking pictures of an area in question, noting date and location on the body — is a helpful technique for tracking changes that can be performed at home or by a doctor.

PREVENTION TO LIVE BY

Prevention is key, and when it comes to skin cancers, that means limiting UV exposure. "But none of us as dermatologists wants our patients to live in a dark cave and not enjoy life," Dr. Mezebish says. He enjoys his pool, driving his convertible and taking long bike rides. In addition to avoiding tanning beds, which can dramatically increase skin cancer risks with just a single visit, the keys to prevention are daily use of sunscreen, covering up and trying to avoid exposure during the most intense sunshine of the day.

Dr. Mezebish emphasizes the "daily use" portion of sunscreen use: "People often just put it on for an outdoor activity, but daily use will protect from the cumulative effects of UV exposure." Make sunscreen use routine. "Especially in the summer months, when you get out of the shower in the morning, just put on sunscreen like you would deodorant," Dr. Garazo says. And reapply it after activities. Broad-spectrum sunscreens with zinc and titanium, which block UVA and UVB rays, at SPF 30 and above are available in a variety of forms. "We have mineral makeup here now that has an SPF of 26," Elena says. "And we have all these different forms of sunblocks for women, for men, for kids, for teenagers. We have wipes, we have creams, we have sprays. Look for high-quality sunblocks that you'll actually use."

Cover up in the sun with broad-brimmed hats and consider UV-blocking clothing, which is available from many sporting-goods retailers and from websites like coolibar.com. Be especially particular about sun protection for babies and young children, whose skin is incredibly susceptible to sun damage, Elena says. If you're not completely protected with clothing and sunscreen, avoid the summer sun between 10 a.m. and 4 p.m. "If your shadow is shorter than you are, you need to seek out shade," Dr. Mezebish says. ☺



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Antique lawn furniture is placed in various nooks in the Shepherdstown, W.Va., garden of Lisa Welch.



A PEEK BEHIND THE HEDGEROW

*Explore the Many Shapes of Local
'Secret' Gardens where Homeowners have
Nurtured their own Unique Retreats*

written by **STACEY CAMPBELL**
photography by **KEVIN G. GILBERT**

Gardens are restorative places, providing space to relax, connect with the land, watch wildlife and retreat from the world. When that space feels like a true place apart — a secret garden of sorts — all the better for the magic to happen. Secluded garden spaces come in many shapes, sizes and locations: a small Zen patio; a natural-looking retreat on the outskirts of town; a more formal, yet inviting, setting hidden behind a city hedge; or a peaceful haven in the country. Take a peek into four “secret gardens” where local gardeners have created unique retreats.

A PRIVATE ZEN PATIO

When Peggy Hardinge and her husband, Hunt, moved into

their new home in Emerald Pointe in Hagerstown almost four years ago, Peggy didn't want much of a lawn. Even though the community takes care of maintenance like mowing, the master gardener knew she'd use a patio more. “We opted to make most of our backyard into a patio surrounded by gardens,” Peggy says. “And because the houses are kind of close, you don't really see it from the road.”

Extending out from glass doors off the kitchen and wrapping around the back of the home to the left, the patio is defined by a low-seating wall backed by evergreens, flowering trees and other perennials. “It's enough to give you a sense of your own little space here,” she says.



Hunt and Peggy Hardinge (top) enjoy the sounds of a peaceful fountain on their patio, surrounded with colorful perennials like blue Twist and Shout hydrangeas and day lilies (above).

Lisa's favorite spot is under the dogwoods, with a view of the church steeple across the street (top). A circular stone herb garden is conveniently located right off the kitchen (above).

Following the principles of feng shui, Peggy softened the corner where the walls meet with a round, four-tiered fountain, which is centered when viewed from her seat inside at the kitchen counter. "I wanted a Zen patio where you could just sit. And there's enough sound from the water that regardless of what's going on around you, you can literally be in your own little world," Peggy says. Five pencil hollies behind the fountain create contrasting vertical lines to its horizontal tiers. "I wanted something slender to go with the slender look of the fountain," she says.

Undulating borders of the flower beds soften those edges as well, in keeping with the feng shui aesthetic. Along the right side of the patio, a row of lavender releases a heavenly scent behind the dining table, and a line of seven Steeds hollies

will grow together to provide a natural-looking hedge that screens the neighbors yard. They also help set off the roses her neighbors planted on their side of the hedge. Crossing stepping stones through a bed lush with peonies, cotoneasters, yellow-and-green-speckled Acuba, blue Twist and Shout hydrangeas, and day lilies, Peggy says, "when this is fully in bloom, this is one of my favorite things to walk through."

Behind the patio wall across the back of the house, red maple, laurels, pillar barberry — with new growth that sprouts in red tips — and arbor vitae mingle with magnolia, the delicate white blossoms of Pieris Japonica and fiery red Dynamite crepe myrtles that caught her eye on a visit to her son's home in Tennessee. Softening the far end of the patio are a striking weeping cherry with a spiraling silver trunk, purple passion



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Seating overlooks the beds that provide blooms and erosion control along Town Run in Susan Wolcott's gardens (top), while flowers along the top of the fence soak up sun alongside solar panels (above).

rhododendron, vibrant yellow-green golden mop, a Japanese maple and arbor vitae that will help shade the area when full-grown.

The Hardinges' Zen patio is a space that is good for the soul and for the environment. With minimal lawn to mow and fertilize, a patio that allows water to seep through and replenish the water table and environmentally friendly practices, Peggy's yard and gardens earned a Bay-Wise certification. Birds, bees and butterflies frequent the space. "All of nature just comes right in," Peggy says. "Everything back here is so lush when it's springtime. It's a heavenly place."

THE GARDENER'S LIGHT TOUCH

Hidden behind a small cottage and high fence at the end of



Sandy Shay (top) strolls through the orchard in her Chestnut Grove Road gardens. Her Prairie Fire crabapple, near the donkey paddock, provides food for birds in winter (above).

a Shepherdstown, W.Va., street, the gardens of Susan Wolcott and her partner, Bob, have the feel of unbridled nature gently guided by a gardener's hand. "I want it to look natural, not to look heavily touched by man," Susan affirms. Her gardens produce vegetables for food, healthful herbs and beautiful flowers. "I love to mix vegetables, herbs and flowers together," she says. "If something has a pretty flower, it gets to stay."

Susan planted a mix of yarrow, black-eyed Susans, garlic, columbine, tulips, lilies, calendula and more along the 8-foot deer fence that encloses the area behind the house, where wood-chip paths lead between raised beds and along potting sheds. One newly expanded bed nurtures strawberries, which Bob loves. "The raised beds are mostly dedicated to vegetables, but we always grow herbs," Susan says. "And we

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Susan stands on a bridge she and Bob built across Town Run using trees that fell on their property during a storm (top). In the raised beds behind the house, a mix of vegetables, herbs and some flowers flourish together (above), protected by an 8-foot deer fence.

do companion planting, which is putting plants that like each other next to each other." Peas, greens, beans, tomatoes, cherry tomatoes and more thrive among their floral friends.

A bed across from the kitchen window intermingles green beans and tomatoes with sunflowers, sedum, goldenrod, salvia, lamb's ears, daffodils and iris, providing a pleasing view. Strawberries and red lettuce in an experimental hydroponics system also occupy that corner of the garden. "We just like playing around and doing different things," she says.

On the side of the property bordered by Town Run, the gardens are a mix of experimentation — discovering what the deer will *not* eat — and erosion control. One set of beds features valerian, iris, toad lily, mint, oregano and asparagus. Susan is testing squash in that area this year. The steeper bank of the stream is crisscrossed with a matrix of cut tree branches, which guide the water running downhill and define a bed teeming with ground cover, flowers and herbs. "This was the first thing I gardened when we came" three years ago, Susan says. Bergamot and bee balm mix with echinacea, euphorbia, violets, ajuga and native phlox. Jewel weed and land iris mingle with water iris at the water's edge. "My concept was that it will all come together," she says.

In addition to beautifying and stabilizing the bank of Town Run, the riparian buffer attracts wildlife, including ducks, geese, blue heron, turtles, frogs and even a muskrat. "It's just teeming with life," Bob says. "I don't say anything when I come out in the morning because often there's wildlife of some sort around, and as soon as you speak, you spook them."

That doesn't keep Susan and Bob from their daily morning garden walks, though. "The most important thing you put on your garden is your shadow," Bob says. Thirty-three seating areas — including spots across a bridge over the creek — provide welcoming and shaded respite at different times of day. And while Bob points to the chair beside the strawberry patch as his favorite spot, Susan admits hers changes. "It depends on the time of year. But to be in the garden ... It's just got a good energy to be around," she says.

HIDDEN IN PLAIN SIGHT

Shepherdstown is a vibrant little town, its main street constantly bustling with students and people on their way to explore music, arts and shops, or pop in to a cozy bistro. Yet just a few steps from that busy thoroughfare, behind an unassuming hedgerow, is the peaceful garden retreat of Lisa Welch and her husband, Paul. "It's kind of like having our own little park right in town," Lisa says. "This burning bush hedge, it's beau-

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Low nandina, spirea and boxwood back a stream that flows into a small pond by Sandy Shay's front porch (top). Migrating birds frequent the space to stop and drink. A variety of colors and textures (above) mingle in the gardens she has planted in the front five acres of her property.

tiful year-round, but you really don't see our yard."

When they moved in almost 10 years ago, the gardens and pathways were nicely laid out, with large mature trees surrounded by beds now planted with roses, bleeding heart, various bulbs and a butterfly bush that produces big purple flowers. In the circular herb garden, bordered with brick, the stone that once served as a step for visitors dismounting a horse or carriage occupies the center, topped by a frequently visited bird bath. Thyme, oregano, marjoram, sage, chives, rosemary, lavender, parsley and various types of mint grow up between flagstones. "It's really charming," Lisa says.

But the gardens bordering the yard were linear, something Lisa and a landscape designer set out to change with some inspiration based on Piet Oudolf's work, particularly in New York City's High Line garden, which Lisa visited last year. She wanted to expand her gardens and add visual interest, "to have some berms and some flow and motion, so everything wasn't just flat and straight," she says. "I wanted to have plants that had texture and movement, like pods ... things with berries, grasses that whipped around."

Now, the gardens feature plants with year-round color and texture, like evergreen Sargent weeping hemlock, winter gold winterberry, leather leaf viburnum, which tends to keep its foliage through the winter, red twig dogwood, and globe thistle. Specific plants she spotted in the High Line — like witch hazel, which blooms early with yellow flowers, and dawn viburnum, with its sweet-smelling pink blossoms — also found a home. The garden's new serpentine edge begins in a new bed just behind the burning-bush hedge, where yellow, orange and pink tulips pop up between hydrangea varieties that flower in lime green, white, blue and pink. A white antique bench nestles in the corner, surrounded by blue hydrangeas, peonies, Virginia bluebells and daffodils. Tree peonies and iris varieties like powder blue giant crested lead over to a dry creek bed feature, a compromise between Lisa's desire for a water feature and her husband's aversion to the maintenance it would require.

Lisa expanded the garden's previous borders to surround two existing dogwoods, which flank a small dining set that is a favorite seating area. Lilacs, daffodils, oak leaf hydrangea, daylilies, bachelor's button and more bloom nearby. "And my neighbor has wisteria along the fence line," Lisa says. "Some of it droops over and it smells divine when it's in bloom."

Toward the end of the bed, native coneflowers and white and yellow yarrow mingle with white and yellow echinacea, shasta daisies and moonbeam coreopsis — all set off by a tall



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A small stone pagoda carries the Zen theme through Peggy's garden.

stand of native grasses. "When it's all blooming, I can see it from the kitchen," Lisa says.

The major landscaping work was completed last year, "so I'm still getting to know my garden, and I might still move it around," Lisa says. "I think a garden's never done. I want it to keep evolving."

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When Sandy Shay moved to her Chestnut Grove Road home in Keedysville 15 years ago, technically, there was no "home" yet. "When I bought it, there was nothing here. It was a farm field," Sandy says. "I lived in a little trailer out here for one summer and just got to know the land." She's since built a house on her 10-acre plot, with the front five acres shared by her varied gardens and a donkey paddock, while the back acreage remains wooded, though she is creating transitional forest spaces for wildlife and removing invasive plants.

Her first project involved replacing the straight driveway with a more winding one that shields the house and gardens from direct view from the road. "To have the driveway a nice shape to me was really worth it," Sandy says. Along the side of the drive nearest the pasture fence, she planted a variety of trees,

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prioritizing native species. Lilacs and huge butterfly bushes in different colors back a stand of ginko trees and burning bush, "which is so pretty because they turn red when the ginko turns yellow," Sandy says.

Next come sugar maple, tricolor locust and three mountain ashes that produce big clusters of orange berries beloved by the birds. Then, a stand of birches sprouts from a bed planted in blue flowers, followed by a sourwood tree, rose garden and a spectacular Prairie Fire crab apple tree — another bird-friendly tree. "Not only is it a beautiful bloom, but it has little crab apples on it and they dry," a feast that attracted a pair of pileated woodpeckers this past winter.

The curving drive also presented the perfect crook for a perennial garden with towering lilacs, ornamental grasses, perennial sunflowers, bold orange poppies, hibiscus and peonies. Nearby, a "catchall of things I like" includes wisteria, lilac, magnolia and hawthorne, another shrub that produces tantalizing fruits for birds.

Spreading out behind are beds that produce foods that Sandy loves. Raised vegetable gardens mulched with straw nurture garlic, potatoes, rhubarb, horseradish, asparagus, lettuce, peas and more. An experimental food forest combines plants that work together: yarrow, peach trees with deep-pink blossoms, two Asian pears, mulberry trees, elderberry, june berry and other unusual native berries. Sandy planted a formal orchard when she moved in that now provides plums, cherries, apricots, pears, apples, peaches and chestnuts. And in the berry garden, grapes, blackberries, raspberries and black raspberries thrive. Sandy planted blue lupine near her blueberries, which share similar soil requirements. "Lupine is a gorgeous flower — tall and thin. It's really spectacular," she says.

A stream that cascades into a pond just in front of the porch rounds out Sandy's gardens. Edible watercress flourishes in the stream, and lilies and variegated cattails give cover to frogs and fish in the pond. Thyme and other plants that can be stepped on grow up to the front edge, while a weeping Japanese maple, peonies and tall Japanese irises provide a pleasing backdrop.

"I just love sitting on the front porch," Sandy says, where she can take in the view of her animals and gardens. "The pond really is my favorite. It's so alive: dragonflies in the summer, a heron," plus plentiful birds and hummingbirds. She admits that while her garden affords plentiful seating to enjoy the blooms, she's more often busy among her various beds. "It just gives me pleasure to see things grow," she says. 🌿



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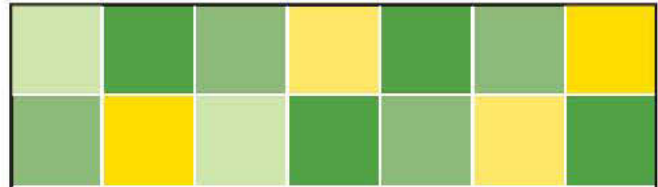
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Beyond White Pickets

Plentiful Options, Enduring Materials and Professional Installation Make It Easy to Put Up the Perfect Fence

written by STACEY CAMPBELL
photography by KEVIN G. GILBERT

“GOOD FENCES MAKE GOOD NEIGHBORS,” so the saying goes, but what makes a good fence? For Kathy Cromwell of Hagerstown, it’s a 5-foot chain-link fence to replace an older two-rail wooden fence that wasn’t adequately protecting her property boundary. Horst Fencing of Huyetts removed her old fence this spring and installed a new brown chain-link version, which coordinates with her tan house. “It looks really good,” Kathy says. “I am very happy with it.”



Frederick (Md.) Fence Co. installed a white vinyl fence for Carole Griffith of Shepherdstown, W.Va., replacing an older wooden fence and securing the space for her dog.

Carole Griffith’s good fence is a white vinyl pointed-picket fence with Gothic-style toppers — “kind of a Williamsburg look,” she says — that keeps her beloved Cavalier King Charles Spaniel safe and provides a backdrop to highlight the flower garden at the end of her yard. Installed by Frederick (Md.) Fence Co., it replaced an older wooden fence that had lost its luster and kept losing its paint.

“Whenever a homeowner calls, they have a need for a fence



Frederick Fence Co.'s showroom includes a lumber yard and custom vinyl shop, as well as a full selection of fencing materials, including wood with different finial styles (top to bottom); gates, hinges and latches; vinyl privacy fences and more. "When you're buying a fence, you're investing, so you want to make sure you're making a good investment," says Manager Mike Stanley.

for one reason or another," says Frederick Fence Co. Manager Mike Stanley, whether it's to meet code on a new swimming pool, contain a pet, add privacy, give peace of mind when the kids are playing outside, or mark and secure boundaries. A professional identifies those needs to narrow down the right type, features and style of fencing. "We find out what the whole purpose of the fence is," says Randy Perry, owner of R. Perry Fence Co. in Fayetteville, Pa. Gates for lawn-mower access and any homeowners association covenants are key considerations. "A very good salesperson can go to a house and make suggestions," Randy says.

DON'T FENCE ME IN

With so many options available — chain link, wooden, split rail, privacy, semiprivate, vinyl, and aluminum, all in various colors, plus invisible pet containment — there are plenty of "good fence" styles for any neighbor.

Chain link and wood are perhaps the most familiar choices. Chain link is affordable, relatively maintenance-free and available in more than just silver. "Chain link comes in so many different varieties, not just galvanized," says Tim Naylor, salesman for Horst Fencing, which his family has owned since 1972. Vinyl-coated chain link comes in black, brown and green.

"Whenever a homeowner calls, they have a need for a fence for one reason or another."

Custom wood fences gained popularity in the Hagerstown area about 15 years ago, Tim says. More customers began taking advantage of picket, semi-privacy, and privacy fences in custom wood styles, with fancy top pickets or styles like the Mount Vernon Dip, Tim says, in which fence picket tops are trimmed in a swag style between posts. While wood fences are classic and last 15 to 20 years, "wood will change over time due to the weather," Mike says. "They start to gray and warp and bow."

Because of that, homeowners might opt for vinyl or aluminum fencing. While more costly than wood or chain link, they often carry a 20-year warranty, and the materials will withstand sun and rain, are low- to no-maintenance, and are available in a variety of colors. "With aluminum, you

have that look of older wrought-iron fencing, but if it gets nicked, you don't have to worry about rusting," Tim says. "The longevity is a lot greater than steel."

Hidden fences provide pet containment without any physical fence to impede sight lines — or posts and gates to complicate mowing. Perry Fence installs the DogWatch Hidden Fence brand, which is easily configured to the different areas a pet is — or isn't — allowed to go. "Underground fences will not keep other dogs out. That's the only difference," Randy says. "But (your dog) can't jump over it, can't dig under it and won't run through it if they're trained properly."

'LIKE IT GREW OUT OF THE GROUND'

Once a homeowner's needs and styles are met, the installation process can proceed fairly quickly. A fence company will have utilities identified and marked — in Maryland it's via a call to Miss Utility — to ensure no underground gas, water, electric, sewer or cable lines are hit when digging post holes. Permits must be obtained, either by the homeowner or the fence company. Be sure to check the fence company's policy. Barring rainy weather, a fence often can be completed in two or three days.

Doing it yourself is always an option, but it's important to



A two-man crew from Horst Fencing completes a new fence installation by stretching a chain-link section, which is available in silver, black, brown and green.

weigh the pros and cons. Horst Fencing offers quotes for materials only and materials plus installation so a client can make that decision. "Once they see the price difference, sometimes it's not as crazy as people think, and they say, 'well, I'll let you put it in,'" Tim says. Frederick Fence Co. offers support for do-it-yourselfers, with a lumber yard and showroom featuring their full line of materials, post caps, gate hinges, and more. "If someone brings us a drawing of a

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When Carole couldn't decide on a finial style, her sales representative volunteered to bring several options for her to review after the fence was in place. She selected a Gothic style (top). The new fence helps highlight the gardens at the back of her yard (above).

layout, we can break that job down for them, determine how much material they need, and give tips on correct installation and the proper way to put the fence in," Mike says.

"You can't beat a man at his trade. Our guys can put a fence in that looks like it just grew out of the ground."

But the experts caution that putting in a fence is not as easy as their trained crews can make it seem. "If you've never done it, it's hard work and not something everyone wants to do," Randy says. "Usually what takes a homeowner a week to do, we can do in a day or two." Plus, professionals are licensed and insured, and prepared for unexpected obstacles like large rocks. "We're licensed and insured (if a line or sewer pipe is damaged)," Tim says. "That's a risk that we take away from the homeowner. If they dig and hit, they have to pay for it themselves." The professionals also guarantee their work and provide warranties, should any repairs be required within a certain time frame.

"You can't beat a man at his trade," Mike affirms. "Our guys can put a fence in that looks like it just grew out of the ground, and everything's graded properly, the gates operate smoothly, the posts are plumb and true." Kathy and Carole can attest to the value of professional installation. Not only did Horst Fencing tear down and take away her old fence as part of the contract, but they devised a way to secure a ditch area that was a concern for Kathy: creating extra stakes and welding several bars in place to secure the area while still allowing water through. "They knew my concerns and took the extra effort for me. I was really pleased and happy about that," Kathy says.

Carole's yard presented challenges including a sloping yard and a rock ledge, to which her previous fence had not been properly anchored. Frederick Fence Co. went down through the rock, and even filled several gaps through which she was concerned her dog would be able to escape. She's beyond pleased with the workmanship, the quality and the style of her new fence. "It's beautiful!" she says. "And the gates work. The old gates only half worked — the lawn-mower man is thrilled." 🍷

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written by **STACEY CAMPBELL**
photography by **YVETTE MAY**



A year after moving into their 200-year-old farmhouse, Sally Weiss (above) and her husband, Richard, created a welcoming patio off their kitchen, with a brick floor and an inviting seating and dining set from Stover Hearth and Patio.

SHABBY CHIC. Italian, French or English styling. Cottage. Ubertraditional to Euro modern to 1970s chat-group sets. Do those sound like options for your next interior-decorating project? Take a look in the backyard instead. These are just some of the style and design influences currently available in outdoor furniture. "There is such an eclecticism in the marketplace right now that there's really no trend that supersedes another," says Christie Stover, "part of the family" at Frederick, Maryland's family-owned Stover Hearth and Patio. "It's probably one of the most remarkable times to just express your own sense of style that works best for you and your family. From synthetic wickers to cast aluminum, the opportunities are limitless."

"Many people are making their homes more of a staycation, and the best option to them is their backyard," says Kevin Knowles, general manager of Martinsburg, West Virginia's Sunfire Energy Solutions, which offers an array of outdoor items including grills, patio furniture, fire pits, hot tubs and outdoor kitchens. Sally and Richard Weiss of Hagerstown turned their patio into a welcoming space for relaxing and entertaining with a wicker seating set and a wrought-iron dining set from Stover eight years ago. "We live in a 200-year-old farmhouse, and we didn't want chrome or something modern looking," Richard says. "It has stood up to the test of time," Sally says of the Lloyd Flanders love seat, chair and rocking chair they purchased eight years ago. "We entertain.



Though built specifically for outdoor use, furniture lasts even longer when cared for properly. Sally and Richard cover their wicker regularly when rain threatens, especially because their patio is not covered. "It's worth the investment to get good covers for the chairs," Sally says.

When we cook dinner, (the patio) is straight off the kitchen," Sally continues. "We love it. One of the first things we do in the spring is get the patio ready."

FIND YOUR STYLE

Area retailers showcase an amazing array of seating and dining options. The most popular set at Outdoor Living in Chambersburg, Pa., which carries outdoor furniture, hot tubs and other accessories, is a curved love seat and chairs set — with rolled-arm cushions — from the Woodward Terrace collection. "That's our number-one seller," says Kim Waytow, who owns the store with her husband, Mike. "It's been brought in in umpteen different fabrics because you can choose what you like. ... Woodard offers 20 different metal colors and 250 different fabrics, so it's really completely up to you and what you want to design it how you like it."

Stover's selection runs the gamut from sleek, modern styles to traditional teak furniture, to a Victorian-design bistro set cast in aluminum. "It's an original Victorian design called the heart," Christie says. "It was originally done in cast iron. That design, that mold, is from the 1890s." Traditional construction meets cutting-edge materials at Sunny Meadows Garden Center in Boonsboro, where owner Ethan Weber sought

a line of poly furniture, made from recycled plastics, that's available in Adirondack chairs, dining sets, gliders, rockers, porch swings and more — basically any style that could be built from wood, in 16 colors. "It's UV-resistant, so it can be out there. It can take rain, snow, sleet, freezing temperatures and sun," Ethan says.

Attention to quality materials is something in which these specialty retailers take pride. Christie points to the construction of an aluminum-frame sling chair as an example: a roll and bar for lumbar support, cross beams for added durability, added supports to prevent buckling and metal fatigue, "no matter who sits in it. These are the little differences, too, that set apart what we do and what a mass merchant will do." "This is not the furniture you'd find in Walmart," Kevin agrees. "It's very well built and well manufactured." Sunfire carries brands including North Cape International, Al Fresco Home and Telescope. Telescope provides a 15-year warranty on the frame, says Sunfire Hearth Consultant and Sales Representative Justin Gulick, as does the Woodard line from Outdoor Living.

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Customizable pergolas (top) and gazebos from Sunny Meadows Garden Center in Boonsboro provide cooling shade for patios. Sunny Meadows carries a line of poly furniture available in a variety of styles and colors (above).



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shoppers should consider where their outdoor furniture will be used. "Where you're entertaining really is a big part of how long your furniture will last and how you should take care of it so you can enjoy it easier," Christie says. "If it's the north side, it's probably going to be a little bit cooler. If it gets wet, you've got to be cognizant that you pick things that will dry quickly because you're not going to have a lot of sunshine." Quick-dry slings are a great option for those situations.

"There's a lot of windy areas in here, like Penn National for instance," says Outdoor Living's Mike. "People will come in

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Tri-County Pump Service owner Bill Griffith (L-R) and Vice President Daniel Barnette and their team of knowledgeable technicians are dedicated to providing high-quality service for well systems, water treatment and septic.

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Tri-County Pump Service is a family-owned business providing licensed, reliable commercial and residential services in Maryland, Virginia, West Virginia and Southern Pennsylvania. With a reputation for quality work and customer service since 1991, they specialize in well pump systems and water treatment, as well as septic services, free water analysis and much more.

Tri-County provides new installations and repair services for well pumps, water lines to the home and constant pressure systems. "The only thing we don't do is drill the well," says the owner, William "Bill" Griffith, "but we make all repairs to the well and installations that are involved in getting the water out of the well and into the house and making it potable for drinking." Constant pressure systems prevent water pressure fluctuations in well systems. The company also provides limited plumbing services: pipe repair, underground water

lines, hot water heaters, and sump pumps.

Whether for well water and city water users, Tri-County installs water treatment and filtration systems that remove any minerals or other contaminants. Systems include water softeners, acid neutralizers, reverse osmosis for drinking water, ultraviolet lights and more, says Vice President, Daniel Barnette. "A lot of town or city water users should have a water softener or a carbon filter to help remove the hardness and the chlorine," Daniel says. Hard water can diminish the lifespan and efficiency of home appliances, which can cause spotty dishes, dry skin and hair, and prevent detergents and soaps from sudsing. They offer free, in-home water analysis that includes water testing and recommendations, as well as an estimate for systems to improve water quality, with no obligation to buy.

The company also provides septic system services that include new installation, pumping, inspection, repair and replace-

ment. "Every three to five years, septic tanks should be pumped out and inspected," Daniel says. "You don't want to wait 10 or 20 years." Tri-County is certified to perform septic and well inspections that are required for property sales, as well as water certification and perk testing.

With a reputation built on "hard work, dedication and customer service," Daniel says, Tri-County keeps customers satisfied by having a live person answer the phones and prioritizing the customer's needs, with a goal of same-day service.



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Specialty retailers focus on time-tested brands of outdoor furniture, such as Lloyd Flanders, which still utilizes the unique wicker loom in developed by Marshall B. Lloyd in 1917.



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here because they've had trouble with their furniture blowing away. This (Woodward) chair is heavy. It's not going to blow away that easy." Scale is another consideration. "Measure your space first and then come looking," Kim adds. "The last thing you want to do is be overcrowded."

Location also can help determine which materials to seek. New fabrics and cushions are designed to meet the demands of sun and weather. "So many products are marine-grade now. They just last so much longer, you don't have the UV degradation that you used to have," Christie says. New Sunbrella fabrics are rated for 10,000 hours of UV use without colors fading, Christie says, and some premium cushions can dry out in as little as two to three hours.

Teak is a perennial favorite and heavy enough to be suited for a high-wind area. Wicker, rattan and cast iron are other original outdoor materials. "Rattan and wicker were two of the original sunroom and front-porch furnitures that have never gone away. It's just now we have some synthetic fibers that can go directly out in full exposure," Christie says, including synthetic wickers from Lloyd Flanders. Unlike synthetic wickers from big-box stores, these products are solid, not hollow, "so it has resilience," Christie says.



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Sally and Richard love entertaining on their patio. "It's fun to hang out here. We're happy as can be with it, and it looks great," Richard says of their furniture selections.

MAKE IT YOUR OWN

Accessories and shade round out a personalized patio. "You can go get inexpensive throw pillows and rugs and things like that, and just have a lot of fun," Christie says. Fire-pit tables in a variety of sizes and styles have low-maintenance appeal, using propane to send flames dancing through glass pebbles. "Those have become really popular," Justin says. Specialized outdoor lighting, solar lanterns and flickering LED candles provide other light sources. Sunfire, Outdoor Living, Sunny Meadows, Stover and its sister store, Garden Pastimes, carry an array of accents — from chimes and gazing balls to statuary and fountains, and even a line of poly wishing wells, birdhouses and more to match Sunny Meadows' furniture.

Sunbrella fabrics provide color longevity to selections for solar shades and umbrellas. New cantilevered umbrellas are freestanding, movable and offer a wide coverage area. "The nice thing about that is you can move it, and you can relocate it very easily anywhere on your decking or your patio," Christie says. Outdoor curtains also work well to shade a southwestern exposure. "We have a fixed roof over our patio, but the sun comes in the one side," Mike says. "So we actually have curtains that we draw back when we're not using them."

High-quality pavilions and gazebos provide a more permanent overhead solution. "Our pavilions are a much thicker metal, made out of aluminum with heavier materials," Kim says, with options for bug netting and curtains in a variety of colors. "It's really a wide spectrum of what you can do." Sunny Meadows offers wood and vinyl pergolas, pavilions and

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photo courtesy of LLOYD FLANDERS

A curved seating arrangement centered on a propane-fueled fire pit is a popular option for outdoor entertaining.

gazebos that are "pretty near customizable," Ethan says. "The options are huge."

'LOVE YOUR LIFE OUTSIDE'

Visiting a local store not only reveals the scope of options for outdoor living, it provides the opportunity for the all-important sit test. "Every single chair sits differently," Christie says. "You really need to go and sit, plop, because a tall person sits completely different than someone that's shorter. It's called sitability. You really want to sit and take the time to see if it does fit you well, if you do like the mechanisms."

Comfortable, quality products provide many years of enjoyment with family and friends. "It does a lot for folks to be able to entertain in their own little paradise," Ethan says. "A backyard retreat (is) where memories are created. ... It's pretty easy at night to go out and throw some wood in the fire pit, roast marshmallows and sit and watch the fire."

Local retailers are ready to help create the space that's right for your family. "You're only limited by your imagination and your desire to create something special that's evocative of what you and your family are all about," Christie says. "It should be fun. It should be relaxing. It shouldn't be another thing you have to take care of. That's really the genius of outdoor living: you should love your life outside." *SP*

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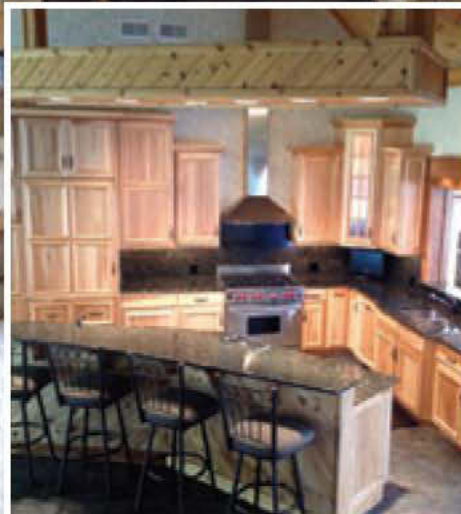


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Beautiful Colonial features 4 bedrooms, 2.5 baths, office, 2 story foyer & 2 story fireplace. New carpet, fresh paint; newer stainless steel appliances and double ovens; ceramic kitchen back splash, butler's pantry; new garage doors, alarm system electric fence; walk-out basement; master suite w/ 2 walk in closets, his & hers sinks, jacuzzi tub and sitting room; and so much more... This home is waiting for you!!

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A magnificent & unique home on 7 secluded acres w/ 360 degree views & 2 streams, gas peninsular fireplace, hidden entry & garage; custom maple cabinetry; stained glass; built-ins; granite, soaker tub & Roman shower in master bath; finished lower level; full deck w/ Wisteria pergola, private garden, pond, fruit trees. Many Frank Lloyd Wright features. Minutes to Whitetail & Mercersburg Academy, 2 hours from DC & Baltimore.

FL8269483 **\$689,000**



Rare piece of history in downtown Mercersburg; The Harriet Lane House circa 1828 is the elegant childhood home of the niece of Pres. James Buchanan includes a gilded arched center hall, 11 ft. ceilings, handcrafted moldings and mantels, 5 private suites, gourmet kitchen, Georgetown courtyard w/ pool, 2-story carriage house, 10 fireplaces plus much more; featured in national magazines. A true work of art! Only 90 minutes to DC.

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17138 LAPPANS RD.

Hagerstown, Maryland

This extraordinary custom built home on 4+ acres is sited down a private lane. The home will cater to any number of uses, featuring 5 bedrooms, 4 full baths, large sunny rooms, and comfortable open floor plan. Built with a large in-law suite the home will accommodate extended families or a variety of home based businesses. The finished basement is great for craft space and hobbies. High tech utilities assure maximum comfort. Great outdoor spaces with partly wooded lot. **\$585,000.**



Hagerstown, Maryland

This great duplex sparkles! From the maintenance free efforts outside to the spacious rooms inside. The home features 3 bedrooms, 1 bath, laundry room conveniently located in the kitchen. Spacious rooms with great storage space, and full basement. Large brick patio area and double carport in the back yard. Must see at **\$109,900.**

127 E. NORTH AVE.



5815 CLEVELANDTOWN RD.

Boonsboro, Maryland

This lovely split foyer with fabulous views features 4 bedrooms and 3 full baths, sited on almost 2 acres. Much more to this home - kitchen, dining room, living room, family room, theatre room and laundry room. You will love the deck and large back yard for outdoor fun and/or gardening...enjoy Spring in this wonderful hilltop home! **\$299,000.**



Hagerstown, Maryland

Located in sought after Spring Valley this very gracious colonial features remarkable details and fine cabinetry throughout. This home offers tall ceilings, gleaming hardwood floors, 3 bedrooms, 2.5 baths, crown molding, cedar closets and wonderful sunlit spaces. Well suited to entertaining both indoors and out. The extraordinary materials used in construction will truly stand the test of time. This home is definitely one you must see. **\$449,000.**

19704 MEADOWBROOK RD.



10709 WHITE HALL RD.

Hagerstown, Maryland

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Hagerstown, Maryland

Magnificent home site tucked up against South Mountain. This nice 20 acre lot is the perfect opportunity for hobbyist farmer or an extraordinary estate home. Nice topography with a stone bank barn, open areas, woods, and great mountain views. **\$299,000.** For more information go to: farmforsalemaryland.com

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A large brick sign with a central crest featuring a green gemstone and the words "Emerald Pointe" in a cursive font. The sign is set against a backdrop of a clear blue sky with light clouds and a green lawn.

Emerald Pointe

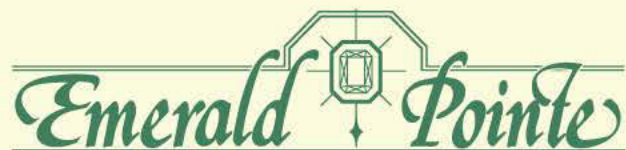
A photograph of a two-story town home with a brick and white exterior, a gabled roof, and a two-car garage. The house is set on a green lawn under a clear blue sky.

Step up to stylish, worry-free living at Emerald Pointe, Hagerstown's newest age-restricted community for active adults.

A photograph of a modern kitchen interior featuring white cabinetry, a dark countertop, and a stainless steel refrigerator. The room is well-lit with recessed ceiling lights.

Emerald Pointe Features Custom-Built Town Homes, Villas and Patio Homes Boasting the Finest Quality Workmanship, Stunning Landscaping, Walking Paths and a Future State-of-the-Art Community Center in a Location Convenient to Shopping and Dining.

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The logo for Emerald Pointe, featuring the name in a cursive font with a central crest containing a green gemstone and a diamond shape.

Emerald Pointe

A photograph of a bathroom interior with two white pedestal sinks, a dark wood vanity cabinet, and a mirror. The room has light-colored walls and a wooden floor.

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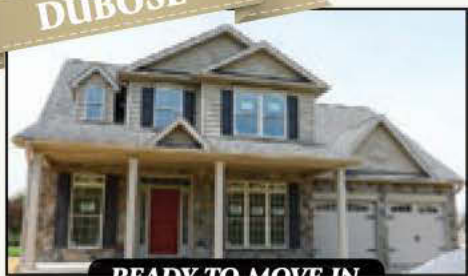




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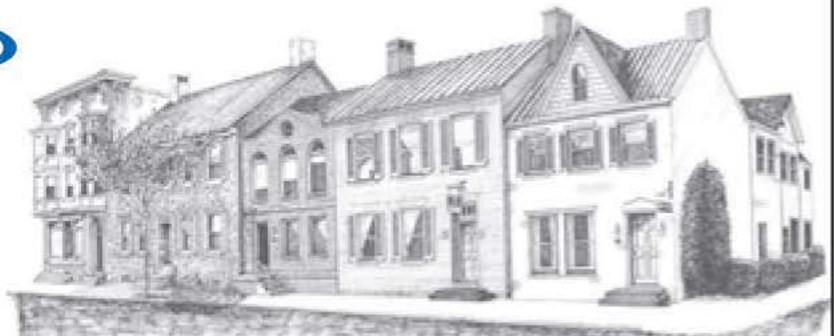
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East End

Custom Built & It Shows - \$410,000

Mountain and park views from this charming Cape featuring 5 bdms including main level master suite, 4.5 baths, dream granite kitchen with cherry cabinets & large cooking island, library, family room with cozy gas fireplace, pocket doors to dining room, hardwood floors, front/rear staircase, double garage with heated workshop above. Front/rear brick porches + private patio enclave, fenced back yard, almost 1/2 acre lot on East End. Charming as only a Cape can be.



Residential & Commercial Uses - \$350,000

Currently gift/antique shop in Funkstown, Circa 1900 brick Colonial with fabulous owner's suite addition in 1999. Zoned TC & TR with 2,666 sq. ft. finished space, modern HVAC, 12 rooms including 4 bedrooms, 2.5 baths, fireplace, natural gas utilities, hardwood & tile floors, large gardener's shed, patio, fenced back yard, triple garage & private parking lot for eight vehicles, lot fronts on two streets...imagine the possibilities!



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18911 CROFTON ROAD

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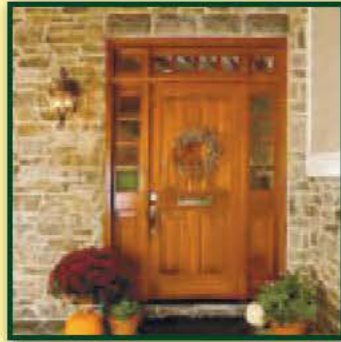
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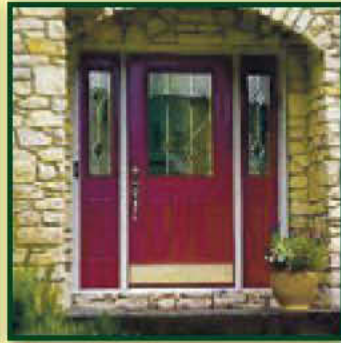
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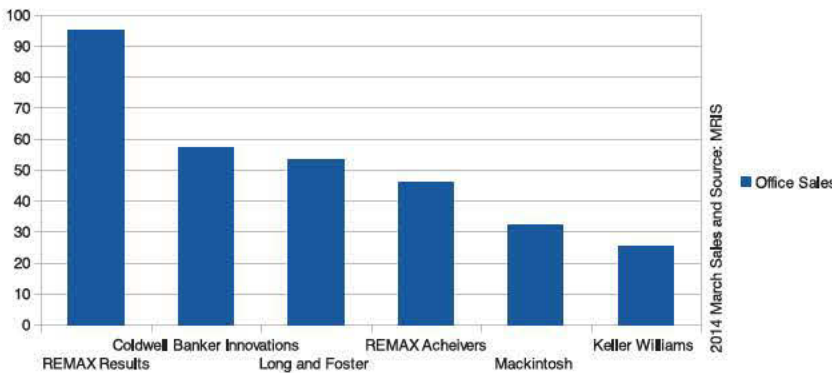


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Immaculate 3BD, 2.5BA townhouse in Stonebridge Golf Course Community. Townhome features open floor plan with large kitchen, fenced in backyard, a spacious master bedroom with full bathroom and full unfinished basement with rough in for a bath. BE8210309

\$139,900



4 Bedroom, 3 Bathroom on 3 acres. Home features formal dining room, eat in kitchen, 3 bedrooms on main level, large family room with deck overlooking backyard, partially finished basement with one car garage. BE8297917

\$192,000



Under Construction - Lot 20- 4BD, 2.5BA COLONIAL. Custom built homes with lots of options and color choices. Hands on builder. Home features sep DR with laminate wood flooring in LR and DR, spacious kitchen with stainless steel appl and granite countertops, separate laundry room with half bath on main level, covered front porch and 2 car garage. BE8270030

\$299,900



Stunning 4 BR, 3.5 BA colonial in The Gallery. Home features formal living and dining room, spacious kitchen opening to family room and hearth room, 16x20 deck with stenciled concrete patio underneath. Master BR with sitting room, master bath, and walk in closet. Finished lower level with full bathroom, recreation room and room for storage. BE8348607

\$294,900



PICTURE PERFECT! This immaculately maintained 4BD, 2.5BA colonial in Duchess Estates features: formal living and dining rooms, spacious kitchen with stainless steel appliances and cork flooring, family room off of kitchen, covered patio leading to inground pool, and finished rec room in bsmt. The master BD has a cathedral ceiling and beautiful master bath. 2 car garage. BE8334963

\$350,000



Beautiful 4BD, 4.5BA colonial in popular Heritage Grove. Country like setting, but close to amenities. Home features hardwood flooring, 2 gas fp's, main level MBD with deluxe bath, 2nd MBD on second level, 2 laundry rooms, 2 story open foyer, 9' ceilings, spacious kitchen w/granite countertops, island w/bar, full partially finished bsmt, 2 car garage all on 2 acres! BE8280112

\$649,900



Historic Happy Retreat c.1780 was the home of Charles Washington, founder of Charles Town, WV & younger brother of George. A significant American Landmark with an extraordinary provenance, this grand manor home sits on 6+/- acres in town & includes its original school house, smoke house & summer kitchen. A gorgeous private setting, steeped in history, this is a home of rare & beautiful distinction. JF8284207

\$209,900



3BD, 2.5BA rancher on .46 acres. This rancher has a partially finished basement with kitchen and rec room, a large sun room, a 2 car garage and 1 car detached garage, chair molding, wood burning fireplace, formal dining room and spacious kitchen. BE8179383



The Butch Cazin Real Estate Team

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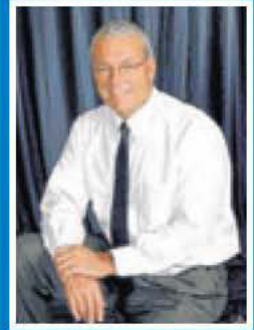
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