

# Two Maryland trails track two different histories

## Montgomery County underground railroad trail

The Underground Railroad Experience Trail in Woodlawn Manor Park commemorates the involvement of Montgomery County residents in the Underground Railroad and celebrates the Quaker heritage and traditions of Sandy Spring.

Saturday hikes led by volunteer “conductors” create a simulated Underground Railroad experience covering two miles from Woodlawn Manor Park along a wooded, natural surface trail to the historic Sandy Spring, then back to the park. Hikers learn about various techniques that “freedom seekers” used to elude trackers, find food, and navigate their way north to freedom.

Sandy Spring was a prosperous commercial and farming community where Quakers had abolished slavery as early as 1777 and free blacks owned their own homes, organized

churches, schools, and social clubs.

Interpretive sign markers are keyed to the trail map that may be downloaded from [historyintheparks.org](http://historyintheparks.org). Trail stops include Woodlawn Manor and Barn and the Sandy Spring itself. Only therapeutic animals are allowed on the guided hikes. The trail is not ADA-accessible. The guided hikes are available on Saturdays through November.

## Maryland Women’s Heritage Trail

The Maryland Women’s Heritage Trail identifies more than 150 locations in the state where women have made unique contributions. Information about the trail is available online at the Maryland Women’s Heritage Center’s web site ([mdwomensheritagecenter.org/heritage-trail](http://mdwomensheritagecenter.org/heritage-trail)).

The trail includes such destinations as The National Shrine of Elizabeth Ann Seton in Emmits-

burg and Annmarie Sculpture Garden and Arts Center in Solomons. Seton, who opened a school for girls in Baltimore in 1808, became the first American-born saint in 1975. Ann Marie Koenig and her husband Francis Koenig donated the 30-acre property that now blends art and nature where the Patuxent River meets the Chesapeake Bay in Calvert County.

The Star-Spangled Banner Flag House, home of Mary Pickersgill who made the huge flag for Fort McHenry, is on the trail as is Penn Alps in Garrett County, established by Alta Schrock in the 1950s to showcase and preserve Appalachian culture.

Lots of other women are remembered at sites across Maryland including Clara Barton, founder of the American Red Cross, and Margaret Brent, a colonial landowner who was denied a vote by the Maryland Assembly and complained that “Taxation without representation is tyranny.”

style | wendy hellman

## ART IS ITS OWN STYLE

Art never goes out of style. In fact, it makes its own style. If you believe this as I do, consider heading to the annual Art Festival in Gettysburg, Pennsylvania, on June 10-19. While you’re there, discover more art in some of the town’s shops. Gettysburg has more than history to offer its visitors.

One of these offerings is Foxy Moxxy. Its catchy name draws my attention. The merchandise will draw yours as well. The shop is jointly owned by Carol Novak and Bobbi Becker. Becker does lovely watercolors that grace the shop’s walls.

Novak sums up her merchandise as “very girly, lots of fun.”

For example, they have some really cool Victorian pins created by Lynne Suprock of Simply Pretty Stuff. Some are a bit risqué for their time, but perfectly acceptable today.

Also, not to miss are “fuzzy” hand-woven purses that are lovingly made by artist Lisa Elsner of Hanover, Pennsylvania. Their color and style make them real eye-catchers.

Martha Wolf and Sue Hudson own the Spirited Ladies Shoppe. They have been creating jewelry using gem stones and glass beads for 20 years. They started out by selling their merchandise at local craft shows. One year, they opened a space just for the yearly Gettysburg Festival.

Wolf says that, at the end of the festival, “It was apparent to me that I wanted to keep the shop open permanently.”

Today, the Spirited Ladies display artwork from locals as well as artists from as far away as Colorado and South Dakota. These artists create hand-woven capes, watercolors, jewelry, and pen and ink

drawings, to name a few items.

One of the newer shops in Gettysburg, True Friends Boutique, is co-owned by Cathy Leedy and Deb Bair.

Leedy says, “True Friends Boutique carries a wonderful selection of handmade gift ideas including beaded and wire-wrapped jewelry [made by the owners], greeting cards, and local photography. We also offer a fully stocked bead store complete with instructional classes.”

So, my arty friends, take off to Gettysburg for something other than history!

## Find out more

Foxy Moxxy: [foxymoxxy.blogspot.com](http://foxymoxxy.blogspot.com)  
Spirited Ladies Shoppe: [spiritedladies.com](http://spiritedladies.com)  
True Friends Boutique: 717-334-2800

## Shenandoah River Outfitters

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### Great first-time river adventures

Young families like to take out rafts for a day. The unguided raft trips are pretty much one big floating trip, with one small rapid for thrills. It’s great for first-time river adventurers.

With a large campground and the ability to feed 100 or more, given advance notice, the facility is a natural for groups or reunions. Don’t eat steak? Not a problem. Shenandoah River Outfitters’ cooks also serve tuna, chicken, veggie burgers, and cheese burritos to enjoy.

Paddling the smooth waters of Virginia’s Shenandoah River on a lazy summer day is surely near the top of the list of cures for a nature-deficit disorder. Whether you’re traveling with family or friends, you’ll find that river time puts you in another world. You’ll have time to talk, to think, to no-

tice herons, hear the kingfisher’s call, and look for white-tail deer.

“Weekdays are really the best time to come. You have the river to yourself. You’re more likely to see wildlife,” says Sottosanti.

### For more information

Shenandoah River Outfitters: 540-743-4159, [shenandoahriver.com](http://shenandoahriver.com)

## COMING UP IN THE NORTHERN SHENANDOAH VALLEY

May 7-8: Wildflower Weekend, Shenandoah National Park

May 14: Luray Festival of Spring

May 21: Virginia Wine and Craft Festival, Front Royal